





LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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THIS ISSUE



Let's go travelling Have a Go News editor's Broome adventure - Travel to Antarctica in 2021



Have a Go News' Lee Tate speaks with Fred Mafrica



Josephine Allison's interview with author Tanya Heaslip



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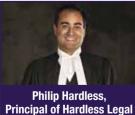
WA Museum CEO Alec Coles knows a good read, he's featured outside the Old Perth Gaol which is embraced by the new museum

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CY O'Connor Village Unit 5D, 11 Erade Drive, Piara Waters Phone: 9397 1393 Email: admin@hardlesslegal.com HAVE a Go News' Lee Tate was escorted by WA Museum CEO Alec Coles on a guided tour of the renovated space as we herald the much anticipated opening of the museum on 21 November.

by Lee Tate

PERTH'S spectacular WA Museum Boola Bardip, magically weaves and blends the many cultural and historical ingredients of a State that is unique in the world.

stories' in the Noongar language and perfectly fits what this phenomenal project has achieved after four challenging and fruitful years.

The museum planners and specialists have cleverly sidestepped worldwide practices of past exhibitions where aspects of nature, culture and history are segmented; seemingly unconnected.

A walk through the \$400 million museum's eight galleries brings alive Western Australia's unique cultural, scientific and natural history collections from the formation of the universe to extinct dinosaurs, Indigenous life, species found nowhere else on the planet and inventions.

Museum CEO Alec Coles and his expert team have brought it all together so that it flows naturally through massive museum expanses, beneath high ceilings with extensive, uncluttered, dis-

"We wanted to develop a people's museum with all aspects of Western Australia, a place we live in and the people we live with,' said British-born Mr Coles, who brought his museum mastery to WA 10 years ago and happily became an Aussie citizen.

"When I decided to come to this wonderful State, to this amazing place, it was with my total commitment," he told me during our tour of inspection, wearing hardhats and shoe cov-

"This is just such a unique place on earth and the museum is in this fantastic location in Perth's cultural centre with the WA Art Gallery, State Library and PICA. It is close to bus, train and parking stations.'

The reborn museum sits on the same site it has occupied since its beginnings in 1891 as the Geological Museum in the Old Perth Gaol. The new buildground-breaking ventures inevitably do, is jaw-dropping in its proportions.

Mr Coles believes the museum is of world-wide significance, already attracting strong overseas and interstate attention. A flood of local visitors is assured.

Under supportive governments of Colin Barnett and Mark McGowan, WA Museum Boola Bardip joins Optus Stadium, Elizabeth Quay, Yagan Square and Fremantle's King's Square development as outstanding landmarks of our era.

Inside its doors, the museum's audacious achievements will wow kids, parents, grandparents, teachers and all visitors. Most of our showpieces can be seen nowhere else in the world.

Incredibly, palaeontologists from the museum and the University of Queensland worked with a specialist palaeoartist in Russia to create a highly-detailed, digital 3D life-size mod al of a dia ropod, just from the footprints it left in muddy sand at the Dampier Peninsula 130 million years ago. From these, experts could estimate the beast's dimensions.

Four metres high and 16 metres long, the long-necked sauropod wandering across our landscape would have weighed 13 tonnes, the largest land animal that ever lived.

continued on page 9



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From the editor's desk



WHAT a year it has been. After more than seven months of the state locked down, it's time to prepare for the WA border to transition from hard to controlled. It certainly has been a topic for discussion with many people and although the majority welcome it as a sign that things are returning to some normalcy, many have expressed to me some fear that our virus-free bubble will be

compromised. It's certainly made me rethink some personal hygiene habits that I must confess have slipped a little over the last few months. I think it's time to return to the old elbow tap which is a lot safer than a hug or a kiss and ensure we wash our hands regularly and have good personal supplies of hand sanitiser with us at all times. Let's all work together as a community to maintain our freedoms in this Covid world.

months I have enjoyed having an intern journalist Clare Varcoe working as part of the editorial team, after graduating in September with a journalism and creative writing degree from Edith Cowan University. It has been a pleasure to have Clare in our office. I enjoy having young people around; sharing information with them and of course learning from them too. Clare has written on a variety of topics and participated in various projects during her stint and this month you will see some more stories from her in our pages.

Last month I attended the farewell to the Duyfken replica ship affectionately known as the Little Dove. *Have* a Go News has been very proud to support the ship over the eight years she has been back in WA with regular promotions and editorials. We were so chuffed when our calls for volunteers heralded the skipper Robin Chester who steered the ship on many voyages for more than seven years. It was disappointing that she couldn't receive the necessary funding to keep

to begin a new journey to Sydney to become part of the National Maritime Museum.

Former Attorney General Hon Cheryl Edwardes will be working with HHG Legal Group focusing on pro bono work and working in their charitable arm HHG Giving Back. Her first project was facilitating a community legal assistance clinic for Grandparents Rearing Grandchildren WA (Inc). The registered charity provides support services to those grandparents who are raising their children on a full-time basis.

Elder abuse is a scourge in society and the state government has announced that they will be funding a training program for financial counsellors to recognise, prevent and respond to elder abuse in the community. The training program delivered by Advocare, will work with the Financial Counsellors' Association of WA. I think this a very positive move forward in helping to stem the tide of this under reported abuse. If you or someone you know is experiencing elder

abuse call the hotline on 1300 724 679.

*** Thanks to the many readers who contact us each month sharing feedback, whether it's a letter to the editor or a thank you for winning one of our great competitions, we are always chuffed to hear from

Our Have a Go News Facebook page is a great way for us to stay in contact with you on a daily basis. We have lots of events, giveaways and fun. You too can be part of this thriving community by liking or following the page at www.facebook.com/ Haveagonews/.

*** If you are tech savvy we offer readers a free service to receive the newspaper digitally via email on the day of publication. Just email readers@haveagonews. com.au for a sign up.

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

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

Ageing research snippet

Get eccentric with one arm exercising

NEW research from Edith Cowan University Professor Ken Nosaka has shown that exercising one arm can improve strength and decrease muscle loss in the other arm. The study built on eccentric exercise research helps improve the outcomes for post-injury and stroke patients.

Eccentric exercises work by exercising the muscles as it's extending, rather than shortening, such as when you lower weights, sit on a chair slowly or walk downstairs, opposed to raising weights, standing up or walking up stairs.

Compared to people doing only traditional exercises, people doing eccentric exercises saw more strength and muscle growth in both of their arms.

Word of the month

Abecedarian

Adjective/noun ARRANGED alphabetically, (in abecedarian sequence) or rudimentary; elementary (abecedarian technology).

Noun - A person who is learning the alphabet or is engaged in elementary

Origin - early 17th century from late Latin abecedarius 'alphabetical' (from the names of the letters a, b, c, d).

Funny historical fact

WHEN Captain Cook arrived in Hawaii in 1779, he allowed the people to worship him as a god. When he sailed away from the islands, he encountered a storm which forced him back. The people were so shocked and felt betrayed that a god could fall victim to the elements that they beat him to death.

Have a Go News Quick Quiz

- 1. The WA invention to cool foods in the outback was called...?
- 2. Who worked with Barry Marshall and was awarded a Nobel Prize?
- 3. WA's first recorded traffic accident
- occurred in 1864, 1865 or 1870? 4. Starting in WA, what was introduced
- to relieve cow dung damage? 5. WA's stromatolites are 2.5, 3.5 or 6.5 billion-years-old?
- 6. WA's hottest town is? 7. The world's strongest wind gust in 1996 at Barrow Island was 308, 393 or 408 kms-an-hour?
- 8. Which West Aussie bought 251 Beatles' songs for \$US46.5m? 9. Point Torment is in which State?
- 10. James Stirling wanted to call WA what name?

See answers on page 19.

Great West Aussies - Did you know?

CHRIS Lewis, WA's leading driver in the Inter Dominion, had 14 wins and 12 heats, a career total of 4,000 winners, one in US and two in Moscow. In 1995, he set Australia's record as a leading driver with 211 wins and was inducted into racing's Hall of Fame.

Urban slang

RATCHET: someone who is obnoxious, rude or trashy.

Quote of the month

THE most courageous act is still to think for yourself. Aloud!

Coco Chanel





Girl from Alice writes of discovering a new life and adventure in Prague



Tanya Heaslip

by Josephine Allison

WHEN Tanya Heaslip left her comfortable life as a lawyer in outback Australia and embarked on her dream adventure it completely changed her life. Twenty six years later she says in her book Alice to Prague the life change led her into a new culture. land, people, history, architecture, music, food, landscape and nature.

"Everything about the Czech Republic turned my thinking and knowledge and understanding of life completely upside down, it was so different, so ancient," she says from her home in Alice Springs.

Tanya and husband Steve lived in Margaret River and various parts of Perth for more than 20 years, working in the mining and wine industries which, she says, was a wonderful time. But the family returned home to Alice Springs three and a half years ago because

"It felt like the right time to return home, back to my roots in Central Australia. I absolutely love this country, because apart from anything else, it is my home," she said.

"My family were all there and I was able to help my mother transition through

this time. It has been very tough but it gave me the opportunity to finalise Alice to Prague (written over a 15-year period in WA) and publish it and also write An Alice Girl, about growing up on our cattle station in the 60s and 70s.

"My usual day is split between (still) working in commercial law, writing, dealing with family matters, and escaping whenever I can with my husband out into the magnificent Central Australian outback. I'm as busy as I ever was, as is my husband, who no longer works in wine but tourism.

Talking about the country she fell in love with, Tanya says Prague was born through a vision that came to Princess Libuse in the 11th century, who proclaimed, "behold, I see a city of stars." It was a place where men quoted poetry and played guitar to girls and live classical music spilt out of every available building and fairy

ries of suffering, ending with the Nazis and the communists), yet the people remained resilient and relied on their culture and



humour to get through. The hilarious, outrageous book The Good Soldier Svjek (about a buffoon who constantly outwits the authorities) epitomises

"It was also a place where men and women in many ways lived and worked more equally, and where old people were revered and cared for. In the country, people still lived in old farm houses where they slept in the kitchen on a platform above the wood stove to keep warm. They had traditions for every season, involving music and dance and literature and special sayings, which were handed down through the generations."

Tanya's early life growing up on a cattle station in Central Australia could not have been more different to her Prague experience. She loved her new country, its people and the charismatic Karel who stole her heart.

"I met people who had struggled beyond anything I could imagine but they remained strong and feisty and determined to

do their bit to improve their country, to bring human rights back to their world. I found people who embraced me even though they knew nothing about me, and many had never even heard of Australia. Their generosity and acceptance was something I have never experienced before?

Tanya says her Prague experience completely reshaped her life.

"İt turned my thinking upside down, made me bolder and more grateful, taught me awe and surprise and thankfulness.

"My outlook on life had broadened, widened, become more accepting, and I was enriched in so many ways, at a heart level and a life level."

Looking back she believes she was far more adventurous than she re-

alised. "At the time I was desperate to escape law and a broken heart, and the only thing I wanted to do was get away. My dreams and daily life were dominated by escaping into the adventure of travel. I wanted to go so much that it never occurred to me that it was brave or foolish or adventurous, when in retrospect it was actually all of those things.

"I went to a country I knew nothing about, with no language skills to relv on, no teaching skills, no skills actually, except a hunger to learn. That is what saved me, along with a love of music which I quickly learnt to share with the Czechs.

Tanya says she still re-

mains in touch with many of the people she be-

friended in Prague. "Just last weekend I had a wonderful two-hour WhatsApp conversation with my beautiful student Kamila who still lives in Sedlcany. I keep in social media contact with many of the teachers and students from Sedlcany. "The amazing friends

in Prague are still dear friends and whenever I go back I see them. Sadly, the charismatic Karel is no longer with us but I also keep in Facebook contact with his beautiful



daughter Radka."

Tanya said she knew almost nothing about the Czech Republic when she went there. She believes Australians are more informed now because of social media. She has

returned to the country many times and will do so again as soon as she can.

Alice to Prague by Tanya Heaslip (Allen and Un-win), RRP \$29.99 is available from all good book shops.





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L-R; Max Coxall, Bendigo Community Bank Fremantle's Pan Santoso - Rotary Club of Fremantle president Stuart Clark - St Patrick's Community Support Centre Traci Cascioli - Rotary Fremantle's George Booth and Margaret Coxall, who helped deliver the food to St Patrick's.

Give a Damn, Give a Can

ROTARY Club of Fremantle has completed another successful Give a Damn, Give a Can campaign for 2020. This year more 2500 items of non-perishable food, valued at around \$6000 were donated to St Patrick's Community Support Centre.

Campaign manager, Deb Greenwood, said that this was a particularly important year as so many families are experiencing difficult times due to the coronavirus restrictions affecting employment.

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Judith Treby (Dec) and Quentin Smythe (Dec)





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MASSIVE JUST TO HAND, TURNOUTS MEAN **PROTESTS** WE DON'T HAVE HIGHLIGHTING A PROBLEM AUSTRALIA'S WITH RACISM? RACISM **PROBLEM** ARE GRACED BY MASSIVE TURNOUTS.

Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor, ALTHOUGH have succumbed to it several times over past years, I've decided that

EMPERORS

IN NEWS

enough is enough, as I'm yet to get excited about online buying. Sure - things may be cheaper and you save a lot of looking around, but can you be sure you will get what you pay for. You pay in advance

- then have to wait for around three weeks (or longer) for delivery, only to discover that the item is not quite what you imagined?

The dress I ordered some time ago was nothing like the shade of purple illustrated in the pic, and the XL size I ordered to fit my current senior frame, would sit more happily on my 12year old granddaughter. Some

shoes which had served me well for at least two years needed replacement, but the new version - although depicted exactly the same as the earlier ones - were this time made from a different fabric component, and now show signs of wear after only two outings. Another waste of money.

So I'm done with online shopping thank you very much, and I'll only be buying from a local retailer from now on.

DOESN'T

Florence Mellott **Ferndale**

Ed's note great news Florence - it's never been more important to support local shops and businesses.

Dear Editor.

AN article in the September's Have a Go News flicked me back to 1970. My wife, Liz, and I were holidaying in Melbourne. As we walked into our hotel I notice a familiar looking chap walking out. I wracked my brain to remember his name. He looked my way and smiled. I walked over to him and we shook hands. Liz kept on walking. We had a chat for a few

minutes while I tried unsuccessfully to remember his name.
I said, "I didn't expect to see

you in Melbourne." "I come here quite regularly," he

replied.

Eventually I said, "I've got to catch up to Liz. We must together for a coffee when we get back to Perth.'

"Yes, we must," he said as I bid him farewell.

I caught-up with Liz and said, "Sorry, Ĭ didn't introduced him to you, because for the love of me, I can't remember his name.

"Oh, I know who he is," Liz replied.

"Who is he?" I asked.

"John Gorton, the Prime Minster of Australia," said Liz.

> Cameron Bell South Perth

Dear Editor,

FURTHER to your opinion article in the September issue. I think rules for dog leads are too ambiguous. And those recoil leads should be banned or limited to no more than six feet.

Use the KISS (keep it simple stupid) method...If a dog is outside its own living domain, then it should be on a lead. None of this 'be under control'.

How many people have been attacked/molested

by dogs that were supposedly 'under control' by their owners?

There are enough modern day problems, without having to contend with the possibility of some wandering dog, invading our personal space.

Yes, all shires should have a fenced dog park for dog owners to allow their little angels to run free... away from the rest of us.

G. Allen

Dear Editor,

HELEN Baker, in July Have a Go News, briefly touched on the issue of sex trafficking, amongst other things.

It is disconcerting that many newspapers, both national and local are running ads in their personal columns procuring the services of women, when many, I am sure have been trafficked here.

To preach about equality and

stopping domestic violence in the headlines whilst advertising and making money from escorts on the back-pages smacks severely of hypocrisy.

Have a Go News thankfully doesn't fall into this category and hasn't, thus far stooped to the gutter-press type attitude.

Sex, just like gambling, alcohol, drugs and food could easily be classed as compulsive and these advertisements certainly can't help men who are addicted.

So really, apart from the pimps, there are no winners.

Wouldn't it be better if us males spent our hard-earned money on something else? Instead of contributing to this so called sex industry?

Yours sincerely

David Rudman Port Kennedy

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Dear Editor,

HOW can anyone say our leader is popular, he never leads. WA is going to be left out of what life is all about - living. We are missing out on the most important part of our existence, and why? Because we have a Premier who sits on the fence. Listen or watch any interview, he always states. on advice from others, we are doing this. That gives him an out. No Mark, we are the losers, and on your watch.

Joe Lunn Via email

Dear Editor

PLEASE tell Rick Steele that I love to read his humorous stories, and I suspect so do thousands of others! He must spend quite some time putting them together. We are grateful to him.

Paul Winter Via email

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Fred Mafrica keeps it local and real on radio and television



The Couch's Fred Mafrica

by Lee Tate

FRED Mafrica is a big man doing a big job, always with a big smile. Television's most unlikely host is making a big difference for students, strugglers and Western Australia.

For 18 years he has fronted, managed and produced WA's only locallyproduced TV show. The Couch airs nationally on FOXTEL Aurora Channel and in Perth on ACCESS 31.

To survive nearly a couple of de-

cades in the highly-competitive, ruthless world of big-money TV takes some fortitude.

Fred has stuck to his 'knitting', without financial backing, producing a variety program with input from a small management team and grateful media students who have no other handson outlet in WA to learn behind-thescenes skills.

Fred happily introduces guests who have genuine causes or have written, made or produced things of value.

good use or entertainment.

"Look at the national TV shows, focussed on the eastern states. We have reversed that. We are showing that WA topics and people can be of interest to eastern states viewers," Fred says.

At 53, with 30 years of caring for his late parents behind him, Fred is freewheeling in life as he sees it and loving it. Fred came to Perth, aged five, when his parents moved here with their five kids in 1972.

Hard-working Italians in a sometimes foreign-critical environment, the couple – Pietro and Maria – both developed health issues and Fred became their carer for three decades.

Fred went to Highgate Primary and then North Perth Primary before Mount Lawley Senior High School.

His tertiary studies, radio broadcasting and production at North Metropolitan TAFE, steered him to his life's course in the media. But it was a circuitous route via government jobs including Department of Employment Education and Training (Austudy section), Health Insurance Commission and Medicare.

Fred moved to Medibank Private as an administration officer and later support services manager. Then, as a customer services support officer with

Along the way Fred worked the mi-

crophone at 6PR, filling-in for most radio shifts and is still going after nine

"It helps pay for The Couch," says Fred cheerfully.

His viewers – up to 60,000 a week – and radio listeners know they can turn to Fred for direction on dealing with bureaucracy or airing their issues and problems

Fred's weight battle is no secret as he waits for a gastric sleeve and attempts to lose a further 25kg, having lost 55kg already.

"I've always been big, it's part of my life," he says, philosophically.

Life for the big man in his brightlycoloured jackets is fine by him. It's all he wants to do and apart from a couple of getaway trips to Bali most years. Fred's absorbed with his open, friendly style of television.

The show promotes topics from health to music, movies, entertainment, politics, news, charities and, a personal favourite, cooking.

With his Italian heritage, Fred the maestro masters lasagne, marinara and pasta generally.

"But what I really like is Indian food!", he exclaims.

Each week The Couch juggles appearances from young and older Australians - giving people a go

"We have interviews with TV, radio

and print people but also people that have written books or maybe have a great story to tell," he said. No-one gets paid.

The show is recorded at Leederville's School of Isolated and Distance Education (SIDE) to give training and experience to students aiming to make their future in media.

The Couch has a lease with the Education Department for the studio and control room and works very closely with SIDE on many projects including taped language lessons for all schools.

"I've been very fortunate in life to be able to do the things that I enjoy and these days I try to be as healthy as possible and spend time with people care about.

"I like to take it slow and easy when it comes to life. I have no career wants and I feel I am doing the things that I am meant to do. I love being around friends and family and love to share dinners and movies with them.

"I'm a very generous person that likes to live a very down-to-earth modest life," says Fred in his usual understatement.

The Couch airs on ACCESS 31 and (and on its webpage) then nationally on FOXTEL Aurora Channel 173 on Sunday nights at 7.30pm. Have a Go News' editor, Jen Merigan, is a regular

Education challenges during COVID at retirees meeting

GUEST speaker at the November meeting of the Association of Independent Retirees. Perth Branch (AIR) is Associate Professor Glenn Savage. A former teacher, Glenn is now with the School of Education at

Amongst other things he will give an overview of

the role COVID has played in the delivery of education this year. He will be very happy to answer questions of a broader nature.

A 'Bring and Share' lunch will follow for those who wish to participate.

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

The next meeting is on Friday 20 November 10am to noon at the Cambridge Bowling Club, Chandler Avenue West, Floreat.

Besides the meeting and morning tea AIR has a guest speaker. Over the vears they embrace many

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

After a recess in December and January, their first meeting is on Friday February 19 and will feature the Global Gypsies.

Visitors are most welcome. Members (\$2) and

visitors (\$5) are encouraged to bring the correct money and their own coffee mug.

Enquiries can be addressed to Graeme gralin@ iinet.net.au or Margaret marghw@iinet.net.au.

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Firey and local Bassendean legend celebrates turning 90 years young



Herbie Smith celebrating 90 years with Have a Go News' intern Clare Varcoe

by Clare Varcoe

LOCAL legend Herbie Smith celebrated his 90th birthday recently, with almost a century worth of friends at the Bayswater Hotel.

Herbie has spent his life volunteering with fire brigades and football clubs so much so that he has life memberships with the Bassendean Volunteer Fire Brigade, Swan Districts Football Club, Merredin Lodge of Renown Freemasons and the Swan District Football Club Past Members Association.

Some of Herbie's more notable guests from Merredin and Bayswater, included John Rutherford, the first West Australian to play test cricket and Western Australian fast bowler Laurie Mayne.

Laurie was the master of ceremonies for the event, opening the morning with the first speech.

"That man has lived a life and a half," he said.

Despite being the man of the hour, Herbie was very humble in the face of praise, and with his wife of 67 years, was more than happy to just enjoy the atmosphere.

Herb joined the Bassendean Fire Brigade on 3 March 1947, where he was the apparatus officer for two years.

He transferred to the Merredin Fire Brigade in 1962, then on to Wyalkatchem in 1977 and Bassendean in 1984 where he was captain and finally back to Merredin in 2006, where he is still a support member.

Even after 73 years of service, Herbie has no plans on hanging up his fireman's cap.

"Herbie never did things with an aim of doing it for his own wellbeing. There was always a feeling that whatever he did, he did for the benefit of others," Laurie said.

Nothing makes this clearer than him winning the Australian Fire Service Medal in 1995.

After Laurie Mayne, Neville Middleton took over and painted Herbie as a man who could spin a good yarn.

"Now for everyone who knows Herb he is a great storyteller. I'm not saying all his stories weren't true. He just seems to have packed so much into those 73 years.'

When Herbie wasn't volunteering for the fire brigade, he was volunteering for the foot-

Herbie was the captain and coach for the Merredin Railway Reserve Team and a member of the Merredin Lions. He earned life membership of the Swan Districts Football Club in 2008 and the Swan Districts Past Player Association in 2009.

As Laurie put it: "you don't get life membership from a week of work but for years and

Now Herbie lives back in Perth with his wife Lillian, near to his three children, Peter, Margaret and Kerri. At 90 years young, he looks forward to more birthdays.

Fun at the Serpentine camp with the COCOA Club to celebrate spring



by Rose Hope

UNDERCOVER of a sky resembling black velvet, studded with stars, a

pyramid of orange coloured flames leapt and danced within a circular pit constructed of rocks. It lit up the surrounding

tall gum trees, their limbs standing out in weird and wonderful shapes.

Our leader sat head in hands despairing that

the choir he was trying to organise (the bellowing bull frogs) would ever sing the same line of the selected song or at least the same song. Suddenly amidst the awful chaos, came the most hauntingly beautiful sound as one of the mob (not a frog) began to play his mouth organ.

The magical day had started with us being picked up by bus for a delightful drive. Hugging the foothills, past green pastures, home to cattle, sheep and horses, we finally arrived at the little township of Dwellingup. We walked from a tiny hut down the hill where some of us adjourned to the Blue Wren café for a coffee fix.

Others wandered past streets decorated with flower boxes and cottages with colourful gardens to a craft shop where we soaked up the atmosphere, spoke to the lovely lady in charge and made our acquaintance with Basil, a charming liar who won my heart when he greeted me with 'aren't vou gorgeous'. pity he was a cockatoo.

Travelling on reached Pinjarra where after lunch in the park we were taken for a historical walk. We visited the old school and the headmaster's house. Arts, crafts and op shops were

in abundance to help us part with some of our loot. Meandering down through the heritage rose gardens we passed post and rail fences on our way to the church and graveyard. A walk around by the river took us to the suspension bridge where we finally made our way back to the bus.

We also held the CO-COA games. I have to say I stuffed up with the tunnel ball, but our team won the next ball game. Then there was circle ball. Now this one was a bit tricky. Our lot practised until our skills were finally honed. It was in the bag. We were a cert to win and no doubt about it the award was definitely ours.

However, the umpire who clearly suffered vision impairment, awarded it to the opposing rabble.

By day we wandered along the creek past fields of green up slopes to where one could see out into the blue vonder. By night we played games and had a tipple or two.

The COCOA (Come Camping Out Older Adults) holds affordable getaways and days out for seniors and all are fully catered. For more information call Judy Hampson on 0450 735

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Helping older people cope with pets and keeping them with their people...



Brenda, Tosca and Elizabeth

by Frank Smith

POOPS (Pets for Older People) is all about keeping pets with their people. Pets provide older singles in particular with companionship, a purpose in life and even a reason to get up in the morning.

Dogs may also act as personal trainers encouraging their owners to get out and walk in the open air. Moreover, walking with a dog is a great way to meet other dog owners if you feel socially isolated

However, as we age, poorer health and decreasing mobility limits our ability to care for a pet. Who will feed and exercise a pet if we spend time in hospital or visit our children for a few days?

Enter POOPS. This not-forprofit WA organisation believes that no-one should be denied the companionship of a pet because of age, disability or poor health. They also believe that all pets deserve the best lives possible.

POOPS media liaison person, Priscilla Lynch says POOPs offers assistance for all pets.

"Mostly our services are sought for dogs, but we do care for some cats also, taking them to the vets or changing cat litter, giving medication, things like that."

Over the last decade POOPS volunteers have helped hundreds of clients to walk their dogs, get their pets to the vet for health-care, transport the pet to a boarding facility if the owner goes into hospital, and occasionally feeding and walking pets from the owner's home for short absences.

One volunteer is Elizabeth Campbell (79) of Kalamunda.

"We have always had dogs but when we retired lan (Elizabeth's husband) said we would have no more dogs so we were free to travel.

"I heard of Poops through my daughter. I contacted them and met up with Beth Wright, one of their organisers.

"A few days later Beth called to say she had found me a dog to walk. Tosca a seven-yearold Jack Russel cross belongs to my neighbour Brenda who can't walk." she said.

can't walk," she said.
Elizabeth takes Tosca for a
walk every Tuesday.

"Tosca gets excited when he hears the sound of my car, but he has a mind of his own. He sometimes refuses to go any further."

"What a wonderful idea. Tosca is good company for Brenda as well as me. I also have a chat with Brenda when I call to walk Tosca. I find it very rewarding."

Elizabeth also sometimes fosters other people's dogs for short periods.

"Not more than two or three days as we find you can't go

out leaving a strange dog in the house," she said.

One concern of many elderly pet owners is what happens when they die. POOPS has assisted with rehoming in the past on a few occasions, but this has been just on an ad hoc basis.

"It is definitely something we're looking to get into in the future, however it is not really something we're set up to do at the moment. Usually we try to liaise with other organisations who are set up to handle these situations if they come up," said Ms Lynch.

POOPS 600 volunteers help 350 clients and their pets. They service the Perth metropolitan area from Yanchep to Mandurah, Perth Hills, Armadale to Serpentine, and, more recently, Busselton, Boyup Brook and Preston.

Find out more by contacting them on admin@poopswa. org.au 1300 1100 92.

South Perth welcomes back the historic tram at Windsor Park



TAKE a trip down memory lane and visit the restored tram at Windsor Park.

The B class tram was built in 1899 and ran between Perth and South Perth from 1922 to 1950.

It has been relocated to Windsor Park, close to the original tram line, in acknowledgement of the role that the trams played in the development of South Perth. It provides a glimpse of life that was once commonplace. The area encompasses a unique and rare group of civic and social heritage buildings including Heritage House, the post office, the former police station and the Old Mill Theatre.

The tram was found in a Kelmscott back-

yard and transported to Whiteman Park before being lovingly restored by volunteers from Perth Electric Tramways Society.

Many of the volunteers had travelled on the tram when it was in service.

South Perth Historical Society president Lynn O'Hara said people were excited to see the ferry tram arrive.

"Restoration of the tram has been faithfully executed, the roof was in good condition, but other sections had deteriorated and many wooden parts had to be replaced.

"The tram has been rebuilt to showcase this remarkable vehicle and complements the heritage buildings of the precinct beside Windsor Park," Ms O'Hara said. City of South Perth Mayor Greg Milner said the project is a collaboration between the City, the City of South Perth Historical Society and Perth Electric Tramways Society Inc.

"The City is passionate about conserving our local history, which has a long and interesting past. The tram will provide a glimpse of life that was once commonplace in the area," Mayor Milner said.

The facility is now open to the public. For more information on the local history of South Perth visit southperth.wa.gov.au/localhistory or the South Perth Historical Society via their website southperthhistoricalsociety.org.



Let's band together to support local business this Christmas and beyond



Vince Garreffa with 36kg traditional Parmigiano cheese wheel

by Allen Newton

WEST Australians have shown they care about small retailers with a show of support through the COVID-19 pandemic, pandemic, says Inglewood butcher Vince Garreffa from Mon-

It's something he hopes will continue to Christmas and beyond.

"We've been seeing

a lot of people going to smaller shops because they could see how much of a crush it was in supermarkets and they could see how supermarkets could not turn around and replenish stocks over-

night," Vince says. "Small businesses, even if the cabinet was empty, are able to go around the back and grab some more product which has been a big plus for local shops."

Vince believes there has been a 50 per cent downturn in interstate supplies which has also played a role in retail availability.

"The longer distance produce has to travel the more difficult it becomes."

Vince is also concerned about government's willingness to open up Australia to overseas suppliers.

"I'm very concerned the government just keeps on opening up the doors for overseas companies to supply more and more into Australia, whether it's pork or fruit - and they don't realise what they are actually doing is signing a death warrant for those industries in our country.

"We have some of the best produce in the world, but the people who are paid to pick it are paid Australian wages and our overseas competitors are using Third World labour at lower wages.

"It also means we're getting produce out of season to us, that is in season in America, Europe or Africa. To me it's a criminal act that's helping Australia bleed to death.

"We'll get to the stage where the stone fruit people will all go bankrupt and we won't eat stone fruit at Christmas time and can only eat it during the winter months when it's ripe in America.

"What I get upset about

is sometimes when there are peaches available in winter time because they come from America, I've seen them selling for \$15 or \$20 a kilo and when our local ones come out they're \$6 to \$8 and they're knocked down by supermarkets so they sell them for \$3 a kilo.

Vince believes Australians have woken up to how much damage can be done when they can't get services because Australia is no longer producing them.

'You can't have a country like ours that doesn't even make a wheelbar-

"It's not acceptable."

Support Lifeline in a cheese cutting ceremony!

Inglewood butcher Vince Garreffa is more than part showman. And when he combines his butchery skills with a bit of theatre, it's a real work

Throw in anything to do with his Italian heritage and there's little that's more entertaining.

