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## LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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# Celebrating WA's fabulous food



Clockwise from left: Finlay's Kalbarri's Cockles - Miss Chow's salmon dumplings in laksa broth - Monggo's Lombok-style grilled Lilydale chicken and sambal - The Shoe Bar's slow-roasted lamb shoulder with pappardelle - The Charthouse Cafe's pan-fried Cone Bay barramundi and Topi's goat uppakari curry

PLATING up WA applauds the best of Western Australian produce showcasing inspiring dishes at a variety of venues.

An initiative of the State Government's, Buy West Eat Best program, Plating Up WA runs for the month of June around the state. Each restaurant presents a hero dish featuring the best from Western Australian farmers and producers.

Our hospitality sector has done it tough over the last few years and this is a wonderful way to support them and our local producers.

Across the state 31 venues are taking part. They are featuring fresh seafood, seasonal fruit and vegetables, truffles and premium locally farmed meats.

The significant economic and social contribution that our WA food and beverage industry makes will be celebrated through these amazing dishes loaded with

local ingredients.

From casual to fine dining, food trucks to wineries, Banh Mi to grazing boards, you can find mouth-watering options at price points to suit all tastes.

Plating Up WA encourages local patrons to book a table with participating venues which are showcasing a hero WA dish that best demonstrates the state's great winter ingredients. Whether it's breakfast, lunch or dinner, the chefs creatively plate up in support of our local producers.

In the Perth metropolitan area make a visit to *The Shoe Bar* at Yagan Square and enjoy the delicious slow-roasted Amelia Park lamb shoulder, fresh pappardelle, porcini mushrooms, capers and cream. Check it out above.

*Fraser's Restaurant* is featuring local chargrilled octopus and *Miss Chow's* are serving up delicious wild salmon dumplings in a laksa

broth at their three locations in Claremont, Whitfords and South Perth.

For lovers of Indian food, *Topi* at Karrinyup Shopping Centre presents a delicious goat uppakari curry which is sure to tempt the tastebuds.

Indonesian inspired *Monggo* restaurant in Mount Lawley is serving Lombok-style grilled half Lilydale chicken and sambal, pictured above.

*Oh My Cod* serves Moqueca - a soul warming hearty soup with gold band snapper and local winter vegetables at their Tuart Hill and Mount Lawley outlets.

If you heading to the Peel region don't go passed Waikiki's *The Charthouse Cafe* which is serving a dukkha - crusted pan-fried Cone Bay barramundi, mashed WA potato, steamed vegetables and house-made Hollandaise sauce.

For travellers to Kalbarri who want to savour the best of the local seafood *Finlay's* is serving sustainably harvested Shark Bay cockles, creamy garlic white wine sauce and toasted Turkish bread.

Director of *Finlay's Kalbarri*, Melissa Finlay said: "WA has the best produce and we are proud to showcase WA seafood to our customers, we really do have the best backyard. We know the seafood we are providing our customers is fresh and comes from the most pristine waters in the world."

For the first time Plating Up WA is also being presented in Singapore with a variety of restaurants showcasing Western Australian produce.

We love supporting local. Get behind our restaurants and producers and tempt your tastebuds. See the variety of delicious dishes available at [www.platingupwa.com](http://www.platingupwa.com).



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# From the Managing Editor's desk



Richard Goodwin's *The Poppy Sisterhood* won the Meaningful Connections category of the inaugural Golden Lens Photographic Competition.

I HAD the pleasure of judging the Department of Communities inaugural Golden Lens photographic competition. Congratulations to the winners across the four categories. Active Ageing winner – Richard Goodwin for *Ted the Toolman* and runner-up – Peter Garside for *Mr Hilton Doust swimming for life in Mandurah Pool*. Artistic Photography winner – Dita Hagedorn for *Sliding Mirrors* and runner-up – Neal Berry for *The Matagarup Bridge*.

Aussie Way of Life winner – Robert Hatton for *On the Beach, Derby WA* and runner-up – Graeme Mosel for *Scooping for crabs*.

Meaningful Connections winner – Richard Goodwin for *The Poppy Sisterhood* and runner-up – Donna Legge for *Two friends share a moment*.

The work certainly highlights the artistic skills of older Western Australians. Thanks to Richard Goodwin for allowing us to share his winning shot from the Meaningful Connections category. Some of the photographs will be featured in the Seniors Card Directory which will be published later this year.

To encourage older people to feel safer in the community, World Elder Abuse Day is marked on June 15. The incidence of elder abuse in the community often goes unnoticed and unreported. The Public Trustee and the Office of the Public Advocate are joining forces to raise awareness of the growing issue of Elder Abuse and the steps people can take to protect themselves and minimise

their exposure. There is a free community event called Planning for the Future which will be held on June 15 at the Public Trustee in Hay Street from 10am to 12.15pm. Bookings are essential – call 9728 7300 or go to [www.trybooking.com/BYGWV](http://www.trybooking.com/BYGWV)

★★★★  
The Australian Decorative and Fine Arts Societies (ADFAS) Perth is part of a national body and UK's The Arts Society. It was established in 1919 and has grown considerably over that time, delivering an annual arts lecture series. On Saturday July 2 they present a lecture on Florence Broadhurst who was a design legend of the 60s and 70s. She had a fascinating life being a queen of reinvention, hiding her humble beginnings and passing herself off as a French courtesier and an English aristocrat. This lecture given by Sydney-born creative Claudia Chan Shaw looks at Broadhurst's fascinating life and her legacy. Book tickets at [www.trybooking.com/BUKJS](http://www.trybooking.com/BUKJS) or see page 10 for further details.

★★★★  
I send a very big congratulations to Luna Cinemas Leederville who were voted the Best Metro Independent Cinema 2022 at the Australian International Movie Convention last month. The team at Luna provide an amazing cinematic environment for the people of Perth and we are so pleased they were recognised. Bravo!

★★★★  
Have a Go News journalist Frank Smith is researching in-home care packages.

If you or someone you care for is receiving a package we would like to hear of your experiences, good and bad and how effective they are in helping you remain for longer in your own home. Please email me at [jen@haveagonews.com.au](mailto:jen@haveagonews.com.au) or call the office on 9227 8283 to be included in the story. Frank will respond to emails and phone numbers as well as written comments. The names of respondents need not appear in print.

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★★★★  
Inside we have a terrific collection of stories from our talented group of journalists, activities to try and lots more to discover. I hope you enjoy this month's read.

**Jennifer Merigan**  
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## Ageing research snippet

### Study shows higher BMI for people over 80 lowers risk of death

PEOPLE over 80 whose body mass index (BMI) is higher than currently recommended have a lower risk of death, a large-scale analysis has found. BMI scores are used to estimate whether someone has a healthy weight or not. They are based on a person's height and weight and most guidelines suggest that someone with a score above 25 is overweight while those with scores above 30 are considered obese, but these guidelines are largely based on measurements taken from younger age groups. The new study looked at the risk of death in more than 27,000 people over the age of 80 across China, and found that the optimal BMI for this group was between 26 and 30.6.

## Quote of the month

I HOPE we will all be reminded of the power of togetherness and the convening strength of family, friendship and good neighbourliness.

HM Queen Elizabeth II

## Word of the month

### Simulacrum

Noun  
Pronounced Sim-yuh-lak-rum  
Meaning - A superficial likeness or representation of something.  
Usage - The wax figure is a perfect simulacrum of the president.  
THERE is a similarity between simulacrum and simulate with both words coming from the Latin verb *simulare* meaning to copy, represent or feign.

## Noongar Words

**Kinjarling** – rain  
**Mulgar** -Thunder

## Noongar Season

**Makuru**  
Early winter season

## Great West Aussies - Did you know?

JAI Hindley was first Aussie to win the challenging Giro d'Italia, in 2022, against the world's best cyclists. Two years previously, wearing the race leader's pink jersey, the West Aussie was disappointingly beaten by 39 seconds.

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# Disrupted Festival returns with a line-up to shake up community thinking



L-R; Peter Rowsthorn, Katy Steele, Jean Kittson and Liz Byrski will feature on a panel

by Allen Newton

COMEDIAN Peter Rowsthorn says he can be a bit potty-mouthed when he's appearing at corporate functions but aims never to overstep the mark in offending people.

He says the Benny Hill-type days of comedians referring to a woman's 'norks' are long gone – and rightly so.

There's no need to belittle any minority says the former *Kath and Kim* actor and adopted WA son.

Peter, along with a distinguished line-up of opinion leaders including Tom Tilley of Triple J; Kado Muir Aboriginal artist, anthropologist and Indigenous rights activist; writer Liz Byrski; and Veena Sahajwalla, a leading expert in the field of recycling science, will be sharing their thoughts at the free *Disrupted Festival of Ideas* at the State Library of Western Australia on June 18 and 19.

This year's *Disrupted Festival* explores the themes of honesty and truth.

Peter will appear as part of a panel on Saturday, June 18, from 3pm to 4pm to discuss Ageing Disgracefully, alongside performer, author and scriptwriter Jean Kittson, novelist, non-fiction writer, former journalist and broadcaster Liz Byrski, and ARIA Award nominated singer, songwriter and producer, Katy Steele.

Although, at 59, Peter considers himself a spring chicken, the discussion will revolve around ageing and what that means in terms of working and living, dealing with taboo topics, and what it means for artists and authors, getting older, trying to remain visible and heard.

Peter, who has now been living in WA for 12 years, arrived here with his wife Gabrielle, with whom he shares four

children, because Gabrielle wanted to be closer to her Mum in her later years.

He's best known for his role as Brett Craig, the long-suffering husband of Kim Craig, played by Gina Riley in *Kath and Kim*, but the stand-up comedian has built a successful career out of hosting corporate and private functions as well as regular television roles.

This is Peter's first involvement with the *Disrupted Festival* and says his panel has been asked to consider when comedy filters go off as you get older, are they restricted by the new ways of woke thinking and do they care at their age?

"I don't believe in any of that," he says.

"It's a bit of a bugbear that you can't say anything anymore – yes you can – just don't say anything stupid, don't say sexist things or racist things. It's really basic, if

your sensibilities as a person are clear and good you'll generally have no worries with any of that.

"Maybe if you have some suppressed issues that come out via an occasional comment here and there, you might trip up, but comically I should be able to use the material I've had for 30 years.

"It still works for an 18-year-old to an 80-year-old."

Peter says he has got it wrong plenty of times, particularly in front of the corporate sector which can be sensitive about the use of swearing.

"I can be a bit potty-mouthed at times, but only because I'm being a bit too loose, but not in a way that is racist or sexist, it's just me being a bit too fruity for the function itself."

When it comes to woke culture and subjects like the City of Stirling changing its name, Peter says he is all in favour of that.

"Stirling obviously did some amazing things, a great discoverer of stuff, but he also has a pretty poor reputation about how he treated the locals.

"I'm pretty much on the side of paying back for any mistakes done. I wouldn't care if they changed all the English names to Aboriginal terms if it's going to make everyone feel a bit better.

"People might think that's too lefty or whatever, but I wasn't a part of Stirling's era, it was poor work by middle-aged white men."

While watching television programs like *Benny Hill* doesn't make him cringe, Peter says it was all part of him growing up, but we need to recognise that the world has changed since then.

"I've seen people who I've worked with in the 90s lose relevance because their style didn't shift and got stuck in that 80s style, not necessarily

saying that much wrong, but getting it rhythmically wrong.

"But my dream is to get in the camper van and go round to old people's homes," he laughs.

Other panels on the weekend include:

'Talking about death won't kill you' hosted by journalist and media consultant Rita Aldred-Sagger and featuring Satyam Brown, co-owner of Surya Health; Lana Glogowski, CEO of Palliative Care WA; Dr Jaya Dantas, Dean International in Curtin University's Faculty of Health Sciences; and Melanie Hawkes, Department of Fire and Emergency Services WA.

'Thriving Minds and Emotional Females: the cost of high-pressure industries and beating burnout' an in-conversation with: best-selling

author and workplace health consultant, Dr Jenny Brockis; and viral blogger and author of *Emotional Female*, Dr Yumiko Kadota.

'A smart vision for a sustainable future: SMaRT technologies and MICROfactories creating sustainable materials and products from waste resources' with internationally recognised materials scientist and winner of 2022 NSW Australian of the Year, Professor Veena Sahajwalla.

As well as the sessions at the State Library, sessions will be live streamed and available later on the State Library's YouTube page.

The *Disrupted Festival* program and more information are available on the State Library's website [disrupted.slwa.wa.gov.au/](http://disrupted.slwa.wa.gov.au/).

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## Dr Louise Duxbury's new role...



Dr Louise Duxbury

by Serena Kirby

WESTERN Australian environmentalist Dr Louise Duxbury has been appointed to the board of the National Landcare Network.

Louise, who is a director of Gondwana Link Limited and founder of Green Skills Inc, said it was an honour to be chosen to represent WA in the peak land care organisation.

"With WA being 30 per cent of the Australian landmass it's vital we have a strong voice in national decisions," she said.

"I really want to acknowledge the great work done by outgoing WA board member Keith Bradbury and I aim to continue pushing for greater care of our land, our rivers, our coast and our community."

With a PhD in sustain-

ability and technology policy, Louise has a wealth of experience in directing and managing landcare, farm forestry, watercare, bushcare, sustainable farming, revegetation, environmental protection and research projects in Western Australia.

She also facilitates leadership programs, particularly for women working in environmental and community development fields and is currently the lead facilitator with WELA (Women in Environmental Leadership Action Australia) program. WELA provides leadership support for a group of up to 20 women engaged in environmental campaigning efforts from around Australia each year.

In 1989 Louise founded the highly respected organisation known as Green Skills and became involved in Landcare in the early 1990s.

She was also the executive officer of the WA Landcare Network for a number of years. Her own life reflects her professional interests as she and her partner live on an intentional ecological community on the South Coast of Western Australia.

"I was brought up to be resilient and self-sufficient from an early age, out of necessity really, as I come from a family of six kids,"

"I believe we are extremely lucky to be born where we are with so many resources available to us."

"The inequity in the world, and how we treat our environment, does distress me but it also drives me to want to make a difference. And each and every one of us can make a difference."

"Optimism gives you the ability to do things whereas pessimism is paralysing," she said.

## Carpet bowlers Patron's competition hits the mark



SENIOR'S groups are starting to reconvene and Western Australian Carpet Bowls (WACBA) held their Patron's event last month at Swan Active Centre. It was also featured on the ABC News.

Editor Jennifer Merigan and Seniors Recreation Council president Phil Paddon are both patrons of the organisation and were on hand to present the trophies to the winners. Congratulations to Nollamara Autumn Club who took out first place, Scarborough Seniors Club won second and Addie Mills Centre came in third.

Clockwise from top left Jennifer Merigan and Phil Paddon with WACBA winners; Nollamara Autumn Club: Eric Heinsen, Douglas Orr, Anna Delborrello, Pat Dicembre - Scarborough Seniors Club: David Langley, Pauline Savage, Andy Nazarovs, Keith Marshall and Addie Mills Centre: Bebe Flynn, Sheila Sellers, Val Baldwin



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## June 15 World Elder Abuse Awareness Day

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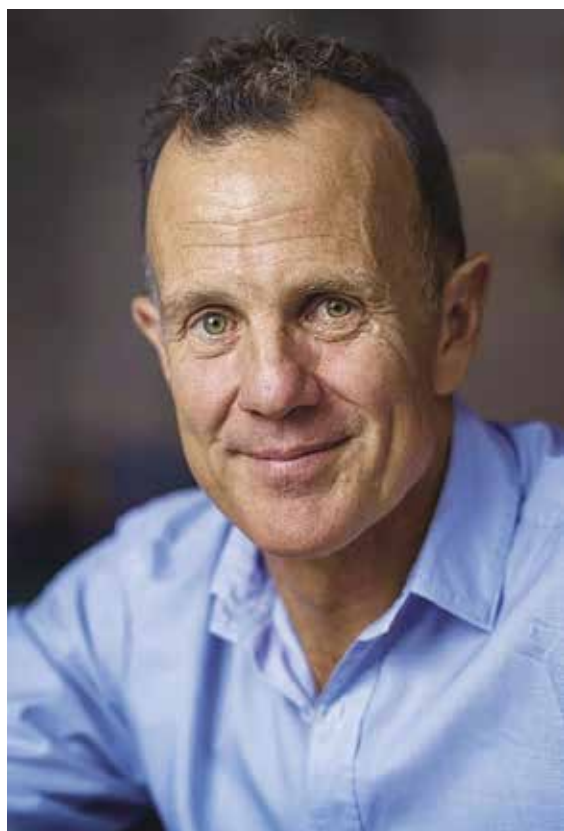


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# Meet the Rockingham sailor who captains billionaires' yachts



Brendan O'Shannassy

by Lee Tate

AUSTRALIANS are making big splashes in billionaires' watery playgrounds and none more than Rockingham-born Brendan O'Shannassy.

A multi-million-dollar, 100-metre-long superyacht, with a crew of 35 is shortly cruising into Monaco, helmed by Fremantle-schooled Brendan, 51.

To command their pricey toys, the super wealthy – billionaires, multi-millionaires, "old money" and tech tycoons – look to the likes of captain Brendan with his experience, steady hands, leadership and discretion.

In an industry where the world's leading yacht skippers get close to phenomenal wealth, the best of the Aussies are jet propelled into the highest one per cent of Australian income-earners.

Passing this point, Brendan has skippered seven superyachts over

20 years.

"I don't move around a lot. I stay with the owners a few years. Longevity is magic in this business. Owners don't want different people all the time not knowing what they want," he said, during a visit to Cottesloe.

From this protected world of the wealthy elite, Brendan has produced a book, *Superyacht Captain*, a rare exposé of the people and workings in this elite world where owners flip by private jets and helicopters to meet-up with their superyachts. "Owners don't cross oceans on their vessels. That takes too much time," says Brendan.

"It's very rare for them to go more than 12 hours on a vessel. That would cost them a day. They are so time-precious they have to use every bit of time effectively."

"I have moved (superyachts) every night so they wake up somewhere new every day. They might just decide to

spend an extra day in a place they like. They have their own schedules."

Brendan said school holidays, however, dictate the movements of even the most influential people.

"There are times when they might stay with their families on the vessel for two to three months over summer. They might go to French Polynesia, then 10 days in the Galapagos and three weeks over Christmas in the Caribbean."

"These people remain active in business, though, and still need to keep in contact with their business, using their phones and computers."

"Some owners, wherever in the world, will keep their watches on their home country's time zone and everything on the boat works to that time zone."

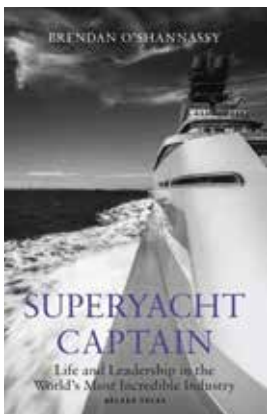
"The wealthiest tech founders like to peel away all the layers of their work during the day; they use it to escape time, play with their kids."

"There's zero administration for a yacht guest. They don't touch or unpack a bag. They have a chef to make them amazing food or prepare whatever they want. And it happens," he said.

Brandon, wife Yvonne and daughters, Scarlett and Fabienne, are based in a small Austrian skiing village where they opened their own coffee shop with seven rented apartments above it.

While Brendan spends half his time working away from home, they get to Australia when they can. But the mood changed when the pandemic hit in 2020.

Homesickness swept over Brendan and when Yvonne coincidentally referred him to Perth properties on the computer, he bought a Cottesloe apartment online. They have just seen it for the first time after owning it for two years.



"I've started doing everything to move back here. I swam to North Cottesloe, borrowed a mate's bike and if there were any doubts about me making the wrong decision, they were gone," he said.

Brendan glances out to the horizon as a navy ship cruises towards Garden Island.

"Some superyachts are bigger than that," he says.

"Worldwide, there are about 5,000 yachts longer than 24 metres, each have a crew of between two and 100. And maybe 15-20 per cent are Aussies."

"More Australians work in the yachting industry than in the navy, in fishing fleets and commercial shipping, combined."

Brendan's book emphasises the employ-

ment opportunities for Australia's school and university leavers.

As a young yachtie in Rockingham, Brendan said: "People just saw it as messing around in boats and I found a great career into it. But it's never spoken of as a career."

At 17, he went to the Australian Defence Force Academy in Canberra and then joined the navy. After 10 years, Brendan worked in Darwin, Sydney, and Brisbane in the maritime sector while racing yachts. In 2001, he left for Europe to start his superyacht career.

Brendan worked in the industry, including as an overqualified deckhand, for 13 years before gaining his first captaincy.

Active in environmental areas, Brendan supports the goals of Blue Marine Foundation, the Brain Tumour Charity, Superyacht Charities,

and the mental health support platform for yacht crew, YachtCrew Help.

Brendan is a board member of the International Superyacht Society and chair of the International Superyacht Society's Captains' Committee.

He is also a promoter of Australia as a future

superyacht destination which would require development of facilities in remote locations to service and supply the manned boats. He says a facility under consideration near Exmouth, called Gascoyne Gateway, looks promising.

*Superyacht Captain* (Bloomsbury \$32.99).

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# The call of the ocean and ships are Vic Jeffery's lasting passion

by Josephine Allison

THE call of the ocean and ships the world over are never far from Vic Jeffery's mind as he looks back on a life of close links with the navy and public affairs. The library at his Dianella home is filled with books on ships and the navy as he flicks through a few of the titles he enjoys.

Now 78, Bassendean born Vic came from a seafaring family on his father's side.

"I became really interested in the sea as a 12-year-old when I was given a copy of the book *The Cruel Sea* for Christmas," he said. "I was staying with my grandparents at Rockingham and went to the open air theatre where

I saw the film version starring Jack Hawkins, Virginia McKenna and Donald Sinden. I couldn't get enough of the navy."

Vic was intrigued with Garden Island which, at the time, had ten Corvettes laid about in reserve in Careening Bay after World War II. In 1956 the Corvettes were sold off in pairs and taken to Hong Kong and Singapore for scrap.

"After that I would travel down to North Fremantle by train with my box Brownie and walk around the north wharf where the warships were moored and take photos. Being a Bassendean boy there were no school or council libraries in the suburb in those days so during the

school holidays I would ring the State library and ask for access to *Jane's Fighting Ships*."

On leaving school, Vic joined the Government Printing Office but continued his love of drawing cartoons and his natural aptitude for writing. He joined the newspaper the *Sunday Independent* as a compositor but started writing about football and navy matters for the *Sound Telegraph* in Rockingham.

"A job opportunity came up in defence public relations for *HMAS Stirling* and I also became responsible for the air force which meant I would rotate between Garden Island and RAAF Pearce. By then I was married to wife Marcia (Marcy) and we had a son and daughter. It meant I was away from home for long stretches."

Besides his defence duties, Vic wrote for various magazines of the day as well as contributing to *Jane's* and helping produce Swan Districts Football Club's *Fighting Swan*

magazine (he is a club life member).

"I looked after the media and dealt with everyone from admirals down. A media highlight was homecomings which presented great television vision and newspaper coverage."

Naval life was always adventurous and Vic recalls sailing to the Southern Ocean on exercises. On one occasion he was transferring to *HMAS Swan* from *HMAS Brisbane* by line and had his foot in the stirrup when he looked down with the warning: "Vic, there's a bloody big shark feeding on a whale carcass below."

Vic joined the naval reserve in 1983 and underwent training at *HMAS Creswell* in NSW, later being promoted to Lieutenant-Commander. He was also recruited to naval intelligence duties. He became involved with Z Force with Jack Sue and was made an honorary member. In 2004 he was presented with a Long Service badge for 20 years

of dedication to defence.

He names the Southern Ocean rescue of yachtsmen Tony Bullimore and Thierry Dubois in 1997 as a highlight of his career. He was awarded a Public Relations Institute of Australia award of Excellence in the issue/crisis category for his work during the rescue.

He was responsible for the public relations effort and safe return of navy ships during the first Gulf War and the Iraq War.

Vic received an OAM in the military section of the 1997 Australia Day honours with a Centenary of the Australian Public Service medal in 2001. He is a life member of the Naval Historical Society of Australia and the Navy League of Australia and started the naval museum at *HMAS Stirling*.

Vic says current WA Governor Kim Beazley is the best defence minister the country has had, with Beazley establishing the Royal Australian Navy's first submarine program.



Vic Jeffery OAM

Vic met with Beazley at various ceremonies he attended as minister.

Vic, who retired from his defence public relations job 11 years ago after 29 years in the job, said it was a privilege to serve Australia's finest men and women.

"Where else in the world could a person say they had landed and taken off

from US Navy aircraft carriers and dived on Australian submarines?"

Vic still leads a busy life and says his family (and others) live with his collection of around 100 records and CDs of famous German composer and big band leader James Last and his orchestra, "This has always been my relaxant."

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## Eddie Storm hits the stage to celebrate his 90th birthday

SIXTIES legend Eddie Storm OAM – took to the stage early this month at RAAFA Meadow Springs, for his 90th Birthday.

Friends, entertainers, politicians and community leaders joined Eddie to celebrate his big day.

Eddie commenced his

career in Great Britain; as a young child who sang for his supper on tables in establishments during World War II.

He learned to sing from his granny and mother, singing Vera Lynn songs during the blitz.

Eddie joined the army, served his time and was discovered singing on the dockyards in Plymouth. He was invited to sing in the Ted Coleman Orchestra singing across England in the evenings and the weekends. There he worked alongside many great artists including Acker Bilk, Matt Munro, Stan Stenet and the *Black and*

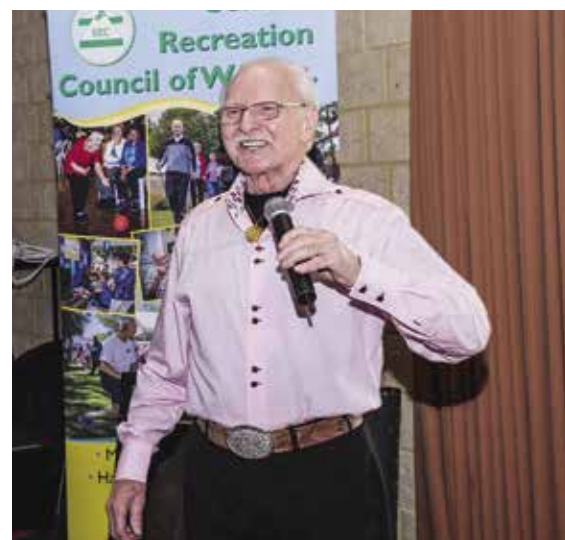
*White Minstrels*.

He continued this for 14 years before emigrating to Perth, Western Australia at 35, where he became the "Tom Jones", of Western Australia – the first entertainer to sing Sir Tom Jones repertoire.

Eddie was booked in every venue in Western Australia and became very popular. The late Max Kay advised venues to book him owing to his great talent.

Eddie toured Vietnam 1969 and 1970 for the Australian Forces Overseas Fund.

He was selected to appear in Melbourne under contract at major venues



Eddie Storm OAM

and events. He won Australia's *New Faces* singing the *Impossible Dream* in 1971 and he appeared on the television series – *In Melbourne Tonight*.

Eddie was in such demand he did not return to Perth for 27 years. When he did return, he worked all seniors' events and concerts across the state.

He was awarded the

Order of Australia in 2016 for his work as an entertainer.

Eddie is still appearing at events and nursing homes although he suffers from cancer. His health battles are fierce, but he is addicted to the stage and nothing seems to stop him.

Have a Go News wishes Eddie good health and a happy 90th birthday!

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# Three generations of family dedicated to improving lives of young people



Left to right; Georgie, Lucie and Tammy-Rae Schaper - Frank Schaper

by Allen Newton

THREE generations of the Schaper family have dedicated themselves to improving the lives of young people around Australia through the Young Australia League (YAL).

YAL, which some may remember for Camp Simons the bush camp located opposite Araluen, was renowned for organising large groups of school children to tour and represent Australia around the world as well as travelling across the country. It has transitioned in the last few years to operating a scholarship program for young Australians experiencing barriers.

Frank Schaper was architect of that change as a board member and chair of YAL. His daughter Tammy-Rae, as CEO, has put the nuts and bolts of the program together. Granddaughters Georgie,

responsible for the organisation's marketing; and Lucie who volunteers for YAL, have all thrown their weight behind the charity.

Frank, 81, now retired and living in Sydney, got involved with YAL when he was at teachers' college in WA in 1961. He volunteered as a youth camp leader and has been involved, other than for a short time when the family lived in South Australia, ever since.

He chaired the board for his final 18 years with YAL, resigning in 2019.

He has been made a life member and is a recipient of a Gold Service Award from the YAL members for his contribution.

Frank oversaw the difficult sale of Camp Simons and acceptance of his plan to create the JJ 'Boss' Simons Charitable Endowment Trust which funds YAL Connect, the scholarship program that

operates today.

Frank says YAL's move away from Camp Simons was a difficult one because so many people remember being a part of the campsite in the Perth Hills, but as schools and sporting organisations began organising their own camps for young people, Camp Simons became unprofitable.

YAL had a substantial property portfolio which it gradually sold off to meet its debts, but the crunch came as it tried to do a deal with the State Government to hand back the Camp Simons property.

"Camp Simons was an ingenious and most unusual arrangement because a land grant through the State Government in the early 1940s had the condition that we could use the land for the purposes of recreation and campsites, and we could use it as collateral but

could never sell it.

"If the League no longer needed the land it had to be given back to the State Government."

But that was no easy process. Frank went to see Kay Hallahan, a Minister in the Brian Burke Government to tell her they couldn't afford to keep the site going and wanted to hand it back.

She didn't like the idea at all that a WA institution would disappear.

"We went back and forth and had a couple of meetings and in the end, she said: 'I just don't want to take it back, so what we're going to do is get it valued and we will give you the land value, then you'll have to come back and tell me what that capital is going to be used for'."

