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## LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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# THIS ISSUE



- Let's go travelling
- WA Wildflowers
- Bungle Bungle Ranges Rediscover the Perth Mint



*Have a Go News'* Josephine Allison speaks with author Alan Whiticker



Lee Tate interviews Johnny Young



- Food & Wine Recipes and ideas Dining Divas
- Brunch with T



Seniors Week Event Guide liftout 24-pages

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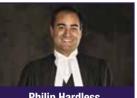
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# It's time to have a go!



Have a Go Day has a plethora of activities, displays and entertainment. Come and join the fun.

# by Jennifer Merigan

AS this newspaper marks the 30th anniversary, I took the opportunity to reflect on the importance that Have a Go Day - a Livelighter event, has played in our evolution.

Since our inception we have worked hand-inglove with event organisers Seniors Recreation Council of WA to promote healthy ageing through activity with Have a Go Day the prime opportunity to demonstrate this ethos.

This year mark your

diary for Wednesday 10 November for the peak event of Seniors Week. Seniors Recreation Council of WA headed up by executive officer Dawn Yates, president Phil Paddon and their team of volunteers do an amazing iob to ensure the day provides a unique opportunity for people to connect with their community.

This year marks the 29th year Have a Go Day has been held in the grounds of Burswood Park, nestled by the Swan River.

There is no other free

event which encourages older adults to return or continue recreational activities. This mission to promote healthy ageing through activity remains as it did 30 years ago with a plethora of activities to try, clubs to join, entertainment to enjoy and information to source.

And over the years I have seen and continue to see the results firsthand of the many people who have maintained physical activity throughout their later years. (80 is the new 60!)

The pandemic hasn't

slowed down the support for the day and all Covid-19 protocols are adhered to with onsite hand sanitiser placed around the grounds and extra space for stall hold-

For the first year in his role as Minister for Seniors and Ageing the Hon Don Punch MLA, will attend the event and officially welcome everyone at 10.30am at the entertainment stage (site 98) with emcee Radio 6PR's Simon Beaumont.

Following the formal proceedings, the WA Police Pipe Band will lead the Over 55 Walking Association for the annual walk around the park.

There are a wide variety of activities to have a go at, including boomerang throwing, disk bowls, tai chi, pole walking and loads of dance activities.

Take the opportunity to be adventurous and cance on the river or traverse the climbing wall.

The very popular Trishaws for Seniors will be on the grounds offering rides for people around the park.

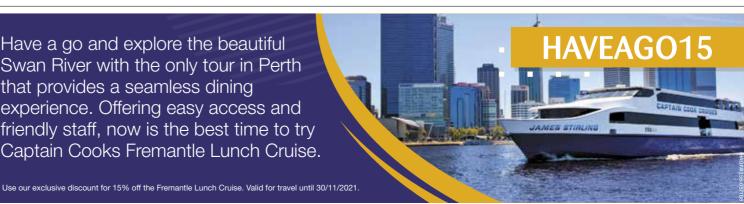
continued on page 15



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# From the editor's desk



103-year-old Arthur Leggett with editor Jen Merigan

Seniors Week. There are

some great opportunities

to enjoy being a senior

during this special week.

Although there are not as

many events being held

as before Covid, there

are still a great range

of things to do, along

with some special offers

which we have organised

with local businesses. So

please support them as

I have attended a lot of

events this month includ-

ing an interesting webinar

on ageism in the work-

place which was part

of a survey conducted by Australian Seniors of

5000 over 50s around

Australia. The report re-

vealed that the major-

ity of Australians over 50

would work 'indefinitely'

if supported, with experts

outlining the strong op-

much as you can.

I ALWAYS enjoy many aspects of my role and last month, at my monthly appearance at the Holly Wood Tuesday Morning Show at the Perth Town Hall, I had the pleasure of meeting 103-year-old Arthur Leggett.

We interviewed Arthur earlier in the year and this WWII veteran who was also a prisoner of war loves bush poetry and still has an active life attending many events.

What I noticed chatting with Arthur is that he still has a sparkle in his eve and a real zest for life. He is very funny too. I asked him what his secret of longevity is, and he replied, 'not dying'.

Inside this issue we have our annual Liftout with a guide to events happening throughout

tions to retain and hire them. Interestingly 89 per cent of people surveyed felt they had been subjected to ageism. Out of all the 'isms' ageism is the one that will eventually affect everyone.

Often people feel that there is a disconnect with older people and technology, but we know that more and more people in this age group are getting online. This has been confirmed with reports from the Federal Government's Be Connected program which has shown that using the internet confidently and safely is not beyond older Australians. The Be Connected program has just enrolled its one millionth learner - and the numbers keep growing.

\*\*\* At the beginning of the month I was the guest speaker for the Senior Recreation Council's Peel branch and had the opportunity to share our 30 year story with about 60 people at their special meeting. It was a good opportunity to visit Mandurah and learn about the wonderful programs available for seniors in the area organised by Jan McGlinn and her team.

An interesting fact I

learnt the other day is that the Queen used to have one person organising the '100' letters sent to people who turned 100 in the Commonwealth and now she has seven.

\*\*\* The Have a Go News Facebook page provides us with an opportunity to stay in touch with our readers on a regular basis. We have a lot of fun, promote a variety of competitions and provide interesting information. With nearly 20,000 followers, if you are on that platform please like or follow our page at www.facebook.com/ Haveagonews/.

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\*\*\*

of each edition we also offer a service to email an electronic copy of the newspaper on the day of publication to your inbox. If this appeals to you then email readers@ haveagonews.com.au for a sign up. We don't send you anything except the publication.

I hope you enjoy reading this month's edition and stay well and happy.

Jennifer Merigan Editor jen@haveagonews.com.au www.haveagonews.com.au Phone 08 9227 8283

# Ageing research snippet

# Listening to music can be beneficial to your health

LISTENING to your favourite songs can increase your brain's production of dopamine (the "feel-good" neurotransmitter) and decrease your levels of the stress hormone cortisol. And if you dance as well you get the added benefit of enjoyable exercise.

So turn off the television and turn on the music!

# Have a Go News Quick Quiz

- 1. Perth's Causeway opened in 1890, 1843 or 1902? 2. "Sulphur Town", Australia's first settlement was on what island?
- 3. Which WA player won a Brownlow, a Norm Smith Medal and two club championships before joining Carlton footy club?
- 4. Who is WA's top cop?
- 5. What is the capital of Afghanistan?
- 6. Name the TV blue heeler cartoon character?
- 7. WA's kookaburras were imported from where? 8. Chinese researchers found tea helped people do
- what? 9. In 2020 what percentage of WA's exports went to Asia – 46%, 62% or 84%?
- 10. Which Rolling Stone died at age 80?
- See answers on page 40.

# Noongar Words

Balga - Grass Tree Bardee - Grubs found in grass tree

Dangalang – everlastings (golden waitsia) **Djarlma** – Forest

## Noongar Season

Kambarang - October and November - season of birth

# Word of the month

#### Inchoate

Adjective

Pronounced In-KOH-ut

#### Meaning

Just begun and not fully formed or developed, rudimentary. Imperfectly formed or formulated.

Inchoate comes from around the 16th century and means to start work on in Latin but translates literally as

'to hitch up'. The word combines the prefix in-with the Latin noun cohum, which refers to the strap that secures a plow beam to a draft animal's yoke. The concept of this initial step toward the larger task of plowing a field explains how inchoate came to describe something (as a plan or idea) in its early, not fully formed, stages of devel-

# **Quote of the month**

ONE of the truest signs of maturity is the ability to disagree with someone while still remaining respectful.

**Dave Willis** 

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

BARBARA Wall was Australia's first professional squash player and the first West Aussie to win the British Open. Born in 1948, the women's squash champion of 1979 won three WA titles in 1969-71.





# Johnny Young reflects on the 50th anniversary of Young Talent Time



L-R; Milestone: JY back in studio - Johnny Young and make-up artist Nicole Forde

#### by Lee Tate

FIFTY years since they gathered to make Australian television history, Johnny Young recently came face-to-face, at least by camera, with Tina Arena and Dannii Minogue.

WA's favourite son was called to Channel Subiaco studios while international stars Tina and Dannii were in the network's Melbourne studios to reflect on their top-rating program.

The trio were key figures in Young Tal-Time, conceived ent and hosted by Johnny, which ran from 1971 for 18 years, and is still Australia's longest-running, continuous television program.

"Channel 0/10 wanted something to run up against the other three networks on Saturdays when they were all showing football," said Johnny.

"I always loved Mickey Mouse Club with family entertainment showing children's talents. I wanted to do something that was family-friendly and gave you that lovely feeling, not seen as a children's program.

"The network comprograms missioned

for just four weeks. But when the first YTT produced a rating of 19, against their former rating of four, they contracted me for four

years. "It changed my life and, I'm very happy to say, the lives of so many young entertainers including Tina and Dan-

In the Perth studio, Tina and Dannii, both 50, came on a monitor from Ten's Melbourne studio to praise Johnny and the YTT format that opened the door to their stardom.

Johnny, who won a chook in his first singing performance at age nine, supervised and encouraged 40 boys and girls from age nine to 17 over the program's duration.

"Dannii was more a dancer than a singer although that came later. She could dance, make her own outfits and was an amazing communicator and still is," Johnny said.

'She was a star before Kylie, who envied Dannii for what her sister was achieving. Kylie came on the show a couple of times. But there was no rivalry between the sisters. They come from a wonderful family."

Johnny went television after 10 years as a rock'n'roll singer/ songwriter. After his rock'n'roll stints in England and Germany and still in his early 20s when he returned to Australia, Johnny had written five gold records - all for other singers.

Johnny was just 17 when he had his first television show, Club 17 on Seven, and 19 when hosting his second regular show, The Go Show on 0/10. With limited knowledge of TV production or musical direction, he plunged into the YTT project, directing people to muster children with talent for the potential program.

He also turned to voungsters at his Johnny Young Talent School. now a national network.

"Dannii was a standout talent at the school. Tina, age nine, turned up at the studio for an audition in an Indian squaw outfit, complete with feather in her hair. I remember it clearly. She sang: 'Ring, Ring, Why Don't You Give Me a Call.'

Tina was sensational and when we heard her in make-up singing harmonies over a Supremes' song playing on the radio, we, had no doubts about he talent," Johnny said.

"Parents would bring their children into the TEN studio, watch over them and then take them home. Children were paid half the adult rate and stopped before turning 17 when adult

pay rates applied. "YTT was

always multi-cultural and we heard stories of migrants arriving with little or no English who would enjoy watching the program for its entertainment," Johnny said.

"I'm proud of what we achieved," said Johnny, 74, who earned the rare double of being inducted into Australian Halls-of-Fame for both music and television.



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# love of volleyball Fighting fit with a lifelong



John Sewell (left) on the court

#### by Josephine Allison

JOHN Sewell, of Kingsley, has been playing volleyball for more than 60 years and shows no signs of giving up. It has kept him fit and active, as well as making many friends along the way, he tells Have a Go News.

"My wife Linda says volleyball is my first love and she is my second," John chuckles. "The longevity of playing volleyball lies in its aerobic value. I play indoor beach volleyball on sand at Joondalup which is great and low impact."

John, 76, took up volleyball with Perth YMCA in 1962, playing indoor volleyball regularly at the gym on Murray Street. Apart from the odd game of golf and tennis, volleyball has been his favourite sport

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ever since, taking him around WA and interstate.

He won the WA's fairest and best title several times and took part in competition in South Australia and Victoria. He has also taken local teams to the Australian volleyball schools cup.

John is a life member, an ex-president (1975-77) and an ex-staff member of Volleyball WA. He was a founding member of the Northern Stars Volleyball Club and went on to set up the Northern Suburbs Volleyball Academy to give beginners a pathway to the Northern Stars.

He is passionate about volleyball and believes in coaching from the heart. He has coached volleyball at Greenwood Senior High School for 14 years.

These days John is involved in volleyball about three times a week, coaching primary and

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school children through the Kids Volley Centre at Hamersley while also playing himself.

"Playing in sand has kept me going and the joints are still holding up,' he said.

Volleyball is in the Sewell family, son Jason, 31, playing hardcourt and John's wife Linda playing once a week.

"Volleyball keeps me going and there's lots of camaraderie, most of my close friends are exvolleyball players," John "The atmosphere inside the indoor centre is like an extended family."

John was described by Robyn Kuhl, CEO at Volleyball WA as 'player, parent, coach, club president, club owner, VWA staff member, VWA president and life member and Northern Stars life member (2020). 'A wonderful achievement for a fantas-



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Index

Early General

Food & Wine Downsizing

Healthy Living Great Home &

Friend to Friend

Arts

**Puzzles** 

Let's go Travelling

News and

1-23

23-31

32-34

35-37 38-39

40-41

43-44

46-47

45

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# A one true love of champion horses



Alan J. Whiticker

#### by Josephine Allison

SYDNEY author Alan Whiticker has written many books about rugby, true crime and people, but horses are his real true love, the long-time racing fan says in a phone call from Sydney with Have a Go News. So it follows that his new book, Immortals of Australian Racing: The Thoroughbreds released in time for the spring racing season is a work of passion.

"I was very interested in horse racing from my teenage years," Alan said. "Even though I have written about many things during my writing career - rugby league, some history, with a sidetrack into true crime, being approached by a publisher to do a book on horse racing was a labour of love.'

"I really enjoyed going back and revisiting all those great horses. Many of them I had grown up with. Probably my favourite horse is Manikato. I loved the way he led in his races, how he pushed

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the other horses out of the way. He had an enor-

mous heart. "I was about 21 when Kingston Town came on the scene and he could do things other horses couldn't do; he won sprint races, weight for age races and, with an ounce of luck, he would have won a Melbourne Cup.

"But when people started comparing him to Tulloch and Phar Lap, it makes you as a racing fan and writer go back and sav: 'well. what qualities do these horses have?' I suppose I have always had an interest in comparing horses from different generations, tapping into the rich history of horse racing in Australia and getting a world view of just how good these horses are."

Alan, a former school teacher, attributes Australia's rich history of horse racing to our convict past.

"I believe in Sydney the first race meeting was 10 years after the colony started. Horses are such beautiful animals. If you don't love horses there is no point in following horse racing; you have to marvel at just how graceful, strong and courageous these animals are.

"They are such beautiful, timid and shy creatures. I have owned a couple of racehorses but not as good as those in the book. When you dive into the history of horse racing the horses are elite athletes with a rich history, with the Melbourne

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Cup and Cox Plate the great horse races.

"Let's face it, horse racing more than cricket, rugby league or AFL unites the country as we all stop on the first Tuesday of November to back and watch a horse race."

On research, Alan says that over the years he has built up quite a personal library.

"I was able to tap into that, I have a collection of breeding journals, history books on the Melbourne Cup and great horses of the past. Now, with the wonderful Internet and newspapers diaitised. research is much easier, everything is at your fingertips.

"The hardest part of this book was picking the 24 horses, the first 12 picked themselves, but with the next group I had to decide who do you put in and leave out. By going back and looking at some of the great race horses and comparing them with others, who have caught our imagination in the current era, you have to make a judgment.

"I will probably beat myself up about two or three of them, but in the end what I wanted to do was write a book that you didn't have to be an historian to read; that mums and dads could dive into and enjoy. The statistics, the stories and photographs, the balance is there.

"What you have to do and which I love as a writer is distil everyone's views into 1500 words saying, this is the essence of the horse, this is why Winx captured the imagination, this is why Phar Lap is so well remembered 80 years after he died, this is why Kingston Town is so special.

"It took me about six months' research to come up with the 24 horses in the book and find photos with some honourable mentions at the end. Some horses like Luskin Star only had short careers while one of my favourites. Winx. won 33 races in a row. All the horses are special in their own wav."

Alan is an avid collector and a big movie buff.

"I collect DVDs and CDs which drives my wife mad.

"I hadn't written a lot about horse racing previously. I did a small book on the Melbourne Cup and one on champion trainer Pat Webster (Don't Die Wondering: The Pat Webster Story) 2019 but I felt confident to write this book and do it authoritatively."

Alan says thousands of people around the country depend on horse racing for a living.

"With Covid, industry bodies have worked hard to keep it going, even without crowds."

The Immortals of Australian Horse Racing: the Thoroughbreds by Alan J. Whiticker with a foreword Chris Waller-trainer of Winx (Gelding Street Press, \$39.99) is out now.

# The Back to Norseman reunion returns to Kings Park

THE annual Back to Norseman reunion will be held on Sunday 7 November in Kings Park on the grassed area between the Vietnam War Memorial and the Zamia Café. Starting time is 9am and bring the usual BYO picnic, chair, drinks and any memorabilia that you may wish to share.

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# Ambassador for Carers WA - Despene Sattler looks back at her role of carer









Despene Sattler is an ambassador for Carers WA - a look back at life with husband Howard

#### by Allen Newton

DESPENE Sattler has spent much of her adult life looking after sick relatives

Her journey as a carer began in 2000 when her mum was diagnosed with stage four metastatic melanoma. She died in 2002 and then 10 years later her dad was diagnosed with colon cancer and moved in with Despene.

He died five years later and Despene had a short reprieve before her husband of 25 years, former radio broadcaster, Howard Sattler became ill.

Howard died on 11 June of a rare degenerative neurological disorder.

It's something Despene doesn't want to face again, but says fate plays a hand that doesn't give carers much choice.

"I feel as if I've been in this job for most of my adult life," she says.

Since losing Howard, Despene has become an ambassador for Carers WA, which recognises National Carers Week from Sunday, 10 October to Saturday, 16 October.

Despene says the role of carer changes from person to person.

"Mum, dad, husband, it is all different," she says. "To be honest you don't

know you're a carer, it just comes naturally, you just do what you have to do, you look after them and make sure they are fed, you cook for them, you do little jobs for them and take them to the doctors,

but you don't realise you

are doing it. "Then, many years later, when Howard was diagnosed and there were doctors' appointments and physio appointments, there was the hyperbaric chamber, and I found myself totally and utterly engulfed in what was going on.

"But I didn't consider myself a carer, the only time I started to think about myself as a carer was when I started to burn out a little bit and I was getting so frazzled, which was where Carers WA came in.

sation is difficult.

"I went through a period of severe bereavement, particularly when Howard had the second diagnosis that his illness wasn't Parkinson's disease.

"In my head I'm thinking he's going to have a shake and tremors, he's not going to be able to walk properly, but we'll be

"But it didn't pan out that way because it wasn't Parkinson's, it was something far more hideous, called supranuclear palsy, which is literally a death sentence. They say it's six years from diagnosis to death and typical Howard, he fought the odds and stretched it out every step of the way."

Despene says it was cruel watching Howard unable to do things for himself, diminishing day-

blame them because it was a shock."

Looking back over her journey Despene says that in hindsight she would have taken more care of herself.

"I think I'm suffering the consequences now. I've caught the 'flu because I'm run down and I should have taken more time out for myself.

"That's not to say that I didn't take time out, I did put Howard into respite a couple of times and went away with my girlfriends down south, which was good because I knew he was safe if he was in respite, but there's no other way of doing it, there's no magic wand.

Despene recalls phoning her Carers WA caseworker and saying she couldn't sleep and couldn't eat, felt agoraphobic and couldn't leave the house.

Her caseworker found respite for Howard, told Despene to pack him a bag and for her to take some time out to rest.

There is a danger that people can feel guilty

about putting somebody they love into respite care, but Despene believes it's something that is important for both carer and loved one

She says to always check out the respite home, go and have a look at it and talk to the nurses, find out if they have activities and make sure you are comfortable with the level of care being offered.

"The last thing I wanted was for him to be stuck in a room by himself and not mixing with people.

"The respite home had

lifestyle carers, who said they would get him out of the room and get him into the main room interacting with other people - and in fact he enjoyed his time in respite - he didn't want to stay there forever because I promised him I wouldn't put him in care and that he could stay at home.

Now that Howard is gone, Despene says her next lesson in life is to rediscover her own identity with life after being a carer.

To find out more about Carers WA go to www. carerswa.asn.au.









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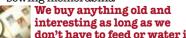
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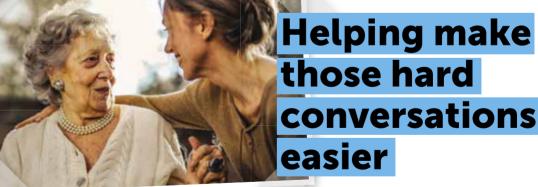
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# These passionate sea paddlers are living the retirement dream

by Serena Kirby

JENNI Harrison and Les Allen are passionate paddlers. Now both retired, the couple spend as much time as they can out on the water. They've paddled countless kilometres together and, prior to Covid-19. they spent three years kayaking sections of

Australia's east coast.

"We've paddled sections of the coastline from Cairns to Tasmania and around countless islands in the Whitsundays. We clocked up more than 6000km in just that trip. It was bliss," Les says.

This couple love the isolation that sea kayaking offers.

Jenni says: "there's nothing better than being alone on an isolated island or vast stretch of beach".

Of course, alone means alone together for these paddling partners. Jenni and Les met during a kayaking club event more than a decade ago. Jenni was already a proficient paddler, and Les was an experienced instructor, and the two quickly formed a bond from which a relationship blossomed.

The couple's love of adventure has presented them with some amazing encounters with marine life. Les has been menaced by a five metre Hammerhead shark and even had a seal try to steal his paddle. They've also encountered challenging weather conditions.

"We've paddled up the 15 metre face of a wave in 30 knot winds and in the huge tidal currents in the channel between the northeast tip of Tasmania and Flinders Island. Through all this, the only time I've heard Jenni swear at a wave was when a massive one broke right on top of her. She's a very competent paddler and she's right up there among the best female kayakers in Australia. And I'm not just saying that because she's my partner."

Both agree there's been moments of incredible beauty too; paddling in still waters by moonlight and having a pod of whales play around and under their kayaks are just some of those memorable mo-

"People underestimate what you can do in a sea kayak," Jenni says. "It takes a year to really become competent and we now train people on how to be safe out there on the water and what emergency gear to take. Rule number one: always tether your paddles to your boat."

"We only use traditional sea kayaks as they are far safer than the popular 'sit-on-top' kayaks. Traditional kayaks are ones where you sit inside a cockpit so your lower body is encased inside the hull. There's a 'spray skirt' attached to the cockpit opening to keep you warm and prevent water entering. These traditional-style kayaks were invented by the Indigenous peoples of the arctic and they are masters of the kayak.

While kayaking in high seas can be extremely challenging, Jenni reassures people that joining a local kayaking group is more about promoting skills and safety in a social setting. She also says that the sport is becoming increasingly popular amongst wom-

"When I first joined the Albany Sea Kayaking Club ten years ago, I was the only female. Now more than 50 per cent of new members are women. It's still a male dominated sport so we really want to encourage women to take it up. We often run a Wild

Jenni Harrison and Les Allen

Old Women On Water (WOWOW) program involving four days of kayaking training mixed with leadership and professional development skills. It's fully booked every time."

Jenni also adds that, because kayaking is a low impact sport, you can do it into your 80s and 90s and it's an activity you can undertake year round.

For anyone keen to try kayaking, Jenni and Les and the South Coast Kayaking group, are running two 'come and try'

days this November. The first will be at Albany's Emu Point Marina on 21 November and the second will be at the Denmark River mouth on 28 November. Each session will run from 9am-1pm and you'll need a kayak with paddles and a life jacket. No experience is needed and the sessions are specifically catered for people over 50.

Anyone wanting information can email tradi tionalkayaking@gmail. com or check out the South Coast Kayakers' Facebook page.

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# **Keeping your will up to date is important**

EMILY Nixon and Shirley Tascone from Bespoke Wills and Estate Lawyers will be the guest speakers at the next meeting of the Dianella branch of the Association of Independent Retirees (AIR) to be held on Wednesday 3 November.

They will explain the importance of having a Will and of revising it regularly, to ensure it still reflects your wishes.

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

Ric Waugh from Musical Memories will sing hits of yesterday at the last meeting for the year on 1 December. This will include songs such as White

All meetings are held in recreation room 2, Living Grace, 68 Waverley Place, Dianella on the first Wednesday of the month starting at 9.30am.

All AIR members and any interested guests are very welcome to join, listen to the speaker, have some refreshment and to hear about the other guest speakers and social gatherings planned for 2022

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

For further information please contact Joy Rourke on 0419 944 432 or email iovsrourke@iinet.net.au

# Club looking for new members

MERRIWA AFA Bowling Club and club facilities are situated within the RAAFA Estate in Merriwa. They are keen to welcome new members to play a friendly game of lawn bowls.

There are some great benefits for people who join now with free membership fees from date of registration to 30 April 2022.

A RAAFA affiliation fee is payable by members who are not resident on a RAAFA Estate, which also entitles the bearer to many benefits.

Club membership enjoys the following: Pennant and Championship bowling for the serious men and woman players. Plenty of competitive social bowls. Excellent greens and coaching for newcomers to the sport. Regular social activities in superb clubhouse facilities. Friendly members to make everyone feel welcome.

The club is located at 19 Hughie Edwards Drive, Merriwa.

If you would like to join this friendly bunch of bowlers than contact 9400 3643 or email: vicepresident@ merriwabowls.com.au, or visit the website at www.merriwabowls. com.au







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# Looking back on the life of one of Australia's great PM's... John Curtin



Granddaughter: Barbara Davidson

by Lee Tate

BABY boomer Barbara Davidson fondly remembers her childhood running around Cottesloe and her doting grandma, Elsie, who would give her grandchildren a generous one pound on their birthdays.

Elsie, the wife of Australia's great Prime Minister, John Curtin, lived 30 years longer than her famous husband who led Australia through World War II but died tragically at age 60, within sight of the war's end.

"We knew granddad had been Australia's Prime Minister during the war and we had his photo in our lounge but we didn't know much more," said Barbara who lived across the road.

Barbara's businessman brother, John, is the fourth John Curtin in a tradition that began with the Prime Minister's father.

Barbara, 74, retired after teaching around WA, Britain and Canada and lives with her retired teacher husband, Gary.

"In later years, through reading in libraries I found out more about granddad. Dad told us a little bit from time-to-time but it just wasn't talked about in the family "she said

in the family," she said.

The full John Curtin story has emerged over the generations with Barbara's son, Toby Davidson, a poet, this year releasing a surprising book on his great grandfather called *Good for the Soul.*John Curtin's Life with Poetry.

"Curtin was passionate about poetry," says Barbara.

John Curtin's own notes revealed: "I devote at least an hour (every night) to reading poetry". Barbara said: "He

Barbara said: "He loved his poetry and although he didn't write any to be published, he encompassed poetry in his speeches. He remembered it," says Barbara.

"Curtin left school at 13 but he was a very keen reader and would study in public libraries in his early years.

"He came up through the rough-and-tumble unions and was a big supporter of workers and so was grandma, who would support and attend Labor events all her life. Her father, in Tasmania, was a union organiser so they all supported workers' rights."

Barbara recalls Sunday family outings: "with me in the back of the car going for a picnic to Kalamunda or somewhere, squeezed between my two grandmas."

"We lived opposite my grandparents' house at 24 Jarrad Street, Cottesloe, which was bought by the government when Richard Court was in office and taken over by the National Trust. Grandad designed and had the house built. The Curtin family were the only ones ever to live in it."

Barbara said her grandma had a good sense of humour.

"She took an interest in what John and I were doing and would look over our school reports but she was non-judgemental and liked little jokes. Fun things. She was active but restricted for a long time with a bad knee."

Barbara said her grandfather had health problems through his life and she believed the stress of running the nation during the war caused his death.

In 1944, Curtin was required to go on a long, health-draining, wartime mission to top-level meetings in Washington and London and get back to Australia for War Cabinet meetings.

"Grandma kept in touch with people like Eleanor Roosevelt and poet, Dame Mary Gilmore. She read a lot and always corresponded. There were always things going on for her. She had visitors to the house and played the piano.

"Grandma would come to our house across the road for Christmas lunch and we would go over there to visit her. Grandma would give us kids Christmas and birthday presents and money for the Royal Show.

"For Christmas grandma would give us each a pound that was to go into the bank. That came in very handy later when I wanted to buy a car."

Barbara said, like most baby boomers, she learnt little at school about John Curtin.

"Our school history pretty much ended with World War I. We were taught about the French and Russian revolutions and, in Australia, the early settlement of NSW. WWII wasn't considered history yet

"I started high school in 1959. School texts about our recent history hadn't been written by then."

Barbara said school kids were oblivious to her connection to the wartime Prime Minister.

"There was a boy in our class named Bruce Menzies, no relation to the former Prime Minister, but sometimes teachers would quietly chortle at our names," she said.

Barbara said her grandfather was dedicated to improving Australia – to lift those having a hard life and would

have been frustrated that he received his calling during wartime when he suddenly emerged as a leader.

She said: "He never wanted to be a wartime Prime Minister. He wanted to be leader in peacetime to introduce reforms. But many of those reforms did come. They were picked-up and implemented after his death."

The body of John Curtin (1885–1945), Australia's 14th Prime Minister

and Labor's longest serving leader until Gough Whitlam, was flown to Perth on a RAAF Dakota, escorted by nine fighter aircraft. He was buried at Karrakatta Cemetery in a family plot that includes Elsie who died in 1975.

# Plan for the late stages of this life with four speakers. And Write a Will.

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# Where opinions matter - do we need to revise our state flag?



by Lee Tate

WHILE West Australians are flagging ways to lift Perth, now could be a good time to re-examine our State flag.

The flag is ok, conservative, respectable and has served its time. But a



is brilliant but similar to all other States as well as the

A black swan plonked against a yellow sun. Surely our State's symbol deserves more.

Then there's the Union Jack. Which, to Republicans, is like waving a red

We want to make the great State of Western Australia distinctive. As a modern, progressive and wealthy State with much to offer tourists and the world. let's show our creativity.