So stand by Vince takes centre stage for a Lifeline charity event to celebrate the third birthday of the cheese with what Vince says will be Western Australia's first public celebration of the cutting of a 36kg traditional Parmigiano cheese

"This stuff is not normally seen in public and as far as I know the public has never been invited to see one of these in Western Australia," Vince

The birthday party for up to 100 guests will be held on 26 November at Vince's Mondo Butchers Shop at 824 Beaufort Street in Inglewood and will feature an Italian banquet as well as the theatre that takes place

around the cutting of the cheese wheel.

porchetta roast (suckling pig) will be the centrepiece of the feast and drinks and entertainment will also be supplied with Italian foods and an-

All profits from the \$125 per person tickets which can be found at www. birthday.mcwlifelinewa. events will go to Lifeline.

Cheese from the wheel will also be available for purchase with prices ranging from \$75 for a kilo to \$260 for 5kg.

Vince says most of the cheeses these days are machine cut, but the old world still cuts it by hand with small stainless-steel knives.

"We're going to show people how we can cut it down into some large pieces before we finish it off in smaller pieces with the saw for people to buy one or two kilos," Vince

says.
"It's an amazing thing to see happen."

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Where opinions matter - justice comes at high price - here's the lowdown on lawyer's fees



by Lee Tate

WITH astronomical legal fees charged across Australia, justice comes at a high price. But there may be light at the end of the tunnel for the many of us in the middle-class who, unlike criminals and the poor, don't have millions of dollars in assistance available to us.

Fat lawyers' fees are, of course, no deterrent

to those who can afford it and those who can't afford not to have it. Highpriced lawyers are never short of work.

Specialist High Court barrister Bret Walker, for example, represented Cardinal George Pell and Lloyd Rayney in his appeal before being taken on by billionaire Andrew Forrest in his appeal.

At Mr Walker's level of the law, expect to pay about \$20,000-a-day!

WA's retired brilliant lawman, former Chief Justice Wayne Martin, was engaged by tax-payer-owned Insurance Commission of WA, in the settlement of Alan Bond's collapsed Bell Group, at \$10,000-a-day. In the legal world, the expert law-

yer came cheap.

Irksome to many taxpayers was the dosh doled out to lawyers by Legal Aid WA for the defence of Bradley Edwards in the Claremont killer case, more than \$3 mil-

The office of the Director of Public Prosecutions also gets \$6.14 million of taxpayers' money. Each criminal trial costs \$13,500-a-day. But in the Edwards case, an extra \$800-a-day was allocated to cover more staff resources and videostreaming of the trial to the court media room.

WA Law Society president Nicholas van Hatten tells me that 'quite a lot of work' is required by modern-day lawyers in both

understanding the facts and applying the law.

"When it's more complicated, there's more to consider," he said.

Lawyers, under constant questioning of their fees by clients, are truly in a super-high cost business. Mr van Hatten said it could perhaps be compared with the nation's high-cost medical business.

The difference was medicos are in a health insurance system, tempering consumer costs.

WA's Legal Aid offered some assistance to the public, limited by State budgetary restraints.

Big news, largely missed, is that WA's Chief Justice Peter Quinlan, 48, father of five, has vowed to try to make the courts more accessible to the person on the street.

As a barrister, the former Solicitor-General Mr Quinlan represented the family of Ms Dhu during the inquest into her death in custody. He was also counsel assisting Corruption and Crime Commission hearings investigating the wrongful murder conviction of Andrew Mallard and the police tasering of Kevin Spratt.

On his recent appointment, Mr Quinlan said: "The single biggest issue to our justice system is access. There is a large, unserved middle in the justice system.

"The very wealthy have

access to justice and a small proportion of the very poor have access. There is a large group in the middle where access to justice is often theoretical rather than real.

"That will be the aim - enabling ordinary men and women to access the justice system to vindicate their rights or claims, the same way the top end of town can."

There are 6,000 lawyers in WA with more junior lawyers than there used to be, says Mr van Hatten.

Most students at WA law schools are women but the majority of practising lawyers are men. Fifty per cent of law graduates are not working in the law.

The Law Society represents lawyers in many

areas including revision of State laws coming through parliament and on committees, including reviews of their fees.

Mr van Hatten invites readers to contact the Law Society for help. He said Legal Aid was available to some low-income people and the society's website carries a list of lawyers suited to different areas of law.

There was also the Citizens Advice Bureau and other community-based legal support including legal-help centres in Fremantle, Subiaco and Gosnells, where advice could be free or low-cost.

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

continued from front cover Celebrating the people's museum by Lee Tate



Suspended from the ceiling is an old museum favourite, the skeleton of Otto the blue whale, washed ashore in the late 1890s near the mouth of the Vasse River. Blue whales, still trekking WA's coast, are the world's biggestever animals.

Most frightening is the constructed head of

a megalodon shark, the biggest-ever shark, up to 20 metres long, weighing 70 tonnes, thankfully becoming extinct about 3.5 million years ago.

The head is modelled from a giant tooth, 10 million years old, found near Exmouth. The tooth is displayed alongside the enormous head

The Gogo fish, WA's fossil emblem and interpretations of other extinct marine reptiles are displayed.

Aboriginal stories are woven throughout and there is a dedicated gallery of Indigenous materials and experiences.

The Boola Bardip name recognises that the museum sits on Whadjuk Noongar land and honours the cultural heritage of Australia's First Peoples.

The name Boola Bardip was chosen in consultation with the WA Museum Aboriginal Advisory Committee and the museum's Whadjuk Content Working Group. It was translated and approved by the Noongar Boodjar Aboriginal Language Centre.

A wonderful, rusting ute brought down from

the north-west carries artwork relating to land title and other Aboriginal messages.

Touch-screens provide insight on displays and information can be downloaded to visitors' phones. Teachers can book student tours or, for a fee, engage museum facilitators.

The museum will be free for at least 18 months but will be busy after its 21 November opening with 50,000 invited public guests, chosen by ballot, and nine-day opening celebrations. COVID-19 restrictions of course still apply.

As well as permanent displays, a 1,000 m² space is set aside for visiting exhibitions.

The building is a triumph for international architect consortium Hassell + OMA and builders Multiplex.

Arts Minister David Templeman said: "Boola Bardip is a truly extraordinary experience for Western Australians of all ages."

"You won't get through everything in two hours, in fact you'll need more than a day. But you'll get a taste of what's on offer and you can plan your return visit to explore at your leisure."

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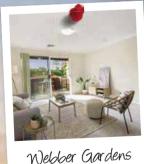
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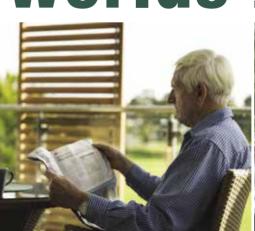


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For crying out loud... Willy Nelson is 87 and changing emotions as one gets older



by Rick Steele

DID you know that Willy Nelson is now 87 years old, and one of his best mates, Kris Kristofferson is a young 84. Both are still recording and touring, but not that often. Understandable.

Recently I saw a clip with Willy performing a John Lennon song with two of his sons. Lennon would have been 80 this year. The performance was exhilarating, brought a tear to my eye, and gave my bucket list a severe kick in the rear.

Three of my offspring are in the music biz and I've been thinking I would like to share a song or two with them one day.

A while back, maybe 10 years or more, I saw a video of a conversation between Nelson and Kristofferson discussing their changing emotions now that they had reached three score and ten plus years. They both agreed that their threshold of sensitivity was now much closer to the surface and that their ability to suppress tears and hide emotion had diminished with age. Ah ha, I am not alone.

With this in mind I decided to lookup 'weep' in the dictionary.

"A grieving mother wept over the body of her daughter."

Express grief, shed

a tear, sorrow, lament. Weep is more archaic or poetic and is about tears. Cry is more about sound. You hear a baby cry. Mrs him saying damn. Jones wept tears of joy when her three-year-old toddler was found safe. And behold, the disciples cried aloud when they

was over. "For crying out loud 'ump' are you bloody

saw their Lord crucified.

Alas, my wife cried aloud

and wailed when Josh

Kennedy kicked a point

and the Eagles season

Apparently, the saying 'for crying out loud' is derived from the much older: "For Christ's sake!" That saying may well be thousands of years old. Biblical even.

"Stone the crows" however is probably only a product of the shearing sheds outback from Ned Kelly days. The worst I ever heard my dad say, was "blast!" He was a preacher. Oh, I remember

For many, including myself perhaps it is a combination of influences that cause us to submit to an increased level of empathy and to shed a tear or two. Age, ill health, medication, lack of sleep, an argument and/or the deterioration of close personal relationships with loved ones and siblings could all lead to leaking from the tear duct.

Lately I have seen more television than usual. Last week I viewed a moving ceremony in honour of the "Firies" who lost their lives last summer. The sacrifice these guys and gals made for their community was truly heroic. I wept for the families

and the nation's loss. I have also been bending tears while watching Anh Do's' Brush with Fame. The courage, effort, energy and result from the diver who, with the other heroes, helped save the young boys trapped in the cave in Thailand left me reaching for the tissues. Anh Do's beautiful interview with Michelle Payne, the Melbourne Cup winner who lost her mother so young, and overcame all obstacles, had me blowing my nose profusely into the cherished Irish linen hanky grandma gave me 30 years ago.

Meanwhile, closer to home, my wife has been regularly visiting Pinaroo, where her father, and recently her mother lies in their final resting place. We have always enjoyed the kangaroos, often

munching on freshly laid flowers. Lately, our new two-and-a-half-yearold granddaughter has joined the team. The visual picture of a mother shedding a quiet tear over the graves of her parents while a toddler enjoys the antics of the 'doodily doos' (kangaroos) also helped bring my sensitive side to the brink.

Keeping all this in mind and thinking back to the strangely different AN-ZAC day held this year, I would like to inform you that Remembrance Day this year will be commemorated at Have a Go Dav at Burswood Park, A ceremony with a wreath laying will held at 11am followed by a light plane dropping a thousand paper poppies from the sky.

Literally hundreds of activities will follow all

day in celebration. Remember, you can read all the details and info with Have a Go News online. www.haveagonews. com.au

The Perth Blues Club is holding its 17th annual memorial show at the Charles Hotel on Tuesday 10 November at 7pm in remembrance of deceased musicians and members.

Bloke goes to doctor to enquire about his wife's health. "Doc", he says, "I'm not sure whether she's got Alzheimer's, (her memory is shot) or maybe she got this covert 19; (she got a cough and flu symptoms) What should I do?"

Doc replies, "Take her for a long drive in the country and drop her off.

"If she finds her way home, lock all the doors! Cheers dears.



by Jon Lewis

MY friend explained it simply: "I wish I had your problem".

I thought I understood and I did not. Do you?

The gentleman before me, further added: "I am almost jealous of your problem" he smiled.

Now I was sure I did not understand.

Carlos kindly, and with enthusiasm, explained it to me as I shall now convey to you.

My confident friend sees a problem as the beginning of a puzzle. A game if you will. There is a beginning, a middle and an end. The end, importantly, is always celebrated with a reward. The beginning is a time for excitement and the middle... well... this was the bit I had a lot of interest in.

First though, his words of understanding.

There are many ways to solve a problem or a puzzle and with varying amounts of time, energy and experience. If you are lacking any of these, you are allowed to ask for advice. My friend tends to avoid someone doing it for him as he is keen to learn from it and better himself. If help was offered it may feel like someone finishing your crossword or completing your Rubik's Cube.

So advice is first on the list. This can be gained from videos of other people completing the task (my favourite source), friends or as I did on this occasion... talk to someone at a gathering.

Do you think most people like to give advice?

I asked what happens when you get stuck? What happens when you feel you just need to be stronger?

He smiled and said, "then you need to take a break... think about it and try again tomorrow".

Delving into ways to solve problems and puzzles with confidence

Ah ha! That really works for me. Now when I have a quiet moment or as I am drifting off to sleep I find the problem or puzzle unwinding in my mind... as I drift off to sleep. It is surprising how many solutions come that way.

What if it's a big problem, one that really can weigh you down?

On occasions like these a plan is required.

This can be formed with advice from people you trust and love. You may even find they may want to assist you to solve the puzzle.

These puzzles can be anything from mechanical to money, personalities to property or hard work to exercise. Is it how you look at it? For some puzzles I will

employ a paid solution as of this moment I do not have the confidence and experience. Simply start with the small and gradually work up.

Each Friday night, as you may know, I provide my darling wife Gloria with 'The Restaurant Experience'.

At first my confidence was low... it was packet sauces all the way. Now I am confident to actually make a sauce that came not from a packet but from experience.

If you appear to fail... it means you have not yet finished.

With each correct solution confidence grows as experience grows.

Confidence is a wonderful thing!

All the best.

Retirement looks different with a **Reverse Mortgage**



An avid traveller and adventurer, Cheryl Collins (72) is not one to sit back in retirement. Working as a nurse for 47 years, Cheryl had built significant equity in her home. Wanting to make the most of her well-deserved retirement and do what she loves most – travel, Cheryl looked at options to access these funds. Realising that a P&N Bank Reverse Mortgage was a way to unlock the equity in her home, Cheryl's retirement took her on a string of new adventures.

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Before taking out a Reverse Mortgage product, seek appropriate advice and consider if the product is right for you.



Nannas standing up to demonstrate against devastation of the forest



Karen Majer (left) and Jann Lane make a statement

small patch of forest for

a few symbolic hours and

that soon the police will

arrive to move us on. In

the meantime, we gather

compose hand-written

letters to the Government

begging that logging of

our precious native for-

ests cease. People take

out knitting and books,

share muffins and take

the opportunity to wander

into what's left of the for-

est to bear witness to its

destruction. The mood

swings from defiant ca-

stopped logging old

growth forest in 2001 but

much high conservation

Australia

maraderie to sadness.

Western

photographs and

by Karen Majer

IT IS 2.30am and I'm in a convoy of cars heading east from Margaret River to the Helms Forest. The long train of headlights in the darkness is a spectacular sight. The driver of my car is 80 years old and a great grandmother. Most of the more than 40 people on the road count themselves as nannas – hence describing ourselves as "Nannas for Native Forests".

An hour later we park on a dirt road and walk into an area being logged. It's eerily quiet and our torches pick out piles of logs and trees pushed over by heavy machinery. It's not until dawn that we see the true extent of the devastation. Some tiny campfires in a clearing provide a welcoming place for our folding chairs and we unpack thermos flasks and home-baked goodies to share. As the sky lightens, we can see our surroundings. A huge pile of jarrah logs, already decorated with protest banners, dominates a largely flattened landscape littered with trunks and branches. A few trees remain standing, marked with an H that denotes 'habitat tree', and some brave little wildflowers poke up through the branch litter. Someone calls out that they have spotted an orchid. There are no sounds of birds but soon the first rumble of heavy machinery comes from nearby.

We know that we are preventing work in this

that are hundreds of years old, fell through the cracks in the definition. This forest doesn't meet the definition because it has been logged in the past, so it isn't protected. It isn't spectacular. But it is - or was - vital habitat, home to breeding pairs of Carnaby's, Baudins and redtailed black cockatoos and many other animals. The forest has been the release site for cockatoos from the neighbouring Jamarris Black Cockatoo Rehabilitation Centre in Jalbarragup for the past 20 years.

Baudin's cockatoos are listed Endangered: Schedule 1 – Western Australian Wildlife Conservation Act and Endangered: Federal Environment Protection and Biodiversity Conservation Act. They are also on the International Union for Conservation of Nature's Red List of threatened species.

Only 10,000 of these intelligent long-lived (25–50 years) birds remain. Pairs form strong monogamous bonds and will mate for life and they successfully raise only about one chick every two years, nesting between August and December in hollows of karri, marri and wandoo trees. Our best chance of saving them is to protect their forest habitat.

Finally, the police arrive and after some negotiating, we decide to move out. We have made our point and respect that the police have a job to do. We bear no malice towards the loggers we drive past on the way out. They are just blokes earning a living. We are exhausted.

Now the experience has sunk in, I feel deep distress at what I witnessed.

As a biologist I know that displaced birds will not simply find another home. Nesting hollows are in short supply and suitable tree holes in nearby forest that has been excluded from harvesting are probably fully occupied, including by other parrots and European honeybees. The 'habitat trees' that remain stand like lonely sentinels in a devastated landscape. Trees and other flora will regrow in time but under pressure from disturbed water balance, weed invasion, fire, changing climate, dieback, marri canker and increased access by feral predators, this forest will struggle to regain its ecological value.

Suitable nesting hollows for cockatoos take 130 to 220 years to develop. The World Wildlife Fund says: sadly the Baudin's black cockatoo may not be around long enough for us to learn its secrets. They are just one of many of our endemic birds, reptiles and mammals facing extinction.

Scientists stress the urgent need to reduce greenhouse gas emissions and to increase carbon storage in soils

and vegetation, if we are to reign in destructive climate change. Clearing and burning the biomass that remains on the forest floor after felling contribute to carbon release. Old trees store more carbon in proportion to their size than young trees so, while tree planting is a vital strategy, preserving native forests is a sensible place to start.

More than sadness and even anger, bewilderment is the major emotion. How does this logging make sense? I did some research. It doesn't.

Much of the best quality timber has already been taken, so high value

uses like flooring and furniture are limited. Over 85 per cent of logs end up as products such as charcoal, woodchips or firewood. There are other ways to meet our requirements using plantation timbers and innovations like hemp for construc-

Native forest logging is not financially sustainable. The industry runs at a demonstrated cash loss that is covered by plantation logging and sandalwood, greatly reducing the dividends due to the State. At the same time, sustainable uses of native forest such as tourism and beekeeping are dam-

aged. Direct employment is quite low – I've seen figures indicating there are fewer than 300 southwest jobs in logging and timber trucking.

It's time to stop. I'd like to see a revision of the legal definition of old growth forest and, better still, a ban on logging our remaining forests. They are worth more standing.

If you feel like me and the other Nannas for Native Forests, you might like to make your voice heard. You can find out more and sign a petition at wafa.org.au/ or join the Facebook group www. facebook.com/Nannas 4NativeForests/



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As it Happened - beyond the stories... A look back into the heady days of WA Inc



by Lee Tate

SHOCK Treatment for WA - the headline, 30 years ago, said it all.

When I open my yellowing reporter's files on the WA Inc Royal Commission, the enormity of it is gob-smacking, even now.

The whole nation, especially Australia's business, political and legal sectors, were riveted to the evidence every working day for 13 months.

Such was the national interest, I was appointed by the national business daily, the Financial Review, to cover just the one story - taking over the baton from former WA journo, the impressive Jenni Hewett.

Brian Burke, Australia's youngest Premier at 36 when sworn-in, headed an entrepreneurial government, the likes of which had never been seen in Australia

What the government and business were doing were breath-taking: mixing business with politics - and pleasure and risking truckloads of public and private For more than a year,

the evidence poured out for three hard-pressed royal commissioners: retired judges Sir Ronald Wilson and Peter Brinsden, both in their 70th year, and chairman Geoffrey Kennedy, 60,

seconded from the WA Supreme Court.

Every day, teams of Australia's lawyers ioined the iumble of journos and some public observers in a St George's Terrace high-

The tribunal trio linedup on the bench until swamped by the huge list of public-private dealings facing them and then split into three hearings with single judges listening to different cases.

After nine intense months, only three areas (albeit huge) had been completed:

The Fremantle Gas & Coke sale in which Yosse Goldberg made \$16 million in 13 months; the Northern Mining diamond deal which witnesses said gave Alan Bond a \$15 million windfall; and Dallas Dempster's windfall, the Burswood Casino licence.

They then got stuck into many more including Rothwells the merchant bank and its companion pieces, Kwinana petrochemical proposal, Bell share deal and St George's Terrace land sales which put hundreds of millions of dollars into the pockets of Laurie Connell and Robert Holmes à Court and cost the State at least \$800 million.

So many other areas came into the spotlight as the cost of the commission soared past \$30 million. Hay-days for lawyers and media.

Revelations poured out about life in WA for the wealthy and wellconnected.

Laurie Connell was never low-profile. He bought six houses in 1988 for \$7.5 million and then demolished them to create his "superblock". But he sold it 16 months later when Alan Bond offered him \$9.6

Evidence showed Laurie Connell was milking money 'out the backdoor' of Rothwells, while the government and tycoons were pumping-in funds in the front door to save the merchant bank from collapse.

A bureaucrat arranged for the Government Employees Superannuation Board to slip \$50 million into cash-strapped Rothwells without official authorisation.

It didn't work.

Robert Holmes à Court sent shockwaves across Australia when he almost won control of BHP, revealing that he planned to move BHP's headquarters to Perth.

In the roaring 80s, money poured in-andout of business and governments and Mr Burke wanted to get things done in the State. He set up a Leader's Account to give him direct control over some of the

money.

Contributions to the Labor Government came from Mr Dempster, who won the casino licence, \$400.000: John Roberts. the casino contractor, \$300,000; Yosse Goldberg (who made \$16 million selling Fremantle Gas & Coke to the State), \$300,000 and Mr Connell, \$300,000 - with another \$250,000 for the 1987 federal election.

Lang Hancock gave nearly \$1 million to Labor Party funds between 1982 and 1989. Bond companies contributed \$2 million in 1982-1989 with \$930,000 of it in the year before the 1989 State election.

Day-after-day, weekafter-week, month-aftermonth the show went on: 1.000 summonses, 700 witnesses and three million pages of records.

Dedicated reporting came from Margot Lang, Grace Meertens, Guy Houston Alan Carpenter, Jane Hammond, Mark Irving and others.

Sign of the times: On one of those halcyon days, Laurie Connell pulled into a petrol station on Stirling Highway to fill-up his Mercedes. Paying at the counter, I saw him peel-off a \$50 note from a thick wad of cash he could hardly get his hand around. It's a memorable image.

Connell died bankrupt in 1996 with a deficiency of \$341 million plus outstanding claims of \$60 million.

Infection control expert to speak at northern suburbs retirees club

THE SPEAKER on the 19 November meeting of the Association of Independent Retirees (AIR) will be Norman Davies who is a retired infection control specialist. Norman lectures at Murdoch University.

His wealth of knowledge on this subject will be most interesting given the difficult times that the world is experiencing with the Covid-19 pandemic.

The 17 December meeting day

will be the Christmas lunch which is being held at the Gleneagles Reception Centre at 12 noon. Members \$35, non-members \$45. Anyone interested in attending please contact AIR as soon as

Planning is underway for 2021. The speaker for the meeting on 18 February 2021 will be Ashley Merrett who is the Community Ambassador and Community and Stakeholder Engagement person for NBN in Western Australia.

Under the current WA Covid-19 rules AIR is restricted with the numbers of people in the meeting room. For those who wish to attend as a guest please reserve a seat by registering your interest with Mike Goodall.

Meetings are held at the Penistone Park Community Sporting Facility, 27, Penistone Street, Greenwood.

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

The membership consists of people who derive at least a portion of their income from independent means, however, at least half of the members rely on the Age pension for a substantial part of their income.

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.

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

Claiming a UK pension when you have lived overseas

by Mike Goodall



MANY people who move overseas are not the UK and planning to aware that years worked continue to work must in Australia up to the pay National Insurance 6 April 2001 could be contributions. In that taken into account when case paying for shortfall qualifying for a UK State years while in Austra-Pension. lia might not be a good

However, the calculation is not straight forward because of recent UK State Pension rule changes and whether or not you are claiming an Australian pension.

If you use years working in Australia to qualify for a UK State Pension and you chose to return to Australia (or any other country) to live, those vears will then not count towards a UK State Pension. They can only be used to contribute towards a UK State Pension provided you are resident in the UK.

Anyone going to live in idea. Once you reach maximum pension level, additional contribution years will not count towards a UK State Pen-

Under the old state

pension system, a woman who was divorced could substitute her ex-husband's National Insurance record for her own up to the date of their divorce for her basic state pension entitlement. This very often results in a significant increase from the standard 'married woman's rate' of £80.45 to £134.25 if her husband has a full contribution record.

For women who divorced (and did not remarry) before state pension age, any claim based on her ex-husband's NI record should take place when she claims her state pension. However if the divorce takes place after retirement, there is no automatic process for this to take place. Women (and their advisers) need to make a claim.

Lane Clarke Peacock Pension Service report: "Every year thousands of women over state pension age get divorced, but many may not be aware that they can qualify for a state pension boost as a result. Worryingly even some financial advisers, lawyers and Department of Works and Pensions (DWP) called handlers seem to be unaware of the rules.

"Any woman who reached pension age before 6 April 2016 and has since got divorced should contact the DWP if she is not on a full basic state pension to see if she is entitled to an increase based on her ex-husband's contribu-

Family Court lawyers and advisers sav that state pensions are rarely given much attention in later life divorce cases.

Am I UK State Pension Age?

UK Expats born between 6 October 1954 and 5 April 1960 will be eligible to claim their UK State Pensions from their 66th birthday. For those born after 6 April 1960 the age at which they can claim will increase by one month extra for every additional month of birth until 6 March 1961 when it will become their 67th birthday.

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

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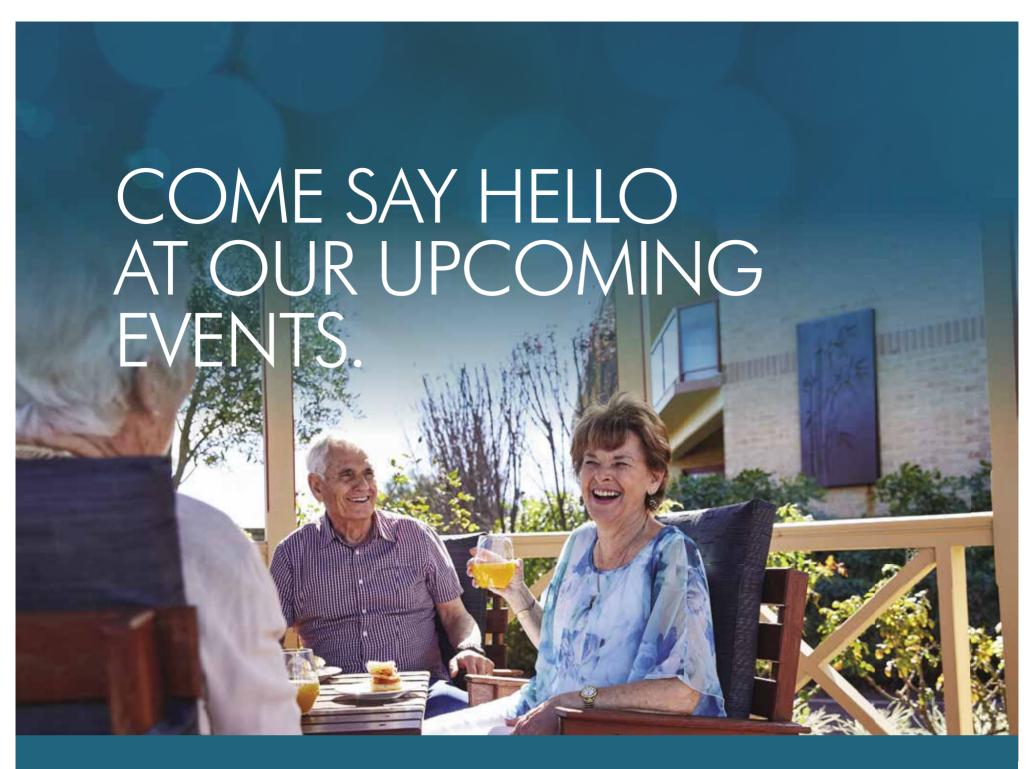


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Our community events are a fun and convenient way to immerse yourself in village life.

You'll be able to experience the culture within our villages and talk to residents and staff in a relaxed setting.

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FREE EVENTS

MANDURAH VILLAGE FETE

Kick start your weekend with morning tea, pop-up stalls such as cakes, mosaics, crafts, Christmas decorations and more.

When: Saturday 14th November 2020

Time: 9 am to 12 noon

Location: 23 Lady Brand Drive, Greenfields

BICTON OPEN MARKET DAY

Join us for a fun morning filled with pop up stalls, complimentary rides on trishaw ebikes and a live 6iX broadcast by John "Burgo" Burgess and Brad "Potts" Pottinger

When: Friday 20th November 2020

Time: 10 am to 2 pm

Location: 153 Stock Road, Bicton

MADD

MADDINGTON VILLAGE TWILIGHT TOUR

Bask in our village's serene atmosphere during the sunset and catch a glimpse of our village lifestyle in a different light.

When: Thursday 26th November 2020 (RSVP essential)

Time: 6 pm to 7:30 pm

Location: 99 Burslem Drive, Maddington

P

MANDURAH CHRISTMAS LIGHTS TOUR

Celebrate the Christmas spirit with us before we embark on village tours to better appreciate our residents' creativity in Christmas decorations.

When: Thursday 10th December 2020 (RSVP essential)

Time: 6:30 pm to 8 pm

Location: 23 Lady Brand Drive, Greenfields

Contact us today on 1300 88 98 35 or sales@arcadiagroup.com.au

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Top ten handy tips for writing your life story with style...



by Lee Tate

LIFE stories have a life of their own. They can swallow you up. A bookwriting strategy will save you time, frustration and money.

Who, seriously, is going to be fascinated with your life story? Be realistic. Stories that wow publishers are as rare as a numbat's teeth. Even

many good stories don't make it to commercial publishina.

The world's first bilauthor, J.K. lionaire Rowling, was rejected by a long list of publishers who couldn't see the wizardry writing in Harry Potter.

But if you believe your story is worth pitching to publishers, look up their websites first to see

what they want: usually a synopsis, a couple of sample chapters and photos.

But for the millions who want to get their lives down in print for the family record and perhaps friends, there are different directions.

Work out how many copies you will need adding some spares. With modern print methods, you can get a small print-run and print more later if needed

Visit a print place - it doesn't have to be a professional printer who might find your printrun too small, anyway such as Officeworks and ask them about book binding, sizes, costs and types of covers.

You don't have to write a brilliantly fluid tale. And it doesn't have to be

One option is to compile a book-of-record with photos. Just write captions, cryptic or long.

Also, compile a simple list of your life's evolu-1949. Born to Holly

and William Johnston in Sesame Street, Floreat, on August 12. My first memory was...

1955. My kindergarten days, the sandpit. Siblings.

And so on...

Many readers appreciate fewer words.

Draw-up a list of chapter headings (1949-1959; 1960-1965 etc) will make it much easier to write and compile. You can dart back and forth between these chapters when something springs to mind about a certain time-period.

Don't underestimate time it can take to write a memoir. A Queensland mining millionaire (not Clive Palmer) sent someone to ask me "ghost-writing" about his memoir. By outlining everything required of him, I talked him out of it. He wasn't ready.

When I explained the decisions that had to be made beforehand (hard cover? For family, or clients or both? photos? Had he prepared anything) he went cool.

Clearly, for him to produce the sort of book he had in mind (grand), covering his personal and business life was going to take a mighty commitment.

Would he be available at regular times without being called to work meetings? Could he allocate hours at a time to sit down and answer questions and to find

photos and documents? To check details with family, friends and colleagues past-and-present?

The good news for the average writers of life stories is that it can be done cheaply, efficiently and without becoming a heavy burden.

There are helpful publications available like A Grandmother's Memory Journal (Hardie Grant) and How to Write Your Life Story – 10 Easy Steps (Jo Hamlet).

Some set it up for you with memory jogs (siblings, first home, pets, fashions, hopes, successes, fun, challenges) and provide the blank pages for you.

10 Tips:

1. Visit a print place to decide book size and

2. Compile chapter

3. Compile photographs, in order. Write captions. 4. List your life's key dates with happenings (for front or back of the book where readers can quickly see when you were born, key names, where you worked etc). Allocate regular writing time: e.g. Monday, Wednesday, Friday 9am-10am.

Keep writing – mistakes, typos and all. Get it all down in those chapters. Then edit and fix faults.