Given YAL's founder JJ 'Boss' Simons was all about education, Frank believed the opportunity

to support young people who might not have had a square deal in life and aspired to do something with their lives, was a useful thing for YAL to get involved with.

So the money that came from Camp Simons was invested in the scholarship fund, launched in 2014 with the first round of scholarship recipients in 2015.

"That was where we saw a rebirth of where the League might go," Frank says.

He credits his daughter, Tammy-Rae who joined the organisation in 2013, with much of the success of the program.

"Dad conned me into joining the organisation because he said the lady who was running YAL at that point was a volunteer in her 70s and she probably needed a bit of help with the technology stuff, so Dad initially said 'we just need a bit of help with some filing and some emailing, so you just need to do a couple of days a week'. But I think secretly he had an agenda and wanted me in there for the beginning of the building of the scholarship program," she says.

Frank is also delighted to see granddaughters Lucie and Georgie engage with the organisation.

"YAL is definitely a family business," Georgie says. "I think the best thing about this organisation is not just because we're a family, the people that we

help, the people who walk through the doors, there's a sense of community that I can't dream of getting anywhere else," she says.

Lucie says that as a volunteer looking into the organisation from slightly outside, she gets all the behind-the-scenes insights, which is both a good thing and a bad thing.

"I'm usually the one people get cranky at when things go wrong, but YAL is such a family environment and one of the biggest things it has taught me is to be grateful for everything you have, because even when you have a bad

day, someone else always has it worse."

Tammy-Rae says applications for the next round of scholarships open on July 1 with details available from [www.yal.org.au/scholarship/](http://www.yal.org.au/scholarship/).

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# Where Opinions Matter - was the federal election a waste of time?

by Lee Tate

THIS year's federal election campaign was largely a waste of time, like

many are.

Surveys show us that many electors don't make up their minds until the dying days of a campaign.

Saturation politics is counter-productive. Like politicians' relentless negative sniping, it turns us off politicians.

Yet we get excessive, six-week-long campaigns. Three weeks is sufficient time for political parties to make their pitches to electors. Yet we endure an excruciating tsunami of political preening.

It is a waste of valuable time and a strain on money and resources. We are swamped for a month-and-a-half and it comes around every three years – or less.

The phony campaigning begins well before the official campaign while the Prime Minister of the day keeps electors and businesses in unnecessary suspense over his chosen polling date.

Those of us who have been based in Canberra and reported on long election campaigns, as well as everyone in Parliament House, know that true governing of the nation stops months before an election.

In the year before the polls, behind closed doors across Australia, political business begins to be shaped to woo voters.

Directly and indirectly, voters – taxpayers – are paying for much of this. Every three years.

Why do we go to the polls every three years? Five years, with fixed terms, surely is more sensible.

The millions of dollars for election campaigns comes from taxpayers, sponsors, companies and unions. Millions are spent just on media campaigns over six long weeks.

Outside elections, political machinery works slowly. Politicians need time to do their work and it is painfully slow, winding through chatter, criticism, committees and compromises.

Independent MPs and minority parties have further slowed the sluggish parliamentary progress with bargaining playing a bigger role.

National and State governments need time to introduce their work and see it through. Shorter terms of office foster half-baked stops months before an election.

How much can any government prove in just the two years before planning and plotting for the next election?

During the entire plotting and electioneering processes, businesses associated with govern-

ment can't advance or plan, government projects are held-up and many political appointments can't be made (except those rushed through to suit the incumbent government).

With three-yearly elections, political parties hold-off announcing major projects until each election-eve. Worthy causes suffer from delays until poll announcements when, miraculously, governments find millions or even billions of dollars to splash. Roll out the (pork) barrels.

Through the 2000s, both the disability and seniors' sectors suffered severely while governments cried poor. Underpaid health workers and people suffering finally got good news – or promises – on election eve. And it took an expensive, taxpayer-funded royal commission and inquiries to spell out to government the extent of the underfunding and neglect.

As well, millions of dollars again went into pork-barrelling (sports rorts, carparks). Opposition parties also pull out the promises, not always with accounting details and not always adopted



when winning government. We've heard it all and we've switched off.

Australia's political system is outdated, unfair and self-serving. Voters are not fooled by smiling political leaders lifting babies, icing cakes, sipping beers, kicking footballs and driving bulldozers during election campaigns.

To be truly accountable to the people who pay to keep them in office and to start to win an element of public respect, politicians need to face facts. So do their advisers and spin-doctors.

Short terms in office and long election campaigns are wasteful and insulting to the people politicians are meant to serve. Election campaigns are cliches.

What do you think? Email [info@haveagonews.com.au](mailto:info@haveagonews.com.au) with Opinion in the subject line.

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### Editor note: Human Services column

DUE to the change in Federal Government, Human Services general manager Hank Jongen's regular column will return next month. Readers are welcome to send questions of a general nature about pensions and aged care to [info@haveagonews.com.au](mailto:info@haveagonews.com.au) in the interim.

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# It's like *The Jetsons* have come to Perth as robot waiters serve diners



Roogenics' Jordan Bruno and development chef Vincent Lim put the robot through its paces

by Allen Newton

ROBOT waiters! Brings to mind something that might have been from *The Jetsons* cartoon TV series about a futuristic family.

But it's no longer the distant future we're talking about, with robots now becoming part of our everyday lives, just like the vacuum robot cleaners that run around our homes.

At first glance though restaurants don't seem likely candidates for robots in a role in what has traditionally been a face-to-face service industry.

That's all changing now, as we start to encounter robots for the first time at restaurants enabling customers to enjoy a meal where you order, have your food delivered, and pay, without even talking to staff.

There are no swirling

arms or any sign of "danger, Will Robinson" with the newly installed robots at three restaurants operated by Mr Yang Song.

Authentic Bites at Karrinyup and at Northbridge and Juicy Bao Bao in Northbridge have all hired robot helpers.

Yang has made a significant investment in introducing the rather cute machines to his restaurants to ease the menial workload for overworked wait staff.

It's fascinating to watch these little chaps at work at Authentic Bites, bustling between the tables, delivering meals to patrons.

The robots are not intended to replace staff and Yang says no jobs have been lost because of them.

Before introducing the robots Yang says waiters were often run off their feet, walking several kilo-

metres a day.

Tired waiters meant they weren't always at their best servicing patrons.

The robots take away some of that leg work and free up waiters to spend more time with customers.

The robot does not have the skills of a waiter, they can't communicate with customers, and it can't sort the orders in the kitchen.

Mr Kevin Shang from Intelligence Solution which supplied the robots says the most important element of their operation is the reassurance it provides customers and staff in being contact free.

The onset of Covid has made some customers nervous about coming into cafés and restaurants.

Kevin says the robots make a perfect contact-free go-between for customers and staff, keeping everybody safe.

As well as delivering food to the table customers can order and pay using QR codes for contactless payment.

Customers can self-order and self-pay using Apple Pay and Google Pay so there's no need to provide credit card details.

"It's very easy to operate, scan the codes on the table, find what you want, order and pay – all from your table."

"The kitchen then puts everything on the robot and the robot comes to

the table and you take your plates off.

"When you are finished eating you just leave. It is possible to be totally contactless," Kevin says.

That's something restaurant owner Yang says is proving a big hit with clients.

He has run Authentic Bites for six years with one underground in Allendale Square, one in Northbridge and the new one in Karrinyup.

He also has Juicy Bao Bao in Northbridge and Little Bites on level one of Karrinyup Shopping Centre – on the café terrace.

He first started in Northbridge with a very small shop which quickly became successful and allowed the business to grow rapidly.

Authentic Bites Dumpling House specialises in dumplings – specifically the Xiao Long Bao dumplings or Chinese soup dumplings – Shanghai style.

Yang opened his Karrinyup restaurant in October last year and says that initially business was brisk with queues every day, but Covid had impacted on it, both from a staff and customer perspective.

He says that as well as providing a contact free environment for customers the robots are very efficient.

When one robot leaves the kitchen another one

takes its place ready to do its job and the third one takes the vacant spot.



Yang introduced the robots in November last year a few weeks after the Karrinyup shop opened.

Kevin's company specialises in innovative technology solutions for the home and the hospitality industry and describes the robots as being more akin to waiter's assistants, rather than waiters.

"It is like a computer assisting with bookkeeping, but it is never taking away the job of an accountant. Humans should do something more intelligent and more creative than walking to and from the kitchen," he says.

Kevin says robots aren't a one-size-fits-all solution for the restaurant industry, but they are part of the whole solution.

"Contactless ordering and paying helps alleviate the fear of people who want to come out but want to feel safe. And with this solution they can."

"Robots were always going to be part of the future – pandemic or not – but they have arrived at the right time."

Yang says adding the robots to his restaurants has made staff happier, making their jobs easier and less tiring.

And customers love them.

"The kids really love it too. Sometimes when I walk through the shoppingcentre I can hear children asking to go to the restaurant with the robots."

Robots can be seen at Authentic Bites Dumpling House, Shop FC020406 West Deck Ground Floor, Karrinyup Shopping Centre, 200 Karrinyup Rd, Karrinyup; Authentic Bites Dumpling House, 3/145 Newcastle St, Perth and Juicy Bao Bao, 344 William St, Perth.

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by Rick Steele

RECENTLY I was treated to a short stay courtesy of the Royal Perth Hospital. When I returned home they

asked for my valued feedback. I replied.

"I thought Royal Perth were excellent in everything they did. Doctors, nurses, cleaners, orderlies all caring and doing the best. We are lucky in WA... well done all."

I'm not saying it was a picnic, and I was very happy to go home after three days to sit in the warm autumn sun in my

back garden.

In the beginning of my unwanted and unexpected journey, I was blessed that the ambulance guys had just started their shift and I was their first customer. The nurse, who administered some pain relief (not going into any detail about that) advised me that kidney related pain is akin to the pain of childbirth. Can't speak for that.

Last time I went to see my local 'doc.' I told him. "Doctor, every morning, when I get up, I take a look in the mirror and feel like throwing up. What's wrong with me?"

He said: "I don't know, but your eyesight is perfect" Then, with a puzzled look, he said: "I'm not sure what the trouble is. Might be due to excess drinking."

I said: "that's alright Doc. I'll come back when you're sober."

It is truly amazing what they can decipher, learn and diagnose from the myriad of tests, scans, needles and blood extracted from my ageing body.

Blessed be the memory of going to our family 'Quack', (An excellent and well respected practitioner). He would say: "Open your mouth wide, stick your tongue out and say 'aaahh'."

Somehow from that he was able to diagnose whooping cough, chicken pox, mumps or 'flu with

consummate ease.

But doctor, "I just swallowed a spoon. Well, sit down and don't stir yourself."

Sometimes, when I'm drifting through the memory banks, recall can come at me 'faster than a speeding bullet' and change the colour of my day almost instantly. Is it post pandemic stress?

Long time ago, about 2014, life smiled upon me and I began a wonderful Wednesday night residency at the Grosvenor Hotel. Fortuitously I was introduced to a true professional radio bloke, originally from Queensland, who was working for 6PR. His name was Rod Tiley. We consumed a quiet amber fluid and after an engaging conversation, he informed me of one of his current magazine-type shows on a Saturday morning.

He invited me to audition for maybe a permanent spot to talk general music (mostly blues) and perform

a song live in the studio. As the story goes, I passed and a delightful partnership began. The show would air about 6.30am and some early bird friends would enquire how come I sounded so good that time of morning, and how I managed to get up after an exuberant Friday night. My secret was we recorded Friday arvo.

After about a year 6PR was going through some reshuffling and Rod informed me that our show was coming to an end. Shame I thought but that's wireless for you.

"We must keep in touch anyway," I said to Rod.

"Well," he said, "that might get tricky; I've just been diagnosed with 'Jack the Dancer' and they've given me three months. What say we do one more show for a listeners farewell."

I picked myself up off the floor and shook and took myself to the car. Each week it was my decision and surprise which song

I chose to perform. There was nearly always a reason for my choice. For five or so days I agonised over what I could do. There was no answer. I think it was Wednesday night I received a call from Rod saying he had decided not to do the show and we would just catch up together one day soon. That we did and six years later I still revisit the precious memories, remain grateful for the time and blessed respect he gave me. Even now, I still can't think of a suitable song for such an occasion. Mind you, I'm writing one at the moment which may prove to be suitable.

During my recent stay, the patient next door said to me; "Did you know they brought in a case of diarrhoea last night?"

"That's great," I said, "I'm so sick of that crap lemonade they've been serving us."

Cheers dears!  
PS - I know it's an old joke, but I still get a laugh.

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by  
Claudia Chan Shaw

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tive sergeant newly returned from maternity leave. Together, they must root out the truth behind heinous crimes and bring those responsible to justice, no matter their wealth or status.

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**Specsavers**





by Ken Marston

"I THINK I'm going crazy", said one of my older clients recently. "I forget appointments, lose my keys and feel like I am in a fog all the time."

I'm sure that sounds familiar to many readers, and it is often regarded as

# Mind your mind - let's look at brain fog and memory loss

normal that we become forgetful as we age but is it really a fact that we 'lose our marbles' as we age?

Dementia and Alzheimer's disease are, regrettably, closely associated with ageing – the older we get, the more likely we are to have these conditions. The risk depends on age – from less than one person with dementia per 1,000 Australians aged under 60, to 68 per 1,000 Australians aged 75–79, and then to 399 per 1,000 aged 90 and over, ac-

cording to the Australian Institute of Health and Welfare in 2021. And the risk is higher for women than men.

However, that's not to say that being forgetful, losing things and having brain fog means that you must have Alzheimer's Disease or dementia. Worrying about it won't help. If you are concerned, talk to your GP, who can organise proper testing and diagnosis. Most people, as the figures attest, will not have those conditions.

So what can we do, if anything, about memory loss? Firstly, recognise that it isn't just a feature of getting old. Younger people are often forgetful, too. Teachers report that university students who put their hands up to ask a question have often forgotten their question by the time the teacher gets around to them (perhaps a reflection on how long it takes a university lecturer to attend to students, too, but that's another story).

At any age, our memory and attention span

is limited. Our minds get full, we are bombarded with information, and pre-occupied – something has to give. And worry doesn't help – there is a clear relationship between our 'forgettery' and stress and anxiety.

So, what can we do to improve memory at any age? Check your medications. Some medications cause memory loss or brain fog – ask your GP or pharmacist to review them. Do some exercise – getting blood flowing around your brain will

help. Relax, enjoy life and put your worries down, reducing stress. Learn something new – lifelong learning has a multitude of benefits – try a musical instrument, a language or something challenging instead of that crossword or sudoku. Join a group – social contact will help to stimulate those neurons. Have confidence, believe in yourself and your abilities and don't give up!

Seeking help when you know you need it is also important. Sometimes, things do get too much

for us and we can't cope. Your GP is the best resource, but you may also wish to look at websites like Beyond Blue ([www.beyondblue.org.au](http://www.beyondblue.org.au)) or access their information in your local library if you are not online. For emergency help, contact Lifeline on 13 11 14.

Ken Marston was CEO of COTA WA from 2006 to 2015 and is now a qualified counsellor and psychotherapist. He can be contacted through his website [www.AAACounselling.com](http://www.AAACounselling.com).

## Frozen pensions for UK expats still not an issue for UK government



by Mike Goodall

THE petition regarding frozen pensions has passed the deadline of May 29. We have 11,232 signatures which is just a little short of what we had hoped to achieve.

Department of Works and Pensions responded based on the petition

reaching the first target of 10,000.

Their response, as expected, was in the negative: "there are no plans to change the policy. The Government continues to up-rate the State Pension where there is a legal requirement to do so."

We have reminded them that we still regard not paying our annual increases as an injustice.

A copy of their full response is included at the lower edge of the petition. However, if anyone would like a copy, please e-mail me and I will send one to you.

There have been discussions in one of the Australian groups about

taking the UK Government to Court. However, but as the current situation is written into UK law, my view is that the courts would decide for the UK Government.

Our main objective must be to have the law changed. To do this we would require a majority of MP's prepared to vote to change the law. During one brief period from 2010 to 2015 we had sufficient MP's (in our favour) to outvote the government. Several attempts were made to have a change the regulation but each time the Government introduced an additional benefit into the regulation so that most MP's would

not vote against it.

The UK government's main argument is that 'the rate of National Insurance contributions paid has never earned entitlement to the uprating of pensions payable abroad. However, they have made agreements with many countries to uprate pensions and most recently they have negotiated with the 27 European Union and the three European Economic Area countries to continue to uprate their pensions, post Brexit. If they can afford to uprate 60 per cent of expat pensioners they should be prepared to treat everyone as equals. We've all paid into the same system.

### Am I UK State Pension Age?

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

their 66th birthday.

The date those born after April 6 1960 can claim will increase by one month extra for every additional month of birth until March 6 1961 when it will become their 67th birthday. This is now subject to a UK Govern-

ment review due next year.

Anyone who would like to understand their options on any aspects of their UK State Pensions is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail [mikegoodall@btconnect.com](mailto:mikegoodall@btconnect.com).

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# The world of motoring is changing - will your next car be electric?



by Karen Majer

RECENT fuel price increases have prompted many people to ponder an electric vehicle (EV) as their next car. There's no doubt that EVs are the way of the future, with many manufacturers planning to sell only zero-emissions cars by 2030. A survey reported by the Grattan Institute found that 56 per cent of Australians would consider going electric with their next car purchase, while the share of consumers who would not purchase an electric car is declining quickly.

I have been watching

prices and technology, waiting for the right time, so I asked local EV enthusiast and landscape photographer Christian Fletcher about his experience.

Christian waxed lyrical: "I recently bought a Tesla Model 3 Performance," he told me. "I have had it for six months and it is the second electric car I have owned. The first one was a BMW i3 and I had that for five years."

Christian says the features most people love about Teslas are the performance, the range and the fact you don't need to service them. "My car accelerates from 0-100 kmph in 3.3 seconds. Maybe not a feature everyone is looking for but I have always been a rev head. The real world range (what you actually expect to get from a full charge) is around 480 to 500 km. When you buy the car, servicing isn't even mentioned as little

to none is needed. It is a whole new way to think about what a car should be."

But what about the cost? The high price of petrol means that it's predicted that the total cost of ownership (up-front and running costs), will reach parity with traditional cars for the first time in Australia within the next 12 to 24 months. Savings in running costs are a significant factor.

"We charge our Tesla at home off our solar system," Christian said. During the day it is plugged in and the energy comes free from the sun. I often say I am burning sunbeams when driving the car. So the immediate benefit is no fuel costs if you do it this way. Also there are next to no servicing costs. They are quieter, smoother, faster and better in all ways."

While electric car sales have tripled in Australia since 2020 to 20,655 last

year, they make up only two per cent of all vehicles sold nationally. In Norway, nearly 75 per cent of new car sales were plug-in electric vehicles in 2020. So why are we so far behind other countries such as Europe?

The Australian Automobile Association says lack of regulation on emissions is hindering uptake and the car industry is calling for national standards. The Electric Vehicle Council points to government inaction on EV incentives and infrastructure. On May 10 the WA State Government announced an electric vehicle support package including \$3500 rebates for buyers spending less than \$70,000.

Christian says that battery recharging points are expanding.

"Range anxiety is about to be a thing of the past with Synergy rolling out what they are calling the EV highway. There will

be electric fast chargers installed every 200 kilometres from Esperance to Kununurra. Ampol is also about to install around 160 new electric chargers at their petrol stations. The world is changing."

He also points to the environmental benefits of EV technology. "I see the move to green transport as vitally important if we are to tackle climate change. Everyone benefits from less air pollution. Electric cars are quiet and have no emissions, imagine how that can transform a city or town."

I asked Christian what he would say to someone considering buying an electric car.

"You must think seriously now about an electric car as your next purchase," he said. "With falling prices of the cars, increasing prices of fuel and more data on the benefits of electric vehicles, it is becoming very compelling. Most people who



Christian Fletcher with his pride and joy Tesla Model 3

own electric cars never have to go to a charging station or petrol station ever again. You can use cheap smart power and charge the car overnight and wake up every morning with a full tank.

The other development that is happening is using your electric car to power your house during the times when solar isn't working, you have a

blackout or you want to pay less and use the renewable energy your car has stored during the day.

"The problem with renewable energy has always been storing it. With everyone's electric car plugged into the grid, these become the biggest battery we could ever hope for."

I think I'm sold! What about you?

## Find out more about smart devices and other interesting topics at retirees group

THE speaker for the Association of Independent Retirees northern suburbs group on June 16 meeting will be Jason Bloxidge. Jason is the WA Community Ambassador for NBN. Many of you will be purchasing devices that are labelled 'smart' devices, such as Smart TVs, smart mobiles, smart security systems and the like. He will

be presenting a talk and answering questions about these smart devices, their various abilities and how to prevent them being a scam and security risk.

The July 31 meeting, speaker will be Roger Mifflin from the DFES who will be talking about many of the safety issues that seniors face. However, in the event of

the 'panic button' being pressed he will be 'gone in a flash'.

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

All AIR members and any interested

guests are most welcome and we look forward to seeing you there.

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

For further information please contact Mike Goodall on 08 6364 0859, e-mail [mikecgoodall@btconnect.com](mailto:mikecgoodall@btconnect.com) for further details.



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## Seniors Recreation Council Jottings



### LiveLighter Aged Care Games, Bunbury

THE LiveLighter Aged Care Games in Bunbury held in late April were great with teams competing in a Covid safe environment. The seated hockey was replaced with a hockey goal shoot game to adhere to Covid protocols. Congratulations to the Bunbury branch president, Barbara Fleay and her team of dedicated volunteers along with the volunteers and staff from Perth head office for helping to make this event possible. The games were officially opened by Hon Nola Marino MP Member for Forrest who took time out of her busy schedule to attend. The games were played in great spirit and the carers game at the end of the day had representatives from each team competing in a fun event which was enjoyed by everyone. SRCWA state president Phil Paddon and Bunbury branch president Barbara Fleay presented the trophies for best presented team *Village People – Leschenault Retirement Village*, third place *Colliers Minors – CHC Collie*, second place *Village People – Leschenault Retirement Village* and first place *South West Community Care*. Our oldest competitor at the games was 91-year-old Joe Ryan from the *Colliers Minors – CHC Collie* team. SRCWA would like to thank our naming rights partner LiveLighter and Government of WA for all their support of this event.

### LiveLighter Seniors Activity/Information Day, Vincent Community Centre

A group of seniors attended the LiveLighter Seniors Activity Information day sponsored by LiveLighter Healthway, organised by SRCWA in partnership with the City of Vincent. This event was held to help showcase agencies and to give participants the opportunity to have a go at a variety of activities. Static displays offering a variety of information attended the event. The group of seniors were very active and engaging. Pole walking, table tennis and air soccer were popular. After a morning of activities participants were treated to a healthy lunch.

Thank you to City of Vincent and SRCWA's hard working volunteers for making this day a success.

The event was sponsored by LiveLighter Healthway and supported by City of Vincent, the Department of Local Government, Sport and Cultural Industries and Dept of Communities.

Remember "eat healthy meals and exercise daily to LiveLighter".

### WACBA Patrons Bowls Competition, Swan Active Beechboro Centre

SRCWA and *Have a Go News* have been patrons for the WACBA Patrons Bowls competition for more than 20 years and are very proud and happy to continue this arrangement. Hugh Rogers OAM and Quentin Smythe were the first patrons supporting the competition and it is wonderful that Managing Editor of *Have a Go News* Jen Merigan and SRCWA state president Phil Paddon are continuing as Patrons. Both Jen and Phil attended the event and presented the medals and trophies to the winning teams.

### SRCWA's Annual Seniors "Candy Land" Ball

SRCWA is proud to announce that the Annual Seniors Ball will be held on Wednesday September 14 at Astral Ballroom, Crown Perth, 1pm to 4.30pm. A light afternoon tea is provided with entertainment featuring live band *Satin Doll* and *Klassworks* floorshow. Tickets cost \$45 and are selling fast.

For further information or to book tickets call 9492 9773.

This event is proudly sponsored by *Have a Go News* and supported by Crown Perth.

### Have a Go Day 2022, a LiveLighter Event

Celebrating the 30th anniversary in the beautiful grounds of Burswood Park  
November 9, 9am to 3pm  
Expressions of Interest – Registrations Open!

### Have a Go Day, a LiveLighter Event is an activity/information sharing event for over 50s.

This event provides the ideal opportunity for clubs/groups, not for profit agencies, commercial entities and activity based groups to share senior specific information with the target group in a beautiful outdoor environment at Burswood Park.

Forms are now available, for further information call 9492 9773 or email [dawn.yates@srcwa.asn.au](mailto:dawn.yates@srcwa.asn.au).

This event is proudly sponsored by Burswood Park Board, Lotterywest, Crown Perth, *Have a Go News*, Government of Western Australia, Channel 7, LiveLighter Healthway, 882AM 6PR, Channel Seven's Home in WA.

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

# Letters to the Editor



Dear Editor,  
JUST thought I'd comment on the cartoon by Frank in the April edition portraying a Russian bear overpowering the Ukraine. Isn't this misleading? Haven't the Ukrainians been attacking their own people? The USA, along with NATO have been involved in numer-

ous futile wars over the past 30 years, including Panama, Iraq, Kuwait, Haiti, Somalia, Bosnia, Sudan, Afghanistan, Yugoslavia, Iraq, Pakistan and Libya and they seem determined to provoke Vladimir Putin sufficiently, in order to instigate another one. And there are the conflicts

that are still occurring in Syria and Yemen, where almost half a million people have been killed over the past decade. Where is the aid and the crocodile tears for these countries?

Biden and other leaders have sent billions of dollars in weaponry to the Ukraine and make no mistake these will take many

innocent lives. This astronomical amount of cash could be put to better use domestically.

Has anything ever been resolved by the United States acting as the world's policeman?

David Rudman  
Port Kennedy

Dear Editor,  
AS a social worker of many decades, I was pleased to read the ad "Helen is Lost" which was promoted by Safe and Found WA and MedicAlert.

How many times do we get newscasts that members of the public, through

health issues, have wandered and got lost.

Thankfully now there is an agency with whom detailed details of such relatives and friends can be logged – providing a service to assist police in not only knowing where to look, but how to soothe them when they do find them.

This is a marvellous service and I do hope people actually read it and register details. Unfortunately, the general public often seems to ignore offers such as this.

Iris Bennett  
Craigie

Dear Editor,  
WE are eight decrepit Homeswest tenants at 128 Central Avenue in Inglewood.

We have cleared a small patch of the landscape here to create a marvellous market garden to feed ourselves and others with fine quality produce.

However before we start plant-

ing it is desirable that we lay down a number of concrete slabs or paver bricks which will unfortunately have to be donated.

We have asked Homeswest to supply them over but so far no response has been forthcoming.

Sometimes Homeswest can be persuaded to come to the party. Just as often they can and under-

standably simply refuse. We do not quite know what will happen this time. But in the interim if any householders around the place have a slab or two they want to get rid of we would gladly accept same.

Our aim is to say to everybody "take what you like from our garden obligation free and add to it

if you want to". We want to keep Inglewood looking beautiful and hope more householders will start growing their own produce and sharing it around.

Thank you one and all. Our number here is 9473 0989.

Raymond Conder  
Inglewood

Submissions may be edited for clarity and space  
Please keep submissions to 200 words or less.  
Email [jen@haveagonews.com.au](mailto:jen@haveagonews.com.au)

Dear Editor,  
THANK you for printing the excellent article by Lee Tate (*Have a Go News* May 2022) entitled 'Where Opinions Matter – is more public debate on religion a good idea?'

I personally think that we (society) are sadly impoverished by the perceived politically in-correctness of including religion and politics in public debate. And I believe the reason for this is a serious lack of respect for each other's opinions, of which we're all guilty to

some degree.

Something I've learned about God from my reading of the Bible is that we were created each one with free-will. We are individually free to make our own choices, form our own personal opinions, and to make our own decisions – whether it be politics or religion. 'Choose respect' is an attitude that needs strong public promotion.

Frank Mitchell  
EdenLife, Australind

Dear Editor,  
I WAS pleasantly surprised to receive in the post a double pass to the *Downton Abbey* movie currently showing.

Thank you to the Have a Go team.

It was very much appreciated and my friend and I thoroughly enjoyed the movie today.

Kind regards,

Dianne Dunstan

Dear Editor,  
THE reason for the increasing epidemic of accidents due to elderly drivers putting their foot on the wrong pedal is obvious – we are all creatures of habit.

As one who received a driver's licence in the early 50s and continued with manual vehicles, albeit now with the luxury of synchromesh boxes, I fully understand why these accidents happen.

Occasionally having to drive an automatic, I am aware of having to concentrate on the two pedal configuration every time I get into one, but after driving a short time get used to it.

Occasionally I have found when faced with an emergency situation, my foot went to the wrong pedal, fortunately with no serious consequences. It made me realise that my brain, which had till then been accessing my driving skills from its veneer of new automatic information, was suddenly faced with a potentially life threatening situation. The adrenaline kicked in. It dug deep into the 65 years of accumulated manual driving skills and reacted accordingly – hitting the wrong pedal.

I disagree with suggestions that all elderly drivers be required to undergo regular testing when there is little chance of erasing the natural instinct for survival. The adage: "You can't teach an old dog new tricks" certainly has some relevance with these recent accidents.

Daryl Binning

Ed: Younger drivers account for many more accidents than senior drivers.

Dear Editor,  
I HAVE to agree with the thoughts expressed in the article by Lee Tate about religion and politics. They are the two most important subjects there are, they effect all our lives.

Why then are people so reluctant to discuss them? If the reason is simply lack of knowledge or understanding of the subject then surely open honest, uncensored, discussion would help to correct that. By discussion I do not mean that people should argue about them but rather seek to understand the different views in a friendly and open manner.

It is quite common for people to make claims about a different belief when they do not really know much about that belief, be it religion or politics.

Lee Tate quoted Dr. Miller as saying: "Miracles never seem to happen to the most deserving people at the right time."

