

You won't need a Will if you expect to live forever

SINGLE Will from \$215 | **DOUBLE Will from \$380**

OVER 50 YEARS experience
John Rando BARRISTER & SOLICITOR
 Ph: 9381 8933
 e: johnrando@westnet.com.au

FREE MONTHLY
Have a Go
NEWS

SINGLE?
 We have your partner



Providing personal introductions on a 'one to one' basis since 1995

NO COMPUTER NEEDED!
9371 0380

SOLUTIONS
 We have your partner

See Friend to Friend page for Solutions Contacts Column

www.solutionsmatchmaking.com.au

LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

PRINT POST 100022543

JULY 2022 VOLUME 31 NO. 11 ISSUE NO. 364

IN THIS ISSUE

-  Let's go travelling
 - Tasmania's MONA
 - Opera under the stars
 - Winter in the West
 - Uluru
 -  Allen Newton speaks with Queen's Birthday Honours List recipient Alan Pugh
 -  Your guide to the 2022 Care & Ageing Well Expo
 -  Food & Wine
 - Recipes and ideas
 - Dining Divas
 - Brunch
- COMPETITIONS/GIVEAWAYS**
 Ad Words - \$200 Shopping voucher Scratchies
TICKETS - Revelation Perth International Film Festival, Scandinavian Film Festival, An American in Paris
DVD - Harry Wild Series 1
FILM - Bullet Train, Where The Crawdads Sing, Sundown

Visit www.haveagonews.com.au
 Phone (08) 9227 8283

80,000 COPIES PRINTED

Mandy shines on the stage...



Mandy McElhinney © Cross Border Productions

by Allen Newton

AUSTRALIA became enamoured with Mandy McElhinney nearly 20 years ago as we watched her character Rhonda falling in love with Ketut in those AAMI commercials.

While we all know Mandy as Rhonda, the actress sees Rhonda as just another character she inhabited for a period of time and is proud of how she became an Australian icon.

Rhonda is certainly a very different character from that of Amanda, Mandy's forthcoming role in the Tennessee Williams play *The Glass Menagerie* playing at His Majesty's from August 2 to 21.

Produced in 1944 and widely regarded as Williams' best drama, *The Glass Menagerie* won the New York Drama Critic's Circle award for Best American Play.

Mandy plays the part of Amanda Wingfield in the family drama. She tries to push her children Tom and Laura up the social and financial ladder in the absence of their father while the children struggle to break free from their mother's imposing ways.

Mandy is no stranger to the works of Williams, first performing a monologue from *The Glass Menagerie* when she was at school in Geraldton.

She says a part in another of Tennessee Williams' masterpieces, *A Streetcar Named Desire* was probably the highlight of her career.

"Led by incredible performances by Cate Blanchett, Robin McLeavy and Joel Edgerton and directed by the sublime Liv Ullmann, it was an absolute honour every night to step on stage into this jewel of a play," she says.

"Rhonda stands for all that is good in people, a sweet person who found happiness and I love that she was taken into people's hearts."

"Of course, when I first accepted the job, I was really doing it to help pay the rent and if I had been better off, I probably wouldn't have accepted it. I was concerned that I would be giving up a certain amount of integrity as a professional actor."

"It was a risk I took and no one could have predicted at the time how big it actually became. I was lucky that colleagues within my industry were aware that I was more than one character and kept the door open for me."

"I have no regrets now and when a member of the public approaches me with a smile on their face and tells me how much they love Rhonda, I smile too. I helped

bring a bit of joy into the world and that can't be bad."

Born in Perth and raised in Leeman, Mandy has performed dozens of roles across film, television and theatre and has fond memories of many.

"*Wakefield*, recently broadcast on the ABC was a really special experience for me. Set in a psychiatric facility, the show attempted to break down a lot of the stigma about mental illness and demonstrate how it is possible for everyone to experience it at some stage in their life."

"It was truly unique and special television and I loved the challenge of playing Linda, she was unlike anyone I had played before. The show was made with a lot of care and by some very creative and talented practitioners and will always hold a special place in my heart."

continued on page 18

Walridge
 COUNTRY ESTATE



Walridge Country Estate is situated in the foothills of Forrestfield offering a variety of independent living units designed for over 55s set in unique picturesque grounds surrounded by established trees, gardens and lawns. A country lifestyle with city convenience.

A RANGE OF UNIT LAYOUTS AVAILABLE



45 BERKSHIRE ROAD, FORRESTFIELD
www.walridge.org.au 9359 3777




THE GLASS MENAGERIE
 A TENNESSEE WILLIAMS MASTERPIECE

2 AUG - 21 AUG

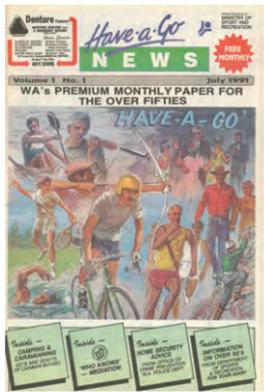
HIS MAJESTY'S THEATRE

BOOK NOW BSSTC.COM.AU



BLACK SWAN STATE THEATRE COMPANY OF WA

From the Managing Editor's desk



The first edition of *Have a Go News - The WA Seniors Card Discount Directory*



FROM little things, big things grow... back in July 1991 *Have a Go News* published its inaugural issue. We started off printing 5000 copies and over the years we have steadily grown and grown. This July we mark 31 years of publishing and are proud to be printing 80,000 hard copies along with thousands of downloads from our digital edition. We're reaching thousands of people through our pages each month.

Thanks to our team of staff, volunteers, journalists, delivery drivers and advertisers who work to bring this niche market newspaper to fruition

every month.

My goal is to reach 100,000 hard copies but this strange year of covid restrictions, advertisers who don't believe in the value of print and newsprint rate rises have set us back. I hope that this time next year we will have reached our goal and can spread our good news further.

★★★★

Last month I unfortunately contracted Covid, I did think I was invincible and would be the lucky one, who avoided it, but alas, this was not the case. I must say that it's taken a few weeks to start feeling back to normal and I am still struggling with fatigue. It's such an annoying virus and now it seems re-infection is an issue with more sub-variants around. If you haven't had your booster, I would recommend putting it on your to-do-list.

★★★★

Finally, some good news

for seniors card holders. The WA Seniors Card Discount Directory has been updated offering listings of businesses which provide discounts for card holders. They are available from selected libraries, community resource centres or you can request a free copy by calling the WA Seniors Card Centre on 1800 671 233 or email info@seniorscard.wa.gov.au - tell them you read it in *Have a Go News*.

★★★★

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 homes. Please email me at 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.

★★★★

The *Have a Go News* Facebook page has hit 22,000 followers and offers a variety of entertainment, giveaways and information. We've been hit by scammers lately when running competitions, so please note if you are on that page and enter one of our competitions, we will never ask you to complete any forms or for credit card details. Feel free to check with us. Please join us by liking our page at www.facebook.com/Haveagonews/

★★★★

We provide a digital version of the newspaper and we can email it direct to your inbox. Unlike other publications we don't send you anything except the newspaper; sign up at readers@haveagonews.com.au

★★★★

I like to remind readers that the advertisers allow us to bring you this newspaper each month for free so please support them in any way you can.

★★★★

I hope you enjoy this month's edition; remember *Have a Go News* is proudly independently owned and operated in Western Australia.

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

Ageing research snippet

Optimistic women may live longer than pessimists

A US study of 159,255 women found those with a more optimistic outlook lived longer and were more likely to live beyond 90 years of age. The link between optimism and longevity existed across racial and ethnic groups, although a quarter of the effect was found to be due to lifestyle factors. This type of study can't prove that being more optimistic was the actual cause of increases in lifespan. However, the authors say their findings suggest measures to improve optimism could increase longevity. *Journal of the American Geriatrics Society*.

Have a Go News Quick Quiz

1. What are Rotary's guidelines called?
 2. When did Perth Zoo open ... 1898, 1917 or 1934?
 3. His Majesty's Theatre is Victorian or Edwardian?
 4. How many people can fit into Optus Stadium?
 5. West Coast Fever and Shooting Stars play which sport?
 6. Crawley Baths was a Perth public swimming facility where?
 7. In what year did Crawley Baths open...1898, 1912 or 1914?
 8. Tawarri Hot Springs is in which suburb?
 9. Kununurra is how far from the Northern Territory border...37 kms, 75 kms or 90kms?
 10. Kalgoorlie was refounded in 1989 with the amalgamation of which town?
- See answers on page 45.

Noongar Words

Goorda - Island
Koorliny - action word walking, coming, going

Noongar Season

Makuru
Early winter season

Word of the month

Spuddle
Verb
TO work feebly and ineffectively, because your mind is elsewhere or you haven't quite woken up yet. To be extremely busy while achieving nothing.
Originates from late 17th century, still in use in parts of the West Country England.
Example
Don't spuddle around, just get on with it.

Great West Aussies - Did you know?

DR Richard Walley, champion of Wadjuk and Noongar people and reconciliation, reinvigorated the modern practice of Welcome to Country, now commonplace across Australia. A consultant to government and business, Richard is an artist whose designs adorn jerseys in the Indigenous rounds of sporting events.

Quote of the month

"THEY who sing through the summer must dance in the winter."

Italian Proverb

Don't ignore persistent cold and flu symptoms

Especially if you've had exposure to asbestos or industrial dust through your work, home or community



The Asbestos Diseases Society of Australia Inc is urging all Australians to be aware that early symptoms of asbestos diseases often present like a cold or flu.

What are the warning signs?

- shortness of breath
- persistent coughs
- rapid weight loss
- chest or abdominal pains
- blood in the sputum
- multiple antibiotic treatments

For a screening appointment, call (08) 9344 4077. For any workplace or community concerns, contact WorkSafe on 1300 307 877.



dedicated to community support and public health since 1979

mesothelioma • asbestosis • silicosis • lung cancer

Keith Cox: a long nursing life of love and devotion to cancer patients



Keith Cox

by Josephine Allison

ALMOST everyone knows someone who has been afflicted by cancer, but few have made the disease a big part of their life like Keith Cox. Sydney-based Keith has nursed the young and the old, the great and the good down the years and says it has been a privilege.

Keith has written a book,

A Caring Life, with friend and journalist Grant Jones, which tells the inspiring story of Keith's 50 years providing care and comfort to countless people facing the unimaginable.

Keith is a highly qualified nurse who has dedicated much of his life to patient care, mentoring cancer nurses, writing research papers and addressing medical conferences

around the world. In 2006 he was the third-ever Australian to become a cancer nurse practitioner and in 2007 he was awarded an OAM for his services to nursing and community volunteer work.

"It has been an amazing journey," Keith tells *Have a Go News* from Sydney where he has been busy attending book launches including one on International Nurses Day. "The book has had a positive reception. I am a bit overwhelmed that anybody would want to read about a country boy like myself."

"I always wanted to be a nurse but they didn't take males back then. But eventually I was able to enrol in a nursing course; that was the beginning and once you enjoy something it makes all the difference."

If I had my life over, I would do exactly the same thing. It has been amazing for me to walk the path with so many patients and family members."

Keith's book came about when Grant Jones, who lives not far from Keith in Drummoyne, wrote a short 500-word piece

for the *Sydney Morning Herald Good Weekend Magazine* called *The Two of Us*, about Keith and Michael Boyer, chief medical officer at Chris O'Brien Lifehouse who wrote the foreword for *A Caring Life*.

"During Covid Grant thought I had many stories to tell and contacted me for a coffee with a proposition to write a book and that's how it all started," Keith said.

"Fifty two years ago when I started nursing it was all hospital based, but now all nursing training is university based. I think nurses don't have the loyalty to an institution like I and many other colleagues did."

"It's a shame in many ways but I don't think we should go backwards because we need highly skilled nurses. There are enrolled nurses and they still have a part to play but we need to look carefully about the future because I believe there will be an Australia-wide and international shortage of nurses."

Keith writes early in the book about his childhood growing up in Cullerin,

NSW, part of a big and loving devout Catholic family and wanting to be a nurse from a young age. He was delighted when invited to attend Royal Prince Alfred Hospital for an interview and was accepted into the trainee enrolled nurse course. His career had begun, graduating as just one of three registered male nurses in 1978.

Keith writes of the great advances in cancer care and treatment, his deep religious faith and many of the young and adult patients he has cared for including opera and musical theatre performer Anthony Warlow AM who describes Keith as "one of this country's silent heroes."

Highly regarded journalist and presenter the late Michael Willesee AO, was another patient who called for Keith's attention.

"While Michael had faced some personal and professional challenges in his life, as we all do, when I met him, he was a very nice, personable and gentle man."

A big influence on Keith's life was the late Chris O'Brien who he met

when O'Brien was a registrar and the pair worked on a ward together.

"He was as a head and neck surgeon, Chris had a charisma about him and everyone warmed to him. Then he got cancer himself and I was involved a little in his care. His great legacy is the Chris O'Brien Lifehouse cancer treatment centre in Sydney which brings all facets of cancer treatment under the one roof."

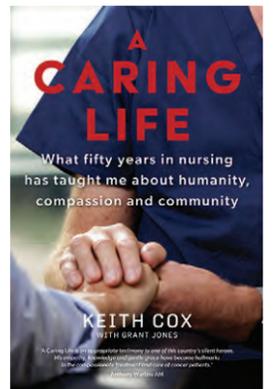
After Chris O'Brien died, his wife Gail asked Keith to accept a scholarship under his name. The Keith Cox scholarship now funds further education for nurses and allied health practitioners.

Now retired, Keith has an active life, mentoring at Chris O'Brien Lifehouse, working for the St Vincent de Paul Society (which he has done for more than 30 years) and volunteering for a soup kitchen.

"You only get one chance of life and you have to make the most of it. You never know when your number is up and I think there is always someone worse off than you."

"If we could all do something for someone else in life, the world would be a better place."