7. Be prepared to revise, revise, revise. Don't overwrite. Keep it mostly light. 8. Set a deadline. Be disciplined on writing times. 9. Check manuscript with loved ones on sensitive and personal matters. 10. Enjoy the process of writing your own mem-

Win a waterproof Kindle eReader



THIS month Have a Go News has a Kindle Paperwhite Waterproof eReader 32GB WiFi to give away. One lucky reader will have the opportunity to enjoy this fabulous device.

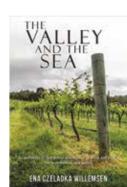
Kindle Paperwhite eReader has a waterproof design so you'll be able to read your favourite books by the pool, at the beach or in the bath without worrying about damage from moisture.

It features a thin and lightweight design and a unique screen that's designed to look like real paper in almost any environment. The touchscreen display has 300 pixels per inch (PPI) resolution and is glarefree to keep your eyes comfortable while you read. There's an adjustable light so you'll be able to get the right degree of brightness for your needs. It comes with an internal memory of 32GB so you'll have plenty of space to store your books. It also features WiFi connectivity so you'll be able to download new books. The long lasting battery can go for up to 42 days before you need to recharge. What a fabulous prize for someone to win.

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Local author supports *Have a Go News*



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

There are snippets of local history throughout

The author's father settled in Australia in 1924 as an immigrant from Croatia. He established a vineyard in Herne Hill where his knowledge of viticulture from the old country was put to good use.

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

Reader and author Ena Czeladka Willemsen has very generously donated books to Have a Go News to sell.

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

Perth's most loved three-in-one market is back...

COMING at you in November, the Treasured Craft Creations' 3 in 1 Market @ Showgrounds fair is just in time to get your Christmas sorted with unique creations from local small businesses.

The fair is on Saturday 14 and Sunday 15 November from 9.30am to 4.30pm at Claremont Showgrounds. Things may be a little different with social distancing, but it will be an event not to be missed. At the fair people can visit more than 300 indoor market stalls.

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 different qualitv 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 admit-

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. 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 one of 15 double passes to 3 in 1 Markets simply email win@haveagonews.com. au with market in the subject line or call the Have a Go News office during business hours (Monday to Friday 9am to 5pm) Competition closes 12/11/20.

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Post completed form to Have a Go News PO Box 1042 West Leederville WA 6901 Books can be purchased from the office Monday to Friday 9am-5pm. For further information contact Have a Go News on accounts@haveagonews.com.au or 9227 8283.

Advice for those thinking about using the family home to help out the kids



by Hank Jongen, General manager Services Australia

IT'S been a challenging year, and I know there are many older Australians out there who are looking for ways to best support their children through this difficult time. That's

why this month I'd like to share some information with you about gifting. If you're getting an Age Pension, it's important to remember how Services Australia treats gifts and how it could affect your pension.

We've received many calls on this topic. Here are some of the common ways people are helping out their kids, and some considerations to keep in mind when doing so.

Giving away assets

The amount you can gift is \$10,000 in a single financial year, and \$30,000 over a rolling five financial year period. This can't include more than \$10,000 in a single financial year. If you gift assets over these amounts, the excess will be treated like it's still sitting in your bank account for five years from the date of the gift.

This means if you tell us you've taken \$50,000 from your bank account to give to your child, Services Australia will reduce your assessed bank balance by \$50,000 to reflect this. As long as you haven't given any other gifts in the last five years, the allowed

amount of \$10,000 for the financial year will be taken off, and the excess of \$40,000 will be kept on your record for the next five years.

Have the kids moved back home?

Your kids might be thinking about moving back into the family home for some stability and to save some money to get back on their feet.

The good news is, if your child moves back in with you and pays board or rent to help cover costs, this isn't treated as income for the Age Pension and your rate of pension won't change.

This is also the case if your child is living in a self-contained unit attached to your home property.

Gifting property to your children
It can get a little com-

plicated if you're thinking of changing your title deeds on your property, or building something for the kids to live in. If you're considering this, strongly encourage you to speak to one of our financial informaservice officers. tion They're experts about pensions and accommodation issues and provide free and impartial information to all

who asks.

If you'd like to speak to one of our Financial Information Service Officers, call us on 132 300.

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.

Join us online: www.haveagonews.com.au UPDATED DAILY

Want your retirement financial questions answered?



THE TEAM from Sage Retirement Specialists is offering readers the opportunity to have general financial questions answered each month.

Do you want to know about getting a part pension? How much do you have to earn to receive a health care card? What happens about earnings from shares? Do you need to put in a tax return if you receive the pension?

These and more questions can be answered in a general manner. Send your questions in via email to info@haveagonews.com.au with Finance in the subject line, or write to Finance C/- Have a Go News PO Box 1042, West Leederville 6901.

Free concerts for retirement villages and nursing homes



WILL Griffith thanks *Have a Go News* readers for responding

to his request for a banjo and for musicians to join his band.

He received two banjos. One has been given to a community band in Bunbury who will use it in their concerts.

Will is now is in a position to offer the band's services to play free concerts featuring the best of the 70s music.

The band is available for free performances from mid November and they look forward to spreading some musical joy around the Perth metropolitan area.

To organise a concert please contact Will on 0484 769 796.



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Age is no barrier at Have a Go Day, a LiveLighter Event,

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

DON'T miss the opportunity to attend this activity and information day for over 50s which falls on Remembrance Day. The official welcome at 10.30am will include the Ode and Still and an address by Minister Mick Murray MLA. The Victoria Park/South Perth and Districts RSL sub branch will be in attendance along with 10th Light Horse Kelmscott/Pinjarra group and the WA Police Pipe Band. Come and join us in acknowledging our service personnel

All Covid safety requirements will be adhered to including social distancing, hand sanitisation provisions and extra space to enable people to enjoy the opportunity to once again be in the beautiful grounds of Burswood Park.

Have a Go Day, a LiveLighter Event would not be possible without support from our partner Live-Lighter Healthway and our major media partners Have a Go News, 882AM 6PR and Channel 7 to which SRCWA is very grateful. We also express a huge thank you to all our valued sponsors and supporters of Have a Go Day, a LiveLighter Event. These include Burswood Park Board, Lotterywest, Crown Perth, Have a Go News, LiveLighter Healthway, Department of Local Government, Sport & Cultural Industries, Department of Communities, Channel 7, Channel Seven's Home in WA, 882AM 6PR, Studio TwentySix Photography, Telstra, Ingenia Gardens, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, The Hire Guys and Scarboro Toyota.

Hugh Rogers appreciation luncheon

On Wednesday 30 September, following SRCWA's AGM, 65 invited guests attended the official thank you and appreciation luncheon to celebrate Hugh Rogers contribution to seniors and his retirement as SRCWA state president. "Mr Rogers" as he is affectionately known, began his time with the council in 1992 coming on board to organise an indoor bowls tournament and as they say the rest is history and what a history. Throughout his service and dedication to SRCWA he held the voluntary roles of state president, treasurer, accredited volunteer, mentor and friend. Hugh was instrumental in securing core funding and sponsorship to assist SRCWA to develop and produce its wide portfolio plavina an integral part in expanding the branch network. Growing a wide range of the programs and events he helped guide SRCWA to its position as a peak body for seniors. SRCWA would like to extend its thanks and appreciation to Hugh for the many years of dedication.

Peel Aged Care Games



The SRCWA LiveLighter Aged Care Games for the Peel region were held on Tuesday 13 October at the Pinjarra Recreation and Aquatic Centre. Thanks to the efforts of WA Government, health workers and the community at large that we now find ourselves in an enviable position which allows us to hold these amazing and much appreciated events. SRCWA Peel branch president Jan McGlinn OAM and her group of dedicated volunteers were supported by Alcoa volunteers to present an event for seniors in care which was enjoyed by all. The games were opened by Member for Murray-Wellington Robyn Clarke and the MC for the day was SRCWA state president Phil Paddon. Local legend Eddie Storm OAM provided the entertainment and had people up dancing... Thank you Eddie and Vee. Best presented team on the day was Baptistcare Graceford Facility Mad Hatters Tea Party, in third place was Quambie Park 1, second place was Bedingfeld Deck of Cards and first place by a small margin was Quambie Park 2. Our oldest competitor on the day was 100 years young, May Elvard, from Bedingfeld. SRCWA thanks and acknowledges the hard work by the team from Alcoa Australia, SRCWA state branch volunteers and staff who helped to make this a most enjoyable event for the participants. The SRCWA Peel branch LiveLighter Aged Care Games supported by LiveLighter Healthway, Government of WA, Alcoa and the Shire of Murray. Remember to live lighter by eating a rainbow of fruits and vegetables every day.

SRCWA Be Connected Seniors Tech Expo

As part of the Be Connected network SRCWA held a Technology Expo on 23 October. The theme was Now is the Time to Get Online, and seventy-six seniors enjoyed the presentations from various exhibitors. Through the Good Things Foundation SRCWA was fortunate to secure a Be Connected Grant, which enabled us to provide this much needed educational event. Participants were also treated to a healthy and delicious lunch. Our grateful thanks go to the organisations and government departments that supported the event and a big thank you to the SRCWA staff and volunteers who facilitated the event.

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



HAVE-A-GO NEWS No. 344 NOVEMBER 2020

WOW Swims - have a go at the community swim series



by Tarquin Bateman, Communications and **Events Coordinator – Masters Swimming WA**

LIVELIGHTER WOW Swims Western Australian open water swim series is back with six open water swims between 2020 and November March 2021.

WOW Swims events are for the whole family - with affordable entry costs and no memberships required.

All WOW Swims events will follow the latest Government health directives and COVID-19 safety guidelines.

Choose one of the swims or join in on them

The Lake Swim

Mark your calendar for Sunday 8 November for the 34th Lake Swim at Lake Leschenaultia, Chidlow. This swim is open to all swimmers aged nine years and older, with distances to suit all ability levels. Entries are open now. Visit the Maida Vale Masters Swimming Club website

for more information. Fremantle Ports Swim Thru

Head down to South Fremantle on Beach. Saturday 12 December for the Fremantle Ports Swim Thru - one of the most popular open water events in WA. With distances of 250m, 1600m and 3.2km, there is something for everyone. Registrations are open now, visit the Freo Fins website for more information.

Christmas 10K

The Christmas 10K is a qualifying swim for the

Rottnest Channel Swim, and a great way to try out long distance open water swimming. If you are up for the 10km challenge, or fancy a 3.4km option, the Christmas 10k is happening on Saturday 19 December at Coogee Beach. Entries are open

Swim Thru' Perth

This event is back in a new format on 31 January, 2021 at Matilda Bay, Crawley. Swim Thru' Perth is Australia's oldest open water swim, having first been held in 1912. With distances of 250m, 1600m and 4km, it's a great way to spend a sunny Sunday. Keep an eye on the Swim Thru' Perth website for updates.

City of Joondalup Mullaloo Mile

Next year marks three years of the Mullaloo Mile. With distances of 400m, 800m, 1600m and 3.2km the whole family can participate on 1 March 2021 and cheer each other on. Masters Swimming WA members can also participate in the State Open Water Championships, held as a special wave of the 1600m race. Keep an eye on the Mullaloo Mile website for more information and dates.

Coogee Jetty to Jetty

The Coogee Jetty to Jetty is on again on Sunday 7 March 2021 offering an exclusive bespoke event known as JTJ 24.5 - custom-designed to include a number of changes necessary to comply with all relevant Health WA directives and ensure the safety of swimmers, volunteers and spectators at all times. JTJ 24.5 will have race distances of 1500m and 250m. Entries are limited, so make sure you are one of the 600 swimmers to experience this special event. One to tell your grandkids about. Check out the Coogee Jetty to Jetty website for more information.

Find out more at www. wowswims.com.au.



The clean and clear waters of the Swan River provide a kayaker's delight



Cityscape Garratt Road Bridge

by Ken Westover

HOW lucky are we? What a wonderful river to have in our midst, flowing through the heart of our city.

The Over 55 Canoe Club (O55CC) is indeed fortunate to have this river (OK, so it is an estuary) meandering up through Perth's suburbs, almost touching the city centre at Elizabeth Quay, before continuing inland through

the Swan Valley and up the scarp to become the Avon, whereupon it continues to Toodyay, Northam, York and beyond. Not only do the members of the Over 55 Canoe Club appreciate their good fortune but they are determined to take full advantage of the river by seeking out and exploring every nook and cranny as well as cruising its broader reaches.

In the clean, green wa-

ters of the lower Swan our kayakers have relished taking to the river at Bicton Quarantine Park to paddle upstream to Point Walter, out along the sand spit before cutting across river to Mosman Bay, then Chidley Point for morning tea. Then it is a downstream paddle to Rocky Bay and back to Bicton for lunch. Or sometimes the paddle will start from Chidley Point with a morning tea break at Bicton Quarantine Park before paddling upstream, skirting the limestone cliffs of Blackwall Reach to reach the Point Walter sand bar, following along it before doubling back to Chidlev Point. And another variation on the theme is a paddle from Point Walter downstream to John Tonkin Park in East Fremantle or maybe crossing the river to Point Resolution before circling around Freshwater Bay, on to Chidley Point and back to a beckoning lunch at Point Walter.

Mid Swan, there has been a night paddle across Perth Water from Coode Street in South Perth to Elizabeth Quay and many paddle downstream from Maylands Yacht Club, through Claisebrook Cove and on under Matagarup Bridge to enter the lagoon on Heirisson Island before continuing to Elizabeth

Still further upstream is a favoured start point for a paddle at Garratt Road Bridge. This allows an ex-

InteliCare

ploration of Ascot Waters and the marina as part of a circumnavigation of Kuljak Island. With a high tide this area offers a fascinating maze of meandering channels to explore, poking into every nook and cranny.

Point Reserve in Bassendean always appeals as a club paddle in that it offers not only a downstream paddle to Ron Courtney Island, or an upstream paddle to Bennett Brook and Woodbridge Riverside Park, but also an exploration of the Helena River, which joins the Swan at this junction.

Upstream from Woodbridge, The Over 55 Canoe Club likes to put in at Middle Swan Reserve, where the Middle Swan Bridge carries the Reid Highway across the river. Depending on the conditions of the day, this offers an upstream paddle to Maali Bridge or downstream to Woodbridge Riverside

Then, for the fast water paddlers, when the rains have come to swell the river, Bells Rapids in Brigadoon beckons. Club members rally in Amiens Crescent in Baskerville to shuffle kayaks and cars before transferring to Bells for the descent through a scattering of white water and low grade rapids back to Amiens Crescent

And when the gods have smiled and sufficient rain has fallen, a camp at Toodyay allows for some more white water paddling on the Avon, both above and below the Toodyay township.

No club member is quite sure who put the Swan River there for the Over 55 Canoe Club to play on, but we are sure that the river is a delightful feature of our city, bringing joy to the city's residents and no more so than to the members of The Over 55 Canoe Club. We are indeed blessed.

If you are interested in paddling with the O55CC please contact: club president Iris Mickiewicz on 0438 926 578 or club secretary Dale Winn on 0420 733 024.



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Morris dancers show the way to beat Covid-19 - Covid



by Frank Smith

MAD Tatters Morris team of folk dancers, based in Guildford, have adapted a traditional Morris dance in response to the Covid Crisis. The dance Covid Hey is designed to il-

lustrate the desired Covid behaviours, and at the same time to exercise and have fun.

Covid Hey is based on a traditional English Morris dance called Shepherd's Hey. The adaptation was created by Terry Sweet, a member of the Mad Tatters Morris team. See the dance on YouTube: https://youtu. be/Mi0i0Yh-ljE, filmed by Mike Cheffins.

in the Movements dance start with dancers wearing a mask and illustrating social distance followed by spacing, miming hand washing, coughing into elbows and elbow greeting.

Christine Hogan squire (leader) of the group says: "I would be most happy to teach the dance on Zoom at some stage if there is any interest and/ or if this is appropriate to different cultural settings.

"Our main aims are to have fun, socialise and give lively public perfor-mances to keep the spirit of Morris dancing alive at festivals and community events.

"We perform in co-lourful 'tatter coats' and dance with sticks and bells accompanied by musicians playing accordions, whistle and drum.

"It's great aerobic exercise... Morris dancina with attitude!"

Morris dance is a traditional English ritual dance that has been around in various forms for centuries. Shakespeare mentioned it in All's Well that Ends Well. William Kemp, a comedian and Shakespearean actor danced from London to Norwich in 1599. It took him nine days. He was accompanied by a pipe and tabor (type of whistle) player.

He strained his hip on the second full day of the dance, enduring "exceeding paine"; fell into a pothole near Braintree, and seems to have had his spirits raised by a number of local country girls who danced with him en route.

The style of dancing the Mad Tatters demonstrate is known as Border Morris. Morris has its own

language too. A team is a side and a dancing event away from home turf is a stand.

The Mad Tatters perform traditional and vigorous dances from English villages in the counties of Hereford, Worcestershire and Shropshire on the Welsh border.

Allegedly the original idea was to scare away the Welsh intent on stealing sheep and cattle. But in truth, the real origins, like many traditions, are lost in the mists of time.

Farming people would sometimes raise extra cash at lean times of the year by busking their Morris dances in the city street. They often disguised themselves with black faces so their neighbours did not know what they had been up to as begging was an offence Many of the dances deal with poaching and other activities of doubt-

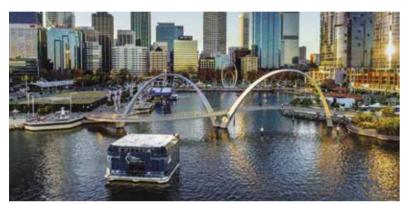
ful legality, which is why the top hats are decorated with pheasant feath-

The Mad Tatters rehearse every Tuesday in the Guildford Town Hall from 7pm to 9pm. No partner or experience is needed and there is no charge. Dancers, including beginners, are always welcome.

Most then retire to the Woodbridge Tavern to rehydrate and listen to live Irish music.

The Tatters love to perform at community events "at the drop of a hat"! So contact Chrstine Hogan for further information MadTattersMor ris@iinet.net.au

Special Swan River stories celebrated on cultural cruise event series on Crystal Swan



CRYSTAL Swan Cruises, in partnership with traditional owner and Nyungar Elder, Kerry Ann Winmar, has launched a new tourism initiative Derbarl Yerrigan Bilya celebrating the cultural history of the Swan River.

Guests will be treated to Kerry Ann's personal anecdotes and tales handed down to her by her ancestors, as well as historical facts on the settlement of the Swan River by white colonists.

Crystal Swan operations manager, Liam Wright says this is a first for Perth, and an important cultural celebration of the area's heritage.

"The Swan River, or Derbarl Yerrigan Bilya, as it's known in the Nyungar language, has been the main conduit between the inland plains and the Indian Ocean for centuries, and holds a special significance for many cultures. None more so than the region's traditional owners, the Whadjuck Nyungar people, who have occupied this land for over 40,000 years.

"We are excited to be able to join with Kerry Ann to bring these valuable stories to the people of Perth in a fully immersive cultural experi-

ence," he said. The cruise takes two hours, and includes morning tea, made with indigenous ingredients such as chocolate wattleseed brownies, quandong shortbread and fingerlime and native rivermint chicken breast, cucumber, lettuce ribbon sandwiches served along with native teas, and coffee.

The Crystal Swan cruises from Elizabeth Quay, around the river to South Perth foreshore, the King's Park foreshore. Heirisson Island and then back to the Quay at noon.

Tickets are priced at \$70pp and can be purchased via the boat's website at www.crystalswan.com. au. The morning tea cruises will take place on the last Saturday of every

The Crystal Swan has teamed up with some of Perth's finest caterers who use elements of 'bush tucker' and native produce to craft menus to suit functions up to 100 guests.

Menus have been designed for morning and afternoon teas. light lunches and high tea, right through to five, seven and nine course degustation menus featuring the very best Western Australian produce, hosted by WA food ambassador Don Hanc-

For more information on the suite of events offered, please contact the Crystal Swan on 0435 909 755.

WIN WIN WIN

Thanks to Crystal Swan Cruises we have 5 double passes to give away on the Derbarl Yerrigan Bilya cruise on Saturday 28 November. To be in the draw simply email win@haveagonews.com.au with Crystal in the subject line or write to Crystal Swan Cruises c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 20/11/20.

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William Carey Court Village **Busselton**

Units from \$215k



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With a variety of locations and unit sizes available, we're sure you'll find an option just right for your lifestyle and budget.

Plus, for a limited time, you can receive a \$1,000 EFTPOS card from Baptistcare when you purchase and settle on a Lease For Life unit at a participating village before 30 April 2021*.

Balladong Country Estate

Units from \$239k



Yallambee Village Mundaring Units from \$199k



Book a tour today Call 9282 8650 or go to baptistcare.com.au



Celebrating International Volunteer Day 5 December

Volunteers giving their talents, so our community thrives



Southcare community ambassador volunteers. L-R, Peter, John, Emily and Stephanie

THE adage of the 'gift is in the giving' has never rung more true, particularly on International Volunteer Day which is on 5 December.

The theme this year is 'Together We Can - Through Volunteering'. One local not-for-profit that relies on volunteers to connect communities and protect the aged and most vulnerable is Southcare, and together they

Chief executive officer, Dr Nicky Howe said Southcare was started by a group of very ambitious volunteers who saw a need in the community almost 40 years ago and responded by providing bundles of baby blankets and clothes. The ethos of giving continued since then.

are helping people thrive.

"Right now we have 40 volunteers helping us continue our giving tradition; they help deliver our purpose to be a proactive carer, contributor and connector in our commu-

nity.
"Our volunteers have gold hearts and caring hands. Last financial year they collectively gave more than 6,100 hours of service equalling a social impact contribution of \$441,158 back into the community."

community

ambassadors are a diverse group with various skills and talents from governing Southcare through being a volunteer board director, helping by driving seniors to appointments, providing

ister Mick Murray said,

"Many volunteer organi-

sations came to the fore

to help our most vulner-

able during the worst of

the COVID-19 pandem-

"These

emergency relief in the form of food or financial advice or working in our Op Shop. They provide a social opportunity as well as a needed community

"Volunteering is incredibly rewarding, I see the ripple effect where little acts of kindness inspire others, they then reap the rewards, and that momentum keeps going in a circular fashion touching so many."

If you have a heart of gold and caring hands and want to volunteer at Southcare, contact 9450 6233 or visit www.south care.org.au/how-to-con tribute/volunteer/.

PARKINSON SUPPORT GROUP Monthly meetings held last Thursday of each month Masonic Hall

COMMUNITY

NOTEBOOK

3A Moolanda Boulevard Kingsley 1.30pm-3.30pm

Guest speaker, afternoon tea, new members welcome

Bev Hannan 0428 053 324 email bevhannan06@gmail.com

MADE ON THE LEFT

Annual Christmas market. Saturday 5 and Sunday 6 December. Fremantle Esplanade Park. Free admission 10am-5pm.

A wide range of products from talented and creative local artists

Art works, jewellery, wood and metal work and much more.

APPLECROSS ROTARY JACARANDA FESTIVAL

Applecross Village Shopping Centre. Saturday 28 November 9.30am-3.30pm. Over 140 stalls, an array of food options and a unique line up of entertainment. An unmissable day out.

FREMANTLE PASSENGER TERMINAL

Thenand Now.

Sunday 15 November 9am-2pm Free event. Fremantle Ports is throwing open the doors to the Fremantle Passenger terminal.

Tours of the building. Photos and memorabilia plus music, morning

www.fremantleports.com.au/events

DON RUSSELL PERFORMING ARTS CENTRE

Presents The Magicians featuring Adam and Selina.

Brother and sister illusionists will stun their audiences with their extraordinary abilities. Fees \$15-\$38

Lot 13 Murdoch Road. Thornlie. Ph 9498 9414 drpac@gosnells.wa.gov.au

FRANGIPANI AND GARDEN FESTIVAL

Sunday 6 December 8am-1pm Frye Park Pavillion Clifton Street Kelmscott. Entry gold coin donation.

Craft and gift stalls, seeds, herbs and plants, and lots more to peruse.

SENIORS FRIENDSHIP GROUP

Every Friday at 10am Barrista House. 14 Pinjarra Road Mandurah Gold coin donation Enq 0412 151 937

DON RUSSELL PERFORMING ARTS

CENTRE DIVAS The Drag Revue. Saturday 5 December

7.30pm-9.30pm Come to sing, laugh and have one heck of a fun night out

Fees \$22-\$38.

Lot 13 Murdoch Road. Thornlie. 9498 9414 drpac@gosnells.wa.gov.au

ANTIQUE AND COLLECTABLES FAIR

Sunday 13 December

10am-4pm Adult \$4 South Perth Civic Centre, Sandgate Street, South Perth

Linen, books, pottery, jewellery, various antiques and retro items etc.

TREASURED CRAFT 3 in 1 MARKET

Over 300 indoor stalls, handmade crafts, vintage market, antiques and collectables. Entry \$8

Children under 10 free Saturday 14 and Sunday 15 November 9.30am-4.30pm

Robinson Pavilion. Claremont Showgrounds.

BLUE MOON CHRISTMAS SHOW

A witty and nostalgic visit to the late 1960s. Enjoy the fun of music and snippets of life in the 60s and feel young again. The performance will be followed by a special Christmas morning tea. Wednesday 16 December 10am-12pm. Cost \$8

City of Vincent Library 99 Loftus Street Leederville

Bookings essential how to book, in person at the library, 9273 6090 or libadmin@vincent.wa.gov.au

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



DEPARTMENT of Communities is providing nearly \$30,000 in grant funding to support community events and activities for Thank a Volunteer Day on Saturday,

5 December.

The United Nations designated 5 December each year as International Volunteer Day - known as Thank a Volunteer Day in WA - in 1985.

Thank a Volunteer Day events will be required to adhere to State Government directions on COVID-19 Safety Plans and Guidelines

Seniors and Ageing



Communicare would like to thank all of its amazing volunteers for actively contributing their time and skills to aid in the delivery of a wide range of community programs throughout 2020.

Would you like to be part of the volunteering team in 2021?

ENQUIRE TODAY

volunteers@communicare.org.au

08 9251 5777

COMMUNICARE





Volunteers at our

Everyday Elves workshop

THANK YOU!

Thank you to all our amazing volunteers supporting our Op Shops across WA

We couldn't do it without you!

ALL 20 OP SHOPS ARE NEEDING VOLUNTEER RETAIL ASSISTANTS, IF YOU'RE INTERESTED IN JOINING THE TEAM, LET US KNOW

For enquiries, please contact: Emma on 0428 208 648 or at emma.shepherdson@savethechildren.org.au







The Community Visitors Scheme (CVS) is an Australian Government initiative which aims to support elderly people in aged care facilities who may be lonely and at risk of social isolation.

We provide visitors for residents living in the south-east region of Perth, whose quality of life would be enriched by friendship and companionship. If you could spare one hour a fortnight to be a friend for an elder, then we would love to hear from you!

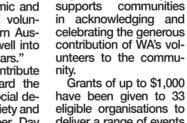
> **Contact: Mionette Becker** mionette.becker@riverview.org.au 9416 0103



about 80 per cent of Western Australians are involved in volunteer work of some kind, and the socio-economic and cultural value of volunteering to Western Australia measures well into the billions of dollars."

Volunteers contribute significantly toward the economic and social development of society and Thank a Volunteer Day events are an important way to celebrate and recognise these contri-

The Thank a Volunteer



have been given to 33 eligible organisations to deliver a range of events and activities including award ceremonies, workshops, seminars, morning and afternoon teas and excursions.

Saving the children...

SAVE The Children (SCF) supports families by tackling issues at a community level to help children get the best start in life.

They focus on standing up for children's rights, health, protection, education, and crisis aid. By working with families and within communities SCF can have an immediate and long-lasting impact. Their work in WA is focused on early childhood development, parenting and family support; youth engagement with an evidence-based approach to program and community

To provide these quality programs, SCF rely heavily on the funds raised from goods sold in their op shops. book stores and fundraising events. They're able to direct 73 per cent of the funds directly to the programs as they aim to keep overheads low so the profits are utilised where they're needed the most.

With the support of more than 700 retail volunteers in their WA op shops, they have made a significant impact on the lives of thousands of children and their families throughout WA.

Their volunteers play a vital part in the organisation and are at the core of what Save the Children do globally, they truly couldn't do it without them. Save the Children thank their volunteers for their dedication, hard work and on-going support.

Starick Op Shop

110 Kooyong Road, Rivervale



Starick Op Shop is seeking hardworking volunteers wanting to join our friendly

It's not what you weigh, it's what you eat that matters as you get older...



Adopting a Mediterranean diet may increase longevity

by Frank Smith

SWEDISH scientists have found that a healthy diet compensates for being overweight in older people.

They followed the health and diet of nearly 80,000 older and middle aged men and women for up to 20 years. They divided their subjects into three body weight categories based on their Body Mass Index (BMI).

High BMI is implicated in four million deaths globally, mostly due to cardiovascular disease. In middle age the lowest mortality is amongst those in the normal (23 to 25) BMI cat-

SEE THE FULL STORY

egory but for older people a higher BMI appears to be optimum.

The researchers looked at how close the subjects' diet was to a Mediterranean style diet. This is characterised by a variety of fruit and vegetables, legumes and nuts, unrefined or high-fibre grains, fermented dairy products such as yoghurt and cheese, fish and olive or rapeseed oil with limited consumption of red meat and alcohol.

The diet too was classified in three categories making nine classes of participants: normal, overweight and obese people at three different levels of adherence to the Mediterranean style diet.

All people who die in Sweden are entered into a national mortality register. This allowed researchers to find out when participants died and the cause of death.

They found the lowest mortality was among overweight (BMI 25-30) individuals with high Mediterranean diet adherence. For all BMI categories the Mediterranean diet reduced the risk of death to below average for the whole group.

However lower BMI did not compensate for a less healthy diet. No matter what the BMI, participants with a poor diet were at higher risk of death. Participants with a normal BMI but a low diet score had an overall mortality risk that was actually higher than that for obese individuals with a healthy diet.

People who followed a Mediterranean diet and were overweight, but not obese, had the lowest risk of dying.

The lowest mortality for cardiovascular disease were in participants with high diet scores and normal or overweight BMI.

"The single most important finding in my mind is that the Mediterranean diet seemed to compensate the negative effect of high BMI on longevity," Professor Karl Michaelsson, who led the study, told the ABC.

"I assumed that some sort of compensation was likely, but I was a bit surprised to see the degree of compensation.

Professor Michaelsson speculates that the components of the Mediterranean diet lowers inflammation and oxidative stress.

Four years ago researchers at the University of Western Australia and Royal Perth Hospital reported a study of over 12,000 older Perth men selected at random from the electoral roll.

They looked at the relationship between three measures of obesity body mass index (BMI), waist measurement and waist to hip ratio - and age, marital status, education, alcohol use, smoking, diet, physical exercise and existing heart and circulatory conditions.

They found that overweight - but not obese older men were healthier than either their slimmer or fatter colleagues.

"We are struggling to explain the results," said Leon Flicker, Professor of Geriatric Medicine and one of the study authors. "Being overweight after 70 doesn't have the same negative effects that it does in younger men.'

Ngaire Hobbins, an Australian dietician and researcher with a special passion for geriatric nutrition, says that living long and well is about choosing to eat food that has undergone as few changes from its original form as pos-

"The Mediterranean diet supports that thinking.

'In later age, weight loss causes loss of body muscle which is not conducive to an ongoing long and healthy life. Physical activity is always important, but a slightly higher bodyweight is not a detriment," she said.

Ms Hobbins has a new book out next month Brain Body Food find more information on her website www.ngairehobbins.com.

#344 NOVEMBER edition puzzle solutions from page 54 and 55

3	9	7	8	4	2	6	5	1
8	1	4	5	6	3	2	7	9
2	6	5	1	9	7	3	4	8
9	8	2	7	5	6	1	3	4
6	5	3	4	1	9	8	2	7
4	7	1	2	3	8	9	6	5
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Answers for Have a Go News Quiz page 2: 1. Coolgardie Safe 2. Robin Warren 3. 1870 4. Dung beetles 5. 3.5 billion 6. Marble Bar 7. 408 8. Robert Holmes a Court 9. WA 10. Hesperia



Let's GO MOTORING



Pondering the important question...What car should you buy?