God works odd miracles now and then for His own purposes and for that matter so does Satan.

We need open discussion on politics as well, but I won't go into that here.

Len McMeikan

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Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/7/22.

Congratulations to our April winners... Barbara Bruce, Hanna Austin, Julie Burns, Y Hutton and Shirley Bourke.



# The Rando existential one per cent academy - improve your life 365 per cent



by John Rando, lawyer, musician, existential philosopher

MY favourite word is "existential".

What does the word mean?

Who uses this word in everyday speech?

Does this word have relevance in daily life?

Do you need to understand this word?

When I was studying law, it took me a while to

get my head around this obscure word. The guitarist playing in my band was studying medicine. One night, he mentioned this obscure word "existential" during a band break at a pub.

I looked the word up in a couple of dictionaries but couldn't understand the meaning at the time.

Perhaps I was distracted by legal studies, music and equally important matters at the time. In the ensuring years, I noticed that Phillip Adams and Germaine Greer used this word on occasions.

I figured this word "existential" might be important, so, I followed up on the meaning of this word.

After all these years I have come up with my meaning of the word, and how understanding this word might enhance and improve our life.

I am happy to share this with you. You might want to give it a go. A test run.

In recent years I passed my idea of "existential philosophy" on

to a number of criminal clients which may have kept some out of jail. This word, in plain simple language means (at least to me) making the very best of existence, hardship and adversity. It is an attitude, a mindset which can change the outcome of events.

Example. When you are lying face down in the mud, turn over and look up at the stars and the moon. Things may improve.

In the Greek fable, the king walks to the top of a mountain to chat with the peasant living happily in a wine barrel overlooking the ocean.

"I am the King" he states. "Can I do anything for you?"

The peasant looks out of the barrel.

"Your Highness, could you please step aside because you are blocking my view of the ocean."

This guy wants to make the best of living in a wine barrel.

Nelson Mandela was in a prison for close to 30

years. After his release, he became the president of the Republic of South Africa. He seems to have made the best of adversity and living in a prison for

so long.

I would call him an existentialist. Making the best of stress, hardship and adversity.

So, you might consid-

er changing and improving your life one per cent each day, 365 days a year, over 1000 per cent every few years.

Good luck.

## Lots happening at Joondalup libraries this winter

WARM up this Winter and check out the City of Joondalup Libraries Winter Events and Programs guide. With close to 200 events to choose from monthly, there is bound to be something to tickle your toes and warm your heart. Highlights include:

Q & A with Telethon Kids and the inspiring Professors Andrew White-

house and Desiree Silva as they talk about autism and developmental differences.

Meet Local Authors Nigel Ridgeway and Jeannette Herrington.

Celebrate *Harry Potter and the Philosopher's Stone* which was published 25 years ago.

Joondalup Library also has a

birthday celebrating 25 years.

NAIDOC celebrations including a yarnning session with Justin Martin... and so much more.

Print copies of the event guide are available at the library or selected cafes and community centres in the northern suburbs or visit joondalup.wa.gov.au to view the eBook.

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# Retirees Club News & Recreation



## Grandparents rearing grandchildren share experiences with retirees

DURING the grandparenting years we are supposed to be able to enjoy the grandchildren and their experiences, spoil them a little, and take them home when it all becomes a bit much.

What happens when the parents, for a variety of reasons, can't look after their offspring? In some cases, grandparents take on the role of raising their grandchildren, the most important job in the world.

Jan Standen is one of these grandparents. She is also the president of Grandparents Rearing Grandchildren and the current Senior WA Australian of the Year. People can hear about her experiences at the meeting of the Association of Independent Retirees (AIR) on Friday June 17.

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

Friday of each month from 10am to noon at the Cambridge Bowling Club, Chandler Avenue West, Floreat.

Besides the meeting and morning tea they have a guest speaker, and over the year embrace many interesting topics related to finance, travel, health, community and special interests of members.

On Friday July 15, their guest speaker will be Christine Tonkin, MLA for Churchlands.

Visitors are welcome and it is appreciated if attendees bring their own coffee mug, and correct money (\$2 – members, \$5 – visitors). Enquiries to Graeme (gralin@iinet.net.au) or Margaret (marghw@iinet.net.au).

A sub group of AIR Investors will meet on Wednesday June 15 at 1.30pm, at the same venue. The speaker will be Jake Solomon from Argonaut (Resource Investment Advisors). Enquiries to John (johnkwellis@gmail.com).

## Looking back at growing up in Perth in the 1950s

THE guest speaker at the July meeting of the Western Australia Self-Funded Retirees Association (WASFR) will be Ron Banks, well known journalist, author and art critic who will discuss his published memoirs *Fragments of a 50's childhood* which relives his childhood in the post war years in Perth.

Ron grew up in working class Mosman Park during

those secure and relatively peaceful years when fathers worked, mothers mostly stayed at home and boys were lectured by their parents to be home before dark when they went out to play.

Mr Banks will recall those moments that made childhood seem endless and will invite the audience to recall their own experiences in their younger years as he roams through

childhood games, bike riding, radio serials, Saturday matinees, sports teams and other nostalgic moments and activities.

WASFR promotes the interests of those who have funded or partly funded their own retirement and is recognised as a body speaking on behalf of retirees at federal, state and local government levels. It aims also to provide a forum for positive

like-minded people.

The meeting will be held at 10am on Friday July 8 at the usual venue, Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

Visitors are always welcome and an entry fee is not required upon entry.

Further information may be obtained from Ron de Gruchy on 94471313 or Margaret Harris on 9381 5303.

## Members made welcome at Scarborough Probus

COMBINED Probus Club of Scarborough Beach meet on the second Wednesday each month at the Trigg Island Surf Lifesaving Club at 10am.

Each month they have a short meeting, followed by a sumptuous morning tea provided by the ladies, and then a very interesting guest speaker. They finish up by 12noon.

Other monthly activities include a coffee morning on the first Wednesday and a BYO picnic at Clarko Reserve at Trigg on the last Wednesday.

They also have a monthly outing;

recent activities have been lunch at the Guildford Hotel, a visit to Fremantle Prison, followed by lunch and an upcoming visit to Wilkinson Homestead and Museum in Gosnells.

New members are very welcome to come along to three meetings before making their decision to join. So come along and enjoy fun, friendship and fellowship at the Scarborough Beach Probus Club. Contact membership officer, Carol Birdseye on 0427 081 987.

## Find us on social media



## Keep up with seniors' issues

NATIONAL Seniors Association (NSA) is concerned with seniors' issues.

The NSA CEO discusses these issues with the prime minister and opposition twice a year.

Northern districts branch of NSA meets at 6.15 - 7.15pm every second Monday followed by a guest speaker. There is

the option to enjoy a meal afterwards.

This time allows anyone who is still working the opportunity to attend which can be helpful as they head towards retirement.

Meetings are held at the Mighty Quinn Tavern in Yokine. Contact Ann on 9342 2977 for more details.

## Group welcomes speaker from the City of Stirling

THE guest speaker at the next meeting of the Dianella branch of the Association of Independent Retirees (AIR), will be Barbara from the City of Stirling.

Barbara will explain the large variety of services the council offers residents.

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

The meeting will be held 9.30am on Wednesday July 6. All meetings are held in at the 68 Waverley Community and Church Centre, 68 Waverley Street, Dianella on the first Wednesday of the month starting at 9.30am.

Cost to cover the hire of the hall is \$5 per person which includes a raffle and refreshment.

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

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# An inspiring aunt gave Greg an ongoing passion for the great outdoors



L-R; Greg in the middle next to his Mum and Aunt Florrie beside her - Greg paddling Jane Brook

by Karen Finlayson

LIKE Mother Nature herself – kind, gentle, and resilient, Aunt Florrie became one

of Greg's favourite people when he holidayed on her farm at Hyden in 1966.

Nine-year-old Greg was a quiet boy and loved the

way his aunt happily tackled her daily chores while always enjoying the moment. She cooked kangaroo and rabbit meals on the

wood stove which warmed the house perfectly. On washing day, she'd carry water to the copper in the wash-house before lighting a fire underneath. She'd fill two troughs with cold water, jiggle a 'blue' bag in one for the final rinse and stir the clothes into the hot water. Out of the copper, into the rinses, through the hand wringer, and the clothes were ready to peg on the line.

At the end of the day Greg and the cousins were washed in the copper too, before a hot meal and being tucked into bed. The generator providing lighting was turned off, the lamps lit and the adults had the night to themselves.

Always the daydreamer, possibly with undiagnosed attention deficit disorder, Greg remembers it was with Aunt Florrie he

became absorbed with nature. Lizards, birds, eagles and echidnas always captured his attention. Throughout his life, the natural environment has continued to magnetise him, particularly water. He's prone to taking his wife to the ocean to eat their evening meal so he can watch the sun set. One year on the spur of the moment, he took time off work and travelled north to view the Murchison River flooding at the Z Bend in Kalbarri. The memory of the water eerily creeping up the canyon wall remains embedded in his mind.

As a boy he loved fishing with his father on the rocks in Fremantle. His family regularly visited Red Bluff, Kalbarri where Greg revelled being able to sit in the sandstone river gorge looking at the coastal cliffs or finding a place to nestle in the bluffs overlooking the beach.

A driver's licence at seventeen gave Greg the means to expand his interests which included meeting girls. Wrightson's Dance Studio became his regular haunt for Friday and Saturday nights. Despite being shy, his wish came true and some of his dance partners regularly visited his parents' place and joined in family activ-

ities – birthdays, picnics and days at the beach. His brother-in-law was intrigued as to how Greg met so many girls!

Becoming a student dance teacher, gave him a discount on his own dancing lessons along with a new self-assurance. He began winning medals and teamed with a great, young dance partner to win competitions, dancing seven days a week for 18 months at one stage.

Always his own person, he declined an invitation to holiday with male friends, later deciding to travel alone on a Russian cruise ship for five weeks. Initially feeling out of his comfort zone, he soon made friends with three cabin mates, learned how to communicate with the Russian-speaking crew and found himself enjoying the moment when participating in the fun on deck – an experience he wouldn't have missed.

A twenty-eight-year career in telecommunications saw him thrive when travelling the state working independently on outback exchanges, but when later required to work from a desk in a city office, he felt very confined. While working in the city he studied as a Careline listener to work voluntarily with Sonshine

FM radio for six years.

After early retirement he challenged himself and trained to interact with people on a face-to-face basis. Since then, he has happily worked as a volunteer in aged care, finding qualities in himself that he always admired in his aunt – compassion, listening skills and empathy.

Joining the Over 55 Canoe Club (O55CC) sustained his passion for the outdoors while maintaining a fitness level. His enduring joy with nature guarantees he checks the osprey's nest and other ever-present wildlife when out with the club – reminding him of time spent with Aunt Florrie in Hyden more than fifty years ago.

If you are interested in paddling with the O55CC contact club president Chris Cocker on 0410 479 024 or club secretary Dale Winn on 0420 733 024. For extra information please view our website at [www.over55canoeclub.org.au](http://www.over55canoeclub.org.au)



## Meet Manjimup's slo-mo Tai Chi devotees



Tai Chi master Klaus Mueller with (L-R) Marie Dodd and Filomena Hodgkin.

MANJIMUP karate sensei, Klaus Mueller has taught thousands of students since he first began devoting himself to martial arts 50 years ago.

But local participants in his latest Tai Chi class are proving to be some of the most passionate and dedicated learners the leading Goju Ryu Karate instructor has ever seen.

They are the seniors from Baptistcare Moonya Residential Care and while most of them have reached octogenarian and nonagenarian status, they are throwing themselves wholeheartedly into their new weekly Slo-Mo Tai Chi sessions.

It was Baptistcare Moonya Lifestyle Coordinator, Angelina Reeve, who came up with the idea of approaching Klaus

to become a visiting teacher after he began instructing her sons in karate.

"I knew Klaus was an incredible, highly experienced instructor with a gentle and inclusive manner and wondered if he would consider running a class here at our facility," she said.

"Luckily for us he said yes and now after only five months, his 30-minute seated Tai Chi session is without a doubt one of Moonya's most popular activities."

Tai Chi is a non-competitive martial art combining gentle physical exercise and stretching with mindfulness.

According to Klaus it is not only known for its self-defence techniques but its many health benefits making it perfect for older participants.

"There is a lot of research to suggest Tai Chi can improve your balance, help you manage pain better and boost your cognitive function," he said.

"It can also help you increase your range of movement and give you more energy."

Filomena Hodgkin (100) regularly attends Moonya's Tai Chi sessions and said that she can feel the health benefits long after each class has finished.

"Klaus has taught me how to breathe better and I've noticed significant improvements in both my mood and movement," said Filomena.

"Even though the classes have only been running for five months, it has become one of my favourite activities."

Baptistcare Moonya in Manjimup is always on the lookout for volunteers. Find out more visit [www.baptistcare.com.au](http://www.baptistcare.com.au)/volunteering.



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A downloadable copy is also available on the City's website or call 9400 4751 for further information.



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# Alzheimer's advancements in Western Australia - and they need volunteers



Professor Ralph Martins

by Lee Tate

WEST Australian scientists and medicos leading the battle against dementia are tackling new ground, inviting volunteers to join international

and national dementia trials.

"Volunteering for the Alzheimer's prevention study provides free access to expert health professionals, detailed health assessments and

preventing cognitive issues," said WA's dementia ground-breaker, Professor Ralph Martins.

"Alzheimer's is the main cause of dementia, the biggest global health issue of the 21st Century," he said.

Recently developed brain scans showed the damage in Alzheimer's brains develops for up to 20 years before symptoms begin to show.

Damage includes brain shrinkage, lost brain cells and lost connections between brain cells. There is an accumulation of unwanted clumps of proteins, Amyloid-beta and Tau.

"Slowing the development of this damage will delay the onset of dementia and since there is no effective treatment for Alzheimer's, a lot of research focus has moved to prevention," Professor Martins said.

Volunteers with dementia (patients and family members who may be without symptoms) will access new therapies under development by attracting major international dementia trials to Australia.

It is called the Australian Dementia Network (AD-NeT) Screening and Trails initiative.

Professor Martins said it provides clinicians with cutting-edge, specialist diagnostic techniques at no cost to the patient.

The initiative will also help Australian researchers find participants to trial therapeutic discoveries and for research on the development and prevention of Alzheimer's disease and other dementias.

Professor Martins pointed to research that led to the AU-ARROW clinical trial.

"It's known that people with diabetes type 2, heart disease or high blood

pressure are at higher risk of developing dementia, including Alzheimer's.

"Certain diets have been linked with health and longevity, like the Mediterranean diet. Others, like the DASH diet, reduce high blood pressure. Aerobic exercise and resistance training improve brain function, and/or slow the deterioration of brain function.

"Validated brain training exercises have also been found to improve brain function," he said.

Finland's famous FIN-GER trial found that lifestyle change with regular exercise, healthier diet, brain training exercises and regular health monitoring could improve brain function in people who would normally be at higher-than-average risk of developing dementia. Exercises included aerobics and resistance training.

In Australia, a two-year

AU-ARROW trial, aims to reproduce the findings of the Finnish study. Recruits, aged 60-79, will include 300 in Perth at the Sarich Neuroscience Research Institute in Nedlands.

They will be divided into two groups. The health education group will be provided periodically with healthy lifestyle information concerning exercise, diet and activities to keep mentally and socially active.

The active intervention group will receive similar information plus gym memberships for three to four aerobic exercise weekly sessions and two resistance training sessions, Fitbits, dietary recommendations, diet and exercise monitoring, as well as brain training via an accredited program. The active intervention group will also receive support via regular phone calls, group meetings, and indi-

vidual monthly reviews of their lifestyle changes.

Eligibility is guided by screening to identify patients who meet clinical criteria for mild cognitive impairment or early stage Alzheimer's. Or it can be those cognitively normal but at high risk including first degree family history. Patients must be free of any major concomitant medical or psychiatric illness.

For more information contact Mark Rodrigues, WA Clinical Trial coordinator [m.rodrigues@ecu.edu.au](mailto:m.rodrigues@ecu.edu.au) or phone 6457 0266.

Register as a volunteer at:



## Find a creative outlet through flowers

WA Floral Art Society offers people the opportunity to discover friendship through flowers.

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

Please note parking is available under the venue behind BP Garage. Take the lift to the ground floor.

To join the society please check the website [www.wafloralart.org.au](http://www.wafloralart.org.au) or ring Penelope Brunning for information 0403 552 811.



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## Helen is lost.

Helen has Alzheimer's and struggles with loud noises and crowds. She misses the quiet garden at her old house.

Helen's detailed history is registered with Safe & Found WA, which means that when she's reported missing Police will not only know where to look for her, but how to soothe her when they do find her.

If someone you know is at risk of going missing, register them today with **Safe & Found WA**:

Visit [safeandfound.org.au](http://safeandfound.org.au) or call **MedicAlert** on 1800 88 22 22

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Safe & Found WA is a joint initiative of Western Australia Police Force and Australia Medic Alert Foundation





# As it happened - Beyond the Stories... Australia's wage rises in the 1970s



by Lee Tate

SIR Richard Kirby flew to Perth where he appeared on television as chairman of the Advertising Standards Authority in 1974.

One viewer, a Perth glandular specialist, didn't like the look of Sir Richard and phoned to tell him his puffy face and rumbling voice were symptoms of advanced thyroid deficiency.

Sir Richard sought medical advice that confirmed the diagnoses and probably prolonged his life. Sir Richard Kirby was an important figure in Australia's modern history.

He became president of Australia's wage-setting authority, the Arbitration Commission, with direct say in the welfare of working Australians for 25 years until 1973 when he resigned.

He was one of the judges in 1953 to controversially overturn Australia's three-monthly wage rises, making increases dependent on the economy's capacity to pay.

Bob Hawke was ACTU advocate during Sir Richard's tenure.

In 1977, Mr Hawke told a book launch: "Dick Kirby pushed me along the path on how to influence people. He taught me the best way wasn't always belting someone behind the ears."

The book was a Sir Richard biography, written by none other than Blanche d'Alpuget who went on to write Hawke's biography before becoming his wife.

A young industrial advocate arguing for pay rises, Mr Hawke pumped life into the courtrooms of the Arbitration Commission. Once, after addressing the full bench for eight days, he lost his voice and the hearing had to be postponed.

Another time, he man-

aged to keep his voice after talking for an unprecedented 14 days.

We learnt from the biography that Sir Richard Kirby also had a brush with death in 1951. On a foggy, Sydney night his car crashed onto rail tracks. Sir Richard was thrown out of the car and knocked out, landing on the rail lines.

A man, painting his house at night, pulled Sir Richard from the tracks just as a train sped-by, side-swiping his car.

To get the untold insights, Blanche d'Alpuget moved in with the Kirby family to pick-up the important threads of his life, including his years on the Arbitration Commission.

We learnt that in the important 1953 wage case, Justice "Bunny" McIntyre shuffled-in every day wearing slippers, hidden behind his three fellow judges as they filed into court in their wigs and gowns.

The judge was dying of leukemia. The hearings were moved from Melbourne to Sydney so he would be near his family during his suffering. He was shuttled-in each day by ambulance.

When the judges retired to make their decision on whether, after 32 years, to scrap quarterly wage pay rises, they were deadlocked.

In the absence of Justice McIntyre, the other three judges made a pact



to adopt his decision. The matter was resolved, like with the toss of a coin. Automatic quarterly pay rises for Australia's workers ended.

The union movement was dismayed. Mr Hawke dubbed it: "This

infamous document."

Nine days after the decision was handed down, Justice McIntyre died.

The book is *Mediator: A biography of Sir Richard Kirby* by Blanche d'Alpuget (Melbourne University Press).

## Simple treatments prevent nearly two-thirds of cancers in the over 70s

by Frank Smith

IN Australia cancer is the

second most common cause of death in older people. The older you are

the greater your chance of getting cancer.

Public health advice on

cancer prevention is to give up smoking and use sun protection when out of doors, together with screening for breast and bowel cancer and vaccination for cervical cancer.

Earlier studies have shown that vitamin D inhibits the growth of cancer cells and omega-3 oils inhibit the transformation of normal cells into cancer cells. Moreover, exercise improves immune function, decreases inflammation and can cause tumour cells to die. However, clinical studies had found only small and variable effects from applying these interventions separately.

Dr Heike Bischoff-Ferrari of the University Hospital Zurich and her colleagues tested the effect of daily high-dose vitamin D, daily supplemental of omega-3s fatty acids, and a simple home exercise program (SHEP), alone and in combination, on the risk of invasive cancer among adults aged 70 or older.

The researchers set up the DO-HEALTH trial: a three-year trial with over 2,000 community-dwelling volunteers (62 per cent female) of average age 75 and in reasonable health in five European countries - Switzerland, France, Germany, Austria, and Portugal. Only five per cent of the volunteers were smokers.

"In DO-HEALTH, our aim was to test promising combined interventions for cancer prevention taking advantage of potentially small additive benefits from several public health strategies," said Dr Bischoff-Ferrari. "Novel cancer treatments aim to block multiple pathways for cancer development by combining several agents. We translated this concept into cancer prevention."

The participants were randomised into eight different groups to test the benefit of the treatments both individually and in all combinations.

The treatment chemicals and a placebo were contained in identical capsules coated with a substance to provide identical aftertaste.

Dr Bischoff-Ferrari did not respond to questions about the exercise program, so *Have a Go News* asked Professor Robert Newton of Edith Cowan University for comment.

ECU researchers have been carrying out trials of exercise for medicine for over 20 years.

"You can't carry out double blind trials with exercise as the participants know what program they are doing, but we can single blind. The assessors don't know which treatment each participant received. Another way is

placebo-pair exercises with the control group doing an exercise program that is unlikely to have any effect on cancer."

Participants in the European trial received check-up phone calls every three months and had standardised examinations of health and function in the trial centres at baseline and each subsequent year.

The results show that all three treatments (vitamin D, omega-3, and SHEP) had a small individual benefit but when all three treatments were combined, the benefits were larger and statistically significant. The researchers saw an overall reduction in cancer risk by 61 per cent.

"This is the first randomised controlled trial to show that the combination of daily vitamin D3, supplemental marine omega-3s, and a simple home exercise program may be effective in the prevention of invasive cancer among generally healthy and active adults aged 70 and older," Dr Bischoff-Ferrari said.

One cancer case was prevented for every 35 people treated in the three years of the study.

"Our results may prove to be beneficial for reducing the burden of cancer," she said.

"Future studies should verify the benefit of com-



Exercise certainly reduces the impact of cancer

combined treatments in the prevention of cancer, also extending to longer follow-ups beyond the three-year duration assessed in this trial."

"Exercise certainly reduces the impact of cancer," said Professor Newton. "At ECU we are researching how exercise helps suppress tumour cells."

"We are also interested in synergies between exercise and other treatments, for example supplying casein increases muscle growth while patients are on a weight loss program."

The study was published in *Frontiers of Aging*, last month.

**Seniors Lifestyle Roadshow 2022**

You are invited to a showcase of FREE events promoting a healthy, connected and independent lifestyle.

### Seniors Lifestyle Connection Point

**Friday 10 June 2022**  
**9.30am - 1.30pm**  
**Westfield Whitford City, near Coles**  
**Cnr Marmion & Whitfords Ave, Hillarys**  
 It's time to explore your local services and discover new social connections for older adults within the City of Joondalup.

No bookings required.

### Explore Joondalup

**Wednesday 22 June 2022**  
**9.30am - 12.30pm**  
**Whitford Library**  
**Cnr Marmion & Whitfords Ave, Hillarys**

Get on board with Transperth to build your confidence and independence using public transport. This guided tour includes refreshments and entertainment.

Bookings essential.



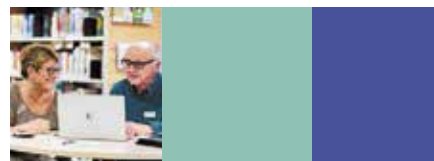
### A Place to Call Home

**Monday 27 June 2022**  
**10.00am - 11.30am**  
**Woodvale Library**  
**5 Trappers Drive, Woodvale**

Understand your future housing options with a presentation by the Seniors Housing Advisory Centre, followed by refreshments.

Bookings essential.

For more information please call **9400 4503** or visit [joondalup.wa.gov.au](http://joondalup.wa.gov.au)



HAGN983-09564

## COMMUNITY NOTEBOOK

If you would like to promote your event through the Community Notebook, please email Pat, [research1@haveagonews.com.au](mailto:research1@haveagonews.com.au)

### COMBINED PROBUS CLUB OF WINTHROP

Welcomes active retirees to meet for friendship, fun, and outings and guest speakers. Meets third Wednesday morning at Piney Lakes Environmental Education Centre. Contact Sue 0448 071 707

### SOROPTIMIST INTERNATIONAL JOONDALUP

Dinner meetings held every fourth Monday at 6.30pm in Currambine. SI helps change the lives of women and girls through awareness, advocacy and action. Bookings essential. Contact Stella 0499 944 915

### ECHO COMMUNITY SERVICES BAYSWATER

Are looking for volunteers. Do you want to make a difference in people's lives? Volunteers are needed to drive clients

to appointments and outings. Requirements are, drivers' licence, covid vaccine and a fun attitude. Phone 9271 7011 or email [betty.beretta@echocommunity.org.au](mailto:betty.beretta@echocommunity.org.au)

### BASSENDAN MELODY CLUB

Meets Fridays 10am-12pm at the Community Hall  
 Sing-a-long, entertainment and friendship. Phone Carolyn 9279 3718

### CLASSICAL PIANO RECITAL

Join Sunday morning June 12 at 10.45am to hear talented young pianists playing works of classical composers eg. Beethoven Chopin, Chaminade, Kabalevsky and Amy Beach. Willetton Uniting Church, Herald Avenue. Entry by donation. Lyn Muir 0418 923 404 or [muireal@inet.net.au](mailto:muireal@inet.net.au)

### CITY OF WANNEROO LET ME BE MYSELF - THE LIFE STORY OF ANNE FRANK

Until August 5 every day 10am-4pm cost free.  
 Location Wanneroo Gallery, Wanneroo Library and Cultural Centre  
 3 Roca Way, Wanneroo

### BUNBURY REGIONAL ENTERTAINMENT CENTRE

2 Blair Street, Bunbury  
 Presents *The Stories Of Swing*. Friday July 8 & Saturday July 9  
 Hear the music, see the dances, listen to the wild stories.  
 For information visit [bunburyentertainment.com](http://bunburyentertainment.com) or Box Office Team on 1300 661 272.

### WEIGHT WATCHERS FEDERATION (WA INC)

Metro and Regional Clubs. Not-for-prof-

it low-cost clubs. Men and women of all ages looking for weight loss motivation welcome to join.  
 Phone 9451 6588  
 email [weighwatchersfed@aapt.net.au](mailto:weighwatchersfed@aapt.net.au)  
[www.weightwatchersfederationwa.org.au](http://www.weightwatchersfederationwa.org.au)

### BRIDGETOWN RIVER PARK MARKETS

June 26, 7am-12pm. Country market offering mix of stalls, art and crafts, locally made produce, fresh fruit and veg. and much more.  
 Runs fortnightly every second Sunday. South West Highway, Bridgetown.

### WEST AUSTRALIAN LAPIDARY AND ROCK HUNTING CLUB INC

Annual exhibition. Rivervale clubrooms. 31 Gladstone Road Rivervale  
 June 18 and June 25, 10am-4pm  
 June 19 and June 26, 11am-4pm  
 Rocks, minerals, gemstones on display

and for sale.  
 Phone 0439 216 660

### THE BRITISH EX SERVICES ASSOCIATION INC

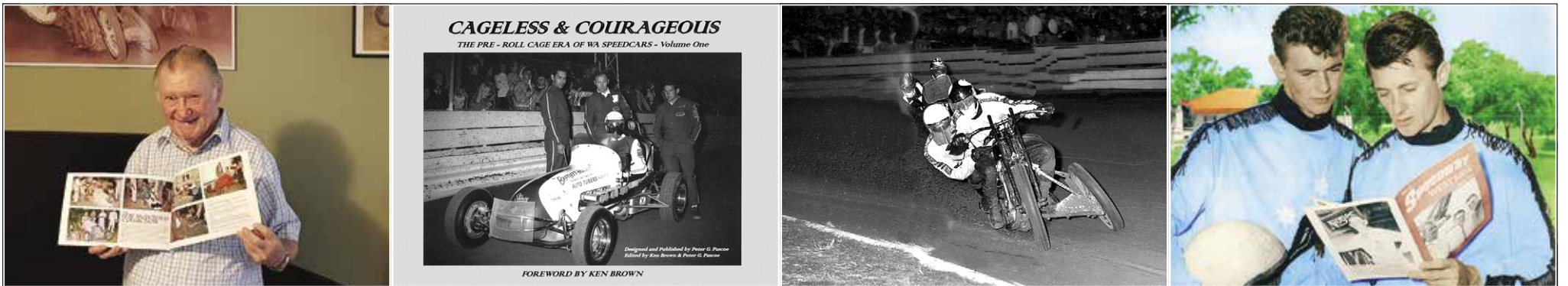
Will be at *Have A Go Day 2022*. Membership is open to all who have served in HM Forces. For information contact Ann Page 0428 317 652 or email [british.ex@bigpond.com](mailto:british.ex@bigpond.com)

### QUIZARET

Quizaret is back for one night only at MosArts Mosman Park. Tickets available at [www.trybooking.com/events/landing/909772](http://www.trybooking.com/events/landing/909772)  
 Saturday July 2 at 7pm  
 MosArts / Camelot 16 Lochee Street, Mosman Park  
 Suitable for all ages "It's a quiz and a cabaret - It's a Quizaret"



# New book captures the dash and daring of Claremont Speedway



L-R; Lew McDonald with Peter Pascoe's book *Cageless and Courageous the Pre Roll Cage Era of WA Speedcars Volume One* - *Cageless and Courageous the Pre Roll Cage Era of WA Speedcars Volume One* took eight months to compile - Lew and Phil McDonald on Norton 1968 - Phil & Lew McDonald reading an issue of *Speedway Westside*, Volume 1, No. 22, February 1968

by Josephine Allison

THE thrills, spills and popularity of Claremont Speedway were at its height when a young Lew McDonald was invited by several friends to try his hand as a sidecar passenger on the track at Claremont Showgrounds.