A Caring Life by Keith Cox with Grant Jones. Macmillan Australia, RRP \$34.99.



Discovering the magic of handmade garments explored in *Vintage Knits*



Reviewed by Pat Paleeya

THIS book presents a selection of 25 vintage knitting patterns taken from

Australian publications of the 1930s, 40s and 50s.

Library staff and volunteers knitted the garments and updated them for today's knitters. The original editors liked to give patterns a human name like *Florence* on page 38, 'a fascinating little jumper in which to go skittering hither and yon', or on page 48 *Dorothea*, 'a double-breasted cardigan to make you slender as a jonquil stem' both are from the *Australian Women's Weekly* 1939.

Apart from skittering all over the place, women and

men have knitted for many causes. During WWI thousands of Australians knitted more than 1.3 million pairs of socks for Australians on the front line. WWII saw the Australian Comforts Fund alone knit three million pairs of socks, one million balaclavas, 600,000 gloves and 375,000 jumpers.

There are sections throughout this book that reflect on the social and cultural history of knitting in Australia and its origins, believed to have been the Middle East. Knitting then

spread to Europe possibly through the Crusades.

Knitting Therapy (page 76) shows research has found that knitting helps people relax, reduces stress and improves moods. This was certainly the case with my Uncle Jim, a gruff tough stevedore working at the London docks who relaxed after dinner every night for an evening of knitting Fair Isle jumpers. He was in the early 50s and needless to say he was thought of as a little peculiar. Long before it was trendy, Uncle had dis-

covered mindfulness.

There is so much more than knitting patterns in this book, there is a handy guide to basic knitting, social history, guilds, yarn bombing, the story of wool production in Australia to name a few.

I found this book quite unique, a genre of its own, packed full of history. *Vintage Knits* will delight knitters and possibly inspire non-knitters to get clicking. Great book!

Vintage Knits, National Library of Australia. RRP \$39.99.

NEVER USE TOILET PAPER AGAIN!

Install a bidet on your toilet just by changing the lid.

Local plumbing regulations may apply.

**Warm water wash
Warm air dryer
Heated seat
Ladies wash
Soft closing lid
& more!**

**Approved for Funding
08 6315 4252**

SCAN HERE FOR DISCOUNTS AND SPECIALS

The BIDET SHOP

FB.com/TheBidetShop

B4U
EDS

LIFT CHAIRS and HI-LO ADJUSTABLE BEDS ALSO AVAILABLE

MENTION THIS AD TO RECEIVE:

- ✓ FREE DELIVERY IN PERTH METRO
- ✓ FREE ASSEMBLY IN PERTH METRO
- ✓ FREE PICK UP OF OLD BED IF REQUIRED IN PERTH METRO*

*MINIMUM SPEND OF \$1000

QUALITY PRODUCTS AT PRICES YOU WON'T LOSE SLEEP OVER!

BED AND MATTRESS PACKAGE

I CLOUD MESSAGE BED AND PREMIER COMFORT / CONTOUR MATTRESS

ADJUSTABLE BEDS WITH MASSAGE AT AFFORDABLE PRICES

- TV, ZG, Anti snore
- Head and foot massage
- 7 year warranty on electric motor
- 10 year warranty on frame
- Fitted with German OKIN motors
- Many preset positions for head and foot raise
- Wireless remote and adjustable legs
- Side rails for support can be added

16 different preset vibrations for head and foot

GREAT MATTRESS TO GO WITH ADJUSTABLE BEDS

- Made in Perth by Slumbercare
- 10 year guarantee
- Zoned pocket spring
- Gel infused memory foam in comfort layer
- Foam box on side
- Available in medium and medium firm feel

Up to 48 months interest free via Latitude Finance

BED & MATTRESS PACKAGE DEALS

King Split
\$3499

Queen Split
\$3399

Queen/Double
\$2399

King Single
\$2199

Long Single
\$2000

Beds 4 U - Malaga
2/643 Marshall Road
Malaga
9249 8449

Beds 4 U - Maddington
Maddington Central Shopping Centre
Cnr Attfield St & Burslem Drive
Maddington
0414 040 644

Beds 4 U - Mandurah
Mandurah Forum Shopping Centre
near Target, across from The Reject Shop
330 Pinjarra Road, Mandurah
0406 116 841

Beds 4 U - Armadale
Armadale Shopping City
opposite Best and Less
10 Jull Street
0414 591 652

Beds 4 U - Kwinana
Kwinana Town Centre
Next to BIGW
4 Chisholm Avenue
0406 986 607

Beds 4 U - Wanneroo
950 Wanneroo Road
Outside Wanneroo Shopping Centre next to Commonwealth Bank
0424 983 868

www.beds4u.com.au **Beds4u Perth** Find us on

FREE MONTHLY
Have a Go NEWS

Food & Wine • Club News • Healthy Living • Downsizing
 Healthy Ageing • Let's Go Travelling • Arts/Reviews

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

The *Have a Go News* AUGUST edition will be published on Monday 8/8/22



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

Publishers: Concept Media
Street address: 137 Edward Street Perth WA 6000
Postal address: PO Box 1042 West Leederville WA 6901

Website: www.haveagonews.com.au
Tel: (08) 9227 8283
Fax: (08) 9227 8293

Managing Editor: Jennifer Merigan
Please address all correspondence to the Editor
 Email the editor/travel editor: jen@haveagonews.com.au

Email to production: production@haveagonews.com.au

Printers: IVE Group WA

Journalists: Josephine Allison Frank Smith
 Allen Newton Lee Tate

Columnists: Colin Barlow Jon Lewis
 Karen Majer Mike Roennfeldt

Contributors: Noelene Swain Vince Garreffa

Production /Graphic Artist: Suyin Boehm

Advertising sales:
Direct Line: (08) 9227 8283
Email: advertising@haveagonews.com.au

Sales Account Managers:
 Vivienne Darlington
 Sharlene Galvin
 Sue Uphill

The attention of advertisers is drawn to the Competition and Consumer Act 2010 and the provisions in the Act which apply to advertising. Warranty & Indemnity: Advertisers and/or advertising agencies upon and by lodging material with the publisher for publication or authorising or approving of the publications of any material INDEMNIFY the Publisher, its servants and agents against all liability claim or proceedings whatsoever arising from the publication and without limiting the generality of the foregoing so indemnify each of them in relation to defamation, slander of title, breach of copyright, infringement of trademarks or names or publication titles, unfair competition or trade practices, royalties or violations of rights of privacy and WARRANT that the material complies with all relevant laws and regulations and that its publication will not give rise to any rights against its servants or agents. All advertising material submitted for publication will be accepted only on the understanding that the material provided is not in contravention of any provision of the Competition and Consumer Act 2010 and Trade Descriptions and False Advertisements Act (W.A.) and the publisher may rely on that understanding. Although every care is taken the Publisher shall not be liable for clerical or printers' errors or their consequences however caused and no responsibility can be accepted by the Publisher where publication is delayed or prevented by factors beyond the control of the publishers. The Publisher reserves the right in its absolute discretion to alter in whole or in part or to withdraw from publication any advertisement. No advertisement undertaken by a client shall be reliant on supporting editorial. All editorial submissions shall be used at the Editor's discretion. All editorial submissions published in this newspaper remains the property of the publishers and cannot be reproduced without written authority. The editorial views expressed in this publication are not necessarily those of the publishers.

Index



- 1-20 Early General News and columns
- 21-29 Care & Ageing Well Expo
- 30-39 Let's go Travelling
- 40-41 Museums
- 43 Downsizing
- 44-45 Great Home & Gardening
- 46-48 Food & Wine
- 49 Healthy Living
- 50-52 Arts
- 53 Friend to Friend
- 54-55 Puzzles

Penny paints the beauty of nature



Penny Maddison

by Josephine Allison

PROFESSIONAL watercolour artist Penny Maddison has lived and worked all over the world, but her biggest passion in life has always been painting nature. She likes nothing better than walking her dog near her home in Gooseberry Hill and seeking inspiration for her work from her surrounds. Penny has been taking part in The Watercolour Society of WA's second International Watercolour Exhibition at the Moores Building in Fremantle. The exhibition attracted 147 works from about 15 water colour societies from around the world and

across Australia.

She took first prize in the Watercolour Society of WA's inaugural portrait prize in 2021. Animals and birds are a main source of her subject matter together with landscapes and architectural subjects, portraits and still lifes.

Her work in the exhibition depicts a series of beautifully coloured bird feathers and nests titled *Bush Gems* and another similar large painting titled *Nature's Tears*, a tribute to the devastating bushfires which struck the eastern states a few years ago.

"For every object in the work I created shadows as I progressed," Penny said. "When I'm

walking my Chihuahua cross Biscuit in the park, I look out for items to inspire my painting such as hare orchids which will be blooming soon.

"I paint every chance I can, working from my rammed earth studio, it's rather like a religion. You only become good at painting by putting in the brush miles."

Penny was born in Borneo but her mother came from Perth so when the family returned they settled in Darlington and Penny grew up in the area ("I've always been a Hills girl"). She attended the local primary school and Perth College before training as an interior designer and architectural subjects, portraits and still lifes.

Early on, Penny worked in Perth drawing at architectural offices, then headed to the UK, hitchhiking around Europe. Back in Perth she worked again in drawing offices but the travel bug bit again and she headed for London, only getting as far as South Africa, where she met her future husband John and settled there.

The couple had three of their four daughters in

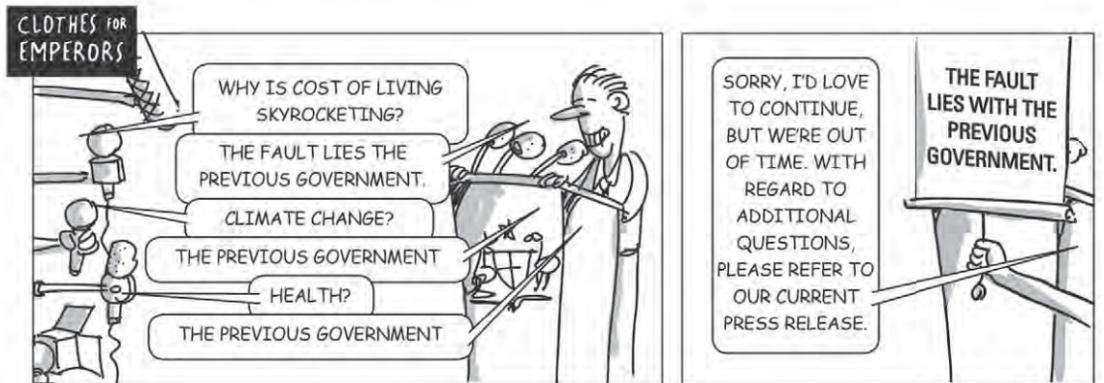
South Africa and Penny revelled in the beauty of the country's nature and geology, photographing and painting its wildlife and nature as a member of the Watercolour Society of South Africa. But the political situation decided the family to return to WA 20 years ago.

Penny, who has works in collections in the United States, Canada, the UK, France, Germany, Holland, Japan, New Zealand Italy, China and South Africa, has held four solo exhibitions in WA and is planning a fifth.

Among her many awards and events, she attended and exhibited at the International Watercolour Exhibition in Macagno, Italy in April 2013. In July 2015 she took part in a cultural exchange and shared exhibition at Huizhou Culture Museum in Huang Shan City in China.

"For the current Fremantle exhibition, I did the display layout for the paintings on my computer. We received them rolled up, by mail, from various countries and photographed them. A group of society members framed them all in identical frames made for us by a local framer in Maylands. It was quite a big job.

"Painting has saved my life, it is a meditation, it wouldn't be worth getting out of bed in the morning without my art. Painting in watercolour is good for the brain, it makes you think."



History West present a lecture on WA artist Thomas Turner

EMERITUS Professor Richard Read will examine in depth a single work by the Western Australian artist Thomas Turner (1813-1895): Augusta Hardy's Inlet, First Settlement, May 1830.

Dr Read is a senior honorary research fellow at the University of Western Australia. He will compare Turner's work to other Australian painters of the same period and other artists of the European

picturesque tradition, together with its continuing imaginative life in an art gallery.

His presentation will explore primary documents concerning the Turner family's settlement in Augusta from the 1830s, retrospective commentary supplied by Turner's later works and broader research into the ecology of the area, the colonial use of picturesque art conventions and the

impact of European occupation on the Wardandi and Bibbulmun tribes.

He will present the lecture for the Royal Historical Society of Western Australia on Wednesday August 10 at 10am at Stirling House, 49 Broadway, Nedlands.

Tickets \$20 members, \$25 non-members. Bookings essential Tel: 9386 3841 Email: admin@histwest.org.au.

Commemoration to mark 69th Anniversary...

ROYAL Australian Regiment Association (WA Branch) Inc. will be hosting a Memorial Service to commemorate the 69th Korean War Armistice Agreement.

The Service will be held at the Flame of Remembrance, Kings Park, Perth on Wednesday July 27, to commence at 10am and conclude by 11am.

All members of the community are invited attend this service to honour the 17,000 veterans of the Korean War and

the 340 who made the ultimate sacrifice.

On July 27, 2023 a dedication will be held for the Korean War Memorial, in the Tobruk Memorial Precinct in Kings Park, in commemoration of the 70th anniversary of the Korean War Armistice.

Further information can be obtained by contacting Peter Heeney on 0417 559 973.

STEM CELL

Release product now available. SAFE, EFFECTIVE and AFFORDABLE

Do You Suffer From:
 Arthritis? Heart Disease?
 Diabetes?



Call SANDRA 0412 479 156 to find out how it can help you.

Scientifically proven

Repair and Regenerate your body with Stem Cell Nutrition

WANTED TO BUY



Antiques and Collectibles
 Deceased Estate Specialists
 - Estate Sales conducted

We are looking to purchase the following:

stamp collections • coin collections • banknotes
 old paintings • Royal Doulton • Shelley China • Australian pottery
 medals and badges • postcards • vintage handbags • costume jewellery
 militaria • old advertising • fountain pens • vintage cameras

From one item to a house full, we buy anything old and interesting as long as we don't have to feed or water it!