Left to right; Honda Civic RS - Honda Civic 2 - Mazda CX-5AWD200



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

PEOPLE often ask me what car should they buy. I then look away from my phone, gaze like Bette Midler into the distance

WIN a \$200 shopping voucher with Have a Go News' Ad Words. See page 8 for details.



and ponder the question for myself.

There is no one size fits all answer. So much depends on what you expect from your car. How many kilometres will you do per year? Do you really need an SUV? you probably don't. How much do you love driving? Do you have an astonishing budget? How important to you is brand? Do you keep your car longer than three to five years? Do you buy new or preloved?

So the casual answer could range from the cool, affordable, Hyundai i30 to the latest Rolls

Royce Ghost - it costs nothing to dream.

With the technology and engineering in even the most affordable new car, now is as good a time as any to buy. And there are plenty of deals to be had. The shopping around can be so much fun and save you a few dollars along the way.

The Mazda CX-5 is a medium SUV and one I would put on the list.

The top of the wozza version is close enough to \$50,000 but look for a deal. Smart, with a touch of elegance and great to drive. The CX-5 popularity is its cross over charm.

but few will ever do more than a few gravel tracks in a lifetime.

The entertainment screen is a little larger in the 2020 version and works a treat; the intuitive console wheel is slick and easy to navigate.

Other specs shared with most grade of model; dual zone climate control, auto lights and wipers, push button start, power tailgate, speed limiter, adaptive cruise and plenty more.

Mazda's six-speed automatic is quiet and smooth, with no lumpy changes. Put the foot down and the 170kW of power is a joy and more that most need around suburban Perth.

If a not so small fourdoor is your fancy; check out the 2020 Honda Civic RS. From around \$33,550, make it is a lot of fun.

Honda once sat in the space Mazda now dominates; I'm not sure if they will ever do again, but they still deserve your attention.

Plenty of style both inside and out, particularly out. This is one that looks fast standing still. It's not a Renault Megane, but still fun, with stacks of tech inside, heated seats

and contrast stitching adding to a sporting feel. And like Mazda it always feels well built.

Honda driver-assistance is standard; adaptive cruise, forward collision, autonomous braking and lane departure warning.

The RS is front wheel drive with CTV transmission, which sometimes sounds growly around the streets. However cruising at 100km/hr past Costco on the Tonkin, it's quiet and refined.

What do you look for when buying a new car? Let me know at tonymac@6pr.com.au.

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North



Harbourside Village 7 Honiara Way, Mindarie

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Timberside Villas
10 Timbercrest Rise, Woodvale

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



Parkland Villas Woodlands 52 Liege Street, Woodlands

Studio Apartments from \$80,000*

1 Bedroom Apartments from \$195,000*

2 Bedroom Apartments from \$399,000*

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

3 Bedroom Villas from \$310,000*

East



Homestay Village 267 Wharf Street, Queens Park

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



Parkland Villas Ellenbrook 25 The Parkway, Ellenbrook

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



The Pines
21 Ponte Vecchio Boulevard, Ellenbrook

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

South



Parkland Villas Booragoon 510 Marmion Street, Booragoon

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

829. Printed in October 2020.



Lakeside Village 14 Lewington Gardens, Bibra Lake

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

2 Bedroom Unit from \$175,000*



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Enjoy a taste of the Mediterranean with this delicious Greek stew

leaves, cinnamon and

sugar. Mix really well and

rest in the fridge for half

a day or overnight. Next

remove the meat, strain

the marinade into a pot and cook until reduced by 50 per cent. Save the

onion and spices for lat-

Method:





by Vince Garreffa

STIFATHO is a Greek stew. I fell in love with it in Greece when I had the good fortune to travel there pre pandemic times. It was served at a family gathering by our

Greek hosts. They cook this with rabbit most of the time as beef is too expensive and not plentiful. You can try either. Ingredients for 8 to 10 2kg beef chuck steak cut into 3cm cubes 1 extra large onion 8 cloves garlic diced 750ml young shiraz 1 cup extra virgin olive oil (EVOO) 1 cup red wine vinegar 2 420g cans diced tomatoes

paste

diced

whole

2 sugar cubes

Put half the EVOO In a large pot and fry the meat until it's a little browned. 3 teaspoons tomato Then add the onion, gar-1 cup flat leaf parsley lic, and gauze spices (the sugar will have dissolved 1kg shallots cleaned by now). Next pour in the reduced marinade. In a small gauze bag red wine vinegar and 4 bay leaves simmer with the lid on 2 cinnamon sticks the pot. Stir occasionally

to dry out. Cook for one Put the meat in a large hour then add tomatoes and tomato paste; stir bowl with the shiraz, onion, garlic and gauze thoroughly. Season with pouch containing bay salt and pepper and cook

> Next fry the shallots in a frypan with half a cup of EVOO at high heat until brown then add to the

for 30 minutes more.

stew, cooking for a further 30 minutes until the beef is tender. When the stew is ready, serve with parsley mixed through.

Crusty bread and a glass of shiraz and it's a family party you can invite Greeks too.

Kali Orexi

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

Letters to...Vince Garreffa

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.



As the weather gets warmer we turn to whites and rosés...

and don't allow the stew



by Frank Smith

WHITE and Rosé wines make for pleasant warm weather drinking because they are traditionally drunk cold. You can drink Riesling and Pinot ner aperitif or with chicken, fish and pork. Rosés are best with fish or prior to a meal. Pinot noir is also best chilled a little, especially in summer.

Here are some tasty wine suggestions.

ten' rosé 2019 is a blend of Cabernet Sauvignon, Shiraz and Garnacha made from grapes from South Australia's Mc-Laren Vale and Fleurieu peninsular. This rosé is a dry style with aromas of ripe strawberries, winter

berries and a crisp dry finish. The palate is reminiscent of strawberries and cream. The Garnacha adds another level of complexity and ensures that it's a rosé eminently suited to enjoy with a meal. RRP \$22.

Fat'n Skinny Pinot Grigio 2019 is made from grapes sourced from a Fleurieu hills grape grower. It has aromas of include apple, pear, strawberry, honey, hay, brioche and bread. The palate is light and crispy with a long finish. RRP \$22.

The winemaker says "The Fleurieu (which accounts for only 0.2% of the national crush) is perfect for Pinot Grigio, and 2019 was a good vintage in these cooler climes. Ideally we'd love to make more, but as the fruit comes from a small family owned vineyard, it will always be a limited production. This year we only made 340 cases.'

Salena Estate #genS You, Me And Pinot Grigio. This oddly named South Australia wine has aromas of white peach and honeydew. The palate display a creamy texture and flinty acidity. Vegan friendly RRP \$20.

Castle Rock Estate 'A&W' Reserve Riesling 2017 is very pale straw in colour with a delicate yet fragrant nose, showing pink grapefruit aromas with a touch of passionfruit and floral notes. The palate has pink grapefruit characters with a creamy texture, natural acidity and a long finish. The winemaker says this wine will drink well for 15 years, if you can wait that long. RRP \$35.

Gartelmann 'Benjamin' Semillon 2018 has lemon, lime and grape-fruit aromas and lively fruit on the palate which also displays a fine minerality with great length. The winemaker says this Semillon is a lean refreshing wine while young and will mature into a rich toasty Hunter classic as it ages. RRP

Tamburlaine On the Grapevine Sauvignon Blanc 2020. This Vegan friendly Organic wine from Orange NSW has aromas full of passionfruit, tropical fruits and lemongrass with crisp kiwifruit and green apple freshness. The palate has ripe tropical fruit flavours with a citrus driven finish. RRP

Tamburlaine On the Grapevine Pinot Gris 2020. Another Vegan friendly Organic wine from Órange NSW. This wine has aromas of fresh passionfruit, nashi and lemon grass. The palate has ripe tropical fruit with a citrus driven finish of lemon and mandarin with a lifted finish. RRP \$19.95.

And a red for a change: Salina Estate ex-PRESS-ion Pinot Noir 2020 from South Australia is bursting with aromas of red cherry and rhubarb. Minimal winemaker's intervention allows development of characteristic Pinot Noir flavours characters. The palate is silky smooth with restrained tannins, pleasant acidity and a fresh, delicate lingering finish. RRP \$30.



hat's fresh in the





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

(bookings essential - members only*): Hairdresser - Tuesday 8.30am-12.30pm* Podiatry - Thursday 9am-1.30pm* NOW TAKING BOOKINGS

LIFESTYLE ACTIVITIES: Bridge, scrabble, mahjong and chess.

Meals on Wheels \$10

NEW ACTIVITIES: Tuesdays - Pilates, Rumikub 9.30am, Zumba 6pm, Wednesdays - iPad classes 10am, Thursdays - Pilates, Book Club, Fridays - Sound Healing & Meditation

FOR CHRISTMAS

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



Midknight Valencia oranges: A great way to give your day a glowing start is with a glass of freshly squeezed orange juice. All citrus fruits give a more generous yield of juice if they are at room temperature when squeezed - rolling them firmly with the palm of your hand also helps. Valencia oranges are ideal if you like your juice chilled as the juice keeps well in the fridge, ready for that morning burst of energy and Vitamin C.

Blueberries: Luscious local blueberries are plentiful in the stores at present. Blueberries are beautiful when served as part of a cheese platter or as a dessert with fresh cream or ice cream. Select plump fruit with good colour and a bluegrey, 'waxy' bloom. Incorporate in pancakes, muffins, pies and puddings or as a topping for bought desserts or cakes.

Hass avocados: A bountiful crop is predicted for local Hass avocados this year, with people Australia-wide able to purchase these high-quality WA grown fruits. Use finely diced avocado to create a base for a rustic, fuss-free salsa; be inspired by Latin flavours and add chilli, lime and coriander, or hit the Mediterranean and go with tomato, fresh oregano and sea salt - both pair marvellously with a range of grilled meats and seafood. Avocado is also an immensely nutritious first food for babies and easy to spoon straight out of the skin: no preparation necessary.

Sweet corn: The corn arriving now from the northwest is of excellent quality and best cooked and eaten as soon as you can after buying, as fresh corn is most definitely the juiciest. If keeping for more than a day, parboil the corn for a minute (this will help slow down the conversion before refrigerating or freezing. Nutrients in vegetables are frequently found in their raw state; in this case, cooked sweet corn has significant antioxidant activity, which can substantially reduce the risk of heart disease and cancer.

Cauliflower: Beautiful and wellpriced cauliflowers from the south west have tight snowy white heads that are an excellent source of vitamin C. particularly when served raw. Try them broken into tiny florets as a substitute for cabbage in your favourite coleslaw recipe, or steam or grill and dress with a mixture of good extra virgin olive oil, mustard and fresh herbs. Roast with a drizzle of olive oil and a sprinkle of cumin for a nutty roasted treat.

Button mushrooms: Creamy little white button mushrooms are perfect morsels to add to any salad as the days and evenings warm. Marinate in a little herby lemon oil for a delicious addition to a grazing or nibbles board.

A good soak - delving into the wonderful technique of marinating food

FRUITY olive oil, fresh herbs and a good spike of lemon are the only introductions you need to the wonderful technique of marinating. Combine ingredients, immerse meat, soak for a couple of hours and you've got a succulent joint or fillet imbued with another layer of subtle flavour.

Of course, this is just your starting point. Once you're hooked on this simple method of adding lashings of flavour you won't be able to stop yourself marinating nearly everything with nearly anything you can get your mitts on.

With a few key points and classic techniques up your sleeve, you'll be able to effectively experiment with a whole host of interesting flavours, often most happily sourced from your own garden or the back of the pantry.

Marinades contain oil to lubricate, an acid such as vinegar or lemon juice to tenderise, and seasonings to flavour.

Your timings depend on the type and weight of the food being marinated; as a general rule of thumb, the longer the food is left in a marinade the more flavour it absorbs, however excessive

marinating can produce meat that is overpoweringly flavoured and soft in texture. A rough guide is chicken (boneless) one to two hours, chicken (bone-in) one hour to overnight, beef, lamb or pork four hours to overnight and vegetables 30 to 60 minutes. You need to be particularly careful with fish and seafood, which really only needs to be soaked for 10 to a maximum of 30 minutes, depending on thickness. Any longer and the acidity of the marinade will start to break down its delicate texture and cause it to become mushy.

Use glass, ceramic or plastic bowls or trays. Heavy-duty sealable plastic food storage bags are also good choices. Do not use metal containers for marinating food as the acidic mixture may react with the metal.

The marinade does not need to wholly cover the food. As a rule of thumb, allow $^1\!\!/_4$ to $^1\!\!/_2$ cup marinade for every 500g-1kg of food. Turn the meat a few times throughout the marinating process to ensure even coverage.

If you are planning to marinate for a short period, prepare the marinade a couple of hours ahead of time and refrigerate so the flavours mingle better. Reserve a portion of marinade to baste the meat with before immersing raw meat in the mixture. For safety reasons, always discard marinade in which raw meat has been soaking. Also remember to pat meat dry prior to grilling; excess marinade will cause the meat to stew.

An understanding of individual marinade ingredients and the various functions they perform is helpful in creating your own marinades from scratch. All marinades for grilling must contain a good proportion of oil to add moistness, however naturally fattier cuts of meat or oilier fish will need less. Oil selection is very much dependent on the type of recipe; think robustly scented virgin olive oils for Mediterranean styled dishes or blended peanut and sesame oils for a more Asian-inspired flavour. Fresh herbs, garlic, chilli and other seasonings can be added to oils and left to infuse for a couple of days for a more intense taste.

Acids are the next building block of a classic marinade, acting as a tenderiser and adding a piquant lift to whatever is soaked in it. Vinegar, be it white, red, sherry or Chinese black, and the members of the citrus family, are fabulous acidic agents. Yoghurt and buttermilk are also sufficiently tart and ensure moisture is retained in the meat

Herbs, spices, wine and a cornucopia of other seasonings are next in line, and this is where you can really use your imagination - and all those spices that have been languishing at the back of the rack for far too long. Always remember to season liberally with salt and pepper as they help highlight the sensations of other flavours.

Robust tastes such as rosemary, thyme, red wine, fresh mint, juniper berries and cloves of locally grown garlic marry wonderfully with beef, lamb and game. Hoisin, char siu, allspice, teriyaki, coriander, honey, mirin, rice vinegar and ginger work fantastically for more Asian influenced essence.

Chicken, pork and fish love the slightly lighter but no less intense stylings of turmeric, ras-el-hanout, dill, basil, fennel seeds, oregano, lemon juice, verjuice, lime, coconut and cumin. The key is to start with some classic marinade combinations and develop an understanding of what particular flavours and techniques suit your style and tastebuds, moving on to more adventurous concoctions. A good starting point is any one of these simple dishes that allow a well-composed marinade to shine.

Recipes brought to you by Fresh Finesse www.

Teriyaki mushrooms



Preparation: + 45 marinating; 4 as a side dish

2 tablespoon salt reduced soy sauce 14 cup mirin (mirin is a Japanese cooking wine available from supermarkets, sweet sherry is a good substitute.) tablespoon brown sugar

500g button mushrooms tablespoon peanut oil 4 green onions, thinly sliced diagonally 2 teaspoon toasted

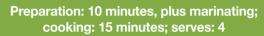
sesame seeds COMBINE soy sauce. mirin and sugar in a large bowl. Whisk until sugar dissolves. Add mush-rooms and toss well to coat mushrooms in mixture. Marinate at room temperature, stirring oc-

casionally, for 45 minutes.

Heat a wok over high heat until hot. Add oil and heat until hot. Add green onions and stir-fry for 30 seconds. Using a slotted spoon, add mushrooms to wok, reserving marinade. Stir-fry mushrooms for three minutes or until golden.

Add two tablespoons of reserved marinade to wok. Stir-fry for 30 seconds or until thick and syrupy. Sprin-kle with sesame seeds. Serve with grilled beef steak or chicken and a green salad if desired.

Lamb kebabs with yoghurt mint sauce



dipping.



500g diced lamb 1 tablespoon Worcestershire sauce 1/4 cup tomato juice 1/4 cup tomato puree 1 clove garlic, crushed 1 teaspoon grated ginger 1 tablespoon chopped fresh basil

2 tablespoon chopped fresh parsley 1 tablespoon olive oil yoghurt mint sauce

2 cups low-fat natural yoghurt 2 cloves garlic, crushed

2 tablespoon finely sliced fresh mint leaves

Freshly ground black pepper, to taste COMBINE Worcestershire sauce, tomato juice, tomato puree, garlic, ginger and herbs in a shallow dish. Marinate diced lamb overnight. Soak eight wooden skewers in water for about 10 minutes. Pat lamb dry and thread onto skewers and cook on a barbecue plate or under the grill for 10 – 15 minutes or until tender. Combine yoghurt and sauce ingredients in a serving bowl. Chill. Serve kebabs with chilled yoghurt sauce for

Spaghetti with avocado and garlic chicken

Preparation: 20 minutes: cooking: 15 minutes; serves: 4 500g skinless chicken breast, thinly sliced 3 cloves garlic, crushed 1 tablespoon ground paprika

1 tablespoon brown sugar

I tablespoon lemon juice 2 tablespoon olive oil

400g spaghetti 1 avocado, seeded, peeled, sliced ½ cup chives, chopped

COMBINE chicken, garlic, paprika, brown sugar, lemon juice and half the oil in a large bowl. Mix well. Allow to marinate in the fridge for at least 20 minutes. Bring heavily salted water to the boil in a large saucepan. Add spaghetti. Cook according to packet directions. Heat a non-stick pan with remaining olive oil. Add chicken to pan and sauté until browned and cooked through, stirring frequently for five to seven minutes. Drain cooked pasta, returning two tablespoons of cooking water to the pot to bind the sauce. Fold chicken mixture into pasta. Fold through avocado and fresh chives just before serving.

Knife and fork talk as the Dining Divas take a trip to Rockingham





L-R; Pink Duck's 200g Rump Hot Rock with side salad and sauteed potatoes, and Barramundi Hot Rock served with chips, and garlic butter

by Pat Paleeya and Judith Cohen

WE killed two birds with one stone this month. We planned a lunch with a friend from Rockingham at the Pink Duck and as they offered lunches under \$20, we decided that this would be a great Dining Diva opportunity.

The 555 bus from Rockingham Station takes you to the foreshore where the Pink Duck is located.

The restaurant is quite spacious and clean with plenty of seating. We were shown to a table next to large open windows where a lovely breeze was wafting from the sea.

There are plenty of choices on the menu and we picked the 200g Rump Hot Rock and Barramundi Hot Rock.

The 200g Barramundi fillet was served on a Hot Rock with a side salad and choice of chips, mash or sautéed potatoes and there was also a small pot of garlic butter. The fillet came sizzling hot on the black rock, the fish was opaque in the middle which means that diners can choose to eat their fish exactly as it suits them as it just keeps sizzling and cooking at the table.

This Diva ate leisurely savouring each juicy mouthful, the fish remained moist and never dried out. Just a touch of garlic butter with each forkful of fish added to the wow factor of the meal. The rump steak arrived at the table looking rare to almost blue and like the fish continued to cook. This Diva was not deterred, as a rare steak is to her taste, and this one looked perfect and was delicious all

the way through. Just a tip if you choose the sautéed potatoes pop them onto your rock and they don't go soft.

The scrumptious side salad was a mixture of salad leaves, cucumber, red onion, julienne carrots, cherry tomatoes sprinkled with crumbled feta.

The staff were very attentive in every aspect of the meal and our comfort. All round a very pleasant lunch owing to the friendly staff, great atmosphere and great grub. 4 Forks

Pink Duck 59 Rockingham Beach Road Rockingham 9529 3053 www.pinkduck.net.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

\$20 seniors lunch special Mon-Fri 12-2.30pm Railway Parade Bayswater 9271 7111

BYFORD & DISTRICTS COUNTRY CLUB

\$12.50 seniors lunch 11.30am-2pm Monday -Friday 88 Linton Street North Byford 9525 1276 Present seniors card please

CHEF & CO \$18 seniors lunch

special Wednesday to Friday 12pm to 3pm 1000 Beaufort Street **Bedford** 9271 2288 Present seniors card please

GERALDTON HOTEL \$15 lunch special

12-2.30pm. Monday-Thursday 19 Gregory Street Geraldton 9921 3700

IMPRONTA Lunch \$20 and under.

7 days from 12pm. 150 Oxford Street Leederville 6114 3586

PINK DUCK BEACH BAR AND BISTRO Under \$20 lunch

Every day from 11am. Exc. public holidays 59 Rockingham Beach Road Rockingham 9529 3053

SECRET GARDEN

Chef's specialities under \$17 & under. Monday-Sunday 11am-4pm 64 Angelo Street South Perth 9367 5597

SIX SENSES Under \$17

7days 11.30am-2.30pm. 135 Oxford Street L eederville 9444 0321

THE HERDY \$16 and under seniors

menu 7 days 11.30am-3pm 33 Herdsman Parade Wembley 9387 5555

ADVERTISING FEATURE ADVERTISING FEATURE ADVERTISING FEATURE

Brunch with T - celebrating 30 years of a Western Australian café success story...









Left to right; Dôme Cafe's iconic ceiling dôme design piece - three golden corn and zucchini fritters stacked with smashed avocado, chargrilled corn salsa and topped with a poached egg and dollop of sour cream - flat white and pot of tea served in crockery - big breakfast wrap with tomato relish



by Tahlia Merigan

IT'S always good to celebrate local success stories and this month I couldn't go past a visit to Dôme.

Founded in 1990 by Patria Jefferies, Phil May and Phil Sexton, the first café opened in Cottesloe. In 30 years they have grown considerably with more than cafés throughout WA and more than 100 around Australia and the

world. Dôme have also shown a strong community commitment to the restoration of many forgotten buildings. They have worked with the WA Heritage Council over the years, completing many sensitive restorations. There are now 12 state heritage listed buildings housing a Dôme Café. Some of the restored buildings include the old police station in Kalamunda where you can find an old gun

safe. The Port Hedland site was the original hospital, Midland was a school, Fremantle was the former Bank of NSW, Albany was the old Albany Primary School, Claremont was the old post office, Maylands was the Peninsula Hotel and Leederville was also an original post office. One of their recent heritage success stories is the Dôme Inn in Katanning which transformed the only existing flour mill in WA into a heritage destination complete with five-star accommoda-

tion. It's inspiring to see a company take on her-

itage buildings and restore them for current and future generations.

Dôme offer a standardised menu and décor across all outlets and this consistency is one of their successes.

The dôme (pictured above) is a feature in all the cafés and this design piece gives a European feel to the décor.

We headed down to our local Dôme and enjoyed some delights from the breakfast/ brunch menu.

The menu offers a large selection of reasonably priced, quality food with good coffee. Service is quick and friendly.

Order at the counter and food is delivered to your table.

The other thing I liked about Dôme is that the entire menu is available all day; whether you want soup, a burger or breakfast you can order them at any time.

They also offer a variety of seasonal classics and I chose the fritter stack from this option. This was three golden corn and zucchini fritters stacked with smashed avocado, chargrilled corn salsa and topped with a poached egg and dollop of sour cream (\$18.90). It was the perfect size and all the elements combined for a fresh and delicious brunch dish.

My friend ordered a big breakfast wrap (\$14.45). This came with a serving of tomato relish. He said it was the perfect meal for someone who wasn't too hungry but wanted that hit of bacon and

The flat white (\$4.30) was at the perfect temperature served in the Dôme crockery. We also ordered a pot of tea for two which was proper tea in a pot with tea leaves and an extra pot of hot water (\$4.30). I appreciate a good cup of tea and I can imagine so do many of Dôme's customers

We arrived early on a Sunday and by the time we left the place was buzzing with hungry customers.

There was some other favourites on the menu including scones, jam and cream (\$7.95), the breakfast (\$21.95) and a pancake stack (\$14.75). The comprehensive menu really has something for every taste.

Dôme got a big tick from me, quick service and tasty food in pleasant surroundings.

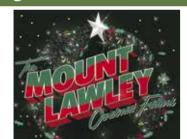
Pop it on your brunch list for a visit and celebrate this WA success story at one of the many outlets across WA.

4 spoons Dôme Café, www. domecoffees.com Check your local café for opening hours





What's on at St Patrick's **Anglican Church Mt Lawley**



Mt Lawley Christmas Festival Sunday 29 November, 12noon-8pm Festivities will stretch along Beaufort Street between Perth College and Second Ave with lots of fun and free activities for kids and adults, from water slides, dunk tank, camels and petting zoo, arts and crafts, roving entertainment, food trucks and artisan stalls, pop up wine bar and lots of live entertainment. The event will start at midday in the rotunda at Copley Park, main stage on the lawn at St Patrick's Church. The festival will also feature a Christmas pageant at 2pm involving local schools, Christmas carols by candlelight on St Patrick's lawn before the lighting of the iconic Christmas tree.

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let's go travelling









Left to right; Hoover House in Gwalia - The Ettamogah Pub is a great stop on the way to Kalgoorlie - Old printing press at The Kalgoorlie Miner



WE have some interesting stories in this month's section with our journalists venturing out and about in WA. Frank Smith took a day trip to Bolgart and reports on the locals who have banded together to buy the pub. Allen Newton surveyed Albany in preparation for the Taste Great Southern event next year.

I ventured north for my inaugural trip to Broome and fell in love with this pearl of the Kimberley. There's so much to do in WA, many of our advertisers have some fabulous tours and treks around the state and soon to other states as the border moves to controlled, so please support them.

A recent survey by Toyota Australia has found a surprising new travel trend has emerged out of CO-VID. People are choosing more exciting adventures like rock climbing, off roading and camping for their next holiday and

those who would normally travel overseas are discovering the delights of their own backyard.

Have a Go News staff continue to take heed of the quest to wander out yonder and this month our features manager Tammy Scott hit the road and followed the Golden Quest Discovery Trail meandering east through the central Wheatbelt to Kalgoorlie and Leonora. After living in Kalgoorlie for several years she said she so enjoyed spending time in the region and even made a visit to the office of the local newspaper, the Kalgoorlie Miner. She said she loves the Goldfields and enjoyed the opportunity to venture out discovering many of the small towns along the way. One of her highlights was a visit to Leonora and exploring Hoover House and Gwalia. See her photos above.

Astrotourism WA's Carol Redford has established a star gazing trail across the Wheatbelt and Mid West over the past two years and Wickepin is set to become the newest astronomy town. A strategic plan is being set up to launch family friendly star gazing evenings and

improve amenities at Lake Yearling which is an astrophotography hot spot.

If you would like to join our group to fly to Antarctica for the day trip of a lifetime, we have detailed information available for readers. The trip will depart on 14 November 2021 onboard a Qantas Dreamliner aircraft which will offer better viewing with the larger windows. See page 28 for details.

If you have a travel issue, or want to share some information, don't hesitate to contact me on email or share a photo

from a trip to our Facebook page. Our website also has a selection of great travel information which is updated regular ly, visit www.haveagone ws.com.au Happy trails

Jennifer Merigan

Travel Editor



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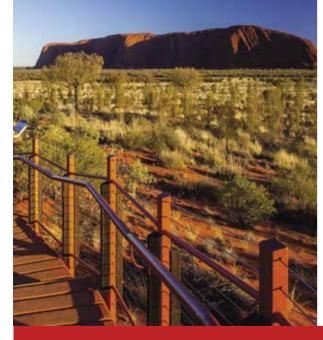
The travel industry and readers are welcome to contact the travel editor:

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et's go travel options for the mature west australian





Locals get together to save historic country pub and breathe new life into Bolgart...



L-R; Paul Michael, Craig Wilkings and Wendy Stevenson - The Bolgart Hotel

by Frank Smith

FACED with the prospect of losing their local pub, residents of Bolgart, 120km north and east of Perth, got together and formed a syndicate, not only to buy the pub but to renovate it and reposition it in the tourism market.

"When a town loses its pub, it is the first step closing the town,

Guided nature walks

said Paul Michael a local farmer and retired accountant

Paul and fellow farmer Edward Ludemann, gathered together a svndicate of 12 local families and four individuals, making 34 people all told. They put together enough money to buy the run-down pub in February this year.

They installed Craig Wilkins, an experienced

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chef and Paul's cousin and fishing buddy, as tenant with his partner Wendy Stevenson.

Craig and Wendy formerly ran the Beacon Country Club and Craig has some 45 year experience as a chef.

"We were employed to save the club. It was run down and drowning in debt," said Wendy. "After we revived the club and paid off the debt, we decided we did not want to live all our lives in Beacon. It is too remote.'

So when the Bolgart hotel offer came up it was too good to refuse.

"We want to modernise a little but keep the style; not take away the grace of its period. We want the pub to look much as it always did in-

The Bolgart Hotel was designed by architect Hillson Beasley and built in 1916, one of only six state hotels in Western Australia originally belonging to the State Hotels Department, which was responsible for operating and staffing a series of State-owned hotels located throughout Western Australia. The hotels were sold to private ownership in 1960 and the department was

Wendy and Craig's first move was stocking new beers and ciders.

abolished.

Paul's sons Dustin and Martin run Funk Cider in the Swan Valley and have added marketing expertise to the pub renewal

"We also began to serve better meals than pub grub, with more options including gluten free meals.

"We have been able source fresh fruit and veggies from a small local business and we try not to use packaged inaredients.

"We served 97 meals

last weekend."

That's not bad for a country pub in the throws of renovation in a town of 170 inhabitants.

Paul's vision is to encourage tourists to visit Bolgart on a circuit from Perth including Toodvay. Bolgart, New Norcia and Chittering.

"People from the city are travelling more locally due to coronavirus. They can't go overseas, so since restrictions were eased there has been a quick turn of people making local trips.

"The Avon-Bindoon-New Norcia circuit is a sweet zone. Visitors can drive round in one day or make it a weekend trip.

"Another market is Bikers. Not bikies. Motor bike clubs going for short group trips on weekends. They can stay the night with no problem of driving home after drinking.'

Accommodation is in the future as existing facilities are in the process of being refurbished.

"Recovery from Co-

vid19 has been a slow process," said Wendy. But as we reopened slowly we got to know the locals.

Two backpacker girls from Chile run the bar, but they are leaving for home soon. When they go, no other backpackers are available. Those still in WA are mainly up north or moving south for fruit picking, so Craig and Wendy will have to rely on locals taking on part-time work.

"Our point of difference is the novelty of locally grown food," said Paul. We are also planning a microbrewery and ci-

This will call on the expertise of Martin and Dustin who are enthusiastic about the enterprise.

The pub is also planning to use locally grown barley in the microbrewery and local lamb, beef and goat in the kitchen. It is all part of paddock to plate philosophy and consistent with WA's eat best eat west campaign.

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Broome Time beckoned - answering the call to discover the pearl of the Kimberley









L-R; Dawn on Town Beach - the camels head to Cable Beach - Ron and Jen at Horizontal Falls - ochre colours at Gatheaume Point. Inset; The pool at McAlpine House



by Jennifer Merigan

IT'S DAWN on Town Beach and as the sun rises over Roebuck Bay an Indigenous man stands on the groyne calling to the sun in his language, asking for strength and guidance.

I take a moment to chat to him as he walks back. He tells me that he is far from his home; his family and children are in Victoria. He went on a trek after feeling a calling to visit Uluru. He then felt he had more to discover and travelled on to Broome. He feels the place will offer him further opportunity to heal and help him be a better man. He is truly finding himself.

It's a moving and spiritual moment; one of the many highlights on my inaugural visit to Broome.

Broome has much to offer visitors and since the lifting of travel restrictions people have descended on the town in droves.

As a first timer to the region I was excited about exploring the historic pearling town and explore I did.