"I did three laps and when I came back, I was shaking not through fear but the rush of adrenaline," he recalls. "I was 21 and that's how my riding days started from 1961 and continued when I took over the handlebars, to 1973 when I retired."

Along the way Lew took photographs of many events and drivers, thanks to a 35mm camera given by his mother for his 21st birthday. Fellow competitor brother Phil also took photos as the pair teamed up for many events.

Around 30 of Lew McDonald's photos are contained in a new book, *Cageless and Courageous the Pre Roll Cage Era of WA Speedcars Volume One* designed and published by Peter (Pedro) Pascoe. Other photos in the book were supplied by Peter Roebuck with most of the articles written by renowned speedway writer Ken Brown.

The book is described as a nostalgic look at the golden era of the Claremont Speedway when big crowds, including many families, flocked to the venue for a big night of entertainment.

*Cageless and Courageous*, which took about eight months to compile, has a foreword by Ken Brown.

Peter Pascoe has also produced an earlier book, *Claremont Speedway Snapshots*, which was a sell-out, attracting many former competitors of the time to its launch. The majority of photos Peter was able to use from that period were made available by professional track photographers in mono (black and

white) and were taken during a period when night-time distance flash photography was limited.

In contrast, the McDonald brothers took only close-up shots in the pits within the effective range of disposable flash bulbs. They provided not only brighter photos but were also in colour.

Lew McDonald, a retired printer, estimates he has around 2000 slides in his home collection with 1000 slides taken over the years at Claremont Speedway. At Peter's request, he scanned 450 slides for the new book, which the publisher whittled down to a small selection.

Claremont Speedway, which held its first meeting on May 14 1927 and its final meeting on March 31, 2000, was a big drawcard, attracting up to 30,000 people on Friday nights. During its 72-year operation, the speedway hosted numerous WA championships. It also hosted various rounds of the World Se-

ries Sprintcars.

The speedway was 586 metres (641 yards) in length which made it the largest continually used speedway in an Australian capital city. In 1987, Claremont Speedway held the first, and to date only, Sprintcar World Championship with the three-day meeting featuring drivers from Australia, New Zealand and America.

Through its history, Claremont was home to some of Australia's best speedway riders and drivers including Sig Schlam and Chum Taylor (super stars in solos), Keith Mann and John Fenton (speedcars), Jim Phillips, Kevin Russell, Mick McKeon (solos), Jimmy Davies (Wizard on Wheels), Dennis Nash (five times Australian sidecar champion) Tom McQuade, Graeme Harris and Graham Hall (sidecars), Laurie Stevens, Ray Clark, Bill Jost and Geoff Stanton (speedcars), Alf Barbagallo (super mod-

ifieds) and Charlie West (TQs).

The speedway was unfortunately the scene of 17 competitor fatalities with a commemorative plaque unveiled in the mens' honour in 2008.

Most of the photos in Peter Pascoe's book were taken in black and white because, as Lew McDonald says: "in those days it was too expensive to do colour. We used to sell black and white photos printed in postcard size which were ordered, printed at home in the laundry or bathroom and collected the next night."

"They were fantastic times when you were in the middle of a pack and heard the roar of the engines. It was an exhilarating feel, the thrill of a lifetime."

*Cageless and Courageous the Pre Roll Cage Era of WA Speedcars* designed and published by Peter Pascoe costs \$35 (plus \$7 postage). Email [pedro.p@optusnet.com.au](mailto:pedro.p@optusnet.com.au) for an order form.

Find the secret word in the advertisements and go into the draw to win a \$200 shopping voucher

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

There are 11 advertisements in this issue which contain a

blue circled letter for the Ad Words promotion.

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

Look out for these advertise-

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

1. Foothills Denture Clinic
2. Inherit WA
3. Perron Institute
4. Juniper

5. Arcadia Waters
6. Perth Mobility
7. Swan Settlers Market
8. Kalbarri Palm Resort
9. Wealth Management Partners
10. SwanCare

11. NE Solutions

Entrants can enter via email with Adwords in the subject line at [win@havea-gonews.com.au](mailto:win@havea-gonews.com.au) or write to Ad Words Competition c/- Have a Go News PO Box 1042, West Leederville

6901. Don't forget to include the word, your name, address and phone number. Closes 30/6/22.

Congratulations to D Cook, of Duncraig our March Ad Words winner.

THE STATE LIBRARY OF WESTERN AUSTRALIA PRESENTS

# DISRUPTED

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18-19  
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2022

### JOIN US FOR A THOUGHT-PROVOKING WEEKEND OF IDEAS THAT CHALLENGE ASSUMPTIONS



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[slwa.wa.gov.au](http://slwa.wa.gov.au)



# Let's go motoring... living the dream and driving a Mazda sports car



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

DON'T we love Perth's wonderful weather? Hot one week, then chilly as a former prime minister's frown the next.

So I experienced some childish excitement when Mazda delivered the latest and greatest, fourth generation MX-5. And just a

day before we had a week of heavy rain, not seen for years, or so it seemed.

As a little tacker, I remember being completely enchanted with the idea of a neighbour down our street, owning and driving an MG. How did this fellow get to own and spend time in this sexy, red, two-door sports car that looked amazing, even if simply sitting on the curb three houses down?

Maybe it was my first moment of experiencing envy; one of the capital sins about which Father Bob warned us. I was eight, what did I know?

But I did make a mental note, to one day own a two-door sports car.

That love of the two-door was compounded in later

years with a first glimpse of an E-Type Jaguar. The shape, the design and potential for a care-free spirited driving experience. None of which was available in my grandfather's FC Holden. Or dad's Rover 90.

Which brings us back to the Mazda MX-5. It's not an MG and certainly not an E-type Jag. But does have certain je ne sais quoi.

Over the years, MX-5 has collected a swag of awards. It is also the world's best-selling two-door sports car. Mazda has sold more than one million. Not surprising really.

The MX-5 is a thrill to drive. The manual transmission is simply great fun and a reminder of another time. At only 1235mm in height,

it feels way fast, while doing the legal speed limit. At 110km speed limit; it's breathtaking.

Does your SUV make you feel this way? I think it's unlikely.

So given the high level fun factor, I'm curious as to why there are not more two-door open-tops on Perth roads. The weather is ideal.

If it's too sunny, simply raise the electric roof and crank up Mazda's excellent air-con – it takes all of 12 seconds.

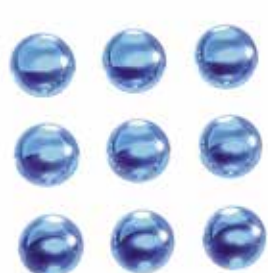
In cooler months the fresh air is bracing and feels exhilarating. The MX-5 is delightfully compact, but with negligible boot space. You will only fit a few supermarket items in a MX 5. And perhaps a cheeky

Swan Valley red wine, for later, stored safely behind your passenger seat. That's about it.

Make no mistake, this is all about the evocative driving experience; it's unadulterated fun. All the standard driver assistance and safety features are included and so wonderfully Mazda. If you fancy living out dreams of your youth, impressing little kids on your street and indulging yourself because you can, this is a wonderful \$42,300 (plus ORC) toy and would look good in your garage.

However, I have just two tiny little issues with the Mazda MX-5. I really needed to own one when I was around 25. And be 30 kilos lighter!

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



## MUST WATCH PROGRAMS THIS JUNE



### TODAY PERTH

Wake up with Karl Stefanovic and Allison Langdon for Australia's most talked about breakfast show! Includes local opinion and news analysis each morning with familiar Perth faces.

WEEKDAYS FROM 5.30AM



### 9NEWS WA FIRST

Weekday afternoons, WA viewers have the unique opportunity to ask Monika Kos the questions you need answered via the 9News Perth Facebook page or email [wafirst@nine.com.au](mailto:wafirst@nine.com.au). Includes the latest breaking news.

WEEKDAYS 5.00PM



### 9NEWS

Join Michael Thomson for the full story. Perth's comprehensive one-hour bulletin covering the latest in news, sport, and weather. Live from the top of the Terrace in the city.

NIGHTLY 6.00PM



### A CURRENT AFFAIR

Host Tracy Grimshaw covers the realms of politics, crime, human rights, science, technology, celebrities and entertainment - all investigated by a dedicated team.

WEEKNIGHTS 7.00PM



### OUR STATE ON A PLATE

Featuring world-renowned chefs and food specialists, Our State On A Plate will take viewers on a fabulous foodie adventure through WA's best food producing regions, showcasing the best of the Golden West.

SUN, JUN 5 & 12, 5.30PM



### STATE OF ORIGIN

It will be a clash of the NRL titans as Queensland and New South Wales collide for Games 1 and 2 of the State of Origin. Each team will showcase the top stars of the game, representing their respective states and hoping to deliver their side another victory.

JUNE 8 & 26, 5.30PM



### CHILDREN'S HOSPITAL

Two remarkable hospitals and their dedicated teams of doctors and nurses face the daily challenge of treating sick children from every corner of our vast state, Western Australia.

STARTS FRI, JUNE 17, 7.30PM



### TV WEEK LOGIE AWARDS

After a two-year hiatus the 62nd TV WEEK Logie Awards will be held on the Gold Coast and broadcast on Nine, and set to showcase all the action, glamour and excitement synonymous with Australian television's night of nights.

SUN, JUNE 19, 7.30PM



### AUSTRALIAN NINJA WARRIOR

New hosts Jim Courier and Leila McKinnon, with sideline commentators Will & Woody, will be joined by a raft of fresh Ninja Warrior heroes and returning favourites as 200 aspiring everyday athletes face all new obstacles.

COMING SOON

@9NewsPerth | @Channel9





# food & WINE

...eat, drink and be merry... ADVERTISING FEATURE

...eat, drink and be merry...

## Busting brunch all over Perth... Pickles and Moo immortalised at Wembley café



### by Buster the bruncher

PICKLES and Moo were a couple of cool, coiffured, café cats.

Well-known to Wembley café locals, the pet pussycats moved on with a former proprietor but left their mark.

P&M Cafe and Wine Bar adopted the cats' initials as a clever link to the previous business.

Buster's brunch buddy, Professor Ken, heard

about it from his daughter, a sure-fire hint that P&M will have cross-generational appeal.

Sure enough, a wide-range of ages and professions materialised while we were there; high-viz workers and delivery drivers collecting coffee and pastries and doctors and nurses from St John of God Hospital, just a few blocks away.

P&M has direct exposure to busy Cambridge

Street but outside tables are tucked around the corner. The good professor pointed to a table inside, up against one of the full-length windows.

The place is an interesting blend: Café by day, wine bar at night. Professor Ken described the ambiance as: "almost New York hipster-style with exposed bricks and subtly-presented wine and liquor bottles."

Lights dangle down

over an eating bar. A giant flat screen hangs high on a wall, presumably aimed mostly at night-time drinkers although it was on, featuring the news with the sound turned-off.

The exceptionally cheery troops work under the charge of a hands-on family.

Professor Ken, a creature of culinary habit, ordered his coffee to start (\$4.20) and then opted for smashed avocado. The

"avo on toast" (\$20) had a lovely touch with house-made hummus, topped with dukka, feta and blistered tomatoes.

It presented so well – as did my mushroom bruschetta – that we divided our meals and swapped. Both dishes were bursting with flavour – exceptional.

Bruschetta, with garlic and thyme-roasted mushrooms, served with spinach on crunchy sourdough with poached eggs

was a treat (\$22).

P&M masterfully shapes their meals and in manageable serve sizes, allowing for a later attack on a tasty pastry from their glass case (honey cake recommended, about \$7).

For the calorie-counters and cost-conscious, meal sizes are certainly suitable for sharing.

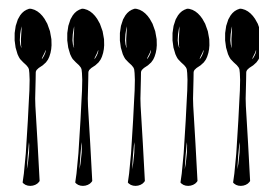
For the young and hungry, there's a cheeseburger and fries (\$24) starring a house-made beef patty stacked with honey mustard, double-cheese, caramelised onion, lettuce and tomato. Looks formidable. Perhaps one, hunger-driven day...

Brunch choices include: Brekkie wrap (\$14), green bowl and quinoa (\$20), grilled zucchini, (\$14), waffles or French toast (\$20).

There are pressed juices: strawberry fields with strawberry, apple and

pineapple (\$8.50) or ginger zing (\$8.50) with zucchini, green apple, ginger, mixed greens, spirulina and lemon. There are four choices of smoothies (\$8.50).

Check the blackboard specials. Most of the menu items can be amended to be gluten-free, vegetarian or dairy-free.



### 5 Spoons

**P&M Cafe and Wine Bar, 1/224 Cambridge Street, Wembley**

**Open 7 days a week, 6.30am – 3.30pm. Brunch, 7am-2.30pm.**

**contact@pmcafewinebar.com.**

## Buster the bruncher spoon ratings

- Five spoons** – excellent food and service – you must go!
- Four spoons** – overall good food and service well worth a visit!
- Three spoons** – reasonably good food and service but could make some improvements.
- Two spoons** – food and service needs improvement.
- One spoon** – would not recommend.



## Enjoy this month's recipe from Mondos Butchers - lamb shanks with vegetable sauce



Recipe created by Vince Garreffa

COMFORT food is winter food. Although the following recipe using lamb

shanks is to die for, you can also substitute the lamb shanks with thick slices of lamb neck or thick, thick chunks of lamb shoulder (bone in).

### Ingredients for two people

4 lamb shanks  
2 cups diced onion  
2 cups diced celery  
2 cups diced carrot  
2 cans chopped tomatoes  
basil  
garlic  
500ml veal or

chicken stock  
salt to taste  
freshly cracked black pepper to taste  
extra virgin olive oil  
seasoned flour

### Method

Cover the lamb shanks with seasoned flour and fry in olive oil until the outside is nicely browned all over, then set the pieces aside in a warm place. Next fry the diced onion, celery and carrot in some olive oil until they are a little caramelized, then add

the chopped and peeled tomatoes, basil and garlic and stew for 10 minutes.

Place your lamb shanks in a deep roasting pan, cover with the sauce and add enough stock so the meat is just under the sauce and juices – literally swimming in it. Cover the tray with alfoil and bake for about two and a half hours at 225°C or until the meat is tender to the fork. If the sauce is too wet to serve,

remove the meat and reduce the sauce on a high heat on top of the stove to a thicker consistency. Serve the sauce over the meat, maybe with potato mash as an accompaniment.

Buon appetito!

**Mondos Butchers is located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am – 5.30pm Saturday 8am to 2pm. Phone 9371 6350 or visit www.mondo.net.au**

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



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

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

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

## ORDER FORM

Post completed form to **Have a Go News PO Box 1042 West Leederville WA 6901**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Signature: \_\_\_\_\_

| ORDER  | Prices   | Quantity             |
|--|--|----------------------|
| <b>Awesome WA, 1001 Fair Dinkum Facts about Western Australia</b>          | 1 book \$25  | ___ x \$25 (inc gst) |
| <b>Fascinating, fun facts: WA and the World</b>                            | 1 book \$25  | ___ x \$25 (inc gst) |
| <b>Photographing our brilliant West Australian Birds &amp; Wildflowers</b> | 1 book \$25  | ___ x \$25 (inc gst) |
| <b>POSTAGE &amp; HANDLING</b>  | 1 x book \$6<br>2-3 x books \$12<br>4-6 x books \$15 |                      |
| <b>Total</b>   |  | <b>\$</b> _____      |

### METHOD OF PAYMENT:

☐ Cash ☐ Cheque ☐ Money Order ☐ Credit Card (VISA/Mastercard/AMEX)

\_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Expiry: \_\_\_\_ / \_\_\_\_



# food & WINE

...eat, drink and be merry...  
ADVERTISING FEATURE

...eat, drink and be merry...

## The Dining Divas head to the south west for knife and fork talk this month



by Pat Paleeya and Judith Cohen

A SPUR of the moment decision to take a trip down south west resulted in an unravelling of ravelled divas. Country towns, tall trees, millions of sheep and gin and tonic served in a beer glass. What more could you want?

We finished our trip in Bunbury and lunched at the Rose Hotel where they offer an \$18 express

lunch Monday to Friday 11am until 2pm.

We ordered grilled rump with herbed butter, béarnaise sauce and fries. Korean fried chicken was our other choice.

The rump was cooked to order rare and tasty as this diva likes her steak. The herbed butter was a delicious topping for the steak and the béarnaise sauce was very tasty and also a bonus for dipping the fries (posh chips). This diva would have pre-

ferred a small salad and less fries, but a hearty lunch was had anyway.

The Korean fried chicken was well flavoured crunchy on the outside and very moist on the inside. This was quite an ample serve with one piece on the plate and another inside a brioche bun. The accompaniment of pickled red cabbage and gherkin complimented the richness of the chicken. There was also a portion of slaw.

The lightness of the brioche soaked up the pickle juices, nothing was wasted, even the chips (the common ones)

were polished off. These lunches were not heavy – a truly light lunch.

A popular hotel well patronised by young and

old and the place was buzzing. Well worth a visit.

**Three forks**  
**The Rose Hotel,**

**Victoria Street,**  
**Bunbury**  
**www.therosehotel.com.au**  
**9721 4533**



### Knife and fork talk ratings

**Five forks** – excellent food and service

**Four forks** – overall good food and service

**Three forks** – reasonably good food and service but could make some improvements

**Two forks** – food and service needs improvement

**One fork** – would not recommend



### WEEK DAY LUNCH SPECIALS

Information correct at going to press



#### BAYSWATER HOTEL

\$21.99 seniors lunch buffet  
Mon-Fri 12-2.30pm  
Railway Pde Bayswater  
9271 7111

#### BELDON TAVERN

Under \$16 menu  
Wed- Sun 11.30am-3.30pm  
Cnr Marmion Ave/Gunter Grove  
Beldon  
9401 1233

#### BOAB TAVERN

\$20 seniors lunch special  
on presentation of Seniors Card  
11am-3pm Mon-Fri  
107 Dundas Rd High Wycombe  
9454 3566

#### HENRY'S

Under \$20 main meals  
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## Make a visit to the Swan Valley - so you can taste the wine before you buy



by Frank Smith

THIS month we are featuring two long established wineries in the Swan Valley. Both have cellar doors where you can taste wines before you buy. Cellar doors are not the cheapest way to buy wines but you can be certain that you will like what you buy and that is worth paying a little more for.

Moreover, you usually get to talk to someone who knows the wines, it may even be the actual winemaker or at least a family member.

A wine tasting trip to the

Swan Valley is a great way to spend a winter afternoon. Both these wineries offer tasting experiences for groups with informed staff, a range of premium wines and nibbles for a small fee.

Here are some Swan Valley wines well worth a tasting (or quaff).

Simon and Maaikie Berns travelled through France in the 80s, experiencing the food, the wines, the French passion for growing grapes and making their own wines. This inspired them to set up Sittella vineyard in the Swan Valley nearly 30

years ago.

**Sittella Silk 2021** is a modern version of a traditional Swan Valley Verdelho, Chardonnay, Chenin Blanc blend. The grapes are hand-picked and whole bunch pressed to ensure this wine's longevity and structure. The wine displays aromas of tropical fruits such as melon, pineapple and kiwifruit with a touch of honey. The pallet is smooth textured with a crisp fruity acid finish. RRP \$15.30

#### Sittella Swan Valley Reserve Shiraz 2020

is dark crimson in colour. The grapes are hand-picked from aged vines then wild fermented to maximise the depth of flavour. It displays aromas of mocha and dark fruits. The palate is intense with flavours of chocolate, satsuma plum and French oak. The finish is long and perfumed. RRP \$30.

The Garbin family arrived from Croatia in 1939 bringing their work ethic and skill but little money. Winemaker, Peter Garbin spent 30 years as a draftsman before returning to the family roots in the Swan valley. Here are three Garbin wines to try.

**Garbin Cabernet Merlot 2019** is darkish red in colour. The nose displays aromas ripe dark berries. The wine is medium bod-

ied soft rich and plummy with delicate oak. The palate displays fruity characteristic and a soft long finish. Ready to drink but will improve with careful ageing. RRP \$25.

**Garbin Sparkling Merlot**, an unusual sparkling wine made in the traditional way. It is deep red in colour, but not as sweet as most sparkling Shiraz. It displays aromas of ripe forest fruits. The texture is soft without being too sweet. A subtle dryness still lingering though. The mousse is an attractive pink. Due to this subtle dryness with ample fruity characteristics it is very enjoyable to drink. RRP \$25.

**Garbin Chenin Blanc 2021** is a dry medium bodied white wine. The pallet is rich with the aromas of orange blossom, gooseberry and passionfruit. The pallet has citrus flavours of pineapple, quince and lemon-grass, with lemon sorbet, quince, orange, passionfruit and apple. The finish is lingering with dominant fruitiness.

Enjoy this Chenin Blanc chilled to between 8-12° C. Lower temperature will bring up citrus and quince while a bit warmer will help tropical aromas to open up. RRP \$20.

Happy tasting!



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# food & WINE

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## It's winter and time for soup



by Noelene Swain

ON chillier evenings and damp days when you need to be warm inside, there's nothing better than a satisfying, nutritious and flavoursome soup.

Hearty traditional soups can be a meal in itself. Try minestrone, Scotch broth, pea and ham, chowder and more recent soups that have become popular in Australia, laksa.

Soups are fantastic meals as they are often based around a balanced combination of meat, vegetables, beans and liquid. Being generally low in carbohydrates, they are perfect to have for dinner and are ideal for those trying to lose weight.

Cooked long and slow, the meat and vegetables in a soup are marinated to develop a rich, hearty flavour. This also allows us to use tougher, more flavoursome cuts of meat as they are tenderised.

If it is a quick and easy soup you are after, these are just as tasty, especially when filled with fresh herbs and the clever use of condiments and spices. Plus, it is well known that reducing the cooking time on your vegetables protects their vitamins and minerals.

Tuck into some home-made soups to get your five serves of vegies each day. Here are a few ideas to get you inspired.

Brought to you by Fresh Finesse Fresh Food Promotions – [www.freshf.com.au](http://www.freshf.com.au)

## Mushroom soup

### Ingredients

1 teaspoon oil  
1 onion, sliced  
600g mushrooms, sliced  
½ tablespoon fresh thyme  
Rind and juice of 1 lemon  
1 litre vegetable or chicken stock  
¼ cup cream

PLACE oil in a large non-stick pan over medium-high heat. Add onion and thyme. Cook, stirring often, for five minutes or until soft and golden.

Add the mushrooms. Cook, stirring, for five minutes or until mushrooms are tender. Add lemon juice and rind, then add the stock. Bring to the boil then simmer five minutes. Remove from the heat. Blend or process soup, in batches, to your desired consistency. Stir in the cream. Return to medium-low heat. Cook, stirring, until hot. Season with salt and pepper to taste.



Serves: 4; prep: 15 mins; cooking: 30 mins

## Fish laksa

Serves: 1; preparation: 10 mins; cooking: 20 mins

50g dried rice vermicelli noodles  
1 teaspoon peanut oil  
100g Swiss brown mushrooms, sliced  
1 tablespoon laksa paste  
100ml coconut milk  
1 cup fish or chicken stock  
75g white fish fillets, skinned and cubed  
5 snow peas, diagonally sliced  
20g bean sprouts, trimmed

1 green shallot, sliced  
½ lime, juiced  
PLACE noodles into a large bowl and cover with warm water. Stand for 10 minutes or until tender. Drain. Meanwhile heat oil in a large saucepan or wok over high heat. Add mushrooms and cook, stirring often for three minutes or until tender. Add laksa paste and cook, stirring constantly for one minute. Stir

in coconut milk and stock. Bring mixture to the boil over high heat then reduce heat to medium-low and simmer for five minutes.

Add fish to the soup and cook for three minutes. Add snow peas and cook for one minute. Place noodles, bean sprouts and shallots into serving bowls. Ladle over soup mixture. Drizzle with lime juice and serve.

## What's fresh in the markets this month



oranges doesn't have the keeping qualities of Valencia, the summer variety. Always keep your eyes peeled for the stickers and signage to guarantee you're getting the freshest WA-grown oranges.

**Papaya (or pawpaw):** Grown around Carnarvon and the Ord River, papaya has a lovely tropical taste and aroma that brings sunshine to the coolest of days. Select fruit that is well-shaped and sweet smelling. The skin should be mainly yellow in colour, smooth, unbruised and free from black spots. During the wet season you will sometimes see freckles on the skin but they do not affect the flesh. As with all tropical fruit, storage is best at room temperature. If you can find green papaya, try a Thai green papaya salad – simply scrumptious.

**Cauliflowers:** Good supplies of small to medium-sized cauliflowers with lovely tight white heads are now in the stores. Cauliflowers are best eaten at the tender-crisp stage. If overcooked, puree and add milk, cream and fresh herbs to make great soup. Try a sauté of onions and cauliflower florets with olive oil and fresh herbs as a side dish or folded through pasta.

**Apples:** Crunching on a fresh new season apple every day is a joy when there is such a choice. WA's best known apple, Pink Lady, along with the spicy sweet red Fujis and Granny Smiths are good eating. Also look out for sunny red Sundowner – it's also a WA-bred favourite. Like the Pink Lady, it is a cross of Lady Williams and Golden Delicious yet sports a brighter red colour.

**Sweet, juicy pears:** Look for Packhams, which will take up to a week to change to a green-gold colour and soften ready for juicy eating – they make an elegant table decoration in the meantime. Beurre Bosc pears are favourites for cooking and good eating as well.

**Navel oranges:** The season for WA Navel oranges is kicking off, with some early season fruit already arriving in stores. Seedless, easy to peel and full of sweet juice, Navels are a perfect snack or healthy finish to a meal. Eating one orange a day will ensure you are getting your recommended daily intake of vitamin C throughout winter; when juicing, remember to squeeze just before use as the juice of Navel

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



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I MADE a flying visit to Carnarvon recently and had the pleasure of visiting the Carnarvon Space and Technology Museum. Wow, it really is an amazing exhibition. I felt like a big kid, trying everything throughout the displays. I experienced a take-off in the capsule, had my photo taken on the moon and even found the front cover of *Have a Go News* from 2012 which featured astronaut Buzz Aldrin and

museum curator Phil Youd. The experience was a load of fun and I highly recommend it.

★★★★

This month Serena Kirby shares her visit to Tasmania's Bruny Island. Gail Williams heads to Rottnest (Wadjemup), Mike Roennfeldt is fishing for golden trevally in Exmouth and I share my experience of Carnarvon's Gwoonwardu Mia Aboriginal Heritage and Cultural

Centre and a visit to one of Rick Stein's Australian restaurants.

★★★★

We love supporting local businesses and recently I spoke to Annette from the family-owned Summer Creek Restaurant and Brewery about what they are doing up in Bakers Hill. They have a brilliant restaurant at the location along with the micro-brewery. This accredited tourism business serves delicious

meals which utilise a lot of local produce grown on the property and their beers are growing in popularity. They are selling an alcoholic ginger beer, as well as blonde and brown beer which you can buy onsite. So if you are looking for a great day out, head up to Summer Creek Restaurant and Brewery at 9 Yates Street in Bakers Hill, it's only 40 minutes from the city.

★★★★

Tickets are selling fast for what I consider the world's best day tour flying to Antarctica and back, which departs on November 27. The last trip left in January, and we had wonderful feedback from our travellers,

who were impressed with the details and effort we took to ensure their trip was seamless. See below for details and come aboard this amazing trip.

★★★★

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vertisers, they provide the means for us to bring you this newspaper for free each and every month. Readers are always welcome to contact me.

Happy trails

Jennifer Merigan

The travel industry and readers are welcome to contact the Managing Editor: Ph 9227 8283  
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## Seats selling fast to see the Antarctica in a day

HAVE A Go News has been promoting the Antarctica day trip for the last five years. It's one of the most amazing trips to enjoy in a day.

The last trip departed

in January this year. One of the passengers, Scott Lawrence said: "Thank you again for all your efforts in providing me and my party with such a memorable and trou-

ble free experience of a lifetime."

The next flight will depart on November 27. It is an amazing opportunity to safely tour the great wilderness of Antarctica.

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Antarctic experience – experts on board, live crosses to the Australian station, videos and other informative activities.

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It's not a normal flight, the atmosphere on board is unique.

This flight departs Perth on Sunday 27 November at 8am and returns at 8.30pm and seats are selling quickly for this amazing experience.

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## Bruny Island is well worth the ferry ride when visiting the Apple Isle



L-R; Enjoy local cheeses and freshly made bread at the Bruny Island Cheese Company - Grab some freshly shucked oysters from Get Shucked and wash them down with a good Tassie Champagne - Don't be put off by the 279 stairs that lead to lookout at The Neck. The 360 degree views are worth the climb - Looking south from the lookout at The Neck

by Serena Kirby

BRUNY Island sits just off the south eastern coast of Tasmania and is actually two land masses, North Bruny and South Bruny, which are joined by a long, narrow, sandy isthmus, known as "The Neck".

History buffs may be interested to know that the first recorded European to land on the Island was Tobias Furneaux in 1773 and the Bruny's beautiful Adventure Bay was named after his ship. This Bay was also visited by Captain Cook, Matthew Flinders and William Bligh.

But the island itself is named after the French explorer Bruni d'Entrecasteaux who explored the area and discovered it to be an island in 1792. Hence it was known as Bruni Island until it underwent a spelling change in the early 1900s.

Some locals will tell you, "Don't bother with Bruny" as it has definitely become a bit of a tourist hot spot. But, as I found out during my recent trip there, it is certainly still worth at least a daytrip.