We are also down-sizing specialists and can organize a complete relocation - call Sally for more details

For a **FREE** consultation in the privacy of your own home call NICK 0498 009 880 or SALLY 0407 672 878

Interesting array of guest speakers...

THE speaker for the Association of Independent Retirees (AIR) northern suburbs group July 21 meeting will be Roger Mifflin from The Department of Fire and Emergency Services (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.

Advance notification for the August 18 meeting; the speaker will be Sabina Lund who will be talking about Advanced Care Directives, which is essential to planning for future health care.

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 they look forward to seeing people there. Cost \$4 per person including raffle, tea or coffee.

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

Firefighter honoured for 47 years of service in Queen's Birthday Honours List



Alan Pugh

by Allen Newton

WHILE it's not the kind of Christmas present most would wish for, firefighter Alan Pugh believes that by the time the festive season comes around he'll have attended 5000 incidents, making him Kalamunda Volunteer Fire and Rescue Service's (VFRS), most active firefighter in its history.

At the age of 77, and

after 47 years of volunteering Alan, reckons he has plenty more to offer the community and has no intention of hanging up his boots just yet.

The recipient of a 2022 Australian Fire Service Medal in the recent Queen's Birthday Honours List, Alan was a brigade captain for eight years and has been the officer-in-charge at more than 1,000 incidents.

Alan joined the brigade in October 1974 and says he has seen some major changes since then.

"We had an open-back Bedford truck that had few creature comforts and a little bit of equipment on it, but over the years we've got to where we are now. We have the same gear on our trucks as the career guys do."

"The equipment we have has increased out of sight and that of course means the training has had to increase so we know what we're doing."

He still holds his breathing apparatus qualification and can be counted on to be at the front of the line during any incident.

The recently retired engineer arrived in Australia from the UK in 1971, with his wife Angela and was looking for a way to make friends.

He thought becoming a volunteer firefighter could help the two of them develop a social circle in WA.

"The guy across the way was a member of the fire brigade and I took up his offer to join the fire brigade."

Alan says the plan was to join for a couple

of months to make some friends – and he's still there.

"It's got something going for it," he laughs.

In early June Alan had 80 callouts to go to reach 5000 and doesn't think his age should be an impediment to him getting there.

Putting a blanket age limit on fire-fighting volunteers would be a dangerous thing, he says.

"In some of the country areas you are lucky to get anybody, let alone an old fellow, so that wouldn't apply."

"I think it's got to be about fitness level and ability to do the job and as long as I'm fit enough to do the job I expect to stay there."

Kalamunda has two volunteer brigades, the Kalamunda Volunteer Fire and Rescue Service and the Kalamunda Volunteer Bush Fire Brigade.

Alan belongs to Fire and Rescue which is primarily involved in dealing with incidents in the town.

While he thinks there has been an increase in fire threats in out-lying areas it hasn't affected his brigade so much.

"Our risk in a way has reduced because with the amount of in-fill housing now com-

ing on, there are very few big areas of bush in our area, although the bushies outside our area have seen some pretty big fires."

Alan says the town brigade is responsible for bushfires, property fires, traffic accidents and cliff rescues.

"Traffic accidents, particularly where kids are involved, are nasty," he says.

Alan worked as an engineer for what is now Chevron.

"I joined WAPET as it was back in 1972 and stayed there for 25 years."

Alan says juggling volunteering and work wasn't too difficult, with the people who paid his salary getting priority.

"I had a family to keep and a mortgage to pay and working in Perth was an impediment, but eventually I moved to Kewdale and the company was very supportive."

"If there was a daytime callout and the pagers went off, I would just go and when the fire was out, I'd go back to work."

Alan says his volunteering was certainly time consuming and even now he's spending 25 to 30 hours a week with the brigade.

"When I was a captain, it was almost a full-time job."

"Our current captain is the same. He works for Telstra, but he works from home, partly so he can attend the station and fires."

"The station is being rebuilt so he's almost living there."

"It's one of those organisations that will soak up as much time as you are silly enough to donate."

Alan says his time with the brigade has been incredibly rewarding.

"I'm not going to claim that I'm doing it to support my community, it's nice that it works out that way, but I do it because I enjoy it. If I didn't enjoy it, commu-

nity or not, I wouldn't be doing it."

Alan has played a key role in brigade recruitment and many community-minded initiatives, such as involving the brigade in the local Blue Light Disco for youth, fire safety and awareness for schools and seniors, establishing resident support groups and encouraging fire readiness in Kalamunda and the surrounding community.

He has also been a zone representative and executive member of the Western Australia Volunteer Fire Brigade Association.

While Alan says volunteers don't join organisations for the recognition: "it is bloody nice when it comes," he says.

RECORDS & SHEET MUSIC WANTED

Single items or complete collections. PLUS memorabilia Ring PAUL anytime on

0417 974 914

WANTED Motor Oil
Bottles Tins Signs & Collections

WANTED Aboriginal Shield Spear thrower & Collections

Ron
9419 1779

GLADYS MONCRIEFF

Australia's Queen of Song...
(26 tracks)

1. Jeannine, I Dream Of Lilac Time
2. Was It A Dream
3. Dream Lover
4. Just To Be Near You
5. When My Dreams Come True
6. Just For A While
7. Where Is The Song Of Songs For Me
8. Smiling Irish Eyes
9. Love Is A Dreamer
10. Heart O' Mine
11. March Of The Grenadiers
12. You're Always In My Arms
13. West Wind
14. Violets
15. Heavenly Night
16. One Hour With You
17. We Will Always Be Sweethearts
18. Isn't It Romantic
19. Love Me Tonight
20. Little Locket Of Long Ago
21. For Love Of You
22. One Night Of Love
23. I Wait For You
24. Where The Shannon Flows Down To The Sea
25. Love's Young Dream
26. Goodnight

\$29.95 POST FREE (CD only)

MINT RECORDS
PO BOX 397, PENRITH BC NSW 2751 Ph 0404 479 756
Email: mintrecords@bigpond.com Web: www.mintrecords.com.au
CHEQUE, MONEY ORDER, DIRECT DEBIT

Smile
@ Foothills Denture Clinic

- New full dentures
- New implant retained over dentures
- Denture repairs & relines
- Sports mouthguards

We also deal with Veterans' Affairs and all health funds through HICAPS

medibank hbf HICAPS

Phone **9250 1733** for an appointment
Shop 4, 16 The Avenue Midland
www.foothillsdenture.com.au

Dental Prothetists Malcolm J McArthur & Raynee McArthur

WANTED TO BUY

- Coins
- Badges
- Stamps
- Banknotes
- Old jewellery
- War medals
- Old postcards

Collections welcome
Are prepared to visit you

Phone Dirk on **0407 211 980**
email: dirk@rainbowrarities.com

Hearing aids shouldn't have hidden prices
Should've gone to Specsavers

It's anyone's guess, including ours, just how much hearing aids cost elsewhere because many providers don't promote their prices. We prefer to be upfront. So if you're being asked to pay more than \$3,995 for a pair of latest technology, rechargeable hearing aids, should've gone to Specsavers.

To see our prices or book an appointment visit specsavers.com.au/hearing

Specsavers

Volunteering is part of this woman's everyday life

by Serena Kirby

WHEN Lesley Murphy stepped up to volunteer for Muscular Dystrophy WA (MDWA) more than two decades ago, her reasons for doing so were highly personal and very close to home.

She was also highly motivated and hoped she could be useful. But what Lesley never expected was that it would lead to her becoming one of this year's recipients of the Order of Australian Medal (OAM).

"My youngest son,

Conor, was diagnosed with a rare form of muscular dystrophy known as Duchenne disease, when he was three and a half years old," Lesley says.

"At that time MDWA was predominantly a research-based organisation so they didn't have the capacity to provide the much-needed support for patients and their families."

Lesley quickly became heavily involved with MDWA to help fix this situation and joined the Board which put her in a better position to instigate change. And change

things she certainly did. Despite very little funding and limited support, Lesley created a community support program, which has grown into a highly valued and extensive service. She then volunteered four days a week to run this vital MDWA program.

As an ex-nurse, and with her own first-hand experience with MD, Lesley could also see that there were certain medical issues that needed addressing.

Many patients with MD suffer from weak breathing muscles, hence an inability

to cough, so they are highly prone to developing pneumonia and bronchitis which can be catastrophic, even fatal.

Lesley was instrumental in conducting research and raising funds to purchase cough machines that could be lent to patients. The success of Lesley's work has led to more than 40 cough machines being made available to patients all across WA. Better still, there is now a national cough machine program with NDIS funding.

With patient outcomes being one of the best indicators of success and with these machines being available for home use, MDWA has reported a significant reduction in the incidence of hospital and ICU admissions, emergency department presentations, chest infections and visits to doctors.

But Lesley still had more on her To Do List.

"As Duchenne is a rare disease, I began focus-

ing on advocating for a national rare disease plan. There are a lot of rare diseases that receive little to no funding for the medications needed by patients. Raising awareness is also vital to getting coordinated strategies and public health policies for treatment of these lesser known diseases."

To achieve this Lesley helped establish Rare Voices Australia, a not-for-profit organisation to advocate, support and connect people with rare diseases with other support networks located nationally and internationally. Not only was Lesley the secretary of Rare Voices Australia but she also contributed to the Federal Government's National Health & Research Council by sharing her community insight, knowledge and experience.

She was also a guest speaker at the first 'Awakening Australia to Rare Disease International Symposium' held in Fremantle



Lesley Murphy

in 2011.

With Lesley's son Conor sadly dying in 2014 when he was just 25, Lesley has since stepped away from this part of her volunteer work. She also found that being a hard working advocate can take its toll; when she turned 60 she realised she was severely burnt out and needed a break.

Lesley and her husband then turned their attention to building a holiday house in the Great Southern and

she started splitting her time between city and country living. With more time on her hands and feeling more refreshed, Lesley again found herself wanting to volunteer and is now an 'ambo' with her regional St John's branch.

"Volunteering is a great way to meet people and become part of a community. I just love it. I definitely believe you get more out than you put in when you become a volunteer."



TRANSFER YOUR FAMILY MEMORIES TODAY!

20% OFF
if you bring in or quote this ad!

We transfer your old Film, Video & Images to DVD, Hard Drive or USB.

Call us on 08 9388 0800 4/73 Troy Terrace
www.diskbank.com.au Jolimont WA 6014

DiskBank

Making sense of the minfield - changes in British pensions



by Mike Goodall

MANY UK State Pensioners in Australia receive only a part pension because they had not made sufficient full National Insurance Contribution years to achieve the maximum pension.

The maximum entitlement for the basic pension depends upon a person's

actual date of birth, which in turn defines the date they reach State Pension Age (SPA) and also the rules which apply to their pension entitlement.

Over the last 12 years there have been three major changes in the rules and the number of qualifying years that a person needs for a maximum pension. The last change in 2016 was so dramatic that the whole way that pensions were calculated became confused between the Old (OSP) and the New State Pensions (NSP) with each having different maximum basic pensions.

The changes included an increase from 30 years contributions required for an Old Pension maximum

to 35 years for a New Pension maximum. Because of that and other significant differences between the two pension calculations the OSP was worth only £119.30 per week and the NSP £155.65 per week.

In an attempt to level the playing field somewhat the UK Government increased the time that a person could back pay to increase their pension from six to 10 years. However, instead of allowing one year to reduce each year and retain the number of years at 10 years they have retained the original starting year at 2006/07. This means that people who reached SPA from April 6, 2016 are now able to back pay a maximum of 16 years towards

achieving a maximum UK State Pension.

If a person, who does not live in the UK, meets all of a critical list of conditions, they could also be entitled to pay at a reduced rate which is currently £163.80 for each additional year, instead of the higher rate of £824.20 for each additional year.

With the additional pension being worth £275.15 per year at the current 2022/23 pension rates, paying for the lower rate is a no brainer.

While that sounds wonderful the ball game is about to change. After April 5, 2023 the years a person can back pay will drop to six years.

Rumours abound that the UK State Pension will increase by 10 per cent for the 2023/24 tax year taking it to be worth over £200 per week (about \$350 per week). This could be an opportunity not to be missed for all of those who worked for a minimum of three years in the UK, especially as there is also a minimum of 10 years required to qualify for a UK pension. Anyone who has less than the 10 years loses any payments they have made in contributions.

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.

For those born after 6th April 6, 1960 the age at which they can claim will increase by one month for every additional month after birth until March 6, 1961 when it will become their 67th birthday. This is now subject to a UK Government review.

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

REDGUM BRAND Daily Living and Lifestyle Products

AUSTRALIAN OWNED & OPERATED FOR OVER 25 YEARS



KATIE CHAIR RANGE!



OUTSTANDING VALUE AND FUNCTIONALITY!

ALL FOUR LEGS ARE ADJUSTABLE TO SUIT YOUR INDIVIDUAL SEATING ANGLE OR HEIGHT PREFERENCES!



KATIE LEG REST RANGE!



ASK FOR THE BRAND

Call **08 9248 4180** for your nearest "Authorized Dealer"

CARE & AGEING WELL EXPO

ACCPA
Aged & Community Care Providers Association

Perth Convention & Exhibition Centre

30-31 July 2022 9.30am - 4.00pm

90+ EXHIBITORS 20+ AGED CARE CATEGORIES

Your one-stop-shop for all things Ageing Well with Seminars, Entertainment, Prize Giveaway and more!