Home base for the trip was McAlpine House; a heritage home built in 1900 for a master bearier and then purchased by Lord McAlpine in the tique bed and breakfast on Herbert Street owned and operated by Marilynne Paspaley. Offering eight well-appointed rooms centering around the swimming pool and breakfast room.

Staying here feels like you are a part of the history of the town and Marilynne and manager Ronaldo make guests feel very welcome with their delicious daily breakfasts and wealth of knowledge of the town, offering a homely and tranquil place to stay.

Broome is busy so if you are heading up there make sure you book ahead for restaurants and tours. Due to the border closures being closed there are staff shortages and getting into restaurants and doing tours on the fly isn't always pos-

There's an abundance of restaurants in Broome and one of my favourites included the Aarli, which offers an Asian fusion menu. We sat in the courtyard and enjoyed the warmth of the Australian tropics while feasting on some sensational dishes. I am still savouring the kingfish sashimi marinated in young coconut, kaffir lime leaves and chilli.

Matsos Brewery is also a great spot to visit and we went twice, enjoying the atmosphere, good brews and food.

evening One jumped in the hire car and headed 35kms up the Derby Road to Roebuck Roadhouse for a real Australian outback experience. I had been told from the car hire people they do a brilliant steak and we were not disappointed. It was a real slice of outback Australia and we feasted on the biggest and very

On the way home we stopped on a side road to soak up the stars which abound in the clear night sky with no city lights to interfere.

In six-days we covered a lot of ground and really got a feel for the town, learning much about its history.

It's pearling history means it's a multicultural town and this is reflected when taking a walk around the very ordered Japanese cemetery filled with people who made Broome home and ultimately their final resting place. They also have an Islamic and Chinese sec-

The Broome Historic

Museum is a must do, offering a huge collection of information about pearling, dinosaur footprints in the area and a stunning shell collection that even wowed Queen Elizabeth II in 1963.

We wandered through Chinatown and had the opportunity to attend the final markets of the season at the newly renovated Town Beach.

I browsed the shelves of the Kimberley Bookshop and popped into Magabala Books, the Indigenous bookshop and publisher and found some interesting material.

Roger from Broome Trike Tours is a character. He zoomed us around

town giving us a great overview and history while showing us some of his favourite spots. But hold on to your hats for this exciting experience.

The big adventure for the week was heading to Horizontal Falls with Go Beyond Broome to discover the northern most tip of Western Australia. the Buccaneer Peninsular. This part of the country is breathtaking and I am so glad we included this trip in our itinerary. It's a 10-hour day tour which includes a light plane ride to Cockatoo Island, followed by a fascinating cruise through Yampi Sound and Talbot Bay. Horizontal Falls is a natural phenomenon caused by fluctuating tides making it literally a horizontal waterfall and the boat zooms through the tidal flow. It's exhilarating,

Our tour guide, Amy, was very informative; we learnt so much from her about the flora, fauna and history of the area. There was so much beauty to take in I was just gobsmacked and it was worth

every cent. The ancient

landscape made us feel

humble.

spectacular and fun.

As our holiday drew to an end, I felt relaxed, happy and lucky to be able to appreciate this northern town. I now want to ex-

perience a few days in the

wet season.

There's something about this town that gets under your skin... there's nothing better than a week on Broome Time!

Fast Facts

Accommodation: McAlpine House, 9192 www.mcalpine house.com.au/

Tours: Go Horizontal Falls Tours, 9192 5577, www.gohorizontalfalls tours.com.au

Broome Trike Tours, 0407 575 237, www. broometriketours.com.au

Food: The Aarli, 99192 5529, www. theaarli.com.au

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Travelling to familiar territory and discovering Butler's Backyard







Early morning scenes of Lake Claremont © Tim Dawe

by Tim Dawe

WE ARE sometimes exhorted to travel to our own backyard; to get off the well-trodden path and examine our own environs anew, or with more time and interest. Our usual travel in-

stinct is to venture somewhere else (currently within WA) when there are things nearby, under our noses, that are not only overlooked but quite interesting. Many of us explore other people's cities, towns and landscapes more than our

Americans use the ugly term, staycation. I tried it once. It didn't work. It felt uncomfortably... foreign. Yet travelling to familiar vet unknown territory is a sound principle and a compelling idea; to get out of that limiting rut and routine and see something for the first time close to home. My journey is to Butler's Swamp in Claremont, just 4km away from home. It involves an early start, camera and gumboots.

Perth is blessed with a string of wetlands - some expansive like Herdsman Lake, others little more than a sump. They were generally formed in the depressions between ancient giant sand dunes. I am generations too voung to remember these wetlands as Aboriginal meeting places and sources of food, or even settler's farms of rich soil. But I have a vague memory of Chinese market gardens and clear memories of wetlands as receptacles for rubbish, particularly old car bodies. The history of Butler's Swamp is no different.

John Butler, a settler granted most of

the land of present-day Peppermint Grove, ran a half-way hotel on the Perth-Fremantle Road. In 1831 he petitioned the Surveyor General (John Septimus Roe) for: "10 acres on the east side of the lagoon, one and a half miles from my home at Freshwater Bay". He farmed what was known as Butler's Swamp but never received secure title. Later 19 British military pensioners were each granted lots at the site. Eventually with greater environmental awareness and municipal money, Butler's

Swamp was landscaped to become today's Lake Claremont.

As I got there, first there was the gloom and threatening, globular shapes; then a dawn chorus and, ever so slowly, a soft pink light. Gradually the water goes from inky to grey to gold as more birds take wing. The light plays from wide-angle shadows to close-ups of refracted dewdrops on leaves.

There's something uplifting about being alone in a pocket of urban wilderness as the birds and animals stir and start their rituals with the rising sun. And after swamp-wading since dawn there's something heartening about driving home in 10 minutes to a hot shower and a cooked breakfast.

Fast Facts

Lake Claremont is a 25-hectare reserve belonging to the Town of Claremont. It is primarily a wetland, expanding with water and life in winter and contracting to isolated pools in summer. The Town has left it as a wilderness but created an extensive shady, grassed area with playgrounds and

picnic areas. There's a well maintained traversing trail. Friends of Lake Claremont, a volunteer group, are very active promoting and looking after the reserve.

It is located nine kilometres from Perth CBD, 500 metres from Claremont Quarter and bordered by ovals, parks, a tennis club, golf club and Scotch College playing fields.

Arriving first thing in the morning is a joy to watch nature wake up. afternoons are Late good for picnics and

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Pecan Hill

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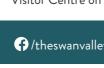
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let's go travelling travel options



Getting the memorable catch shot - Mike's tips for the best fishing photo



Take a little care with that pic of your memorable fish for a lifetime of happy memories

by Mike Roennfeldt

DURING my almost four decades writing fishing columns for The West Australian, I got to see an awful lot of fishing

pictures courtesy of the Halco Fish of the Week segment on Fridays. Some were great, some dreadful and most were in between.

They often featured

what must have been the fish of a lifetime for someone, where a good photograph would have been something to treasure. Instead, all too often it was a cut-throat shot of a long dead carcass being held up against the back wall of the garage or under the Hills Hoist. A sad waste of a unique opportunity and yet the difference in effort between taking a great shot and a bad one is so small it's almost

A few simple hints might help, especially in the digital age where taking as many pics as you like costs no more than a tiny bit of storage on your phone or camera.

Rather than wait to

take a picture of that magnificent fish back at home, take a camera with you when you go fishing, preferably a waterproof one. These days that can mean just taking your phone. The cameras in some of the latest smart phones are stunningly good, even in low light.

Try to make the fish look as natural as possible. A shot of a still-live fish looks infinitely better than one that is long dead.

A fish covered in blood or sand is a bad look. Give it a quick wash before pressing the shutter button. Water on a dry fish will give extra sparkle to a photograph

Keep the background of the photo uncluttered. A sea background is great, as is a bubbling stream or tranquil lake. A Super Six fence, garage wall, Mitsubishi Express van or ablution block is

Hold the fish in front of you, it will make the fish look a bit bigger. Conversely, holding the fish slightly behind you will make it look smaller than it actually is. Too far forward and it will look a bit silly. A forearm's length in front is about right.

When possible, use the low, golden light of early morning or just before sunset to illuminate the face of the subject and the fish. Some of the most atmospheric shots are taken at these times.

Even light is best and cloud cover helps with good exposure. Middle of the day can be tough, so use a hat and fill-in flash but angle the fish slightly to avoid the flash reflection bouncing straight back from the sides of silvery fish like barramundi or queenfish.

The eyes are important for expression, so sunnies off!

Take a little care with composition. A fish half

no and even an errant bit of fishing line across a face can detract from an otherwise good shot. Bright coloured clothing can add impact.

Holding a big dhuie or similar by the eye sockets is a bad look.

Get the fisherperson to smile, or even better, actually laugh out loud at the enjoyment of the moment. The more natural the expression the better the camera will like it.

Thinking about selling your caravan or camper?



Seller Vanessa Salmon and her granddaughter Nikitta with Caravan King's consignment specialist, Gareth Dunn

THEN you should seriously consider consigning it with Mandurah's award winning, repu-

table and experienced dealership,

People only have to

visit the Caravan King team in Barragup, Mandurah, to know they are passionate about simplifying the sales process and getting caravans sold for a fair price in a reasonable time frame.

knowledgeable The team will go to work collectively, utilising targeted marketing campaigns and an experienced, helpful sales team. And if you need money in the bank super-fast, they can even buy your caravan or camper on the spot too.

Avid caravanners. Vanessa and David Salmon loved the ease of Caravan King's consignment service

much that they are now selling their second van through the dealership.

'The Traveller caravan is the second caravan I have listed for sale on consignment with Caravan King. Their service is fantastic and I love the hassle-free way of selling through them," said Mrs Salmon.

Caravan King also specialises in caravan repairs, in particular accident insurance repairs and they stock a huge range of parts and accessories.

"Not only do we quality repairs, we offer a fabulous solution, both quick and reliable, to selling your caravan and we believe no one else out there works harder for you to get your caravan sold. Come give us a go, we will not let you down," says owner, Aleisha Kaeding.

Call the team now on 9534 7572 for your free appraisal and to see how they can work with you to get your caravan sold for a fair price in a reasonable time frame.

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PERTH 4WD and Adventure Show is happening from 6 to 8 November at McCallum Park in the town of Victoria Park.

There will be hosts of new 4WDs and accessories; camping gear; caravans and camper trailers; boats and fishing gear. Check out the range of adventure motorbikes and mountain bikes; travel and tourist info and more.

Visit all the WA regions and plan your next holiday at the new WA Adventure Travel Hub.

Get all the technical info on travel and 4WDriving at the Fourby Forum info stage. Meet your favourite youtubers at the 4 Wheeling Australia content creators area and catch up with special guests at the Engel Bush Camp Stage and Fishing Stage.

Get geared up to get out on the water this summer at the big new boating and fishing zone. Check out the adventure motorbike zone, ARB recovery demos plus

loads more.

The Perth 4WD and Adventure Show is op-

erating within government guidelines for a Covid-Safe event.

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et's go travel options for the mature west a





Discovering much of Albany and the Great Southern in a three day FIFO trip



L-R; Kurrah Mia's Larry Bright shows off some of the region's edible offerings -The Whaling Station's whale chaser Cheynes IV

by Allen Newton

WE ARE all used to flitting off to Margaret River for a long weekend, but in this new world of Wander Out Yonder many West Australians are opening their eyes to other options for a short break.

And while The Great Southern in our deep south might be a bit of a stretch to do in a long weekend, if you can pinch an extra day, it's a visit that pays dividends,

as we proved on a media trip in October to promote Taste Great Southern, the food and wine festival coming up in the region in April.

Scenery, attractions and a plethora of food and wine options provide something to match every taste.

Our little band of journos and influencers flew down to Albany on a Friday morning and flew back on the Monday morning. For those preferring to drive - and having a car to tour in at the other end - it's about four-and-a-half hours on

the road, which would

make things tough to

condense into three days.

Having said that, our hosts from Leeuwin Coast Seafood who took us out on the estuary in a boat to sample Albany rock oysters and the new akoya ovsters, drove down from Perth and back on the same day. Rather them than me though.

Our party got settled our accommodation Quality Apartments, Banksia Gardens. They are clean, modern, family apartments with pretty much all the facilities at your fingertips and conveniently located a few minutes outside Albany.

Then, it was down the historic harbour town's main street on a 20-minute scenic drive to Albany's Historic Whaling Station at Discovery Bay.

It might sound a little dry, but we spent around minutes wandering the grounds of the world's only complete whaling station, which offers a fascinating and non-judgemental insight into the whaling industry, which operated on the site until 1978.

Rooms full of art, seashells, whaling equipwhale skeletons, short films, scrimshaw and the world's only preserved whale-chaser ship, help create some insight into Albany's past. We could easily have spent half-a-day there, but we did have time to eat lunch in the café with its spectacular views out over the ocean.

We even spotted whales in the distance making their way along the coast.

In the afternoon we had a tour with Kurrah Mia's irrepressible Larry Bright who spent an hour sharing with us some of the region's Indigenous history and pointing out the various plants and fruits that had nourished his Menang people over thousands of years.

The Lower King site is the location of Aboriginal fish traps, more than 7000 years old, some of which are still standing.

Larry is quick to laugh and exceedingly knowledgeable about the history, fauna and flora of the region and well worth looking up.

Because we were travelling in a group, meals were mainly share platters, but everywhere we ate proved memorable.

There was the private function centre Henderson and Hwang in Kendenup, a huge, stylish converted farm shed, ideal for people looking for a rural touch to a function: the soon-to-be-opened Monty's Leap with its stunningly refurbished dining room and glorious views over the vines; Amy Hamilton's highly awarded Liberté; the beautiful Lake House Denmark;

On the Saturday, we started our day at the Albany Farmers Market with its fabulous array of fresh produce, from medicinal mushrooms to the plumpest, tastiest asparagus you've ever come across.

and Hybla Tavern on

the beach at Middleton

Beach

The markets operate every Saturday and feature incredible seasonal produce that comes from the range of micro-climates in the Great South-

From there, it was on to an early morning beer tasting at Albany's burgeoning Wilson Beer where we were treated to a tour of the craft brewery by Luke Wilson.

The rest of the morning was taken up with a tour of Andrew Forrest's Leeuwin Coast Seafood operation where we got to sample Wilson's soon-tobe-released Akoya Pale Ale, accompanied by the newly available akoya oysters and Albany rock ovsters that we watched being harvested directly from the racks where they are grown.

Then it was off to lunch at Monty's Leap, which seemed to flow seamlessly into dinner at Lib-

On Sunday morning we took the beautiful 45-minute scenic drive to Denmark to visit the Kwoorabup Community Markets. These have a real local vibe and feature everything from seeds and seedlings to fresh produce and frocks. Great to have a coffee and mingle with the locals.

Having worked up a thirst, it was a short drive to Rising Star Wines in Denmark, a beautiful little winery that goes to incredible lengths to produce the best wines possible. It is operated by Gwenn and Paul Hyatt, who originally hail from Texas. To say Gwenn is something of a character is a gross understatement.

The nearby Greens Pool at William Bay is closed for redevelopment. When it is re-opened the beautiful white sandy beach, surrounded by spectacular granite boulders, is about as scenic as it gets and well worth a visit.

And just to round things out, it was time for another wine tasting, this time at Oranje Tractor Wines in Albany.

This is certainly one of the more unusual wineries in the region, certified organic, part farm, growing a wide range of fruit and vegetables, and part winery.

The tasting room is packed with antique furniture and uses vintage glasses for its food and wine pairings.

You'll need to book for the foraging and food and wine pairing experiences - and while you are there don't forget to try their Vermouth, Italian-style simply splendid and featuring dozens of botanicals from their gardens.

It's a lot to pack into a three-day tour, but even so, by the time we returned to Perth we felt we had barely touched the sides of this incredible region.





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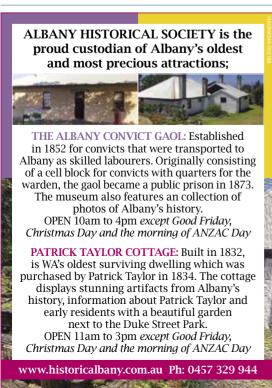
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Transport

Accommodation



Meals

Attractions



Tour Leaders



Local Guides

Interstate Adventures with Villa

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Just for Singles Norfolk Island Join fellow solo travellers on this nine-day Norfolk Island getaway for your fill of beautiful scenery, National Parks, culture, history and fresh produce.	9 DAYS	11 – 19 Feb	\$4,575pp guaranteed single room
Kangaroo Island Adventures Visit Australia's third largest island to experience towering cliffs, wild plains, abundant wildlife and local produce.	6 DAYS	22 – 27 Feb	\$3,350pptw
Departing March			
Celebrating Canberra in Autumn Delve into Australia's rich history at Canberra's iconic sites, explore beautiful gardens and cruise along Lake Burley Griffin before witnessing one of the world's greatest hot air ballooning events.	6 DAYS	10 – 15 Mar	\$3,370pptw
Grand Tasmania Experience Take in Tasmania's history, wilderness areas, fresh food and bucket list experiences on this comprehensive tour with Villa.	11 DAYS	12 – 22 Mar	\$5,610pptw
Magnificent High Country of Australia View soaring mountains, alpine lakes, lush green valleys and picturesque historic towns on your journey from Victoria's Gippsland region to Lake Jindabyne in New South Wales.	11 DAYS	16 – 26 Mar	\$4,615pptw
Melbourne International Flower & Garden Show Featuring Melbourne's cultural icons and the Melbourne International Flower and Garden Show.	5 DAYS	22 – 26 Mar	\$2,685pptw
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A Norfolk Island Easter Immerse yourself in Norfolk Island's laidback lifestyle, beautiful scenery and fascinating history as you feast on plentiful fresh produce during this thoroughly enjoyable nine-day tour.	9 DAYS	29 Mar – 6 Apr	\$4,135pptw
Kangaroo Island Adventures	6 DAYS	31 Mar – 5 Apr	\$3,350pptw
Join us for an escape to ruggedly beautiful Kangaroo Island. Australia's third largest island offers an abundance of wildlife encounters and nature-based experiences.			
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Splendid Bright, Beechworth & Yackandandah Take a tour with us to marvel at Victoria's autumnal kaleidoscope of colours, sample the area's exquisite local produce and visit the historic Old Beechworth Gaol.	9 DAYS	19 – 27 Apr	\$3,895pptw
Anzac Day on the Murray Princess, SA Cruise between Walker Flat and Murray Bridge aboard the famous paddle wheeler, the PS Murray Princess.	5 DAYS	22 – 26Apr	\$2,995pptw
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et's go travel options for the mature west australian





Over 55 walking club visit picturesque Albany on their annual getaway



Members of the club in Albany

by Valerie Barnett

MEMBERS of the Over 55 Walking Association of WA (OFFWA) have just returned from their annual getaway to regional WA.

A great group of 60 people went on the trip which is one of the social highlights of the year for

This year the destination was Albany and we were hosted by Joe from the Motel Le Grande.

Joe and his staff did everything to make our

enjoyable. rooms were large and well equipped and the food they produced was plentiful and delicious. We could not have asked for a better venue in which to share this special time with our friends.

Club getaway coordinators lan, Kevin and Kevin's wife Rhonda put together a superb program for our enjoyment.

Each year there is a theme and on this occasion members had to dress from the era 1914 to 1920. Most people dressed accordingly, with a number of colourful flappers, several Al Capone lookalikes, military attired gentlemen and

six nurses.

During the trip we toured various Albany highlights by coach. We visited the Gap and Natural Bridge, the Whaling Station, Wind Farm and Lookout. The extremely knowledgeable guide Tim pointed out that the wind farm produces enough electricity for 80 per cent of Albany's needs.

No trip to Albany is complete without a visit to the Anzac War Memorial which we all found was an emotional experience.

A cruise on the harbour was enjoyed by many in the group and Captain Mark allowed each member to take the ship's wheel.

Each day there was time for optional walks of various degrees of difficulty, organised by walk coordinators Di and Gail.

lan and Kevin had also arranged evening entertainment for members after dinner. On the first night there was the parade of costumes. One night we had two bush poets Peg and Pete who kept us in fits of laughter with their recitations.

On Saturday evening, a quiz was led by quiz master extraordinaire Gordon and as usual bars of chocolate were distributed to the winning table.

On the last night, after a special farewell dinner we were treated to a musical group called Spindrift. This prompted much toe tapping and soon most people were 'tripping the light fantastic' led by solo dancer Joan.

Monday morning came all too soon and it was time to bid farewell to Motel Le Grande Albany with all 60 attendees declaring it a wonderful getaway.

OFFWA run regular weekly walks to various destinations around Perth and host a variety of social events. It's a great way to keep fit and so-

If you would like to join the Over 55 Walking Association visit www.over 55walkingassociation.

Out and about with Aussie Redback Tours



AUSSIE Redback Tours are still on the road, enjoying time with senior travellers, and exploring our beautiful state. They still have an extended tour and a few two-day tours available for those who want to get out and about before the year is over.

It's the perfect time to be visiting the beautiful south-west corners of Western Australia, so for those looking for a short getaway in November, why not join Aussie Redback Tours on their South-West Meanderings four-day adventure tour, exploring the beautiful southwest forests, rivers, restaurants and

They have put together a tour that will tickle your senses in so many ways. Some of the places of interest on the tour include a visit to the family-owned and operated HaVe Cheese Factory; bushwalk in the flowers in Kondil Park; Tram ride through Pemberton; morning cruise on the Donnelly River and a train ride on the Busselton Jetty. The tour includes three breakfasts three restaurant dinners, motel accommodation and air-conditioned transport. Cost: Seniors \$1180, Adults \$1330 (Single supp \$250).

Alternatively, for those who prefer just a day out, they may like to join Aussie Redback Tours on one of the following day tours.

Sunday 15 November tour will visit Chittering and Avon Vallev.

Sunday 20 December enjoy a Christmas Lunch Mystery Tour at a new venue. This tour will include morning tea in a lovely historical town by a river, and a full twocourse hot Christmas lunch with all the trimmings and a present from Santa. There will also be an afternoon ice cream stop on the way home. This tour is filling fast. Cost Seniors \$105, Adults \$115.

Contact Aussie Redback Tours on 1300 662 026 or info@auss ieredbacktours.com.au to book a seat or to request more information.

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"Very prompt and knowledgeable service, absolutely fantastic detailing, so very happy, will definitely utilise their service again on an annual basis. Thank you team for providing great service, great advice. see you next year," said Belinda Hill.

"We had our recent purchase detailed by Peter and his team. I was so impressed, the van looks brand new. No more ingrained red dirt or cobwebs, ready for its new adventures. Thank you. Highly recommended," said Talea Kendall.

The workshop is located at unit 2, 71-73 Brant Road, Kelmscott. For any caravan queries please call Val or Peter on 0407 718 801 or email for a quote to wa caravandetailing@gmail.

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View Australia's largest aggregation of apex feeders and the only tourism experience of killer whales in Australia.

With departures daily, people just need to book the date. From Perth, catch a REX flight to Albany, stay overnight and hop on a Busy Blue Bus Tours' early morning departure for the drive to Bremer Bay.

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4 DAYS 23 - 26 Feb \$1,110pptw Delightful Denmark Featuring William Bay National Park, regional gourmet delights & local art

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Easter Tours

Easter in Albany 6 DAYS 31 Mar - 5 Apr \$1,815pptw Featuring the Torndirrup National Park, the Porongurups & National Anzac Centre Easter in Esperance 6 DAYS 1 – 6 Apr \$2,125pptw Featuring Cape Le Grand National Park, Wave Rock & silo art 5 DAYS **Easter in Pemberton** 2 - 6 Apr \$1,740pptw Featuring D'Entrecasteaux National Park, Beedelup Falls & Valley of the Giants

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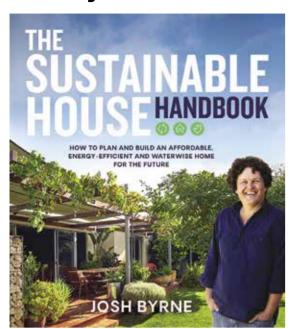






Downsizing ADVERTISING FEATURE

Make your home environmentally friendly with The Sustainable House Handbook



Reviewed by Frank Smith

DWELLINGS account for around 30 per cent of Australia's greenhouse gas emissions, but thoughtful house design and a relatively modest investment in insulation, modern appliances and solar power can reduce the carbon footprint of an ordinary house to zero or even less.

In this book, Josh Byrne, who is probably most familiar to readers as the WA presenter on *Gardening Australia*, wears his environmental scientist hat. He sets out ways to reduce the carbon footprint of houses and the cost of domestic

water and energy, which he has tested on his own home in Hilton. Moreover he has kept detailed records of the results including electricity, water, gas consumption and environmental condition in his home throughout the year.

Josh's book is a howto guide to the energy efficient house for the future.

While the book is primarily about planning and design of a new home, there is plenty of information for owners who want to make their existing home more sustainable or people looking to buy a new property. You can't do much about

the site and orientation of an existing house but you can choose wisely when building or buying.

Another issue that is much easier to fix when building a new house is universal access. If one or more occupants are confined to a wheelchair even temporarily, the advantages of wide doorways and passages, an absence of steps including into the shower and at least one roomy toilet situated so grab rails can be fixed, becomes obvi-

Other matters – insulation, water conservation, electrical appliances, heating, lighting and cooling, ventilation and

air quality as well as fire safety can be addressed in an existing building.

While Josh and partner Kellie, who is also an environmental scientist, planned their building thoroughly they made changes as new opportunities arose. Their gas and solar hot water system has been replaced by a heat pump, with the warning that heat pumps can be noisy and extra photovoltaic solar panels have been added in response to their decreasing cost.

Joss has also incorporated a lithium ion battery, although this addition was part of a research program and may not yet be appropriate for most householders. Nevertheless, if you are installing solar panels it is a good idea to ensure that the inverter (which convert direct current from the panels to alternating current for appliances and export to the grid) is also suitable for charging a battery. Lithium battery prices are likely to fall and their capacity increase as volume production kicks

Another piece of advice is to provide facilities in the garage for charging electric vehicles. So far

electric cars have made little impression on the Australian market, but this will change as prices fall and their range is extended. The quietness and low running and maintenance costs of electric cars are becoming more attractive to vehicle owners.

Many readers will be looking at ways to save money as well as look after the planet. A sustainable house is a win for both the environment and household expens-

The Sustainable House Handbook is published by Hardy Grant Books and is available from good bookshops \$39.99 RRP but it is worth searching on-line retailers for a discounted copy.

WIN WIN WIN

Thanks to Hardie Grant Books we have one copy of The Sustainable House Handbook to give away to some lucky reader. To be in the draw simply email win@haveagone ws.com.au with Sustainable in the subject line or write to The Sustainable House Handbook c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 30/11/20.













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Retiring to the city

STEPPING aside to allow the next generation to take the reins of the family farm is an expected outcome. Retiring from the farm to the city is not typical but when retiring farmers, Jack and Vera Higgins, felt it was time for their son to take over their Brookton farm they chose to relocate to Perth.

For most farmers facing retirement, the thought of moving to the 'big smoke', can be quite daunting. The business of the city, with its heavy traffic, high density living and bright lights, is in stark contrast to the relaxed pace of the rural landscape. Retiring on the farm or relocating into the nearest country town is the common routine for most, but is it the only choice?

"There are legitimate reasons for being in the city," suggests Vera. "Access to essential health services and the convenience of public transport, when it becomes essential, are two good reasons to leave the bush for the city. Being close to a city-dwelling family member can also be attractive."

The Higgins chose Rossmoyne Waters as their retirement destination and have since enjoyed a decade in their comfortable, modern villa. Situated in the popular Rossmoyne-Shelley suburb, beside the picturesque Canning River, this retirement village offers a lifestyle that appealed to them. While it is conveniently close to all vital services, it is tucked away behind a bush-forever reserve and offers a lifestyle experience hard to find.

"It feels like we live in the general community, but village life here offers so much more," says Jack. "There are many amenities in this village that give us a great lifestyle; we certainly never feel locked-in or have any restrictions placed upon us."

Both Jack and Vera enjoy their villa-side garden, which they happily share with friendly neighbours. The relationships and support from other retirees contribute to a pleasurable existence. For Jack there's an active Men's Group which he greatly enjoys, while Vera has served, as a volunteer over the years, in the colocated residential aged care facility.

"There are three very important components of a happy life", says Jack with resolve, "To find meaning-fulness, to have something to look forward to and to be loved."

At Rossmoyne Waters the Higgins have experienced all three of these.

Rural seniors should give due consideration to the increasing needs that inevitably arrive with the advancing of years. Find a retirement destination that offers easy access to essential services, provides a reliable support base and preserves the person's identity and dignity, is sound advice.

Asked if they have any regrets about moving into Rossmoyne Waters for their retirement, both Jack and Vera enthusiastically state that they absolutely have no regrets.

To find out more about Rossmoyne Waters, contact

Daniel on 9253 4456.

Downsizing ADVERTISING FEATURE



Time to think about restyling your outdoor areas as the weather warms up



Domayne City West have a variety of looks and styles to decorate your outdoor areas



by Zofia St James

WE are now embarking upon a season where we are going to be entertaining more and of course the festive season isn't far away either.

It is a great time to start looking at how we can make our alfresco areas more inspiring and colourful. It's always fun to have a project to work

You can buy from outdoor furniture stores, but always keep your eye online domains such as Gumtree and Market Place to bag a bargain.

Your outdoor area is another living room, take advantage of whatever space you have, even balconies.

This alfresco area is one where we can really inject fun colours such as sunny yellow, vivid orange, red or classic navy and white. The more inspiring you make an area the more you will utilise and enjoy it.

Add some perennials to plants you already have, in colours that you love and that compliment your outdoor cushions. Domayne always have a great selection of water-

proof outdoor cushions

and accessories. Be prepared to entertain with unbreakable dinnerware and wine goblets to coordinate the look. Another thing to consider is an umbrella, again complementing and pulling the whole look together.

Buy a shallow bowl and select some succulents to create a succulent garden as a centrepiece for the table as well as a wind proof lantern for a large candle to add to the evening atmosphere.

My philosophy is to love what you look at... always. If you don't then it becomes a thing that grieves you and of course we don't want that.

Consider elements, such as the sun and wind. There are always options to work around these scenarios. So you can create something lush or as simple as you would like.

Sadly, I see so many balconies used for storage and clotheslines. It is wasted opportunity to create something visually

pleasing for you as well as anyone else who happens to overlook your balcony area.

This month endeavour to get yourself organised for Christmas to reduce the last-minute rush.

I love this time of the year and I always like to savour it, it's a good time to reflect upon the year that's been and look forward to the next.

We all know it's been a very challenging year, so let's really take the time to enjoy and take any chance we have to entertain friends and family and provide a real sense of occasion.

Begin with making

set and quilt cover set including the European pillow covers in a deep shade of burgundy.

I had been eveing it off for a while and happened to get it a fantastic price. I added a couple of new cushions and now I just love looking at it and the feeling of satisfaction it gives me every time I walk into my bedroom.

I moved to a new house a couple of months ago, so it was a great opportunity for me to change and re-style things. A change really is as good as a holiday. Have a wonderful month.

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

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over the areas in which

these will occur. Many

people are looking at ren-

ovating and updating as

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Without even renovating

it's so easy to refresh and

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with the addition of some

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With loneliness and feeling unsafe becoming so common

for over 50s, and limited options available to afford a

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Downsizing ADVERTISING FEATURE

A new concept in retirement living is now available in Western Australia



by John Wood, Director - Providence Lifestyle, founder - NLV Lifestyle Villages WA

LIFESTYLE villages are a great choice for over 50s to downsize.

They provide wonderful secure communities with resort style facilities where people can make lifelong friends and build a camaraderie they don't typically get in the suburbs.