You can join an organised bus tour to get to and around Bruny but exploring it by car is far better and you can catch an early morning car ferry from Kettering which is around a 35-min drive south of Hobart. The ferry crossing takes just 20 minutes and when you disembark, you'll be just one of dozens of cars starting the drive around

the island. So here's the first tip: pull off to the side, turn off the engine and wait a few minutes before heading off around the island. This way you'll miss the line of traffic that is rushing into the various tourist stops.

Most visitors head south from the ferry landing point and you can grab a great coffee, some freshly baked crusty bread and cheese from the Bruny Island Cheese Company as a mid-morning snack.

Your next stop will most likely be The Neck. The views at the top of the stairs are quite amazing and well worth a look as is the ground level boardwalk that leads to the beach. You're also likely to spot tiny penguin tracks leading from the dunes to the shoreline and if you visit at dawn or dusk you can watch the penguins in their daily beach commute.

Eating options on the island are few and far between and your best bet is to pre-book a table at the Bruny Island Cruises Restaurant. Located at Adventure Bay it's an incredibly pretty spot. The food here is filling; the fish is fresh and the servings are substantial and you can sit outside on the deck and take in the view.

Before or after lunch there are a couple of options as this venue is also the departure point for the local jet boat cruises that take you around the island's southern coastline. With spectacular scenery and towering cliffs it's well

worth getting wet for (but probably not advised if you're prone to getting seasick). There's also a bush walk that leads off from the side of the restaurant which will take you to the cliffs at the end of the bay.

Once you are back in the car you can head to the Cape Bruny Light-house where you can join a tour and climb the spiral staircase to the top. You could even head to North Bruny and visit The Bruny Island House of Whisky which has a large range of Tasmanian and imported whiskies, as well as

smoked meats and fish.

But of all the things you can do it's a trip to Get Shucked that is a total must. Bruny Island's oysters are heaven in a shell and Get Shucked offers a drive through service so you can grab a quick dozen (or two) to take home or you can linger longer and take a seat at their on-site oyster bar and choose from the many oyster options.

Of course, if you want to stay longer on Bruny, there are lots of quaint shacks and cabins to rent plus a caravan park with onsite vans.

### Best time to Visit

The best time to see penguins at The Neck is between September-February but for a more general visit you can't go wrong with any time from September to April.

### Getting There

The Bruny Island Ferries leave from Kettering and a return trip will cost between \$36 and \$45 per car with all walk-on and in-car passengers free of charge. They run every 20 minutes from 6am to 7pm every day of the year.

### Bruny Island Cruises

These start from \$145 for the short cruise and

up to \$235 for the full day eco-tour and they can arrange transportation from Hobart to the Island if needed. This company also runs a range of other tours on and the island.

### Quick Tip

There is only one petrol

station on the Island so fill up on the mainland before you leave.

This is also not the best place for caravans or large vehicles as the roads are incredibly narrow and winding. Go slow and enjoy the drive.

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## Finding golden trevally... Exmouth is a great spot for a fish



Dave Thomson with a nice fly-caught Exmouth golden trevally

by Mike Roennfeldt

THE first time I saw golden trevally feeding up in rafts of weed I couldn't quite believe my eyes.

It was unlike any other feeding frenzy I'd ever witnessed. Actually frenzy is the wrong word, because those goldens in the weed appeared

to adopt the most languorous feeding strategy imaginable.

They just sort of flopped about in the weed, poking their noses through the surface occasionally and generally behaving like they have all the time in the world to do approximately nothing. So laid back was their behaviour that I momentarily wondered if there might have been some sort of weed-based mind-altering substance at play.

Since that time, I've come across the phenomenon on a few occasions, notably in the waters around Thevenard Island and usually on a glassy calm day.

A few years back a

group of six members from the Saltwater Flyrod-ders Club in Perth headed up to Exmouth to do their thing with the long wands. Among them were Gavin Day and Mike Marais, who spent much of the two weeks fishing out of Gavin's 435 Quintrex Top Ender.

It was during the second week of the trip that their attention turned to the west side of the cape where, thanks to high tides, vast clumps of weed had formed in Tantabiddi Passage and South Passage. Weed is normally the bane of the fly fisherman but they soon realised there was gold in them thar weed clumps. They were

stricken with gold fever as much as any old prospectors, as they watched golden trevally working the weed in schools of up to 20 or so.

Gavin noted two distinct behaviour patterns of the goldens. When around tightly clumped floating weed, they would roll themselves around it, even flopping sideways on top of the weed, as if to help break it up and release the small bait or whatever was their target food source. Thin mats of floating weed allowed them to come up underneath and push their blubbery lips up through to suck in what they wanted and expel the waste.

The way the boys

fished this phenomenon was to cast to the edge of the weed mat and let the fly sink, or cast on top of the weed and hope the fly might penetrate through. In some cases they hooked a little weed on their flies by accident and the fish still hurled themselves at the weed, often resulting in hookups.

Once the Goldens finished with one weed mat they moved on to the next. As the pair worked out which way the fish were heading, they would simply position themselves between the weed mats and cast to the goldens as they passed by. It was as if the weed was a sushi-train for the fish. Feeding time

began at the start of the falling tide as the weed began slowly moving out through the passages.

It must have made for exhilarating fishing and it goes to show what rewards there are for observant fishermen prepared to think outside the square and adopt a flexible approach to their day. I've taken advantage of similar situations up that way with a small popper on a light spin stick, something along the lines of a Roosta 80, worked with small, subtle bleeps.

As Gavin said, golden trevally are just such great fish to catch, and if you're there for the sport as he and Mike were, they release beautifully.



## Friendship Force is on the move again!

COVID created havoc with Friendship Force clubs around the world but now things have changed.

The Friendship Force of Perth has just welcomed ambassadors from Washington DC and Sydney clubs for a long overdue inbound exchange. A great week was had by all, with Perth members showing visitors the best we have to offer.

Perth members will soon have the opportunity to travel to the Adelaide Friendship Force club and later in the year will visit three clubs in the United States.

A very busy year is planned for the Friendship Force club of Perth who will also host clubs from the Canadian Capital Territory club and Blue Mountains and Sunshine Coast clubs.

Friendship Force International

is a world-wide organisation that promotes cultural understanding through home hosting between clubs around the world.

The Friendship Force of Perth, apart from club exchanges, has a very active social program and is keen to welcome new members.

For more information [www.friendshipforceperth.net](http://www.friendshipforceperth.net)

### Christmas in July \$105

THE ABBEY @ CHESTERS, CAVERSHAM WILDLIFE PARK AND MORE...



#### CHRISTMAS IN JULY THURSDAY 7 JULY - South

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

**Returns** First drop approx 4pm

**Includes** Entry fee, morning tea, lunch & luxury coach.

#### FRIDAY 15 JULY - North

**Departs** 8.30am HBF Arena, Joondalup  
9am Morris Pl, Innaloo  
9.30am Morley Recreation Centre

**Returns** First drop approx 4pm

Our first stop will be the Caversham Wildlife Park located within Whiteman Park. Morning tea will be served inside. Then you have free time to wander. So much to see but highly recommended is Molly's Farm and the Australiana building where you can get up close and personal with some of Australia's incredible wildlife - maybe even cuddle a wombat! CWP features about 200 species, and more than 2000 head of animals, birds and reptiles. This impressive collection makes CWP the largest privately owned collection of native wildlife in Western Australia, which attracts visitors from all over the world. Just a short drive from here is The Abbey @ Chesters. Tony and Simone will provide us with all the trimmings and a Christmas lunch. After lunch, we will stop in at The House of Honey and then time permitting Mondo Nougat. Then after all that we will waddle onto the coach and make our way back. Tour price includes entry to Caversham Wildlife Park.

### NEW FOR 2022



#### HOTHAM VALLEY STEAM TRAIN SUNDAY 31 JULY - South

**Departs** 7.30am Canning Hwy & Murray Rd Melville  
8am Pagoda Hotel Comer St Como  
8.30am East Perth Terminal

**Returns** First drop approx 4pm

**Includes** Morning tea, lunch & luxury coach travel, steam train ride (2 hours).

#### SUNDAY 7 AUGUST - North

**Departs** 7.30am HBF Arena, Joondalup  
8am Morris Pl, Innaloo  
8.30am Morley Recreation Centre

**Returns** First drop approx 4pm

Join us as we take a step back into the glory days of steam. We head straight to Dwellingup for morning tea before boarding our train. Upon departing Dwellingup the pace is leisurely as the train rolls along westward, down to Isandra Siding, 14kms away. Once there, the locomotive will move to the opposite end of the train during the 30-minute stopover and make ready for the return. On the return journey, you will thrill to the magnificent sights and sounds of a steam locomotive hard at work climbing Western Australia's steepest and most spectacular section of railway, through the Darling Range Escarpment as the train returns you to Dwellingup. When we return to Dwellingup it is time for lunch about 1pm. Please note this service ONLY operates on Sundays. Early bookings are essential, and a non-refundable deposit is required. Hotham Valley DO NOT issue refunds.



#### SWAN RIVER CRUISE WEDNESDAY 10 AUGUST - South

**Departs** 7.30am Canning Hwy & Murray Rd Melville  
8am Pagoda Hotel Comer St Como  
8.30am East Perth Terminal

**Returns** First drop approx 4pm

**Includes** Morning tea, cruise and lunch

#### WEDNESDAY 17 AUGUST - North

**Departs** 7.30am HBF Arena, Joondalup  
8am Morris Pl, Innaloo  
8.30am Morley Recreation Centre

**Returns** First drop approx 4pm

We will head to Kings Park for morning tea and then head to Barrack St Jetty where you will board the boat for your cruise. Travel from Perth to Fremantle on a relaxing and picturesque Swan River Cruise whilst listening to your Captain's detailed and entertaining commentary. You'll journey along the river, admiring the waterfront scenery of Perth's downtown skyline, upscale suburbs and yacht clubs - not to mention the beautiful cliff faces of Black Wall Reach, the famous Point Walter "Spit" (as the locals call it) and Perth's iconic "Blue Boat House", the Crawley Edge Boatshed. Once your cruise is done re-board the coach and make our way to Point Walter Cafe for lunch. After lunch visit Heathcote reserve, see the Heath Ledger memorial and visit the indigenous gallery.

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- ★ Exclusive tour of 3 Ryan's Egg Farm
- ★ Exclusive dinner and wine tasting at Peos Estate
- ★ Exclusive lunch at Cilantros Restaurant
- ★ Visit some local producers in Manjimup
- ★ Dinner at Tall Timbers Restaurant
- ★ Discover Manjimup Heritage Park
- ★ Head off on an exclusive Truffle Hunting Adventure
- ★ Enjoy a Private Six Course Truffle Dining Experience

### TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Coach Travel throughout
- ✓ Local expert Guide throughout
- ✓ 4-nights' at the Manjimup Motel
- ✓ Breakfast daily, 3 Lunches & 4 Dinners
- ✓ Sightseeing and events as per the itinerary\*

1 TO 5 AUGUST 2022

**\$2990\*** Per Person Twin Share  
Single Price **\$3250\***



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- ★ See the Wildflowers in bloom with a local guide
- ★ Experience the Dolphin Encounter in Monkey Mia
- ★ Discover marine life on the Aristocat 2 Cruise
- ★ Interact at the Space and Technology Museum
- ★ Visit the Shark Bay World Heritage Discovery Centre
- ★ Explore Ningaloo Aquarium and Discovery Centre
- ★ Enjoy a boat cruise through Yardie Creek
- ★ Swim at Turquoise Bay
- ★ Sunset Whale Watching Cruise
- ★ Morning Tea at Bullara Station

### TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Luxury Coach with a Professional Driver from Perth to Exmouth
- ✓ Airfare from Exmouth to Perth with Qantas
- ✓ 2 nights' at the Ocean Centre Hotel Geraldton
- ✓ 2 nights at the RAC Monkey Mia Resort
- ✓ 1 night at the Gateway Motel Carnarvon
- ✓ 2 nights' at the Potshot Motel in Exmouth
- ✓ Breakfast daily, 8 lunches and 7 dinners
- ✓ Sightseeing and entry fees as per the itinerary\*

27 AUGUST TO 3 SEPTEMBER 2022

**\$4190\*** Per Person Twin Share  
Single Price **\$5050\***



## CHRISTMAS IN ALBANY

STAYING AT THE HILTON GARDEN INN

### TOUR HIGHLIGHTS

- ★ Enjoy lunch at the Lake house in Denmark
- ★ Visit the Toffee Factory
- ★ Enjoy a visit the National Anzac Centre
- ★ Dinner at Rustlers Steakhouse & Grill
- ★ Christmas Festivities including a delicious Christmas lunch
- ★ Sundowner at Emu Point overlooking Oyster Harbour
- ★ View the famous sights of Albany
- ★ Tour to The Gap and Torndirrup National Park
- ★ Visit the Whaling Station and Albany Windfarm
- ★ Enjoy morning tea at the All Ages Playground in Katanning

### TOUR INCLUSIONS

- ✓ Home pick-up and return by Hughes
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Air-conditioned Luxury Coach with a Professional Driver
- ✓ 5 nights' at the Hilton Garden Inn Albany
- ✓ Breakfast daily, 5 lunches and 5 dinners
- ✓ Sightseeing and entry fees as per the itinerary\*

21 TO 26 DECEMBER 2022

**\$2950\*** Per Person Twin Share  
Single Price **\$3650\***



## MURRAY PRINCESS

### TOUR HIGHLIGHTS

- ★ Adelaide City Sights Tour
- ★ Spend time in the quaint German village of Hahndorf & enjoy lunch at the German Arms Hotel
- ★ See the historic town of Mannum
- ★ Enjoy cellar door wine tastings and lunch at Banrock Station
- ★ Visit Caudo Vineyard
- ★ Guided walk of the Morgan Township and Morgan Living History Museum
- ★ Guided tour of Ngaut Ngaut
- ★ Embark on a walking tour of Swan Reach
- ★ Enjoy a Woolshed tour in Sunnydale
- ★ Enjoy an Aussie BBQ on the banks of the Murray River
- ★ Enjoy a Captains Farewell dinner and dance
- ★ Explore the toy factory and enjoy a light lunch

### TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ Luxury coach with professional driver
- ✓ 1 night accommodation in Adelaide at The Stamford Grand Glenelg, Adelaide
- ✓ 7 nights' onboard the Murray Princess in an Outside Twin Cabin
- ✓ Breakfast daily, 7 Lunches and 8 Dinners
- ✓ Sightseeing and entry fees as per the itinerary\*

6 TO 14  
OCTOBER 2022

**\$4850\***

Per Person Twin Share  
Single Price **\$6150\***



## TASMANIA

### TOUR HIGHLIGHTS

- ★ Visit to Salamanca Markets, Hobart
- ★ Dinner at the Drunken Admiral Restaurant, Hobart
- ★ Locally guided tour of Hobart
- ★ Peppermint Bay Cruise including lunch
- ★ Visit Tasman Arch and Devils Kitchen
- ★ Entry, walking tour, harbour cruise and Escape from Port Arthur Tour at Port Arthur Historic Site
- ★ Morning tea at Waterfalls Cafe & Gallery, Mount Field National Park
- ★ Entry to the Wall in the Wilderness
- ★ West Coast Wilderness Railway including morning tea and light lunch
- ★ Guided tour of Cradle Mountain
- ★ Entry and Tour at Devils @ Cradle
- ★ Garden entry and lunch at Emu Valley Rhododendron Gardens
- ★ Tastings at Ashgrove Cheese Factory
- ★ Entry and guided tour at Beaconsfield Mine & Heritage Museum
- ★ Tour of Platypus House, Tamar Valley
- ★ Entry and guided tour of Seahorse World, Tamar Valley
- ★ Entry, tour and tastings at Bridestowe Estate Lavender Farm, Launceston
- ★ Entry to Old Hobart Town Model Village, Richmond
- ★ Entry to Old Richmond Gaol

### TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted from Perth by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes (Direct flights to/from Hobart)
- ✓ Luxury Coach transfers throughout with a professional driver
- ✓ 12-nights' specially selected accommodation
- ✓ Breakfast daily, 7 lunches and 8 dinners
- ✓ Sightseeing and entry fees as per the itinerary\*

3 TO 15 MARCH 2023  
(NEW DEPARTURE)

**\$6490\***

Per Person Twin Share  
Single Price **\$7750\***

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# let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

## Rick Stein delivers a delicious feast on the south coast of New South Wales



Our group of old friends - swordfish ceviche - fresh oysters and scallops - local crayfish and a delicious chocolate mousse cake

by Jennifer Merigan

I'VE done a lot of armchair travelling over the last couple of years as I imagine many of you have too.

One of my favourite people to watch is Rick Stein on his many adventures around the world. We've travelled with him through most of Europe, Mexico, India and Asia finding out many foodie secrets along with interesting spots of history.

Stein is an interesting character, of German descent, he and his first wife set up his first seafood restaurant in Padstow in Cornwall in 1975 after receiving an inheritance from a German relative.

Apart from his huge body of television work, in the UK he runs 10 restaurants, a seafood delicatessen, patisserie, gift shop and cookery school.

In 1985 he made a guest appearance on *Floyd on Fish* and this eventually led to him becoming one of the original celebrity television chefs. He's made a ton of television over the years

with his casual banter and particular love of seafood.

I admire the fact that at 75 he shows no signs of slowing down and is a great example of the have a go spirit.

On my first trip out of the state to a family wedding in May I went to the idyllic spot of Ulladulla in southern New South Wales.

I had no idea that Stein had a restaurant there; so the day after the wedding a small group of us dined at Rick Steins at Bannisters in Mollymook (a suburb of Ulladulla) located right on the coast.

Apparently, Rick had visited the area in the 1960s on an adventure and he said that after a weekend of eating local oysters and flathead he had the image of the south coast fixed in his head and when he was introduced to the Mollymook area he fell in love with the place.

Fast forward 40 or so years, he now owns a house in the region and of course the restaurant. It's a stunning part of the world and I completely un-

derstand his passion for the area.

His vision is to celebrate local fish and shellfish while keeping it simple and he does.

The restaurant sits right on the point and the veranda is a perfect spot to enjoy a drink at sundown.

There's three dining areas and a good amount of space between the tables. I liked the lounge area where above the fireplace is a painting of his precious Jack Russell terrier Chalky, who accompanied him on many of his television adventures.

There's also copies of many of his cookbooks lining the shelves and it's a warm spot for an after dinner coffee right next to the huge wine cellar.

The décor is modern, classic and warm. There were some gorgeous tiles on the walls which I imagine he found on one of his adventures.

The hallway to the toilets was lined with an eclectic collection of artworks which were well worth taking time to view.

The menu is simple and showcases

local produce from the area focusing on the delights of the sea.

There were nine of us on the table and we indulged. Orders of oysters, scallops, kingfish tartare, Moreton Bay bug thermidor and swordfish ceviche were served for entrees. All a refreshing stimulation to tempt the tastebuds.

There were six choices for mains – five fish or seafood and a local lamb dish. Our table tried everything from the local crayfish served with coconut cream and fish sauce, Malaysian salmon curry with baby eggplant with okra and rice, leg of lamb cooked in hay served with confit tomatoes, aubergine tartin and a lamb jus, a whole butterflied snapper with savagnin sauce, grilled snapper with kachumber salad and smoked yoghurt and roasted swordfish with celery, leeks and avgolemono sauce.

Side dishes of roasted kipfler potatoes with garlic and parsley, steamed broccoli with feta, raisins and hazelnuts and shoe string fries dotted the

table to soak up the delicious sauces.

It was the kind of experience that you didn't want to end, many of us went for a third course of dessert and my partner and I shared a delicious crème brûlée. It was perfect and so delicious I forgot to take a photo.

Everyone raved about the food. The waiter was highly attentive, friendly and helpful and we all felt a deep connection with Rick Stein sharing many of his travelling adventures along with ours. The pandemic seemed long ago and we hoped we would share many more tables of delicious food together around the world.

I was telling a colleague about my visit and she too had been there. She said not only did they enjoy the dining experience but the man himself was there too and was having photos taken with the diners. Damn it – this fan girl will have to go back!

**Rick Steins at Bannisters**  
Mollymook, Ulladulla,  
New South Wales  
[www.bannisters.com.au](http://www.bannisters.com.au)

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# WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



## Nothing beats a quintessential holiday at Rottnest Island



Rottnest evokes happy memories

by Gail Williams

If you want to see pure joy personified take a trip to Rottnest. The place is positively teeming with it. It's written on the faces of young children meeting quokkas for the first time. It's all over the beaming visage of a boomer cycling madly down a hill with the wind in what's left of his hair as he relives halcyon childhood holidays on the island.

It's in the body language of the honeymooning couple downing Negronis beside the swimming pool at the new deluxe Samphire Hotel. It's there in spades as a guy wearing quokka board shorts hoes hungrily into a jam doughnut outside the bakery.

And we saw it as unadulterated jubilation over five glorious sundrenched days in our friend, Michael,

the proud grandfather. His enraptured face caught the last rays of a crimson sunset as we played cricket on the beach at Georgie Bay with his grown-up children and grandchildren in the very spot where his own memories of Rotto were carved out half a century ago.

He laughed uproariously later as he manned the barbie – Single Fin in one hand, tongs in the other – cooking up a lamb cutlet feast for the hordes who packed themselves into their villa to have more fun.

Then he sat back and beamed with pride as two of his grandsons put on an impromptu concert for everybody. What the young pair lacked in perfect pitch and comedy timing was made up for in their sincerity of delivery. And Michael soaked it all up like the proud patriarch he is.

Surrounded by his family he was in white haired, white bearded grandfather heaven.

And that sums up in quintessential fashion what a Rotto holiday is all about. Familial bonding, creation of memories for generations to come in a pristine, wholesome natural setting. So, how did my husband, Mark, and I get to be part of such good old fashioned family fun? Pure luck, as it turned out.

Michael's Brisbane-based son, Andrew,

had managed to score five premium view units at Georgie and was unable to convince his Perth friends to take up the offer due to conflicting times with the school holidays.

So Michael scrambled for his own friends to take up the accommodation and for \$301.50 a night we scored a premium view unit in the back row of Georgie with unimpeded views of the bay and – in doing so – we were able to reacquire ourselves with the unique Rotto experience that we had not shared for over ten years.

The good news? Little has changed.

Sure, the old Quokka Arms has rid itself of yobboes and gone all up-market as Hotel Rottnest where western suburbs types float around in silky kaftans drinking Aperol spritz. And the new \$800 a night Samphire Hotel next door has a high end south-east Asian restaurant called Lontara that is worth checking out. And camping these days is more of a glamping experience with eco-friendly tents at Pinky's starting at \$285 a night.

But, we were thrilled to

discover that the true Rotto experience is really just the same – long, leisurely days spent riding around the island discovering new watering holes – from the 63 beaches and 20 bays – to dip into and cool off, then downing pints at the pub as the reward for all the pedalling.

The relaxation starts as soon as you step off the ferry and smell the samphire and hear the friendly aark! aark! of the ubiquitous ravens. But with off-season ferry prices around \$40 return for concessions the relaxation, for some, starts the moment they book their ticket.

These days cycling is easier too, with some people opting for E-bikes. We chose the hard way but getting to the West End is a much easier and quicker bike trip than in days gone by but the memories of treacherous rocks and terrifying waves has not dimmed.

And the bonus for cycling the 10km is a salted caramel connoisseur ice cream from Lexi's the vintage caravan perched on the hill near the Wadjemup Lighthouse where you might also spot some New

Zealand fur seals. Another absolute must at West End is to take a walk along the Boardwalk and at Fish Hook Bay check out the osprey nests known to be over 70 years old.

On the trip back you can take in some of the island's military history at the Oliver Hill Battery and then head towards Parker Point, which is popular with boaties and day trippers on the bus route.

The calm and sheltered turquoise waters of Little Salmon Bay became a favourite stop-off point for us with its strip of white sand and wonderful snorkelling opportunities.

One day, however, quickly melded into five and before we knew it we were reluctantly back on the ferry heading to Freo. This time our bags were lighter – after all we did pack two eskies full of food from the BoatShed – but our hearts were heavy. And we were overloaded with memories which will last a lifetime.

Among the top five were:

**1. Dinner at Lontara** – where the fit out of the archipelago-inspired restaurant is a joy to behold on

its own. The south east Asian food was just as sensational – and at \$79 a head for three courses outstandingly good value.

**2. The Wadjemup Museum** – Located in the Old Mill and Hay Store in the Settlement, this should be one of the first stops on the island for any visitor keen to know about the island's past. It's not a pretty past but is essential viewing.

**3. Cray Dog at The Lane Cafe** – You haven't been to Rotto if you haven't had a cray dog. The Lane also do freshly squeezed juices, smoothies, acai bowls and great bacon and egg rolls.

**4. Swim naked at Rickey Beach** – it's on the way to West End. But, preferably, don't do it when a tourist bus is coming round the bend.

**5. Drink a Single Fin at Hotel Rottnest.** Head there any time of day and you'll find friendly, approachable staff, cold beer and good vibes.

Oh, and there is a number 6 – if you get a chance tag along with a grandfather. The smile on your face as you see him with his grandkids will last forever.

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# WA's GREAT Outdoors

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*Thelymitra Speciosa Queen of Sheba Orchid*

by Lee Tate

KNOWN as a crowning glory of Western Australia's unique world of

flowers. The 'Queen' (of Sheba) has been sighted by very few lucky people, including committed and dedicated followers

## Chasing the crowning glory of WA's wildflowers

of flora.

To locate this most beautiful wild orchid, the Shepherd brothers of Wild Flower Safari Tours have taken up the challenge.

"These elusive beauties are rightly known as the 'Queen'," says Harry Clements-Shepherd.

"This Thelymitra variegata iconic orchid is found in woodland sandy soils and often at the side of a track. They vary in size, colour and markings."

Many people have tried

to find this often elusive, wonderful orchid.

"She excites the imagination of all who seek her.

"Heaths along the very deep south of WA are the best hunting grounds.

After many miles of wandering around this massive state, actually since the late 1950s, I have unfortunately witnessed not only the demise of Jarrah forest, but also the home of many wildflowers that were once common.

"Loss of habitat, either to clearing or phosphate-based fertilisers,

carry most of the blame. The 'Queen' has become rare too. She is an early bloomer and can be seen in flower from July to late August, if you know where to look, that is," he said.

Harry added that Hakea victoria (named for another queen), was more easily found throughout the year.

"Again, the deep south heathlands are the best areas to search."

Wild Flower Safari Tours will be taking keen explorers to areas reliably

known for sighting these two wild flowers, among other early blooming species, for just two, three-day tours during July and August.

Harry said weather and temperature played a large part in the success of finding the 'Queen'. Hakea was a much easier matter.

"Last year we found that using our deep-south contacts and then heading off on the best advice available, worked well. We will work to a similar plan this year. We are con-

fident of sighting Hakea and Queen of Sheba.

Each tour, with a maximum five people, will be away three days and two nights during July and August, based on seasonal conditions and local information. Starters must be ready to leave on two days' notice and will be kept informed of developments.

Details: Harry is always available for a chat and it costs nothing. 0407 085 097 or info@wildflowersafaris.com.au. (www.wildflowersafaris.com.au).

## Enjoy exploring the delights of the south west

NOW that we've said goodbye to autumn it's time to say hello to mild winter days exploring WA's glorious south-west. With lush forests and farmlands, and pristine coasts and lakes, the Shire of Waroona may have just the getaway you're looking for.

For a sea change

rent a beach house to explore the stunning coastline of Preston Beach by 4WD; cast a line and stroll the pristine sands. Cosy up indoors with board games or a book or head out into the brisk outdoors for nature walks, bird-watching, and golf on the challenging course

adjacent to Yalgorup National Park.

Fifteen minutes north at Lake Clifton you can learn about the fascinating world of thrombolites and view these ancient life forms from the boardwalk. Nearby on Old Coast Road is the Historic Lime Kiln trail that meanders through

the scented peppermint trees.

Thirty minutes inland and you reach the fertile farmlands and peaceful jarrah forests of the Darling Range. Nestled in the foothills is the country town of Waroona with its eclectic mix of art, an antique store with the world's largest Moorcroft Pottery collection, a lolly shop, and boutique shops and galleries. Waroona's scenic surroundings are perfect for bushwalking, horse-riding and freshwater fishing.

Across the Shire people will find a diverse range of accommodation – beach houses, resort units, caravan parks, hotel and motels, camping, glamping, and RV friendly free and low-cost options plus a range of quality eateries to suit all tastes.

Call Waroona Visitor Centre 9733 1506 for more information.

## Free membership and affordable day tours...



CLUB 55 Travel Club caters for individuals, couples and small groups. They have some great tours coming up and people can have a great day out from as little as \$50.

They have several convenient departure locations around Perth, including Belmont, Booragoon, Bassendean, Innaloo, Whitfords, Perth City, Gosnells train station, Wheatley Street,

Thornlie, Leisure World carpark area and River-ton Leisureplex corner High Road and Riley Street.

Membership of the Travel Club is free and people can register online at the website or simply call.

Some great tours coming up, including Christmas in July at Bolgart and Stringybark Winery, The Dowerin Field Day, Tulips of Aral-

uen and much more. If you need a short break, join them on one of their weekend escapes from only \$335 or on the four-day Nannup Garden and Flower Festival in August. All extended tours include very comfortable twin share accommodation and most meals. It's a great way to meet and make new friends.

Large groups such as Probus clubs, bowling clubs and retirement villages are also very well looked after and have a choice from more than 80 specially designed outings that they can choose from. All tours are done at an enjoyable leisurely pace.

There are no strangers at Club 55, just friends yet to meet.

Phone 0434 439 983 or visit the web page www.club55.com.au to view the latest brochures and sign up for regular newsletters and special offers.