Forget the heated debates or radical attempts to throw out the old. We haven't matured sufficiently if we can't have rational reviews. There will always be dissenters, especially in the growing ranks of se-

Perhaps the flag can be tweaked with a stylised swan. Perth Mint's classy overhaul includes a stylised Swan (pictured left) as its symbol. It's tasteful, artistic and worthy of symbolism. The stylised Swan gives us another viewpoint. Consider the history of

the State flag. The flag consists of a Blue Ensign defaced with the badge of the state. It was adopted in 1953 as a replacement to a similar design used when we were a British colony.

The direction of the black swan was reversed to follow convention. All the other five Australian States were handed blue ensigns and State badges.

When all State flags and the national flag are flown together, WA's flag is sixth in order of precedence, indicative of its position on the Commonwealth Coat of Arms.

West Aussies have the right to feel we are at the end of the chain in Australia. And not for the first time, brought again to the surface by WA's stand with the feds and other States over the pandemic.

In the inevitable drift towards becoming a republic, the days of the Union Jack in the new independent nation are numbered, anyhow.

Our flags will need review. Do we again follow the other States and the Commonwealth and be sixth in order of precedence?

make changes doesn't mean spitting in the face of Britain and our colonial past. It reflects moving with the times.

It will be a brave government to tamper with a State's sacred symbolism. But a brave approach and strong leadership is what is needed to lead our progressive forces forward.

It might be seen brave even for a commentator to publicly raise the subject: Change our flag? What

But maturity requires revision, reviews that reflect a changing world and changes that will carry us forward.

Others might see a changed flag as just minor symbolism. But such a change would reflect a modern-minded and motivated community.

There would be heavilydivided opinions on the change, on the flag's design and on the timing.

For the people, for the government and for our city leaders, it would be an important part of the debate that is already underway on how we want to see ourselves.

Next month, our State's faithful flag has its 168th birthday. It has served us

What do you think? mail info@haveagone Fmail ws.com.au with Opinion in



# Independence • Power recline Power footrest • Adjustable head

# Come dancing: dance group would love to see you! EARLY in August about 150 mem-

bers from the Over 50s Ballroom Dancing Club, together with a few visitors from country areas, enjoyed nearly four hours of dancing at their annual ball in the Cannington Exhibition Centre.

It was a wonderful ambience created by a colourfully decorated hall. Many ladies were elegantly dressed in their evening or cocktail gowns escorted by gentlemen in dinner

While this is the club's special day of the year, hence the decorations and dressing to the 'nines' and an excellent dance program set to superb music, the dance format for the day was very similar to that which occurs every Thursday and the club is always very keen for new people to join the group.

The club dances one week at Cannington and one week at Karrinyup. Starting at 11.15am there is a one-hour refresher of one of the sequence dances on the list followed by three hours doing mostly New Vogue dancing to excellent CD

The club would love to hear from single men, or ladies, or couples who want to spend an afternoon each week meeting people and having fun. Aside from great social interaction, ballroom dancing is recommended as one of the best activities for older adults as it increases cognitive acuity while aiding co-ordination and balance.

Why not come along and have a great afternoon at a very modest cost while exercising both body and mind?

More detailed information is available on the website www. ofbdc.com or ring Trevor Hook on 0499 265 226.

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# **Australian Red Cross**

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Australian Red Cross is looking for warm, caring volunteers to support socially isolated parents including multiple birth families and those experiencing post-natal depression or

The ideal applicant should have practical experience in caring for babies, experience in interacting with people from differing cultures and backgrounds, an understanding of post-natal depression and anxiety, ability to empower parents with skills and confidence, willingness to support with light home duties such as meals and laundry and hold basic phone and computer skills.

If you are empathetic, able to provide emotional support to vulnerable mums and looking for a role where you can make a difference, we would love to hear from you. You will be required to provide 2 referees for child

protection purposes. Own car is essential For more information, please contact Nicola at ncarmody@redcross.org.au or 0417 350 689.

# A new partnership makes writing your will easy in your will is easy. You



than anything, writing a will is a way of making your intentions clear and not leaving your legacy to chance.

Many Australians don't have a Will. Most Australians also own a pet. That has led to a new partnership between the RSPCA and Safewill which can help you ensure all members of the family, including pets, are looked after.

A Will ensures the right people in your life receive the financial support you want to pass over, and also makes sure your dependent pets are left in the care of the people you know will look after them best.

When it comes to your beloved pets, this can include instructions on rehoming them and adding a petcare fund to your final wishes.

With an online Will writing platform like Safewill, incorporating your pets are prompted with all the necessary questions, and vou can make sure that your fur babies are pro-

When writing their Will, many people also decide they want to leave animals a better world. Leaving a gift in your will to RSPCA WA is a thoughtful way to ensure your love of animals lives on, and your generosity continues to help give a second chance to so many animals in need.

You'll get 50 per cent off the cost of writing your Will online until 17 October. Just head to www. safewill.com/rspca - it's as easy as that. You can take care of your loved ones and leave a lasting legacy for animals in

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# Barbara is a community pillar who loves life and meeti



Barbara Price

by Josephine Allison

AT 91 years young, Barbara Price doesn't let the

grass grow under her feet. Up early, her packed program might tire lesser mortals but she loves life, especially meeting people, she tells Have a Go

Barbara clocks up 50 years in WA this year, after settling here from the UK in 1971 with husband Ray and two children. She has never regretted the big move but loves returning to her country of birth for big family reunions, Covid permitting.

Born in Cheshire on 25 June 1930 Barbara was the eldest of five, having a sister and three brothers including a set of twins. She lived in Nantwich in Cheshire until she was 17, then moved to Loughborough in Leicestershire where she worked as a

"I married Kenneth at 20 and we had two daughters, Cheryl (who lives in the UK) and Lesley-ann (Lee) but Kenneth passed away at 28 and I went to live with my sister," she said. "Then I met my second husband, Ray, and we had two children, Nigel, currently in Canberra, and Victoria, who lives

"We decided to settle in WA, my husband working in the car trade. We spent eight months at Graylands Hostel before settling in Scarborough, later moving to Balga. Husband Ray passed away nine vears ago."

These days Barbara is up at dawn and active in the community. She is secretary of the Balga Autumn Club and has been a club member for 27 years. She is at the club three days a week, mainly doing administration work and teaching line dancing on a Friday. She plays bingo and is one of the callers.

With son Nigel playing soccer, Barbara was involved with the Balga Soccer Club as secretary and is a life member and still attends the club. She was intensely involved in WA's bicentennial celebrations in 1988, helping organise the Balga Fair and street parades.

"I am a people person and you have to get out and about to exercise body and brain," Barbara

She is an active member of the WA Carpet Bowls Association and was its secretary for 20 years, stepping down only this year. Apart from all these activities, she likes travel, reading and knitting and tending her garden, especially her roses.

And there is a little known fact about Barbara... she adores singer and entertainer Cliff Richard and is a long serving member of the Sir Cliff Richard Fan Club of Aus-

love all his music and have followed him ever since he started,"

Though she has never met Sir Cliff, she saw him entertain when he came to Perth for Telethon in 1984. Her love for the entertainer is on show inside her home with Sir Cliff photos on the wall, tee shirts, a teapot and cups with his image and other memorabilia.

It's a reflection of Barbara's love of life and keeping young at heart.

She has 14 greatgrandchildren and three great-great-grandchildren and plans to visit family back in the UK next year. "I keep in touch with them on Facebook and can see them growing up," she savs.

# Not the only gays in the village - a new village hub

GRAI (GLBTI Rights in Ageing Inc) has received three years of funding to establish the first GLBTI village hub in Australia.

Research has shown that social isolation is widespread for many LGBTI elders; the impact of Covid-19 has highlighted feelings of loneliness and disconnection during this unprecedented time. LGBTI seniors are less likely than non-LGBTI people to have children or other nuclear family members to support their ageing and they are also more likely to be caring for a friend or family member.

Under the Seniors Connected Program, 10 village hubs across Australia have been funded to alleviate loneliness and social isolation experienced by older Australians with the GRAI model to focus solely on LGBTI seniors.

Village hubs will bring older Australians together in their community to progress activities that support good mental and physical health as well as better connections to the local community. The initiative targets people aged 55 years and over (or Indigenous Australians aged 50 or over) living in the community.

GRAI's village hub will be led by and for older LGBTI people, offering multidimensional peer support and service develop-

ment for the community. An LG-BTI Elders' Advisory Group will be established to advise on the hub activities, and peer elders will help provide a one-on-one befriending service for vulnerable and isolated individuals. Work towards creating culturally safe referral pathways and links to mainstream services such as medical, aged care services or housing supports will be devel-

GRAI was established in 2005 because many LGBTI people feel extremely vulnerable as they age and many fear returning to the 'closet' by being mistreated by health and service professionals due to harmful labels or

Chair of GRAI Michael Berry said: "The great majority of supports for elders are based on a service provider/client model. GRAI's village hub concept aims to move away from this model to establish a supportive framework based, as far as possible, on building respectful friendshipleaning relationships between its

"This dynamic will empower members and offer autonomy and dignity through interdependent community support".

If you would like to find out more contact info@grai.org.au.



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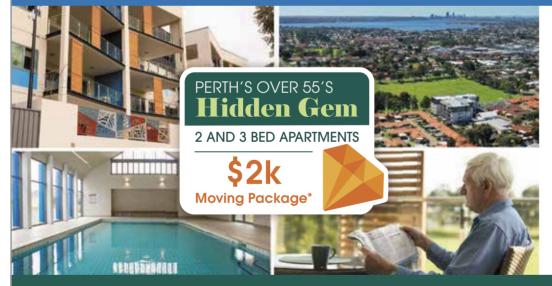
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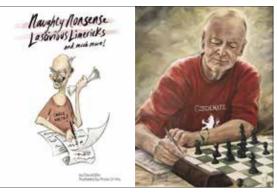
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David Ellis loves a limerick

#### by Josephine Allison

FACING time in lockdown last year champion chess player David Ellis decided to turn his hand to writing a book, not just any book but one about limericks. The result: Naughty Nonsense, Lascivious Limericks and much more! which looks at the funny side of life.

In a foreword, British born David, 81, of Wilson, says from an early age he was a fan of British comedians such as Frankie Howerd and the Carry On crew. Their influence can be seen in the book of more than 100 comic

# David Ellis takes a limerick look at life

verses compiled over 50

"It's not a book for the prudish," warns David who was born in the Scilly Isles off the west coast of Cornwall. He lived there until he was 18, then became an English teacher where he encouraged creative writing and an appreciation of literature including poetry.

In his book David says: "My childhood before going to the mainland of Cornwall to attend secondary school, was spent on St Marys, the largest of the Isles of Scilly, 42km from Lands End, Cornwall, an idyllic place to live, especially for children enjoying their summer holidays from school. The year 1947 when I was seven years old, provided a particularly warm and dry summer, giving day by day summer weather to enjoy."

David met a WA girl in London and followed her home, married someone else and had two children and now has four grandchildren. For a while he worked with the Australian Bureau of Statistics, then at the Elizabethan Village in Armadale and at Australia Post.

As a mature age student in the 1970s he studied for a Diploma in Recreation.

David attributes his love of chess to perhaps seeing two boys playing the game at his secondary school in Truro. He estimates he has played chess for 70 years, has competed in a number of Australian championships with a best result equal third.

He has also regularly coached young play-ers, including a future British champion. He has been chess columnist for The West Australian newspaper for more than 25 years and received the Australian Chess Federation medal for outstanding work as a chess correspondent, the year after receiving the Queen's Australian sports medal.

He plays the piano and has been in demand as an accompanist. In collaboration with a junior choir, he recorded a record and years later recorded two CDs with so-

prano Willemina Foeken. Back to his book. One section, Politics, is devoted to longer limericks about nine Australian prime ministers male and female.

On Bob Hawke: 'A popular PM is Bob

Though he's been seen to let out a sob,

He loves to drink beer. So let's give him a cheer.

For he's the best man for the job.'

On Scott Morrison:

'New leader Scomo was elated

When his government

got reinstated. But bush fire condi-

tions And Covid restrictions

Saw all future planning frustrated'

David is contemplating a second book with new additions.

Book illustrations are by Rosie Di Wu, an Australian illustrator currently based in Austin, Texas.

Nonsense, Naughty Lascivious Limericks and much more! (Xlibris, \$10 and \$3 postage if required) can be purchased from the author via email: ellis19@bia pond.com

# **Celebrating 70 years** of life-changing dogs



Dr Arnold Cook brought Dreena, his UK trained Guide Dog, to Perth in 1950 after studying in London. Determined to establish a Guide Dog program here, he was the driving force behind the formation of the first Australian Guide Dogs for the Blind Association (now known as Guide Dogs WA) in

Betty Bridge, who trained Dreena in the UK, moved to Perth in late 1951 to establish the first Guide Dog Training Centre, not only in Australia but the entire Southern Hemisphere. The Training Centre operated out of two second-hand tram cars next to the Dogs' Refuge in Shenton Park.

The first two Guide Dogs graduated in 1952: a Kelpie-Fox Terrier cross called Beau and Terry a Border Collie. Beau was donated by a Perth couple and Terry came from the Dogs' Refuge. Beau was matched with Elsie Mead who went on to become the Public Relations Officer for the Association. Terry was matched with Anne Kent and was the first of seven Guide Dogs that she had

This August a new Guide Dog called Terry graduated as a working Guide Dog after two years of training. Partly sponsored by a gift Anne Kent left in her Will, he was named after her first Guide Dog.

With the Training Centre now based at Perron Place in Victoria Park. Guide Dogs WA provides both Guide and Assistance Dogs to Western Australians who need them.

It costs more than \$50,000 to train a Guide or Assistance Dog. Through ongoing fundraising and support from the Western Australian community more life-changing dogs are provided to Western Australians living with low vision, disability or illness. A significant proportion of this support comes from people who have generously left a gift in their Will to Guide Dogs WA, by including the charity as one of their beneficiaries.

New Guide Dog puppy Nancy was named in memory of a lady who left a generous gift in her Will to Guide Dogs WA. Nancy's mother and three of her family went blind due to glaucoma, so she knew the impact that this had on peoples' lives. Her gift will provide more Guide and Assistance Dogs for Western Australians and we are very grateful to her.

For more information about leaving a gift in your Will please call Kay on (08) 9311 8285, email giftsinwills@guidedogswa.com.au or visit guidedogswa.com.au/gift-will/

# British expats should expect delays in UK pension processing



by Mike Goodall

PROCESSING of pension applications within the Department of Work and Pensions (DWP) is now running about five months late.

If a person applies four months before they reach State Pension Age (SPA) (the maximum time they will accept applications) there will still be a month's delay in processing a pension. Because DWP pay the pension to expats four or 13 weeks in arrears, at the best you could be waiting for two months before you receive any payment.

Those who only make their pension claim one month before they reach SPA, could be waiting for five months.

This problem has been causing all sorts of havoc in the UK where people have stopped work and have then run into money problems because their pension payments haven't arrived.

The problem has been caused because DWP have taken experienced

pension processers to work on the problem created by previous errors within the department where partners pensions were not automatically reviewed when the second partner reached SPA. As a result over £1 billion has been underpaid to more than 134,000 pensioners.

Part of the problem is due to IT systems in the department being outdated. DWP caseworkers failed to action manual IT system prompts on pensioners' files to review the payments at the later trigger date such as a spouse reaching SPS, or their 80th Birthday.

Note that since March 2001 the over 80s additional benefit (Category D pension) is not applicable to expats in Australia.

Many expats have received money paid into their bank account without any notification as to why it is due to them. So far more than £60 million has been paid out. This is due to continue until the end of 2023 so if you are due a payment it might be some time before it arrives.

The DWP have been training more staff some of whom will commence processing pensions in October. However the calculations of pensions are so complex many mistakes may occur until they gain experience. Therefore, please check vour pension letter carefully to check that you are being paid what you

expected. Delays are expected to start reducing from October 2021, but it could be more than a year before the processing of pensions returns to normal. If you are reaching SPA within the next couple of years plan your finances to allow for a possible delay in payments.

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

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

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

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

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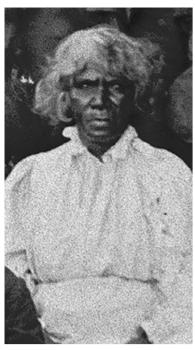
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# Following freedom fighter Fanny's footsteps through the city of Perth



Fanny Balbuk Yooreel © State Library of Western Australia

by Lee Tate

I HAVE just walked in the footsteps of Perth resistance fighter Fanny Balbuk Yooreel.

Born around 1840, the Indigenous Whadjuk woman has been raised from obscurity by the National Trust of WA with an ingenious walk trail around Perth.

Fanny has also been included in this year's inductees for the Western Australian Women's Hall of Fame. She is now getting the recognition she deserved for her and her people.

The National Trust of WA says Fanny is remembered: "for her unwavering commitment to maintaining her land rights in the earliest days of the frontier wars in Western Australia.'

Most West Australians would know very few early-day Indigenous names outside the legendary Yagan. But that is changing as we recognise and bring to light more about our State's true history, largely ignored or glossed-over in our education.

Fanny, Yagan's niece, walked

through the developing Perth city "regardless of any new obstacles, buildings or fences which would spring up in her path as the colony

Daisy Bates, friend of Aborigines, wrote: "One of her favourite annoyances was to stand at the gates of Government House, reviling all who dwelt within, in that the stone gates guarded by a sentry enclosed her grandmother's burial

Noongar Elder Noel Nannup said: "She just kept going and didn't take any notice of the new city going up. That's a story of defiance and determination.

National Trust WA released a walk map to mark the 110th anniversary of the 1907 death of arguably Perth's most important and uncelebrated Whadjuk woman.

The public is invited to walk the path of Fanny through the Perth landscape and connect to this unique city in new ways with eight venues.

1. Perth Railway Station, built in

1881, constructed over wetlands that were a key source of food collected by Fanny (eggs, turtles and freshwater crayfish) and drained in the 1840s to alleviate flooding in the

2. Liddelow Butcher, Murray Street. Fanny was arrested, fined and jailed many times for disorderly behaviour. Fanny told the court that her employer, Mr Liddlelow, would pay the

3. Bon Ton Café. Fanny was invited to tea by Daisy Bates, self-taught anthropologist, at Bon Ton Cafe in Hay Street during their city walks (two plates of cakes were consumed). Information given to Bates by Fanny later supported Noongar Native Title claims.

4. City of Perth Library. Fanny is recognised in a range of quilts by WA Inspired Art Quilters, also showing historic locations, maps, flora, fauna and bush tucker.

5. 57 Murray Street. From this building, the Chief Protector of Aborigines controlled the lives of Aboriginal people.

6. Colonial Hospital, Murray Street. Fanny died here in 1907, aged about 67, from cardiac failure, with husband Doolby by her side. She was buried at Karrakatta Cemetery

in an unmarked pauper's grave. 7. Government House. Fanny protested outside the gates here "cursing those within." Her great grandmother, Moojurngul, is buried here, a recognised Aboriginal site.

Bishop's Grove, St Georges Terrace. The west central business district is linked to the resting place of Fanny's grandmother, Yabben. During building works in 1938, "a skull, yellowed with age, was discovered."

According to Whadjuk Ballardong elder Theresa Walley: "Fanny was an angry woman because everything in this life was taken from her family, her country, her lifestyle... especially her lifestyle, the way she wanted to live, was taken from her'

For more information visit National Trust WA www.nationaltrust. org.au/wa/

# A variety of guest speakers for retirees group

**CLAIRE** Sharman from the Public Trustee office is the guest speaker at the next meeting of the Perth Northern Suburbs Branch of the Association of Independent Retirees (AIR).

Her talk will include essential information about executor duties, the estate administration process and other issues relating to the management of a deceased estate.

The following meeting will be on 18 November when the speaker will be Alan Naber who is well known in WA as the 'Old Cyclist'. He will provide an entertaining presentation, so bring your cycle clips and join in the fun.

AIR will hold its next meeting at 9.30am on Thursday 21 October. All meetings are held

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

All AIR members and any interested quests are most welcome and they look forward to seeing people there.

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

Under the current

WA Covid-19 rules meetings are restricted in numbers therefore if you wish to attend as a guest, please reserve a seat by registering your interest with Mike Goodall

For further information please contact Mike Goodall on 08 6364 0859, e-mail mikecgoodall@btcon nect.com or e-mail pn sair@gmail.com for further details.



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# Rick Steele on tour - I'm going up the country, babe do you wanna go?



by Rick Steele

I'M going, I'm going where the water tastes like wine.

These are some lyrics from the band, *Canned Heat's* rock blues song from the late sixties, early seventies when the hippy movement was flourishing. I have to ad-

mit to embracing several of the hippy doctrines at the time, and still carry a couple with me.

"All we are saying, is give peace a chance. Make love, not war. Save water, shower with a friend."

You'll be pleased to know I don't dance naked in the hills anymore. With my knees these days, I don't even dance. Luckily, I still get to go up country.

There was a time when I reckon I was on a par with the 'I've been everywhere man', and I believe there aren't that many country towns in WA that I haven't been

to or through.

Most of this travel was done in the front or the back of an old Valiant, with one or two hygienically challenged rock'n'rollers. It's a sure way of finding out whether you get on or not. Trying to write songs in the back, with all those miles, beer and fast food can certainly broaden your ass if not your mind.

Luckily, here in the West, so far, we've been blessed: disruptions, compared with the east, have been minimal and I've even had a couple of wins. I got to perform at the Gala Finale Concert

for the highly successful International Cabaret Festival in June because the interstate acts couldn't get here.

For the same reason, I'm taking my band to Margaret River for the prestigious 'Strings Attached' guitar festival on 8, 9 and 10 October. My Oh My, spring in the wine country, and how Margaret River has changed since the eighties.

They say they have developed the perfect wine for breakfast – If you're drinking wine for breakfast it doesn't need to be perfect. Anyway, these days, I exercise strict self-control. I never

drink anything stronger than gin for breakfast. A bunch of musicians have formed a group called Alcoholic's Unanimous. If you don't feel like a drink, you ring another member, and they come around to persuade you.

The second weekend in November the band is on the road again to the picturesque town of Bridgetown for the annual Blues Festival. Friday 12 to Sunday 14 November. Always a fun-tastic experience and a perfect opportunity to catch up with people I've met over the

"The blues had a baby

and the whole world calls it rock'n'roll."

l've chewed the fat, downed a coldie and shared a yarn with people from Darwin, Esperance, Kalgoorlie, Dongara and Waikikamukau, (Why kick a moo cow, NZ)

They don't have camels in Bridgetown, which is fine by me. I don't trust anyone who can go without a drink for a week. George Best once said, "I gave up drink and sex in 1969. It was the worst two hours of my life!"

A bloke was having a quiet one in a bar and got chatting with a pair

of Siamese twins.

Eventually he was invited by them for fun times at their place. While having his way with one, the other played, *Some Enchanted Evening* on her saxophone. The following evening, back at the same place, the twins swapped places and this time twin two played *Moon River* on a flute.

Two days had passed when the girls saw he, himself at the bus stop.

Twin one says to twin two. "We should go say hello." Twin two replied. "I don't think so; he probably won't even remember us."

Cheers dears.



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# I'm too lazy to be happy... things that make me feel good!



by Jon Lewis

THERE are many things I enjoy in life, but I'm too lazy... so I will watch YouTube instead.

It's strange to think that the very thing or things I actually love to do, I do not do. Why is that I wondered? Hmm... I can actually

think of things I love to do and I am sure you

Firstly of course there is spending time with my darling wife Gloria. Then there is fixing things in my little shed (3 metres by 1.5 metres), watching a classic movie with a yummy toasted cheese and ham sandwich, sitting on our outdoor furniture in the daylight to name a few.

I think perhaps you may have a quizzical look on your face right now... and you may be rightly thinking, surely the last two require laziness as an

important prerequisite?

Ah ha! I cannot argue with you on that. So why am I not doing these things when I happen to feel lazy. Could it be the effort my favourite things require? Maybe that could be true for the first and certainly not for the last. So what else could it be?

What do you think it could be?

After some soulsearching I concluded, perhaps, it was simply that I forgot? Funny how the very things that make us so very happy can so easily be forgotten. How surprising! No more please, right now, it is time to take charge.

I can confide that in a very decadent way, I have made use of this column to note already three very important things I love to do for me. I shall now share the decadence with you.

Here is some space to write at least three things you love to do...

1	 	 	
2	 	 	
3.	 	 	

(Careful how you fill in number one)

Just filling in time with all too easy surreptitious comfort does not leave me feeling happy.

I even suspect these things may have an element of dampening reasoning skills too. I can waste hours and hours watching little video clips, searching social media and then back again to video clips, to feel no better than when I started and likely worse. No more, thank you, I'd rather be happy.

Wouldn't you? All the best.



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

Dear Editor

I HAD occasion to phone my bank, but I really needn't have bothered, because the service was abysmal – pretty well none existent.

First I rang the 1300 number, but during the wait to speak to a human, I thought I'd try the online version that the auto prompt was suggesting, while I waited, but I held on anyway.

When a human did answer, they suggested it was better for me to continue online, as it would take just as long doing it with her. Since I was part way through anyway, I decided to keep going. After a myriad of questions, even including how much I spend on groceries and childcare every week (what? to a 76-year-old?) I was getting somewhat irate, but not quite as angry as I was when I got cut off towards the end of the relentless questions, even though it did thank me for banking with NAB.

I decided to try my luck on the phone again, but after discovering I was 27th in the queue, I went back online so I could talk to a specialist. After filling out even more online questions, I was advised that someone would respond to me within seven days. So, I'm still no closer to an answer to my query. It's a good job it wasn't something urgent.

I think when we get to our senior years, we're so tired of all the B.S. – I don't mean 'Bank Stuff' here, although that is also included. With all the modern technology available these days, you'd think it would improve service, not impede it.

How wonderful were the good old days, when service, at least, was at a premium, and you could ring a number and have an issue dealt with in a matter of minutes, without all the B.S that's offered up now.

Florence Mellott Ferndale (Old and Grumpy)

Dear Editor,

I AM a member of the Over 55 Walking Association and have written this poem which I would like to share with readers:

I'm going walking today, It's a really beaut day, We will have a great walk With lots of good talk Have our picnic and then go away.

Felicity Member – Over Fifty Five Walking Association Dear Editor

AS a keen ABC viewer, I am absolutely dismayed at the lack of any content to cater for the senior citizens in Australia.

With all the changes that are continuously taking place in the modern world, there is no program on the ABC attempting to help seniors cope with them.

An example is trying to download the QR code for mobile phones use to identify you when checking into a venue. Bad luck if you do not have anyone at home to help you get it sorted out, because the other option is having to fill in your name and details everywhere you

I was fortunate that a young lady in a small shopping centre took the time to take my phone and download it for me, otherwise I would still be avoiding the shops or writing down my details every time that I wanted a coffee or a loaf of bread.

Just when that was all sorted out and I was slowly getting over my writer's cramp, they changed the system and the app on

my phone no longer worked. More running around to find someone to help this silly old bugger with a simple problem. After many tries, I eventually found a man in a mobile phone kiosk who was kind enough to do it for me.

It seems the Federal Government has completely taken over the ABC with some grinning middle aged fool in Sydney telling WA what we are doing wrong and how we should only listen to him.

> John Cozins Via email

Dear Editor,

I REFER to your comments about ageism in your editorial in the September edition of *Have a Go News*.

I have noticed as I have got older that people (not only the young) don't say 'good morning' or any other greeting any more. A simple 'good morning' to another person as you are out on your walks, would make us no longer feel invisible. It is a terrible feeling for a person to feel invisible or to feel left out.

Joy Henry Via email Dear Editor.

I HAVE sent a letter to our premier's office, asking the question: why is WA the only state in Australia, where when you reach 60 you are not eligible to receive a seniors card, unlike every other state?

WA the age is 64, or has this changed?

I feel it's a type of discrimination which I do not understand.

I was born in Victoria, lived there and worked there until I was 30 years old, when I moved to Perth.

I've turned 60, but unlike like all my other school friends who benefit from having a seniors card, one, I have to wait.

I unfortunately am not working any longer, I do not receive any income from the government, I live off my own savings. I do feel just this simple change of allowing 60 year-olds to be eligible would make a difference to many.

Please can you highlight in the paper or enquire to its eligibility and let us know.

Marilyn Krueger Mullaloo

Ed's note – we covered this issue in our March 2021 issue. This change was brought in by Seniors Minister Tony Simpson in the Barnett Government. I don't think the present government has any plans to change.

Dear Editor.

THE article on Wittenoom (September) implies that to go there is a death sentence from asbestos-related cancer. This is not a given. My wife and I stayed at Wittenoom in 1975. Wandering around the place, there were great lumps of rocks everywhere with big wads of raw blue asbestos fibres sticking out of them. We took one home as a souvenir. It sat on the mantelpiece in our lounge room for the next 20 years, until one day my wife was reading an article on mesothelioma.

"Think we might get rid of that" she mused, and in the bin it went.

My point is, here we are another 25 years on and neither of us has cancer.

In 1979, I was working on an offshore oil rig out the back of Garden Island, off Fremantle. Dozens and dozens of huge bags of blue asbestos fibres were mixed in the mud room to counter lost circulation. You couldn't see across the room, so thick was the dust. I never contracted cancer, and as far as I'm aware, neither did any of the roughnecks.

Here's the thing, nobody, especially the medical profession, let alone journalists, knows the first thing about cancer, what causes it, and why some people get it, and some don't.

It's incurable once you've got it and always will be. As a consequence, all efforts and expense to find a cure are futile and should have been abandoned decades ago. Direct the money to where it can do some good, the homeless, refugees, or whatever.

The point is, you're either susceptible to cancer or you're not, and

whether or not you visit Wittenoom has no bearing on it whatsoever. In that context, the article was baseless scaremongering and has no place in any reputable journal.