But there's a problem - and that is, not everyone wants to, or can afford to, tie up the capital to buy into one. Many people would like to use their capital more wisely or don't have enough capital. About 50 per cent of the over 50s have gone through divorce (halving their capital) or simply want to get out of the trap of owning a home with all the maintenance, repairs, insurances, rates and taxes and other costs that come with home ownership.

They want to free up their capital to enjoy the better things in life, rather than have it all tied up in a house where you can't enjoy it and leave it for the kids, who, let's face it, are probably far better off at their age than we ever were.

So what are the options?

Apartment blocks typically only offer short term leases so you never know if you are going to have to move out or how much

your rent review might be or what the future might hold. Retirement villages (if you can afford to buy into one) are known for high entry and exit fees limiting your options to move out. Moreover, rentals they have are usually very small and scarce and generally designed for an older cohort.

Here's where Providence Lifestyle shines. Providence is entering the market to offer boutique affordable lifestyle communities where you can rent for 10 years or more (with options up to 19 years). This provides long term security, allows the freeing up of capital, or lets you put what capital you do have into a dividend paying annuity income to fund a better lifestyle.

Providence provides safe, gated communities with great facilities and brand new one, two or three bedroom homes. There's a workshop to tinker around in, a central club room, library, gym, arts and craft rooms, and a community bus and the best part is the wonderful community of likeminded people who may share similar interests as you.

Definitely worth a look.

Innogreen provides technology to lives easier



USING Google products, Innogreen provides support and training to help turn your home into a smart home using just your voice.

You can listen to music, keep track of appointments or even call for help without touching anything.

The device works by understanding phrases. Say "Hey Google, call 000" and the device will automatically call emergency services.

You can program contacts with nick-

names "Hey Google, call my daughter" or input appointments so it can remind you of them "Hey Google, remember I have a doctor's appointment 11am Thursday".

You can ask it to tell you a joke, or the weather or read you an audio book.

When you buy the device, you receive a range of set up services, including a new Google account with personal contacts, nicknames and calendar, music and radio apps, accessibility settings for vision or hearing impairments, a phone number for the device, power board, 16 training sessions, 24/7 phone support, and free nationwide delivery.

The device is matched to your voice to ensure further accuracy.

The company is a registered NDIS Provider and aims to create a simple, usable set up for seniors.

To find out more call 1800 123 000 or email info@innogreentech.com.au

What's weighing you down when it comes to downsizing?

THERE'S no denying that moving into a new home is one of life's significant moments. Yet what surprises many people is just how positive and uplifting this event can be.

While the idea of sorting through a lifetime of possessions can initially seem overwhelming, it's not uncommon to hear that discarding what you no longer need can be incredibly liberating.

It's little wonder that minimalism and other similar philosophies have become so popular.

And it's not just for retirees. People of all ages are discovering the joy of decluttering. Objects have a tendency to weigh us down, physically and mentally. Cutting back creates the necessary space in life for the things that truly bring us joy.

The appeal of downsizing is the rewards that it brings. It's a chance to say goodbye to unused space and time-consuming maintenance, and step into a future where you're free to focus on what brings enjoyment.

Downsizing into a retirement village brings even greater rewards, as people will be joining a close-knit community full of possibilities and like-minded individuals. In Arcadia Waters residents often say how they wish they'd made the move earlier.

Making the leap into village life at Arcadia Waters is now easier

than ever. Simply enter into a Lease for Life on the unit of your choice by the end of December 2020 and they'll take care of packing up and moving the items you'd like to bring into the village, free of charge.

It's all about helping people to enjoy an extra smooth transition into village life. Enquiries have recently increased so now's the time to find out more - visit www.arcadiawa ters.com.au.

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Home care for everyone which helps you age in place

CATHOLIC Homes aims to provide a home care service with joy, love and hospitality at its heart. We spoke with executive manager Home and Community Care, Kylie Steele to share her insights into what differentiates them.

What do you think is different about the home care services your team provides?

"We are focused on understanding and responding to the changing needs of our clients to enable them to remain independent and connected to what they enjoy most.'

What services do you offer? "Our services include person-

al care, community involvement, nursing, household duties, gardening, maintenance, meals, aids, equipment, physio and occupational therapies, pastoral care and transport.

"Catholic Homess also offer short term restorative care."

Where are your services available?

"Our services cover the metropolitan area and the Mandurah and Peel region. We also have teams in Bunbury and towns across the Wheatbelt and Mid-West."

Who can access your services? "Catholic Homes provides home

care services for everyone. We don't discriminate or cater for any particular culture or community and we will care for anyone who needs our help in staying in their own home."

To find out more about how Catholic Homes can help you stay in your home, call Kylie and her team on 1300 244 000 or visit www.catholichomes.com

Available for RENT

Various 2 and 3 bedroom villas in a range of well maintaned over 55s complexes in Swan Valley, Dianella and Rockingham.

For enquiries please phone

Prices vary according in the location.

Elena on 0409 202 710

Will you outlive your income?

STATISTICS forecast an increasingly ageing population - a challenge for any government. Consequently, future generations may not have access to current levels of government subsidies.

According to the Australian Bureau of Statistics, a man now aged 65 could live to be 84 years old - a woman could see

While Australians have embraced the concept of self-funded retirement, we evidently need to start considering those decades beyond.

Could your superannuation support you for 20-plus years - including funding the level of aged care you might need? Could you afford the additional expenses if your partner remained in the family home while you moved into aged care facilities?

The specialists at Perth Aged Care Financial Planning can assist people to prepare a strategy that helps them afford the care one might need, from help around the home to more substantial care.

Living long enough to receive a letter from the Queen is one thing - affording it is another!

It's all in the planning.

For more information. please contact Perth Aged Care Financial Advisers on 1300 472 232.

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We will help you make this EASY! - these plans are approved and the build has commenced, so no planning delays! Choose your colour schemes or tailor the floorplan to suit - if you get in quick!

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Downsizing ADVERTISING FEATURE

Ten simple tips to help make the downsizing move easier...



USUALLY the family home is full of memories created over the years. But often, there comes a time when all the house represents is memories; the kids have left, there are too many rooms unused, and the upkeep is becoming hard.

Downsizing isn't about squeezing into a smaller place; it's about 'right-sizing' – a home for the next chapter in life.

Whether you call it downsizing, smart-sizing

or right-sizing, Lendlease Retirement Living offer these ten simple tips to help make the move easior.

Tip #1 - Location, location

It's obvious, but think carefully about where you want to move to — it might be the last move you make; and you might be there for 20 or 30 years. Do you want to stay in your community? Move

Or head somewhere more relaxed near the ocean? All good questions to ask yourself. Ask them over and over until you're sure.

Tip #2 – Plan, and take your time

Moving is going to be overwhelming and emotional at times, but you can take the sting out of things by planning in detail, and then taking your time. Make lists, take a room at a time, allow yourself six months at least. Don't try and solve everything in a day, just bite off manageable chunks from a well-documented strat-

Tip #3 – Dump, sell or giveaway?

By definition, downsizing involves having fewer possessions. Try and give things with emotional attachment — which don't suit the new place — to friends or relatives. But don't be upset if they politely decline, either; ev-

eryone is fighting a war against growing clutter. Sell things of value online or via garage sales if you no longer want them, but they're of value. And give some things to a charity.

Tip #4 – Get a little help

At the very least you'll probably need removalists, unless you have strong offspring prepared to hire vans. But you can get help with almost everything if you need it planning, packing, disposing of possessions; it just comes down to your budget, time constraints and how much you're confident of doing yourself. It's worth adding that neutral help won't have opinions driven by emotions — which might be the case with friends and relatives.

Tip #5 – Renovate, decorate and clean

Like anyone selling a house, you want to get the best possible price. Some work upfront can reap major benefits, even if it feels inconvenient and unnecessary on a house you're leaving. At the very least, get the gardener in, get the windows cleaned and do any chores you've neglected. Then do a really decent clean before people view the place.

Tip #6 – Budgets and finances

Make sure a budget is part of your planning. How much are you realistically going to get for vour home? How much is the retirement village place you're moving to? What moving costs are involved? Make sure you have everything covered and won't put yourself in a difficult position during or after the move. If you aren't confident with finances, then run it past someone who has downsized already, if you can.

Tip #7 – Get government help

Well, sort of... there are

incentives and tax benefits to downsizing that you might not be aware of. Certain ways to diminish your tax and boost your super. Do your research and see how policies can help you. Talk to your accountant and seek professional financial advice.

Tip #8 - Save memories

Our favourite is to take pictures of all the big old pieces of furniture that you're selling, and then turn the pictures into a hard-backed book to keep on your coffee table. It's a great way to keep memories alive in a fun way, but to move on to a smaller and more stylish home.

Tip #9 - Treat yourselfAssuming the move

Assuming the move goes well, and your budgets are accurate, then treat yourself to some new pieces as part of the move. Just moving half your old things to a smaller place might

seem slightly depressing, so pep things up with a couple of pieces of art or a new sofa. Some lamps, perhaps. Blend old and new furniture to create a stylish new home.

Tip #10 – Don't leave it too late

The thing we hear most from downsizers is "we wish we'd done it sooner!" People rarely have regrets about making the move. But the longer you leave it, the more stressful it can become. Moving at your leisure in your 60s carries an element of stress, but trying to move quickly in your 80s is much harder still. If you can do it, then enjoy life to the full in a new place with

a great community.
For more top tips on right-sizing your lifestyle, and learning the secrets about successful retirement living visit www. talkingretirementliving.

Siena Living offers residents a new style of finance options...



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

Their new village manager, Cristy Stephenson, has set out to make Siena Living, which already has the lowest ingoing costs in the region, even more accessible. With a financial structure that allows qualifying retirees to access all government conces-

sions, their new finance option means they can now plan their retirement more effectively.

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

The choice between the four homes currently available has never been better, ranging from a large, one bedroom villa at \$139,000, to a spacious two bedroom home with its own private garden at \$159,000. This is the first time these homes have been available since the village was built six years ago and represent excellent value.

To view, contact Cristy on 0424 284 889.



WOULD YOU LIKE TO RENT RATHER THAN BUY INTO A LIFESTYLE VILLAGE?

Lifestyle villages are a great choice for over 50s to downsize but not everyone wants to, or can afford to tie up the capital to buy into one. Apartment blocks only offer short term leases and retirement villages are known for high entry and exit fees. Providence Lifestyle offers boutique living where you can rent rather than buy and live in a friendly safe gated community with great facilities to enjoy life.

You're invited to this special free information seminar for over 50s on Saturday 28 November 2020 at 10.00am. On the day we'll be showcasing two community master plans for Mandurah (Pinjarra Road) and Haynes (Armadale Road) villages, home designs and more details about the timeline of the projects.

Providence is developing exclusive boutique rental communities around Perth for over 50s – come and find out all you need to know at the informative seminar hosted by the pioneer of the Lifestyle Villages industry in WA – John Wood.

EARLY BIRD BENEFITS FOR SEMINAR GUESTS:

- Weekly Rent prices locked in 12 months ahead of project completion
- First choice of home design and lot location
- Choice of colour selections

SEMINAR DETAILS:

- Morning tea and coffee provided
- Cockburn Health and Community Facility / Success Library -11 Wentworth Parade, Success WA 6164, (corner of Beeliar Drive).
- Saturday 28 November 2020. Check in 10am for a 10.30 start easy free parking
- With COVID restrictions, numbers are limited to only 100 people guests
- RSVP ASAP to secure your seats! bookings essential
- BOOK NOW at providencelifestyle.com.au



Or call **Mark Jewell**, your Lifestyle Coordinator

- т 0411 497 111
- E markJ@providencelifestyle.com.au
- w providencelifestyle.com.au

Downsizing



Australians open to artificial intelligence to help their loved ones stay home for longer



THE ROYAL Commission into Aged Care continues to uncover flaws in our aged care system, so Australians are turning to technology, Artificial Intelligence in particular, to ensure their loved ones receive the care they deserve.

InteliCare recently experienced a 29 per cent spike in quarterly sales of its InteliLiving products and launched a new online e-commerce marketplace for families who

want to monitor the wellbeing of their elderly or health-challenged family members remotely.

The InteliLiving system includes discreet in-home sensors placed around the home designed to gather information on movement, activity levels, temperature and more. The software uses this to relay information about behaviour such as sleeping patterns to provide their families and car-

ers with early warning of any problems and peace of mind.

Irene Rodreguiez of Morley, aged in her early 90s, has been using the system since February. She says the InteliLiving platform has changed the way she interacts with her family for the better.

"I like InteliLiving because it makes my family very happy. It's nice because it's not a camera - when I get up in the morning, I see the light from the sensor but it doesn't bother me at all. This is good for my children because they tend to worry about me all the time.

"Anything can happen when you're alone, but I feel comfortable with this. You feel more secure really – I love InteliLiving because you feel more secure."

For more information about InteliLiving, visit intelicare. com.au or call 1800 354 061.

Your move, your retirement and your choice of lifestyle accommodation options

FOR a limited time, Masonic Care WA (MCWA) are offering a choice of incentives to the value of \$10,000 across selected villages to make people's move easier.

The incentive package can be tailored to individual needs. Incoming

residents can select from a pre-paid debit card, a cash back amount off the price of the villa to be paid at settlement or monthly fees paid for a period.

"We recognise that everyone's needs are different so we have al-

lowed our clients to mix and match from all three of these options or just one if they prefer," said MCWA CEO Marie-Louise MacDonald.

With 11 retirement villages across WA, MCWA have a wide variety of villas to suit any style or budget.

Come and join them at one of their upcoming morning tea events, view their available homes, tour the facilities and chat to some of the res-

Forest Lakes Village - Friday the 13 November, Lawley Park Village Wednesday the 18 November, Leschenault Village Wednesday the 25 November. All are open from 10am to 1pm.

Alternatively contact Masonic Care WA for a private appointment or further information on 9309 2922.



BEFORE the days of smart phones and social media, the act of recording on ciné film was reserved for life's most precious moments.

Preserve your memories by converting old films

AS time passes, old film footage slowly degrades.

In the early twentieth century, film reels were not designed with longevity in mind, often using unstable chemicals to improve the quality of the picture.

Many films shot during the 1930s/40s will eventually succumb to what's known as 'vinegar syndrome', a decomposition process that releases a vinegar-like odour.

As the film ages, it will continue to deteriorate until it is damaged beyond repair.

Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already begun to break down and lose quality. Now is the time to take action and ensure your priceless recordings aren't lost forever.

One of the best ways to preserve your footage is to take it to DiskBank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films, vid-

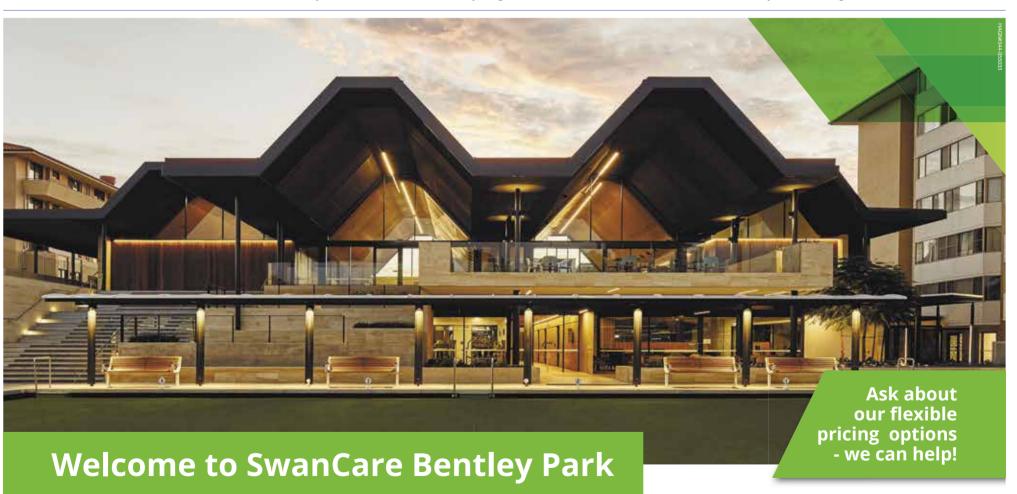
eos, images and audio recordings into modern, digital formats.

If the film has already begun to decay or develop mould growth, DiskBank can take steps to revive your footage if the damage has not spread too far.

DiskBank can transfer your recordings to DVD, Blu-Ray, USB or digital files, with the latter being the recommended format.

Have a Go News readers are entitled to an additional 20 per cent off! Simply mention the Have a Go name to claim your bonus discount.

Visit DiskBank at 94 Jersey Street, Jolimont or call 9388 0800.



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Contact us today for a private tour.

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retire@swancare.com.au





healthy living ADVERTISING FEATURE



health options for the mature west australian





Dr Margaret Redelman gives sound advice on women's last taboo



Medical sex therapist Dr Margaret Redelman OAM

by Josephine Allison

IT'S the last taboo of menopause but research has shown vaginal dryness as the most significant factor hindering sexual activity between middle-aged couples, an issue often held responsible for causing

relationships to break down later in

A survey, conducted by a London-based behaviour, brand and communications agency, commissioned by Vagisan, on menopause and vaginal dryness, showed an alarming number of women regarded vaginal dryness as highly problematic in their sex lives.

More than 1100 women aged 45-65 who had suffered vaginal dryness in the past 12 months, found reduced enjoyment of sexual intercourse as the main impact of the condition, with almost four out of five affected women saying it was a significant obstacle when it came to sex.

Sydney based medical sex therapist Dr Margaret Redelman OAM says shame and embarrassment are causing many women to suffer in silence over vaginal dryness. It is common, but often women don't know what it is, or they don't even link it to menopause, she said.

The issue was highlighted by Dr Redelman when she spoke with radio personality Di Darmody during Women's Health Week this year.

"During our first online event women and men from across the country were able to discuss vaginal dryness without fear of embarrassment or shame," she said. "I think the stigma that is preventing many women from seeking readily available treatment will fade, the more we have these types of open and honest conversations.

"Women should never feel they need to suffer in silence. Vaginal dryness is a condition that can occur in all ages, and for many different reasons. In younger women, a predisposing medical situation like early menopause, diabetes, depression or breast cancer therapy often causes vaginal dryness; as can the hormone shift after giving birth can lead to vaginal dryness.

In older women (from about 45), perimenopause/menopause hormonal changes become prevalent predisposing factors for vaginal dryness, Dr Redelman said. However, medical history and examination should always be made before concluding that this is the case.

On the benefits of various products available, Dr Redelman said hormone replacement therapy (HRT) was both systemic and local. Systemic HRT can address other symptoms as well as vaginal dryness. This might not suit women who should not be taking exogenous hormones, for example women with certain breast cancers. Local estrogen was beneficial.

Women can also use vaginal moisturising cream or pessaries. There are easy to use, hormone-free, skin soothing and moisturising, such as Dr Wolff's Vagisan moisturising cream or cremolum.

Vaginal laser treatment was also an option. It was expensive with some discomfort, ambivalent medical proof of efficacy, but some women were pleased with the out-

"Pain and discomfort is the body's signal something is wrong," Dr Redelman said, "but it is not specific. Getting a medical review means there can be peace of mind and, also at the same time, there is an opportunity for getting information.

'I always recommend starting with the most straight forward, easiest remedy, then tailor treatment to

women's needs and circumstances. Discussion with a health professional face-to-face provides an opportunity to cover these options.

Dr Redelman said things had improved down the years for many women, but not all and there was still a way to go.

"This is especially for embracing the idea that women's genitals are beautiful and have care needs that are part of the deal.

Since the advent of the Pill in the early 60s, dealing with women's health, menstrual and sexual, has been improving. Family planning clinics were a tremendous boon for women. But educational opportunities and natural abilities are not universally equal, on top of individual personalities and family of origin-country-culture-religion pres-

"The consequences of vaginal dryness and genital pain can be quite severe," Dr Redelman said. "Unless they are masochistic, most women will end up by avoiding lovemaking, and this has implications for personal well-being and relationship health."



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Stem cell nutrition is helping many in Western Australia



Sandra Barnslev

THERE has been a lot of recent publicity about stem cells, and now there is a great natural product that people can take to assist their own adult stem cell migra-

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easy to take and effective, but it is now available in Australia.

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The National Institute of Health has identified 74 treatable diseases using stem cells in therapy.

Stem cells are created in bone marrow, but migration to the bloodstream declines as we age. By the age of 35 stem cells in the bloodstream fall by 45 per

cent, 50 per cent by the age of 50 and 90 per cent by the age of 65.

Every time you consume two capsules of stem cell nutrition, within an hour up to 34 per cent more stem cells will be released into the bloodstream. This has been proven and potentially adds an extra four to 10 million stem cells in circulation.

If you would like to find out more about how Stem Cell Nutrition can transform your life Phone Sandra Barnsley 0412 479 156.



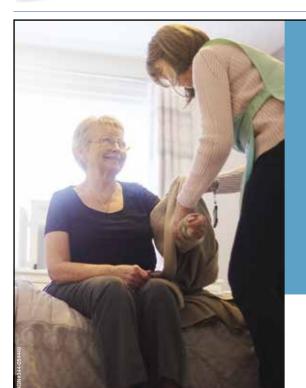
New outlet in Maddington

Have a Go News is now available at Pharmacy 777, located at Unit 4, 2 Sheoak Road, Maddington. Contact them on 9459 6179 or visit them online www.pharmacy777.com.au.









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health options for the mature west australian





High-tech hearing aids free to volunteers in hearing and cognition trial



L-R; Joint lead researcher for Hearing and Cognition Trial, Dr Andrew Ford with The Ear Science Insitute of Australia team leader Dr Dona Jaykody

by Frank Smith

VOLUNTEERS for a new trial of the effect of improved hearing on reducing the risk of dementia will receive new top-of-therange hearing aids to keep after the trial is complete.

The Ear Science Institute of Australia is part of a wide-scale effort to understand the relationship between hearing and cognitive skills. Key research questions are: What cognitive skills are associated with hearing loss? Does hearing loss contribute to a reduction in cognitive skills, perhaps even leading dementia? And, will the use of a hearing aid or hearing implants prevent the loss or restore cognitive skills?

Previous studies have shown self-reported hearing loss is strongly linked to risk of disability, dementia, and depression, but not mortality. This trial takes the research a stage further.

The Ear Science team aims to use their findings to try to interrupt cognitive decline by improving hearing through hearing instruments and implants and inspiring people to get their hearing tested and to adopt hearing aids earlier as they age.

The Hearing and Cognition Trial will look into how memory and cognitive skills can decline in seniors with hearing loss who are also at risk for dementia.

Team leader Dr Dona Jaykody says this trial differs from previous research.

"We are assessing non-verbal as well as verbal hearing ability unlike other trials. Our subjects all have some measure of cognitive decline, so they are at greater risk of proceeding to dementia.

"In addition we shall be carrying out scans to see what changes are taking place in the structures of our volunteers' brains."

Dr Jayakody speculates that the possible reason that untreated hearing loss

leads to cognitive decline is that people with poorer hearing are constantly trying to fill the gap of words

they did not hear properly. The increased effort of listening may overload cognitive capacity," she

All participants will receive free hearing aids for the duration of the project (two years) and they will be able to keep them after the project ends. The control group will receive exactly the same hearing aids and level of care as the intervention group, but their fitting appointment will be delayed by a year.

The hearing aids are amongst the top of the range of aids with expensive technology designed to cancel feedback and extraneous sounds improve clarity in noisy situations.

This could be a good opportunity for some HAGN readers who cannot afford hearing aids containing high-end technology to obtain them.

participants **Potential** will be invited to attend a appointment screening where their hearing will be assessed and they will complete a memory cognition questionnaire. If they are accepted into the trial then they will need to attend research appointments every six months for two years.

Volunteers must be 70 vears or older and experiencing age-related hearing loss in both ears, not caused by illness or injury. They must not have previously worn hearing aids and have not been diagnosed with dementia or

other serious neurological conditions.

Pensioners are eligible for the Australian Government Hearing Services program, but they are only provided with a basic model. Different types of hearing loss require different hearing aids. Some of the basic models pensioners are eligible for won't suit their hearing loss at all. In this case, the more expensive models of hearing aids are worth the higher

Royal Perth Hospital Grant Foundation has just given a grant of \$600K, to kick start the hearing and cognition trial.

To be part of the trial contact Research assistant Jennifer Marks on 6457 0530 or email jenni fer.marks@earscience.org.

Kim Jordan celebrates her 50th with 50 adventures



Baptistcare Gracehaven resident Rene Pears with Kim Jordan

KIM Jordan had always planned to celebrate her

50th birthday with a trip home to Ireland.

But with the pandemic putting international travel on hold, the lifestyle coordinator at Baptistcare Gracehaven Residential Care in Rockingham decided to complete a bucket list of 50 challeng-

To inspire her, she enlisted the assistance of the seniors she helps care for, in coming up with the 50 adventures.

"Resident suggestions dropping my include strong Irish accent in favour of an Aussie accent for a day and experiencing life as a blonde for 24 hours," laughs Kim.

Some of Kim's challenges include hot air ballooning, 'goat yoga' and snorkelling with sharks.

Kim has been at Baptistcare Gracehaven for 11 years. Being at the facility for such a long time, she has become close to residents, getting to know them very well.

"If I know a resident would be interested in something I have done, I will go out of my way to go and talk to them about

"It is so rewarding to know that I can still touch the lives of others by reminiscing on my own. I can't wait to share my future stories with the residents at Gracehaven, said Kim.

Movement is medicine for bodies

MOST of the joint pains experienced in people over the age of 50 are due to inflammation. reduced synovial fluid and reduction in articular cartilage.

It is in the moving joints that people often experience the pain. So, it seems strange that movement can be medicine, when movement often hurts.

But... movement promotes blood flow, production of synovial fluids and flow of the lymphatic system. All of these processes bring nutrients into the joint to stimulate growth of new healthy tissue, they also perform the important task of taking waste products and toxins away from the

Another benefit is improving the biomechanics of movement. If people are not in balance structurally then they can wear things down or overuse certain areas, causing undue stress and strain.

The only way for these healing processes to occur naturally is through safe and stimulating movement of

It's important people

do this in an environment where they feel safe, are actively involved in education and are empowered to live a more physical lifestyle.

For those who would like to find out more about how to move their body better, contact Emma at Aspen Coaching to find out about their over 50s movement classes.

Give an older person a valuable gift, your time



EVERYONE wants to feel like they matter - that they are valued and their voice is being

Advocare is an independent, not-for-profit organisation that supports and protects the rights of older people in Western Australia through informa-

Golf & Utility Vehicles

tion, advocacy, education and volunteering.

volunteer pro-Advocare's gram, the Community Visitors Scheme (CVS), consists of a team of dedicated volunteers who volunteer their time, skills and life experience to visit older people who are socially isolated, or at risk of social isolation or loneliness.

The volunteer program aims to make a difference to older people whose quality of life would be improved by positive engagement and companionship. Volunteers are connected with people living in residential aged care facilities or receiving care services at

Volunteers support older people by capturing their life stories and significant moments; by sharing stories and photos; talking and reminiscing; reading or listening to music together; talking on the phone; or working on a hobby or activity together.

Advocare volunteers are paired with older people based on shared interests and who live in close proximity to each other in the Perth metropolitan area.

Dedicating a small amount of their time a week, Advocare volunteers not only make a huge difference to the lives of older people they visit, but to their own lives as well.

If you are interested in joining Advocare's rewarding volunteer program, or would like to request volunteer visitor visit their website www.advocare.org.au, call 1800 655 566 or email volun teer@advocare.org.au.

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health options for the mature west australian





Interesting survey response to what Australians think about ageing

by Frank Smith

THE Royal Commission into Aged Care Quality and Safety engaged Roy Morgan to conduct a national opinion survey of 10,000 Australian

The survey asked for their views about older Australians, the current aged care system, and what they would want should they need aged care themselves.

Adults overwhelmingly have a positive attitude towards people aged over 70. Over 90 per cent agreed that older Australians are valuable to society due to their work, knowledge and experience and time they spend helping family and volunteering.

Almost all respondents also rejected negative attitudes towards older people and agreed that society has an obligation to look after older people and care for them.

Nearly half believe that the Government should be most responsible for paying for support services needed by older people to continue living independently in their own homes, such as help with shopping, cooking, cleaning, and attending medical appointments. And more than half think the Government should be most responsible for paying for the higher-level care services when needed - help with dressing, eating, toileting and nursing care.

Even those people who see the older person, their family or friends as most responsible for payment, still considered the Government as second most responsible.

Over 55 per cent of people contact family or close friends, who are receiving support, at home at least once a week, however only 37 per cent visit that often. Old people living in residential aged facilities are contacted weekly 32 per cent of the time and 24 per cent receive weekly visits.

Overall, the community's perception of life in residential aged care is negative. They think the residents are often lonely, do not have control over their lives and are not happy, but have access to medical care and are safe in comfortable, well maintained accommodation.

Most adults had visited a residential aged care facility at least once. If so they have slightly more positive perceptions than those who had never visited.

Few people were well informed about many aspects of the aged care system. Only nine per cent were aware of My Aged Care and only four per cent knew of the Aged Care Quality and Safety Commission (the

industry regulator). Most people thought the Government's contribution towards aged care was 60 per cent or less, whereas it is actually nearly 80 per cent.

Older Australians who need support to live independently prefer that family and friends provide it. If they need higher-level assistance such as help dressing, eating, toileting and nursing care they prefer aged care service providers. In practice aged care service providers - businesses and non-profit organisations - provide most of the available support.

Most (80 per cent) of older Australians want to remain in their own home even if they need support or care. Around 11-12 per cent wish to downsize from their current house to a smaller dwelling and six per cent want to move nearer to family or Only 25 per cent would prefer to live in a residential aged care facility if they need care.

Older Australians said the most important service was home cleaning followed by help with personal hygiene (showering, dressing and going to the toilet) and medical services (access to medical professionals such as GPs, dentists, physiotherapists and podiatrists, and help with medication and nursing care).

The services least likely to be seen as important were transport, day centres to socialise and exercise in, and help with meal preparation.

It seems that public support for aged care is strong, but the government needs to provide more funds for in-home care. Where possible this provides a cheaper and preferred alternative to residential care.

Caregiving always a first priority at Kensington Park over the years



AGED care is evolving and Hall & Prior is leading the way, prioritising the wellbeing of residents, no matter what their background or beliefs may be, in their 27 homes in WA and NSW.

For over a quarter of a century, the Perth-based company has provided high quality, clinical care for more than 1,600 residents in their homes as well as over 1,100 community care clients.

One such home -Kensington Park - is an excellent example of the group's ethos of creating aged care experiences that meet the needs of each and every resident.

Jesusa Silverio, the home's director of nursing, leads a team of experienced allied health professionals who work hard to ensure their residents' happiness and needs are at the centre of all they do.

"There is a lovely atmosphere at Kensington Park, our home is surrounded by lush gardens and green trees and we have a strong focus on family," Jesusa

"Our residents are healthy, happy and engaged and we have a wonderful group of staff here who always go above and beyond to make Kensington Park a home."

There's always plenty to do at Kensington Park and all Hall & Prior homes, with a range of activities always taking place for residents to participate in and plenty of quiet time for them to relax and enjoy the beautiful gardens.

"We've got a vibrant activity program which changes each month, and a wonderful community of volunteers who provide company, entertainment and education to our residents and staff alike," he said.

If you'd like to book a tour of Kensington Park, please contact Jesusa on 08 9367 4870 or email info@hallprior. com.au. People can see the complete collection of Hall & Prior homes at www.hallprior.com.au



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healthy living advertising feature



health options for the mature west australian





Did you know...

People with disability are five times more likely to be living in public housing than those without





Did you know... 1 in 3 people with disability have avoided



Did you know... 68,000 Western Australians are the primary carer for a friend or family member with a disability

This year let's create a disability inclusive community for everyone...

INTERNATIONAL Day of People with Disability is celebrated annually throughout the world on 3 December. It aims to increase public awareness, understanding and acceptance of people with disability and hon-

our their achievements and contributions. This year's theme is 'Building Back Better: toward a disability-inclusive, accessible and sustainable post COVID-19 world'.