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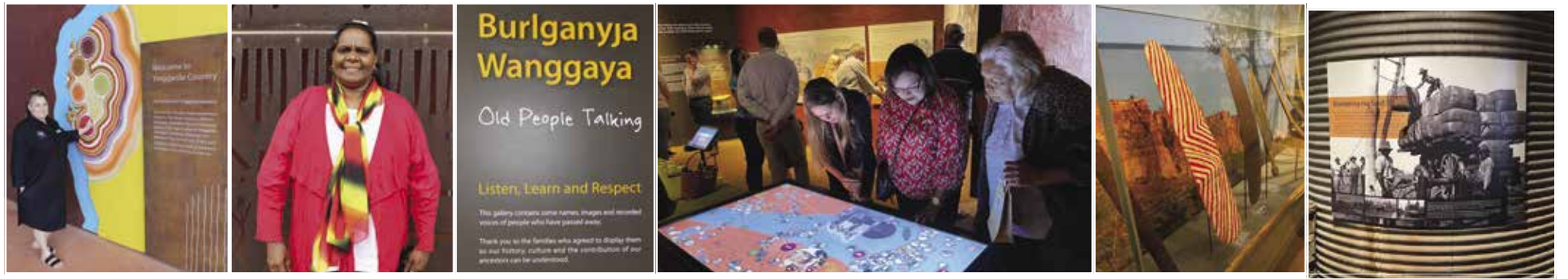


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## They belong to country - learning from the elders of the Gascoyne region...



L-R; The gorgeous Renee shares her knowledge of country - curator Norma Lee - Old People Talking - the interpretative digital touchtable - artefacts on display

by Jennifer Merigan

LEARNING about the culture and listening to stories from the elders of our First Nation people is inspiring and educational.

Gwoonwardu Mia is the Gascoyne Aboriginal Heritage and Cultural Centre located in Carnarvon.

The multipurpose centre celebrates the culture and country of the five Aboriginal language groups of the Gascoyne Region, Yinggarda, Baiyungu, Malgana, Thadjari and Thalanyji.

Run by WA Museum, the centre reopened in 2019 and has worked with the people of each language group to share and record their stories.

Burlganyja Wanggaya – Old People Talking – listen, learn and respect; is a moving journey into the lives and history of

Aboriginal people of the Gascoyne.

Visitors can discover ancient stories of the dreamtime, enjoy the Sky Dome which features time lapsed photography of the night sky and shares the ancient art of star gazing.

Learn about the giant burrowing bees of the area, view artefacts and objects and read about the history of life for Aboriginal people in the area since European settlement.

It's a journey of discovery, some of it is inspiring and some of it made me feel uncomfortable that our First Nation people were treated so badly for so long.

I felt Gwoonwardu provided an opportunity for education and healing and a sense of place for new beginnings.

The interpretive centre unveiled two new exhibitions on

May 27 featuring an audio journey called Untouchable Stories of the Gascoyne featuring the stories of five elders from each language group and a state-of-the-art touch table which brings to life the Gwoonwardu Gan-yarra stories of the dreamtime of the Gascoyne.

Spending a day at the centre not only gave me the opportunity to immerse myself in the local culture and learn the stories of the elders but also to meet the curators of the new exhibition.

Antoinette Roe and Norma Lee participated in 2021 emerging curators program training them in museum practices.

Antoinette works as the operations manager for engagement and events at the centre and is a local Yinggarda/Wadjari woman who was born and raised in Carnarvon. She has a

passion for the Dawson's Burrowing Bees which are one of the world's largest bee species and only found in the Gascoyne.

Norma is a Whadjuk Baladong Noongar woman who has lived in Carnarvon for many years, marrying and raising her children there. I spoke to her about curating the exhibition.

Norma said she was privileged to be a part of the exhibition; after working as an Aboriginal education officer at schools she wanted to try something different. When the curator's project came up, she said she knew it was for her.

"During the curator's course we spent time at the Boola Bardip (Perth museum) and then we went to Canberra and learned new skills at the museums, library and the National

Archives Centre.

"The people that we worked with in Canberra were amazing and I learnt so much."

"With the untouchable stories, I wanted to work with the elders and then go down the generations.

"There is a lot of old people around the state who haven't told their stories," said Norma.

I listened to each of the five elders' stories and had the pleasure of meeting them at the launch. They were warm, welcoming and proud people.

The setup in the centre allows the visitor to sit and listen to their stories and see a slide show of their lives. It takes about an hour and is well worth the time.

I spent about three hours immersing myself in the exhibition, learning about Aboriginal culture from ancient times

to now.

The new exhibits were launched on the first day of Reconciliation Week 2022, an auspicious day to engage with our First Nation people and be on country.

If you're heading north, make sure you pay a visit, allow a few hours to quietly go through the centre and absorb it all, you will be warmly greeted by the staff and make sure you say g'day to Renee, she's a gem.

They also have a fabulous art gallery and shop selling a variety of indigenous artworks, jewellery, gifts and some bush ointment.

There is also a large garden to learn more about local botany.

Gwoonwardu Mia is at 146 Robinson Street, Carnarvon. Phone 9941 1989 or visit [www.gahcc.com.au](http://www.gahcc.com.au)

## Stargazing - Mysterious Dark Regions of the Sky

by Donna Vanzetti

OUR galaxy is filled with millions of stars and out under dark country skies, the view is incredible. Scientists estimate that our universe contains around 70 sextillion stars, that's a seven followed by 22 zeros, and more stars than grains of sand here on Earth.

However, there are also dark regions throughout that multitude of stars; one of interest now is the Coalsack Nebula. It is a massive dense cloud of interstellar dust that is blocking the stars behind it and is approximately 600 light years from

Earth. This thick dense cloud is fuel for future star formation and can be easily seen on a dark night.

The Coalsack Nebula is special in that it also forms the head of the Aboriginal constellation, the Emu In The Sky. Just below the Southern Cross, try to find a dark oval shape, this is the head of the Emu with its beak pointing out. The long neck stretches down and to the left through the middle of the Pointers. The body and legs of the Emu stretch halfway across the horizon towards the east.

It lies within the band of the Milky Way and its shape is outlined by dark areas of the night sky, not

the stars.

**When to look:** 8.30pm, mid-June.  
**Which direction to look:** South

As the weather begins to cool we move into winter, marked by the winter solstice on June 21, the first day of winter and the shortest day of the year. It's a great time to be looking at the stars and also searching out the mysterious dark regions of the sky.

Stargazers Club WA runs telescope classes and stargazing events: [www.stargazersclubwa.com.au](http://www.stargazersclubwa.com.au).

Find more stargazing tips and country events at [www.astrotourismwa.com.au](http://www.astrotourismwa.com.au).

## Get a hole in one with this great outing

HOW many times have you scratched your head and thought I just want to find something different to go to as a family?

Well scratch no more – we have the answer and it's a real hole in one!

Glowing Rooms, near Fremantle, is Perth and Australia's first 3D mini golf experience and it's got to be seen to be believed.

From the minute you arrive, you are transported on a vibrant journey of colour, taking you (thanks to the power of magical 3D glasses) from an asteroid field in outer space to an underwater world complete with sea creatures and treasure, past iconic landmarks of Australia and face to face with superheroes.

These amazing worlds and creations are all thanks to incredible lighting and special effects combined with stunning hand-painted wall and floor art, which play host to the golf holes, as well as sneaky hidden obstacles.

Travelling through each room sees the

difficulty of the shots increase, with many having ramps, tunnels and trenches to navigate as well as animals that appear to come to life and golf balls that hover in front of you, but this makes it even more of a fun and unique experience for all ages and abilities.

It really is a one of a kind of experience, just don't forget your camera.

Glowing Rooms are open from 2pm to 9pm on Tuesdays, Wednesdays and Thursdays, 2pm to 10pm on Fridays, 10am to 10pm on Saturdays and 10am to 9pm on Sundays.

On most public holidays Glowing Rooms is open from 10am to 6pm, but that can change from time to time. The opening hours will be updated on the website: [www.glowingrooms.com.au](http://www.glowingrooms.com.au).

For the school holidays they are open every day from 10am including Mondays. Last tee occurs one hour before closing.

There is a café on site and they also do incredible parties.

## Discover the final frontier in Carnarvon

THE Carnarvon Space and Technology Museum was conceived by curator/manager Phil Youd in 2011, to celebrate the little known history of the role Carnarvon played in the US space program and in the Australian communications industry.

The museum focuses on two parts. The NASA Carnarvon Tracking Station and the OTC Satellite Earth Station. Each station played separate roles in the early

space industry.

The NASA Carnarvon Tracking Station was located 10 kilometres south from Carnarvon. The station was built to support NASA's Gemini, Apollo and Skylab programs. It was commissioned in 1964 and operated for 11 years.

The OTC Satellite Earth Station (and now museum site) is situated at the northern end of Browns Range, about six km from the centre of Carnarvon,

and four km north of the former NASA Tracking Station site. The OTC Satellite Earth Station was opened in 1966, initially with the 12.8 metre wide Casshorn antenna as part of the global satellite communications system. In 1969 the 30 metre dish was commissioned.

The Carnarvon Space and Technology Museum celebrates the 10th year of operation this year. In 2012 it was officially opened by Buzz Aldrin and featured on *Have a Go News* front cover. It has grown to be Carnarvon's number one tourist attraction.

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Mahony Ave, Carnarvon (next to the OTC Satellite Dish)



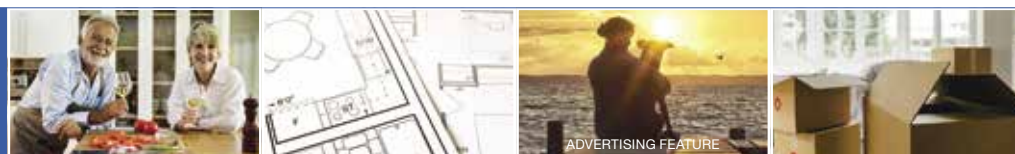
3D Mini golf at GLOWING ROOMS just 5 minutes South of Fremantle

Escape the everyday as you navigate your way around hidden obstacles in the extraordinary COVID SAFE settings of Glowing Rooms Australia.

Australia's first hand-painted 3D mini golf course. The magical glasses bring everything to life transforming a game of Mini Golf into a glow in the dark out of this world experience. 3D Mini Golf is fun and suitable for the young and seasoned. More than 800sqm of indoor space and never exceeding more than 60 customers on site at any one time it is safe to say that Glowing Rooms is one of the safest places for your school holiday activities. Surprise your partner and grandchildren with a mind boggling activity. For the school holidays they are open every day from 10am including Mondays. It is super easy to book your tickets on the website [www.glowingrooms.com.au](http://www.glowingrooms.com.au) or call 6244 5590.



# Retire in Style



## Much to consider when making big decision to downsize



by Frank Smith

A WIDELY quoted statistic is that 92 per cent of people want to age in their own home rather than in residential care. Not all of us have that choice, but if we are reasonably healthy and have a little help,

we can stay in our home by downsizing.

If you are thinking about downsizing, now might be a good time to make your move. We have a seller's market which appears to be plateauing and it should not take long to find a buyer for your

existing home.

### Upside of downsizing

There are several reasons to downsize, but the obvious one is to move to a more age-friendly house. Probably smaller with a manageable sized garden and fewer unused rooms leading to less housework and garden maintenance. Insurance and heating and cooling cost will also be less.

Many family homes are unsuitable for older people with steps, sunken lounges, steep drives and difficult to access showers, all leading to a higher risk of injury and therefore premature entry to residential care.

Downsizing can also release capital. If you sell and buy a cheaper property each person can put up to \$300,000 into their

super fund from the proceeds. But as with most government hand-outs this comes with a downside. After a year Centrelink will take the extra superannuation into account when asset and income testing your age pension.

You are not the only one to benefit from downsizing. It will lead to lower cost of aged care to government and individuals and free up housing stock for a larger family.

It might also stimulate the demand for senior-friendly housing and persuade developers to design houses for the senior market.

### The downside of downsizing

Barring accidents there is a high chance that one member of a couple will

die before the other. So you need to find a house suitable for two people now and a single person in the future.

If you have some much-loved but large pieces of furniture you will need to find a house that they will fit into. You also need easy access to public transport, medical facilities, family and friends, shops and amenities. There is no guarantee that you will be able to keep your driving licence until you die.

There are also financial disincentive stamp duty, settlement and moving costs and real estate agent commission. Some state governments charge downsizer reduced or even zero stamp duty. WA has not yet gone down that path, except for units bought off the plan.

And, as we mentioned earlier, there is only a limited supply of suitable age-friendly housing.

### Downsizing can be an emotional process

Not every decision one makes is likely to be strictly logical. Most of us are not good at facing up to our own mortality or discussing it with family.

Take your time, discuss and revise your plans, but don't wait too long. Perchance all of a sudden someone falls and breaks a hip or you lose your partner and you're stuck in a situation where it's urgent but harder to make the move.

### Making a tree change

Many of us townies dream of retiring to the country. Houses are cheaper in most regional areas but not in preferred

towns such as Margaret River, Broome, Albany and Denmark.

We all enjoy the advantages of natural surroundings and space. Country people also tend to volunteer more, cooperate with neighbours and join and run local organisations.

But there are downsides. Living costs tend to be higher and a lot of time and money will be taken up in travel when you need to catch up with friends, family and medical practitioners, especially specialists.

Lastly telecommunication may be a problem with mobiles out of range and slow internet. Mobile networks may claim they cover 99 per cent of the population, but this may be less than 27 per cent of the area of Australia.

## Seven important steps to be financially prepared for retirement

FOR many of us, retirement day is neatly circled on the calendar a year or two from now, but for a large number of Australians things don't always go to plan.

According to the 2021 Household, Income and Labour Dynamics in Australia (HILDA) Survey, 41 per cent of Australians don't actually retire on their own terms. Life events throw plans into disarray and suddenly the question becomes not "Will I have enough to retire?" but "Help, I'm retired, have I got enough to live on?"

When it comes to retirement planning, putting

your head in the sand is not a great strategy. Enlisting the help of a financial planner is, however, an excellent strategy. Benefits include:

**1. Puts you in control.** Thinking ahead and maximising all the options enables you to retire on your terms.

**2. Avoids elevated stress and anxiety.** The peace of mind that planning and preparation can provide is everything when you give up that regular paycheque.

**3. Clarifies your goals and aspirations.** The key is knowing what we want to do and having

a financial plan to make it happen.

**4. Cuts through the noise of the Retirement Incomes Covenant.** New legislation from July 1, will result in superfund trustees offering comprehensive new income products for retirement. Which one is best for you?

**5. No last-minute decisions.** Spur-of-the-moment choices don't usually make for the best outcomes. Big questions are best answered ahead of time, before they become critical.

**6. Opportunity to buy back your time** What if you could give up work now, or at least cut back

on your hours? No one wants to miss out on opportunities and experiences because they're worried the money will run out.

**7. Make the most of super** When you retire, a big chunk of money in the form of your super effectively drops into your lap. A financial planner can develop a strategy that makes it work as hard as possible.

WMP are WA's financial retirement specialists. To find out how they can help visit the website at [wmpgroup.com.au](http://wmpgroup.com.au) or give one of their friendly advisors a call on 9368 6030.



## 37% of retirees don't choose their time to retire\*.

### It's time to talk about how you can retire in style.

For some, it is due to redundancy. For others, the ill health of themselves or loved ones. As a result, the transition is more stressful and less secure than it needs to be. So if you're over 60 years of age and without a strategy to optimise your retirement, let's talk. We are a local business that has been giving our clients clarity and confidence for nearly 20 years.



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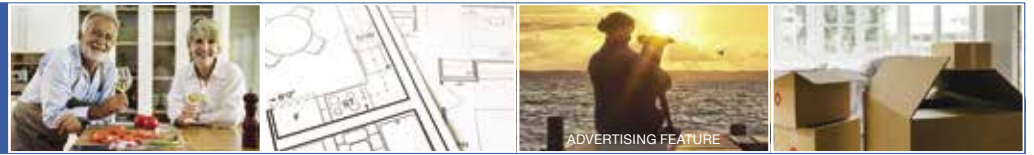
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THE RETIREMENT SPECIALISTS



# Retire in Style



## Looking at redecorating or downsizing? It's an opportunity to restyle your home



From left; Zofia's living area; design looks from Coco Republic Karrinyup



by Zofia St James

LIKE it or not, the personalities of our homes are accurate barometers that reflect where we have been, what's going on in our lives and who we are at this moment, though not necessarily where we are heading. Would you agree?

And I say not where we are heading because that's where life as we know offers up all its lovely twists, turns and opportunities.

The trick is to seize the opportunities but more importantly see them first. It is never too late for change and believe me I know how much harder change can be the older and more set in our ways we become.

May we all be open to learning new tricks.

Change, any change, is an adjustment that requires a special determination to action it. Change is hard and can hurt – not unlike the thought of hav-

ing a root canal procedure and with all the dread. But it is also like walking out into the sunshine, it instantly revitalises every cell.

I said all that to say this... would you rather downsize and redecorate? Having the opportunity, or maybe for you the reality of it looms large. I say this from the very personal experience of currently doing this with my mother and selling the sunshine on the other side aspect.

A huge part of one's journey and memories are the mementos and furniture, that is so much a part of us.

Hence the pain of hav-

ing to decide what we keep and what we part with. It does help if family take on a lot of these items. However, I do want to encourage you that it really is a wonderful opportunity to scale down and simplify our lifestyle and enjoy a fresh start.

Now I am talking about redecorating. There are those that just want to walk into a new place with the furniture that fits and complements it perfectly. And I have had a lot of clients that take the most important pieces and have sought my help to position them and buy some new items that offer a new fresh modern take on it all

– giving them that familiarity and sense of blending some of the past with the new chapter opening up before them.

The latter scenario has always been the most satisfying and challenging. It has always been a wonderful thing to me how subtle, clever introductions of a few modern pieces can transform not only your interiors but even the client.

Suddenly change is exciting and surprisingly addictive. Next week a repeat client and I are hitting the stores to shop a list for her new home. Items include white goods, furnishings, rugs and window treat-

ments. Having seen her new place I have a vision, including hers I might add, and look forward to how it comes together.

If this resonates with you, and you are facing a similar scenario please don't stress but be very clear, decisive and have a vision about what, where and how you would like to live. Always seek a visual source of inspiration first, that provides direction that will steer you on this path. Visit some showrooms to see and feel firsthand items that will give treasured pieces a new life too.

Remember it's a lot of fun and a wonderful opportunity to grow and

change not only ourselves but the special place we call home. Next month I'll continue on with this theme and bring you ideas on the styling and decorating side of setting up a new home. Stay safe and warm.

**Zofia offers an interior style consultation for readers, including a free over-the-phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email zofia.stjames@hotmail.com.**



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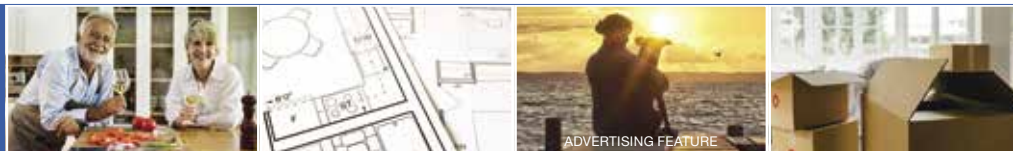
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# Retire in Style



## Just how does the Australian aged pension stack up?

by Frank Smith

COUNTRIES vary enormously in how they finance the lifestyle of older people. In some countries the pension is contributory, in others it is paid for out of taxation; it may be non-taxable and sometimes a health insurance contribution is collected from the pension.

In the UK, people contribute to a National Insurance fund during their working lives and receive a pension based on the number of years they (or their partner) have contributed, regardless of non-pension income and assets. Pensions are paid from age 66 and are

indexed for residents of the UK, the EEC and the USA, but not for those who live in Australia, New Zealand or Canada.

Australia, on the other hand, pays pensions subject to a means test which takes both income and assets into account. Pensioners who work have their pension docked by 50 per cent of anything earned over \$7800 a year. They also pay income tax on earnings. OECD data show 38 per cent of Australian pensioners receive a reduced pension due to the means test.

New Zealanders and Canadians can earn as much as they like but excess is clawed back

through the taxation system.

The actual amount the pensioner receives also varies enormously; from \$2800 per month in Norway to \$170 in the Ukraine. In the pension league table Australia comes in at 12th, below UK, Ireland, Spain and the USA.

But not all countries have the same cost of living. To compare the value of the pension the smart shopping website Picodi.com calculated the cost of a basket of food meeting the minimum nutrient requirements of the average elderly person as recommended by World Health Organisation.

The food basket costs 13.4 per cent of the Norwegian pension and 84.9 per cent of the unfortunate Ukraine pensioner. Australia at 15.3 per cent came in seventh place behind Italy and the UK.

How do Ukrainians manage? My wife's Ukraine relations that live in villages grow a lot of their own food. Their basements are stocked with preserves and pickles for the winter, they eat every part of food animals and waste nothing. Others live in multi-generation households where the older generation provide

housekeeping and child minding services for their wage-earning offspring. They also share resources within the family so no one goes without.

While food costs are a relatively small part of Australian pensioner living costs, rent for those who do not own their own homes is a major expense, mitigated to a small extent by government rent assistance and a limited supply of social housing. Rent often exceeds 30 per cent of income which the Australian Bureau of Statistics defines as rent stress.

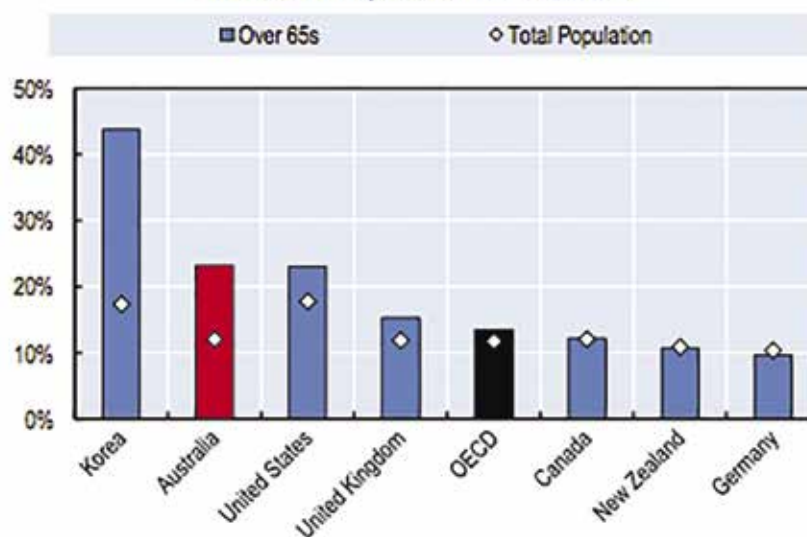
Fiona York, Housing for the Aged Action Group's executive officer, says more and more older renters are facing poverty.

"We're seeing a lot of older people who are in high degrees of housing distress, paying between 70 per cent and 100 per cent of their income on their rent. They're basically one cheque away from being evicted."

Compulsory superannuation has helped many pensioners, although often those who least need assistance. However only 27 per cent of self-employed people make (voluntary) contributions to their superannuation.

The OECD reports that

Old-age poverty rates are still high but they have been declining  
Percentage with income lower than 50% of median equivalised household disposable income, 2016



Graphic sourced from OECD website

old-age poverty rates in Australia at 23 per cent are the second highest in the OECD after Korea and are more than twice as high as New Zealand.

The group at most risk are people over 75, with poverty levels at 29 per cent. Ms York also points out that 405,000 old women are at risk of homelessness.

Compulsory superannuation was only intro-

duced in 1992 leaving little time for these older people to accumulate their super balances.

National Seniors list these priorities for ending pension poverty:

- Increase rent assistance for age pensioners living in private rental accommodation
- Provide affordable dental care for people receiving the age pension
- Keeping older people

connected to communications as more essential services are transferred online

• Setting age pension rates independently and based on evidence, rather than the politicking of the day

In spite of right wing rumblings that the cost of pensions is unsustainable, public expenditure on pensions in Australia remains well below half of that of the OECD average.

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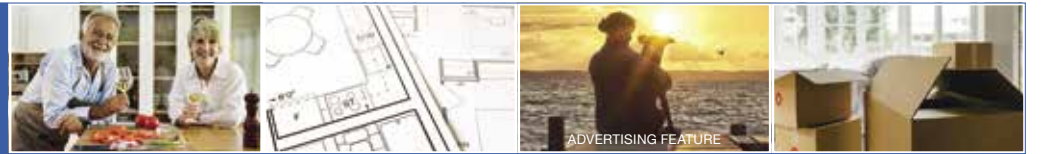
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# Retire in Style



## Fitness first for Ann as she shows that it's never too late to get into exercise



Ann with her husband Ken

THE old adage 'use it or lose it' is definitely something that RAAFA's Erskine Grove resident Ann Graydon subscribes to.

Just over 12 months ago, the grandmother of five had so much pain in her hips that she could hardly walk around her local shopping centre.

"So, I decided to buy a treadmill and it's the best thing I've ever done. It doesn't matter what the weather is doing, I walk every day and it's made

the world of difference."

During the summer, Ann also uses the village pool and says her legs have strengthened enormously and she is no longer in pain.

Ann is also the first person to admit that age is 'just a number' and mental attitude has much to do with overall health. This foresight explains why she and her husband opened their home up during the Covid-19 lockdowns to give friends and neigh-

bours a space to catch up and have an opportunity to socialise.

"We realised what everyone would miss most was connection, which is why we opened our garage space every week, so that people on our street could get together for a catch up.

Ann says that one of the main reasons she and her husband have loved living at Erskine is because of the people at the estate.

"We are blessed not only with the people who live in this village, but also those who live on our street. Everyone really cares for each other,

and we can have a great laugh. Ken and I love it here, there's no way we would want to be anywhere else.

"Just like walking is keeping me mobile and pain-free, socialising and catching up with friends and neighbours is keeping us young at heart."

## Do you have enough for retirement?

WHILE no two retirement plans are the same, most people in or nearing retirement are concerned as to whether their retirement nest egg will be sufficient to meet their desired lifestyle in retirement.

With the uncertainty of market performance recently and the impact of high inflation on the cost of living this concerns many people.

There are many options available to build your nest egg heading to retirement. Getting funds into your super and in the best way is important.

The Aged Pension alone is generally insufficient to meet the quality of life that most of my clients want, so we have developed some modelling tools to look at how we can help clients manage the risk of living longer than they might expect.

A comprehensive diversified retirement portfolio can help to:

- Protect the effects of market fluctuations

- Build a reliable income stream
- Take advantage of good times in the markets
- Optimise the government support provided in aged care benefits
- Build an estate plan that achieves the goals and objectives desired by the retiree.

Inherit WA provides assistance in retirement planning, aged care, estate planning and deceased estate management.

Getting a bit older myself and after running an accounting practice for 25 years and more recently as a tax agent and financial adviser, I see the need to support people with advice and strategies to live their desired retirement plan. Call me on 6160 6091 or visit [www.inheritwa.com.au](http://www.inheritwa.com.au)

**Robert Crane – ACA, CFP**  
Director – Inherit WA

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To book a test drive or to learn more about the Atto rider experience and bonus deals on offer please call 9244 1005 or visit the website located at: [www.perthmobilityscooters.com.au](http://www.perthmobilityscooters.com.au).

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HAGN33-05/207



Robin & Kevin, Menora Gardens

“We all have the same positive outlook, looking for similar fun experiences.”

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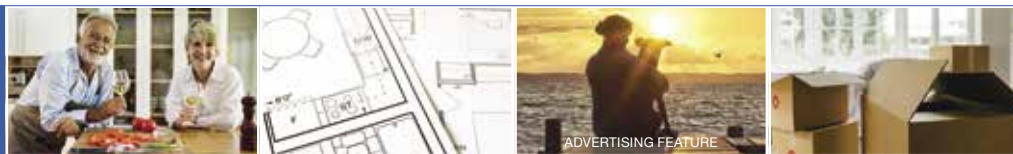
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HAGN33-05/147



# Retire in Style



## New retirement villas to be built at Bethanie Beachside in Yanchep

CONSTRUCTION will start next month on the next stage of Bethanie Beachside Retirement Village in Yanchep, with 16 new two-bedroom, 1.5 bathroom villas to be built.

Located adjacent to the Bethanie Beachside Aged Care Home and 45

existing independent living units, the new villas, each with a study, will be built by the YHB Group and are expected to be completed by June 2023.

Starting from \$399,000, the villas will feature high quality finishes, lots of storage, high ceilings,

courtyard and alfresco areas and a well-designed streetscape. There are also four floor plan options for purchasers.

Bethanie chief executive officer Chris How said the new villas would expand on the established Beachside retirement

community.

"Beachside Retirement Village offers a friendly, safe and social environment where residents can meet new and like-minded people, enjoy engaging activities, learn new skills, or simply just relax.

"A third stage comprising a further 17 villas are also being planned after considerable interest has been shown in the latest development, where 80 per cent of the project has been sold off the plan," he said.

The retirement village is located near the beautiful northern suburb beaches and Yanchep National Park, offering a balance of beach and bush living.

Bethanie Beachside is already home to a vibrant community which enjoys a busy social calendar of

quiz nights, movie nights, barbecues, bingo and sundowners.

Resident Denise Willoughby moved into her Beachside home with her husband after he was diagnosed with Parkinson's disease. Mrs Willoughby said the co-located aged care home at the site meant the couple could plan for the longer term.

It was Mrs Willoughby's daughter who initially brought the couple to visit Bethanie Beachside after seeing an advertisement in this newspaper. They instantly fell in love with the picturesque location close to the beach and national park.

The modern and new villa suited them both with the ease of driving or walking to nearby locations, including one of their favou-



Denise Willoughby

rite places 'The Lagoon' where they enjoy a coffee while overseeing the tranquil coastline.

"My favourite moments are driving down to The Lagoon and getting a coffee," she said. "I love the social aspect. All I have to do is walk over the road and there is always com-

pany. The biggest thing for me has been peace of mind because there is always somebody at the village that will give you a hand."