Roger Percival Applecross

Ed: We are pleased the Percivals have not developed cancer. Others have not been so lucky.



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Submissions may be edited for clarity and space Please keep submissions to 200 words or less. Email jen@haveagonews.com.au

Dear Editor,

I'VE had a few letters published regarding the vaccination issue. It seems older people actually do read what is being said; however, responses from younger people indicate they react to their own perception of the issue and presume I am one of those bitching "oldies" because I cannot have the vaccination of my choice.

An example was in response to prisoners getting the vaccination and not those caring for

them. I reflected that prisoners are perhaps the most secluded members of society and less likely to be infected at this time, whereas those caring, who have to go home to their families (elderly, spouses, children and friends) could not get the vaccination.

I thought this was a valid comment but apparently not to those who just chose to read into it what they believed. Interestingly enough, most of the responses to my letter were criticising my

response as one of those oldies.

I wish the younger generation would not jump to conclusions which are very different to what is actually being said. I am fed up with the reaction that as an older Australian I am being selfish.

I am fed up with older Australians being constantly criticised by those who read, react but do not actually comprehend what has been said.

> Iris Bennett, Craigie

Dear Editor,

REGARDING the article in Have a Go News in September about proposed superannuation changes, am I the only person who gets a bit worried every time a government decides government to modify our Super? I can't recall any of them

doing it for our benefit, in fact if it had been left to the current batch, we would not have any super at all.

The basics as I see it are (1) it is our money (2) we are presumably àdults, old enough to know what to do with it (3) we do not need the

government or any government employee telling us how we should be spending this (4) if they do carry on with these proposed changes I'm pretty sure that super funds will empty out to a degree, and people will put their money in places where big government can't touch it.

Why is it necessary to implement changes? Surely if any changes are warranted, they are to the excessive payments dished out to our members of parliament.

> **Brian Morris** Via email

# Have a Go News' Letters to the editor It's time to have a go!

continued from front cover by Jennifer Merigan



There's a variety of dancers at Have a Go Day

For those who want ing hearing tests, blood to become savvier with technology, Tech Savvy Seniors will be on hand with information, advice and electronic activities to try including Seniors Exergaming and Laser Pistol Shooting.

Health checks are also on ground includpressure and blood

sugar testing.

Have a Go News will be running the hospitality tents which serve free tea, coffee and water in a café style with tables and chairs to stop and relax. The chocolate wheel will

be spinning at the main tent every hour with great prizes available.

entertainment The line-up includes, the WA Police Pipe Band, country music artist Terry Bennetts, bands Music Meyhem and FBI and a variety of other artists. The entertainment stage is sponsored by Ingenia Gardens.

There are a variety of food and drink outlets on site or bring a picnic and enjoy all Burswood Park has to offer.

Age is no barrier to getting out and about and Have a Go Day - a LiveLighter event, runs from 9am to 3pm on Wednesday 10 Novem-

See the Seniors Week Liftout inside for your comprehensive guide to this free event.

# Don't miss the annual Amanda's garden fete



Amanda's Garden Fete opens 23 to 24 October from 10am to 4.30pm

AMANDA'S Garden at the junction of Margaret and Matison Streets in Southern River will open for the annual fete on 23 – 24 October from 10am to 4.30pm. Entry

\$5 and children free.

Set amongst a tranquil natural rural setting of paper barks the highlights of the garden are a mass display of Amanda roses and numerous other varieties of roses, water features including a Monet Bridge and colourful cottage garden plants.

An array of trees including the spectacular Acer negundas provides a delightful canopy for the garden paths and large variety of Cliveas, azaleas, camellia, salvias, Flanders poppies, Louisiana iris, forget-me-nots and geraniums.

A huge selection of plants and seedlings donated by local nurseries will be available for sale. A Paddy's Market, book stall, art display, sausage sizzle and Devonshire teas with peaceful music will be added attractions.

The Amanda Young Foundation was inaugurated in 1998 following 18-year-old Amanda's sudden death from meningococcal septicaemia. Full details available www.aman dayoungfoundation. org.au

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# Are you being targeted by scammers?

INCREASINGLY people are being inundated with unsolicited phone calls and requests to open links on dodgy emails.

Some scams are very sophisticated and sadly some people lose a lot of money. Being snared results in a lot of inconvenience at the least and is unsettling.

The guest speaker at the next meeting of the Association of Floreat. Independent Retirees (Perth branch) on Friday 15 October is morning tea they have a guest bring their own coffee mug, and a representative from Consumer speaker, and over the year em-Protection who will speak about brace many interesting topics

common scams and ways to prevent getting caught.

The aim of the association is to protect and advance the interests of retirees who wholly or partly fund their own retirement.

They meet on the third Friday of each month from 10am to noon at the Cambridge Bowling Club. Changler Avenue vvest.

Besides the meeting and

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

The November meeting will take place on Friday 19 November with guest speaker Jen Merigan, editor of Have a Go News.

Visitors are very welcome and enquiries can be made to Graeme (gralin@linet.net.au) or Margaret (marghw@iinet.net. au). It is appreciated if attendees correct money (\$2 - members, \$5 – visitors).



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



# Wheezy walks shine a light on asthma throughout October



L-R; Federal MP Patrick Gorman - Asthma WA mascot Puffer and Asthma WA-CEO Donna Rendell

#### by Allen Newton

FEDERAL MP for Perth, Patrick Gorman, has a nagging concern that his three-year-old son is following in his footsteps – in a way his father doesn't like.

Patrick has asthma and says while it is too early for a definite diagnosis, son Leo is exhibiting some signs that he might also have the lung condition.

He says the condition has come full circle as he worries about Leo.

"On a personal level that's where my concerns now lie, potentially being the parent of a child with asthma," Patrick says.

From his own perspective Patrick says he is familiar with what it is like to have asthma, having had the condition for as long as he can remember.

He was a chronic asth-

matic child, in and out of hospital quite a bit, missing primary school and then he wasn't all that sporty at high school.

He says his parents broke speed limits at one time or another rushing him to Fremantle Hospital.

Asthma is something Patrick takes seriously, understanding how quickly it can flare up and turn into an asthma emergency.

Because of his own ex-

periences Patrick is supportive of Asthma WA and its efforts to ease the impact of the condition.

He's throwing his weight behind a new initiative – the Wheezy Walk – running through October which aims to shine a light on asthma and the impact it has on the lives of more than 237,000 West Australians.

Patrick gets to do plenty of walking in his role as the Federal Member for Perth.

"As one of the younger, and therefore fitter, members of the Federal Parliament, my office is about as far away from the chamber as you can get, so on any regular parliamentary day I get to do a good 10 to 15,000 steps," he says.

His challenge, to take 237,000 steps over four weeks shouldn't be too tricky. It's just over 8000 steps a day.

Asthma WA is encouraging people to raise vital funds while they talk more about asthma, its impact and how people with asthma can live well

with confidence

While the challenge is already under way, people can still jump on board, setting their own challenges, by sponsoring someone else or donating directly to the campaign.

Patrick says he'll be keeping a watchful eye on the number of steps he takes.

"I don't want to get to 25 October and then have to walk 20,000 steps a day to reach the target."

With two small children, a three-year-old and a nine-month-old Patrick says he already does a fair bit of walking.

"We have the mega tractor pram and I push them around quite a bit through North Perth where we live and around Hyde Park, but when I can, I like to pick up the bike and go for a ride."

It was only in high school that he got on top of his own asthma and was able to come off some of his medications, although he still carries his reliever, Ventolin, around There has been much progress in terms of treatment since Mr Gorman was a child, in part he says through the work of Asthma WA over many decades.

"The biggest impact is awareness both in terms of people knowing how to handle an asthma attack and for those with asthma, how to manage their condition.

"On the science side there are a lot more effective preventative medications now, which is fabulous

"There are things we know about, how to manage particular triggers, but this is where Asthma WA comes in, there is always more that can be done and more to learn."

Mr Gorman says that because of his asthma he missed out on some activities as a child.

"As a kid with asthma you can't necessarily keep pace with other kids, but I went to a pretty hippy school in Fremantle, so I was lucky that bullying wasn't a large part of the

school experience, but it was more that sense of feeling like you are missing out on things.

"I guess that means we need to have inclusive activities, making sure that kids with asthma who might be having a bad day are included in a way that helps them manage it."

Mr Gorman says people have become more aware of respiratory illness over the last 18 months with the global focus on the Covid-19 pandemic.

"That will be a lasting effect of the pandemic where people have a bit more understanding of respiratory illnesses and respiratory challenges, including asthma."

Australia has one of the highest rates of asthma in the world and while there are so many people in the community living with the condition, there is still much misunderstood about it.

People wanting to support the Wheezy Walk can register online at www.asthmawa.org.au/wheezywalk.

# The local library is now at your fingertips



eBOOKS have been transforming reading preferences for many years now, providing an alternative solution to holding a physical book.

Joondalup Libraries offer you the choice to access and download thousands of eBooks as well as audio books, magazines and films. How about looking up the value of an antique or researching a homework project, tracing your family history or learning a language.

Did we mention choices? Yes, *Choice* magazine is also available online!

To navigate the online experience, Joondalup Libraries have put together a handy access guide. Scan the code to the left in the advertisement or visit joondalup. spydus.com. And just like having choices, the library staff at Joondalup, Whitford, Woodvale and Duncraig are happy to help in person or via phone on 9400 4751.

# ILL PLAY THE BLUES FOR YOU An evening with THE LOVE FINDERS BLUES BAND Saturday 6 November 2021 at 6:30 pm The Quarry Amphitheatre www.thelovefinders.band Booking Ticketek



# **Anytime, anywhere library access**



Discover what the Online Library has to offer by checking out the eBook.

A take home booklet is also available at any City of Joondalup libraries or by calling **9400 4751**.

joondalup.spydus.com



# **Canning Show is back to entertain and inform**



The Canning Show caters to all ages for new experiences and fun

CANNING Show has been around for even longer than our most experienced readers. Taking various forms over 110 years, the once flower then agricultural show has developed into one perfect to not

only enjoy yourself, but to take the whole family along to experience the simpler joys and thrills for all ages.

After record-breaking smiles came to one of the community events of last year, the award-winning LiveLighter Canning Show returns on Friday 5 and Saturday 6 November. Packed with fun, edutainment and new experiences for everyone, expect rides in Sideshow Wonderland, showbags, Food World, animals, Stay and Play Zone, music, roving performers, Grand Parade Markets, The Mega Maze and much more.

Boasting hundreds of free things to do and thousands of free things to see, the show also keeps its prices down to make it arguably the best value and most diverse family event. Family tickets provide amazing value, plus seniors receive concession prices.

The exhibition is also one of the largest in WA, with 650+ classes looking to reward your cooking, gardening, crafting talents and more with over \$13,000 in cash prizes. Head to www.canning show.com.au for more info.

# 

#### Member benefits include:

- Discounted ticket prices
- Preferential booking times (never miss out again)
- No booking fees at WAAPA venues
- Exclusive Q&A's with cast and creatives
- Special offers
- Opportunities to meet the students and staff
- A deeper understanding of the arts

To join or for more information: 0411 072 210 | friendsoftheacademy.org.au







# As it happened: beyond the stories - the musical revolution of the 60s



by Lee Tate

IN 1960, groups of boys in different parts of the world, but most notably England, got together with their cheap musical instruments. Barely teenagers, they had little schooling and nil musical training.

Few could sing but made a fist of it. The story of the four Liverpool lads is well-known. But it wasn't just the future *Beatles* jamming away in their homes in that working class city.

And it wasn't just in England. In Perth and other Australian cities and towns, boys (rarely girls, then) with no musical skills or direction, were plucking away at guitars or bashing drums and, occasionally, keyboards.

This was an unplanned revolution whose players had no idea of what they were doing or supposed to do. But having fun. Paul McCartney picked up a guitar upside down and played it like that.

They had no organisational skills, no managers, nil parent involvement and mostly, no ambition. Many had no social graces and later traded on it (long hair, shabby clobber and sneering attitude). Booze and drugs began its creep.

A small number of them managed to scribble a few lyrics and tunes and an infinitesimal number got them recorded. A smaller number made the charts and some were asked by record companies to try again.

From the start. Lennon

and McCartney churned them out, for themselves and other groups. *The Rolling Stones* looked grubby and Mick Jagger didn't have much of a voice.

What these revered and despised novices generated is miraculous, unshackling society, spearheading a musical and social revolution.

They broke the rules, set bad examples and many lost their lives due to excesses, but they changed the world.

"Rock'n'roll is freedom," voiced Chuck Berry.
With the likes of Chuck

With the likes of Chuck, Ray Charles, Aretha Franklin, Elvis and American cohorts, free-wheeling American music was picked up and stylised in England and around the world.

More than 60 years later, some key players are still going.

Those pimply, longhaired boys and growing bands of talented girls generated billions of dollars for record producers (and myriad companies) but saw little of the money. That was siphoned by companies, managers and handlers.

How amazing it has been. Those so-called "scruffy, lazy, noisy kids"

established new places in the world for themselves and others.

Many begged, stole and borrowed to keep going, often with broken down cars and cheap instruments. How good were they? Without drugs, could they have made such brilliant albums, year-after-year?

One famous rock singer/writer told me: "If you give a person drugs, it doesn't turn them into brilliant music writers, although in some cases, it might help."

From modern music's foundation days, it's been a long and winding road

for the players en route to respectability.

Who would have predicted knighthoods and other regal honours for rock singers? Sir Paul McCartney, Sir Mick Jagger, Sir Cliff Richard, Sir Tom Jones, Sir Elton John, Sir Rod Stewart, Sir George Ivan Morrison (Van Morrison), Sir Ray Davies, Sir Richard (Ringo) Starkey and Sir Barry Gibb. David Bowie turned down a knighthood. And a Nobel prize for Bob Dylan.

Meanwhile, as declared by the *Village People*: "You can't stop the music...."

# September brought changes to pensions - here's what you need to know



by Hank Jongen, General manager, Services Australia

IT'S that time of the year when you may notice a change in your rate of pension.

On 20 March and 20 September every year, Services Australia does two things that can impact how much pension you get each fortnight.

If you have any mar-

ket-linked investments, like shares or managed funds, Services Australia re-values those investments based on changes to the market. This could lead to an increase or decrease in your fortnightly payment.

Account based pensions are re-valued at different times of the year, so if you have any of these you may see changes to your payments at other times throughout the year.

The other major change that happens is the indexing of pension rates.

Twice a year, the rate is indexed against three standards, including the Consumer Price Index. Whichever

indicates the largest increase is used to set the rate for the next six months. On 20 September 2021, the maximum rate of Age Pension, Carer Payment and Disability Support Pension increased by \$14.80 a fortnight for singles (to \$967.50) and \$22.40 a fortnight for couples combined (to \$1,458.60).

This also means the income and assets cutoff points, which is the amount you can earn or own before you lose eligibility for a pension altogether, has also increased.

You won't be eligible for a pension under the income test if your assessable income is over \$54,990 per annum for single people, or \$84,167 per annum combined for couples. The cut-off points can be higher if you get income from employment (including self-employment) and can access the \$300 per fortnight Work Bonus.

You won't be eligible for a pension under the assets test if you're a homeowner and your assessable assets are over \$593,000 for single people, or \$891,500 combined for couples. You can have more assessable assets if you don't own the home you're living in.

You can find the new limits on our website, www.servicesaustra lia.gov.au. Just search 'Income test' and

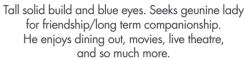
'Assets test' from the homepage.

That's all for this month. 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.

# **W** I

## Handsome GENT 70s >



If you would like to meet him call now for more details.

Phone 1300 888 337 or 0404 888 337

# SENIOR FRIENDSHIPS

# Are you lonely seeking a nice friend?

We have plenty of genuine men and women in your area seeking friendship or long term companionship.

Call NOW and get chatting as soon as tonight.

**1300 888 337** or text friendship to: 0404888337 www.aseniorromance.com.au



Melvista on Broadway, Nedlands' luxurious new address.

25 Spacious Apartments and 2 Penthouses

A new benchmark in contemporary architectural elegance. Enjoy the safety, security and peace of mind of low-maintenance, lock-and-leave, minimal strata, residential living, in the suburb you know and love.

- More privacy, more space, with a limited number of apartments per floor
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- Personalised with your choice of finishing, selection and colour schemes

PORTEOUS John Hunter 0427 654 352







# **Council Jottings**

**Seniors Recreation** 

#### "Be Connected" Seniors Tech Expo **Get Online Week**

SENIORS are invited to register to attend the free Be Connected Seniors Tech Expo on Friday 22 October from 10am - 12noon which includes a light lunch. There will be guest speakers and a small number of static displays on hand to advise people on technological questions. Registration is essential, call 9492 9774, call early as places fill fast.

#### Age is No Barrier at *Have a Go Day*, a LiveLighter Event, Burswood Park, Wednesday 10 November - 9am to 3pm

We look forward to seeing people at Have a Go Day, a LiveLighter Event. There will be a wide range of information and activities with something to appeal to

All Covid-19 safety requirements will be adhered to including advice on social distancing, hand sanitisation provisions and extra space to enable people to enjoy the opportunity to participate in this event in the beautiful grounds of Burswood Park, Great Eastern Highway, Burswood.

Seniors Recreation Council of WA gratefully acknowledges the invaluable support of a major grant from Lotterywest towards the event.

Have a Go Day, a LiveLighter Event 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 to which SRCWA is very grateful.

SRCWA also acknowledges all the valued sponsors and supporters who provide the means with which to make the event possible. Sponsors include: Burswood Park Board, Lotterywest, Crown Perth, Have a Go News, Dept of Local Government, Sport and Cultural Industries, Dept. of Communities, LiveLighter Healthway, Channel 7, Channel Seven's Home in WA, 882AM 6PR, Ingenia Gardens, Studio TwentySix Photography, Telstra, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, The Hire Guys and Scarboro Toyota.

Please see the double page guide to *Have a Go Day*, a LiveLighter event in the Seniors Week lift out which is included in this edition of Have a Go News. Further information is available by calling 9492 9772.

#### **Rockingham LiveLighter Aged Care Games 2021**

It was wonderful to see teams come together in late August at the LiveLighter Aged Care Games at the Baldivis Recreation Centre after it was cancelled last year due to Covid. Despite the inclement weather, seven teams enthusiastically took part in a range of games developed specifically for seniors in care.

Rockingham Mayor Barry Sammels welcomed all participants and officially opened the event.

After four hours of fierce competition, third place went to The Royal Court (Silver Chain Fremantle Social Centre), second place to The Italian Stallions (Italian Village Fremantle) and first place was taken out by The Happy Hipsters (Villa Dalmacia Aged Care).

The best presented team award went to The Royal Court (Silver Chain Fremantle Social Centre) dressed as kings and queens. This year our oldest competitors were 99-years-young Maxine Campbell (Aegis Shoalwater) and Olga Tuckfield (Southern Plus East Fremantle). Everyone enjoyed the dance show performed by Swing and Sway at the lunch break. SRCWA thanks and acknowledges the hard work by the SRCWA Rockingham branch committee and volunteers, SRCWA state volunteers and staff and those who helped to make this event so enjoyable for the



#### Joondalup LiveLighter **Aged Care Games 2021**

The 18th Joondalup LiveLighter Aged Care Games was held in early September at Bouncer Sports Centre. It was great to welcome more teams at the games this year and see them join in the fun and activities. They all looked fabulous in their colours and it was wonderful to see so many people assisting and cheer-

ing on the participants throughout the event.

SRCWA state president Phil Paddon emceed the event and welcomed the City of Joondalup Mayor, Hon Albert Jacob who officially opened the games. Jim and Jenny's Country provided the entertainment before the games and at lunchtime, The best presented team on the day was The Umbrella Rock Stars. In third place was Woodlake Warriors, second place was RAAFA Red Devils and first place was Umbrella The Hawaiians. The oldest competitor on the day was the sprightly 98-year-old Maria Hawley from Umbrella The

SRCWA thanks and acknowledges the hard work by volunteers and staff from SRCWA, Over 55 Walking Association, square dancers and individuals who helped to make this memorable event a great success.

Thank you to our naming rights partner LiveLighter Healthway and to the Government of Western Australia for making these events possible.

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

# Having a go at new skills never gets old... and you can too





Karen loves paddling

#### by Karen Finlayson

FOLLOWING the experienced paddlers makes it easy... until a rock and a waterfall appear. The others sail straight over the drop. Yet to Karen it looks scary. She looks at the rock... then finds her boat perched precariously on top of it. Water keeps pushing; a helping hand is missed; it's a struggle to shove off. Finally, she manages to free herself and now needs to execute a quick turn. Over the drop she goes... backwards.

"Shouldn't have looked at that rock!" Lesson learnt - where you look is where you'll go.

Some months before, on a cold autumn morning, Karen and her husband met with the Over 55 Canoe Club (055CC)

to try kayaking. Kent Street Weir looked like fairyland with flat water under a light mist. Club members provided spare boats and other necessities. Karen immediately loved the people who were all so helpful. One chap even leaned down into her kayak to adjust her foot pedals, with his arm in a sling. Paddling up the river was wonderful. Karen felt so enthused she immediately purchased the boat she'd

While Karen sees herself as conventional and predictable, she displays the opposite to those around her. When her family planned a waterskiing holiday at Rottnest with friends who also had children, Karen joined her husband to skipper their speedboat there. Her

been loaned.

friends took all the children on the ferry. Loaded with luggage and camping gear the speedboat set off. Within minutes leaving Fremantle of Port waves crashed onto them, to the point they became airborne. When drenched motor the spluttered, they realised the danger they were in and turned back. They arrived at Rottnest by plane the following day with everyone, including Karen, feeling so disappointed... no water-skiing that holiday.

The boat remained the focus of many weekends to come. American pickups, (collecting one skier at a time while going round and round), was always great fun. Once with Karen driving, she was surprised to notice her husband in the water with his wet suit suddenly missing! The boat had been travelling too fast and his wet suit had been ripped apart when it caught the tow handle as he tried to pick it up!

motorbikes I ater. became the centre of camping weekends. The bikes went on their trailer and they camped in tents or the open air. Meals were cooked in a friend's VW camper. Six adults and six children had great fun together over many vears

When Karen was two, her aunt died in childbirth and the baby was brought into Karen's family. Grandparents took the children when Karen's mum contracted TB and went into quarantine. Another grandmother arrived from Italy to help. The cousins grew up enjoying weekends together until Karen married and her cousin moved to Italy. Nearly 40 years later on a European cruise, there great excitement when Karen knocked on her cousin's door. They have remained in contact ever since.

Karen is a proud grandmother of two girls and two boys. With unconditional love, Karen found while not totally understanding, it was easy to accept her grand daughter's recent transition from male to female. After taking an opportunity to attend an LGBTIQA+ seminar she was able to appreciate her grand daughter's life even more.

Despite a lifelong fear of public speaking, Karen joined the O55CC committee, knowing there would be times she would need to publicly address the members. Her internal struggle remains despite her relaxed appearance, as she concentrates on a good de-

The lesson Karen learnt early in kayaking has held her in good stead when dealing with other areas of her life. Focus on your target, rather than the inevitable obstacles where you look is where you'll go. Concentrate on the waterfall, rather than the rock!

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



# Find the secret word and win \$200

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

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

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

Look out for these advertisements in sequential order to discover the blue circled letter to make up the Ad

- 1. All in One Book Design
- 2. Perth Homeguard
- 3. Anglicare WA Galadent

- 5. Mankara
- 6. Arcadia
- 7. Swan Settlers
- 8. Friends of the Academy 9. Wannadoo Tours
- 10. Bayview Motel Esperance 11. Sunset Beach Lifestyle Village

Entrants can enter via email with Adwords in the subject line at win@ haveagonews.com.au or write to Ad Words Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/10/21.

Congratulations to Glenys Leeks, of Gosnells, our August Ad Words

# Friendship and flowers...

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

Meetings are held on the second Saturday of the month. It's \$10 entry to see members designs, demonstrations, afternoon tea and raffle.

Meetings at 12.45pm for 1pm start and are held at Osborne Community Hub, 11 Royal Street, Tuart Hill. Please note parking is available under the venue behind BP Garage and take the lift to the ground floor.

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



Design by Marion Lee

# **Tech Connect @ Ocean Keys**

Connecting seniors with technology...

**Tuesday 9 November 2021** WHEN:

10am to 12pm

WHERE: Ocean Keys Shopping Centre

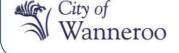
- Open area outside Kmart

# Perplexed by tech and not sure where to start?

Join the City of Wanneroo for a morning of one-on-one, judgement-free tech tutorials.

Come and try your hand at everything from day-to-day devices, such as smartphones and laptops, to high-tech gadgets, like virtual reality.

Explore, interact and come away with a new found appreciation of digital technology.





# 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

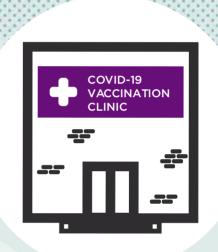


www.stpatricksmtlawley.com Father Stephen Conway 0478 514 516

# Where to get your COVID-19 vaccine





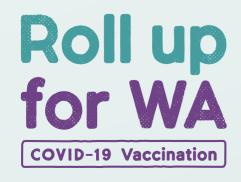


**Participating GPs** 

**Pharmacies** 

**State-run clinics** 

Visit Roll up for WA to book your COVID-19 vaccination with participating GPs, GP respiratory clinics, pharmacies, Aboriginal Medical Services and State-run clinics.



**PROLL UP FOR WA** 

#### 2

# COMMUNITY NOTEBOOK

#### **ARMADALE SOCIETY OF ARTISTS (INC)**

Annual art exhibition 6-7 November Open 10am- 4pm Free entry Armadale District Hall 90 Jull Street, Armadale Ph 0455 552 842

#### PHAM ARTISAN MARKET

Sunday 14 November, 8.30am-3pm The place to find gorgeous WA handmade goods plus local buskers and music workshops etc. Mundaring Arena. 50 Mundaring Weir Road Mundaring 0410 240 693

#### THE DARLING SCARP ARTISANS

Is holding a fair of hand crafted gifts 23-24 October, 10am-4pm both days Free entry.

Lesmurdie Sports Club corner Lawbrook and Boronia Roads. Walliston.

# SECOND HAND MARKET AND SAUSAGE SIZZLE

Saturday 30 October, 11am-2pm New Covenant Life Centre Church 16 Mint Street, East Victoria Park Craft for children and pot plants for sale Raffle tickets. Cash only. Come and support them! All proceeds to WA Breast Cancer.

#### **COBURN ROTARY SPRING FAIR**

Sunday 31 October, 11am-8pm Free admission. Side Show alley, stalls, games, live entertainment and much more Manning Park, Azelia Road Hamilton Hill 9411 3444

#### **BALLAJURA SENIORS ASSOCIATION INC**

Meets Tuesdays, Thursdays and Fridays, 9am-4pm South Ballajura Community Centre Hamelin Drive, Ballajura. Enq. Margaret Ryan 0418 918 425 mayanaussie@gmail.com

#### **GIANT SPRING FAIR**

Sunday 14 November 7am-2pm Plants, books, clothing, jewellery, household items and much more. Devonshire teas and brekky rolls. South Perth Primary School undercover area corner Karoo and Forrest Streets South Perth

#### RECORD AND CD FAIR

Sunday 10 October, 9am-2pm Admission \$3. Huge selection of records, CDs, books, magazines, tapes, memorabilia etc. Part proceeds to Radio Lollipop. Victoria Park Leisure Life Centre. Cnr Kent and Gloucester Streets, East Vic Park.

#### AMANDA'S GARDEN FETE

23-24 October Open 10am-4.30pm each day Entry \$5 Devonshire teas, sausage sizzle, plant sales and more at our open garden located at the junction of Margaret and Matison Streets, Southern River. All proceeds to Meningococcal Awareness. Phone 9398 7275 or www.amandayoungfoundation.org.au

## MADE ON THE LEFT

2021 Christmas Market 30-31 October, 10am-5pm Esplanade Park, Marine Terrace. Fremantle Every stallholder exclusively features their own designs at the not-for-profit markets. More info. FACEBOOK EVENT PAGE

# THE ROYAL AUSTRALIAN ARTILLERY ASSOCIATION GUNNERS DAY

Sunday 7 November Parade at Stirling Square Guildford at 10.15am with wreath laying at the War Memorial. Church service in St Matthews Church followed with a light luncheon. Contact John Blylevens 0438 695 711

#### PINJARRA GARDEN DAY

17 October 10am - 3pm Historic Edenvale Homestead Pinjarra A free entry family oriented event promoting the health and well being of gardening in a festival atmosphere.

Featuring Sabrina Hahn, stalls, food, teddy bears picnic, hands on children's activities, entertainment, demos and workshops.

Ph 0409 686 015 or pinjarragardenday@gmail.com

#### TIN AND COLLECTABLES CLUB VINTAGE FAIR

Saturday 6 November, 9am to 3pm Heritage Club House, 6 Hickey Street "Lane" Ardross. Free entry

Members selling from their collections: men's cave, decorative tins, arts and crafts, diecast models, glass and china, memorabilia, unusual & vintage, ephemera, jewellery, retro, records and music, kitchenalia and vintage toys. Ideal treasures or Christmas gifts. Join them for Devonshire Tea Kim 0450 760 859

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

# Time for some good news - an end to logging native forests



Nannas for Native Forests at Helms Forest 2020. Photo Ray Swartz



by Karen Majer

MAINSTREAM news these days sometimes feels like an episode from a dystopian movie. Then on 8 September came an announcement to make many spirits soar – an end to logging in our native forests.