FREE ENTRY!!
WIN!!
VISIT THE EXPO TO WIN A PRIZE PACKAGE WORTH \$4,000!!
2 La-Z-Boy Recliners
4 Week My Choice Meal Pack
Mrs Pegg's Laundry Bundle
PRE-REGISTER FOR 2 ENTRIES INTO THE DRAW!!

www.careandageingexpo.com.au

For more information:
CMS Events 08 9201 9888 events@cmsevents.com.au

[facebook.com/careandageingexpo](https://www.facebook.com/careandageingexpo)

twitter.com/careandageing

lotterywest

Local author discovers the secrets to success of entrepreneurs



Lesla Hinchliffe

by Allen Newton

YOU'VE probably heard it said, "We all have a book in us somewhere" and yes, a lot of people do begin on that journey.

But for all those who start to write a book only three per cent finish, and of that three per cent only 20 per cent publish what they've written.

That's why, when a local West Australian author takes out a Bronze Stevie, one of the world's most prestigious business awards and an international Book Excellence Award, for the book in her it's a notable achievement.

Perth born and raised, Lesa Hinchliffe took four years to write and publish *Entrepreneur to Megapreneur*, a book that follows the business life journeys of eight highly successful West Australian entrepreneurs. It reveals the level of courage and determination that characterised their rise to success.

If you are into football, you'll enjoy the extraordinary stories of Murray McHenry one of the founding fathers of The West Coast Eagles and Rick Hart, former president of the Fremantle Dockers. They are joined by Lew Beale, of Aquatic Leisure

Technologies (Aquatechnics, Sapphire and Buccaneer Pools); Kylie Radford, national clothing designer, Morrison; Peter Cummins, Cash Converters; Sasha deBretton, Million Dollar Makeovers; and Lorraine and Peter Hodgson of Orbit Fitness.

These remarkable men and women have all risen to become business leaders in their fields, but, as their stories reveal, life at the start, for each of them, was very normal and gave no indication of who they would eventually become or the level of success they would attain.

They talk candidly about the highs and lows, the pressures, the mistakes, and the lessons they learned along the way. Their stories are a reminder for all of us; to keep going when the challenges roll in, how to pick yourself up when you inevitably fall and how to keep believing in that elusive dream, that lies within each of us, until it is realised.

Lesla decided to follow their journeys from childhood to explain the impact that childhood has on who we become. She discovered why these men and women are, who they are, and what it is that gave them the edge to overcome the obstacles, and the drive that enabled them to achieve great success.

"By writing the book as a semi-biographical account

I was able to take the reader beyond the public face and then combine the traditional lessons you find in a business book, with the conscious qualities delivered in a self-help book. With that combination you get a much better idea of how you need to think and act in order to achieve great success."

The foundation for writing such a book began many years before when Lesla discovered the classic *Think and Grow Rich*. She was 16 and still at school, but reading it ignited an interest in business that remains to this day. Over the years Lesla embarked on many start-ups including the establishment of her own production company. It was in that role that *Have a Go News* readers first met Lesla when she became a presenter on the *Have a Go TV* series that aired on channel 7 in 2006.

In 2015, at the age of 54, Lesla began the challenging process of writing *Entrepreneur to Megapreneur* and spent months interviewing entrepreneurs about their journeys to business success.

Lesla already had an insight into what makes an entrepreneur tick. Her partner, one of Australia's most successful white goods retailers, is Rick Hart, who now operates Hart and Co. Rick was happy to share his story and became the first

megapreneur she interviewed.

"Interviewing Rick and the seven other entrepreneurs was an incredibly inspiring experience. They were so honest and very happy to share their stories to help others on their own business journeys."

Understanding these successful businesspeople changed Lesla's attitude and helped her to deal with the challenges that came with releasing and promoting a book during a pandemic.

"One of the most difficult things when it comes to selling a book is marketing and unfortunately because of the pandemic I couldn't get out there and talk about it. Many of the events to promote it were cancelled which was discouraging, but it's the ability to keep your eye on the outcome you want that

leads to success. In saying that it's not always easy to do.

"Over my own journey in business I didn't understand what stood between me and realizing my dreams. It wasn't until I finished interviewing the megapreneurs that I finally got it.

"What I discovered was that each of them share nine common traits, besides the obvious characteristics that have been well documented in many books over the years. It was confronting to realise I didn't share all of those traits.

"Now I understand that if you can embody; implement, those same qualities and traits that the megapreneurs share, you can achieve anything. That's what it takes – end of story."

If Lesla had written this

book 30 years earlier, she believes the benefit from the experience would have had been life changing. Suffice to say she hopes that aspiring entrepreneurs who read it will be rewarded with the benefits that come from learning from those who've already been down the path before them.

Entrepreneur to Megapreneur is available at all good bookshops or through her website www.lesahinchliffe.com/shop.

Old valve amplifiers, vintage valve radios and valves wanted by hobbyist. Contact NEIL 0407 448 331

Having Difficulty on the Stairs?

Maintain your independence, let Acorn Stairlifts keep you safe to enjoy your freedom!



- The only company to supply and install our own stairlifts
- For straight or curved staircases
- Indoor and outdoor stairlifts
- Free home assessment
- Fast installation
- Safe and reliable

CALL 1800 990 838

for your **FREE Survey & Quote**
www.acornstairlifts.com.au

Caring With Understanding Kindness and Respect

We've been caring for people for 22 years and we know the importance of listening and understanding your needs.

We work with you to design a Care Plan that's exactly right for you and help you choose a support team that you can feel comfortable with and look forward to welcoming into your home at a time that is best for you.

IF YOU'D LIKE TO FIND OUR HOW WE CAN HELP YOU.

PLEASE COME AND SEE US AT STAND 150

AT THE CARE & AGEING WELL EXPO 30TH & 31ST JULY
PERTH CONVENTION & EXHIBITION CENTRE

Government approved provider of Home Care Services for
❖ My Aged Care ❖ DVA ❖ NDIS ❖



Caring for People Everyday
CPE Group

Home Care Provider

Where Opinions Matter - it's time producers got serious about older audiences



by Lee Tate

WE all love going to the movies. Lights, cameras, action! We escape to the movies.

Audiences often take films seriously. But they're swamped in make-believe. Even so-called biog-

raphies and movies based on fact are often fabrications. They change the endings to suit the plots or perceived audience sensibilities.

Movies, we know, do influence people. Dark movies generate dark thoughts.

So, how long before Hollywood holds a mirror up to itself? Hollywood has gone to too far.

Violent movies are the most worrying offenders. Past films, like the classic James Bond movies, incorporated some punching and killings but not the brutal excesses of

modern movies.

All that clever irony, the tongue-in-cheek and witticism has been dispensed to the editing floor.

Victims today are slapped, punched, kicked and stabbed dozens of times, yet stand up and walk away with perhaps a scratch and a black eye that disappears within days.

Elsewhere in movies, characters guzzle alcohol by the glassful, often strong liquor and 'shots', yet manage to carry on the day's activities unaffected. Or miraculously bounce back with cups of coffee.

Movies, certainly, are entitled to a little licence but not open-slaughter.

Characters fighting, drinking and swearing does impact moviegoers. Undeniably. Not everybody, but enough for it to be reined-in. How many community shooters are

generated by movie action?

Movie excesses also reflect badly on the industry, not helped by massively-paid, preening actors whose dysfunctional lives feed tabloids, television and social media.

In movies, there used to be a thing called continuity. A specialist would oversee movie sequences to see if the changing scenes linked properly. If they are still employed, they are not doing their jobs.

We see a character sipping a half-glass of whisky. There's a cut-away and when the camera swings back, the glass is mysteriously full to the brim. In different scenes it fluctuates, up and down.

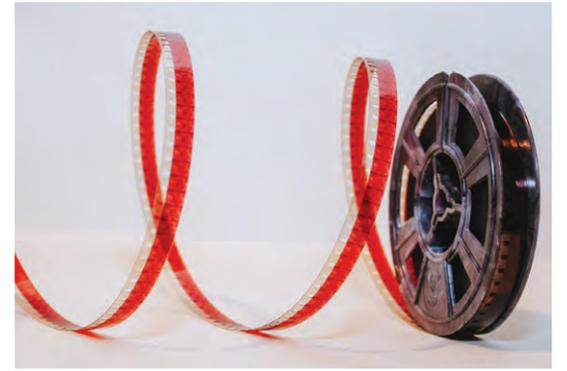
We watch someone drinking from a coffee cup when clearly there's nothing in it. Actors swing suitcases around as if they have nothing in them.

We see Vikings with perfect teeth. Scottish women fighting in the highlands in the 1700s have lovely make-up. Women in movies go to bed with faces fully made-up.

Once, I asked a friend what he thought of a movie and he said: "It was ok but back then they didn't have Phillips-head, counter-sunk screws on cof-fins!"

See how much food is put on dinner tables in the movies. Of course, actors can't eat full meals while they are acting and delivering their lines, but the huge turkeys, monster-size plates of vegetables and the sheer number of dishes across the tables are mind-blowing.

Watch out for actors swimming across dead-calm water. When the camera swings back to them, the sea breeze has come in. Next scene: It's



calm again. Duck-diving movie stars at sea look suspiciously like they are in the crystal-clear waters of a big tank.

Full-blown sex scenes border pornography. Excesses of sex and four-letter words has reached the extreme - unnecessarily.

Movies today appear to be a battle in Hollywood of one-upmanship, an attempt to outdo and outspend the previous ones.

More swearing, more abuse, more violence, more arrogance and often, more over-acting.

Moviegoers aren't all mindless sheep. If Hollywood expects to be taken seriously, especially by ageing populations, producers need to get serious.

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

PRIME MOVERS (INC) - SECRETARY REQUIRED

We are a not for profit organisation that provides exercise to music for the over 50s; and are seeking the services of a Secretary.

Ideally, the person we are seeking would be familiar with Prime Movers, but it is not essential. They would be competent with MS Word, Excel and Outlook; have good communication and organisational skills, and be committed to the tasks at hand.

Duties would include: preparing agendas; minute taking; read and reply to emails and correspondence etc plus any other required tasks.

Full training is offered together and a small honorarium at the end of the year.

Please forward your expression of interest together with resume/experience to secretary@primemovers-exercise.com.au Or ring and discuss the position with the Secretary on 9386 2049

For further information please view our web page www.primemovers-exercise.com.au

Happy 99th Hillery...

ALSTONE Park Carpet Bowlers had a special celebration for 99-year-old Hillery Carne in June.

Hillery joined the club in 1998 and has been an active member, competing in inter-club competitions since.

Although slowing down she is still a very competitive bowler and still plays a couple of games on Wednesday mornings. A great example of healthy ageing through activity.

Have a Go News extends its best wishes to Hillery and we look forward to celebrating her 100th with her next year.



Sleep well. Live Well. Great life.

SAVE UP TO 60% OF EVERYTHING!

Come See Us At The **CARE & AGEING WELL EXPO** JULY 30-31 STAND 216 To Enter A Draw To Win 2 Memory Foam Pillows Valued \$400

Lift Chairs

Key Features:

- ✓ 2 Motors
- ✓ Massage and Heat
- ✓ Fabric or Leather
- ✓ Lumbar Support
- ✓ Headrest



2 YEAR ELECTRICAL WARRANTY

NOW from \$1099

FREE Leather/Fabric Protector for Purchase of a Lift Chair!

Adjustable Base With/without Massage Including Choice of WA Made Genuine Orthopaedic Mattress

Key Features:

- Head & Foot Raise
- Programmable Memory Positions
- One Touch Flat Button & a Torch
- Zero Gravity • Anti Snore
- TV Mode
- Massage with 3 Different Modes & a Timer
- Wireless Remote Control
- Backup Battery
- Adjustable Legs

10 YEAR WARRANTY

NOW from \$1599

Massage NOW from \$1999



Hi Lo & Trendelenburg Beds

Complete with choice of WA Made Genuine Orthopaedic Mattress

- Hi Low Position
- Zero Gravity
- Lockable Castors
- Battery Back Up
- Side Rails Optional
- 10 Years Warranty



NOW from \$2999

WA Made Genuine Orthopaedic Mattresses

WA Handmade

HeadBoards and Bases, Wide Choice of Colours!



10 YEAR WARRANTY

Single Mattress NOW from \$699

FREE Manchester Pack valued at \$500 for purchase of any Adjustable Base Package!



FREE DELIVERY PERTH METRO
FREE INSTALLATION AND REMOVAL OF OLD MATTRESS
Call us on
1300 BARKERS (227537)

RENT OPTIONS FOR TRIALING AVAILABLE FOR NDIS CLIENTS

Follow us on Interest Free & Lay-By Options Available.

T&C's Apply.

Opening Hours:
Monday-Saturday: 9:30AM-5PM
Morley, Galleria Shopping Centre (upstairs next to Sanity)

www.barkersfurniture.com.au

BARKERS
BEDDING & FURNITURE

Perth's Most Trusted Brand For More Than 50 Years

Books play an important part in this mother and daughter's lives



Gwen McLean with daughter Alison

by Josephine Allison

GWEN McLean and her daughter Alison have

shared a love of books down the years, but even more so now that Gwen, at 90, is completely blind.

With a mind as sharp as a tack, Gwen now enjoys listening to the written word with mother and daughter sharing their own unique audio book club.

A librarian by profession, Alison knows what authors Gwen likes, listing Australian-Irish author Monica McInerney, Lianne Moriarty, Judy Nunn, Jojo Moyes and local writers Liz Byrski and Dervla McTiernan.

Alison says she chooses a book she believes her mother will like to read herself and at the same time orders the Daisy (Digital accessible information system) cartridge containing the audio book

from the VisAbility Library in Victoria Park. They can compare notes as they listen and read.

The VisAbility Library is the biggest talking book library in the Southern Hemisphere, containing more than 70,000 titles in digital or Braille. Books are available free of charge to people with low or no vision or who have a print disability.

"I enjoy talking books, listening to classic music and keeping up with current affairs," says Gwen who lives at the Servite nursing home in Joondanna.

"I've always been a keen reader and talking

books are wonderful. I put the headphones on and use the Victor Reader, it's a lifesaver for me."