For more information, visit [www.bethanie.com.au/retirement-living/locations/bethanie-beachside](http://www.bethanie.com.au/retirement-living/locations/bethanie-beachside) or call 131 51.

## Live the life you want.

**Inherit WA aims to provide assistance to Older West Australians by ensuring a structured and planned retirement. We provide services in:**

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- Aged Care
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## Epic photographic event clicks into action

WESTERN Australian photographers are being offered the chance to have their work publicly exhibited and earn a share of valuable prizes.

Open to students, enthusiasts and professionals alike, the Western Australian Photographic Salon 2022 will culminate in a major display in Perth's Central Park building in the second half of July. This is a great opportunity for regional and Perth-based photographers to be featured in a public exhibition and to receive mentored feedback on their work.

The organisers of the Salon are professional photographers from WA and the current peak body for camera clubs, the WA Photographic Federation (WAPF).

The event is open to

everyone, with more than \$11,000 worth of prizes up for grabs from some of Perth's major photographic suppliers.

"A special feature of the Photographic Salon is the opportunity for entrants to receive face-to-face feedback on their work by our team of experienced mentors," says WAPF president, John Taylor, one of the organisers. "On top of that, the best 100 pictures, as selected by a top panel of jurors, will be displayed in an exhibition in the lobby of Perth's Central Park building."

'Salon' derives from an Italian word first used by the French in the 17th century to describe an exhibition of artworks in which each piece must earn acceptance by an independent jury.

"We have a strong



One of the photos in the exhibition from Jodie Bradley

photographic community here in WA and the Salon is a way of sharing

the passion," says John. "The educational component – delivering expert feedback to all entrants – is a rare and valuable part of this event. Plus, the chance to have your print publicly exhibited is an honour and thrill for many participants."

"The Photographic Salon is also an epic occasion to celebrate prints, which we believe is the ultimate showcase for people's best work."

Photographs can be entered in five categories: people, places, mono, creative and open.

Entries open with initial online registration and payment until June 24, with a final submission of a maximum of five matted prints. The work then needs to be delivered at Perron Place in Victoria Park on June 29 to participate in the feedback sessions. If you can't attend in person, you can choose to post your entries or make use of a convenient drop-off location.

For more information, go to [waphotographicsalon.com.au/](http://waphotographicsalon.com.au/) or follow on Facebook at [www.facebook.com/waphotographicsalon](http://www.facebook.com/waphotographicsalon).

## CAN YOU HELP?

We're looking for **parent peer volunteers** with children of any age who've lived through alcohol or drug issues to facilitate family support groups in Midland, Thornlie, Rockingham and Bunbury.

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# Face to face is back as the Care & Ageing Expo returns in July



Care and Ageing Well Expo is Australia's biggest expo for older Australians

AFTER a couple of years of struggling with Zoom and Facetime video calls and social distancing, face-to-face is back.

Richard Campbell, director of CMS Events, which runs Australia's biggest expo for older Australians, the Care and Ageing Well Expo, says it's a welcome return for people

who are not quite as keen on digital communication as younger generations.

Around 100 exhibitors will be at the expo on July 30 and 31 at the Perth Convention and Exhibition Centre and according to Richard there's plenty of excitement about being able to talk to their customers face-to-face.

"People can take the time they need to really find out about the products and services that are on offer for older age people and their families," Richard says.

The Care and Ageing Well Expo was created in Perth by Leading Age Services (LASA) in 2017 and is also heading to Mel-

bourne next year where it will be held at the Melbourne Convention Exhibition Centre on February 11 and 12.

Providers at the Perth expo will be available for advice on residential care, home care, retirement living, equipment, service, health care, vulnerable care groups, legal, finan-

cial, superfunds and insurance, medical and pharmacy, support groups, consultants, disability, funeral directors, home improvement, local, State and Federal Government, mobility options, palliative care, technology and training, workforce and recruitment.

"There will be people on hand to help with information and advice on pretty much every aspect of ageing well. Seniors and their families to be able to compare what's available and what might work best for them," Richard says.

The expo will have a relaxed atmosphere with plenty of places to sit and have a tea or coffee; musicians will be providing entertainment.

The Bethanie Lifestyle Stage will play host to an endless stream of infor-

mation and advice from industry experts on a wide range of aged care topics from ageing well, home care planning, cyber-crime, aged care finances and more. Experts will be available to answer questions in a seminar Q&A booth after their presentations.

The Ageing Well Lounge will provide a more informal area for discussions including topics such as staying healthy, positive ageing, innovative products and more.

Richard said services and technology had evolved rapidly over the past few years allowing people to live better lives with many high-tech products and services that assist Australians to age well.

The Expo aims to provide confidence and in-

spire people about how to age well.

"I think we're all much more aware these days of the importance of planning for older people's needs and it should be a priority for them and their relatives.

"As Australians live longer lives, they are becoming aware of the ways they can contribute to their families and the wider community.

"They should be able to enjoy that life. The expo aims to provide incentives for them to be able to do that," he says.

The expo opens both Saturday and Sunday, from 9.30am to 4pm and is free to attend.

To avoid registration queues, tickets are available online from [www.careandageingexpo.com.au/perth](http://www.careandageingexpo.com.au/perth), or at the door.

## Applying for home care funding made easy



Most people want to age well at home

IF you have tried accessing home care funding you may have found it a little confusing. You are not alone in this.

There is a wealth of information available and navigating your way through it all is not so easy but with a few signposts showing the way it need not be so difficult.

To be eligible for a Home Care Package there are three main criteria. You must be over 65 or over 50 for Aboriginal and Torres Strait Island people, live in a private residence and

have a need for assistance with some everyday tasks including housework, gardening, laundry and shopping.

Genuinely having a need for assistance is the key, so first write down a list of all the things you are finding difficult to do at home and if possible, why. You will need this later.

Next step is to apply for an assessment by an Age Care Assessment Team (ACAT) member. You can call My Aged Care (MAC) on 1800 200 422 and they will decide if you are eligible for

an assessment, so have your list ready to tell them where you are having problems. Or go to the MAC website at [www.myagedcare.gov.au](http://www.myagedcare.gov.au) select "Types Of Care" then "Help At Home" and follow the prompts to fill in the questionnaire. Or give the list to your GP and ask him or her to make the call for you.

If this application has been successful, you'll be contacted by an ACAT assessor to arrange a full assessment in your home and this is where it will be decided if you are eligible for

funding. You will then receive a letter telling you of their decision.

Applying for home care funding can be a lengthy process but doesn't need to be difficult and can be well worth the effort involved.

If you would like more detailed information to help you through each stage of this process, please call CPE Group on 1300 665 082 or email [info@cpegroup.biz](mailto:info@cpegroup.biz) for our Guide Through My Aged Care To A Home Care Package.



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## Study shows the benefits of physiotherapy are a lot more than just Pilates...



Exercise and activity are key to effectively reduce pain



German physical trainer Joseph Pilates in the early 1920s, focussed specifically on control when undertaking a movement or exercise.

Sport Australia recently found nearly 600,000 Australians over the age

of 15, participate in Pilates every year. It is very difficult to find a physiotherapist in Australia that does not use Pilates in some form as part of their treatment and management.

The popularity of Pilates has gained momentum over the last decade, however this was curtailed in 2015 when the Australian Government's Department of Health conducted a study looking into 17 alternative therapies, to see if they were eligible for a private

health rebate.

Science-Based Medicine, which conducted the study, concluded that the effectiveness of Pilates is uncertain. As a result, in 2017 the Australian Government decided that Pilates would be no longer eligible to receive a private health rebate.

A paper in the peer-reviewed *Journal of Orthopaedic and Sports Physical Therapy*, concluded that "for the treatment of lower back pain, low quality evidence suggests that while Pilates

is better than doing nothing, it is no more effective than other forms of physical exercise".

The take away message from this is although Pilates can be used for helping with lower back pain, other forms of exercise may be just as effective in reducing pain. Activity is the key. Therefore, find an exercise that speaks to you, whether it is weight lifting, swimming, Tai Chi or an exercise class and you'll be well on your way to helping manage your pain.

A physiotherapist can assist you with finding you exercises for treatment of neck pain; back pain; sporting injuries; jaw pain; vertigo; muscle sprains; arthritis; joint injuries; plantar fasciitis; tennis elbow; neurological conditions and cardiac rehabilitation.

To see how evidence-based physiotherapy can assist and to find the right type of exercise for you, phone 9203 7771 or visit [www.ngp.net.au](http://www.ngp.net.au) to make an appointment with Robert and Jeff today.

by Robert Vander Kraats and Jeff Wong

PILATES, a mind-body exercise, developed by

## Stem cell therapy and arthritis symptom relief

ARTHRITIS is painful inflammation and stiffness of the joints. It is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection but also to start the healing process.

The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to the need for joint replacement surgery.

Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion.

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue adult

stem cells can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when you were 25.

Stem cell nutrition encourages your body to naturally release millions of new stem cells – which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better.

If you would like to find out how stem cell therapy can change your life, phone Sandra Barnsley 0412 479 156.

## WA Police celebrate success of Safe & Found initiative



SINCE Safe & Found was launched in August 2021, hundreds of vulnerable people people have been registered by their families or carers so that police are informed and ready to begin a search immediately if they go missing.

An increasing number of West Australians are reported as missing every

year. Searches for people living with dementia in WA is set to be higher in 2022 than ever before. Risks are high one in four are may die if not located within 24 hours.

Safe & Found WA reduces search times and saves lives.

So, what does a search look like for someone living with dementia? Since launch, 20 Safe & Found members have been returned home safely. Their stories are varied, but all have a common thread. Support from family, carers and community is essential in assisting police.

These are some of their stories...

A Harrisdale gentleman had wandered from home wearing a tracking device that no one knew wasn't actually working until they attempted to use it. A call to police ensured that his up-to-date photo and general description was immediately broadcast on

social media, and a keen-eyed member of the public spotted him in a shopping centre within half an hour of his photo being posted.

Police at the Rockingham Police Station attempted to assist a woman who was reporting a stolen car, and noticed that she was wearing a Safe & Found ID bracelet. A quick call to her family established that she no longer drove or owned a car and that they were unaware that she'd left home at all.

More recently, a Willagee woman made her way to the Royal Fremantle Golf Club, appearing confused and disoriented. A staff member used her Safe & Found bracelet to call police and identify her, ensuring she was returned safely home with minimum fuss.

Safe & Found gives the community the chance to help those that we may not recognise as disoriented or lost. For people living

with dementia, becoming lost can result in a rapid downturn, with health issues, distress and dehydration taking a toll very quickly. People vulnerable to losing their way can be easier to identify with community help via the Safe & Found ID bracelet and police bulletins.

The missing Harrisdale gentleman's wife, Margaret told WA police: "In your mind you kind of think, well I don't know if I really need this because I'm quite independent with him. But I just thought, you know what, all these things are there for a reason and it does make the work for the police easier. I'm just so grateful."

Safe & Found WA stores the type of information police and searchers will rely on for a successful search. This includes a photo, physical description, past history, habits and addresses. When a report is made about a missing Safe & Found WA member, police save precious hours by accessing this information immediately, narrowing the search field and broadcasting vital details via platforms such as social media or emergency alert to help locate a missing person.

An accompanying Safe & Found ID bracelet is custom-engraved with emergency numbers and acts as a visual cue to the community that this person may be lost or distressed and requires assistance to return safely home.

Join now for \$99 + P&H. The joining bundle includes your secure Safe & Found profile and a complimentary custom engraved Safe & Found ID bracelet.

Ongoing annual membership fee to store information is \$49 – less than \$1 per week. Seniors card discount available. Please ask about funding assistance options.

Are you a current MediAlert member and would like to add Safe & Found membership? Contact them to find out how.

Safe & Found WA is a joint initiative of the Western Australia Police Force and Australia Medic Alert Foundation.

Visit [www.safeandfound.org.au](http://www.safeandfound.org.au) or call MediAlert on 1800 88 22 22.

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# GREAT HOME and GARDENING



## England's finest garden show is back where it belongs



Highlights from the Chelsea Flower Show, L-R; Best Show Garden, A Rewilding Britain Landscape designed by Lulu Urquhart and Adam Hunt © Tyler Howard - Ash Walker at Kate Gould's garden, Out of the Shadows, winner of Best Garden and Best Construction Award of the Sanctuary Garden section © Ash Walker - Joe Perkins (left) with his gold medal winning garden Meta Garden: Growing the Future, Tyler Howard (middle) and Landscapes Consultants' Jake © Tyler Howard - time to prune the roses



by Colin Barlow

ENGLAND'S famous Chelsea Flower Show is finally back in its treasured late May timeslot after three covid ravaged years. I have missed visiting this amazing show, as I did most years as a tour leader for Ross Garden Tours. This year I only managed to visit the show highlights online, but this was enough to whet my appetite for more.



This year the overall Best Show Garden went to A Rewilding Britain Landscape designed by Lulu Urquhart and Adam Hunt. The garden displayed a rewilding of the landscape in the South-West of England, after the reintroduction of beavers. A glade of hawthorn, hazel and field maples flanked a babbling brook and old stone wall. Around a large willow further downstream was a pool dammed by beavers and their lodge with wood-sticks, woodchip and tree debris scattered around. Wetland meadows and native wildflowers mingled with grasses lined the edges of the pool and stream. It looked as if it had been just picked up straight from the countryside and positioned at Chelsea.

In Melbourne recently, I met two young and enthusiastic horticultural winners of BBM Scholarships in Australia, Tyler Howard and Ash Walker, who were working on the Careers Stand for the Australian Garden Council. As part of their BBM Global Industry Scholarship grant, they are offered overseas work. They are currently gaining valuable experience in several well-known and high profile gardens in the United Kingdom and France including Kew Gardens,

Hidcote Manor, The Eden Project, The Lost Gardens of Heligan and Monet's Garden. They were helping to plant up two award winning gardens at 2022 Chelsea Flower Show. Most of these industry placements were arranged by my colleagues in the Australian Garden Council and would make any horticulturist green with envy.



At Chelsea, Tyler was working on the Joe Perkins designed Meta Garden: Growing the Future. The garden illustrated the connection between plants and fungi within woodland ecosystems.

The innovative pavilion displayed the interaction between the mycorrhizal network and its host tree's roots in its structure. The garden made use of a naturalistic planting palette to create a restful and captivating atmosphere. It won a gold medal in the Show Gardens section. Tyler proudly shared photographs of the progress of the build on social media.

Other gold medal win-

ners in the show garden category included the Medite Smartply Building the Future by Sarah Eberle, and the The RNLI Garden by Chris Beardshaw, Morris & Co by Ruth Wilmott and The Mind Garden by Andy Sturgeon.

Ash was working on the Kate Gould designed garden Out of the Shadows. The garden took out a gold medal in both the Best Garden and Best Construction Award of the Sanctuary Garden section.

It used hardy tropical style planting to create a private, calm and relaxing space. The garden was designed as a haven for people to exercise and

socialise in small groups. Areas included a swim spa, a yoga and meditation space, climbing bars, seating and relaxation areas, surrounded by lush green tropical style planting.



Ash, sharing his images on social media, said: "The new skills I've learnt, friends that I have made and the ever lasting

memories from being at Chelsea will stay with me for ever"

The gardening trip of a lifetime for both awardees is sure to kickstart their horticultural careers.

Next year I am hoping to return to the magical gardens of England, so why not join me on a Ross Garden Tours trip to see the Chelsea Flower Show and the Gardens of England in May? For further information contact Royce or Roslyn from Ross Garden Tours on 1300 233 200 or go to [www.rosstours.com.au](http://www.rosstours.com.au)

### Time to turn off the reticulation

Now that winter is here it

is the time to turn off your reticulation and sprinklers until September. Test your sprinklers every week for a minute or two to flush out any stagnant water and avoid intrusion by ants.

### Rose pruning tips from The Rose Society of WA

Don't miss the opportunity to learn how to prune your roses correctly by experienced rosarians from the Rose Society of WA this winter. From 10am - 12pm on the July 2. Join the free rose pruning demonstration being conducted at Uniting Church, 121 Northstead Street, Scarborough. For more information email Robyn at [cable@inet.net.au](mailto:cable@inet.net.au).

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# It might be winter but it's time to switch off your tumble dryer...

IT'S that time of year folks when we need to take a quick look out the window before switching the washing machine on.

For some, that seasonal weather shift already seems to be bringing us yet more rain. And it's precisely this time of year, most of us are wondering how the heck are we going to get our laundry dry?

You can always rely on your trusty tumble dryer, right? The chances are high you've already started using your tumble dryer. A further dip in temperature and you'll also be anticipating the cost of your electricity bill.

On the other hand, if you're feeling smug

that you invested in an energy efficient heat pump condenser dryer. You'll already know that while tumble dryers are all pretty much the same in terms of what they do, except that it's what they do with the hot, moist air afterwards – which makes a huge difference when it comes to energy efficiency and your household running costs.

Despite newer – and more expensive, energy efficient machines on the market, households continue to make significant contributions to greenhouse gas emissions and that's not good for the environment.

According to the Australian Bureau of

Statistics (ABS) laundry accounts for 26 per cent of household energy use in Australia. Washing clothes adds a surprising amount to your carbon footprint – but tumble drying them racks up even more emissions.

The rising cost of electricity may give you further incentive to switch off your trusty tumble dryer.

Simply put – tumble drying is wasteful. A household running a dryer 200 times a year could save nearly half a tonne of CO2 by switching to a portable clothesline. Invest in a quality piece of equipment though – forget about those plastic clothes rack or airers –

they're are not made for drying and will not take your sheets.

Adelaide company, Mrs Peggs Products knows a thing or two about laundry. They started a revolution with Australian households when they created the Mrs Peggs Handy Line® – a portable clothesline built to take sheets of all sizes. Light, portable and easy to use, they say: "let it all hang out and air dry."

Best of all, when you have a Mrs Peggs – you'll not only love it, you'll also never have to use the tumble dryer again.

See advert on page 15.

## Have a Go News PUZZLES SOLUTIONS

### Solution for BIG Crossword page 46

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | X | A | M |   | O | C | T | A | V | E | S |   | Q | U | A | D |
| R |   | S | O | C | K | S |   | O |   | E |   | C | L | A | U | S |
| A | B | H | O | R |   | L |   | F | O | R |   | A |   | R | O | A |
| S | U | E |   | A | L | O | O | F |   | S | A | B | L | E |   | G |
|   | I | N | A | N | E |   | D | E | T | E | R |   | E | A | S | E |
|   | L |   | R | E | S | I | D | E |   | S | O | R | E | S | T |   |
| A | D | D | S |   | S |   | I |   |   | M |   | W |   | Y | E | A |
| I |   |   | E | J | E | C | T | S |   | G | A | L | A | S |   | N |
| R |   |   | K | N | E | E |   | Y | A | W | N | S |   | Y | A | M |
| C | L | E | A | R |   |   |   | N |   | A |   |   |   | G | A | U |
| R |   | E | L | K | S |   | H | E | A | T | S |   | O | G | R | E |
| E |   | P |   | S | C | O | U | R |   | S | P | R | A | Y | S |   |
| W | A | S | H |   | R |   | S |   |   | O |   | F |   | H | E | A |
|   | L |   | I | D | I | O | T | S |   | S | T | R | I | F | E |   |
|   | L | E | T | U | P |   | L | I | M | I | T |   | S | I | S | S |
| W | I | N |   | S | T | E | E | L |   | M | Y | T | H | S |   | L |
| I | N | A | P | T |   | Y |   | V | I | P |   | U |   | T | H | E |
| S |   | C | A | S | T | E |   | E |   | L |   | F | U | S | E | D |
| P | U | T | T |   |   | D | A | R | K | E | S | T |   |   | R | S |

### Solution for Crossword page 47

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| P | A | R | A | S | O | L | S |   | H |   |
| A |   | A |   | Y |   | A |   | D | A | Y |
| S | E | C | U | R | I | T | Y |   | R |   |
| S |   | K |   | I |   | H |   | L | E | A |
| A | V | E | R | A | G | E | S |   |   | B |
| G |   | T |   |   | I |   |   | S |   | S |
| E |   |   | L | A | N | G | U | A | G | E |
| S | A | P |   | G |   | R |   | F |   | N |
|   | W |   | C | A | T | A | R | A | C | T |
| F | A | D |   | P |   | V |   | R |   | E |
|   | Y |   | T | E | L | E | V | I | S | E |

### Solution for Sudoku page 47

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 9 | 2 | 6 | 8 | 3 | 5 | 1 | 7 | 4 |
| 7 | 4 | 3 | 2 | 9 | 1 | 5 | 6 | 8 |
| 8 | 5 | 1 | 7 | 6 | 4 | 9 | 3 | 2 |
| 4 | 6 | 8 | 1 | 5 | 3 | 7 | 2 | 9 |
| 5 | 1 | 9 | 4 | 7 | 2 | 6 | 8 | 3 |
| 2 | 3 | 7 | 9 | 8 | 6 | 4 | 5 | 1 |
| 6 | 7 | 2 | 3 | 1 | 9 | 8 | 4 | 5 |
| 3 | 9 | 5 | 6 | 4 | 8 | 2 | 1 | 7 |
| 1 | 8 | 4 | 5 | 2 | 7 | 3 | 9 | 6 |

### Solution for Wheel Words page 47:

Ahem, Alee, Amen, Anew, Elan, Hale, Hame, Heal, Heel, Helm, Hewn, Lame, Lane, Lean, Lien, Lime, Line, Male, Mane, Meal, Mean, Mewl, Mien, Mile, Mine, Name, Neem, Wale, Wane, Weal, Wean, Whee, When, Wile, Wine, Alien, Amine, Anile, Anime, Elemi, Email, Enema, Limen, Newel, Whale, Wheel, While, Whine, Awhile, Enamel, Haemin, Inhale, Mealie, Meanie, Menial, Hemline.

9-letter word: MEANWHILE.

### Answers for PRISM page 47:

Chop, toss, barbecue, chasseur, devilled, julienne.

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

1. 20%
2. South Dandalup
3. 20%
4. 33%
5. York
6. 46%
7. George Throssell
8. 20m cars in Australia, 2.3m in WA
9. 10.6-years-old
10. David Honey

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| Abbreviations used in Friend to Friend |                         |
|--|-------------------------|
| ALA: All letters answered              | DTE: Down to earth      |
| GSOH: Good sense of humour             | ND: Non drinker         |
| SD: Social drinker                     | NG: Non gambler         |
| NS: Non smoker                         | NOR: North of River     |
| SOR: South of River                    | TLC: Tender loving care |
| WLTM: Would like to meet               |                         |

Each person may submit one entry every month.

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Seeking a Friend

**60+** seeking friendship, companionship or a soul-mate. Let's have a go, meet a friend group, help you through our gatherings every three weeks on Saturday. No fees other than the cost of your own beverage.

Reply Box 9109

**AUSSIE** gentleman, compassionate, early 70s, GSOH, NS, NOR, widower, enjoy outdoors, walking, coffee, gym membership, great sense of humour, music lover, enjoy movies, genuine friendship first. Life is too short.

Reply Box 9103

**CARING** gentleman 82, Christian values. WLTM lady to build friendship, one morning a week. Meet at Warwick or Kingsway for alfresco coffee. Seeking petite, active person in their seventies. Cheerful disposition for talk and laugh.

Reply Box 9108

**EUROPEAN** lady, 50+, slim, pretty, Christian, NS, ND, DTE, honest, quiet, respectful, GSOH, enjoy dancing, music, swimming, travelling. WLTM gentleman, genuine Christian, kind, fin sec, honest, 50-62, caring, trustworthy for friendship, soulmate, genuine replies only.

Reply Box 9105

**GENT** WLTM Asian lady. Still waiting to enjoy life, SOR, active, happy, enjoys movies, dinners, walking etc, home life. We can meet. ALA.

Reply Box 9095

**GENTLEMAN** early 70s, English background, post-code 6168, alone but not lonely, 180cm, slim, NS, DTE, active. Enjoys travel, socialising, walks, cycling, beach, fin sec. WLTM kind, honest, loving lady, 60-70 for friendship, possible relationship, genuine replies only please. ALA.

Reply Box 9110

**HELLO** there! I'm European Asian lady, easy going widow, 79. WLTM similar age gent, well groomed, smartly dressed man, friend or companion. My interests; carpet bowls, cooking, movies, dancing, outings, NS, SD, NOR.

Reply Box 9092

**LADY** 49, educated, NS, WLTM fun, gentleman, similar age, must enjoy music, dancing, theatre, coffee, the arts and also animals, no expectations just simple fun and friendship.

Reply Box 9098

**LADY** travel companion wanted for a male, 72, caravanning in WA and overseas cruises. Willing to share expenses.

Reply Box 9102

**MALE** 53 seeks lady to 60, medium build who would enjoy mutual casual relationship. I enjoy giving and receiving massage and I am easygoing, your place or mine on a regular basis. Looks unimportant, personality comes first.

Reply Box 9107

**PRESENTABLE** gentleman, 63, young at heart, active and adventurous, WLTM a nice lady.

Reply Box 9106

**SINGLE** lady mid 70s originally from UK, seeking similar aged ladies for socialising, companionship with easygoing personality living SOR, clean living, NS, SD, postcode 6125, ladies only thank you.

Reply Box 9101

**VERY** loveable man, OBE, WLTM lady who would like to travel to the country from time to time to meet me and enjoy life for a while.

Reply Box 9093

**YOUNG** at heart and mature lady, 5'2", blonde, happy, outgoing, semi vegan, animal lover, gardening, movies, meeting people, family values, 60-70s, music; classical and soul, honest, fin sec, genuine persons male or female.

Reply Box 9111

## Seeking a Partner

**A LOCAL** woman in her early 70s wishes to establish a friendship or partner for future companionship to share movies, concerts, day out, travelling, bush walks, exercising, interests, etc. Thornlie resident 6108. ALA. GSOH, SD, SOR, TLC.

Reply Box 9100

**ATTRACTIVE** well presented, English Australian, lady, 70+, medium build, educated, SOR, postcode 6107. I enjoy reading, music, walking, gardening, Bunnings, country drives, ND. WLTM unattached, well presented, genuine, kind, loving, fin secure gentleman, 66-76 with old fashioned values for permanent long term relationship. Hills metro or country areas. ALA.

Reply Box 9099

**CLINT** Eastwood look alike, 70, fit, slim, 174cm, 62kgs, well presented, Australian Eastern European gentleman, wise, understanding, caring, enjoy social activities together. WLTM lady, European Asian Australian, fit, sociable, loving, confident, make my day.

Reply Box 9097

**COUNTRY** bloke, 74, widower, postcode 6304, WLTM a woman in same area. Willing to meet for coffee and chat. I live a quiet life, NG, SD, DTE. WLTM a girl, 65-72, let's see what happens, who knows.

Reply Box 9096

**LADY** 66 WLTM fin sec, NOR, genuine, honest to share company, same same, see what happens.

Reply Box 9091

**LADY** at peace with life at 73, looks younger. Fun to be with. Seeking that special man to share many special moments and life's pleasures. I enjoy socialising, family, reading, theatre and do exercise regularly.

Reply Box 9089

**ME** happy, friendly, like romance, NS, ND, slim, 70s, live Midland. You; happy, friendly, like romance, NS, ND, slim. Let's have coffee see if we match up partner or friend.

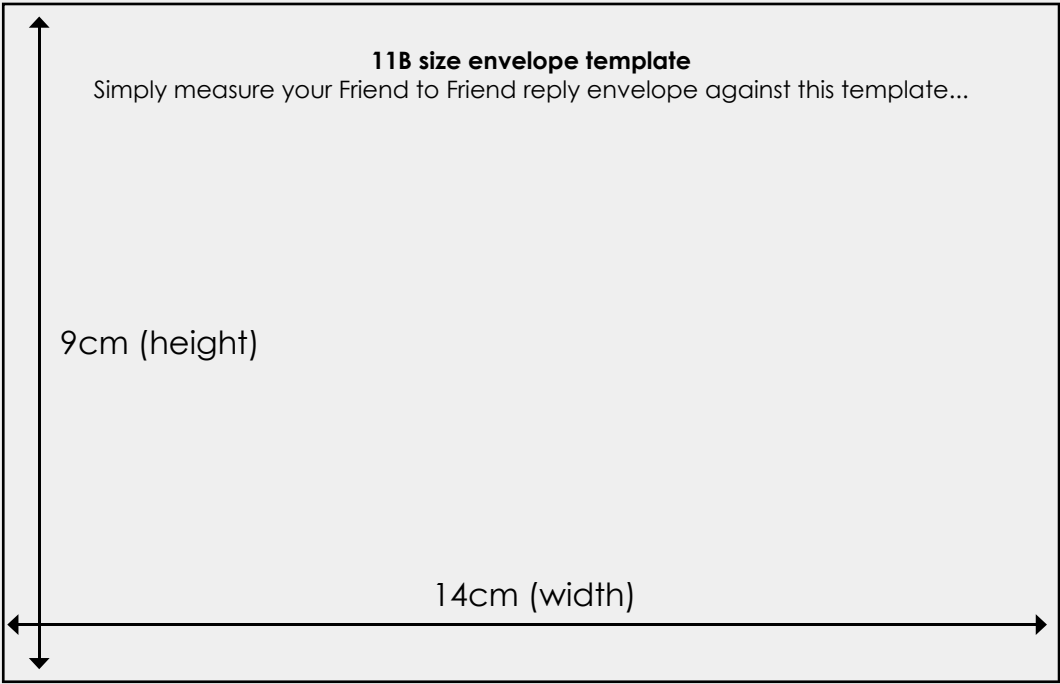
Reply Box 9094

**SINGLE** beautiful lady, 50+, WLTM single, sincere gentleman, 45-65, GSOH, NS, NG, DTE, TLC for good friendship and more if compatible. Let's go for it!