Convener of the Western Australian Forest Alliance, Jess Beckerling, posted 'Today we made history. Western Australia will become the first state in the country to finally, after all these decades, stop the logging of our precious native forests and see them protected for their climate, biodiversity, water and cultural values'.

What the announcement means is an end to logging native forests from 2024, preserving at least an additional 400,000 hectares of karri, jarrah and wandoo forests. About 9,000 hectares of high conservation-value karri will receive immediate protection, with other high value forest areas to be recommended for national

park status. WA Environment and Climate Action Minister Amber-Jade Sanderson, said that this will not only ensure this important asset can be enjoyed for its beauty, Aboriginal cultural heritage and ecotourism for years to come, but it is an important step in the fight against climate change.

"WA's South-West native forests are storing approximately 600 million tonnes of carbon dioxide equivalent, or roughly 116 years' worth of annual emissions for every car in Western Australia," she said.

As one of the Nannas for Native Forests, I know just how deep the feeling of relief runs for the conservationists who have fought for this outcome for many years. Joining a forest vigil in the early hours of the morning, and watching the dawn reveal a small mountain of felled logs and a crushed landscape, was an emotional kick in the guts. Most of those logs would end up as charcoal and woodchips.

"How could this be justified?" we kept asking.

Virtually none of the South West jarrah forest has escaped some degree of logging over the decades and there are few signs of the iconic giant jarrahs that greeted early European settlers. When the big machinery pulls out and the saws fall quiet, our unique forests will have a chance to recover.

Older trees will develop nesting hollows for cockatoos and owls. Seasonal blossom will attract bees and support the valuable honey industry. Small mammals and the myriad tiny organisms of the forest floor will turn over soils that were compacted by giant tyres and restore the living assemblages that nurture the life of the forest. Some of the scars will heal.

The forests may never regain the grandeur described in accounts from the first settlers but without the huge disturbance of logging, and with sen-

sitive fire management to promote biodiversity (that's another story), they will have the best chance of adapting to changing conditions of reduced rainfall and lower groundwater levels. They will shelter wildlife, lock up carbon in their timber and do their bit to help us to secure a safe climate.

This announcement isn't the end of the journey. There are still two years to go until adoption of the new Forest Management Plan. Bauxite mining and fire remain a threat. But it is a huge step in the right direction and reason to reflect on what can happen when government opens its doors and listens to the facts and the wishes of the people.

Nearly two million hectares of native forests will be protected for future generations. This comes with investment in softwood timber plantations and a transition plan to support workers, businesses and communities in the South West with links to the forestry industry.

We are often all too ready to criticise when we disagree with government decisions, so I want to say "thank you" to Premier Mark McGowan for this one. You've given us some much-needed good news.

# Perth's most loved three-in-one market returns this November



BUNBURY

COMING at you in November, the Treasured Craft Creations' 3 in 1 Market @ Showgrounds fair offers a range of unique creations from more than 300 local small businesses

The event comprises three individual fairs which include handmade crafts, antiques and collectables and the Polka Dot Vintage Market, all conveniently located at the one venue.

The craft exhibitors offer a wide variety of unique and quality handmade crafts for sale. Enjoy a shopping experience where the person selling the product is the person who made it. Craft stalls are situated inside the Robinson Pavilion. They also have a wide range of

food products.

This fair includes antique and collectable dealers selling their wares at more than 100 stalls situated inside the Silver Jubilee Pavilion.

Free antique valuations are also available from 12pm to 3pm daily where customers can bring along a family heirloom.

People with a passion for vintage and retro clothing and accessories can browse in the 3 in 1 Market's Polka Dot Vintage Market.

Admission to the 3 in 1 Market is \$8 with children up to 10 years old admitted free.

There will also be a chance to be in the draw to win the \$2000

door prize.

The 3 in 1 Market @ Showgrounds is organised by Treasured Craft Creations. It will be held on Saturday 13 November and Sunday 14 November 9.30am to 4.30pm at Claremont Showgrounds.

For further information about the fair, phone 9457 9315 or visit www. treasuredcraftcreations.com.au

## WIN WIN WIN

To be in the draw to win a double pass to 3 in 1 Markets, simply email win@haveagone ws.com.au with markets in the subject line or write to 3 in 1 Markets c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/10/21.

South Regional



The LiveLighter Seniors Activity and Information Days give SRCWA the opportunity to invite Seniors and their families to

come and take part in a variety of activities with a wide selection of senior specific information displays.

This event is supported by a Dementia Friendly Communities - Community Engagement Grant Program.

healthway

WA Primary

South Western Times

the region's leveling necespay

Health Alliance

# Get your body moving... when you suffer from a chronic condition



Exercise physiologist, Dr Ruth McConigley

#### by Serena Kirby

WE all know exercise is good for us, but exercise physiologist Dr Ruth Mc-Conigley says it's important to get good advice on which exercises are right for you.

"The work of an exercise physiologist differs from that of a regular physiotherapist," Ruth explains. "Physiotherapists work with patients with acute pain – meaning short term pain caused by injury

or surgery. An exercise physiologist on the other hand works with clients suffering from long term pain and chronic disease management for conditions like diabetes and dementia."

Ruth says developing

a long term exercise plan that is highly targeted to treat your pain or condition is far better than just heading to the gym to do a range of random exercises

"You may have a sore knee or sore hip or even have diabetes and you've been told that exercise will help but there's a real danger that, if you do just anything in the gym, you'll hurt yourself, make the pain worse or not get the result you want."

Ruth adds that having three or four sessions with an exercise physiologist will help get you on the right track with the goal of making you self-supporting in your exercise program.

"It's important to do the work yourself and exercise physiologists usually see patients for three to five visits with an occasional follow up to check on your progress. Of course, if you can't continue on your own for any number of reasons, your exercise physiologist will be there to support you."

So why do we feel more aches and pains as we age?

"As we age, we lose muscle mass and the only thing we can do is make a deliberate effort to slow this process and retain as much of it as possible," Ruth explains.

"With age can also

come chronic illnesses such as heart disease and diabetes and any chronic illness is going to respond better to proper exercise. But by far the most common issue I see is chronic musculoskeletal pain which is caused by inactivity. This lowers your energy levels and your ability to move freely without pain. This in turn

creates a vicious cycle

of not moving because you're tired or in pain."

Ruth says the more you move your body the better your body will be.

"Walking is the number one thing you should do but my other advice is to just find something you love and do it all the time. That could be dancing, playing with the dog, gardening, swimming or even gentle sports like bowls. Even playing with your grandkids can be turned into an exercise apportunity.

opportunity.
"I know there are lots of accessories, tools and techniques out there that are designed to reduce the need for older people to move and bend, but using your hips and legs to squat and get up and down from the floor or out of chairs, is a vital part of exercise when you

'Whatever activity you

choose, make a conscious effort to lower and raise your body as much as you can."

as you can." The benefits of exercise are many. It helps to improve your heart and lung health, lower cholesterol levels and lower your blood pressure. If vou suffer from type 2 diabetes, exercise will help to lower your blood sugar levels. There's even new evidence showing it can achieve better results than taking antidepressants for those suffering from mild depression, she said.

If all that is not enough to encourage you to get your body moving, research shows exercise helps improve your memory and cognitive function which means better problem-solving and planning skills and increased ability for learning new things.

# Bulk billing for radiology now available

GREAT news! SKG Radiology is now bulk billing Medicare rebatable services at all locations. Some minor exceptions do apply, so please speak to one of their friendly staff for more details

Continuously providing diagnostic imaging services in Western Australia since 1981, SKG Radiology has grown to become one of the largest providers in the state with a network of 20 convenient metropolitan and regional branches as well as premier hospital locations.

SKG Radiology's premium range of services including Magnetic Resonance Imaging (MRI), highresolution, ultra-low radiation dose CT scanners delivering up to 90 per cent reduction in dose, ultrasound, world-leading EOS imaging (full length standing x-ray), dental imaging, general x-ray, along with various pain relieving injections, provide a fully comprehensive experience at every location.

As a preferred supplier of radiology services and proud partner of WA's sporting elite – the West Coast Eagles, Western Force, Perth Scorchers, Perth Wildcats, Perth Heat, West Coast Fever, the Perth Lynx and the WAFL competition – you too can choose to go where the best go.

For more information visit www. skg.com.au.

# TH pe wij

# Scratchie packs up for grabs!

THIS is one of our most popular competitions and we hope one of our lucky winners gets a bonus from their prize.

There are five, \$20 Lotterywest Scratchie packs to give away to some

lucky people this month.

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 31/10/21.

Congratulations to Caterina Dell'Acqua-Gibson, Frank Gidley, L. H. Scott, Colin Rutherford and H Fairhead, our August Scratchie winners.

# Enjoy an evening of songs about drifters and dreamers

LOCAL boutique performance company *Lit Live* in conjunction with Ryan David Ahern's debut solo exhibition, *À la Dérive* (Adrift), presents an evening of short fiction and music about hopes and dreams, greener

grass and better lives.

Featuring guest performers, actor Rebecca Davis and pianist Mark Coughlan.

The performance will be held on Thursday, 21 October at 7pm at The Orangery Gallery, 320 Onslow Road, Shenton Park. Ticket, \$30, includes a glass of wine on arrival.

Bookings - www.event brite.com.au/e/lit-live-drift ers-and-dreamers-tick ets-174677965497

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# The Kia Stinger evokes memories of a different time









Kia Stinger 2021 GT Line is a fine looking automobile - Tony's granddaughter two-year-old Blake Jennings wondering where for the Kia has gone..



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

THE frenzy surrounding the pursuit of fully electric cars is palpable. Each day a media release from one or more manufacturers lands in the in tray de-

claring it so. Electric cars are inevitable; even Rolls Royce is moving in that direction within the next handful of years.

There is something about electric cars, hybrid or plugin that is genuinely appealing. However, when given the chance to spend time with a really attractive Kia sports sedan, with more fruit than one really needs, it is memorable, verging on spiritual. A clever, beautifully designed motor car, which evokes memories of a different time.

Case in point is the 2021 refreshed Kia Stinger GT Line.

I was catching up with some old friends for lunch in East Perth a couple of weeks ago. I arrived unfashionably early to secure a safe parking spot near the Café Italia front door, so as to keep an eye on the Stinger.

While I was feeding one of the City of Perth's finest parking machines, several people stopped and stared at this lovely example of Kia's most glorious products. They were struck by the sheen of the white duco, the red seats and oh so nifty sports wheels. One over-

ly enthusiastic East Perth identity declared loudly he was off to buy one later that afternoon.

Earlier in the week I was the designated driver for two dear friends. all of us heading out to Crown Perth for a rather swish birthday celebration. The man sits in the front, his beautiful wife in the rear (a throwback to old ways).

Both my passengers commented about comfortable ride quality, while unexpectedly impressed by the superior interior design. Then, when realising it was a Kia, there was the odour of buver's remorse through the cabin. This Stinger GT Line at around \$60.000, was thousands less that what they recently paid for a German competitor. Not happy, what's her name?

The top of the range four-cylinder Stinger GT Line has a stack of new and superior features. The larger infotainment system is pretty good, with DAB radio, Sat-Nav and wired for sound Apple CarPlay and Android Auto. All blended with gorgeous red leather upholstery, heated and ventilated seats. I get way too aroused by a good steering wheel; this is beauty. There is plenty of room in the back seat, although three large adults would be a less than comfortable squeeze over a longer trip.

But it's the way the Kia Stinger makes you feel that is exceptional. For one, it's not yet another SUV, like many of the cars with which we grew up, Stinger is a latter day revival. As one of my passengers commented: "Who would have ever thought Kia would make a car such as this?'

Regrettably, Stinger may not be with us forever; so if it's your thing during this pre-total electric car era, I recommend you take one for a drive, park it somewhere near your favourite café, restaurant or hotel, then stand back and watch.

It in itself tells a fabulous story.

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

# A comprehensive art exhibition to be held in Armadale promotes local works

ARMADALE Society of Artists (ASA) is holding its 34th annual Art Awards and Exhibition at the Armadale District Hall.

Every year the exhibition gets bigger and better. This year ASA members have outdone themselves by delivering a spectacular and unique range of artworks which includes all styles of art in painting, drawing, 3D sculpture, textiles and clothing.

Make an occasion of attending by eating in the Lesser Hall which offers patrons delicious morning or afternoon teas with a selection of scones, jam and cream or a cakes provided by The Cheesecake

Other features over the weekend will be the ASA members original art program covers. The daily art demonstrations at 10am on Saturday with artist Catherine Kelley in pastel and Sunday at 10am textile artist Linda Stokes.

Raffles will be available daily, for artist John (Ned) Kelly's The Long Paddock from his Stockman Series, and artist Jeannie Edges offering of a voucher for a personal portraiture of the winner's choice.

The event will be open each day on Saturday 6 and Sunday 7 November from 10am to 4pm at the Armadale District Hall, 90 Juli Street, Armadale.

For further information call 0455 552 842 or visit the website: www. armadalesocietyofartists.com.au.





Join Perth media stalwart Monika Kos for the latest developing news with insight as well as lifestyle, entertainment, sport and weather.

**LIVE & LOCAL 5.00PM** 



## **9NEWS AT 6.00** MADE IN PERTH, FOR PERTH Join Michael Thomson, Matthew Pavlich

and Scherri Lee Biggs weeknights at 6.00pm a comprehensive 1 hour

**FULL STORY NIGHTLY 6.00PM** 



## A CURRENT **AFFAIR**

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

WEEKDAYS 7.00PM



# THE BLOCK

**FANS V FAVES** Will Perth Blockheads Ronnie & Georgia reign supreme on the highly anticipated auction day? Don't miss the nail-biting final weeks of Australia's favourite renovation program.

SUN 7.00PM, MON TUE WED 7.30PM



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

WEEKDAYS FROM 5.30AM



# **TODAY EXTRA**

Hosted by David Campbell and Belinda Russell, enjoy an exciting mix of topical issues, celebrity interviews and the latest in fashion and beauty trends.

WEEKDAYS FROM 9.00AM



# THE GARDEN **GURUS**

Join Trevor Cochrane, Sue McDougall and The Garden Guru team for weekly inspirational, seasonal advice to bring your garden to life this Spring.

SATURDAYS 4.30PM



# **OUR STATE ON** A PLATE

Showcasing some of Western Australia's best primary producers, restaurants and wineries that our State has to offer, coupled with wholesome local food inspiration.

SUNDAYS 5.30PM



# **60 MINUTES**

Join Perth's Liam Bartlett and a team of top reporters for Australia's leading current affairs program, with a proven record of excellence over four decades.

SUNDAYS AFTER THE BLOCK









# et's go travel options for the mature















L-R; Augusta pub enjoying a decent serve of local fish and chips - view from August pub - Canal Rocks - Cape Leeuwin lighthouse - Augusta Bakery



LAST month I enjoyed a few days break down south. It's my favourite time to head south when the weather is cold, soaking up nature, the greenery, the peace and the contrasts the landscape offers. From granite outcrops along the coast, to the first buds of

wildflowers; the pruned vines and lush forests. the area has so much to I took a drive to Augus-

ta and had lunch at the Augusta pub enjoying a decent serve of local fish and chips with a superb view. After lunch we headed to the Leeuwin lighthouse and although the weather was cool it was sunny and bright. A visit to the historic water wheel down the road is an interesting history lesson in ingenuity.

On the drive back to the accommodation I made a pit stop at the Augusta Bakery. Now

this was a good old fashioned find with a well-stocked cabinet of pink iced vanilla slices, homemade sandwiches, cakes, pastries and very friendly service.

I also made a visit to Canal Rocks. Winter certainly had left its mark with part of the bridge completely out of action due to storm damage. It's another stunning part of the South West and the few days break gave me an opportunity to refresh and remind myself what a wonderful part of the world we live in.

Although we are vi-

rus free, the pandemic continues to affect our lives with many people reporting their Christmas flights have been cancelled from WA. I know many are desperate to see families and I hope that 2022 will bring us the opportunity to live a more normal life.

Also due to the pandemic, our Antarctica day trip which was scheduled to depart on 14 November has now been postponed to 9 January. Qantas has now advised that passengers must be vaccinated to fly on the trip. A few seats are still

available so if you would like to join this amazing experience contact me jen@haveagonews. com.au.

Food contributor Vince Garreffa was a guest at the Ravensthorpe Wildflower Show last month and reports that the wildflowers in the area were stunning. With the winter weather it seems the blooms are coming out a little later than usual but they are certainly worth the wait.

always encourage readers to support our advertisers as these businesses allow us to bring you this newspaper for free each month.

Anyone who would like to share some information or a photograph of a recent trip, we would love to hear from you.

Our website also has a selection of travel information which is updated regularly, visit www. haveagonews.com.au. Happy trails

> Jennifer Merigan **Travel Editor**

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



# It's a great time to be travelling around Western Australia

WHAT a fantastic time of the year to be cruising around our magnificent state. Club 55 Travel has some great day and extended tours scheduled for the remainder of 2021.

The countryside is looking absolutely magnificent with lots of wild-

Come join Club 55 Travel on one of their many exciting Day Tours or enjoy a few days away on one of the extended tour packages, including the two day Ghost Tour to historic York or maybe two days on the Abbey Beach Resort and Busselton Tour, fantastic value for money at only \$280 and yes that includes accommodation

the three day Manjimup Cherry Tour or the four Tour. They have lots to choose from. Visit the web page www.club55. com.au where people can view and pay for

ship to the Club 55 Travel Club is free and is a great way to get out and about and meet and make new

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We also have a unique function space available for hire &

private bathroom (these are limited).

Probus clubs, bowling clubs and retirement villages are also very well looked after and have a choice from more than 80 specially designed

outings with a minimum of 20 passengers. All tours are done at an enjoyable leisurely pace.

There are no strangers at Club 55, just friends yet to meet. Phone 0434 439 983.

See their advertisement on page 3 for a full listing of what is coming

# York Residency Museum

to re-open mid-November following remedial work to the heritage building. Visit this award winning museum for a fascinating insight into the regions history. www.visit.york.wa.gov.au





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#### DARDANUP AND BUSSELTON OVERNIGHTER **THURSDAY 18 NOVEMBER - South**

8.30am Canning Hwy & Murray Rd Melville Departs 9am Pagoda Hotel Comer St Como 9.30am East Perth Terminal

Returns First drop approx 4pm **THURSDAY 25 NOVEMBER - North** 

8.30am HBF Arena, Joondalup Departs 9am Morris Pl. Innaloo

9.30am Morley Recreation Centre Returns First drop approx 4pm Includes Morning tea, lunch & luxury coach travel, entries, Busselton Jetty Train, Dolphin Discovery Centre.

# **CHRISTMAS LIGHTS CANAL CRUISE**

FRIDAY 10 DECEMBER - South

3.30pm East Perth Terminal Departs 4pm Pagoda Hotel Comer St Como 4.30pm Murray Road, Melville Returns First drop approx 10pm

TUESDAY 14 DECEMBER - North

**Departs** 3.30pm HBF Arena, Joondalup 4pm Morris PI, Innaloo 4.30am Morley Recreation Centre

First drop approx 10pm Returns Seafood chowder, fish & chips and coleslaw, cake Includes and tea or coffee, cruise and luxury coach travel.



#### **CHERRIES AND MORE! TUESDAY 21 DECEMBER - South** Departs

8.30am Canning Hwy & Murray Rd Melville 9am Pagoda Hotel Comer St Como 9.30am East Perth Terminal First drop approx 4.30pm

THURSDAY 23 DECEMBER - North **Departs** 

8.30am HBF Arena, Joondalup 9am Morris PI, Innaloo 9.30am Morley Recreation Centre First drop approx 4pm

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





# Bindi Bindi Dreaming provides a journey discovering Aboriginal history and culture







Finding out about local plants on a tour - the gorgeous Marissa Verma - enjoying bush tucker

#### by Lee Tate

MARISSA Verma bubbles with excitement at the response her Bindi Bindi Dreaming company has generated in spreading interest in Aboriginal history and culture.

"I just love it when I can meet passionate people who are truly and genuinely interested in wanting to know about Aboriginal history and culture." Marissa told Have a

Go News.

'They come in with next to no knowledge and go out with their minds on what they've learnt. And I know they'll share their experiences with others.

Marissa's creation, Dreaming, Bindi Bindi has been signed-up by corporations, community groups, festivals and schools to embrace Marissa's Aboriginal insights and experiences.

former Marissa.

CALM specialist, says she's aware that seniors, including Baby Boomers, lacked knowledge about Aboriginal history and culture.

"I take little groups of seniors who missed out in their school learnings. They know about world and things but wars about Aboriginal people, they haven't the foggi-' she says.

Marissa, 45, says her company battles to keep up with demand.

"People are thirsting for it," she says.

Across WA, Aboriginal specialist tour and lecture organisations are springing-up.

"Many Aboriginal groups are starting to emerge. There are artists and dancers and singers and there are three tours just at Kings Park.

"But they are different to mine which are out on country with a connection to country. No, there's no competition between groups. We just give. People decide what they want to do," Marissa

Marissa leads corporate groups to John Forrest National Park or around the Swan River or Walyunga National Park with its prolific wildlife including echidnas, kangaroos, bobtail lizards and flocks of birds.

"Most companies have a bus so I meet them out on country and tour for two to three hours, walking, talking and sharing information, connecting people to the flora and fauna," she says.

Marissa's tours include catering with a difference. being married to Saurabh with his Indian heritage, infusing Indian herbs and spices and curries into the menus.

Kangaroo hamburgers, roo steaks, fruit salad and lemon myrtle cake may be on the tour menu. And perhaps mild curried kangaroo (slow-cooked for hours with bush spices, perhaps saltbush), served with rice.

"I've even had vegetarians eating kangaroo, once a pet food but now acknowledged for its nutritional value," Marissa

Saurabh has come out with me to learn and he also educates people, although he is too busy working as an airport security officer at the mo-

"I take tours on many weekends. Saurabh and I pass like ships in the night. But if I work the weekend. I take two days off to recover, recruit and deal with emails," she

Marissa is committed to passing knowledge to Indigenous students, employing them as guides and speakers at schools

Bindi Bindi Dreaming was launched by Marissa after CALM was swamped with public interest in Indigenous is-

"People wanted to come and learn a bit about Aboriginal tory and culture," says

Marissa whose Noongar Yidinji father comes from Queensland and her mother from Katanning.

With three brothers, Marissa went to Hamilton Hill Senior High School South Fremantle High School where they played with groups of Indigenous friends.

"Most of us were related but didn't know it at the time and only later in life made the connections," laughed Marissa.

"Our families were known to each other and so we all played togeth-

Marissa completed an associate degree in science and technology at Curtin University and with her background knowledge and family teachings, was a plum pick for

But she said her science knowledge in plants and wildlife was put to little use in her job as a specialist.

'I was mostly working with elders. I went across the State, up to Broome and over to Esperance. I think that's where I got my travel bug. I loved it.

In 2000, Marissa launched Bindi Bindi -'Just me. I'm the face of the business, I deliver the workshops, go to schools and companies and take people on cultural journeys - anyone who wants to learn about our culture. But I am recruiting. I've mentored a program for schools.

"I'm trying to make a profit. The more companies that participate, the more money I can use to spread the programs into schools.

"Rates are based on hourly or all-day tours. It might be \$300-an-hour for a non-profit organisation or up to a couple of thousand dollars for a corporate," she said.

From her home south of the river, Marissa heads out for another tour in her loaded Suburu Forrester

Secure at home are her much-loved, three cats, Tiger, Telly and Mano (the Indian word for cat) who wear bells on their collars to protect wildlife coming into the yard.

"You can hear them alright. They sound like a road train coming up, laughs Marissa.

Marissa is in a happy place, spreading knowledge when interest in Aboriginal history and culture has never been

"It's what gets me out of bed in morning. It's what I do," she said.

www.bindibindidream ing.com.au E: marissa@ bindibindidreaming.com.

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# South West Cherry Time

5 DAYS > 13 to 17 December 2021

#### **Highlights**

- Fairbridge Village tour
- Margaret River produce
- Anniebrook Wine & Flower Emporium
- The Berry Farm
- Nannup produce
- Kilogram of cherries





# Hahndorf Christmas Spirit

# 6 DAYS > 14 to 19 December 2021

#### **Highlights**

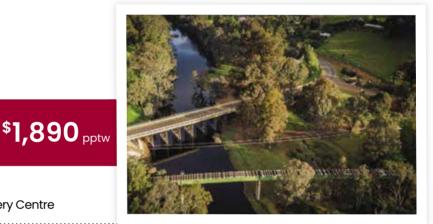
- Lights of Lobethal
- Christkindlmarkt Hahndorf Christmas Markets
- Walking tour of Hahndorf
- Hahndorf Academy
- Heysen The Cedars tour
- Adelaide Hills produce
- Murray River lunch cruise
- Monarto Zoo experience Free time in Hahndorf
- Adelaide Hills produce
- Strathalbyn Ayers House

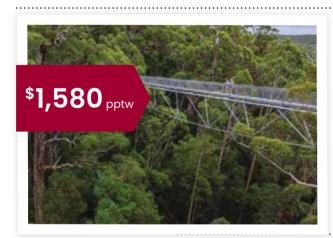
# Christmas in Bridgetown

5 DAYS > 23 to 27 December 2021

## **Highlights**

- Christmas Day Scenic Cruise & BBQ Lunch
- Nannup & the Blackwood Valley
- Jigsaw puzzle gallery
- Beetle & butterfly collection
- Pioneer Museum
- Greenbushes Eco Cultural Discovery Centre





# New Year in Pemberton

4 DAYS > 30 December to 2 January 2022

## **Highlights**

- New Year's Eve celebrations
- Walpole wilderness cruise
- Valley of the Giants Treetop Walk
- Windy Harbour scenic tour
- Pemberton Tram Co ride
- Beedelup Falls & The Bicentennial Tree
- Drakesbrook Hotel farewell lunch

# Australia Day in Bunbury

4 DAYS > 24 to 27 January 2022

#### **Highlights**

- Hotham Valley Railway
- Australia Day celebrations & fireworks
- Australia Day dinner
- Australia Day evening cruise
- **Dolphin Discovery Centre** & Dolphinarium
- Bunbury Museum & Heritage Centre
- Bunbury Wildlife Park
- \$1,395 pptw
- Dardanup
- Heritage Park
- Farewell lunch



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





# Bungle Bungle Ranges - the world heritage site - a must see for travellers









Banded rock formations - Slanted sunlight in Mini Palms Gorge - looking over the 'altar' pool - tour group climbs Domes Rock

#### by Tim Dawe

"IT'S not the Bungle Bungles," said Steven, his vowels marking him as another Kiwi supporting the tourist industry here in the East Kimberley. It's the

Well, good luck changing that! No one knows how this

just the Bungles."

Bungle Bungle Range, or

extraordinary domed rock formation got its name; possibly bundle-bundle, a Kimberley grass. Well known by Aboriginal people for millennia, it took a chance remark to a visiting TV crew in 1983 to introduce Australians, and the world, to these orange and black-banded beehives of rock, now a much publicised icon of West-

The range was incorporated within Purnululu National Park in 1987, which became a World Heritage Site in 2003.

Purnululu (sandstone in Kija language) is a tourist magnet; a must-see for visitors to the East Kimberley. Intrepid 4WD drivers pull off the North West Highway past Halls Creek through Mabel Downs station. Others take in the sights from a round flight from Kununurra 300km north.

We opted for the added experience of an overnight stay at a (luxury) bush camp. Excitement soars as the ten-seat Cessna flies over grassy Lissadell and rocky Texas Downs cattle stations. The first sight of the Bungles is astonishing. The pilot's commentary piques interest. But as with most sightseeing, it's best up close and personal. I'm here for two days of exploring.

After 90 minutes of low-altitude flying filled with frantic photographing we're on the ground at the tiny airstrip of Bellburn, south of the range. Tour

guide Bruce is on hand to welcome us aboard his 4WD bus. An unexpected itinerary change means a rush along the western escarpment to the range's northern tip for two gorge walks before the light fades - leaving a slow start for tomorrow's adventures

Mini Palms Gorge is an easy-to-hard 5km return walk with parts of its soaring sides glowing orangey-red in slanting sunlight. The lack of light causing these Livistona palms to become mini palms. The trees survive by sticking to the sheer rock face. while splaying their roots for sustenance. The walk ends at a high platform with backward views of our trek and no-go space beyond.

"It's not really sacred", Bruce grumbles.

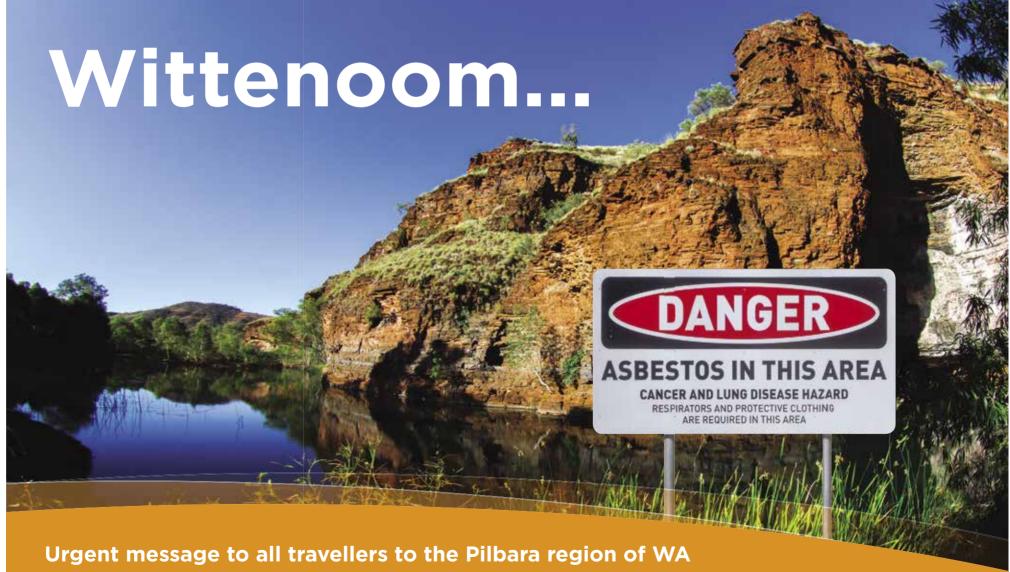
A little farther north is shorter Echidna Chasm. We enter rock-hopping - hands and feet - as the chasm lives up to its name, narrowing into squeeze-through gaps separating perpendicular sides soaring 200m. Large boulders are wedged overhead. It's somewhat claustrophobic, yet rewarding with some open areas, cul de sacs, grand sweeps and gobs of conalomerate rock. There's only one way out and we take it; inside dusk turns into outside day, that is now turning into dusk.