Gwen was born in Sydney but at three weeks old moved to country Inverell with her parents Archie and Jane Goldman. She married John and went to live on a sheep and cattle property. The couple had two children Alison and Scott.

When her husband died suddenly, Gwen realised she would be unable to carry out the physical work on the property so 20 years ago she moved to WA to be close to her children who had both settled here and her four grandchildren.

"At 40, I was diagnosed with glaucoma which happened quite suddenly and affected my peripheral vision in both eyes. Four years ago, haemorrhages in the optic nerves of both eyes led to complete loss of vision."

Settling in WA, Gwen first lived in Waikiki, residing at a retirement village in Port Kennedy before moving to Joondanna four years ago.

Gwen likes books about comedy, family stories and animal tales with the occasional mystery: "something I have to think about," she says.

She also likes podcasts downloaded by son Scott

and is currently following the Chris Dawson murder trial in Sydney. She listens to Richard Fidler interviews on radio, follows state and federal elections and is up to date with current affairs including gas prices.

"I'm very lucky having Alison as my carer," Gwen said. "She visits every day, helps with exercises and takes me out. Sometimes, we enjoy a gin and tonic."

Her outlook on life? "Try to do the best you can and get along with people, have good relationships. I had a lot of love from my husband and now I have it from my family."

Local study shows non-contact boxing can benefit Parkinson patients

A HIGH intensity exercise program using non-contact boxing for people with Parkinson disease (PD) has been developed by a team from the Perron Institute and Edith Cowan University.

This was a feasibility study involving community volunteers to show that non-contact boxing can be helpful and safe for people with early-stage PD.

The study was the first to use continual heart rate monitoring and ratified scales of exertion

used by sports scientists. Training included quantifiable balance and movement drills, high intensity aerobic bursts and sequences of punches using a Fightmaster training machine.

Participants showed improvements in fatigue levels, sleep quality and a commonly used score of PD severity.

Clinical Professor David Blacker (Perron Institute Medical Director and consultant neurologist) is the study leader. He has a personal perspective as someone

living with Parkinson Disease.

Exercise, he says, has significantly helped to reduce his symptoms.

With professional fitness trainer Rai Fazio, a former Golden Gloves champion, the team has developed the FIGHT-PD program.

Professor Blacker and Mr Fazio were concerned about injury risk if people with PD undertook boxing exercise training with incorrect, unsupervised techniques. The tailored program now developed is designed to ensure

safety and maximise benefits.

"Boxing movements, footwork and balance are excellent for PD because the postures and movements required are almost the exact opposite of what occurs in this disease," Professor Blacker said.

"Non-contact boxing is a very effective form of high intensity exercise, and most participants find it to be fun.

"It's a great way to undertake vigorous exercise in a social environment, and Rai Fazio's expertise

and generosity in this partnership have been invaluable."

Professor Travis Cruickshank of ECU

brought his expertise in exercise physiology to the FIGHT-PD program. This has ensured the detailed prescription and

measurement of exercise intensity and a careful design to create a mix of physical and cognitive challenges.



TOURS for Over 55s



INDIVIDUAL TOURS		
July	Christmas in July at Bolgart	\$89
July	Christmas in July at Stringybark	\$89
Aug	Tulips of Araluen	\$80
Aug	Dowerin Field Day	\$65
Aug	Garden Island	\$60
Sep	Hotham Steam Ranger	\$135
Sep	Blind Cameleer	\$65
EXTENDED TOURS		
Aug	4 Day Nannup Flower & Garden	\$995
Aug	2 Day Wave Rock and Canola	\$335
Sep	2 Day Whale Watching Tour	\$395
Oct	2 Day Lord Forrest and Boat Cruise	\$395
Oct	6 Day Silos & South Coast	\$1590
Nov	2 Day Abbey Beach Resort	\$320
Dec	2 Day Manjimup Cherry Festival	\$360

BROCHURES - BOOKINGS or FREE Membership visit www.club55.com.au
EMAIL bookings@club55.com.au
PH 0434 439 983 Mon to Fri 9AM to 2PM

GREAT VALUE



GIFT VOUCHERS

2020

Travelers' Choice



Tripadvisor



- FLIGHTS TO ROTTNEST

- PERTH CITY JOY FLIGHTS

www.rottnestairtaxi.com.au

FOR DETAILS

0421 389 831

TWO TIME WINNER

Retailer of the Year

LARGEST RANGE & BEST PRICES IN PERTH

on Adjustable Beds

BONUS

FREE SHEET SET WITH ALL ADJUSTABLE BEDS

iActive 20

Adjustable Bases



- Wireless remote control
- Bluetooth compatibility
- Pre-set adjustable positions
- Independent head and foot elevation
- Anti-snoring position
- Zero G weightless position

- Memory functions, iSwitch syncing and position syncing for split bases
- Adjustable legs
- Battery Backup

FREE DELIVERY AND FREE PICK-UP OF YOUR OLD BED IF REQUIRED IN THE METRO AREA

COUNTRY FREIGHT CAN BE ARRANGED

LAY-BYS WELCOME

WITH YOUR CHOICE OF MLILY® OR SlumberCare MATTRESS

KING SPLIT	QUEEN SPLIT	QUEEN 1 PIECE	DOUBLE	KING SINGLE	LONG SINGLE
\$3495	\$3345	\$2195	\$2020	\$1895	\$1750

OPENING HOURS: MONDAY - FRIDAY 9AM - 5.30PM | SATURDAY 9AM - 5PM | SUNDAY 11AM - 5PM

Bed Room Gallery

Discover the difference

Cnr South St & Bannister Rd CANNING VALE

www.bedroom-gallery.com.au

9455 7773



FINDING SOLUTIONS IS IN OUR DNA

The answers to questions surrounding neurological conditions like Parkinson's, stroke, MS and motor neurone disease lie in our DNA.

Our ground-breaking research is developing new treatments for these devastating conditions which continue to affect millions of people around the world.

Please join us in our journey of discovery and donate now.

perroninstitute.org



Dr. David Blacker

Medical Director, Perron Institute, Stroke Clinic Neurologist





What change can you make in your household for Plastic Free July?



by Karen Majer

PLASTIC FREE July has rolled around again, so it's time to take up the challenge to reduce our use of single-use plastic.

In good news, the WA Government has introduced a state-wide ban on certain plastic items. They include plastic shopping bags or bags with plastics laminate, disposable plastic straws and stirrers, disposable plastic cutlery, plates and bowls, and polystyrene food containers.

From October 1, the ban will extend to disposable

plastic cups.

Most of us are already used to carrying our own shopping bags, Keep Cups and water bottles; this ban will help to finally end these plastic waste streams.

Bans and careful shopping serve to reduce the amount of plastic coming into our homes, but it's almost impossible to avoid plastic entirely. The next steps in sustainable waste behaviour are re-use and recycle.

A great initiative in operation since 2020 is Containers for Change. Most aluminium, glass, plastic, steel and liquid paperboard drink containers between 150ml and 3L can be saved from landfill. You can drop off your containers at refund points across WA (see Containers for Change website www.containersforchange.com.au/wa/ to find the one closest to you) and receive 10c for every container you return, which

you can keep or donate to a favourite cause by using their collection bin at the site. Make sure you take off the lids – they recycle those too, just separately.

We are pretty good at recycling paper, cardboard and recyclable plastics in our yellow bins, but if, like me, you are sometimes confused about whether a particular item can be recycled, the answer is at hand on the Recycle Right website www.recycleright.wa.gov.au/. Here you can find out what does and doesn't belong in each of your bins and find your nearest recycling centre or drop off point to dispose of items which can't go in kerbside bins.

Your local shire or city is another great place to get information. I talked to Penny Dowd, the project administration and education officer at the Augusta-Margaret River Shire. The Shire's waste

sorting station allows residents to dispose of many items which would otherwise end up in landfill. Conveniently located inside the front entry of the Shire's office, the station enables appropriate disposal of small amounts of aerosols, CFL household light globes, pens, pencils, markers, coffee capsules, media storage such as cassette tapes and CDs, unusable clothing, soft packaging, beauty product tubes and oral care waste such as used toothbrushes and toothpaste tubes, together with the existing collections for used batteries, household printer cartridges, mobile phones and plastic lids.

The items collected are then sent to specialist recycling facilities that can either dispose of the items correctly or recycle them.

Penny said that use of the waste sorting station indicates our communi-

ty overall is supportive of disposing of waste items correctly.

"People in the Shire saved 62 per cent of their waste from ending up in landfill in the second half of 2021. This is up from 59 per cent in 2020-2021," she said. "The Shire is continuing to focus on positive behaviour change to reduce contamination of waste and promote a circular economy."

Participating supermarkets in the Australia-wide REDcycle Program offer you the opportunity to recycle many soft plastics that can't go in the yellow bin. These include biscuit packets, bread bags, bubble wrap, cellophane, plastic bags and cling wrap.

You can find the REDcycle drop off point nearest to you on their website.

A recent problem due to the Covid pandemic



Project administration and education officer at the Augusta-Margaret River Shire, Penny Dowd, at the Special Waste Drop Off

is discarded disposable face masks. If they get into the environment, the elasticated ear straps make them a hazard to wildlife. Penny said that medical waste, including face masks, should be disposed of in the designated box at the Shire's waste sorting station.

"Face masks can also be disposed of in your

general waste bin with the red lid – however we ask that people either remove or cut the strings to reduce the risk of animal entanglement," she said.

Penny has a Plastic Free July message for readers: make a pledge to reduce single use plastic in your home and at work, and support others to make the change.

Ageing aviators meet international top guns to assemble a tornado



Top guns old and new meet at RAAFA Bull Creek. Pictures and story Daryl Binning

bling the Tornado fighter aircraft at the adjacent Aviation Heritage Museum (AHM).

The Tornado was the only aircraft from the RAF's now superseded fleet (many are still actively flying with other air forces) to be placed in a museum outside of the UK. Because of the classified technology used in this type of aircraft, permission was also required from USA top brass at the Pentagon before the aircraft could leave the UK.

The volunteer-operated public museum on the RAAFA estate in Bull Creek is acknowledged as the best centrally-located aviation museum in Australia and is honoured to be gifted such a militarily-significant warbird.

The following day a brief ceremony was held alongside the hangar, to which a new weather covering for the aircraft will be constructed. The keys to the aircraft were handed over to the AHM volunteers. RAAFA president Clive Robartson accepted the keys but was surprised to discover they were a massive heavy steel spanner, symbolic of what was needed to dismantle the aircraft and re-build it again in Perth.

An official government-to-government ceremony is planned for later this year when all the relevant RAF and RAAF top brass, as well as the usual gaggle of politicians will assemble at the museum to formalise the gift.

During the event, a raffle was held in support of the Old Flyers group. Its president Steve Rogers asked Erica to draw the winning ticket, with the prize being a double pass to see the movie *Top Gun - Maverick*. Following the presentation, the team discussed their work in more detail with the ageing aviators, aero club committee and a young student pilot beginning her career at the club.



Thousands of unwanted, homeless cats and dogs end up at shelters and pounds all over WA every year because owners don't sterilise their pets.

Get
75% OFF
Pet Sterilisation*

RSPCA WA will pay up to 75%* of the cost to sterilise your dog or cat.

Be Wise  Sterilise

Who is eligible for support?

75% discount vouchers available for:

- ✔ WA Senior's Card holders
- ✔ Pensioner Card holders
- ✔ Healthcare Card holders

Benefits of pet sterilisation

- ✔ Happier & healthier pets
- ✔ Save \$ on pet registration
- ✔ Reduce roaming and strays
- ✔ Reduce aggression
- ✔ Reduce the risk of cancer
- ✔ Reduce unwanted litters
- ✔ Reduce spraying

Find out if you're eligible* and register for assistance at:
rspcawa.org.au/bewise





*Terms and conditions apply.

MEMBERS of the Royal Aero Club of WA's "Old Flyers" group met with the JARTS (Joint Aircraft Recovery and Transportation Squad) team at the RAAFA club at Bull Creek on Monday July 20 after the UK-based Royal Air Force team had completed two weeks re-assembling the Tornado fighter aircraft at the adjacent Aviation Heritage Museum (AHM).





LIMITED STOCK

Become a member at Joondalup Library in July and August to receive a special edition library card celebrating the library's 25th birthday.



The card features the work of local artist Kyle Hughes-Odgers who designed and painted the beautiful and iconic mural in the Children's area of the library.

New members at the other City libraries – Duncraig, Whitford and Woodvale - can choose from three existing designs and a new Book leaf mallee design.

For more information visit joondalup.wa.gov.au or call 9400 4707.

joondalup.wa.gov.au



Blue genes...



RESEARCH at the University of Copenhagen has found that all people with blue eyes are related. A genetic mutation which took place 6-10,000 years ago caused the eye colour of all blue-eyed humans alive on the planet today.

"Originally, we all had brown eyes," said Professor Hans Eiberg from the Department of Cellular and Molecular Medicine. "But a genetic mutation affecting the OCA2 gene in our chromosomes resulted in the creation of a 'switch', which literally turned off the ability to produce brown eyes."

An update for people who are applying for the age pension



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

AUSTRALIANS reach Age Pension age when

they turn 66 and a half. But did you know you can submit your claim up to 13 weeks before you reach Age Pension age?

That doesn't mean you have to retire then; there are programs in place to provide support for older Australians who choose to work beyond Age Pension age. One example is the Work Bonus, which may reduce the effect of your employment income on your rate of payment.

If you work, we apply the Work Bonus of \$300 a fortnight against your gross employment income or eligible self-employment income. That means the first \$300 a fortnight of your work income won't count towards the Age Pension income test. If your work income is less than \$300 in the fortnight, then any of your unused Work Bonus is saved, up to a maximum of \$7,800. Your Work Bonus bal-

ance can be used to offset any future income from work.

The Work Bonus doesn't apply to other types of income like investment returns.

If you're thinking of claiming Age Pension, there are some things you can do to make the process easier for you.