There are many ways communities and or-

ganisations can get involved and share the message that positive community attitudes and behaviours towards people with disability are critical to creating an inclusive society. Together, we can create a Western Austra-

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lia for everyone and strive for equitable opportunities and outcomes in all areas of life for people with disability.

Find out more at www.idpwd.com.au/ get-involved/communities/.

Network of mental health first aiders for veterans and their families

AUSTRALIANS who support veterans and their families are being trained as 'mental health first aiders' through free training offered by Open Arms - Veterans and Families Counselling and ex-service organisations around the country.

Minister for Veterans' Darren Chester said mental health first aid and suicide prevention training offers veterans, and the people who support them, an opportunity to 'square away' their own mental health so they can take care of themselves and those around

Whether it's packing your kit or sorting yourself and gear in other ways, 'squared away' is a military concept where once you have yourself sorted, you are then able to help those around you.

"It's not too dissimilar with mental health and I am encouraged that more than 1400 members of the veteran community have participated in mental health and suicide prevention training in the last 12 months," Mr Chester said.

"Family members, friends and colleagues are often the first to notice subtle changes in someone's behaviour. Training in mental health first aid or suicide intervention equips them with the skills and confidence to identify warning signs, start a conversation and encourage them to seek professional help.

"This training, initiated by the Returned and Services League (RSL), is now being delivered in partnership with ex-services organisations across Australia, highlighting the great outcomes we can achieve by working together.

"I would encourage anyone in the ex-service community to become a mental health first aider and join our national network by contacting Open Arms and participating in the training.

"The recent Budget provided an additional \$101.7 million to further increase mental health support services for our veterans and their families, further demonstrating our commitment to supporting the health and wellbeing of our veteran community.'

In addition to mental health first aid, Open Arms provides suicide prevention training including the Applied Suicide Intervention Skills Training (ASIST), Suicide alertness for everyone (safeTALK), and Suicide Prevention Start, a 60-90 minute self-paced online workshop.

Former RAAF warrant officer now national director in Open Arms, Rob Swanwick, said Open Arms is proud to provide training that can save lives.

"We want to upskill people in mental health first aid in the same way as we are trained in physical first aid. There's a great sense of camaraderie and mutual support in the veteran community that comes from shared experiences, and being able to strengthen the ethos of covering each other's back is incredibly important and rewarding," Mr Swanwick said.

"It reminds me that as a loadmaster, I gave the instruction hundreds of times: in an emergency, get your own oxygen on and look after yourself first, so you can better assist others around you."

In addition to providing free and confidential support for current and ex-serving ADF personnel and their families, Open Arms offers a variety of free training opportunities to those seeking to help family, friends, co-workers or others in the veteran community.

To find out more call 1800 011 046 or visit openarms.gov.au.

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Independent complaints office in Western Australia

THE HEALTH and Disability Services Complaints Office (HaDSCO) is an independent Statutory Authority offering an impartial resolution service for complaints relating to health, disability and mental health services in Western Australia and the Indian Ocean Territo-

HaDSCO encourages parties to discuss complaints and work towards a mutually agreed outcome by providing a free service, available to everyone. Information about HaDSCO's services is available in Easy English and translated into other languages including Simplified Chinese, Italian and Vietnamese.

A person, carer, family member, guardian or advocate can make a complaint.

People who have contacted a service provider and they have not resolved your complaint can then contact HaDSCO.

Complaints can be made about refusing to provide a service; providing a service that should not have been provided; the manner of providing a service; denying or restricting consumers access to records; breaching confidentiality; charging an excessive fee; not effectively dealing with a complaint or failing to comply with the Carers Charter. Disability Services Standards or Charter of Mental Health Care princi-

Complaints can be valu-

able feedback for service providers and sometimes lead to quality improvements for other service users. If anyone who has not been able to resolve a complaint directly with the service provider, HaD-SCO may be able to help achieve outcomes such as an explanation, apology, refund or waiver of fees, access to counselling or other support or a change in policy or procedure, training or education for the service provider.

From 1 December 2020,

there is a change to the way complaints about disservices provided under the National Disability Insurance Scheme (NDIS) are made. The NDIS Quality and Safeguards Commission (NDIS Commission) will take over complaints about NDIS supports and services from

HaDSCO will continue to accept complaints about state funded disability services and supports. Anyone unsure as to which agency can handle a complaint, contact HaDSCO.

HaDSCO have recently refreshed their website www.hadsco.wa.gov.au and their complaint form can now be completed on a mobile phone as well as online or by post.

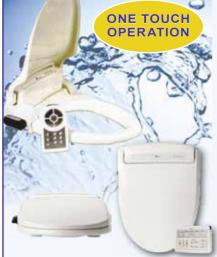
The complaints and enquiries line is open from 8.30am to 4.30pm Monday to Friday (08) 6551 7600 and is free from landlines by calling 1800 813 583. People can also contact HaDSCO by email at en auiries@hadsco.wa.gov.



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All roads lead to Burswood Park for the 2020 Have a Go Day - A LiveLighter Event





COME along for a fabulous free day of fun and entertainment on Wednesday 11 November from 9am to 3pm at Burswood Park, right next door to Crown Perth.

Have a Go Day is specifically designed for older people to get out, have a go and see the range of information, services and activities designed for them.

First launched in 1991 the same year as this newspaper, this year's event will also include a special commemoration for Remembrance Day with observances taking place from

Following the formal proceedings, the Over 55 Walking Association will lead the annual walk around the park.

Try your hand at canoeing on the river, test your skills on the climbing wall, have a go at throwing a boomerang, find out about the latest technology and enjoy great entertainment.

Event organisers' Seniors Recreation Council of WA remind everyone that age is no barrier. They invite everyone and anyone over 50 to come along dressed to participate.

Are you looking for a new hobby? There is a huge range of clubs and groups for people to join from dancing to collectables to exercise groups.

Have a Go News runs the hospitality tents and our famous chocolate wheel will spin every hour from 10am to 2pm with great prizes to win. Enjoy free tea, coffee and water and take some time to sit and relax before you head off to have more

Social distancing is the new buzz word and all COVID requirements will be observed at the event.

There will be plenty of entertainment to enjoy including performances from Terry Bennetts, The Haze Band, and the WA Police Pipe Band.

There are a variety of health checks available including hearing tests, blood pressure and blood sugar testing.

For those who want to become more savvy with technology, Tech Savvy Seniors will be on hand and there will be electronic activities to try, including Seniors Exergaming and Laser Pistol Shooting.

There is so much to see and do - if you have never been before you will be amazed at this unique event for the mature demographic.

See you at Burswood Park on Wednesday 11 November from 9am to 3pm.

The chocolate wheel will be spinning on the hour from 10am at Have a Go Day 2020





Come to Have a Go Day and win some great prizes



ANNIE and her team from CPE Group Home Care Providers are looking forward to meeting readers at Have a Go Day at Bur-

swood Park. They have four \$100

Gift vouchers for West-

field Shopping Centres to give away, so just drop by their stand and have a go at winning one.

They have brochures for you to take away with information on home care, home care provider

pricing, veterans home care and My Aged Care and they have a couple of chairs if you would prefer to sit and have a chat about it.

CPE Group client relationship manager Annie Carvell said that as a family-owned business, they understand that the decision to invite someone into your home to assist isn't an easy one, so each member of her

for their kind-heartedness, their ability to listen and empathise with their clients and to truly understand their needs, as well as for their qualifications and experience. This is people's chance to ask all the questions.

People can find them at Stand 133 too. And just in case you haven't been able to find a poppy this year, they will have complimentary ones at the stand.

They're looking forward to seeing people there but if you aren't going to Have a Go Day and would like to know more about them, please call Annie or Lisa on 1300 665 082 or email info@ cpegroup.biz and they'll send the brochures to

WIN WIN: To be in the draw, to win one of these great prizes, simply fill in this form and place in the entry barrels at the information booths at site 52 and 20 between 9am to 2.30pm at Have a Go Day, a LiveLighter Event. *One prize per family

First Prize - Donated by Crown Perth

- Overnight accommodation for four people at Crown Towers Perth in two Premier King Rooms with Crystal
- Club access for breakfast and pre-dinner drinks with canapés in the evening
- · French champagne delivered to both rooms upon arrival
- · Valet parking for two vehicles
- · Dinner to the value of \$200 at a Crown restaurant of choice

Second Prize - Donated by Have a Go News and Kings Tours and Travel A \$500 Coles/Myer voucher

Third Prize - Donated by Telstra Telstra Essentials Tablet and Telstra Flip 3 Phone

Have a Go Day - a LiveLighter Event **MAJOR RAFFLE ENTRY FORM**

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If you, or someone you know, may be experiencing elder abuse please call our free and confidential WA Elder Abuse Helpline on 1300 724 679.

For good mental health actbelongcommit.org.au act belong commit

Mentally Healthy WA

Have a Go Day A LiveLighter Event









Now is the time for everyone to prioritise their mental health



WITH levels of stress and anxiety at an alltime high, there has never been a more important time to look after your mental health and wellbeing.

To help Western Australians, Curtin University's Mentally Healthy

WA has unveiled an exciting new and evolved Act Belong Commit health promotion campaign to inspire and motivate everyone to prioritise their mental health.

"The world has changed and we're operating on a new norm where baseline levels of anxiety and stress among Australian adults have more than doubled since COVID-19," says Associate Professor Christina Pollard, director of Mentally Healthy WA.

Evidence shows peo-

ple are worried about the virus and worry for their friends and family. They feel uncertain about their future, many are experiencing loneliness and are concerned about their finances.

Even before the pandemic, the Australian Bureau of Statistics was reporting reduced levels of social connectedness, making it essential to activate and maintain social networks and communicate with family and friends.

"It's a perfect storm

which challenges our ability to maintain our mental health and well-being. This also makes it the perfect time to revitalise the highly-regarded, long running Act Belong Commit campaign to inspire, motivate and remind people that now more than ever, it's time to take a proactive approach to their mental health," she says.

Mental health is described by the World Health Organization as a state of wellbeing in which every individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully and contribute to their community.

Act: Do something to keep mentally, physically, spiritually and culturally active.

Belong: Do something with someone to keep connected to friends, family, community and culture.

Commit: Do something meaningful – get involved in activities that provide meaning and nurnoso

You'll find hundreds of simple, do-able and achievable activities you can do to improve your mental health on the Act Belong Commit's Activity Finder.

"The refreshed Act Belong Commit campaign presents being mentally healthy in an aspirational and desirable way. You can start wherever you're at. Every little thing you do each day builds your mental health but also feels good," says A/Prof Pollard.

Share to care...



Comfort Keepers Perth is set to 'share the care'

WITH more than 15 years of in-home care service for WA seniors, Comfort Keepers is set to 'share the care' for *Have a Go Day*, with a vibrant display of information, giveaways and gifts. Visitors to the Comfort Keepers stand #104, will also have a chance to win a wheelbarrow filled with home and garden items, along with a \$250 Coles/ Myer voucher.

Operations manager, Janice Early, says the day provides a unique opportunity to celebrate the vital role that seniors play in our community and help people live happier, healthier and more independent lives:

"We're proud to be a part of *Have a Go Day* in 2020. It's been such a challenging year, but most importantly, for our seniors

"We look forward to welcoming everyone and to raffling vouchers for some of our best care services, including light housekeeping, meal preparation, transport, or even help with the Christmas shopping.

"It's important to share the care and this is just one small way of giving back."



11 November, Burswood Park



Staying at home is easy with WA's most trusted partner in Home Care.

Comfort Keepers specialise in in-homecare for seniors providing a range of support services that are designed to help you live the life you want to live in the comfort of your own home.

We take care of you in every way. Personal care, meal prep, laundry, light housekeeping, grocery shopping, transportation. The list is endless. And to make things even easier we have a range of

Government funded packages that make in-home care and support affordable for everybody.

If you want to stay at home and need a little help to do the things you want to do call us today.

One of our Comfort Keepers team members will give you all the help and advice you and your family need to ensure you stay safe and comfortable at home.

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Have a Go Day 2020 a LiveLighter Event Wednesday 11 November EVENT PARTICIPANTS with SITE NUMBERS

46	b	360 Health & Community
13	а	Act Belong Commit
83		Advocare
121		Alibabe's Scrappin' Hearts
9		AnglicareWA - WA No Interest Loans
131		Arcadia Group Pty Ltd
36		Association of Caravan Clubs WA
60		Aussie Redback Tours
100	b	Australian Facetors Guild (Perth Group)
18	-	
102	b	Australian Model Ships Society
	С	Be Connected Determine
54		Bethanie
53		Bethanie (Sausage Sizzle Stall)
109		Bicycles for Humanity WA
64		Black Swan Health
59		Bloom Hearing Specialists
87		Burswood Park
12		Cancer Council of WA (Sunsmart Van)
139		Cancer Council of WA
115		Canoeing DLGSC Camps
117		Captain Cook Cruises / Sealink
5		Carers WA - CCD Team
1		Casey Australia Tours
136		Catholic Homes
132		Champion Lakes Lifestyle Village
134		Channel 7
116	а	City of Nedlands
37		Climbing Wall
120		COCOA (Come Out Camping Older Adults)
104		Comfort Keepers
135	а	Consumer Protection (Dept of Mines, Industry Reg & Safety)
32		Council on the Ageing WA (COTA WA)
112		
		Country Women's Association of WA (Inc) (CWA) CPE Group
133 15		<u>'</u>
		Crown Perth
149		Curtin FM
72		Curtin University - Healthy Living Clinic
96		Cycling Without Age
70		Dementia Australia
11	а	Dept of Communities
47		Diabetes WA
35	b	DrillDance WA (Inc)
68		Dutch Aged Care t/a Cura In-Home Care
92		Entertainment Stage
129		Esperanto League of Western Australia
81	С	Family History WA
46	а	Family Relationship Centre - Perth
2		First Aid-St Johns
88		First Aid-St Johns
93		First Aid-St Johns
145		FLUKEZ - Ukulele Group
44		Fob Delicious
	-	Football West

35	С	Forget-Me-Not Dementia Support				
107	b	Free Spirit Dance and Wellness				
130		Friendship Force of Perth				
69		Gift of Grace Funerals				
4		Gordon's Food Van				
38		Gosnells Woodturning Assn of WA				
82		Gosnells woodturning Assn of WA Greenbatch				
42		Greenbatch Guardian Safety Pendants				
103		Guide Dogs WA				
92		Have a Go Day Official Walk				
101		Have a Go News				
135	b	Health & Disability Services - Consumer Protection				
113		Hearing Australia				
49	d					
	u	Heart Foundation				
144		HikeWest Inc. & Bushwalking Clubs				
138		Home Chef				
101		Home in WA				
30		Hora Shalom				
89		Hospitality Tent				
101		Hospitality Tent				
111		Hospitality Tent				
43		Hot Hula Fitness				
24		Ice Box - Ice Cream				
20		Information Booth				
52		Information Booth				
17		Ingenia Gardens				
61	а	Injury Matters				
66		Inner Wheel District A40				
86		Jazz Club of WA (Inc.)				
92		Jim Sings Country				
143		Juniper				
80		Kelmscott Pinjarra 10th Light Horse Memorial Troop Inc.				
127		Lendlease Retirement Living				
41	а	Lions Dryandra Woodland Village				
74		Lions Hearing Clinic				
41	b	Lions Noranda Club				
48	а	LiveLighter Healthway				
29	b	Mad Tatters				
27		Maritime Safety Education				
97		Mary's Spud Wagon				
76		Masonic Care WA				
48	b	Matthew Bowater & Healthway				
62		Medic Technology International P/L				
35	а	Mens Sheds of WA				
13	a	Mentally Healthy WA				
125	а	MercyCare				
		•				
57		MG Car Club of WA				
75		National Archives of Australia				
102	b	NBNCO				
18	а	North Coast Marine Modeller's Inc.				
128		Northern Suburbs Community Legal Centre				
	1 -	Office of the Public Advocate				
31 92	а	embe of the Fability tavocate				

93		PA Van					
114		Paddle WA - Gold Paddling					
108		Peel Senior Relationship Service					
40		People Who Care					
22		Perth Coffee Express					
71		Perth International Dance					
35	d Perth Social Meetup						
67		Petanque WA					
26		Philatelic Society of WA					
141		Playgroup WA					
49	С	Pole Walking - SRCWA					
122		Probus Association of WA					
13	b	Prostate Cancer Help Assn Inc PCaHELP					
31	b	Public Trustee					
7		Retirees WA Inc					
30		Retstappers					
81	а	Rose Society of Western Australia Inc.					
81	d	Royal Aero Club of WA					
148		Royal Life Saving Society WA					
58		Scarboro Toyota					
135	С	Seniors Housing Advisory Centre					
106		Seniors Line Dancing					
79		ShelterBox Australia					
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51		Silver Star Wanda'rers					
8		Smart Product Solutions					
45		Society for Creative Anachronism - SCA					
13	С	Solace Grief Support Group WA Inc.					
78		Southern Plus					
140		Specsavers Audiology					
107	а	Square Dance Society of WA inc					
49	а	SRCWA					
49	b	SRCWA Branches					
118		St John WA					
147		Star Hearing Consultants					
61	b	Stay On Your Feet					
105		Step Forward Orthotics					
119		Stroke Foundation					
116	b	Swan Volunteer Resource Centre					
14		SwanCare					
102	а	Tech Savvy Seniors					
3		Technology for Ageing & Disability WA (TADWA)					
92		Terry Bennetts					
6		The Good Meal Co					
33		The Handtool Preservation Society of WA					
55	b	Theatre Organ Society of Australia (WA Division)					
73		Therapy Focus - Bladder and Bowel Health Program					
124		Tims Ice Creams					
55	а	Tin and Collectables Club					
		Toilet Block					
21							

Over 55 Walking Association Inc.

142	а	Transperth
142	b	TransWA
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84		U3A Perth
25		Unicare Health
91		Victoria Park - South Perth RSL Sub-Branch
77		Villa Carlotta Travel
55	С	Vintage Wireless and Gramophone Club (VWGC) of WA
34		WA Boomerang Association Inc.
90		WA Bush Poets & Yarnspinners Assn
137		WA Card Collectors Society Inc.
95		WA Classic Speedway
56		WA Historical Cycle Club
100	а	WA Lapidary & Rockhunting Club
50		WA Police Force
92		WA Police Pipe Band
11	b	WA Seniors Card - Dept of Communities
98		WA Spit Roast
63		Water Tank-Free drinking water
99		Water Tank-Free drinking water
110		Water Tank-Free drinking water
13	d	West Australian Floral Art Society Inc.
94		West Australian Pistol Association
39		West Coast Metal Detector Club Inc.
35	d	Western Social Club
126		Westfarmers trading as Kleenheat Gas
81	b	Wheel Chairs for Kids Inc.
19		Yogazeit Ltd.
29		Zumba Gold Fitness



Your guide to
Have a Go Day
- a LiveLighter Event
Burswood Park
Wednesday 11 November

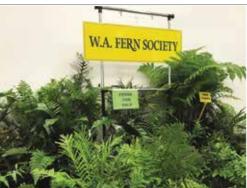
GREAT HOME and GARDENING



Here's some blooming ideas for a new path and career in the gardening sector









L-R; Horticultural personality, Graham Ross - upcoming November Spring shows: Bonsai Awareness Weekend; WA Fern Society and Palm and Cycad Society; Open Gardens West Coasts

by Colin Barlow

IF there is anything that this incredible year of 2020 can teach us, it must be that when everything around you is in lockdown or chaos, you can always rely on your garden to make you feel better.

The surge in the sales of vegetable, herb and flower seeds and seedlings caused many garden centres and nurseries to sell out during autumn and winter. Fruit trees and ornamental shrubs were next as homeowners began to make over their own private sanctuary from Covid-19. Retail nurseries are now struggling to keep up with the spring demand due to the plant growers and wholesalers selling most of their intended spring stock earlier in the year.

The desire from homeowners to be self-sufficient has been a blessing for the nursery industry with sales increasing massively.

If growing your own produce or if revamping your existing garden has stirred your creative juices and imagination, then a career in gardening or horticulture may be something to consider. With the current shortage of jobs due to the crisis and many businesses struggling, the gardening boom has opened up a range of opportunities in a wide sector of the jobs market.

If you love the fresh air and chance to be at one with nature with the added benefits of keeping fit and improving your mental health, then this may be just what the doctor ordered.

So, if you love growing plants like I do, or are addicted to the latest plant fashions on Instagram, Pinterest or Facebook, then maybe a career in the gardening sector or ornamental horticulture is something to consider.

Many career advisors at schools never gave students the option of choosing horticulture as they considered it a 'low skill' career, A commonly held perception of the jobs in horticulture is of the lawn mower man cutting your neighbour's lawn or the gardener pulling out weeds. How wrong could they be?

Careers within the gardening and ornamental horticulture industry sector are wide and varied and can require scientific. managerial, artistic. creative and practical skills. So, no matter what your skill level is, there is probably something just right for you, Maybe you could be the next green fingered guru.

Why not try out one of

these? You could become an arboriculturist, botanic gardens and arboretum manager/worker, botanist or plant biologist, consultant, communicator including writing/ television/social media, floriculturist, educator. florist, food scientist, gardener, horticultural therapist, interior landscaper, irrigation specialist, landscape architect or designer, landscape contractor, landscape maintenance groundsman or manager, marketing manager, wholesale or retail nursery or garden centre owner/worker or manager, parks and gardens including local government and private gardens, plant breeder,

plant pathologist, plant propagator, pomologist, researcher, sales clerk/ manager, soil scientist, technician/technical officer, turf sports curators/ manager and suppliers, turf residential including lawn mowing contractor/ suppliers or a viticulturist.

Check out your local TAFE college for the courses available in your area or go to www.gardencouncil.org/ for more information on the careers available. There are also a number of online colleges offering gardening and ornamental horticulture courses including www.acs.edu.au/.

Some Federal State Government initiatives include wage subsidies for apprentices and younger workers and reduced fees for TAFE training within the sector. Age is no barrier within the horticultural industry as there are many different types of careers available with flexible working hours and varying degrees of intellectual and physical requirements. So, check out the following links for more information:

www.employment. gov.au/boosting-appren ticeship-commence

www.jobsandskills. wa.gov.au/skillsreadv.

Spring shows the way Summer days are not long away, so why not take in the last of the spring shows, visit a garden or agricultural show

to end the year on a high. From the 14 and 15 November the WA Fern Society and Palm and Cycad Society annual show will be on at the Community Manning Centre on the corner of Bradshaw Crescent and Jarman Avenue, Manning. There will be some unusual and collectors' plants suitable for growing indoors or outside in the garden or under cover patio areas. Entry is free and it is open from 9am until 4pm each day with refreshments available. For further information call Ray Chester from the Fern Society on 0402 045 620 or for details on

palms call George Sevastos on 9448 4816

• On the 28 and 29 November Deb and Mark's Garden at 203 Elliott Road, Wanneroo will be part of Open Gardens West Coasts special spring openings. The stunning one-acre garden has wide sweeping lawns with an impressive fishpond filled with water lilies and Koi fish. There will be music in the garden, a plant stall and refreshments by the Floral Art Society. The garden is accessible for wheelchairs and strollers and is open each day from 10 am to 4pm. Entry is \$6, with children under 18 enter free, www.open gardenswa.org.



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Wrap up the year in Holly Wood style at the Perth Town Hall

CITY of Perth's *Holly Wood Tuesday Morning Show* has an exciting program for the remainder of the year.

This free community service runs Tuesdays between 11am and 12noon at Perth Town Hall.

Have a Go News editor Jen Merigan will start the show off by updating you on the news, events and competitions in the current issue on 10 November, then Phil Wilson will deliver his latest show Piccadilly to Broadway.

On 17 November *The Entertainers* will present a variety show of favourite songs, old and news, to bring us joy and laughter.

Brother Olly Picket from Wheelchairs for Kids will talk about the latest news, designs, projects and partners of this wonderful organisation on 24 November. Then Ric Waugh will take you back to the 50s with some beautiful ballads. He is sure to invoke some pleasant memories of those bygone days. People can test out their own vocal cords with Ric's singalong sheets.

In December, Vera and the Holly Wood Dance Club will open the 1 December show with some of their great dance moves and costumes, and the *Spirit of the Streets Choir* will talk about their COVID year and sing some of their heartfelt, uplifting songs.

Perfect Storm duo Wayne and John will entertain on 8 December

with favourite vocals and guitar performances from the 50s.

The Holly Wood Tuesday Morning Show will wrap up this crazy year with their Christmas party on 15 December. The ticketed event will begin with morning tea from 9.45am. The Tivoli Club of WA will present a sparkling variety show of comedy, song and dance. A special Christmas flavour will close another Holly Wood year.

Tickets will be distributed to reg-

ular patrons in November. These are necessary to attend the Christmas party.

The show will also be collecting donations of single serve unwrapped tins of tuna, ham, beans, biscuits, crackers and toiletries such as deodorants, soap, toothpaste and bandaids from November for local charities.

The Holly Wood Tuesday Morning Show will recommence 9 February 2021.

Celebrate the festive season with Human Nature



SUNSHINE on the horizon, the time has come to enjoy many of the aspects of summer that we have long loved.

Mellen Events is thrilled to bring live music back to Kings Park & Botanic Garden, a treasured WA landmark and one of Australia's most beautiful concert venues... just in time for the festive season.

Australian pop icons and ARIA Hall Of Fame inductees, *Human Nature*; Toby Allen, Phil Burton and brothers Andrew and Michael Tierney – are recognised as one of the greatest pop vocal groups in the world, consummate entertainers with an endless catalogue of their own hits as well as impeccable performances of the greatest songs of the modern era.

Don't miss their Christmas spectacular on Saturday evening 12 December at the Pioneer Women's Memorial – Christmas in the Park with special guests 1927.

Bookings through www.ticketmaster.com.au.

Bambert's Book of Lost Stories returns to the Octagon Theatre



its premiere 2016, Bambert's Book of Lost Stories has charmed audiences across the country and around the globe. This special return season of the Helpmann Award-winning production brings Bambert home to Perth once more for a season of selected dates at the Octagon Theatre.

The play is the story of Bambert – an impossibly small man with an enormous love for writing. Tucked away in his quiet attic, his only companions are the characters he has created in his stories. And then one day, Bambert decides to set his stories free, to send them out into the world on little hot air balloons in the hope that they will

find a home.

The stories contain instructions: whoever finds them should return them to Bambert, postmarked with a stamp from wherever they landed, so he knows where they should be set. But as each day passes and no stories return, Bambert's hope begins to fade. Will his stories ever find a home?

Bambert's Book of Lost Stories is a reminder of how stories connect us to the world and ultimately, the power of kindness.

The show runs at the Octagon Theatre on 7 and 14 November, 1pm and 6.30pm and on 20 November 6.30pm.

Bookings at www. ticketswa.com/bam bert.







Celebrating the boy who would not grow up

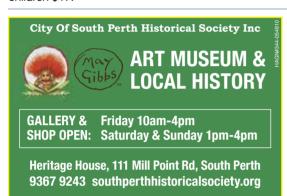
PETER Pan or the Boy Who Would Not Grow Up was written by J M Barrie and first published in 1904. It is the classic story of the Darling children and their adventures with Peter Pan.

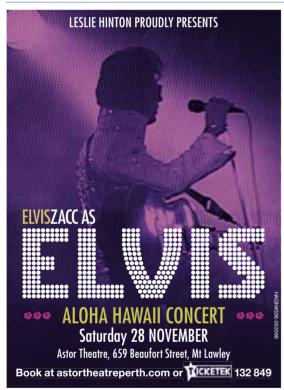
Kathleen Del Casale, an up-and-coming playwright and director, has adapted this play from the book.

The story starts in the nursery of the Darling household, where Wendy, John and Michael are getting ready for bed when they are surprised by the arrival of Peter Pan and Tinkerbell. Peter is retrieving his lost shadow and Wendy helps him secure it, so he talks the children into joining him in Neverland. The adventure ensues with Peter's Lost Boys, Captain Hook and his pirate crew and the fairies.

Don't miss this favourite story which is suitable for all ages and running at the Limelight Theatre, Civic Place, Wanneroo from 26 November to 12 December 2020.

Visit the website at www.limelighttheatre.com.au or call the booking line on 0499 954 016. Queries and group reservations may be emailed to bookings@lime lighttheatre.com.au. Ticket prices are: adult \$23, concession \$20, Members 20+ block bookings \$19 and children \$17.







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Launch of a revolution



MISS WORLD competition took place in London, in 1970, hosted by US comedy legend, Bob Hope. At the time, Miss World was the most-watched TV show on the planet, with more than 100 million viewers.

Claiming that beauty competitions demeaned women, the newly formed Women's Liberation Movement achieved overnight fame by invading the stage and disrupting the live broadcast of the competition.

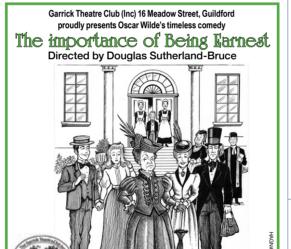
Not only that, when the show resumed, the result caused uproar: the winner was not the Swedish favourite but Miss Grenada, the first black woman to be crowned Miss World.

In a matter of hours, a global audience had witnessed the patriarchy driven from the stage and the Western ideal of beauty turned on its head.

Misbehaviour is a comedy-drama based on these real events and features an all-star cast including Keira Knightley, Gugu Mbatha-Raw, Rhys Ifans and Greg Kinnear. In cinemas 26 November.

WIN WIN WIN

Thanks to StudioCanal we have 10 in-season double passes to give away to some lucky readers. To be in the draw simply email win@ haveagonews.com.au with Misbehaviour in the subject line or write to Misbehaviour c/-Have a Go News PO Box 1042 West Leederville 6901. Closes 22/11/20.

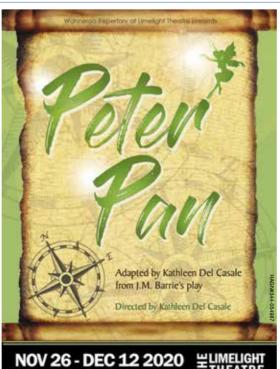


26 November to 12 December

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HLIMELIGHT HEATRE

Celebrate Krissmas at Crown



EVER since Kevin Bloody Wilson first exploded out of the Goldfields in the 1980s, he's been the torchbearer for the fun-loving larrikinism and political incorrectness that characterises our national identify. His DILLIGAF (look it up if you need to) attitude is a quality to be en-

Kevin Bloody Wilson brings his brand new show, Kev's Krissmas Show, to Crown Theatre Perth for a strictly limited season ... in the lead-up to the silly

It seems ironic that twenty-five years ago, Kevin Bloody Wilson was being arrested for performing his songs in public; yet, on Australia Day in 2010, he was officially nominated for Australian Of the Year for doing exactly the same thing!

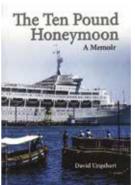
Kev's irreverent take on Christmas continues the theme that has made him a favourite with audiences from outback pubs to the London Palladium. His recordings are equally as popular and can be found in such diverse locations as Marble Bar and Antarctica and from the big-rig road trains traversing Australia to the console of Prince Charles' Aston Martin.

Christmas according to Kevin Bloody Wilson will be just the tonic we need to close out the year with his show a comedy event not to be missed.

A 'Silent Night' it won't be, see Kev's Krissmas Show at Crown Theatre on 4 and 5 December.

Tickets: www.ticketmaster.com.au

A ten-pound Pom's journey to WA



Reviewed by Pat Paleeya The Ten Pound Honeymoon – A memoir by David Urquhart

BORN in 1942 in a remote area of Scotland, David Urguhart left school aged fifteen to seek an apprenticeship in London.