The bus returns along the 30km-long western escarpment racing the sunset. I marvel at nature's palette from gold, orange to mauve. It's dark as the bus bumps into the bush camp alongside the wide Bellburn Čreek bed. I join other guests on the decking awaiting the dinner gong. Someone pokes the fire in the large metal pot; instantly flickering sparks join a host of stars. The guffaws of tipsy travellers fade as my thoughts turn to the little-known war waged near here.

Jandamurra, an Aboriginal man, known as Pigeon to whites, was a skilled horseman, marksman and much-valued police tracker. His good mate, unusually, was an Englishman, named Richardson. Jandamurra was forced by his tribe to choose between settlers and the Bunuba culture. He killed Richardson and spectacularly sealed his fate, immediately becoming a legendary resistance fighter for his people.

continued on page 27





Do not visit Wittenoom, not even to take a photo, it is NOT SAFE. The town and surrounding areas are heavily contaminated with blue asbestos fibres from CSR's mining and milling operations. Scientists have established that there is no safe level of asbestos exposure. Sadly the death toll from Wittenoom won't stop until visitors stop.

www.asbestosdiseases.org.au www.facebook.com/AsbestosDiseasesAus





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





# Updates on the demersal fishing ban and changes to fishing rules in WA



Skippy and King George whiting are prime boat fishing options during the demersal closed season

#### by Mike Roennfeldt

SPRING is an interesting time to be fishing in the southern half of WA. This change of seasons is a time perhaps to dip your toe in a different pool of

water, especially if you are a dyed-in-the-wool boat fisherman whose focus is almost entirely centred on dhufish, pink snapper and the like.

The demersal fishing ban for the West Coast Bioregion (just north of Kalbarri to just east of Augusta) runs from 15 October to 15 December. The ban applies to eligible species caught from shore as well as boat. If you catch a pink snapper from Hillarys Marina or any of the other metro rock platforms during this period, for example, you must return it to the water as quickly as possible.

A closed season also applies to pink snapper fishing in Cockburn and Warnbro sounds. To provide additional protection for spawning pink snapper, the date and area for the Cockburn and Warnbro sounds pink snapper spawning closure has been extended from 1 September to 31 January and the area of closure now extends north to Fremantle Fishing Boat Harbour and west to the inside of Five Fathom Bank.

Other changes to the recreational fishing rules in WA that came into effect on 1 July 2021 include:

· Introduction of trip limits: While on a fishing trip you may accumulate up to 10kg of finfish fillets of any species, no skin required, plus an additional 10kg of fillets of large pelagic fish with skin on. The existing possession limit of 20kg of fillets of any species will continue to apply at a person's principal place of residence.

- · Removal of the 30cm minimum fillet length for filleting at sea.
- · Update to the definition of whole fish, which can now be cut in two pieces and still be considered as one fish. (For both filleting and whole fish rules, skin will need to be attached while still at sea.)
- · Release weights will be required for the master of all fishing boats fishing by line for demersal finfish, anywhere in WA, not just in the west coast region.

Boat fishermen who can't bring themselves to fish from shore still have some great options while floating about out there at this time of year. King George whiting and skippy are probably the main targets and best fishing is usually on those days when you can clearly see the bottom in 6-12m of water. Look for sand holes among the seagrass beds and reefs. Try near seagrass for King Georges and around the reefs for skippy. A handful of chook pellets scattered every 20 minutes or so will attract both species if there are any in the vicinity. Relatively lightly weighted rigs with

a No.2 hook baited with

coral prawn or squid

does the trick most of

the time when fished on or near the bottom.

Spring is also when tailor start to show up in metro waters in good numbers, both along the beaches and in the lower reaches of the river. The river fish are generally small with few good ones among them, but the fish along the beaches are often of relatively decent size.

Finally, there is the fresh water scene. This is the best time to try your luck on South West dams, where the big ex-broodstock fish from the Pemberton hatchery are usually released late winter.

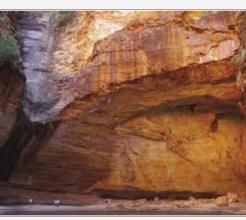
Spring is in the air, so get out there and enjoy it.

# continued from page 26 Bungle Bungle Ranges - the world heritage site - a must see for travellers by Tim Dawe









Aerial shot over Lake Argyle - Domes Walk - Deeply dissected massif - Ant size people enter the ampitheatre

For three years as a 'magical immortal' he led an armed guerilla insurgency against settlers and police. Cruelly betrayed, Jandamurra was shot dead in 1897, his head cut off as a trophy for a disbelieving and outraged colony. He was 23.

The Bungles are a crab-shaped range in a deeply dissected massif from the Devonian Period 360 million years in the making through geological uplifts, the odd meteor and water erosion. On everyone's lips is how are these odd striped shapes formed? First, sand blown from the Tanami Desert formed sand

dunes, then successive deposits of gravel created a seven kmhigh sandstone plateau. Twenty million years of erosion left remnants as beehive-shaped karst of great beauty and cultural significance. Why the stripe banding? The dry red layer is iron oxide while the moist dark layer contains blue-green algae that provides a protective coating.

Day two is all about Cathedral Gorge. It's the highlight. Our group walks along Piccaninny Creek's smooth grey rock bed with its avenue of beehives, veering off to a sandy creek bed to enter the gorge. The winding

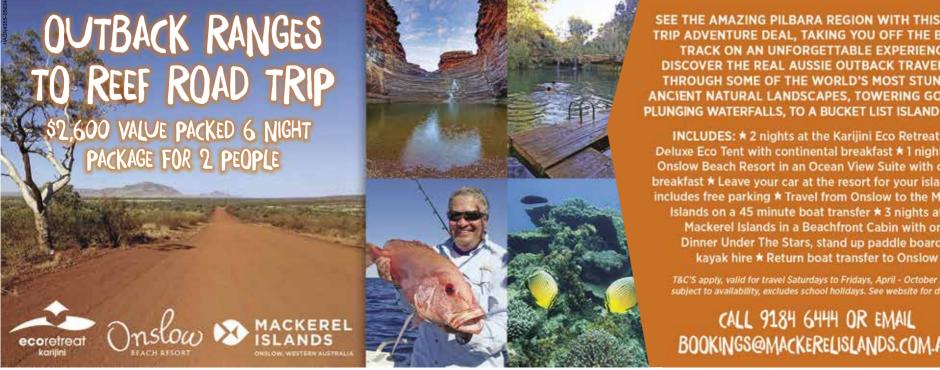
passage is strikingly beautiful, towering walls of golden rock, glimpses of more behind, reflective water pools, ledges and potholes and giant slabs of broken-off rock marking huge wa-

Nothing prepares for the grandeur of this stupendous natural amphitheatre. Entering this cathedral today is akin to a thirteenth century peasant's awe entering Chartres Cathedral. We sit at the far end under the rocky hood looking back to the nave over the altar of a small pool. All this; created by unimaginable torrents of water. Out of the light a group of ant-size people walk around the white sandy perimeter and start to sing - a joyous test of the acoustics. It's a reminder that the Sydney Symphony Orchestra performed here. For most it's a time for personal reflection, the power of nature, and the smallness of humans.

Our return via Domes Walk provides the best views of these beehive structures, whether it's close up, in clumps, distant placements or angled vistas. There are curious weathered shapes of heads and elephants. Whenever the hardened casing is broken, whatever colour the band, out pours pure white sand. Low sweeps on our home-

ward flight reveal more of this tiger-striped massif that adds scale and context to my walks within it. It's sunset and it's aglow. From the ancient to the recent, we circle the man-made crater of Argyle diamond mine and cross the artificial sea of Lake Argyle before landing in Kununurra.

The East Kimberley is a wild wilderness of great beauty yet to be discovered by the world's tourists. It doesn't matter what you call it, if you come here, you must visit the Bungles.



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# Delving into a new tourist attraction... the Horsepower Highway









L-R; Bright pink Lucinda in front of the watertank celebrating the contribution of regional women to the community - Mad Max a mash up of machinery - Sleepy eyed Diesel with a Stirling Range backdrop - Snowy marks the entry to Mt Trio

by Allen Newton

WHILE there wasn't quite

snow on the peaks of The Great Southern's Stirling Ranges, Snowy, the trac-

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tor is perfectly poised to take on the slopes when the next flurry arrives.

Snowy is the final tractor in a line of retired farm machinery that lines a route from Broomehill just outside Katanning, to the base of the Stirlings.

I was there for the opening of the Horsepower Highway on 26 September, as part of Great Southern Treasure's annual Bloom Festival, and spring was just starting to make itself felt in the deep south of the State.

The 70km scenic route through Gnowangerup is a quirky way to begin an exploration of WA's southern mountain re-

The rain had held off, wheat was bursting in the fields and a flush of yellow was showing across the vast fields of canola.

My journey got started with a luxury night at Katanning's Premier Mill

Opened in 2018, the lovingly restored old flour mill is a piece of artwork in itself and the industrial workings of the building have been incorporated into the slick, modern room designs, helping to create an unexpected oasis in the wheatbelt town. tucked away a little inland from the usual tourist route between Margaret River and Albany.

The Horsepower Highway kicks off just outside Broomehill, a little settlement on the outskirts of Katanning gazetted in 1890 and built to service the Great Southern Rail-

Keep an eye out for the sign announcing the start of the route five km out of Broomehill on the Broomehill-Gnowangerup Road.

You need to download the Horsepow-Highway to get the full story on the tractors that line the route.



There's a story on each one of these pieces of machinery and if you are not careful the journey can be a blur of rust on the edge of the fields.

It's possible to pull off the road at many of the

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tractor sites to take pictures (something plenty of others were doing as I pottered along the route), but many of them aren't obvious at first glance.

Look a little closer and each of these old workhorses has a story to tell.

A favourite for the kids will be number 17 on the trail, Diesel with his sleepy eyes, tired from early mornings and late nights working in the fields. The old tractor is one of the earlier diesel engine examples on the highway and makes a great photograph with the Stirling Ranges as a backdrop.

Number 20 and the final stop on the highway is Snowy. This old Fordson Major was modified in cold countries with skis to adapt to snowy conditions and is perched at the entry to the Mt Trio Bush Camp with its Bluff Knoll Ski Club.

Mt Trio has earned

ake Navarino

quite a reputation as the spot for cozy fires at the ski club as winter snowflake hunters try to track the white stuff on Bluff Knoll, which makes Snowy a perfect emblem.

Bright pink Lucinda, sits between water tanks that provide emergency water for bushfire fighters. They have been painted by freelance artist Jerome Davenport to celebrate the contribution of women in rural communities.

Faces on one of the tanks features local paramedics, firefighters, farmers and other women of all ages who have made contributions to rural life.

The app tells visitors more about each of these

The other tank features the everlasting flowers of the tank's sponsor Lucinda's Everlastings.

Tractor number 14 on the road is likely to get a boost in popularity when the new Mad Max film is released in 2023.

Mad Max (the tractor) was so decrepit that creator John Byrne from Mt Trio turned to all sorts of other agricultural bits and pieces to contribute to his creation which creates an imposing figure on the side of the road.

Another of my favourites is the bright vellow and red Moordidjabiny Ngort tractor decorated by the local Goreng-Noongar community. The name means strong together horse and features handprints of the local families.

And big green Lizzy, a steam tractor imported in 1889 to help clear many of the original properties around Gnowangerup, is hard to miss, parked in front of the shire offices.

The Horsepower Highway is an initiative of local community group GNP360 and was funded by the Federal Government.

It was officially opened on 26 September by State Minister for Regional Development Alannah MacTiernan at a function held at the Lucinda water tanks as part of the Bloom Festival.





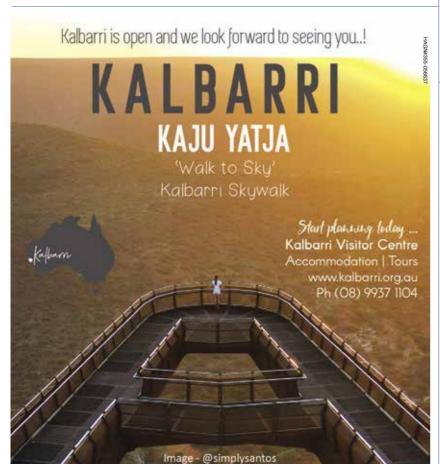
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# Westonia - all the sights for a country adventure in one small wheatbelt town









Edna May mine - Looking for orchids Boddalin Soak - Silver mallee - Streetscape

#### by Frank Smith

WESTONIA is roughly half way between Perth and Kalgoorlie and lies just 10km north of the Great Eastern Highway.

The tiny town has a population of fewer than 300, but it also has a gold mine, first class museum. wildflowers, a streetscape straight out of the 1920s and a wheat and sheep economy.

The town is named for Alfred Weston who prospected for gold in the 1900s and eventually found the metal in quartz reefs about 10km west of the modern town.

The town was originally named Weston, but changed to Westonia in

Weston applied for four

gold mining leases. The following year Edmund Annear established a mine just one km north of the modern town and named it Edna May after his aunt.

The Edna May mine has been worked, on and off, since 1911 and has yielded 1.1 million ounces of the valuable metal. The whole current operation, including the deep open pit can be seen from a viewing platform established jointly by the shire and the current mine operator Ramelius Resources. The lookout is on Warrachuppin road about one km north of the town.

Westonia also houses the Hood-Penn Museum, a splendid showcase of outback life during the last century.

The Museum resulted

of a generous donation of a large historical collection from the Hood-Penn who previously family owned the Burracoppin Store. The museum is housed in a replica of the old Club Hotel building. It is accessed only through the shire offices and open weekdays and weekend mornings.

It features a variety of scenes showcasing early life in the shire. There's a pub, a shop and hardware store, a petrol station and garage, a kitchen, a bedroom, sheep shearing, a blacksmith and farm workshop scenes.

Each scene also includes a realistic lifemannequin, comlike with and blemishes.

The museum also in-

cludes a vibrating display which emulates life in an early mine tunnel. Visitors press a button and then experience a three-minute sequence of vibrations and sound effects as would be caused by blasts going off in the vicinity of the mine. Also included is a conversation between miners working in the mine.

In Wolfram Street, the main thoroughfare colourful exteriors aim to recreate the town during the early 1900s. The town's original bank, café, hotel, fire station, boarding house and green grocer have been replicated, creating an interesting heritage streetscape.

The Westonia Gallery Café on the street is the original remaining

shop built by a miner in 1916. The shop has been home to a general store, Chrysler and Buick dealer, newsagency, Westonia Agencies, Westonia Hardware and possibly many other businesses during its lifetime. Now it features real coffee, a lunch-time and snack menu and local artisan products, jewellery and giftware, as well as locally made preserves and

other products. A signposted woodand wildflowers lands

heritage trail takes walkers round the outskirts of the town.

There are also several areas of natural bushland to enjoy. These include Boodalin Soak, providing water for early prospectors and travellers to the Goldfields on Westonia Common six kilometres west of the town. In spring the common is carpeted with everlastings and rare orchids can be found near granite out crops.

Sandford Rocks Nature Reserve 10km northeast of Westonia has granite outcrop, pools of water wildflowers and woodland including the rare silver mallee and purple peacock beetles. There is also an interesting but rugged walk trail round the reserve and a bird hide.

The main industry of the shire is still agriculture with an emphasis on wheat, canola and sheep rearina.

# Come and enjoy the blooming wildflowers in Wongan Hills



WONGAN Hills is a two-hour drive northeast of Perth in the Wheatbelt. It is known for its many wildflowers with more than 1200 species including some unique to the area.

Wildflower season in Wongan Hills is an enthusiast's dream come true as the nature reserves and roadsides come alive with colour. Wildflowers include wattles, grevilleas, hakea's and myrtles, just to name a few.

For orchid lovers, September is usually the month when many species are at their peak, including candys, blue beards, spiders, ant/ clowns, donkeys, greenhoods and

The walk trails, Mt Matilda Nature Reserve, Christmas Rock Walk, Gathercole Nature Reserve and the Wongan Wildflower Walk, offer a wide range of flora and fauna to ex-

perience. Mt O'Brien lookout, just out of town, offers spectacular views of the countryside.

From mid-October, Reynoldson Reserve comes alive with many species of Verticordia flowering in pinks and whites. The annual Reynoldson Reserve Wildflower Festival is held the last weekend in October. Buses take visitors out to the Reserve to see the Verticordia. Market stalls, a sundowner, wildflower display, stargazing and a classic car, truck and tractor show fill up the weekend.

Contact the visitors centre for more information on the festival, see advertisement on page 30.





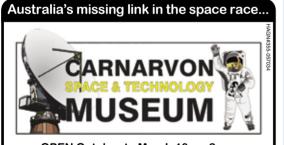


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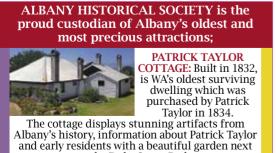




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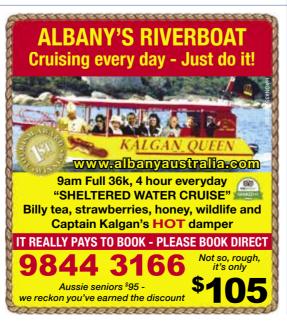




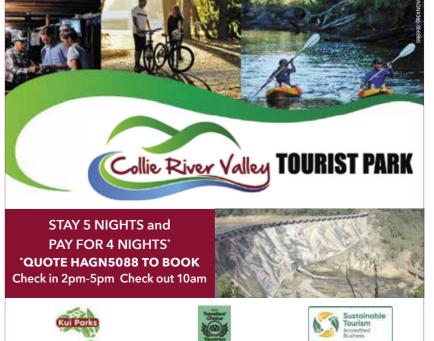
to the Duke Street Park OPEN 11am-3pm except Good Friday, Christmas Day and the morning of ANZAC Day THE ALBANY CONVICT GAOL: Established in

1852 for convicts that were transported to Albany as skilled labourers. Originally consisting of a cell block for convicts with quarters for the warden, the gaol became a public prison in 1873. The museum is open 10am-4pm except Good Friday, Christmas Day, the morning of ANZAC Day and also features an collection of photos of Albany's history.

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# A slick makeover makes it a mint prospect to discover WA's riches







The Perth Mint building - gold poured into bars - the shop after a refit

#### by Lee Tate

PERTH Mint, with its strong allure for international and interstate visitors, has fresh appeal for West Aussies who haven't trodden the grounds for a while.

Perth Mint has had a slick makeover, modernising while reflecting its amazing historical roots, dating to 1899.

Joining an 11.30am tour group (concession, \$17), we watch a gold pour in the original 1899 melt-

ing house. It's something we've done before but the process and theatrics still appeal.

Our party of 15 watches how it's done while the kids marvel at the magic of it all: sizzling liquid gold that cools and hardens in seconds, converted into a gold bar before being placed back in the furnace to repeat the experience for the next tour group.

Perth Mint's ownership and all its riches was transferred from the British Government to the WA

Government only in 1970.

The original purpose was to refine gold discovered in Western Australia's Goldfields and produce bullion bars and sovereign coins for the Empire and beyond.

Then, over the following 30 years, the Mint produced 106 million sovereigns and 735,000 halfsovereigns from WA gold.

Hundreds of millions of coins for Australian circulation were produced including 855 million decimal one and two cent coins on the Mint's coin presses. Today, Perth refines 90 per cent of gold mined in Australia, the world's second-biggest producer after China.

This year, the Mint has renovated the original, heritage-listed building which has stood the test of time, constructed with Cottesloe sandstone and Rottnest Island limestone.

"The result is a modern aesthetic, which blends seamlessly with the heritage features of the Mint, arguably one of the most beautiful buildings Perth," said shop and exhibition group manager, Alison Puchy.

The \$963,930 project embraces an enhanced fover and an upgraded luxury jewellery boutique with a new 'Pink Diamond Room'. It's a class act.

The Mint has also extended its reach into

rich bounty "the

Western Australia.' South sea pearls make an appearance as well as pink diamonds in the Pink Diamond Room. The backdrop is a hand-painted wall mural of a Kimberley boab

"The overhaul of tourism and retail areas in our heritage building was welloverdue," said chief executive officer, Richard Hayes. More than 80,000 visitors file through the East Perth premises every year.

The main jewellery showroom features an elegant colour palette, crowned by large-scale 3D ceiling plasters representing the Mint's iconic kangaroo, kookaburra and koala theme.

The organisation's stylised swan logo is incorporated in customised black and gold carpet.

Our jaws drop at the sight of the world's biggest coin that rises on a lift from its own secure housing safe every morning. The one-tonne coin, with the Queen's head on one side and a kangaroo on the reverse, is 99.9 per cent solid West Aussie gold and worth tens of millions of dollars. It's one-tonne weight is a further deterrent to would-be thieves.

The Mint's gold exhibition includes two "drawcard geological specimens" - the 'King Henry' and the 'Karratha Queen' two of the world's most valuable gold and silver specimens.

For more than 90 years, before modern protective work gear, workers felt the furnace heat through their leather clothes and gloves and in that time smelted, refined and cast 2,596 tonnes of WA gold.

Over the decades, gold dust became imbedded in furnaces, floors, walls and even the Mint's roof. Workmen have since been despatched to the roof and assigned to the walls to scrape and dig out gold dust which amounted to hundreds of thousands of dollars.

Wily Mint workers of yesteryear wore sticky hair gel, running their fingers through their hair to collect valuable gold dust to take

In the Mint's forecourt is a statue of two men, unknown to most West Australians, gold prospectors Arthur Bailey and William Ford. Their Coolgardie gold discovery in 1892 set-off one of the world's greatest gold rushes and Western Australia was set for its golden future

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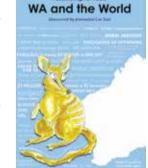
Pilbara 130 million years ago were used to create a life-size model of the largest land animal that ever lived.

The Great Wall of China is held together with sticky rice. Perth's Yagan Square

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# A great wheatbelt visit to Mangowine historic homestead and inn near Nungarin



From left to right; Mandowine Homestead, Nungarin - the bar - bedroom

#### by Frank Smith

MANGOWINE Homestead in Nungarin is the oldest house in the WA Wheatbelt. It is situated just 15km north of Nungarin on the Karomin Road

The first homestead was constructed of stone and mud brick by Charles Adams and his wife Jane in 1876.

The Adams' took up 120,000ha grazing lease at Mangowine, and moved there from Yarragin with their two daughters, Elizabeth (then aged about four) and Annie (12 months).

Jane and Charles had another eight children born at Mangowine over the next 15 years.

Charles' father, Thomas Adams, was appointed as a special constable in the far-eastern settle-

ments in 1877. His main duty was to control Aborigines who were killing sheep and pilfering settler's goods.

The next year Thomas took on the job of inspecting sheep flocks for scab in addition to his regular police patrols. He retired in 1881 and Charles then took over his father's duties at an annual salary of £120.

Thomas Adams was a smith and stone cutter. His skills would have been invaluable during the construction of the homestead at Mangowine. The walls of the house were made of stone and mudbrick. The roof was thatched with reeds laid across pole rafters cut from gimlet (Eucalyptus salubris) and the floors were paved with broad smooth flag-

A soak was located below the base of the shelving rock. When this was deepened, water flowed at a depth of 50cm, but in summer the supply became unreliable and the Adams' often had to cart water 16km.

Gold was discovered

at nearby Moujakine in 1887 and the Yilgarn goldfields were opened in 1888. Would-be miners passed through Mangowine on their way to the goldfields, and life became hectic for Jane Adams. There were eight children at home. As well as her family duties, Jane baked dozens of loaves of bread each day and provided meals and lodging to the men passing through.

In order to cater with this passing trade, the Adams built a wayside inn, cellar and provision store alongside the homestead. They were granted a wayside inn licence in 1889.

Mangowine provided hospitality for prospectors and others on their way to and from the eastern goldfields. It also provided rest and refreshment for members of the local community on their journeys to other areas.

The railway to Kalgoorlie reached Merredin in 1893, diverting the gold-rush traffic. Charles found he had time on his hands and started to prospect for gold himself. In 1895 while on one of these trips, he died of a heart attack just south of Nungarin. Jane Adams carried on his work, in addition to her own. with the help of her older

Agriculture began to

develop in the early 20th Century. Settlers were given 160 acres and could purchase a further 1000 acres conditionally to carrying out specified improvements. By 1910 the Mangowine leases, together with most of the surrounding lands, had been subdivided into farm lots.

Jane Adams supplied meat. vegetables. fruit. milk and eggs to the new settlers and hay for their livestock.

She died in 1934, aged 83 years, but members of the Adams family continued to live at Mangowine for several years.

In 1968, the property was given to the National Trust by Mrs Olive Warwick, granddaughter of Charles and Jane Ad-

Restoration of the property began in 1970,

although a group of enthusiastic local ladies had been collecting information, items of furniture and other memorabilia for several years prior to that.

The two buildings were restored over four years, the cellar was rebuilt from a stone walled hole in the ground, and the caretaker's cottage and toilet block were erected.

Each room has been restored to its original condition, and is filled with antiques and memorabilia from this era.

The National Trust property of Mangowine was opened to the public in 1973. It is open every weekday except Wednesday from 1pm to 4pm and at weekends and public holidays between 10am and 4pm.

Entry Fees are: Adult \$4; Family \$8; Concessions \$2; Children or Groups \$1 per head.



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# ADVERTISING FEATURE

# Spring is here and it's time to enjoy some new tastes in wine



#### by Frank Smith

OCTOBER is the time my family chase spiders and cockroaches out of the barbecue and start to think of more summery meals. Here are some good value red wines to go with traditional barbecue fare and an unusual Italian white from the Hunter Valley which happily accompanies a diverse range of foods.

Castle Rock Estate Shiraz 2019 is deep red in colour. It displays a classic cool-climate Shiraz nose which shows plum fruit, spice and pepper characblack ters. There are complex French oak characters of char and cedar. The front palate fills the mouth with plums and a touch of black pepper. The wine has balanced acidity and ripe tannins. The French oak adds cedary characters and blends with the cool climate spice notes. The wine has great length and the flavours linger in the mouth long after the wine has been swallowed. This wine will continue to improve and develop for eight to 10 years. RRP \$34

Farm Hand Organic Shiraz 2019 is made in the Monash Valley of South Australia. It has a bright red colour with inviting aromas of ripe red berries, plums and sweet spice with a hint of savoury oak. The palate is medium bodied and with a dark berry and cassis flavours and by soft tannins. Vegan Friendly. RRP \$13.99.

Every bottle of Farm Hand Wine sold goes towards supporting Carbon8, a farmer-led initiative, that helps farmers respond to the impact of droughts, floods and desertification by increasing the carbon content of soil through regenerative farming practices. It also helps to sequester carbon and reduce the impact of CO<sup>2</sup> on climate.

Pig in the House Organic Shiraz made by the O'Dea family in NSW is a bright purple and red colour. It displays aromas of dark berry fruits of blackberry, and ripe cherries and aromatic spices, mixed with vanilla and white and black pepper characteristic of Shiraz. The palate is of balanced fruit with dense and persistent flavours. Flavour complexity increases as the wines is tasted in the mouth. RRP \$25.

In case you are wondering the 'pigs' in the house are the O'Dea's three children.

Taltarni Old Vine Estate Cabernet Sauvignon 2019 is a big beautiful red with the intensity often found is fruit from 60 year old vines in the Victorian Pyrenees. Taltarni was one of the pioneer vineyards established in the region after the gold rush subsided. The owners are also pioneers of sustainable grape growing. Fruit thinning is used to reduce the crop and intensify flavour and body. The palate displays rich red fruit flavours and a touch of earthiness which lingers on. RRP \$45.

**Carillion** Loveable Rogue 'Abboccato' Fiano 2021. This Italian variety from the Hunter Valley is made in small batches. It is bursting with topical aromas, grapefruit and yellow peach. The palate gives the wine a silky mouth feel from the residual sugar before a powerful grapefruit citrus hit and an almost briny tang. Abboccato roughly translates as slightly sweet. The finish combines pleasant acidity and phenolic flavours. A refreshing wine and an easy match for most foods. RRP \$30.

# Vince's delicious recipe for two, marrying sirloin steak and potatoes





by Vince Garreffa

THE original recipe was referred to as widowed potatoes in Spain due to the dish containing no meat or fish. I've renamed it married potatoes including a delicious sirloin steak stuffed with

Spanish chorizo. Have the wedding in your dining room soon.

Ingredients for two 1 300g beef sirloin steak 1 smoked chorizo. sliced in rounds 6mm thick 3 large potatoes (peeled), cut into 1 cm slices 3 eggs, beaten with a pinch of salt . 4 garlic cloves, finely chopped 1 large onion (Spanish red), finely chopped 3 tomatoes, skinned,

seeded and chopped 400ml beef stock Seasoned flour Organic lake salt Cracked black pepper Extra Virgin Olive Oil

#### Method

Choose a casserole and baking dish approximately 20cm diameter. Line up your sliced potatoes, seasoned flour and

beaten eggs.
Put half cm of EVOO in a frypan and bring up the heat slowly, dip potato slices into seasoned flour then into the beaten eggs and fry quickly for about two minutes each side and rest on kitchen paper.