The first thing is to check if you're going to be eligible to receive the payment. These eligibility rules also include both

income and assets tests. I suggest you go to our webpage and search for our 'Payment and Service Finder'. You can use this online tool as a quick check to see if you might be eligible for payments from us.

It's also helpful to have as much supporting documentation lodged with your claim as possible. This means gathering your documents prior to commencing the claim.

The information you need to provide is outlined in your claim form. It includes proof of identity, residence status, and income and assets. That could include bank statements, super statements, tax returns, and statements for your shares.

You can lodge your documents by uploading them through your myGov account linked to your Centrelink record or through the Express Plus

Centrelink app. If you don't have a myGov account yet, go to my.gov.au to create one.

You can also mail your documents in or give them to us at one of our service centres.

See you next month.

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

Mind your mind... is being wise guaranteed as we get older



DO we get wiser as we get older?

"Wisdom is learning from our mistakes" and "Experience is a great teacher" or so I'm told. I have made plenty of mistakes, but how much have I learned from them? Sometimes lots,

other times, not at all – I can still fall over my feet and perform some absurd Wile E Coyote tricks many times over and never seem to learn.

And it doesn't help when my internal critic chimes in and says, "told you so", "there you go again" or "you idiot". I am my worst critic, of course, and that's one thing that most of us find it most difficult to switch off, even if we know that criticism is not the way to teach or learn.

Wisdom and experience tell us that the best teachers give support

and encouragement to their students, so why don't we do that for ourselves?

And prohibition isn't the answer, either. In a famous experiment, participants were told not to think about polar bears, but to ring a bell every time they did. Within a minute or two, the bells started ringing – everyone was thinking about polar bears. Why? Because they had been told not to.

"Don't drop it", "Don't fall", "Don't be late" – aren't these the words that lead us to do exactly

what we're being advised not to do?

Education doesn't seem to be the answer. Most academics are perfectionists whose internal critics are rampant. Not that academia is a guaranteed source of wisdom – how many research reports, theses and analyses fail to meet the pub test of common sense?

However, a wise person did sow some seeds of wisdom in me, even if they took a long time to germinate. "Slow down", "Do one thing at a time", "Look before you leap", "Take a deep breath",

"Be grateful for what you've got".

It has taken me a long time to learn those simple lessons, but thanks, mum, you were very wise.

Seeking help when you know you need it is also wise. 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) 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 coun-

sellor and psycho-therapist. He can be contacted through his website AAACounseling.com

CROQUET

Want to learn a low impact sport? Why not give CROQUET a go?

For info call Bethwyn 0419 049 593

Victoria Park Croquet Club
Playfield Street, East Victoria Park



READ US ONLINE: www.haveagonews.com.au



SUMMERLIN

AUDIOLOGY

Hearing, tinnitus & balance clinic

- ✓ Affordable hearing aids from all leading manufacturers
- ✓ Independent audiologists
- ✓ Providers of fully subsidised hearing services under the Australian Government

Ph: 9481 0912

West Perth | Edgewater | Manjimup

www.isaudiologist.com.au

Ha
Ve

OMG!

You must stop in and try the award winning artisan cheeses at Harvey Cheese - the home of OMG



Ha Ve Harvey Cheese

11422 South Western Hwy, Wokalup

Open daily 9.30am to 5pm

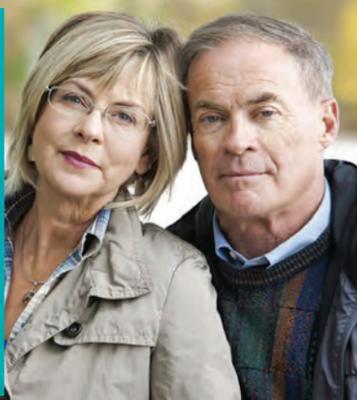
VOLUNTEERS REQUIRED

Chronic Obstructive Pulmonary Disease (COPD) Clinical Trial

Have you been diagnosed with COPD and suffer daily from a productive cough?

You may be eligible for our clinical trials study. Enquire today:

(08) 6151 0813 or
admin@resphealth.uwa.edu.au





Institute for Respiratory Health
QEI Medical Centre, Level 2, 6 Verdun Street, Nedlands
(08) 6151 0888 • admin@resphealth.uwa.edu.au • www.resphealth.org.au

Is turning over in bed difficult for you?

wondersheet⁺ PLUS
when mobility matters

NDIS, HCP & DVA approved



POLY / COTTON

SATIN

POLY / COTTON

(50% / 50% polyester / cotton blend)

Try this unique style of fitted sheet that can make turning over in bed so much easier.

To find a stockist near you

www.thewondersheet.com.au

07 5591 1629



Woodvale Park Commercial Centre

Unit 14 / 923 Whitfords Avenue

Woodvale

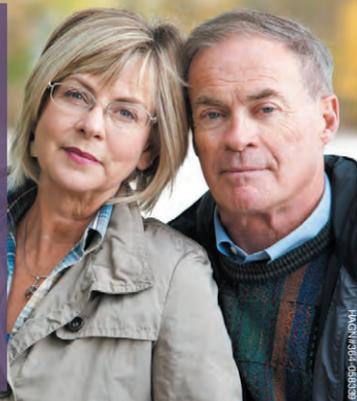
0412 324 621

Lung Information and Friendship for Everyone

LIFE is a local community support group, run by and for people living with respiratory conditions

- Connect with people living with a chronic respiratory condition
- Gain useful health information
- Share tips and experiences
- Have a laugh

For more information contact LIFE:
Sal on 0409 336 639 or email
Gaye at gmcruick@bigpond.net.au





LIFE, C/O Institute for Respiratory Health
QEI Medical Centre, Level 2, 6 Verdun Street, Nedlands
(08) 6151 0888 • life@resphealth.uwa.edu.au • www.resphealth.org.au

To watch or not watch television - that is the question this winter



by Rick Steele

SINGER-SONGWRITER Don McLean wrote a song; *Winter has Me in its Grip* and if it wasn't for my new beaut colour TV I reckon I would have succumbed to a mild form of misery guts by now. Ten days of rain, with sleepless nights and a guts ache in my heart makes the remote control an essential.

I read that after so

many years everybody's favourite 'soapie', *Neighbours* is going to finish. Won't affect me much 'cause I don't think I ever watched one episode.

Same with *Home and Away* which my children used to call; Please go away. Best thing for me was the theme songs.

I trace my aversion to soaps back to my father. Even though I wasn't forced to watch it, *Coronation Street* was a favourite for him and I was so enticed by our brand new 12 inch black and white screen, I would watch Enid Sharples drink her stout in the Drovers Inn with Elsie Tanner and co, 'cause the warm winter fire was in that room as well. "Ee by gum".

It's more than 20 years ago, on my first trip to Switzerland, that I was introduced to the Tour de France. Bordering on a religious experience, a small bar was heaving with excitement and beer as the lycra-clad heroes pedalled up grades fit for mountain goats. Australia and NZ might have had one competitor, but not rated with a mention.

My how things have changed. Just last month I watched as a young Wallfella from Midland, WA won the Giro d'Italia. The Tour d' France 2022 has begun and Perth bloke Ben O'Connor, who made third on the podium last year, along with four or five other Aussies, are tipped to challenge the world's best.

Must be close on 20 odd years since Lance Bloody Armstrong was winning the tour under the influence of drugs. He did very well considering. I knew a muso bloke, who when he was on drugs, couldn't even find his bike; let alone ride it. Even Joe Biden fell off his bike. Gives new meaning to ye ole adage. "On yer bike mate."

Also coming up on the screen, will be rugby with the All Blacks, Wallabies, and the lads from England all doing battle. These days watching television often means fighting, violence and foul language, and that's just deciding who gets to hold the remote control.

There's a new series on Netflix about a female

serial killer. She didn't actually kill the men herself. She broke into their apartments and hid their remote controls. They then killed themselves.

The Wombles of Wimbledon, with Serena Williams, no Ash Barty, but the bad boy from Oz brightened up my viewing. John McEnroe, who used to scream; "You can't be serious!" says, "I don't know that my behaviour has improved with age. They've just found someone worse."

Oh me, Oh my, how my sister, brother and I treasured our shared first tennis racket. It was sponsored by mum. Woe betide anyone who damaged it.

And so, as I arrange my time slots and eat-

ing habits to adjust to my new set of tablets, I chase the morning and afternoon sun and search for the remote control.

Over East, where all the wisemen live, (apparently) they're trying to keep the lights on and let pensioners use their heaters.

Meanwhile in the great USA they are debating and can't decide whether 18-year-old lunatics, with more mental problems than... should be allowed to buy automatic assault weapons with unlimited ammunition. It's enough to drive a man to drink but the doc says I'm not allowed.

Some say that; "Guns don't kill people, people kill people."

Well I think the gun

helps. If you stood there and yelled bang, it's not really gonna inflict the same damage.

Speaking of damage, an Eagles supporter trundles off to his local 'rubidly dub' with his faithful hound, both adorned in their resplendent blue'n'gold supporter's scarves and gear. The game finishes with another Eagles loss and the dog goes berserk. He knocks drinks off the table, with his tail, urinates on the table leg. He barks and growls at everyone.

"Crikey," says the says the Dockers supporter; "What does he do if you win?"

"I don't know, I've only had him a year!"

Cheers dears.

Get some kitchen flair... reliving the classics from the 1970s in the kitchen



by Jon Lewis

IT all started when I casually asked on the radio one merry morning for a recipe.

In particularly I was looking for classic recipe to delight my darling wife that Friday night. My passion has been for the lost Aussie treasures of steak Diane, lobster thermidor, prawn cocktail and the like.

So it was with a happy delight 'Lady' Norma called in with her simple favourite.

"Why don't you make your darling an apricot chicken?"

This fired an ancient memory of

such things being talked about on television shows with hosts wearing fine flares and lots of beads, to mention only a few of the lost fashion items they were adorned with.

Many lovely callers followed with only a slight varying of ingredients and method. And all but one completely loved the delightful dinner. The one who didn't agree, had tragic memories as it was the only dish he could recall his mother being able to make. They had it every Friday and on one of those Fridays it had become too much.

I felt for him, as I had the same

fate with my lunchtime egg sandwich that had not varied for years at school. Only now I can think of it again in safety.

So, it was agreed I would make the daring dish.

The recipe I settled on was as follows... cue 1970s music...

Firstly coat boneless chicken thighs in a light flour and place in the baking dish. Simply pour a large can of apricot nectar or apricots with nectar over the chicken. Then add a serving of French onion soup mix. Now all you need do is cover with a lid or aluminium foil and pop into the preheated oven at 180° for an hour.

While it is doing its magic, we sipped a glass of champagne and danced tango in the kitchen.

It was served with rice from the rice cooker and vegetables that had been steamed at the same time.

We had fun!

What I love about this was the experience of creation. Before I spoke on the radio there was nothing, after there was a celebration of many ideas culminating in a culinary... well I will call it, a delight.

Seventies cooking can be a fine way to add a 'flare' to your dinner! All the best.



Let's stay on a roll, WA



Thank you for doing your part during the pandemic. Let's keep it up in the cooler months by doing 3 simple things:

- Wear a mask as necessary
- Stay up to date with COVID and flu vaccines
- Continue to wash our hands regularly

Let's stay on a roll through winter so we can do the things we love with the people we love.

Find out more at WA.gov.au



GOVERNMENT OF WESTERN AUSTRALIA

We're all in this together.

The day I did the Turkey Shuffle along Rokeby Road, Subiaco



by John Rando, lawyer, musician, existential philosopher

IN the early days of oper-

ating my law office in Subiaco and farming property in Bindoon, I came up with the idea of raising turkeys. After preliminary re-

search, I figured there might be a demand, and market for turkeys. So I purchased a turkey hen and half a dozen chicks which I kept in the back garden of my law office. My plan was to fatten them up, then move them to the Bindoon property.

The turkey chicks were to be the genesis of the Rando turkey empire I figured.

In the 1970s, the residents in Subiaco would not have objected to a contingency of turkeys living quietly, peacefully in the backyard of a law office.

All was going well, ac-

ording to plan.

The chicks were fattening almost daily.

Until, one morning, on looking out of the back window I noticed the backyard was empty.

No turkey or chicks. Missing. Gone.

I was gobble smacked.

Initially, I suspected someone had jumped over the back fence and stolen the turkey and chicks.

A gobbler robber.

On second thoughts, I wondered whether the turkey and chicks had flown over the back fence and taken off into the wilds of Subiaco.

So, I began to meander around the local neighbourhood looking for the likely absconders.

Up, down and around in a grid pattern.

Eventually, I noticed mother turkey and a line of chicks ambling single file, along the footpath, heading directly towards Perth, walking across red stop lights at the Hay Street intersection, causing vehicles to take evasive action.

Walking, illegally diagonally across streets, oblivious to all traffic.

The chicks seemed happy enough following mother, unaware of

any danger.

Time for action, I figured.

Surreptitiously, carefully, I crept up behind, guiding them along Rokeby Road, left into Churchill Avenue and finally back safely into their pen at the rear of my law office.

My initial impression was that the turkey chicks followed neatly behind the hen however, on closer observation, there was a lot more. A distinct difference in the way the chicks ambled behind the mother.

On my initial assessment, they seemed to shuffle behind her. How-

ever, there was more to it. There was a distinct assortment of walks by each chick.

A saunter, a stroll, a meander, a dawdle, a wander and a potter.

Very distinctive movements, not in unison.

That was the day I did the turkey shuffle along Subiaco streets.

There were looks of bewilderment and bemusement from passers-by.

"Why is John Rando, criminal defence lawyer, herding a turkey and group of chicks along Churchill Avenue Subiaco streets at this time of the morning?"

Seminar addresses net zero carbon economy

U3A Perth is presenting its annual seminar: *Helping Build a Net Zero Carbon Economy*, on Saturday July 23.