Reply Box 9104

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Travel Companion

**TALL** slim, honest gent, NS, NG, SD, travelled to France many times. WLTM slim, attractive lady about 70 for a trip to South of France in July, August, share 50/50, stay small villages not expensive. Contact Cameron for details.

Reply Box 9090

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**KELMSCOTT LADY 75** slim, petite blond, well grmd, bright, funloving, English lass, outgoing, positive w/ young outlook. Sk gent similar 70-80.

**CANNINGTON LADY 75** slim, stylish, brunette, good looking, well spoken, refined, fit, healthy o/look, sociable, loves travel. Sk gent 70-80.

**STIRLING GENT 70** tall, handsome, well presented, d.t.earth, outdoorsy, intelligent & easy to talk to, romantic at heart. Sk lady who enj sport & o/doors.

**HILLARYS GENT 70s** tall, trim, Brit, intell, e/going, sociable, generous, adventurous, well spoken, proud w/ GSOH. Sk slim, active, gentle natured lady who likes travel 65-70.

**BALDIVIS GENT 73** intelligent, level-headed, pride in appearance, 174cm, trim, likes to try new things, enj outdoors. Sk lady 65-73.

**FORRESTFIELD GENT 68** widower, 178cm, very well grmd, nice looking, calm, relaxed, lovely manner, kind, respectful, sk natural lady or Euro descent 60-70.

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## Robbie and Debbie bring their very British show *Cluedunnit* to WA



L-R; *Cluedunnit* creator, Robbie Burns - *Cluedunnit* audience members dressed in inspirational clothing and finery from the 1930s

by Josephine Allison

WHEN award winning British theatre artistic director Robbie Burns and wife Debbie settled in

Perth from the UK they brought with them *Cluedunnit* - Agatha Christie inspired Murder Mysteries, three-hour long dinner

delighted local audiences. Robbie, 70, who has been involved in acting since his 20s, professionally trained with the Birmingham Theatre Youth

School and has done lots of amateur theatre, professional shows and cabaret, he tells *Have a Go News*.

"I was always the class clown at school and the theatre was a natural outlet for me," says Robbie. "I appeared in numerous stage plays and musical theatre shows. I was lucky enough to win a few theatre awards over the years and acting really was in my blood."

He created *Cluedunnit* in collaboration with author and actor Chris Mills and John Butler in Bristol, England more than 40 years ago.

"The Murder Mystery Weekends started in the north of England around 1980 in a small seaside hotel. Some friends worked in the same hotel group and, after seeing the show, said we could do something similar. We formed a company of actors who had a passion for and experience of performing in Agatha Christie plays and started doing Murder Mysteries weekends around England. We were about the third or fourth such company in the world to do so."

"We got extremely busy, travelling throughout the UK, doing about 30 shows a year, but then the Murder Mystery Weekends became less popular so we adapted the presentation and established the Murder

Mysteries dinner shows we still perform today. *Cluedunnit* members were soon working flat out with up to 120 shows a year."

"Our actors have been lucky enough to have performed Murder Mysteries on such prestigious locations as the Orient Express and the luxury liner *Queen Mary* during a trans-Atlantic crossing. They have also created bespoke mysteries as part of the Agatha Christie Festival, appearing at the very hotel where Agatha had her honeymoon."

Robbie and his team took their show to the art deco hotel Burgh Island, located just off the English coast which is closely linked to Agatha Christie and was the setting for *And Then There Were None*. It was also the setting of the Hercule Poirot mystery *Evil Under the Sun*.

Settling in Perth with artist and sculptor wife Debbie four years ago, Robbie focused on writing new plots for his shows while in Covid lockdown with the plan to introduce the Murder Mysteries shows to local audiences. "We auditioned actors from around WA due to the wealth of talent here."

"*Cluedunnit* requires actors with considerable improvisation skills who could work without a script. From these auditions, we were able to

form a group of 24 actors of various ages from early 20s to 70 plus.

"Our next challenge was to find 1930s inspired costumes. Debbie scoured op shops around Perth for the distinctive outfits that could be adapted to create something reminiscent of Agatha Christie, Poirot and Miss Marple from the late 1920s to the mid 1930s. Debbie also created bespoke items herself such as authentic looking maids' outfits."

"When people walk into our show, they like to see costumes from the period and we also encourage the audience to dress up in similar finery of the period. Many attend wearing great-grandmother's cameos and precious jewellery. The audience sit at tables of ten to enjoy a delicious three-course dinner and try solving the mystery."

Though new to WA, Robbie and Debbie say they are enjoying their new life and the receptive audiences who love their show. As Robbie says: "After patrons have had dessert, they work together to announce: *Cluedunnit*."

The shows initially ran at Rigbys tavern in Perth which has since closed. *Cluedunnit* is now based Downstairs at His Majesty's Theatre with shows programmed throughout this year. "We stage three

shows a month written by Debbie and myself with a varied range of local and British actors, all professionally trained."

"We are looking at expanding into Sydney and Melbourne," Robbie said. "A big highlight next March is an already sold-out Murder Mystery trip on the Indian Pacific with Imagine Holidays from East Perth to Sydney. This specially written plot features seven actors in costume throughout the day and night. It will be something very special indeed."

Apart from Downstairs at His Majesty's, *Cluedunnit* has also played at venues in Scarborough, Joondalup, Mindarie, Belmont and Bunbury.

This versatile actor has also written and performs a one-man adaption of the Charles Dickens classic novella *A Christmas Carol* at His Majesty's and the Subiaco Arts Centre this Christmas. It features 23 different characters during the 70-minute show and is a perfect gift for the young and young at heart.

"Perth has been so welcoming and supportive of the Murder Mysteries shows Debbie and I present, we don't have time to retire," says Robbie.

For program details of *Cluedunnit* Murder Mysteries visit [www.cluedunnit.com.au](http://www.cluedunnit.com.au).



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## The turbulent life and times of Elvis Presley

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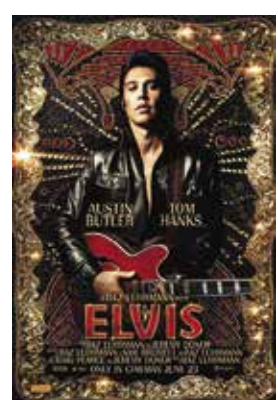


FROM Oscar-nominated visionary filmmaker Baz Luhrmann comes Warner Bros. Pictures' drama *Elvis*, starring Austin Butler and Oscar winner Tom Hanks.

The film explores the life and music of Elvis Presley (Butler), seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker (Hanks).

The story delves into the complex dynamic between Presley and Parker spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America.

Central to that journey is one of the most significant and influential people in Elvis's life, Priscilla Presley (Olivia DeJonge). In cinemas June 23.



WIN WIN WIN

We have double passes to give away to some lucky readers to see *Elvis*. To be in the draw simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with *Elvis* in the subject line or write to *Elvis C/- Have a Go News PO Box 1042 West Leederville 6901*. Closes 20/6/22.

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## A fitting tribute to one of Perth's Jazz legends



L-R; Don Bancroft - Adam Hall - Don playing in one of the jazz bands

THE Jazz Club of WA hosted a special night for one of the legends of traditional jazz in Perth on Tuesday June 7,

Don Bancroft, trumpeter and vocalist has, sadly, retired from playing due to ill health. Don pioneered jazz in WA and has fronted many great bands including *JT and the Jazzmen*, who had a rip-roaring Saturday afternoon at the Swanbourne Hotel for many years. He played for 28 years with the *Cornerhouse Jazz band* and 34 years with the Jazz Club's house band, *The New Orleans Heritage Jazz band*. A lover of New Orleans jazz, Don's driving style has delighted jazz lovers for decades.

Don was also a member of the Perth branch of the Australian Army Band for 23 years.

He began playing when he was 16 and had many great teachers, here and in Sydney. At the age of 19, Don

travelled to Sydney to learn classical trumpet at the Sydney Conservatorium of Music.

He was a regular contributor to the Australian Jazz Convention for years where he performed with fellow musicians from all over Australia.

He said: "I'd like to say a huge thank you to Heritage and all the other bands and musos I've worked with. I have enjoyed a long and productive career in music and it has always been a pleasure to play the music I love."

As a fitting tribute to Don, Adam Hall, another well known and loved local trumpet player and vocalist, fronted *The New Orleans Heritage Jazz band* in an exciting night of jazz.

Adam and his brilliant band, the *Velvet Playboys* are famous in Perth. Adam began his career in Sydney and performed at the Sydney Olym-

pics. He has played in Singapore and has worked with Australian greats like James Morrison, Don Burrows and Grace Knight, among many others.

The Jazz Club meets in the Milk Bar of the Civic Hotel, Inglewood every Tuesday night and the show is on from 7.30 - 10.30pm.

The *New Orleans Heritage Jazzband* also performed at Jazz Fremantle on Sunday May 22.

Band spokesperson and drummer, Nigel Ridgway, said: "It was a great afternoon. We had Rob Bresland playing trumpet for Don. Don and his wife Helena were in the audience and were acknowledged by jazz lovers. We don't know if the band will continue after the tribute night at the Jazz Club as Don holds a special place in all our hearts. He's a nice bloke and is one of the best trumpet players Perth has produced."

## Metso returns with their winter concert



INDULGE your inner romantic this winter and join the Metropolitan Symphony Orchestra for the first in the MetSO Young Artist (MYA) Concert Series 2022 - Winter on Sunday June 19 at 3pm.

Don't miss this warming winter concert and marvel at the glorious honey tones of Metropolitan Symphony Orchestra Young Artist 2022 - Alex Thomson - performing the captivating Weber Clarinet Concertino.

Alex has recently returned home to Perth after studying a Master of Arts at The Royal Academy of Music in London; prior to this Alex had already completed a

Masters of Music (Studies) at the Sydney Conservatorium and her Bachelor of Music (Honours) at the Western Australian Academy of Performing Arts (WAAPA). Metso is thrilled to be able to showcase the talents of such an outstanding young local clarinetist.

Also on the program, two more classically romantic gems: Weber's defining waltz - *Invitation to the Dance*, and Robert Schumann's broodingly passionate *Symphony No 4*; both works written when their respective composers were newly married and in the first flush of love. Conducted by the wonderful

Bruce Herriman.

All concerts in the 2022 series will be held in the wonderful acoustics of Churchlands Concert Hall, located at Churchlands Senior High School.

Tickets from \$12-\$27 (online) and can be booked at [metso.perth.org/tickets](https://metso.perth.org/tickets), or by Googling "metso tickets".

### WIN WIN WIN

**We have five double passes to give away to the June 19 concert at 3pm at Churchlands Concert Hall. To be in the draw simply email [win@haveagoneews.com.au](mailto:win@haveagoneews.com.au) with Metso in the subject line. Email entry only closes 15/6/22.**

## First world war poet portrayed in new movie



**BENEDICTION** explores the turbulent life of First World War poet, Siegfried Sassoon - (portrayed by Jack Lowden and Peter Capaldi).

Sassoon was a complex man who survived the horrors of fighting in

the First World War and was decorated for his bravery but who became a vocal critic of the government's continuation of the war when he returned from service.

His poetry was inspired by his experiences on the Western Front and he became one of the leading war poets of the era. Adored by members of the aristocracy as well as stars of London's literary and stage world, he embarked on affairs with several men as he attempted to come to terms with his homosexuality.

At the same time, broken by the horror of war, he made his life's journey a quest for salvation, trying to find it within the

conformity of marriage and religion.

His story is one of a troubled man in a fractured world searching for peace and self-acceptance, something which speaks as meaningfully to the modern world as it did then.

In cinemas June 9.

### WIN WIN WIN (email only)

**Thanks to Rialto Distribution we are giving away 10 in-season double passes to *Benediction*. To be in the draw simply email [win@haveagoneews.com.au](mailto:win@haveagoneews.com.au) with *Benediction* in the subject line. Closes 10/6/22.**



**Dalgaty House Museum** is celebrating the anniversary of the first shipment of 25,000 tonnes of iron ore from Port Hedland by Goldsworthy Mining via Harvey S. Mudd - this was the commencement of today's iron ore era. Entry fees apply. Museum open; 10am to 2pm Mon-Fri and 11am to 1pm Sat & Sun Ph: 9173 4300 6 Anderson Street, Port Hedland

## Songs of love and wonder...

**CHURCHLANDS** Choral Society mid-winter Concert will lift your spirits and warm your heart with music from Thomas Tallis to Broadway.

Musical director Rachel Martella, along with the choir and accompanist Alex Wheeler will provide a fabulous musical soiree.

The concert will be held on Sunday June 26 at 2pm at All Saints Uniting Church, 50 Berkeley Crescent, Floreat.

Tickets: \$25 Children u/12 free. Purchase through Choir members or at the door.

Raffle tickets available in foyer prior to concert to win a Christmas in July Hamper and a WASO Concert ticket.

Afternoon Tea with the choir follows the Concert.

Further details or bookings call Sandra on 9341 5858.

An exquisite and deeply affecting film based on the novel by Graham Swift, starring Australia's *Odessa Young*, *The Crown's* Josh O'Connor and Oscar-winners Colin Firth and Olivia Colman

**MOTHERING SUNDAY**

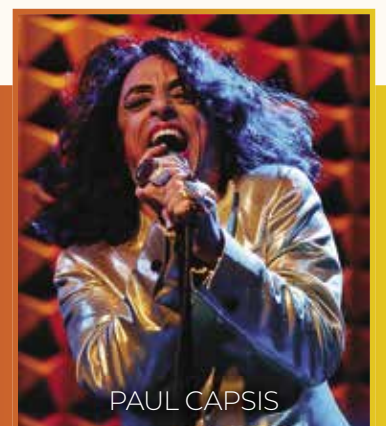
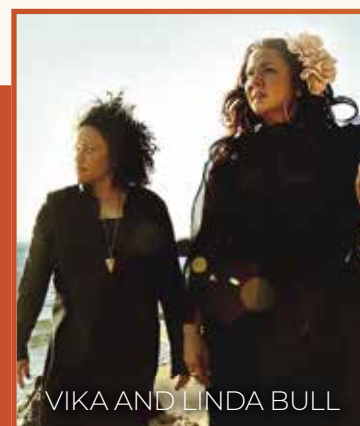
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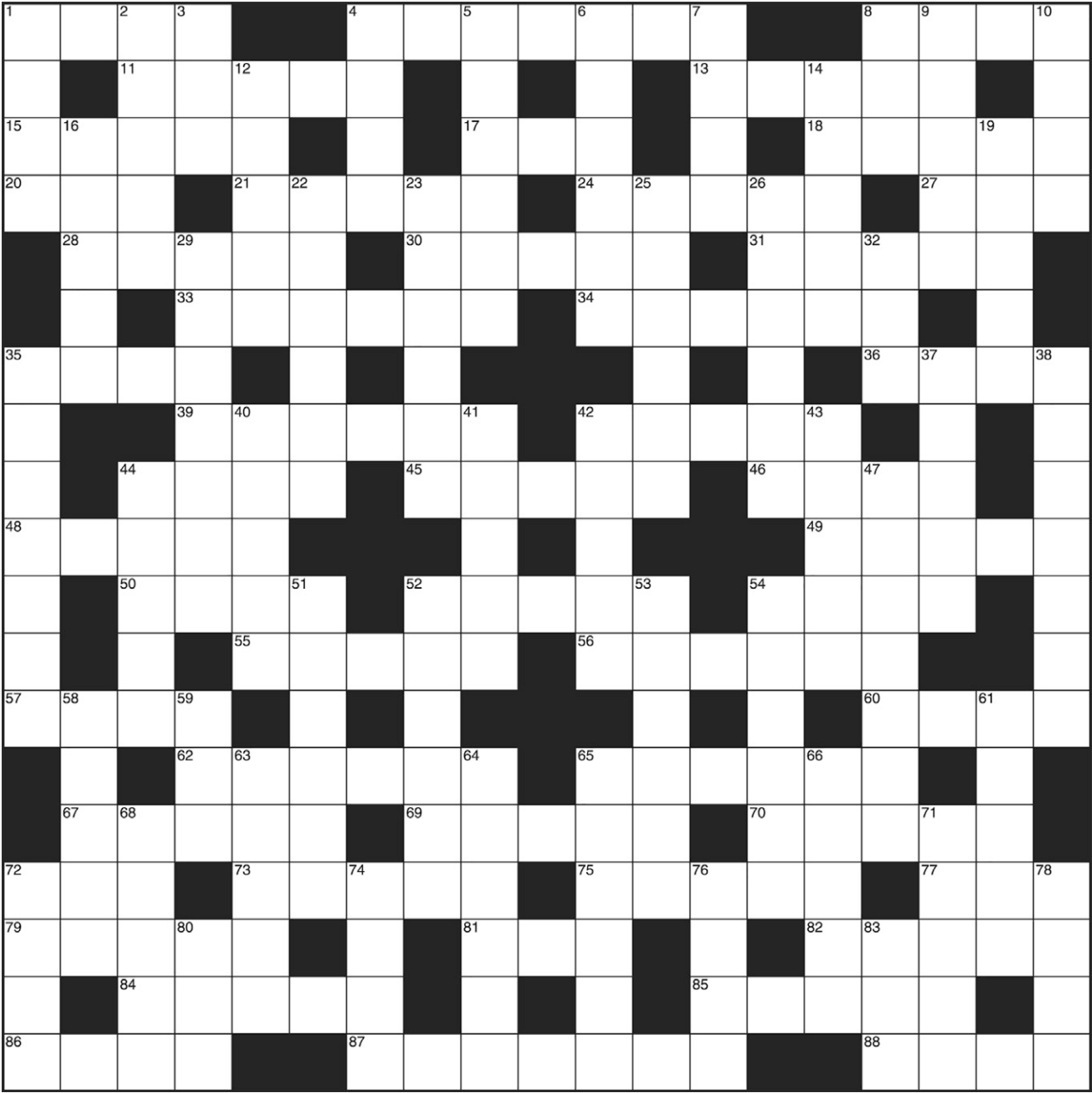
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BIG CROSSWORD - SEE PAGE 42 FOR SOLUTIONS



- ACROSS**

  - 1. Candidates' assessment
  - 4. Eight-note intervals
  - 8. Multiple-birth child
  - 11. Hosiery
  - 13. Santa ...
  - 15. Loathe
  - 17. In favour of
  - 18. Avenues
  - 20. Seek damages from
  - 21. Standoffish
  - 24. Precious fur
  - 27. Wow!
  - 28. Foolish
  - 30. Discourage
  - 31. Painter's tripod
  - 33. Make home
  - 34. Most painful
  - 35. Contributes
  - 36. 12-month period
  - 39. Ousts
  - 42. Festivals
  - 44. Largest body joint
  - 45. Tired sighs
  - 46. Starchy tubers
  - 48. Unambiguous
- DOWN**

  - 1. Ages
  - 2. Grey-faced
  - 3. Cattle sound
  - 4. Peace prize city
  - 5. Chewy confectionery
  - 6. Ode sections
  - 7. Graze crust
  - 8. Existing condition, status ...
  - 9. Consumption
  - 10. Prescribed amount
  - 12. Stretch (neck)
  - 14. Zones
  - 16. Construct
  - 19. River-mouth land
  - 22. House renter
  - 23. Irregularity
  - 25. Smells
  - 26. Manoeuvring room
  - 29. Weapons store
  - 32. Pig's pen
  - 35. Flight staff
  - 37. Follow
  - 38. Shook noisily
  - 40. Sudden movements
- 49. Emaciated
  - 50. Deer
  - 52. Warms
  - 54. Cruel man
  - 55. Scrub hard
  - 56. Corsages
  - 57. Rinse
  - 60. School principal
  - 62. Nitwits
  - 65. Discord
  - 67. Abate (3,2)
  - 69. Gambler's maximum
  - 70. Coward
  - 72. Take line honours
  - 73. Brace (oneself)
  - 75. Old wives' tales
  - 77. Illegal hallucinogen (1,1,1)
  - 79. Unsuitable
  - 81. Person of importance (1,1,1)
  - 82. If ... walls could talk
  - 84. Indian social order
  - 85. Welded
  - 86. Golfing stroke
  - 87. Gloomiest
  - 88. Invitation footnote (1,1,1,1)

Wildflowers, historic towns and iconic landmarks beckon

AS winter rains begin in Western Australia, one of the first things that spring to mind at Aussie Redback Tours is the wildflower season. Good rains mean great wildflowers and they are feeling confident that we'll have another great season.

A look through their list of tours sees seven which include different wildflowers in various stages of this season. They are:

Wildflowers Art Tour with Renata Wright - August 2 to 6 (tour designed specifically for artists).

Mt Augustus/Walga Rock - August 14 to 18

Mid-West Wildflowers - August 23 to 26

Northern Wildflowers - August 29

to September 1

Northern Wildflowers - September 4 to 7

Mt Augustus/Kennedy Range - September 4 to 10

Stirling Ranges Southern Wildflowers - October 2 to 5.

If you've never experienced West Australian wildflowers, then don't delay any longer. Depending on which tour chosen, guests could see carpets of everlastings, the elusive wreath flower, wild and rugged mulla mulla, or even the simple yet stunning donkey orchid, plus many, many more.

On each tour Aussie Redback Tours make sure people have ample time to stop and photo-

graph the wildflowers, compare notes with one another, and maybe even discover something new.

Not only are the wildflowers stunning Australian attractions but there are also other wonderful attractions through the centre and the outback.

Aussie Redback Tours have two amazing back-to-back tours in July and August that capture some of the remote locations and iconic outback towns in Australia, and this year they'll be travelling in their new four-wheel-drive bus, aptly named Henry Lawson.

Historic Outback Towns - Cairns to Alice, July 26 to August 6.

Starting in tropical Cairns, this tour will take

people on a journey across scenic and rugged country to the centre of Australia.

Great Central Road - Alice to Perth, August 11 to August 20.

This red-dirt trip takes you on the Great Central Road which runs from Alice Springs in the Northern Territory to Laverton in Western Australia.

These tours are steeped in Australian history - indigenous, mining, agriculture and more. What a great way to learn about this fantastic country that we live in.

For full itineraries, contact Aussie Redback Tours on 1300 662 026 or email [info@aussieredbacktours.com.au](mailto:info@aussieredbacktours.com.au).

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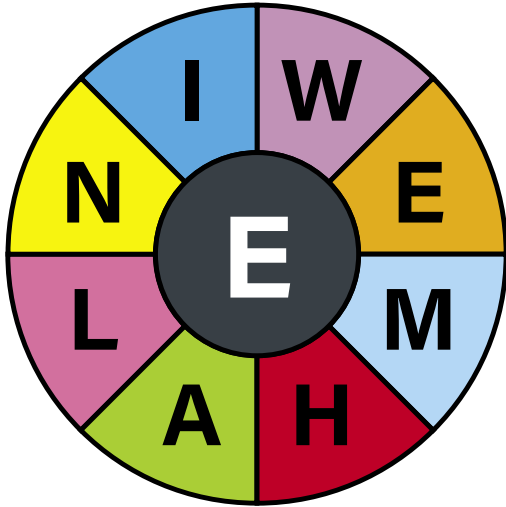
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## Wheel Words



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Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals ending with S. See if you can find the 9-letter word using all the letters.

18 Good    26 Very Good    34+ Excellent

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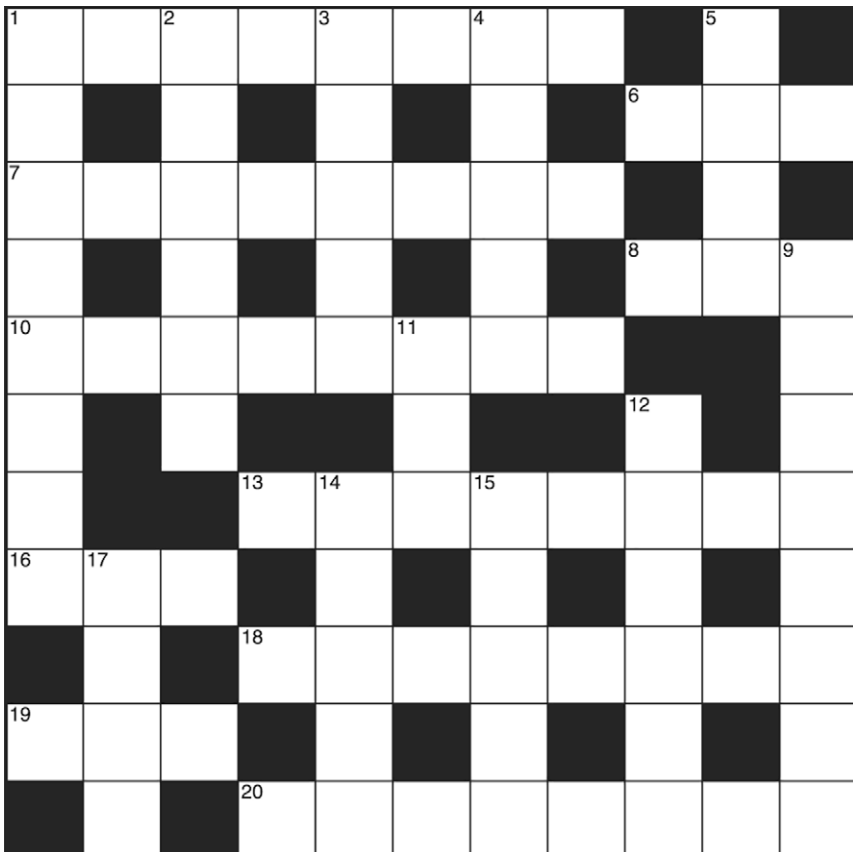
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## CRYPTIC CROSSWORD



### CRYPTIC CLUES

**ACROSS**  
1. Sun protection for Paris souls, apparently (8)  
6. Display no slip for 24 hours (3)  
7. Type of blanket used by bouncers? (8)  
8. Pasture in mid-Orleans (3)  
10. Vera enters ages for

typical scores (8)  
13. Tongue that can be foreign or foul (8)  
16. Drain juice from plant (3)  
18. Waterfall makes lens go cloudy (8)  
19. Loud ad for current craze (3)  
20. Tell her Vi's heard broadcast (8)

### DOWN

1. Pieces of writing displayed in hallways (8)  
2. Illegal enterprise makes a din (6)  
3. Poor Ray is Jordan's neighbour (5)  
4. Turner writes same article in French and English (5)

5. Fast runner in Bucharest (4)  
9. You won't get a present from this person (8)  
11. Spirit seen in imagination (3)  
12. Hunting expedition is a far-out experience (6)  
14. Silver monkey with mouth open (5)  
15. Dying to end up in this place (5)  
17. A path somewhere else (4)

### STRAIGHT CLUES

**ACROSS**  
1. Umbrellas (8)  
6. Night & ... (3)  
7. Fixed tenure, job ... (8)  
8. Poetic term for field (3)  
10. Norms (8)  
13. Latin or Chinese (8)  
16. Tree secretion (3)  
18. Eye disease (8)  
19. Passing fashion (3)  
20. Show on screen (8)

**DOWN**  
1. Sea crossings (8)  
2. Commotion (6)  
3. Middle Eastern country (5)  
4. Wood-shaping machine (5)  
5. The ... & The Tortoise (4)  
9. One that is not in residence (8)  
11. Drink, ... & tonic (3)  
12. 70s men's outfit, ... suit (6)  
14. In state of wonder (5)  
15. Very serious (5)  
17. Not at home (4)

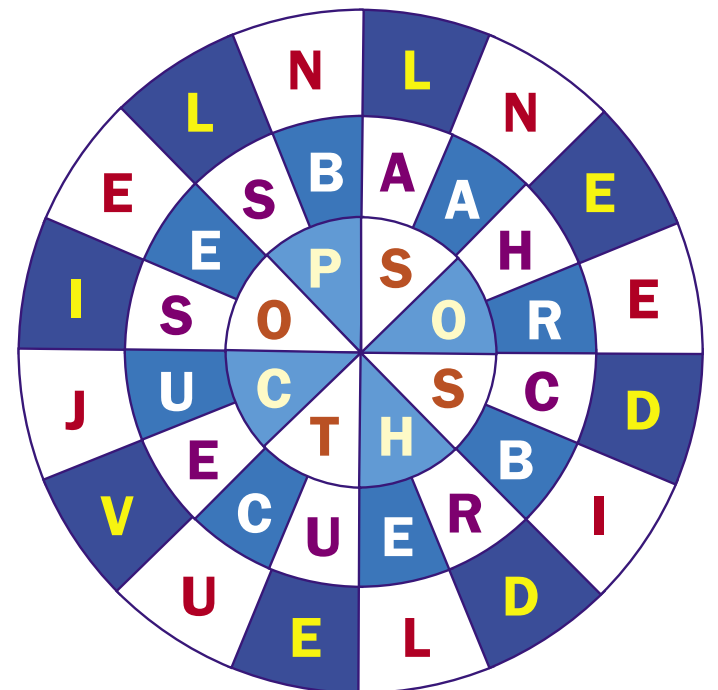
## SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. **RATING: ★★☆☆☆**

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 9 |   |   |   |   | 5 |   |   |   |
|   |   | 3 |   |   | 1 | 5 |   | 8 |
| 8 |   |   | 7 | 6 |   | 9 |   |   |
| 4 |   |   |   |   | 3 | 7 | 2 | 9 |
|   |   |   | 4 | 7 | 2 |   |   |   |
| 2 | 3 | 7 | 9 |   |   |   |   | 1 |
|   |   | 2 |   | 1 | 9 |   |   | 5 |
| 3 |   | 5 | 6 |   |   | 2 |   |   |
|   |   |   | 5 |   |   |   |   | 6 |

## PRISM

**TRACK** down the six cookery terms hidden in our prism. The words appear either clockwise or anti-clockwise and are on alternate spaces.



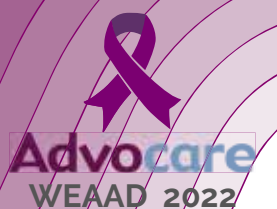
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