Top up the oil in the frypan if you need to as you fry all the slices.

Line the bottom of the dish with potato slices until you use all the potatoes, even if you need more than one layer.

Remove half the oil left in the frypan and set aside. Put the frypan with remaining oil back on the heat and cook the onion, stirring often, until soft. Now add garlic and tomatoes with a pinch of salt and pepper and cook till half the juices evaporate. Take off the heat and spread the onion mix

over the slices of potato. Now very gently cover it all with the beef stock and a pinch of salt. Cover dish with baking paper and cook in the oven at 160°C for 45 minutes or until juices evaporate and potatoes are tender. While potatoes are cooking prepare your steak by lightly frying the chorizo slices for 15 seconds each side then cooling. While this is happening cut pocket holes into the steak and stuff chorizo slices into three or four pockets.

Remember chorizo is a little salty so season sparingly on the outside of the steak, then pan fry in a touch of EVOO for about four to five minutes on each side until steak

Serve steak cut into strips to show off the chorizo stuffing with the married potatoes on the side.

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

# Letters to...

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

# A visit to Ellenbrook with the Dining



by Pat Paleeya and **Judith Cohen** 

IF you are feeling like taking a mini bus tour, a 955 bus from Morley will take you straight to our pick of the month Ellenbrook Cen-Shopping Centre tral

Railway Station.

Family owned Amarettos Restaurant's shop entry is on Ellen Stirling Parade and they offer an under \$25 lunch special which we took advan-

A great choice of nine dishes from which

Read what our customers have said at www.easyaccesskitchens.com.au

\$20 and grilled barramundi \$22

The warm Thai salad comes with your choice of warm chicken or beef finished with fresh chilli and sesame seeds. An enormous serving arrived brimming with beef and salad enough for two people. A mix of salad leaves included crunchy bean sprouts, tomato cucumber. spring onions, topped with an extremely generous serve of beef strips drizzled with the chef's secret sauce. We tried to get the recipe for the sauce, but a secret is a secret of course, the 955 from Bassendean each). Warm Thai sal- chef was kind enough and welcoming, atten-

to share most of the ingredients (Love 'Im). The combination of everything on the plate was scrumptious.

The barramundi fillet was a good size, nicely grilled, and very moist. The skin was so deliciously crispy that it was wolfed down in seconds (no Miss Manners here). The garden salad was dressed with a mustard seed vinaigrette which was delicate and flavoursome. The chips were fine cut, plentiful and not at all oily.

In all, both meals ensure another visit. The were very friendly

PULL OUT CORNER

tive but not obtrusive. We noticed customers were being greeted like old friends, maybe they were locals, this gave the whole a place a homely feel.

3½ forks Shop Bo2 Ellen Stirling Parade, Ellenbrook Central, 11 Main Street, Ellenbrook 9296 9333 www.amarettos restaurant.com.au



## Knife and fork talk ratings

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

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

Two forks - food and service needs improvement One fork – would not recommend

## **WEEK DAY LUNCH SPECIALS** Information correct at going to press

**BAYSWATER HOTEL** \$21.99 seniors lunch buffet 12pm-2.30pm

Railway Parade, Bayswater 9271 7111

#### **BROOKLAND TAVERN**

\$16 seniors lunch 11.30am-8.30pm seven days 7 Holmes Street, Southern River 9490 9777

#### **CAFE POSTE** All day menu \$20 and

under Monday-Saturday 8am-4pm 24 Stirling Street, Guildford 9379 2333

#### **COLLIE CROWN HOTEL**

\$14 senior meals Monday-Friday 11.30am-2.30pm Throssel Street, Collie 9793 2230

**GOSNELLS HOTEL** \$15 seniors lunch special 1.30an every day 2149 Albany Highway, Gosnells 9398 2224

#### **SECRET GARDEN** Chef specialities

\$17 and under. Monday-Sunday 11am-4pm 64 Angelo Street, South Perth 9367 5597

## **SEVEN MILE INN**

\$15 seniors meal Every day 11am-3pm 501 Wanneroo Road, Balcatta 9440 0099

#### THE SHIP INN

Under \$20 seniors meal Monday-Thursay 11.30am-2.30pm Friday –Sunday all day 8 Albert Street, Busselton 9752 3611

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# food & WINE and be werry... ADVERTISING FEATURE

# Brunch with T - a Hummingbird by the water called us for a visit to Mandurah









green onion fritter stack - the hottest coffee we've had - chorizo and spinach omelette - immune booster



by Tahlia Merigan

I KNOW we have a lot of readers in and around Mandurah and I thought it was time to head there to try out one of the local brunch spots.

It took just over an hour by car from Perth to get down to the waterfront. the other quicker option is to jump on the train but time wasn't on our side for this mode of transportation.

Hummingbird is located across from the foreshore on Mandurah Terrace; it's a welcoming and picturesque spot. It was a blustery day when we visited, but I am sure this place would be even better when the weather is warm and fine.

The first thing that impressed me about this café was that they of-fered half serves of all their dishes.

The second thing was they have a great range of gluten-free and vegan dishes and the third thing was they served hot cof-

The menu is extensive with loads of brunch choices from the traditional, the healthy to the naughty. They also have a kids' menu, lots of op-

tions for lunch including a range of burgers and are fully licensed. After choosing our meals we ordered at the counter.

Mum (editor Jen) was my partner in crime, and we shared an Immune booster (\$8.50) freshly made juice - carrot, ginger, orange and celery juice which was perfectly balanced, not too sweet or sour and served in a mason jar.

I ordered a half serve of corn. bacon and green onion fritter stack. They were delicious gluten-free fritters layered bacon, spinach blistered tomatoes served with avocado, bruschetta and a poached egg (\$15 half serve or \$21 for a full).

This dish was deli-

cious, fresh and felt like a very healthy option. The half serve was perfect for me and the combination of the salty bacon with the warm runny egg, fresh crisp spinach leaves, avocado and tomatoes bursting with seeds made it a taste sensation.

Mum went for the chorizo and spinach omelette which was a very large serving. Grilled chorizo, red onion, cherry tomatoes, feta cheese and baby spinach were lavered in the omelette and it was served with a slice of toasted ciabatta (\$21.50).

When it arrived, Mum immediately said she should have ordered the half serve too but it was extremely tasty and the combination of ingredients offset the richness of the spicy chorizo.

We also ordered two mugs of flat white coffee (\$4.50 each). Hummingbird win the award for the

hottest coffee for the year. There was a cabinet of homemade yummy

treats with lots of vegan and gluten-free options which looked sensational, but we resisted. Service was quick and friendly. I would love to

visit in summer, sit in the alfresco area and watch the world go by across from the lovely Mandurah foreshore.

If you are a local and haven't tried this spot, it's well worth a visit. If

like us, you are a visitor it was a great way of venturing out of the everyday. Pop Hummingbirds on your list for a good brunch and lunch spot.

4 spoons

Hummingbird The Waterside Café, 1/38 Mandurah Terrace, Mandurah

Tel: 0468 764 527 www.thehumming birdwatersidecafe. com.au

Open 7 days 7am -3pm

# T's spoon ratings



# A great day out to Guildford and the Stirling Arms Hotel



Come Out Camping Older Adults club members' Margo, Loraine and Cam in James Street Guildford

by Rose Hope

LOVE meandering

down James Street in the beautiful leafy village of Guildford. Situated across the road from the railway station it is easy to get to by public trans-

Art dealers, antique shops and cafes all huddled together are loaded with an arty atmosphere which I find exhilarating. Entering one antique shop, absolutely loaded from floor to ceiling with memorabilia, my companion spoke to the lady in charge who had started the business with her late husband 47 years previously.

Here you can see stuff resembling what we threw out over the years, now selling at unbelievable prices. There are biscuit tins, which takes your memory back more years than one cares to admit too, old irons which were heated on fuel stoves, ornaments, hat boxes, paintings, furniture, to name a few of the items on display as you make your way perilously down narrow laneways created amongst the wonderful chaos.

Further down the street you pass the historical Guildford Hotel which was recently refurbished after the interior was burnt in a fire some years ago. Still further on there is a cottage where Grace Bussell lived after her mar-

riage. A plaque tells the story of this courageous young woman who at 16 with her equally courageous Aboriginal servant Sam Isaacs rode their horses into a furiously wild wind-swept sea to rescue folk from the SS Georgette sinking ship during a wild gale.

Finally, we arrived at our destination to be met by around 50 of that yappy, noisy mob from the COCOA (Come Out Camping Older Adults) Club standing around in front of the Stirling Arms Pub waiting for it to open

The hotel situated at 117 James Street, opposite Meadow Street and offers a varied seniors' menu with well and truly ample portions. I thoroughly enjoyed my bangers and mash and washed it down with a lemon, lime and bitters. In addition to having a great day out, the CO-COA Club had filled a huge room and I noticed upon leaving that the bar staff looked happy because they had had a successful day.

These days out are important because they help keep the economy afloat in these precarious times in this wonderful state of ours. So, thank you to all who came along and thank you to the staff for managing such a large crowd.

On my way home I revisited the antique shop and purchased an old fashioned suitcase, which I lugged home on trains and buses and I now use as storage for the excess from my overflowing wardrobe.

The COCOA Club runs three undercover camps (no tents) per year, in beautifully scenic area. Fully catered for and affordable, plus we have great days out. For further information ring Judy Hampson on 0450 735 415.

# Enjoy a foodie adventure every Monday night in Inglewood



**INGLEWOOD** Monday Night Markets is always something of a foodie adventure.

Tucked away among the satays and baos, mac and cheese, pizza, pasta, dumplings and sausages. are always some new and intriguing food delights from around the world.

With the seventh season of the markets under way, Belgian fries, German sausages with cheese, smoked bacon and curry sauce from El Aleman Loco sounds like an intriguing introduction.

South American barbecue is all the rage, so newcomer Churras will be worth a visit.

There's nothing better than a stroll with the dog, up and down Beaufort Street on a Monday evestreet food sellers either side and the smell of exotic foods being cooked. For the sweet-of-tooth,

home-made fudge, donuts, crepes, cannoli and waffles will challenge the calories. SubZero Gelato with

its pancakes and Dutch award-winning ice-cream is among this year's sweet newcomers that look worth a taste.

The new market season will run from now through to 28 March next year with more than 40 eco-friendly food trucks offering a great range of international cuisine and desserts.

Food styles include vegan, vegetarian, dairy free and gluten free meal options for the whole family with the food trucks lined up on both sides of Beaufort Street between Eighth Avenue and Tenth Avenue.

will be supplying beer, wine and cider.

Ample seating and vendor spaces will be available on Ninth Avenue which has been closed off on both sides of Beaufort Street, The Red Fox Den, Inglewood Town Square, as well as the Inglenooks landscaped public open spaces.

More than 3000 people who regularly attend the markets to grab a bite to eat with the family, walk the dog and enjoy the community buzz will also be entertained with buskers and a host of children's entertainers, Indigenous activities, dog shows, bingo and musicians.

The focus of the markets though will continue to be on food flavours from around the world with vendors ranging from old favourites like Indian

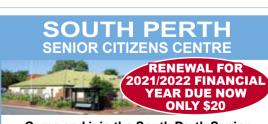
Licensed bar and dining street food Tikka Tango, Thai Kitchen, low and slow Asian inspired American style The Dirty Swine, fresh juices from Crush Juice Van and Italian icecream and cannoli from Antica Gelateria Italiano, along with newcomers like crispy fried food truck Waffle Chicken

> Vendors are encouraged to have at least one meal on their menu for \$10 or less so a night out doesn't have to break the

> The Woof Meow Tweet Squeak treat truck returns for home-made gourmet, healthy pet treats.

> The markets are zero waste with all vendors using 100 per cent sustainable and compostable packaging.

> To find out more go to www.facebook.com/ InglewoodMondayNight Markets.



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# It's spring, the perfect time to fire up the barbecue and enjoy outdoor eating!

by Noelene Swain

THE first sunny days where you can smell the flowers in bloom and feel a fresh breeze on your face bring anticipation of longer days and warm evenings. Do days get any better than this? Spring is here and what a treat we are in for.

Barbecues certainly spring to mind and can be memorable social events with a little planning and simple preparation. If the barby is looking a little dusty from neglect over winter, it's prime time to spruce it up and be ready for lots of outdoor dining ahead. Tackle dust and cobwebs with a hand brush, then get it hot and use half a cut lemon to rub over the barbecue plate - it comes up a treat.

There is no end to the delicious foods you can throw onto a barbecue. Steaks and sausages are certainly traditional fare, but outdoor menus have come a long way since. A variety of chopped, colourful vegetables are a welcome addition to char-grilled chicken breasts; home-made hamburger patties are unbeatable and extremely easy. Chicken and turkey

mince makes a great burger mix. Mix in crumbled feta cheese, chopped sun-dried tomatoes, diced green and black olives, lemon juice, lemon rind and some fresh breadcrumbs to make a delightful tasty small patty. When serving, wrap a fresh basil leaf around the patty and secure with a

Time spent marinating ahead has a practical side as not-so-tender cuts of meat will be flavoursome and moist. All kinds of fish, poultry, red meat, vegetables and even fruit are able to absorb flavours from the marinade ingredients. Most supermarkets stock ready-made marinades for your convenience, otherwise, why not try to make your own marinade with ingredients you already have in the pantry.

Experiment with various ingredients when making your marinade. Wine, lemon juice, garlic, ginger, chillies, plum sauce and five spice, tandoori paste and yoghurt, mustard, honey are just some suggestions.

Barbecuing on an outdoor hot plate is an ideal way of cooking small tender vegetables. Asparagus, flat mushrooms, onions, capsicum, eggplant, zucchini and partly-cooked potatoes can be tossed onto an oiled hot plate to benefit from a gentle char-grill and to absorb the smoky flavours.

Plenty of fresh crusty bread, a range of salads and a fruit-based dessert round out a meal that is sure to be a success. These recipes are perfect for a spring barbecue, but will work just as well in the kitchen...

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# Orange and fennel salad



THIS classic flavour combination makes a wonderful spring salad

1 tablespoon white-wine vinegar 2 tablespoons olive oil

Coarse salt and ground pepper

5 navel oranges

3 fennel bulbs, ends trimmed, quartered lengthwise, cored, and thinly sliced,

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.

# Bacon wrapped mushroom and chicken patties



- 1 tablespoon olive oil
- 300g cup mushrooms, chopped 400g chicken mince
- 6 green onions, thinly sliced
- 2 sticks celery, diced
- egg, lightly beaten
- cup fresh wholegrain breadcrumbs
- 1/4 cup flat leaf parsley, chopped 12 rashers thin bacon, halved crossways

and rind removed Heat oil in a large non-stick frying pan over high heat. Add mushrooms and cook, stirring often, for eight minutes or until mois-

ture evaporates. Transfer to a plate lined

with paper towel. Set aside to cool. Combine the mushrooms, chicken mince, onions, celery, egg, breadcrumbs and parsley in a bowl. Season with salt and pepper, mix well to combine. Shape mixture into 12 pat-

Place one piece of bacon onto a board and top with a second piece of bacon to form a cross. Top with a patty and fold bacon to enclose the patty. Secure with toothpicks. Heat a barbecue plate or non-stick frying pan over medium heat. Cook for four minutes on each side or until just cooked through. Remove toothpicks before serving.

# Grilled chilli lime chicken and mushroom skewers



#### Preparation: 5 mins; cooking: 20 minutes; serves: 1

- 1 tablespoon oyster sauce
- 1 tablespoon sweet
- chilli sauce
- 1 tablespoon lime juice
- 1 tablespoon fresh coriander, chopped
- 4 chicken tenderloins, cut into cubes
- 4 medium button mushrooms, trimmed

coriander, to serve Combine oyster and chilli sauce, cori-

Freshly chopped

Fresh lime half, to serve

ander and lime juice in a shallow dish. Mix well. Add chicken and mushrooms. Cover. Refrigerate overnight. Remove chicken and mushrooms from marinade. Thread chicken and mushrooms alternately onto skewers. Cook on a barbecue, basting with remaining marinade until golden brown and cooked through. Serve on a platter with lime halves, sprinkled with coriander.



# What's fresh for seasonal fruit and vegetables in October

Asparagus: "Asparagus inspires gentle thoughts", wrote the English essayist Charles Lamb. Inspired thoughts or otherwise, it is certainly the vegetable that most signifies the arrival of the delicate spring season 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 are not dried out.

Strawberries: Plentiful, superbly flavoured and such fantastic value at the moment with heavy supplies of particularly good quality fruit resulting from a few warmer days. Strawberries belong to the rose family, so adding a few drops of rosewater to crushed strawberries enhances the floral flavour, or take a cue

from the Italians and sprinkle strawberries with caster sugar, then drizzle with a little aged balsamic vinegar, light grinding of black pepper and lashings of mascarpone cheese. Different and delicious. Passionfruit: Tangy, piquant supplies of beautiful WA-grown passionfruit are coming in from the South West and the greater Gingin area. Scoop out the zingy, fibre-rich flesh and splash on thick yoghurt or use as a spectacular top layer on a snowy white paylova. Passionfruit pulp also works exceptionally well teamed with rice wine vinegar, fresh coriander and red chilli to taste as a dressing to drizzle over sliced barbecued pork. Choose large, heavy passionfruit with undamaged, slightly wrinkled skin which is an indicator of ripeness.

Rosy red oranges: This new member of the navel orange family has a beautiful rosy pink glow to the skin and flesh, which is very sweet and, best of all, seedless. It's grown right here in WA spot the local branding stickers for your reassurance you're buying local - as it's WAaay fresher. Perfect to enjoy as a snack or add to a salad for a refreshing

Button mushrooms: With their subtle flavour and compact size, button mushrooms are perfect for adding whole to spring meals like salads, stir-fries and 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 further preparation is necessary. Try marinating in good olive oil and balsamic vinegar and garnishing with fresh herbs; lovely served at room temperature as part of a barbecue feast. Best of all they have been shown to reduce the risk of breast cancer - so add a few extra to anything you're cook-

Sugar snaps: The soft and tender edible pods of sugar snap peas are crisp, sweet, and succulent. They 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 membranous string running along the top of the pod from base to tip is removed. Unlike its cousin, the snow pea, the sugar snap pea is picked more mature and is fully rounded, with thick pod walls that retain their natural plumpness.

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



Signature:





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

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

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

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For further information contact Have a Go News on accounts@haveagonews.com.au or 9227 8283 - Books can be purchased from the office Monday to Friday 9am-5pm.



# Have your kids left home, and you want something more?

You still feel young and run rings around people half your age, but your house has become too big, empty and time consuming?

You have the time to do plenty of things in the future and have looked at your options, but you haven't been that inspired by what is on offer - or what you have liked is out of financial reach.

#### You are not alone

You are part of the 'Baby Boomer Generation', one of a growing number of singles and couples who don't feel as safe or free as they should. Many baby boomers and early retirees would also love to have enough spare cash to be able to 'lock and leave' for holidays or 'live and play' with extra cash to fund a better lifestyle.



#### The first lifestyle resort in the Perth metro area in a decade

Imagine life in a brand new, secure, and carefree lifestyle resort! A place where you feel a sense of belonging, but where you own you own home and maintain your individuality and privacy.

A place where someone else takes care of the chores like the pool, gym, music studio, theater, BBQ's and resort gardens while you enjoy an array of recreational facilities in a vibrant gated community.

#### You don't need to be rich to enjoy a rich life

Buying a home at Piara Waters Lifestyle Resort provides the opportunity to up-size your life, and your financial future, by downsizing your weekly living costs, without compromising the things that are important to you.

There are also significant benefits for homeowners if (or when) they receive a pension as the federal government pays nearly a third of the weekly fee for living in the resort.



#### A prime location

Piara Waters Lifestyle Resort is just two minutes from the Harrisdale shopping centre, five minutes from Cockburn central and 400 meters from the CY O'Connor bar and bistro. It is only a 20-minute drive to the city but is surrounded by many parks and tourist destinations.

\*Artist impression † Terms and conditions apply see website for details.

#### An investment to suit a younger generation

There are 3 great advantages available at Piara Waters Resort;

- There's no stamp duty
- No exit fees Enjoy 100% of capital gains
- The community solar and battery micro grid means no more power bills!<sup>†</sup>

#### A contemporary new home with a low-maintenance life

A brand-new home means no more unforeseen repair and maintenance bills. A modest weekly fee covers the water and Council rates, gated security and video surveillance, Resort Management, rubbish collection, landscaping, and maintenance of all the fantastic resort facilities. Even your weekly power consumption is included!



#### Stage 1 - Early bird VIP buyer benefits

31 house and landscape packages priced between \$289k and \$529k are available and include one, two and three-bedroom designs. Stage 1 homes will be available in February and March giving you time to plan ahead.

The Lake House, positioned within a landscaped wetland, will provide facilities for the Resorts first homeowners, and the main Clubhouse will soon follow.



Early bird buyers in Stage 1 will enjoy zero weekly fees until the main Clubhouse is completed, as well as saving approximately \$20,000 on Stage 2 prices. Now is a great time, during this buoyant market, to sell the family home! Some of our early bird buyers have sold their family home for more than their asking price to secure their new life!



LIFESTYLE RESORT LIVING FOR OVER 50s



# Jownsizing ADVERTISING FEATURE



# How the stamp duty rebate worked perfectly for a Perth couple



"YOU only have one go at life so you may as well live it," said Fred Barrett who has just bought what he calls his forever home at Mankara in Manning.

Fred and his wife (pictured left) Robyn bought their three-bedtwo-bathroom room. home on the top floor at the first open day in May. "We didn't hesitate," he

said. "We had been looking for ages for a right

size apartment and just

couldn't find what we wanted.

"Some of the other apartment complexes were too high, we didn't want to live in the sky and we didn't want to pay sky-high strata fees either.

"Mankara is great because for us the strata fee is just \$1,000 a quarter compared to other developments that we looked at where it was \$2,500, and Lunderstand the fees are even less for other apartments in Mankara.

The other cost saving being enjoyed by Fred and Robyn was the stamp duty rebate. This is exclusive to off-theplan purchasers until 23 October.

"We used our savings to upgrade the kitchen and the flooring in our home so we have upgraded benchtops, integrated appliances and fridge with a water connection point.

"It was a no brainer." The great thing is that

buying off the plan gives you time to sell your current home in the time it takes this one to be built.

Fred is 69, worked in the same job for 48 years and retired almost five years ago. "We're excited about this lock and leave lifestyle," Fred said.

"Robyn and I are extensive travellers, so we were looking for an apartment which was totally lock up and leave and Mankara fitted this per-

"The other good thing about Mankara is the fact that you own the property. Fred said. "This lifestyle gives us the flexibility and "There are no land lease arrangements unsavings to allow us to keep living life." like many other retirement places. You are free to sell anytime or pass

the property onto your

family without any em-

bargoes to worry about,"

The stamp duty rebate finishes on 23 October.

More information call 9032 6489 or visit www. mankara.com.au







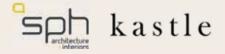
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Ryan Abel 0419 690 111 | ryan@abelproperty.com.au Brett van Son 0403 171 092 | brett@abelproperty.com.au



DOWNSIZING provides the opportunity to enjoy a new stage in life and there is nothing better than enjoying this by the coast.

Sunset Beach Lifestyle Village is a fresh new development for the over 55s on the edge of Geraldton.

This premium coastal pocket in the Mid-West will host 80 homes with a range of exclusive designs reflective of the location.

Downsize to a refreshing lifestyle on the coast

Development Solutions is behind the project with director Craig Gemmill highlighting the coastal design selections for buyers including the Abrolhos, Batavia and Coral designs, offering centrally located kitchens and wide open spaces.

Publicly listed accommodation provider Fleetwood Housing Solutions were chosen for their logistical capability and ability to deliver homes on time and on budget.

Mr Gemmill said that the beach side location was a strong selling point along with its club house and recreational facilities.

"The village has been crafted with active living in mind and to complement the Geraldton community which has a thriving population of those seeking lifestyle changes," he said.

"It will attract people who want to live by the beach, own a dog and have a lock up and leave life-

style.
"I think Covid-19 got a lot of people thinking about their lifestyle options and it's warm in Geraldton, our community will be 500 metres from the beach and I think people will really embrace it."

The Sunset Beach Lifestyle Village display homes start from \$195,000 with a \$1000 deposit. Interested people can view dis-

play homes on Saturday and Sundays from 1 - 5pm at 18 Bosley Street, Sunset Beach.

Email info@devsol.com.au or call 0435 427 384.

# WA Seniors Card offers a \$400 security rebate



WA SENIORS Card members can once again claim a \$400 rebate to assist with purchase and installation of home security equipment.

The Safety and Security Rebate will provide up to \$400 to assist in purchasing equipment like security doors, window security screens or shutters.

To meet the requirements of the rebate, items purchased must meet the relevant Australian Standards, and any installation work required must be carried out by a licensed tradesperson.

The Safety and Security Rebate is an important program that gives older Western Australians a helping hand to improve their home security systems and to protect themselves and their loved ones.

The rebate is for a limited time only and administered by the WA Seniors Card Centre, with more information available by calling 1800 671 233 or visiting www.seniorscard.wa.gov.au



# Downsizing ADVERTISING FEATURE



# The ageing-in-place alternative you've been searching for



A community atmosphere at Ingenia

WITH only the minority of Australian seniors meeting the recommended level of physical activity, paying closer attention to health and wellbeing when reaching the age of 55 becomes increasingly important.

Ingenia Gardens Yakamia delivers great value rental options for independent seniors who are looking to downsize from their large family home to a more manageable space with minimal maintenance or who are simply searching for social connection with like-minded people.

Ingenia Gardens Yakima community manager, Jennifer Lonsdale said: "The fundamentals of safety, independence and flexibility are crucial for residents. Our unique

rental model is ideal for those searching for an alternative to traditional buy-in retirement villages or aged care facilities.

"Our residents love the fact they can come and go as they please, feel safe and secure and feel like they belong to a caring community

nity.

"They are given the opportunity to get involved in community life through our active social calendar. They also have the option of having meals in our community centre with other residents or in the peace and comfort of their own home."

Besides participating in the regular fun activities, residents take advantage of the free care co-ordination service, Ingenia Care.

The core focus of Ingenia Care is to connect residents with the assistance they need to improve their overall health and wellbeing, in particular their independence and to enjoy a better quality of life.

Both our single and couples units offer features including ceiling fans and reverse cycle air-conditioning; open plan living and dining; a large ensuite with non-slip flooring, grab rails, a walk in shower; and a private courtyard.

If maintaining your independence in a low-maintenance home within a friendly community appeals to you, call Ingenia Gardens on 1800 445 464 or visit ingeniagardens.com.au to arrange a virtual or personal tour.



# Superb residential space minus the maintenance

IF it is space you seek, minus the maintenance and upkeep, then SixtySix Jersey Street and your own (one of only eight) boutique residence is the answer. These homes have all been masterfully designed by SPH Architecture and Interiors with every

detail considered and thoughtful, yet practical consideration given to each layout.

With distinct finishing touches that exude high-end living such as stone benchtops, mosaic tiles, SMEG appliances, high ceilings, engineered timber flooring and matte black fixtures... these apartments truly offer a unique sense of style and luxury – without foregoing space.

These apartments won't last... secure your leafy green lifestyle today. See details on page 36.

# A champion new idea for pensioners wanting a home rental option

LEAH Butler and the sales manager at Champion Lakes Lifestyle Village, have come up with a unique new lease option for pensioners. This heavily researched and approved plan is based on the pensioner creating a \$200,000 contribution which is totally refunded at termination. And all a pensioner needs to find after that is \$200 weekly, which Centrelink will no doubt play a role in.

Leah says: "our Champion Lakes Lifestyle Village homes (which are on their own block) normally start at \$339,000 for a two bedroom two-bath model and go up to \$409,000 for a three-bed two-bath model. There are a number of floorplans to select from.

"Importantly, pensioners can select a plan, then customise it to suit themselves – a bigger kitchen, more storage, a scullery – there are oodles of ideas.

"The beauty of this approach is that pensioners get to have the floorplan they want, with all the extras they desire, for the seriously affordable amount of \$200 weekly, subsidised by Centrelink. How good is that!"

The team at Champion Lakes are passionate believers – look at all the extras you get in the price – six star energy rating, cyclone rating, mobility aid friendly, full insulation, double glazing, security mesh screens, air conditioning, quality appliances, energy saving solar panels, floor to ceiling tiled wet areas, window and floor coverings, light fittings, storage shed, paving and landscaping."

The Champion Lakes Clubhouse includes a magnificent indoor heated pool with spa, gym, club lounge, pool table, cafe, picture theatre, library. Residents love that Champion Lakes boasts caravan and boat parking all within a social, pet friendly environment.

Finally, yes there is a proviso – Champion Lakes currently only have nine of these semi rental packages available, so it is essential that you get on the list early. Phone Leah on 9390 3909 or 0417 783 147. Email at info@championlifestyle.com.au.

# Now is the perfect time to downsize!

Before we could even finish building the home sites in stage 8A we'd sold almost all of them, then we started on Stage 7A and sold almost all of them as well! So now we are starting on stage 8B so we can start building as soon as possible to keep up with demand. Book your village tour today!

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\* Terms and conditions apply, visit helenavalleylifestyle.com.au for more info.

Offer ends 31st October 2021.



With loneliness and feeling unsafe becoming so common for over 50s, and limited options available to afford a great lifestyle, Helena Valley Lifestyle Village provides an affordable, gated community with fabulous resort facilities where people feel safe and enjoy wonderful activities, bringing a sense of joy and purpose to life again.