Presented by an extraordinary range of speakers from science and business to cover the most contentious issues surrounding how Australia can achieve its targets, topics include Carbon-footprint of WA Grains Production; Synergy's Projects Targeting Net Zero Carbon; How Climate Friendly is an Electric Car?; Decarbonising our Built En-

vironment; and several more.

In the past, more attention has been paid to arguments about the effects of climate change than what we can and are doing about it. This seminar is a great opportunity to update yourself on the work that's going on in different industry sectors and how to do your bit.

Time has been set aside for expert panels in the morning and afternoon to answer questions, and people will learn how to calculate their carbon foot-

print and reduce it.

The seminar will be held in the State Library Theatre, Francis Street, Perth. Cost is only \$35 which includes lunch. Advance booking is required. Registration is from 9.15am and the first speaker will commence at 10am.

The full program can be viewed and bookings can be made on the U3A Perth website www.U3Auwa.org

For booking assistance call Ron Mitchell 0439 919 670. For more information about the seminar call Peter Farr on 0419 905 864.



Scratchie packs up for grabs!

EVERY month we give away five, \$20 Lotterywest Scratchie packs for some lucky readers to win. We hope one of them jags a big prize.

To be in the draw, simply email win@haveagoneews.com.au with Scratchie in the

subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/8/22.

Congratulations to our May winners... Kathy Chaudhry, Pamela Edmunds, Donna Thompson, Rob Yeowell and Alan Thwaites.



Join the walking club for fitness and fun

joy yummy food as well as walking in the fresh air.

The potatoes are provided by Mary "The Spud Lady" who comes up from Mandurah with her food truck and provides baked potatoes with a choice of four delicious toppings. The subsidised cost to members is just \$5.

If you would like to be involved with the club then join them on a Tues-

day at 9.45am for exercise and fellowship – everyone is made very welcome.

Here are the details of the next four walks:

Tuesday July 12 – Whiteman Park. Off Lord Street, Car Park No. 6, West of the Village.

Tuesday July 19 – Bibra Lake. Progress Drive, Bibra Lake.

Tuesday July 26 – Burswood. Re-

sort Drive, Causeway end, Burswood.

Tuesday August 2 – Carine Open Space. Beach Road, near Okley Road.

Bring along a folding chair and a sandwich.

For more information, please visit the comprehensive website www.over55walkingassociation.org.au or call president Faye on 0449 667 558.



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.



Call 9368 6030

wmpgroup.com.au/timetotalk

THE RETIREMENT SPECIALISTS

Letters to the Editor

Your letters...
Your letters...
Your letters...
Your letters...



Dear Editor,
THIS is a response to the call to buy e-cars by Karen Majer in the June issue.

E-cars will help in the West to have clean cities, but environmental pollution will happen elsewhere.

To get 1 kg of vanadium 8.5 tonnes of rocks must be crushed; for 1 kg of cerium 50 tonnes are needed and the same applies to 1 kg of gallium,

For the rarest of rare earth minerals

needed for e-cars, lutecium, only 1 kg is found in 1,200 tonnes of earth.

Gallium is 9,000 times more expensive than iron and germanium is 10 times more expensive than gallium.

Lithium is not carbon friendly either.

E-cars are costly also because the rare earth mineral extraction process is highly toxic.

Water is needed. It is taken from farms and it is toxic when returned. It kills plants, reducing farmers' income

and damaging their health. Diseases caused by mining are rampant. But that doesn't affect us Australians only South and Middle Americans, Africans, some Europeans and China.

China also owns most of the world's rare earth mines.

I do not want to be responsible for the agonising physical and material death of millions of people just so that I can breath fresh clean air in the city.

Our cities may benefit from e-cars

but if I have to cross the nation will there be sufficient recharge stations? If so trucks will sit on them for hours to refill their batteries. It will take ever longer to get anywhere.

In the outback there will be no e-car refill stations for decades to come and what if we run out of electricity?

Hydrogen is not the answer either as it too needs electricity for production. If it were possible to drive in the outback we have to have generators

with us and they run on diesel. That defeats the purpose of an e-car.

We need to rethink a lot and now accept the media, governments and automobile companies one-sided deluge of information and our new love affair with e-cars. We must be more responsible not just for us but also for the international community.

Dr. Monika Zechetmayr Toodyay

Dear Editor,
I AGREE with Lee Tate about the stupidity of federal elections being held every three years.

I have reckoned for some time that they should be terms of four years. I guess if what he suggested - elections being every five years - would not make things any worse than what they are now. You never know they might actually get to

do some of the stuff that is rolled out in all their promises before each election.

Also we could possibly avoid the situation like we are going to have in 2025 with the WA state election and the next federal election in the same year, oh joy, the whole year ruined by political pork barrelling and, dare I say it, utter bullshit being bandied about on the tele and in

the papers.

On top of that we might actually get people going into politics who are really interested in getting things done other than lining their own pockets and ignoring the dire straits that some of the Australian population find themselves in through no fault of their own.

Mrs Margaret Anne Ryan Ballajura

Dear Editor,
GIVE peace a chance

Sanctions and tariffs and threats of war steal food from the mouths of the poor.

Free trading brought prosperity and lots of good for you and me.

The election did little more that change the name plate on a door.

Governments keep the truth at bay and tell lies every day, there is going to be the devil to pay.

All I am trying to say in this hopeless poem is give peace

a chance,

Bring some joy to the world through peaceful trading.

Created poverty turns smiles to frowns, sickness is always hanging around.

Is it too late to change our ways, can't we go back to the good old days?

Before you decide to go to war take a look at the children and be really sure,

Dear me could it really be World War 3.

Stop and think, ask yourself why do all the people have to die.

Take all the sanctions and tariffs away and learn to live a different way

Or has common sense lost its way?

Speak out now and have your say.

Give peace a chance; give peace a chance; give peace a chance

William Higginson Baldvis

Dear Editor,
I WOULD just like to point out a couple of salient details David Rudman neglected to mention. Firstly, unlike Russia, NATO has never been first cab off the ranks in attacking anyone.

Do you remember the Finnish Winter War? Hungary 1956, Czechoslovakia 1968, Chechnya, Afghanistan? Russians have been forcing their ideals and opinions on others since before the 1917 revolution, but sadly the average Russian has no idea of what democracy is and blindly follows whichever dictator is

in power, the only exception being Gorbachev.

You asked "has anything been resolved by the USA. acting as the World's policeman?" well I dread to think what sort of World we would have if no one stood up against tyrants like Putin and Xi Jinping.

The US is not perfect but if you think popping into the country next door and blowing it to pieces is a good idea then you probably believe Trump was robbed of the election.

Jason Leung

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

Dear Editor
RE: Lee Tate's Opinion piece on elections in June 2022 issue of Have a Go News.
Lee Tate has mailed it. Spot on. This article needs to go in all the national papers.

Peter Rose Halls Head

Dear Editor,
I PICKED up my copy of *Have a Go News* June 2022. My congratulations to the editor and her team for coming up with an easy-to-read content-packed free newspaper.

I particularly enjoy the range of feature articles which generally occupy just one easy to read page but which contain much information relevant to seniors.

The articles also feature one 'ordinary' person who has achieved something in his or her life other than being an entertainer or sportsman (which are also important occupations, but which often get most of the spotlight).

Keep up the excellent work.

John Farnan Tuart Hill

9 NEWS WA FIRST

WA FIRST 5.00

SEE THE FULL STORY 6.00

Retirees Club News & Recreation



Toxic leadership and its effects on society

TOXIC leadership is the subject of a presentation by Dr Clive Boddy at the August meeting of the Western Australian Self-Funded Retirees Association (WASFR).

Dr Boddy, a research fellow at Curtin University, says toxic leadership describes the divisive, controlling and bullying approach to workplace management.

Few if any organisations, from the smallest to the largest, including major corporations and governments, seem unable to avoid this form of leadership which may exist at many levels within their organisations.

Consequences of the most damaging kind, brought on by decision making where leadership toxicity exists, can be experienced not only by individuals but also by the organisations involved and by societies at all levels.

Clive is presently engaged in researching the more extreme form of toxic leadership known as corporate psychopathy. This can lead to the most damaging forms of decision making. He has many research papers published in his name including the effects of corporate psychopathy where it has existed in the past and

where it may now exist.

His research in this vital area would seem timely given the levels of unrest of the most serious kind currently being experienced in various parts of the world.

The meeting will be held at 10am on Friday August 12 at the usual venue, the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat. Visitors are always welcome and an entry fee is not required.

Further information may be obtained from Ron de Gruchy on 94471313 or Margaret Harris on 93815303.

Getting to know your local politician

CHRISTINE Tonkin MLA is the guest speaker at the next meeting of the Association of Independent Retirees (AIR) on Friday July 15.

Christine is the current member of parliament for Churchlands. Formerly a public procurement consultant for the UN with posts around the world, she put her hand up in the last State election and won.

She says we have two ears and one mouth so should listen more than we speak. So it will be interesting to hear what people are telling her. The club

looks forward to hearing about her experiences.

The guest speaker on August 19 will be Jaxon Ashley from Men's Sheds Organisation.

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

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@inet.net.au) or Margaret (marghw@inet.net.au).

A sub group of AIR Investors will meet on Wednesday July 13 at 1.30pm, at the same venue. The speaker will be Carolyn Roper from Partners Wealth Group on the topic: Investing for Life. Enquiries to John (johnkwellis@gmail.com).

U3A meets weekly in Mandurah - all welcome

UNIVERSITY of the Third Age (U3A) is a world-wide organisation for the over 50s to broaden knowledge in a friendly atmosphere. A variety of relevant talks are given with no exams or tests. U3A

also organises excursions, social events, coffee mornings or lunches with like-minded people.

U3A meets at the Anglican Community Centre at 2 Leslie Street, Mandurah (formerly Bowra

& O'Dea).

This is a very comfortable, quiet accessible venue with all the amenities including very good parking. U3A previously met at the Mandurah Seniors Centre.

U3A's meetings are held each Wednesday and Thursday 1.30pm to 3.30pm with a break for afternoon tea.

For further details, see U3A's website: www.u3amandurah.org.au.

Lots of fun to be had at Quinns Rock seniors club

QUINNS Rocks Senior Citizens are now welcoming new members, male and female, to their club at Gum Blossom Community Centre.

They offer a variety of activities including bingo on Mondays, table tennis - Monday, Wednesday

and Thursday, snooker - Monday, Wednesday and Friday and carpet bowls on Mondays, Wednesdays and Thursdays.

The club also subsidises outings travelling on a comfortable airconditioned coach, generally stopping for

morning tea and lunch along the way, but this can vary.

Anyone looking to meet new friends and have some fun along the way come is welcome to join them.

Call Emma on 0448 019 496 for full details.

Life long learning on offer with new semester...

MATURE Adult Learning Association (MALA) has an interesting and diverse program set to commence August 5.

Part A program

Unravelling the Geological Secrets of WA's National Parks - Dr Marie Ferland.

Systems Medicine in Health and Disease - Dr Luke Whiley and Dr Nicole Gray.

Introduction to Aboriginal Cultural Heritage - Robin Stevens and Dr John Stanton.

History of WA in 19th Century - Anthony Alborn.

Iran: Before and after Islam - Parisa Abbasian.

Violent Extremism in 2022 - Dr Ben Rich.

Held at the George Burnett Leisure Centre on Manning Rd in Karrawara, accessible by Transperth Bus and with ample free car park, each semester has two terms of five, one-hour lectures on consecutive Fridays either at

10.15am or at 11.45am from August 5 to September 2.

The second series of five Friday lectures runs October 14 to November 11.

Part B program

Telescopes needed to answer Astronomy's big questions - Prof Steven Tingay.

Ancient coins revealing Ancient history - Prof John Melville Jones.

Birds of Australia and their place in the World - Dr Rochelle Steven.

Studying Literature and Poetry to express the inexpressible - E. Prof Dennis Haskell.

History of WA in 19th century, continued - Anthony Alborn.

Out of the Fiery Furnace. A history of mankind's use of metal - Dr Nigel Radford.

Check out www.MALA.org.au, where people can find full details of courses, enrolment forms that can be completed online and details of payment options. People may request enrolment forms to be mailed.

MALA are a friendly group, agile in mind and keen to be engaged in the world with lectures from well researched and experienced lecturers.

ADVERTISEMENT

DONNA FARAGHER

JP MLC
MEMBER FOR EAST METROPOLITAN REGION

Shadow Minister for **Community Services; Early Childhood Education; Seniors & Ageing; Youth**

Ground Floor, 108 Swan Street Guildford 6055
9379 0840 | faragher.eastmetro@mp.wa.gov.au
Authorised by D.Faragher, Ground Floor 108 Swan Street Guildford WA 6055

Life's journey starts and ends with family

Prepare your Will & safeguard your family

HOMEVISITWILLS helps you to organise:

- Wills - simple and complex
- Enduring Powers of Attorney
- Enduring Powers of Guardianship
- Advance Health Directives
- Probate
- Letters of Administration

Legal documents & advice by MP Commercial Lawyers

FIXED FEE SERVICES. HOME VISITS Mon-Fri 8am-8pm

Call now 1300 870 900

Information at www.Homevisitwills.com.au

More Home Care services for less money? Too easy.

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

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

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

Acacia

LIVING GROUP

acacialiving.com.au



Seniors Recreation Council Jottings

Healthy Lifestyle Event

Experience the south west through food

SRCWA in partnership with Southern Forests Food Council and City of Vincent are conducting a Healthy Lifestyle Event. This free event will be held on Monday August 15, 10am to 12noon in Leederville. There will be information on the south west, cooking demonstrations, food tasting and presentations on food available and grown in the area. If you would like to attend this event registrations are essential as places are limited. To register call 9492 9774.

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, prizes and give aways will feature throughout the afternoon. Subsidised 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.