His sartorial observations of the commuters in London is very comical although possibly not in-

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tended. Because working class train travellers were smartly dressed (thanks to Marks & Spencer's and BHS) he concluded that they aspired to be a class above themselves, as in Scotland Donkey jackets and boots were the norm. T'was a wee bit chillier in the Highlands laddie!

He and his girlfriend Lorna decided to get married and not long after that he applied for a job in Western Australia.

This was through the assisted passage scheme and the fare was £10, provided that the successful applicant stayed for two

And so began their new life in WA as newlyweds in 1965. They thought WA culture was a little backward (oh dear), the people friendly and the climate

They raised a family

and settled comfortably into their new country. The author had a variety of jobs and he embarked on a very different career becoming a schoolteacher in Kalgoorlie at the age

This is a chronicle in the life of a migrant and his family and one of many stories that I suspect abound in our state.

Anyone wishing to obtain a copy of David's book for \$20 can ring 0419 919086 or email urq1@iinet.net.au

WIN WIN WIN

To be in the draw to win a copy of The Ten **Pound** Honeymoon email simply haveagonews.com.au with Ten Pound in the subject line or write to Ten Pound Honeymoon C/- Have a Go News PO Box 1042 West Leederville 6901. Close 1/12/20.



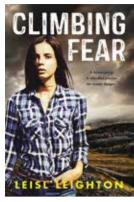
Children: \$10

BYO alcohol

(Ticket includes show

and chicken & chips)

Enjoy a selection of new books by Australian authors



Climbing Fear SET against the stirring



Victorian Alps comes a suspenseful novel



of recovery and new beginnings from Leisl

Leighton a talented new voice in Australian rural fiction

Published by Harper Collins RRP: \$29.99

Home Sweet Home Best selling author Mandy Magro pens a gorgeous romance about the power of fate, set in the heart of the Australian countryside.

Published by Harper Collins RRP: \$29.99 Second Chance Lane

US Today best selling Australian author Nicola Marsh presents a compelling story of love redemption and commu-

Published by Harper Collins RRP: \$29.99.

WIN WIN WIN To be in the draw to win a copy of the three books simply email win@haveagonews. com.au with Books in the subject line or write to Books c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 30/11/20.

Jazz up your Sundays...

THE JAZZ Fremantle Club has an exciting month planned for members and visitors alike.

On 8 November, the Simone Craddock Quartet will stun with worldentertainment. class Fringe World Music and Musical Award winner Simone has performed everywhere from Asia to Europe to America. Returning home to Australia, she has performed sold-out themed shows in Perth's best-loved venues.

Internationally claimed vocalist-composer Chris McNulty will perform 15 November. Chris will be presenting a collection of songs, with a selection from her new Finding Home - Other Australian Stories project.

On 22 November, Mace Francis and his 950 Express roll into Fremantle with their Rockin' in Rhythm section. This band exists to make toes tap, hips sway and put some boogie into you.

Then on 29 November, Mia Simonette with the Danny Moss Jnr Trio delivers great jazz songs with style, class, phrasing and dynamism beyond her 21 years. This dynamism shines through in her swinging 'on stage' presence, Her program includes a repertoire full of snap, swing, and a few soulful ballads for

good measure.

The Danny Moss Jnr Quartet in Europe is now well established on the Festival Circuit and regularly plays at Ronnie Scott's famous Jazz Club in Soho, London.

A recent graduate of WAAPA. Adrian Galante was awarded the Channel 7 award for Jazz for highest marked graduating student and best honours graduation recital.

Bronton Ainsworth, a highly talented and a very experienced percussionist will also be there.

The club meets every Sunday from 3pm to 6pm at the Navy Club in Fre-

Membership costs \$20 for singles or \$40 for couples and grants members \$15 tickets. Non-member tickets cost \$22.

Find out more at www. jazzfremantle.com.au or for table bookings text Pamela on 0416 838 827.



Celebrate Christmas with the ultimate rom-com Love Actually...



PERTH is ramping up the Christmas cheer this holiday season with a very special presentation of the world's most beloved seasonal feel-good film. Love Actually. But it's a presentation with bells onthe Perth Symphony Orchestra will perform the soundtrack live-to-picture at HBF Stadium on 19 December.

Against all odds, the organisers have found a way to make this annual UK sell-out event work for Perth audiences and incurable romantics alike, with full COVID-19 restrictions and social distancing in place.

Now the ultimate rom-com is transformed into the ultimate way to celebrate the silly season with a magical night that combines the film favourite projected on a huge screen with an extraordinary live music experience.

Released in 2003 and consistently polling as one of world's most loved festive films across all age groups, Richard Curtis' funny, heart-wrenching and downright cheeky film features ten interweaving stories of love around Christmas

It's all-star ensemble cast includes Hugh Grant, Liam Neeson, Colin Firth, Laura Linney, Bill Nighy, Martine McCutcheon, Alan Rickman, Emma Thompson, Keira Knightley Rowan Atkinson, Martin Freeman, and many more.

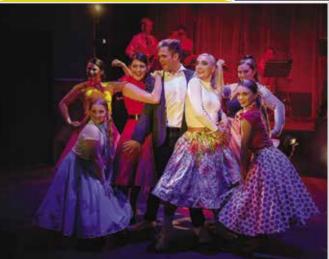
Perth audiences will experience the film in a whole new way as BAFTA award-winning Craig Armstrong's evocative score reaches new heights. Perth local, Craig Dalton will conduct the Perth Symphony Orchestra live, filling the stadium with song. It's the perfect way to get into the Christmas spirit with loved ones, friends and family.

Tickets on sale from 9 November from www.ticketmas ter.com.au.

RE KWI













KOORLINY.COM.AU 9467 7118



Friend to Friend







Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

PO Box 1042 West Leederville WA 6901

ing, sincere gentleman,

fin sec, 64-70 for friend

companion relationship

if compatible. NS, SD,

GSOH, SOR, NOR and

LADY 70s, WLTM ladies

and gentleman for social

gatherings and various

interests, NOR 6018 area,

LONELY lady WLTM gent

80s same, spend time to-

gether, go on trips, walks,

dining in/out, NOR, SD,

NS, NG, ALA, like to hear

68, lady, strong morals,

principles and Spainish

traditions, family orien-

tated, NS, SD, seeking

to meet someone to be-

come a good friend to

share a cup of coffee,

my cooking and other

than that my interests;

gym, dancing, swimming,

country drives and walk-

Seeking a Partner

ASIAN lady from Singa-

pore. Late 40s, feminine,

educated, tall, NS, enjoy

travel. I am sincere genu-

ine. Enjoy walking, music

and movies. Looking for

DTE gentleman, 50s-60s

Please genuine replies

Australian lady, 71, post-

code 6107, feminine, edu-

cated, medium build, fin

sec, own home, GSOH,

ND. WLTM well groomed,

genuine gentleman, 67-

72, not separated for

long term permanent re-

lationship. I enjoy music,

reading, walking, country drives, current affairs,

genuine replies only. ALA. Reply Box 8674

COUNTRY widower, 82,

WLTM country lady with

placid nature, old fash-ioned morals, 75+, slim,

NS, ND, view to mutual,

trustworthy, companion-

ship, healthy, lifestyle,

walking, gardening, car-

pet bowls, socialising,

must love tranquility of

country life, support each

other through our twilight years. Genuine replies

Reply Box 8669

only please.

with

ATTRACTIVE

similar interests.

Reply Box 8668

English

Reply Box 8690

ing along the beach.

Reply Box 8662

Reply Box 8667

Reply Box 8687

background,

close to Perth CBD.

no fees.

from you.

SPANISH

Abbreviations used in Friend to Friend

ALA: All letters answered GSOH: Good sense of humour SD: Social drinker

NS: Non smoker SOR: South of River WLTM: Would like to meet DTE: Down to earth ND: Non drinker NG: Non gambler NOR: North of River TLC: Tender loving care

	Lacti person may submit one entry every month.							
ı	Please nominate a category for your Name							

Address

Phone Email

I am over 45 years of age (Signature)

.....

nominate a category for you advertisement.

Tick one box only.

Travel companion

Seeking a Friend

ARE you a gent about

80+ with similar likes to

this slim lady? Easy going,

GSOH, fin sec, genuine

friend, dancing, cooking,

gardening etc. Long term

AUSSIE gent, 62, medi-

um build, well presented,

fin sec, looking for a lady

AUSSIE lady 60, NS,

NOR, postcode 6029,

WLTM gent 55-65, SD,

for coffee, beach, walks,

camping, companion or

relationship, likes out-

doors, GSOH, genuine

DEAR Santa, soon it will

be Christmas, don't want

to spend a Christmas

alone. Find me a nice lady

fit, NS, SD, young 60,

postcode 6017, GSOH,

Reply Box 8679

Reply Box 8682

if compatible. Metro.

friend/partner.

replies.

Wishing to contact Seeking a friend Seeking a partner

LADY 67, slim, Indian, eniovs concerts, music, arts, movies, cinema, walks, travel, seeks single, car-

GENT UK/Aus 72, 180cm presentable, sociable, NS, SD, enjoys travel, gym, family, beach, activities. Seeking intelible, easy going lady to

GENT widower 70s WLTM special lady who is also lonely, NS, SD, DTE, GSOH, fit and active, quiet times, country drives, beach walks, picnics, some travel, family, meet for coffee

LADY 62 WLTM active gent, 60-70, NOR for friendship and see where

WLTM. ALA. Reply Box 8680

Reply Box 8665

ELDERLY gent, affectionate, caring, NOR, GSOH, DTE, WLTM lady lonely like myself, hugs, cuddles, welcome meet for coffee, tea, morning, discuss interests, any nationality.

Reply Box 8676

VGSOH, coastal walks, usual social ligent, attractive, compatmid 60s, all travel modes, destinations inspired. Northern suburbs. Coffee?

Reply Box 8689

Reply Box 8684

it goes. ALA

Reply Box 8685

EASYGOING guy 61, well presented, tall, slim, fin sec, happy, healthy, enjoy overseas adventure, travel, motorcycling, cooking, renovating, sailing, beach, seeking an attractive Asian lady 45-60, compatible with a similar love of life. Prefer NOR but not essential. I am a good

catch.

Reply Box 8664

GENT 73 universal old school seeks lady similar age. Please be a romantic, loving and content female. Can send photograph if required. Prefer water or earth sign. So it's wait and see.

Reply Box 8683

GENT 80, fit, active, NS, walking, beach, life in general, seeks lady for friendship, long term if compatible. SOR.

Reply Box 8666

GENT widower, 78, living in great southern, WLTM lady in great southern area. romance. friendship, holidays etc. I am fit, healthy, fin sec. **Reply Box 8663**

GENUINE lady, educated, social, 71, more to come! Motivated to share the rest of life's journey with man of similar vintage. Enjoy reading, discussion, travel, seek relationship, companionship. ALA to genuine replies. **Reply Box 8670**

GERMAN 64, quiet, clean, tidy, artistic, music, cooking, homelife, cats, animals, mature, walks, NS, ND, NG. comedies, documentaries, non-religious, WLTM Asian lady similar interests 50-65, slim build, must be nyglenically clean, no baggage. For genuine relationship.

Reply Box 8686

NEWS UPDATED DAILY www.haveagonews.com.au

IS THERE a lady 50-70 with a disability who would like a friend or partner? I am 63, male, postcode 6111, living with a disability, who would love to spend the best years of mv life with someone special. ALA.

Reply Box 8675

MALE 72, widowed for six years, needing DTE Australian lady, 65-70 for company on outings, movies, trips and hanging out with view of permanent relationship. Swan Valley and north eastern suburbs area.

Reply Box 8677

PHILOSOPHICAL spiritual, stable, hills 6073. gentleman, 68, slim build, 60kgs, 174cm, adventurous, enigmatic, educated, at peace with life, seeking hills lady or nearby confident, fit, outgoing, caring, this moment is the only thing that matters.

Reply Box 8688

RECENTLY, I met a very nice, sporty, tall gentleman. We are a good match, both from Europe. we love dogs, the country, travel and caravan. We would meet again! Pity he was not reliable! If you're a NS, GSOH, fit and healthy, 75-79 young like me, active, positive, loving, romantic, definitely not overweight. I look and feel young. Outdoors girl. Phone, write. ALA.

Reply Box 8678

SINGLE lady, 69, WLTM the man of my dreams to share the rest of my life with. I'm trustworthy, spontaneous, love the outdoors, active. Looking forward to a chat. NOR,

Reply Box 8673

WARM hearted, bubbly, easy going woman, 50, loves conversation, picnics, walks, travel, theatre, movies, dining out and Jesus. Seeks NS, NG, a man with Christian values for friendship leading to a lifetime of love and adven-

Reply Box 8681

Seeking a Travel Companion

AUSTRALIAN lady, fair, 70s, 165cm tall, fit, happy, positive, WLTM gent, 70-RO travel walks music country gent okay, love good conversation, food, nice wine, outings, I'm, medium build, share happiness together, must be fin sec.

Reply Box 8672

WIDOWER mid 80s, slim, active, healthy, genuine, SD, NS, SOR, WLTM lady, 60 plus for travel, companionship, ALA. Reply Box 8671

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.

When replying to an **Friend to Friend** entry...

Please include two stamped (\$2.20) self addressed

C5 envelopes. These envelopes measure approx.

23x16cm and are obtainable from Australia Post.

Entries not accompanied by the correct sized

envelopes will not be considered for publication.

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:

ea. 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

All replies are strictly confidential and are not

Replies must be in response to reply boxes no older than three months.

Have you met your match?

We at Have a Go News are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you? We featured a couple who married from meeting through the column in the March 2019 issue.

If you would like to share your story please email helen@haveagonews.com.au or write to; Friend to Friend PO Box 1042. West Leederville WA 6901 Your privacy will be respected.

Add life to your years...



A directory of sport and recreation for over 50s To obtain a free copy of the 20th edition Add Life to your years directory please contact **Dawn at the Seniors Recreation Council on** 9492 9773 or email info@srcwa.asn.au

New outlet in Maddington

Have a Go News is now available at Pharmacy 777, located at Unit 4, 2 Sheoak Road, Maddington. Contact them on 9459 6179 or visit them online www.pharmacy777.com.au.

Pharmacy 727





and suitable companion" 9371 0380 ROCKINGHAM LADY 72 funloving, pretty

SOLUTIONS MATCHMAKING

"The safest way to meet a genuine

brunette, young, happy, confident, well travelled independent, sk honest, outgoing man w/ integrity & a kind soul 65-75.

VICTORIA PARK LADY 71 Malaysian, slim, well groomed, indep, honest, generous, supportive Likes to keep fit, loves the home & garden & wants to be in the arms of kind, loving gent 70-80.

APPLECROSS LADY 72 elegant, stylish green eyed blonde, fit, active, articulate, indep, country girl at heart. Sk educated farmer/businessman any area 70-77.

PEARSALL LADY 70 sweet, loveable brunette, slim, tidy app, lovely smile, happy spirit, likes dancing keep fit, live shows, travel, cooking, sk gent 68-76 w/ A kind heart & fun o/look.

THE HILLS GENT 77 charming, happy, caring, easy going Englishman, 180cm, well presented, likes golf, walks, travel, theatre & can dance. Sk a youthful woman.

MENORA GENT 79 Healthy, active, friendly, sincere nature, British, looks great for age, likes walking, fishing, travel, social outings, tinkering, making things, IT. Sk honest lady who appreciates the simple things.

NEDLANDS GENT 80s Accomplished, highly educated professional, still very active, lively, full of life, good dad & grandad. Loves 4WD, going bush connecting w/ nature, anything o/doors, croquet & can ballroom dance. SK lady who can keep up.



SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995

Services Australia answers your questions about Centrelink and more



GENERAL manager of Services Australia, Hank Jongen provides a regular column in this newspaper and offers a question and answer service of a general nature for readers. People are welcome to send through questions with answers being returned promptly. If you require detailed specifics to a question you may be directed to contact Centrelink. If you would like a question

answered please email info@haveagonews. com.au with Hank in the subject line or write to Services Australia C/-Have a Go News PO Box 1042, West Leederville

Reader's questions and answers...

Dear Hank,

I've been on Newstart since December 2019. As of February this year I do 15 hours weekly volunteer work at a school canteen. My question is do I do the means testing again? I applied for Newstart September last year, by the time it was approved it was December when I received my first payment. Not sure about the means testing and if it reads it's for everyone or specific individuals.

Hope you can clarify

this for me. The only thing that has the changed is my husband who also was on Newstart went to Age Pension in July. He receives a small UK pension plus Australian pension.

Thank you,

Maxine

Dear Maxine,

Mutual obligation requirements are being reintroduced from 28 September 2020 for all states, except Victoria. This means you can satisfy your requirements by undertaking activities such as job search, paid work and voluntary work. We have more information about this on our website servicesau stralia.gov.au/mutua lobligations or you can contact the Department of Education, Skills and Employment Hotline on 1800 805 260.

As part of our CO-VID-19 response, we've also simplified many of our processes, including waiving the assets test for some payments, to help people affected by the pandemic to access financial support as quickly as possible.

The assets test has been re-introduced from 25 September 2020 to ensure government assistance is being provided to those most in need. However, if you provided your asset details before 25 September 2020, you don't need to update them again unless there has been a change. It is important to tell us about any assets changes within 14 days so we can pay

you the right amount.

Please note, on 20 March 2020, if you were getting Newstart Allowance, you will have automatically moved to JobSeeker Payment. JobSeeker became the main payment for working-age Australians as part of a move by the Government to make welfare payments simpler. The changes mean there's one set of rules for most people and it's more flexible when your circumstances change.

Dear Hank,

You recently mentioned that a person may qualify for Aged Pension with less than 10 years residential qualification, if they have lived or worked in a country that Australia has an international

social security agreement with. Please advise if Australia has such an agreement with the United Kingdom.

Thank you, Peter Cohen

Dear Peter, That's correct, what I would have been referring to are the international social security agreements that Australia has with other countries for social security payments, including Age Pension.

In general, to get Age Pension you need to be an Australian resident and in Australia when you make a claim and have been an Australian resident for at least 10 years in total. In addition, for at least five of these years, there must have been no break in your residence.

International security agreements help you meet these residence requirements. Australia presently has 31 international social security agreements. However, the agreement with the United Kingdom (UK) ended on 1 March 2001.

Search 'International social security agreements on our website servicesaustralia.gov. au for more information on which countries have an agreement with us, how to claim and what payments are covered.

If you live in Australia and you'd like more information about claiming a payment from the UK you can either contact our International Services line on 131 673 or contact the UK's Department for Work & Pensions.

Activities galore at yacht club open day

THE Royal Perth Yacht Club is holding a Family Festival Fun Day on Sunday 29 November.

From 10am, there'll be events for all ages, including sailing activities, live music and kid's activities.

Between 10am and 2pm, try out free sailing and stand up paddling board activities, or just quench your thirst at the Catalina Bar.

Some of the activities on offer include a bouncy castle, jungle gym, mini-golf and water slide

Go into the draw to win one of three sailing courses: adult sailing, child sailing or teen windsurfing lessons worth up to \$390.

The open day will also be an opportunity to view the club's facilities available for weddings, private

functions, corporate events. The Royal Perth Yacht Club is located on Australia II Drive in Crawley, near UWA

The yacht club is a part of the State Government's Act Belong Commit initiative for mental health.

To register for the day and enter the draw. visit www.rpvc.com.au/ family-funday

eators of Paradise LANDSCAPE design, Construction, Consultancy and Maintenance AWARD winning gardens designed by professional designer/qualified horticulturist - Colin Barlow Mobile: 0422 212 327 Ph/Fax: 9354 4176 Email: gardensfromeden@iinet.net.au www.gardensfromeden.com

Pick up a bargain at the community fete

THE St Edmund's Anglican Church and ROTARY Cambridge have come together to put on a community fete on Saturday 21 November.

Held at 52 Pangbourne Street, Wembley between 8.30am and 2pm, there'll be everything from cakes, jams and sausage sizzles to plants, books, clothes and gifts. As well as raffles, white elephant gift exchange and a silent auction.

EFTPOS and hand sanitiser will be available.

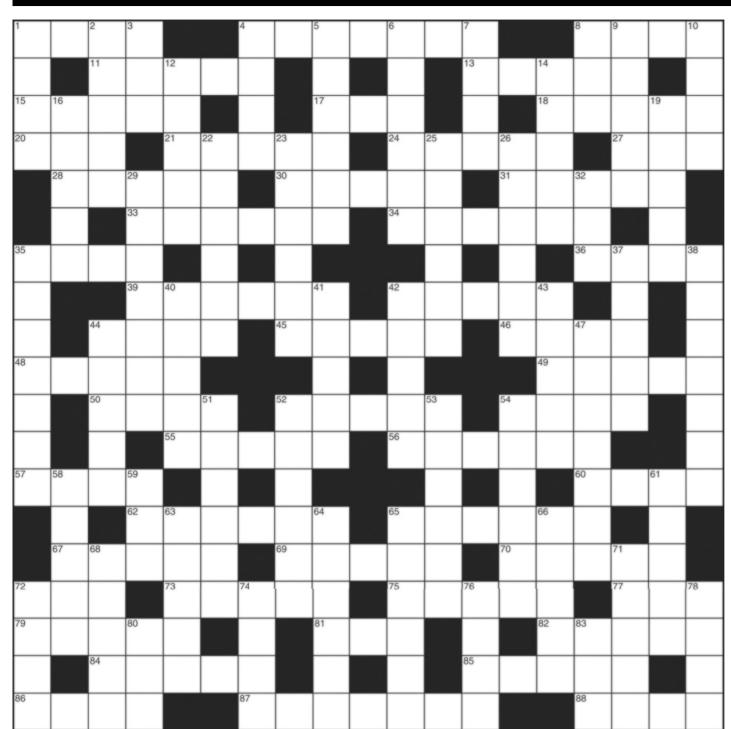




Have a Go News PUZZLES PAGE Have a Go



BIG CROSSWORD



Have a Go News office is a recycle point for Lids for Kids



THANK you to the many people who have contributed to the Lids for Kids initiative. we have had so many lids donated that we could have filled our office literally with a sea of lids.

The volunteers are most grateful when the lids are clean, colour sorted and the plastic inserts are removed.

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

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

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

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

ACROSS

- 1. Crustacean with nippers
- 4. Distended
- 8. Magic stick
- 11. Jewish teacher
- 13. Circle (Earth)
- 15. Flavour
- 17. Misery
- 18. Great pain
- 20. Self-esteem
- 21. Brazilian dance 24. Lawn tools
- 27. Sin City, ... Vegas
- 28. Cherub
- 30. Egged on
- 31. Domain
- 33. Be present at
- 34. Forcible restraint
- 35. Loosen
- 36. Mixer drink
- 39. More considerable (of size)
- 42. Proclaim
- 44. Fish traps 45. Speed contests
- 46. Hessian bag
- 48. Open to view
- 49. Fly without power
- 50. China & Vietnam are there
- 52. Wild
- 54. Blood vessel
- 55. Fragrant timber
- 56. Natural world
- 57. Potato cake, ... brown
- 60. Shipshape
- 62. Crops up
- 65. Didn't remember
- 67. The Press
- 69. Socially unacceptable
- 70. Supermarket lane
- 72. Spider's lair
- 73. Dental thread
- 75. Angry growl
- 77. Scientist's workplace
- 79. Take in (child)
- 81. That man's
- 82. Rub out 84. Chicks' homes
- 85. Dear Sir or ...
- 86. Tofu bean
- 87. Wrestles vigorously
- 88. Hospital dormitory

DOWN

- 1. Commend (for bravery)
- 2. Firebug's felony
- 3. Vampire beast
- 4. Thailand's former name
- 5. Ahead
- 6. Stared
- 7. Cosy corner
- 8. False hair
- 9. Ring-shaped coral isle
- 10. 24-hour periods
- 12. Besieged
- 14. Headquarters
- 16. Ditto
- 19. Titled
- 22. Communion tables
- 23. Bomb shelter
- 25. Grown-ups
- 26. Builds
- 29. Penitentiary guards 32. Donkey
- 35. Uncivilised
- 37. Closest relative, next ... (2.3)
- 38. Try 40. Room within roof
- 41. Not as common
- 42. Family vehicle 43. Enthusiastic
- 44. Approaches
- 47. Customers
- 51. TV reception pole 52. Sides
- 53. Coastal lake
- 54. Foul-mouthed
- 58. Bearing weapons 59. Possessed
- 61. Districts
- 63. Gaps
- 64. Waist bands
- 65. Petrified remnant
- 66. Lubricated 68. Jet black
- 71. Peruvian pack animal
- 72. Methods
- 74. Displace 76. Bank cash dispensers
- (1,1,2)78. Flex
- 80. Leaume 83. Uncooked



Have a Go News Subscriptions

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

\$100 (includes 12	months of postage to	your home)		
Name:				
Address:				
		Postco	de:	
Phone:	Email:			

METH	IOD	OF	PAY	MEN	IT:

☐ Credit Card ☐ Cheque* ☐ EFT

*Please write cheques out to Concept Media

____/___/ Expiry: __/__

EFT – your donation **Concept Media NAB** BSB 086 136 Account No - 476617452 Ref: Your name

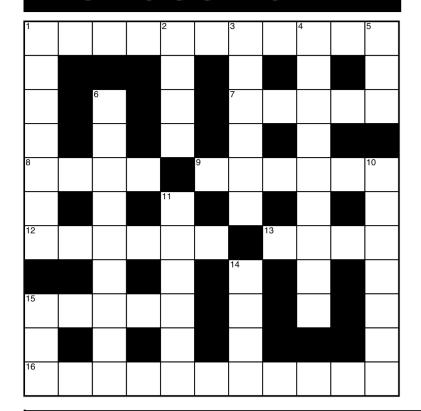
If you need to post your completed form and/or payment details, send mail to: PO Box 1042 West Leederville WA 6901



Have a Go News PUZZLES PAGE



CROSSWORD



CRYPTIC CLUES

Across

- 1. Good climate for Spooner to wear feather? (4,7)
- 7. Eager to adapt and get on (5)
- 8. Decorates nicest interior (4)
- 9. They appear to fulfil one's wishes (6)
- 12. Suit that comes in handy when gardening (6)
- 13. Lady made changes (4)
- 15. Sprightly GI surrounded by ale (5)
- 16. Doubt about land set aside (11)

- 1. They made an impression ages ago (7)
- 2. Walk through water to get weighed, we hear (4)
- 3. Very surprised at tortuous path featured in commercial
- 4. Hurry, Kane! Listen to Gale! (9)
- 5. Regret taking odd route (3)
- 6. Story lines involving Erica's son (9)
- 10. In Sweden, top dog was replaced with lovable alien, to make more palatable (7)
- 11. Remote-controlled fireball (6)
- 14. Long sleep in stucco mansion (4)
- 15. Even Xavier produced a melody (3)

STRAIGHT CLUES

Across

- 1. Unreliable pal, ... friend (4-7)
- 7. See eye-to-eye (5)
- 8. Freezes, ... over (4)
- 9. Magic lamp spirits (6)
- 12. Buckets & ... (6)
- 13. The Hunchback Of Notre ... (4)
- 15. Nimble (5)
- 16. Booking (11)

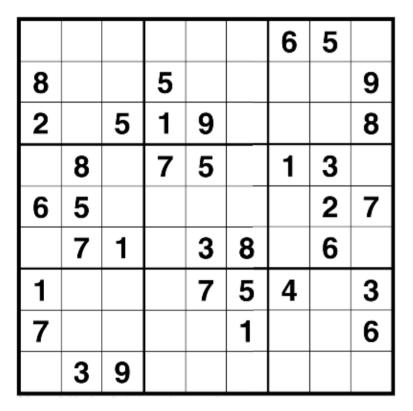
Down

- 1. Petrified remains (7)
- 2. Plough (through) (4)
- 3. Astonished (6)
- 4. Violent storm (9)
- 5. Parisian thoroughfare (3)
- 6. Movie plot summaries (9)
- 10. Add sugar to (7)
- 11. Shooting star (6)
- 14. Prolonged unconsciousness (4)
- 15. Artist's tool, ... brush (3)



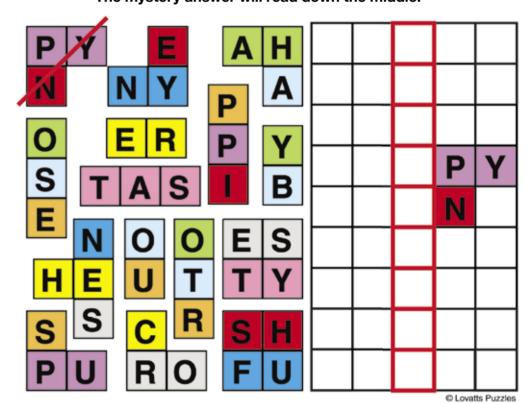
SUDUKO

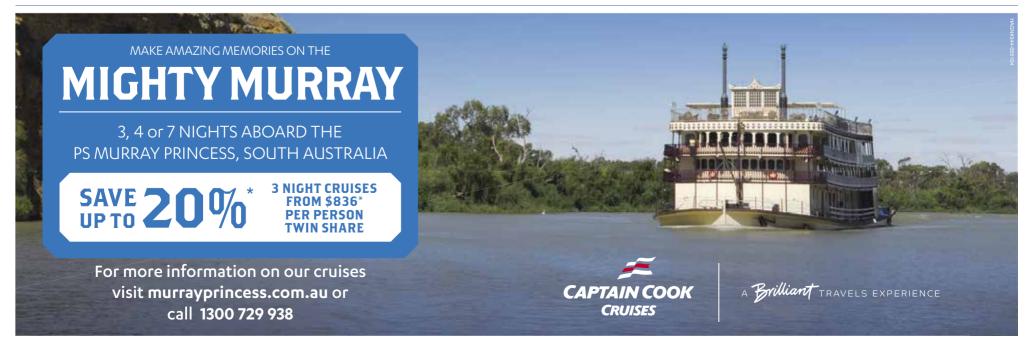
Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9. Rating: ★★☆☆☆



<u>100</u>

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.





NOW OPEN FOR ALL YOUR HEARING CARE NEEDS

I feel connected now I can hear well

Before getting hearing aids there was a period of about a year and a half when I couldn't hear well. I felt socially isolated because I didn't know what people were saying; conversations were out of my reach. I felt ashamed to have to say "I beg your pardon". And it was really embarrassing when, occasion, I hadn't heard the full conversation and had responded accordingly. So during that period of my life and my husband Martin's too, social contact centred around our children because they were aware of my problem and made

allowances.

Martin and I have been together
57 years and I have to say he's been
very patient about my hearing problems.
I understand that hearing loss could be very

annoying to those around us because it affects others quite a bit too. For my part, I was tired of living in a relatively silent world where conversations were interrupted, connectedness was restricted, spontaneity was stalled and small talk was just about impossible, and I knew I had to do something about it. I couldn't even have a decent telephone conversation on my mobile when I was out or in company because the volume was set so high, anyone near me could overhear the discussion.

A breakthrough came when I saw a story in the paper a few years ago that I related to, about a farmer who had been helped by Brad, and the experience

he described before getting hearing aids sounded similar to mine. So I thought that I'd

try to achieve an outcome like his, and was fitted with devices around six years ago that have just been replaced with the newest hearing aid technology. These fresh aids are wonderful and have truly enriched my life. I wear them all day every day, and I am completely dependent upon them to hear well enough to remain connected.

I can now join in on conversations and feel part of the group rather than feeling left out and I am no longer exhausted

from trying so hard to listen. I'm more confident in my participation because I don't have to continually ask for repeats. And it's better for my friends too because they no longer have to worry about my embarrassment at not having heard what they've said.

Now I'm able to participate like people with normal hearing. Martin and I talk to each other constantly, I'm happy in a crowd and our lives are much the better for hearing aids. Thanks to Brad and staff at Brad Hutchinson Hearing for their wonderful care. **Annette Visagie**

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