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# healthy living advertising feature



health options for the mature west australian





# A detailed look into what is junk food and why is it bad for you?



Curtin University nutritionist, Clare Keating

by Frank Smith

JUNK food is bad for you - we have been told ad nauseam. Yet it makes up more than 50 per cent of the diet of most people living in developed coun-

But what is junk food and why it is bad for you? Curtin University nutritionist, Clare Keating, says junk food is ultra-processed foods with low nutri-

These foods don't provide us with many benefits in terms of nutrition; foods that are high in sugar, salt and saturated fat are all undesirable. We should choose foods that have less than 3g of saturated fat and less than 15g of sugar as well as less than 400mg of sodium per 100g. To check this, you can look at the nutrition information panel on the back of your food products, in the per 100g column," she

"Another undesirable aspect of junk food is the lack of fibre, which is vital for our digestive health and plays a role in preventing disease. Fibre is found in fruits, vegetables, legumes, wholegrain pasta and bread, oats and brown rice.'

A study of nearly 20,000 Spaniards over 15 years by Anaïs Rico-Campà and colleagues at the University of Navarra, Spain, found that the more ultraprocessed food in a person's diet, the higher their risk of early death. More than four portions of ultraprocessed food a day increased the risk of death during the study by 62 per cent, with each additional portion raising risk by 18 per cent.

Most research into human diets is retrospective; asking people to recall what they have eaten. This is clearly not very accurate. However one clinical trial was carries out in 2019 by a team led by Kevin Hall, a physiologist at the US National Institutes of Health. They assigned 22 adults randomly to one of two diets for 14 days, then to the other diet for another 14 days. The diets consisted of ultra-processed foods. such as chicken nuggets, ready-meal ravioli, cookies, cereals and an unprocessed diet of wholefoods including fruits, vegetables, meat and yogurt.

Both diets were matched for energy (calories), sugar, fat, sodium, fibre and other nutrients. At each meal the volunteers ate as much as they wanted in

The volunteers consumed 500 kcal/person/day more on the ultra-processed diet and gained an average of 0.9kg. While on the unprocessed diet they lost the same amount. Both groups took the same exercise

Surprisingly they did not find the processed food tastier than the whole foods.

The ultra-processed group includes not just things usually seen as junk food, like fries or frozen pizzas, but also some breakfast cereals, soups, ostensibly healthy low-fat, low-salt ready meals and even mass-produced bread.

Fast food is not necessarily junk food, says Ms

"Some options are great, like Nando's chicken with salad and chips or rice paper rolls, sushi and Zambreros. The key with junk food is knowing that it is a sometimes food. Eating it sometimes is fine, the issues occur when junk food becomes our everyday foods. You can eat takeaway and still be healthy, but it should be in small amounts."

As we get older, standing for long periods at the stove gets too hard, so many older people rely on ready prepared meals.

Ms Keating says we should look for ready meals with little saturated fat, sugar and sodium per 100g. As well as foods with more fibre.

"For people relying on ready prepared meals, we need to make sure there are enough vegetables. Often ready prepared meals only have a really small amount, so my advice would be to stock up on some frozen veggies and add one cup to your

"This will also make the meal more filling. It's also good to look for ready prepared meals that are made from whole foods like grains, meats and vegetables," she said.

## A simple guide to happy retirement and residential care



**BOOST** 

**INCREASED** happiness for seniors in retirement may well be in their own hands, according to writer FT Sparrow in his new book Simple Guide to Happy Retirement and Residential Care.

writer, well The known for other works which aid family life,

has been considering the aspects of preparation, personality and planning as a person gets older. Happiness in retirement, he claims, is less a matter of finance as much as learning the secrets of simple actions, which can be started in advance of losing one's partner,

one's memory, or close family companionship.

Increased confidence on living alone and a successful way to quickly form friendships in residential care are clearly explained. Boredom and uncertainty will not be allowed to spoil what can be an interesting and friendly stage of one's

The author has put these thoughts together in a book which has been well received by aged care facilities. The ideas and actions described to attain positive results do not require any purchases of equipment or medication - just the desire to live comfortably and happily in retirement.

This sensibly priced book makes the perfect gift for one's elders or one's self. View contents on the website at www.legalkitspecial ists.com.au or discuss with author on 0419 734 584. Not available from bookstores.

**Early detection** 

can save you!

#### Myanmar to Busselton leads to aged care career



Nurse Phyu Phyu Aye with Baptistcare William Carey Court residents Margaret Reguggan and Grace Vanderlist

BUSSELTON may be 6,500kms from Myanmar, but it's where registered nurse Phyu Phyu Aye has built her career in aged

Part of the family at Baptistcare William Carey Court Residential Care in Busselton, Phyu Phyu started a new life in Australia in 2010 with her diplomat husband and their two children.

Missing her grandparents back in Myanmar, the former military cadet nurse was drawn to Baptistcare and a career in aged care after settling in Busselton in 2012.

"It doesn't feel like work at all. It always feels like I am going to visit my grandparents and take care of them. Our residents are all like grandparents to me," Phyu Phyu said.

Looking after the elderly is a big part of the culture in Myanmar."

Sponsorship by Baptistcare was a welcome opportunity to put down some roots, enabling the family to become Australian citizens.

"You move a lot when you're married to a diplomat. We wanted a stable life and an education for our children. We love the way of life in Australia: the freedom and the democracy," Phyu Phyu said.

Another nurse who left her home land to start a new life in Western Australia is Vietnamese-born Tam Ma.

Tam, like Phyu Phyu,

is also a prime example of a nurse choosing to specialise in aged care at a time when the Federal Government is actively attracting people into the industry.

A registered nurse at Baptistcare Bethel Residential Care in Albany, Tam arrived in Perth in 2009 as a high-school student and qualified as a nurse after leaving school.

"I like looking after people. Growing up I liked looking after my family and then when I started at Baptistcare I straight away felt part of the family there," Tam said.

Tam's fiancé still lives in Vietnam. Until the start of the pandemic early last year, they had been able to visit each other regu-

"I have made a lot of friends at Baptistcare and I love the relaxed, peaceful life of Albany. I like quiet and I like gardening, especially growing Asian veggies," Tam said.

Baptistcare CEO Russell Bricknell said nurses like Phyu Phyu and Tam bring a strong cultural background of respect, caring and nurturing to their roles.

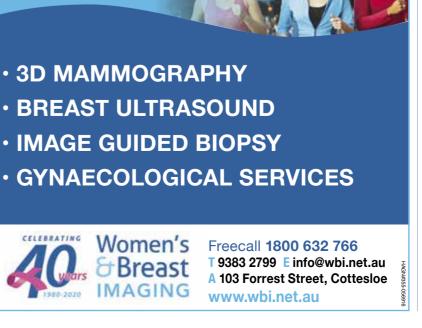
"Baptistcare is proud to have a multi-cultural workforce sharing their memories of nome, family photos and even their signature dishes with our residents," he said.

"Our nurses not only play a frontline role in disease and infection control as Covid-19 continues to be an ongoing issue in aged care, but they are also person-centric individuals who add such richness to the lives of our residents.'

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health options for the mature west australian





# Western Australia Police Force celebrate success of Safe & Found initiati

A HARRISDALE gentleman is the first West Australian living with dementia to benefit from the new Safe & Found WA initiative.

After being missing for a short period, a call to the WA Police was all that was needed for his Safe & Found profile to be accessed, with a photo and general description shared within minutes to the broader community. The gentleman was promptly spotted by a member of the public who had seen the WA Police Facebook post and was picked up safely by police within half an hour of the initial report.

Even though he was wearing a tracking device, it wasn't working in this instance and it was the immediate access to his photo and personal history that ensured he was quickly found safe and well.

Inspector Steve Scott of the WA Police Force Emergency Operations Unit says: "These were one of the first families to register on the Safe & Found initiative. They are very happy that they did so because today it meant that their loved one could be returned to them as soon as pos-

Safe & Found WA supports those living with dementia, autism or a cognitive impairment by storing the type of information police and volunteers rely on for a successful search. This information includes a photo, physical description and past history, habits and addresses. When a report is made about a missing Safe & Found WA member, police can save precious hours by accessing this information immediately, narrowing the search field and broadcasting vital details via social media or emergency alert to help locate missing persons.

An accompanying Safe & Found ID bracelet is custom engraved with emergency numbers and acts as a visual cue to the community that this person may be lost or distressed and requires assistance to return safely

An increasing number of vulnerable West Australians are reported as missing every year, with searches for people set to double since 2019. Risks are high for people living with dementia, with searches resulting in a 25 per cent fatality rate if they are not located within 24 hours.

Safe & Found WA reduces search times and saves lives.

The missing gentleman's wife, Margaret told WA Police: "In your mind you think, I don't know if I really need this because I'm quite independent with him. But I thought, you know what, all these things are there for a reason and it does make the work for the police easier. I'm just so grateful."

Join now for \$99 + P&H

The Joining Membership Package includes a secure Safe & Found profile and a custom engraved Safe & Found ID bracelet.

Ongoing annual membership fee to store information is \$49 - less than \$1 per week. Seniors Card discount available. Please ask about funding assistance options.

If someone is a current MedicAlert Member and would like to add Safe Found membership? Contact them to find out how. Safe & Found WA is a joint initiative of the Western Australia Police Force and Australia Medic Alert Foundation.

Visit safeandfound.org.au or call MedicAlert on 1800 88 22 22.

# The best four mobility devices to get out and about this summer



A mobility scooter can provide extra freedom

DAYS are getting longer and the temperatures are starting to warm up. Spring has truly hit.

Many fun events are being held around Perth and Mandurah, and it's a great time to get out and about by purchasing a mobility scooter.

Whether it is to explore the local neighbourhood, Perth suburbs or venture into the beautiful regional areas, Motobility can help people find the right product to take them where they want to go.

Top four mobility devices for summer.

For those who enjoy walks and just need that little bit of extra assistance, have a look at a rollator or walking aid. Many rollators feature adjustable seat height, easy folding and large wheels for indoor and outdoor use.

For those who prefer a motorised option but still want the con-venience of taking the mobility aid with them, a portable travel scooter is ideal. Many travel scooters feature simple folding for storage in the car boot, lightweight lithium batteries and punctureproof tyres.

People who value ma-

noeuvrability and a tight turning circle will benefit from an electric wheelchair. Perfect for all indoor situations, travel and well-paved areas. Typically, electric wheelchairs feature incredible turning circles, joystick control and simple folding mechanisms.

For those looking for maximum comfort, a larger mobility scooter which can handle multiple terrains is ideal. They boast a range of premium features, including large pneumatic tyres, suspension, captain style seats and head-

Pop into one of Motobility's showrooms in either Osborne Park or Mandurah to explore the lifestyle that the right mobility equipment can

For more information, give Motobility a call today on 08 9242 7333 to book a free demonstra-

For more info, visit the website: www.motobility.



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# Are you concerned about wandering?

Every year, hundreds of West Australians are reported as lost or missing.

There may be important pieces of information you are able to provide Police in the event that you, or the person you are caring for, has gone missing.

Gathering this information takes precious hours, time better spent searching.

Membership to Safe & Found WA gives you peace of mind that a detailed profile will be collected by you and your loved ones and securely stored ahead of time, to be accessed quickly by Police in an emergency.

A Safe & Found ID bracelet is also included with your membership, ensuring that if you appear disoriented, hurt or confused you can be identified easily and returned safely home.

## JOIN NOW FOR \$99 + P&H

Your Joining Package includes your secure Safe & Found profile and a custom engraved Safe & Found ID bracelet.

(Ongoing annual fee to store your information is \$49 – less than \$1 per week. Please ask

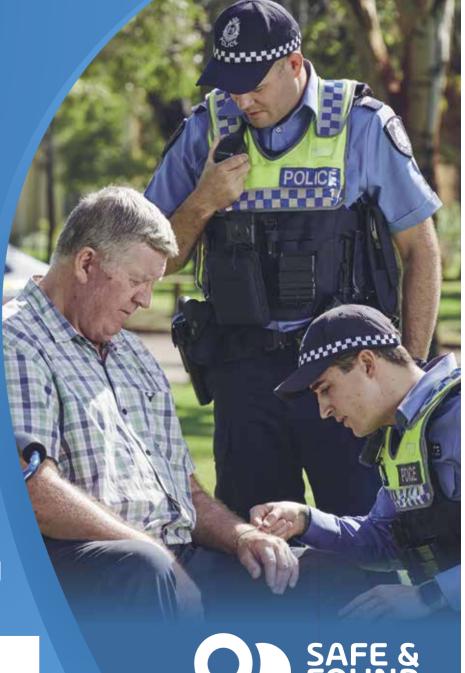
Safe & Found WA is a joint initiative of:





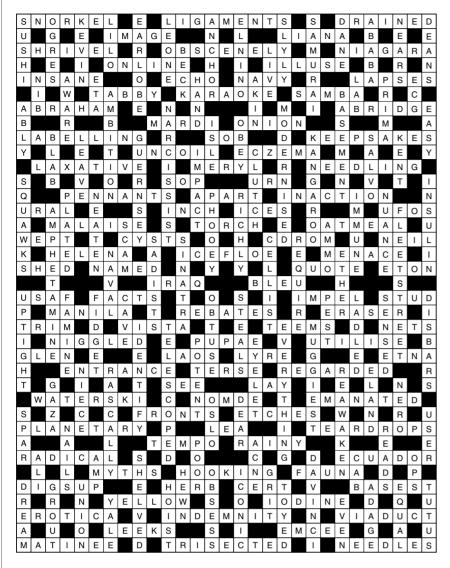


Visit safeandfound.org.au or call MedicAlert on 1800 88 22 22



# Have a Go News PUZZLES SOLUTIONS

#### Solution for BIG Crossword page 46



#### Solution for Suduko page 47

6	4	7	1	8	2	5	3	9
2	3	9	7	6	5	1	8	4
1	8	5	3	9	4	2	6	7
5	7	6	8	4	9	3	2	1
3	9	1	6	2	7	8	4	5
8	2	4	5	3	1	7	9	6
4	5	8	2	1	6	9	7	3
9	1	3	4	7	8	6	5	2
7	6	2	9	5	3	4	1	8

#### Solution for Crossword page 47



# 0

**Solution for Colour Blocks** page 47

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

- 1. 1843
- 2. Garden Island
- 3. Chris Judd
- 4. Chris Dawson
- 5. Kabul
- 6. Bluey
- 7. Victoria
- 8. Puzzles
- 9.84%
- 10. Charlie Watts

#### PRISM solution page 47:

Oslo, Rome, Aberdeen, Las Vegas, Pretoria, Auckland.

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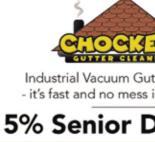


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# GREAT HOME and GARDENING



# Searching for wildflower magic across WA and other gardening delights









Left to right; Kalbarri Skywalk - Wreath Lechenaultia - Coneflower - Southern Corss

#### by Colin Barlow

I HAVE just returned from a magical West Australian wildflower trip travelling form Perth to Kalbarri in the north, inland to Hyden and then south to Albany and Busselton in search of wildflowers as a botanical guide.

The new Kalbarri Skywalk was a breathtaking experience, as we walked out 25 metres beyond the edge of the Murchison Gorge along the lookouts perched 100 metres above the gorge. The views of the surrounding landscape were incredible and left us in awe at its beauty.

Near Mingenew the Coalseam Conservation Park was a spectacular sight with yellow pompom everlastings putting on an eye-catching show with the hills as the perfect backdrop. A favourite of our travelling group was the sight of massed wreath Leschenaultias in an old gravel pit near Perenjori. I had usually seen them growing alongside gravel roads, but this year finding them all massed together and covered in bloom, they were a dramatic sight.

The Stirling Range National Park never disappoints, and the orchids were the best I had ever seen. There where every type of orchid you could think of with spider, cowslips, fairy, leek and donkey

orchids everywhere. If you just knew where to look. The bushfires of two years ago were a catalyst for the flowering and our timing was perfect. I even found the holy grail of orchids, the Queen of Sheba but it was only partially open. During our visit the Eucalyptus staeri, Beaufortia, Melaleucas, trigger plants, Southern Cross and Kingias were stunning.

The Porongurup National Park, with the giant Karri forests and the remarkable Tree in a Rock left us in admiration to marvel at nature's natural wonders. The tingle forests of Walpole and the Valley of the Giants gave us an exasperating view 40 metres up in the tops of the red tingle trees.

The coastal flora of Meelup Regional Park including orchids, native iris and grass trees and the spectacular cliff formations at Canal Rocks completed our wildflower wander around the state and left us longing for more next year!

#### A Gardening October **Fest**

warmer weather means it's time to put on a gardening show and this month there are lots on offer. So, let's take a look:

1. From the 15 -16 October the West Australian **Iris Society Annual Show** takes centre stage at the Centrepoint Shopping Centre, 307 Great East-

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ern Highway in Midland. Check out these tough, vibrant and interesting plants that can be grown in the ground and some even submerged in water. For further information contact Barb Patison on 9378

2. 16 October - 6 November: Over four weekends Open Gardens West Coast will be opening five gardens including Bella Časa in Carramar, Longford Estate in Mundaring, Bindaree in Mahogany Creek, Hazel and Rod's in Helena Valley and Melville's Roses in Carmel. The gardens are open from 10am until 4pm each day. For further details go to www.opengardenswa.org

3. Why not celebrate the health and well-being benefits of gardening for all ages at the Pinjarra Garden Day, hosted by The Friends of Edenvale on 17 October from 9am until 3pm. The grounds of the historic Edenvale Homestead in Pinjarra provide the ideal venue and backdrop for this free event. There will be guest speakers, demonstrations and workshops as well as plants and other garden related items and handcrafts email pinjarragardenday@ gmail.com or call Lyn on 0409 686 015

4. The Geranium and Pelargonium Society Annual Sale Day is on the 23 October from 9am until 12 noon at the Guide Hall on the corner of Stock and Kitchener Road, Melville. Make sure you view and purchase some of the many unusual varieties that are not readily available from local retail nurseries. Entry is \$2 or for further information call Jane Fletcher on 0402 886 266 or go to www.gapswa.org.au

5. Don't miss one of my

favourite gardens. Amanda's Garden on the corner of Matison and Margaret St in Southern River, open from the 23 - 24 October. Amanda's Garden Fete celebrates the memory and active life of Amanda Young, whose life was sadly taken by meningococcal septicaemia when she was 18 years old. All proceeds from the open garden go towards meningococcal awareness. Entry is \$5 and Amanda's Fete is open from 10am until 4.30pm each day with art displays, musical entertainment, Paddy's market, plant sales and refreshments available. Call

amandayoungfoundation. org.au for more details on the research and educational programs funded by the proceeds.

6. If you want to get your roses looking their best for summer, check out the Lots of Fun Preparing our Roses for Summer workshop on 24 October. Sunday Hosted by rose expert Bob Melville, the president of the Rose Society of WA at 26 Mottram Road, Carmel from 10am until 2pm. The cost of the workshop is \$30 per person including lunch. Bookings are essential with payment on the day. Contact Robyn Copper on 0435 914 446 by Wednesday, 20 October.

7. From the 29 - 31 October the Wongan Hills Reserve Reynoldson Wildflower Festival is the place to find the best wildflowers including a magnificent collection of Verticordia species. Call into "The Station" at 1

Wongan Road, Wongan Hills for interesting market stalls. wildflower displays, an art exhibition, vintage car displays, botanical talks, books, rides and activities for the kids. There will be bus tours from the station to check out the wildflowers at Reynoldson Reserve. For the latest information on the festival call 9671 1973 or email: wongantourism@ westnet.com.au

8. On 30 October the Epiphytic Cacti & Hoya Society of Australia (WA) show takes place at the Bassendean Seniors and Community Centre in Bassendean from 12 noon until 3.30pm. The extensive range of flowering types, leaf shapes and colours are sure to entice you to try growing some of them at home. For further details contact Kelly Lilburn on 0448 674

9. The South West Rose Society's Annual Show is set to bloom on the 30 -31 October at the Eaton Sports Club, Glen Huen Reserve, 3 Council Drive in Eaton. Entry is \$5 and the show is open from 12 noon until 5pm on Saturday and 9am until 3pm on Sunday. For more information on the show email karinanddon@bigpond. com or call Margaret Addison on 0458 302 606.

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# Making a list is a good starting point to get things done in your home



by Zofia St James

I AM going to be the first to admit that I am a procrastinator. Yes, you heard it here. I know what I would like to achieve or should be doing and then can easily find a perfectly wonderful excuse as to why it would make better sense to complete the task another time.

A quote by Horace Mann that I came across this week reads: "Lost, yesterday, somewhere between sunrise and sunset, two golden hours, each set with sixty diamond minutes. No reward is offered, for they are gone forever."

Who doesn't admire someone who actions something that they said they will do and actually









Style looks available from James Said, Domayne and The Terrace Gardener in Dalkeith.

follows through with a promise or achieves their dream. We all know people like this, that are so admirable and incredibly inspiring.

There are a lot of things I am guilty of not doing, but also plenty that I have done and I guess we all know how rewarding the feeling of achievement is.

This month I have a list that I am now determined to work through. In saying that, it is about timing, and so when you hit that action zone just run with it.

I met with a lovely client last week who has hit that zone and is ready to bring more of 'herself' into her home. The best thing for me is assisting her to facilitate this energy, articulate her vision and take the overwhelming factors out, in order to make sure a result takes place.

"You make it sound easy," she said. (Now I have to apply this to my own tasks at hand.) I will look forward to bringing some before and after pics. I left her with two jobs to begin and ac-

complish and the rest we do together.

Having someone to hold your hand through any process is always reassuring, but then again company and laughter makes play of any job.

So what is it you would like to achieve in your home? A makeover or renovation? Start with a wish list, divide the list into the things you can do yourself and then those you need advice on with the help of a decorator or tradie.

I think the biggest thing that holds us back

from 'bringing into being' is that a job can be overwhelming and then gets put on the back burner.

This month if you are sitting on your hands, put them to use and write a plan of action. If it's any encouragement I also need to achieve this myself by the end of the month.

Start with the priorities and work down. Keep focused upon the result, by that I mean visualise the new window treatments you will enjoy looking through, the walls in a shade that

makes you feel happier. The sofa that's so much more comfortable or the garden that you look forward to entertaining in and enjoying this season.

It's that result you need to hold firmly in your mind's eye and let it bring about the determination and energy needed for completion.

Don't let time or opportunity slip away; begin it now and remember to have fun executing a dream.

Have a fantastic month ahead and remember if I

can point you in a direction that may assist, I'm only too happy to help. Have a wonderful and productive month ahead.

Zofia offers an interior style consultation for readers and a free over-the-phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. If you are interested in a free styling opportunity please contact Zofia on 0406 336 607 or email intshg@gmail.



# Discover the night sky with these stargazing tips

by Donna Vanzetti

FOR at home stargazing, it doesn't get any better than this, with the two biggest planets in the solar system coming to your skies for spectacular viewing.

Over two dazzling nights, Saturn and Jupiter will be

easy to find in the night sky when they are joined by the Moon. On 14 October, head outside after sunset to see the Moon just four degrees from Saturn. On the following night, Jupiter takes its turn, with the Moon right next to the gas giant and both shining up a storm.

Something Interesting: Jupiter's secrets are slowly being unlocked with NASA's Juno space probe orbiting the planet. Discoveries include clusters of Earth-size storms at the poles, super-charged auroras, lightening in Jupiter's clouds and water at the equator.

Enjoy natures amazing astronomical groupings in the night sky.

Visit Stargazers Club WA to find activities www.star gazersclubwa.com.au/blog.

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





# Enjoying the Bard of Avon with a dedicated band of Perth followers



L-R; Peter Medd, Elaine Houlton, Diane Drew and Frances Dharmalingam

#### by Josephine Allison

THE city might be buzzing with traffic outside but a different world awaits inside Citiplace in Perth Railway Station where

members of the Shakespeare Club of WA are doing what they love best, revelling in one of Shakespeare's works and taking part in various activities.

The Shakespeare Club

of WA was founded in 1930, with the idea that people with a common interest in fine literature could get together to explore and enjoy the works of great writers, said club president Frances Dharmalingam.

'Clearly, it was named in honour of the greatest writer of the English language, so naturally his works feature large in the club's activities, but we also look at the best drama and poetry from the Ancient Greeks to modern times," she said.

"The club has about 30 members and we meet at 2pm on the third Saturday of each month, at Citiplace. At a typical meeting we might read and discuss a Shakespeare play, entertain a guest speaker, act short scenes in groups, study the special features of Elizabethan poetry, analyse in depth several long speeches from a play, or watch parts of a film relevant to our reading.

"On occasion, we might present a fully-rehearsed short play, or chosen scenes. In other words, we have a variety of activities through the year, with the main focus on Shakespeare, but allowing time for related interests.

"We place strong emphasis on the written word, as a vital part of our understanding and interpreting literature. Apart from our regular meetings we arrange group visits to live theatre shows, and in summer enjoy a social get-together.

'Our members are brought together by a love of literature and a desire to extend and share our knowledge of and pleasure in good writing. We are so often struck by the universal truths of human nature to be found in Shakespeare's plays, the good and the bad, the humorous and the tragic, and we delight in the brilliance of the language in which they are expressed.

"We derive great pleasure from group discussion and our social mingling over afternoon tea. Those of us who have been part of the club for some time have formed lasting friendships.

"We are proud of the fact that the Shakespeare Club has functioned continually since its beginnings, and is one of the oldest literary societies in WA. In Victoria, the Melbourne Shakespeare Society was founded in the late 19th century.

"We regularly exchange newsletters. Our Shakespeare Club is a friend of The Shakespeare Birthplace Trust in Stratford upon Avon, giving us a link to the very heart of Shakespeare Land. Many of us subscribe to various blogs and websites from all over the world. of which there are hundreds.

"Internet sources give useful information of current theatrical activity and academic study from all over the world, and, of course, there are innumerable books to refer to," Frances said.

"We also have our own club library, including DVDs and CDs of famous productions which our members can borrow.

"Although we take our studies quite seriously, we have a great deal of fun at our meetings and find real satisfaction in exploring Shakespeare with kindred spirits.

Anyonė interested in joining the Shake-speare Club of WA should contact Peter on 0407 441 675.

### Last chance to delve backstage at the Perth Concert Hall for 2021

THE public is welcome to discover the backstage areas of the Perth Concert Hall. The tour includes a display of historical information on the Lower Gallery foyer and audio and lighting equipment of old, on the Upper Gallery foyer.

The final tours for the year will be held on Monday 1 November; Tuesday 23 November, Monday 13 December, Monday 20 December and Tuesday 21 December.

Each session runs for about 30 minutes and tours will run at 10am and 11.15am.

Entry is by gold coin donation.

To book, just email info@perth concerthall.com.au stating what day and time you would like to at-

## Free art exhibition at Perth Concert Hall



ARTIST and designer Robert J McCaffrey opens his solo exhibition Hommage in October at Perth Concert Hall.

Hommage consists of several major impassioned collections. This moving exhibition explores the immensity of the works created by multi-disciplined artists and professionals of the late 19th and early 20th centuries and pays tribute to various confronting events and issues throughout modern history, through a myriad of visual expressions.

Themes, subjects and topics span the wheatbelt landscapes on canvas, board and paper, architectural studies, interpretive tributes to the traditional, Japonism, human form, to flamenco, the indigenous and to the familial. Textile pieces are created using antique silks and recycled natural fibres.

The 2021 exhibition, Hommage is not a monothematic showcase, it is a culmination of works-a responsive, reactive and connective exhibition, symbiotic and illuminat-

This exhibition is available to view on levels 2. 3 and 4 of Perth Concert Hall from Thursday 7 October - Sunday

Open Monday to Friday from 9am - 5pm and one hour before Perth Concert Hall events on weekends.

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MAY GIBBS SPRING TIME, STORY TIME

Inspired by May Gibbs' illustration The Flower

Babies Ball, this exhibition presents Australian

## They'll play the blues for you at the Quarry...



The Love Finders Blues Band

THE FARNDALE AVENUE HOUSING ESTATE TOWNSWOMEN'S GUILD

DRAMATIC SOCIETY'S PRODUCTION OF

LOVE Finders Blues Band brings their sensational new show I'll Play The Blues For You to the Quarry Amphitheatre Saturday 6 November at 6.30 pm.

The show brings a spotlight into the eclectic music of the blues. From the of hard hitting classics from Muddy Waters, Bobby Bland and Buddy Guy, to the moody evocative tunes of Leon Russell, Creedence Clearwater Revival, Cream and Lenny

"The blues is a very special kind of music to the band," said international electric violinist and The Love Finders Band

Darlington Theatre Players present

A Comedy By David McGillivray & Walter Zerlin Jr.

member Rupert Guenther. "The blues brings a bigger picture perspective of the changes we need to face. In this way it helps bring some healthy perspective to stuff we may

be feeling burdened by. 'They encourage us to be our best and to rise to meet the hardships life brings.

The Love Finders Blues Band are members from a group of musician friends making up The Love Finders Band. They love the music they play and share it from the heart. The band regularly play a variety of professional shows in the larger theatres around Perth and the greater WA

Don't miss this! Limited places. Bookings essen-

For bookings go to Ticketek and search for I'll Play The Blues For You.

19 November -

4 December 2021







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# Gilbert & Sullivan Society of WA celebrate 70 years with new production



GILBERT & Sullivan's inaugural full-length collaboration, *The Sorcerer* is filled with memorable characters, witty and wonderful music, and a tantalising story-line.

The tiny town of Ploverleigh is a happy place, busy with preparations for the engagement of Aline, the blue-blood daughter of Lady Sangazure; to Alexis, an officer of the Grenadier Guards and son of Sir Marmaduke Poindextre.

Other romances are also waiting to bloom, as the smitten Constance pines for the oblivious Dr Daly, and Sir Marmaduke confesses a long held secret affection for Lady Sangazure.

Wishing everyone could be as happy as he is, Alexis declares that love should have no rank or social distinctions and employs the services of a sorcerer to brew a love potion so the whole town may experience the joys of romantic bliss. Filtered into the tea served at the engagement celebration, all are soon under its intoxicating influence. However, topsy turvy mismatches are awakened. Will true love survive?

Featuring seasoned performers from the worlds of musical theatre and opera, celebrate The Gilbert & Sullivan Society of WA's 70th anniversary year with a standout show from a much loved and illustrious organisation, an enchanting event not to be missed!

The show runs from 14 - 23 October with two matiness and seven evening performances at Dolphin Theatre, 35 Stirling Highway, Crawley. Tickets \$19.90 - \$59.90.

Bookings www.gandswa.org.au

WIN WIN WIN

We have two double passes to give away to some lucky readers for any show of The Sorcerer during the season. To be in the draw simply email win@haveagone ws.com.au with Sorcerer in the subject line or call the office during business hours on 9227 8283. Closes 14/10/21.

# JENNIFER SCOULLAR Billarong Bend

# An Australian rural fiction with a strong conservation theme

reviewed by Pat Paleeya

NINA Moore runs a property which she purchased from her parents when they gave up farming. Cattle, nut and olive trees thrive at Red Gums as does the wildlife along the Bunyip River and wetlands

Nina is passionate about the environment and would like to own Billabong Bend, a nearby property which will soon be up for sale. She is desperate to buy Billabong to ensure that it doesn't fall into developers or cotton farmers' hands as this would be catastrophic to the ecosystem causing the river and waterways to dry up.

Meanwhile, a childhood love resurfaces at a school reunion reigniting those feelings for both of them. Ric Bonelli had returned planning to make peace with his father, a cotton farmer at Donnalee, but due to a tragic accident, he takes over the cotton farm.

When Billabong comes up for sale he puts in a bid. Tensions arise between Nina and Ric over conflicting ideas regarding the use of the land. Unable to convince Ric that growing cotton at Billabong will damage the wetlands and wildlife, Nina feels betrayed and the two become estranged.

But Nina will never give up her quest for the conservation of the wetlands and will fight Ric to save her beloved waterways and the wildlife that inhabit the wetlands.

There is a message to us all in this story. Overuse of water is destroying the ecosystem and we should treat it like gold. The characters were believable and the issues very relevant. Good read, well written and thought provoking.

Billabong Bend by Jennifer Scoullar is published in Australia and New Zealand by Penguin Random House. It is available for readers from Booktopia and all local online bookstores.



### View or create art in the northern suburbs at local club

THE North Coast Art Club was established in 2004 when a group of locals realised that there was a need for a new art club in the northern suburbs to cater for the growing population.

Members range from well established artists in their own right, to the more aspiring, keen to make their mark, but what links them together is the love of art. They are a sociable and diverse group of artists who paint with all types

of media: oils, acrylics, pastels, watercolours, mixed and 3D media.

The Club hold monthly workshops or demonstrations at the Carramar Community Centre. Fellow artists meet and share knowledge on the second Sunday of the month, from 1–4 pm at the Carramar Community Centre, 5 Rawlinna Parkway, Carramar (unless notified otherwise). These meetings may include demonstrations, workshops, life model drawing

or occasionally 'do your own thing' workshops.

Workshops are normally free for members and \$10 for visi-

Social painting is held on the last Wednesday of each month at Heathridge Community Hall, Sail Terrace, Heathridge 9.30am-12noon. Members free; visitors \$5.

On Friday 19 (6–9pm), Saturday 20 (9am-5pm) and Sunday (9am to 5pm) 21 November North Coast Art Club will be holding an art exhibition and sale at the Ern Halliday Recreation Camp in Whitfords Avenue, Hillarys.

The exhibition and sale features original art by local artists and people are sure to find some quality pieces which make the perfect gift.

Information about club events is available on the website. ncac.org.au or if you would like to find out more about the club call committee member Annis Woods on 0434 972 771.

# The Nest - suspenseful Scottish drama is now out on DVD

MARTIN Compston (Line of Duty) and Sophie Rundle (Peaky Blinders, Bodyguard) star in this suspenseful Scottish drama about a wealthy couple who would do anything to have a baby.

enseful Scottish a about a wealthy le who would do hing to have a baby.

18-year-old, with her car, the two make an instant connection. After learning about her desperate situation, Kaya offers to carry Emily's last embryo as a surrogate.

Although Emily's hug.

Although Emily's husband, successful businessman Dan (Compston), warns about the

When Emily (Rundle)

accidentally hits Kaya (Mirren Mack, Sex Educa-

tion), a down-on-her-luck

legal and moral implications of such an agreement, the women are adamant. But as buried secrets emerge about Kaya's past, Dan and Emily start to wonder if they're the ones being used.

An intelligent series about love, trust, and the true cost of buying whatever you want.

The Nest DVD is out now and features five

gripping episodes. RRP \$34.95.

WIN WIN WIN
We have 10 copies

of this DVD collection to give away to some lucky readers. To be in the draw simply email win@haveagonews. com.au with Nest in the subject line or write to The Nest DVD c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/11/21.





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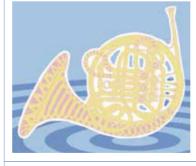
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# **WASO** presents *Morning Melodies*

ENJOY music to touch your soul with Western Australian Symphony Orchestra's Landscape and Wonder on Thursday 4 November at 11am at the Perth Concert Hall.

For her WASO debut, acclaimed Finnish conductor Dalia Stasevska conducts two contrasting symphonies: Prokofiev's boisterous and witty First and Sibelius' Fifth, a work of unbridled orchestral ecstasy infused with images of the expansive Finnish landscape.

To book tickets visit www.waso. com.au/concerts-tickets/whats on/concert/landscape-morn or call 9326 0000.



# Friend to Friend







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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

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#### Seeking a Friend

ALA seeking DTE female, up to age 60, WLTM. Me: 53, tall, NG, retired, living Hills area, ready to caravan, travel with a kindred spirit to share mutual experiences, nature, music, quiet times and adventurous times.

Reply Box 8949

AN easygoing mature lady WLTM gent late 70s. Similar interests, dancing, cooking, family, happy times, good company and communication, fin sec, GSOH, TLC, life's journey long term if compatible. Metro.

Reply Box 8945

**ANY** gentleman out there brave enough to go on a blind date with me. Lady 71, DTE, GSOH, NS, SD. Well?

Reply Box 8930

GENT 57 seeks lady, medium build, open minded, mutual, fun who loves country drives and getting away on weekends and possible future relationship. ALA. Prefer age group 35-60. Life is too short. DTE.

Reply Box 8928

GUY 70 WLTM lady 60-70. My interests; walking, cycling, caravan, music, clean, tidy, GSOH, NS, SD, hope to meet for coffee. Mandurah area.

Reply Box 8932

GENT 71, WLTM Christian lady north of Merriwa, 60-70, doesn't have to have same interests just enjoy company and do normal activities and see where it leads to

Reply Box 8926

**GENT** 83, 1938, easy going, country trips etc, ND, NG, NS, GSOH, meet, have chat, own home, meet easy going lady 70-80, SOR.

Reply Box 8937

GENT NOR, 74. I'm a guy who wants to meet a lady for company. Life is too short to not have company to share things. I love football, cricket. Please write and include phone number we can then meet and see if we are compatible. ALA. I'm a NS, SD, DTE.

Reply Box 8941

**GENTLEMAN** 63, young at heart, active and adventurous, WLTM a nice lady.

Reply Box 8935

I AM looking for a kind and gentle man 65-72, active, NS, SOR. I am 65, enjoy outdoors, camping. walking, movies, dining in/ out. Let's share a wonderful adventure.

Reply Box 8943

IS there a lady out there who wants to meet young gent 70 for dinner, movie, dancing, NS, SD, walking. WLTM for coffee. See what happens. GSOH.

Reply Box 8933

LIFE is to be shared. Humans were not meant to be alone. I have friends to keep me company, and as grandmother (72), family to enjoy. Where are you Mr? Come share with me. Reply Box 8940

PRESENTABLE caring, healthy guy, 81, widower, NOR. WLTM youthful outdoors lady, mid 70s for exercise companion during Covid. Fin secure, near postcode 6066. Meet 1-2 days a week for nature walks, picnics, country trips, avoiding crowds.

Reply Box 8934

**SEEKING** friend vicinity 6015 postcode that is interested in playing backgammon. I am lady mid

Reply Box 8939

WIDOWER 73, postcode 6304, Aries, sincere, honest, loving, miss simple things like holding hands, sharing thoughts and cuddles. WLTM lady who enjoys country life to spend time with. Who knows? Let's meet and chat over coffee.

Reply Box 8938

**ACTIVE** witty, attractive, petite lady, enjoys outdoors, movies, dining, early 70s. WLTM gentleman similar interests and age, NS, friends and family a must. Let's meet for coffee and see if sparks begin to fly.

Reply Box 8951

ATTRACTIVE well presented English lady, 72, med build, educated, feminine, SOR, postcode 6107. I like reading, music, walking, country drives, gardening. WLTM unattached (not separated), genuine fin sec gentleman, well presented, 65-75 for long term permanent relationship, friendship. Looking forward to your reply. ĂLA.

Reply Box 8942

**AUSSIE** DTE bloke WLTM happy, positive, organised, 6280 area, tidy lady under 70 for relationship to develop, enjoying quiet homelife, outdoor activities, sport. Familiar with and appreciative of more remote 4WD exploration, including club envi-

Reply Box 8944

**GENT** 72 SOR seeks New Vogue and sequence dance partner for day and evening dancing. Pre-fer advanced level, SOR close to CBD. Possible relationship if suitable. **Reply Box 8950** 

ronment.

GENT NS. ex country. now in Mandurah, genuine, active, VGSOH, respect for women, loves outdoors, quiet times, drives, love and laughter, good conversation, occasional caravanning, just doing whatever we decide, being happy. WLTM similar lady, 70-78 for per-

manent relationship. Reply Box 8931

KIND honest gent, NS, ND, likes movies, painting, walking, WLTM lady any nationality, 55-70. I am 70. I am very keen for companionship and long term relationship. Let's meet to discuss possible future together. Thank you.

Reply Box 8929

LADY 69, WLTM gent 65-75, enjoys most social activities, who is genuine for long term relationship and to share their life together. SOR. Only genuine gents reply.

Reply Box 8927

LADY NOR, 77, I'm hoping to meet a caring man who gets lonely like I do. I enjoy life but would love to have company to share things with. I love most sports. Please write with your phone number and let's see if we are compatible. ALA.

Reply Box 8936

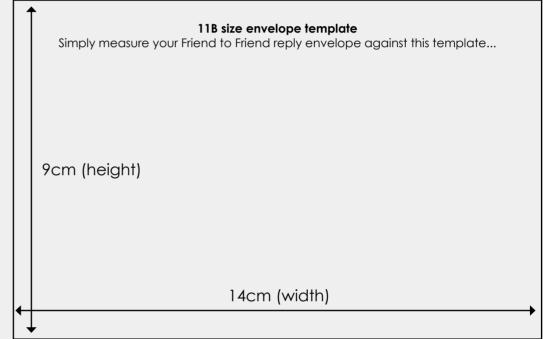
NON-RELIGIOUS UK/ Aussie, lady, mid 60s, close to Perth, NS, SD, NG, VGSOH, active, intelligent, funny, caring, many interests, seeking similar gent. Please get in touch! Let's chat and see how it

Reply Box 8946

### **NEWS UPDATED DAILY**

www.haveagonews.com.au

# When replying to a Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only) Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service,

it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.

No greeting cards, bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not opened.

Replies must be in response to reply boxes no older

than three months.

PETITE articulate, attractive, amusing, active woman, late 60s, enjoys theatre, arts, dining. WLTM gentleman NOR, similar interests. GSOH, NS, SD, fin sec, own home, family and friends important. Let's meet and wait for violins to play.

Reply Box 8952

**SENSIBLE** gent, 70, alone, would like lady of any nationality, 55-70, to love, make love, respect who is not into religion, greed, wealth, but would like happy life together then contact me and plan a future.

Reply Box 8948

#### Seeking a **Travel Companion**

6208 postcode seeking travel buddy, male, SD, NS, 65-75 age group. I am a grey nomad, female, 70s, GSOH, SD, travelled Australia last 10 years, WLTM man, DTE, easy going, not seeking relationships.

Reply Box 8947

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.

## **Volunteers** wanted for Have a Go Day



Have a Go News is seeking volunteers to work out of our hospitality tent where we serve free teas and coffees to attendees.

We have a lot of fun and shifts can be for one or two hours during the day.

If you're interested in being a part of this unique day which is held at Burswood Park on Wednesday 10 November from 9am to 3pm please contact us on 9227 8283 or email info@ haveagonews.com.

# We have your partner

"The safest way to meet a genuine and suitable companion" 9371 0380

CARINE LADY 74 elegant, refined widow, slim, healthy, attr, indep, kind, caring, sound values, sk thoughtful, respectful gent w/ good old fashioned values 70-78.

FREMANTLE LADY 79 fun loving, intell, very young in looks and personality, pride in appearance, sociable, GSOH, variety of interests, sk gent 75-85 who loves life and wants to get out and enjoy it with a partner.

CLAREMONT LADY 79 tall, trim, fit, active widow w/ happy disposition. Enj playing golf, yoga, walks, social activity, homelife, sk caring, well mannered, e/going man 75+.

**CANNINGTON LADY 72** well presented, good humoured blue eyed blonde, ret professional, will meet gent Perth to Mandurah, sk active gent 70-80 w/ positive o/look & likes travel.

SHOALWATER GENT 72 ret. businessman, 178cm, trim, sincere, generous, loves the outdoors & the ocean, enjoys cooking, travel, warm weather. sk happy lady 65-73 to share life's simple pleasures.

MORLEY GENT 77 easygoing, respectful, kind, Christian outlook, tidy appearance, seek companionship with lady similar 72-82.

BELMONT GENT 85 active traveller, widower, 183cm, trim, likes to keep busy and leads a full life. Loves visiting new places. Sk lády companion w/ a country mindset who likes c'van travel.

**CLARKSON GENT 77** fit, healthy, energetic, 178cm, trim, charming, d.t.eath, loves to cook, aood conversation & is a good dancer. Sk kind, sincere lady 70-80 to share life.

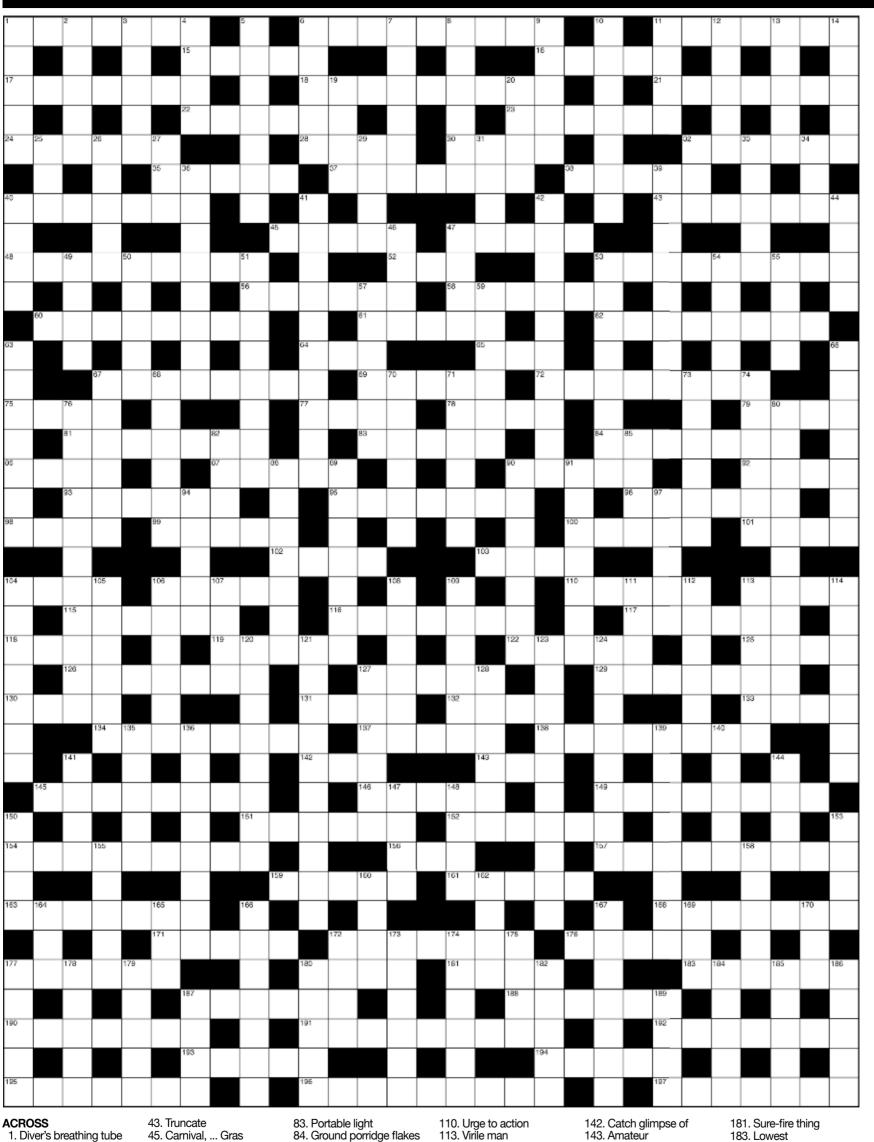
SOLUTIONSMATCHMAKING.COM.AU



# Have a Go News PUZZLES PAGE Have a Go



# **BIG CROSSWORD - SEE PAGE 40 FOR SOLUTIONS**



- 1. Diver's breathing tube
- 6. Connective tissues 11. Emotionally empty
- 15. Public profile
- 16. Tropical vine
- 17. Wither
- 18. Disgustingly
  21. New York/Ontario falls
- 22. Linked to the web 23. Mistreat (3-3)
- 24. Crazy 28. Resound
- 30. Dark blue
- 32. Goes out of date
- 35. Striped cat
- 37. Sing-along entertainment
- 38. Brazilian dance 40. US president, ...

Lincoln

- 45. Carnival, ... Gras 47. Pungent bulb
- 48. Tagging
- 52. Tearful gasp
- 53. Reminders 56. Straighten (rope)
- 58. Itchy rash
- 60. Purgative
- 61. Actress, ... Streep
- 62. Taunting
- 64. Soak (up) 65. Cremation vessel
- 67. Flags
- 69. Separate
- 72. Immobility
- 75. Russia's ... Mountains 77. Measure of length
- 78. Decorates (cake)
- 79. Flying saucers (1,1,2) 81. Feeling of unease

- 84. Ground porridge flakes
- 86. Bawled 87. Body sacs
- 90. Computer input device
- 92. Astronaut, ... Armstrong
- 93. Alice In Wonderland star, ... Bonham Carter
- 95. Floating frozen sheet (3,4)
- 96. Nuisance
- 98. Hut
- 99. Nominated
- 100. Cite author
- 101. Famous UK school 102. Baghdad is there
- 103. Cordon ... cookery 104. American air force
- (1,1,1,1)106. Data

- 115. Philippines capital 116. Partial refunds
- 117. Rubber
- 118. Snip
- 119. Distant scene
- 122. Swarms 125. Snares
- 126. Worried
- 127. Immature insects
- 129. Harness 130. Narrow valley
- 131. Cambodia's
- neighbour
- volcano
- 134. Captivate 137. Laconic
- 132. Ancient harp 133. Mediterranean
- 138. Looked upon

- 143. Amateur 145. Aquaplane (5-3)
- 146. Pseudonym, ... plume
- 149. Arose (from) 151. Faces up to

- 152. Engraves 154. Terrestrial
- 156. Poetic term for
- pasture
- 157. Pendant shapes
- 159. Musical pace
- 161. Showery
- 163. Revolutionary 168. Andes nation
- 171. Fables
- 172. Snagging 176. Native animals
- 177. Exhumes (4,2) 180. Parsley or sage

- 183. Lowest
- 187. Daffodil colour
- 188. Violet antiseptic 190. Titillating material
- 191. Guarantee 192. Bridge over gorge
- 193. Welsh vegetables
- 194. Master of Ceremonies
- 195. Daytime show 196. Cut into three
- 197. Acupuncture spikes

#### DOWN

- 1. Seaweed-wrapped snack
- 2. Hideous monsters
- 3. Actor, ... Spacey
- 4. Inflatable mattress
- 5. Fleshy ear part (3,4) 6. African republic, Sierra

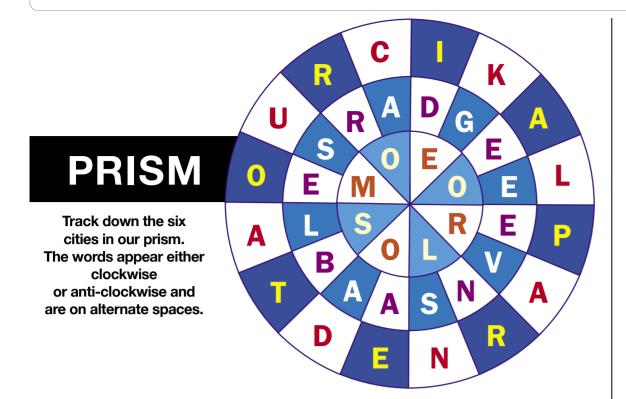
- 11. Dog, Great ..
- 9. Deviously 10. Japanese warrior

7. Mooring weight 8. Weather feature (2.4)

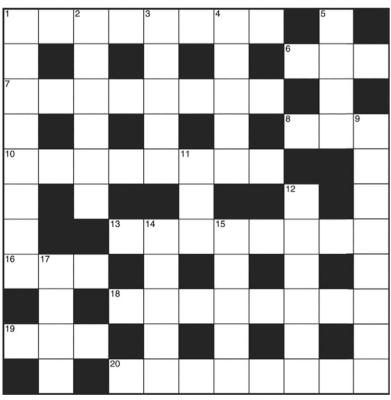
- 12. Ethiopia's Addis ...
- 13. Approaches 14. College supervisors
- 19. At your ... & call
- 20. Exist 25. End of pen
- 26. Conscious 27. Likely touchdown time
- (1,1,1)29. Cluster of bananas
- 31. Similar
- 32. Scientist's workplace 33. Diva, ... donna
- 34. Cardiac monitor (1,1,1)
- 36. Desire to succeed
- 39. Underground room
- 40. Competently
- 41. Egotist 42. Updated
- 44. No trouble 46. Tinv island
- 47. Follow directives 49. Betrav secret
- 50. Abandon 51. Fisherman's jumper
- 53. Hopping marsupial
- 54. Volley of bullets
- 55. English garden county 57. Jolt
- 59. Hold tightly 63. Screeches harshly
- 66. Diabetes preparation 67. Coated with gold
- 68. Spruce up
- 70. Scornful cry 71. Lavishly
- 73. Exempt from, ... to 74. Subtle difference
- 76. Stimulant drug 80. Former site of London's
- press (5,6)
- 82. Swindle
- 85. Slugs
- 88. Cruel people 89. Crooner, Frank ...
- 90. Orchestra member 91. Want
- 94. Maritime 97. Early anaesthetic
- 104. Nervy
- 105. Starvation period
- 106. Move restlessly
- 107. Grotto 108. Dim-witted
- 109. Robs, ... from
- 111. Annoyance
- 112. Served (soup)
- 113. Perceived 114. Expels (lawyer)
- 120. Recognise
- 121. Concertinaed 123. The works
- 124. Most humid
- 127. Powerful
- 128. Lace hole 135. Nephew's sister
- 136. Roguish 139. Revive (interest)
- 140. Antelope
- 141. Mideast region, ... Strip
- 144. Debauched Roman
- emperor
- 147. Peace prize city
- 148. Costly
- 150. Quarrel
- 153. Operator
- 155. Timber fasteners
- 158. Peruses
- 160. Impoverished
- 162. Pimply condition
- 164. Arabian folk hero, ...
- Baba 165. Rock band equipment
- 166. Postponed
- 167. Painter, Leonardo ... 169. Car for hire
- 170. Military operations
- 172. Chopped down
- 173. Fixate
- 174. Culturally revered 175. Fine gravel
- 177. Fantasy 178. Thin mortar 179. Confederation
- 180. Raise up 182. Trifled (with)
- 184. Wise saying
- 185. Balanced
- 186. Ballet skirts 187. Harvard's rival
- 189. Unfluctuating © Lovatts Puzzles

# Have a Go News PUZZLES PAGE Have a Go





# **CROSSWORD**



#### STRAIGHT CLUES

#### ACROSS

- 1. Army rank (8)
- 6. Held off, kept at ... (3)
- 7. National ballot (8)
- 8. Boy (3)
- 10. On standby (8) 13. Bottle or dry (fruit) (8)
- 16. Girl (3)
- 18. Raises objections (8)
- 19. Furious (3)
- 20. Flower retailers (8)

- 1. Wide-ranging (changes) (8) 2. Recited, ... off (6)
- 3. The E of ESP (5)
- 4. Gallows loop (5)
- 5. Festive occasion (4)
- 9. TB, ebola & typhoid (8)
- 11. Regret (3)
- 12. Fleur-de-lis flowers (6)
- 14. Pastoral (5)

#### **CRYPTIC CLUES**

#### **ACROSS**

- 1. Policeman gets near disturbance (8)
- 6. Tree planted in inlet (3)
- 7. Heard Alec shun time for making false promises (8)
- 8. Young chap started like a dream (3)
- 10. Ready like a scout should be (8)
- 13. Strange rep to serve jam (8)
- 16. Song for me and my contrary lag (3)
- 18. Street demos in favour of school exams (8)
- 19. Maniacal and demented primarily (3)
- 20. They cleverly arrange to provide perfume and colour

#### **DOWN**

- 1. Using a broom across the board? (8)
- 2. Wound in fish and staggered (6)
- 3. More in next race (5)
- 4. Neck cord comes with ring in the nose (5)
- 5. Galahad had left fete (4)
- 9. Seaside's ravaged by bugs (8)
- 11. French street lament (3)
- 12. Plants to produce eye parts (6) 14. Right, you are Al from the country! (5)
- 15. Sir accepts thanks for instrument (5)
- 17. Act swiftly and promptly at first (1,1,1,1)

# SUDOKU

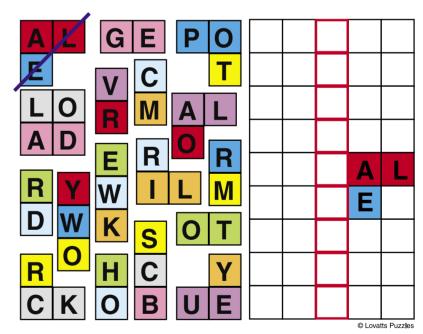
Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. RATING: ★★☆☆☆

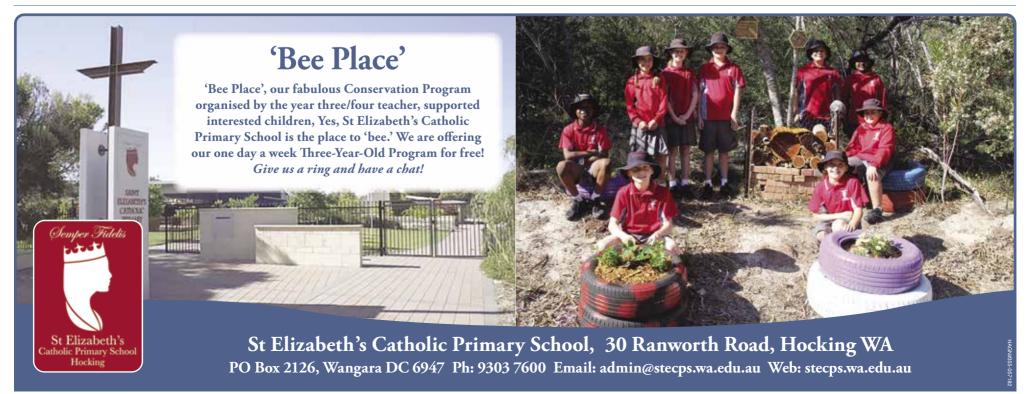
				8				
			7	6	5	1		4
1		5			4			7
	7		8			3	2	1
	9		6	2	7		4	
8	2	4			1		9	
4			2			9		3
9		3	4	7	8			
				5				



THIS is like a jigsaw puzzle. All the blocks fit together to make nine five-letter words reading across. Each word is a different colour.

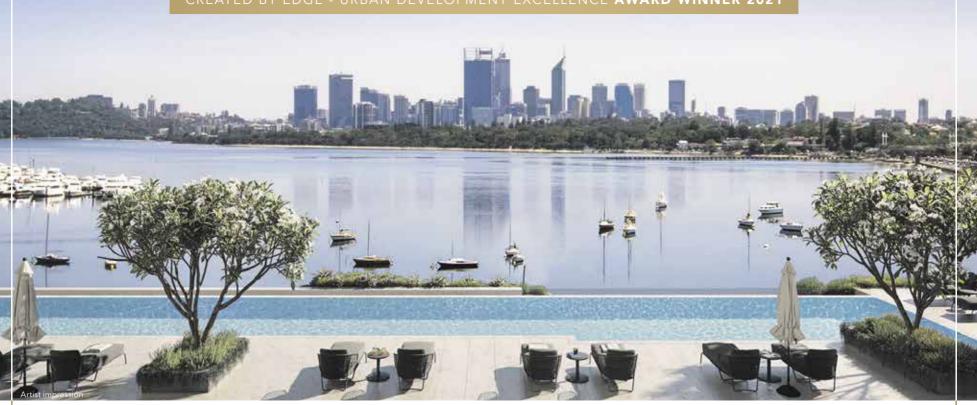
The mystery answer will read down the middle.





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