Positive Ageing Expo

THE Positive Ageing Expo was held on June 2 at Walyalup Civic Centre in Fremantle. There was a diverse range of displays with SRCWA having a site and offering information about the programs we run along with *LiveLighter* brochures, Pole Walking and some heart sport activities. The expo was a well run event providing us with the opportunity to talk to many seniors and share information about SRCWA's programs and services. We spoke to more than 250 people and distributed 200+ bags with relevant information throughout the day.

WA Seniors Card Golden Lens 2022 Photographic Competition

SRCWA was fortunate to be involved in the *Golden Lens Photographic Competition* for seniors facilitated by the WA Seniors Card office. SRCWA would like to congratulate all the winners and those who participated in the competition. It was an outstanding collection of images. We look forward to working with WA Seniors Card in next years' event. SRCWA's major event *Have a Go Day a LiveLighter Event* held on Wednesday November 9 in the beautiful grounds of Burswood Park is an ideal opportunity to take some spectacular photographs in preparation for 2023 competition.

SRCWA, Tech Savvy Seniors and Injury Matters - Community Connect event

Thursday June 16 was the day to learn about online learning at the Free Tech Savvy Seniors event run in partnership with Injury Matters at the Loftus Recreation Centre. The event was opened by SRCWA vice president Graham Bennett and saw presentations from Injury Matters - community connect program, SRCWA Tech Savvy Seniors - online Learning program, and Stay on Your Feet - Falls Prevention eLearning program. The people in attendance really enjoyed the presentation and having the opportunity to discuss relevant matters with representatives at the static displays in attendance. All participants gave very positive feedback and requested more events to be held.

Static displays on hand included: Injury Matters / Stay on Your Feet - Community Connect Program and Falls Prevention; WA Seniors Card - Information for Seniors; COTA WA - Strength for Life and Elder Abuse information - Understanding the Mistreatment of Older People Guide; SRCWA - Programs, events and services including information on clubs and groups activities. *LiveLighter* - shopping guides, cookbook and reference material.

Those who attended were treated to a delicious morning tea provided by Injury Matters and SRCWA. Thank you to the team of SRCWA volunteers and staff and all those who helped to make the day a great success.

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.

This event is proudly sponsored by Burswood Park Board, Lotteryst, 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.

Calmly embracing inevitable change in whatever form it comes



Taka out in the bush

by Karen Finlayson

ALONE, lost, but not letting stress get a look in, Shigetaka looked at a map showing: Albany, where he was headed, the Bibulmun Track, where he should have been and great swathes of thorny, coastal shrubland, where he apparently was.

East meant out, but it also meant pushing and clawing through dense, spiky bush. Shigetaka didn't panic but shrugged to himself: I will find a way out... or I won't!

He had previously learnt to deal with stress and trauma.

Clothing became ripped, gloves torn, and sunglasses lost. He felt completely exhausted. It was two hours before he finally came across a rainbow serpent marker. Subarashi! (Woohoo!) He found himself celebrating, making a cup of tea and enjoying it, until eventually listening to his inner dialogue protesting, "It's getting late, you should keep moving". All inner angst was forgotten by the

time he reached the caravan park, pitched his tent, washed, ate and was ready for bed.

Effortless action and harmony with the world has been Shigetaka's guiding star for 50 years. As a young man he read a book written 200 years ago explaining the theory. He is aware this concept hovers in his unconscious, helping him to calmly embrace inevitable change in whatever form it comes.

Shigetaka, his brother and his sister were brought up in Japan, in a generation where men were expected to be tough and women gentle. He loved spending time with his mum, who would listen to the radio as she did her daily chores. Although living half a world away, it's his older sister he savours contact with now as they share regular emails.

He completed a degree in social welfare before setting up a new government institution where handicapped people were now cared for in smaller groups. They are more integrated with the community and see their families more regularly, making their life, as well as the life of the carers much more pleasant. For 10 years Shigetaka loved his job, overseeing this facility and enjoying the relaxed pace of work, in sharp contrast

to the rest of the Japanese workforce who never seem to stop.

Shigetaka married, had children and wanted to provide the best future for them. In 1985 he brought his family to Australia for a three-month sightseeing holiday. After circumnavigating the country, Perth became his wife's favourite place, making the next step easy - they would return to Japan and Shigetaka would swap careers to permit them to emigrate to Australia. Inevitable change had turned up.

After he checked the most in-demand jobs for skilled migration in Australia he studied and worked at a sushi restaurant in Tokyo, before successfully moving to Perth as a qualified chef. Shortening his name to Taka, made introductions easier. But finding work proved difficult, forcing him to take the only position on offer, in a restaurant with very poor conditions. A year later he studied pottery and qualified at Perth Metro TAFE, only to find it was Melbourne where potters were employed. This led he and his wife to purchase and manage a sushi outlet in Fremantle. The market stall was a winner and 29 years later they sold it to their staff when they retired.

Taka has been a member of the Over 55 Canoe Club

for nine years and at one stage supplied the enticement to attend the annual general meeting. Taka's exotic Japanese cuisine was greatly appreciated as it delighted the palates and helped provide office bearers for the following year.

Two years ago, Taka went for an ocean paddle on his own. To his great surprise he was intercepted by the police. They told him he was three kilometres from shore with insufficient safety gear and to turn back immediately. Despite the big breakers Taka managed to turn his kayak around and let nature take him home... surfing the waves all the way and experiencing his finest encounter of effortless action, while being in harmony with the world.

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.over55canooclub.org.au



Have a Go News triples carpet bowling competition



Left to right; Winners were Altone Park: Gilbert Lang, Yvonne Starr, Vaughan Nightingale - Second were Scarborough: Pauline Savage, Mark Studders, Barbara Deaney - Third placed were Carramar: Bernice Smart, Arun Vagheela, Suvarna Patani

THE Western Australian Carpet Bowls Association (WACBA) held the *Have a Go News triples* at Swan Active last month and editor Jennifer Merigan was on hand to present the trophies to the winning clubs.

A large group of bowlers attended the event, Congratulations to winners Altone Park, second place went to Scarborough and third place was Carramar.



Guide Dogs WA are urgently seeking loving homes for our 8-10 week old puppies. Can you help us?

Do you:

- Live in Perth, Bunbury, Dunsborough or Busselton?
- Have no pets or pets who don't mind sharing their home?
- Have children of school age or older, or have no children at home?

Are you:

- Happy to have a puppy sleep inside your home?
- Recently retired / not working / working part-time but can bring a pup to work?
- Able to attend regular classes?

All food and veterinary care plus equipment such as toys, beds, grooming supplies will be provided by Guide Dogs WA.

Please scan the QR code for more information.



Guide Dogs WA

Friendship and fun with flowers



Designed by Celeste de Villiers

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

Meetings are held on the second Saturday of each month at 12.45pm for a 1pm start 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 or ring Penelope Brunning for information 0403 552 811.

Family affair with grandfather and grandson joint art exhibition



Graeme Dixon and some of his works

by Josephine Allison

IT seems a natural progression that an artist grandfather and his budding artist grandson should share a joint exhibition. And that's what Graeme Dixon, 83, and grandson Sam, 16, are doing this month when their works go on show at Ellis House in Bayswater.

Entitled *Our Family Palette*, the exhibition is Sam's first but Graeme has displayed his works at Ellis House on several occasions. He has also exhibited in Melbourne, Adelaide and Tasmania.

Graeme started painting in 1968 and had his first exhibition the following year.

"I have painted on and

off ever since, dividing my time with painting, writing short stories and poetry," he said.

"I love the Australian outback, travelling there a lot. The outback is where I feel most comfortable and it has been the inspiration for many of my works. The beauty of the desert colours gives me a feeling that I feel compelled to share with others."

"My love of the outback stems from my childhood growing up on a farming property."

Graeme, who mainly paints in acrylics and oils, works from a studio in his courtyard. He says he is excited to see grandson Sam paint straight from his mind in a mainly

abstract style.

"I had to share an exhibition with him."

"To share on canvas or board what I have seen on my travels in Australia and parts of Asia gives me so much enjoyment and peace of mind."

According to Sam's mother Keiralee, his mainly abstract works are produced spontaneously and reflect how he is feeling rather than what he is seeing or the landscapes around him.

"Sam started painting, as with most kids, at school in the art classroom," Keiralee said. "His middle school teachers were always impressed with his instinctive understanding of colour and perspective, which

we put down to his time spent with Papa Graeme in the garden as a toddler."

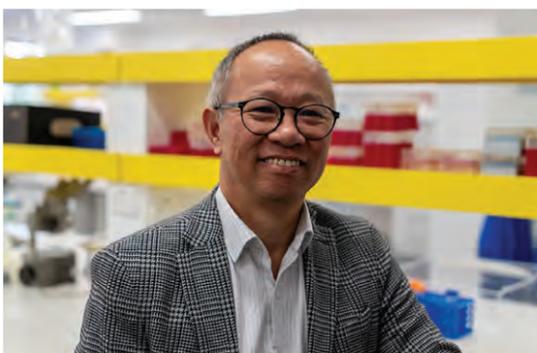
"We returned home from six years living in Dallas, Texas, in 2019 and Sam surprised us all by announcing he felt the need to paint. Inspiration seemingly struck quite abruptly and he produced three works that were wonderful weekend."

"Initially, Sam's art reflected what he could see, the night sky, clouds or landscapes, but he

soon grew into producing artworks inspired by how he felt to live in the world today. Sam's quirky sense of humour, strong sense of self and keen intelligence is evident in his work."

The exhibition, *Our Family Palette*, runs at Ellis House Art Centre, Milne Street, Bayswater, July 21-August 7. Gallery hours: Thursday-Friday 10am-5pm, Saturday-Sunday 10am-4pm. Entry is free.

Innovative nerve repair process helping to restore function in paralysis



Professor Minghao Zheng © Jaryd Gardener, UWA

A REVOLUTIONARY surgical technology invented by Professor Minghao Zheng (University of Western Australia and Perron Institute) is assisting in the delicate process of nerve repair to restore function to paralysed muscles.

Professor Zheng heads the Perron Institute's Bone and Brain Axis Research group and is Winthrop Professor at UWA's medical school. He is a global leader in orthopaedic regenerative medicine, in particular the translation of novel science into clinical practice.

The nerve repair technology has been licensed by the leading regenerative company, Orthocell and recently gained Australian TGA regulatory approval for use of peripheral nerve reconstruction.

The technology involves joining a damaged nerve with a healthy one taken from elsewhere in the body. The surgeon wraps a collagen-based membrane around the join to create a healing chamber.

Clinical trials have been very encouraging, showing that the process is effective in regaining sensation and some hand and arm function over time. Of 23 patients who have had this procedure, 19 have regained use of

muscles controlled by the repaired nerve after 24 months.

Professor Zheng, who is also Orthocell's Chief Scientific Officer, says the technique is a paradigm shift.

"While restoring movement in the upper body has been the focus in clinical trials, the technology may be used in future in nerve repair for lower body injuries," he said.

"The collagen wrapping reduces the need for suturing and provides a barrier to protect the aligned ends of the nerves to be conjoined, generating an ideal micro-environment to support regeneration."

"The collagen membrane keeps the body's

natural growth factors within this enclosed space and prevents external tissues from entering. In this way, it facilitates more effective peripheral nerve transfer surgery and reduces healing time.

"The collagen wrap remains intact until the nerve fibres have reconnected with receptors and then gradually degrades naturally."

"It is easy for surgeons to use to improve the lives of patients with complex nerve injuries," he said.

Find the secret word and 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 advertisements in sequential order to discover the blue circled letter to make up the Ad Word.

1. Barker's Furniture
2. RSPCA
3. Summerlin Audiology
4. Wealth Management Partners
5. Homevisit Wills
6. Kings Tours & Travel
7. Comfort Keepers
8. Aussie Redback Tours
9. Antarctica Flights
10. Bolgart Hotel
11. St Patrick's Anglican Church Mt Lawley

Entrants can enter via email with Adwords in the subject line at win@haveagoneews.com.au or write to Ad Words Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/7/22.

Congratulations to Charles Watson, of Dianella our May Ad Words winner.

A Walk in the Park

Get out and about in nature, keep active and connect.

There are over 300 parks in Joondalup. Many with amenities like public toilets, barbecues and walking paths for your convenience and enjoyment.

Check out the interactive map 'Parks and Reserves' map for amenities and search under 'Public Toilet Facilities'.

Call 9400 4705 for more information or visit joondalup.wa.gov.au

joondalup.wa.gov.au

BIRTHDAY

CELEBRATING
28
YEARS

25% OFF

30% OFF

40% OFF

50% OFF

Extra High Toilets / Grab Rails

Venice Tornado Nano Glaze
Sale Price \$558.75
You Save \$186.25

25% OFF

Complete Kitchens & Laundries

SINK WAREHOUSE KITCHEN DESIGN Incl Installation

SINK WAREHOUSE KITCHEN MEASURE & Quote

ACCESS TO 10 STORES/SHOWROOMS ACROSS WA

Albany • Baldviss • Bunbury • Mandurah
• Midland • Myaree • Osborne Park • Wangara • Forrestdale

SALE

www.sinkwarehouse.com.au

As happened - beyond the stories... sixty years ago it was 1962...



by Lee Tate

EXACTLY 60 years ago, a rumble shook the world forever, with outbreaks in various quarters, including Perth.

Young men, without any formal training, led the charge of the popular music brigade. Memorable and history-making, it was 1962.

In London's Marquee Club, on July 12, Mick Jagger, Brian Jones and Keith Richards gave their first performance as *The Rolling Stones*.

And in 1962, in England's industrial outpost,

Newcastle, *The Animals*, led by Eric Burdon, were formed.

On March 19, 1962, Columbia Records released Bob Dylan's debut studio album.

In 1962, *Love Me Do*, the Beatles first single reached number 17 in Australia.

And in 1962, Perth got its first recording studio, opened by 22-year-old Martin Clarke. From recording prime ministers, synagogue voices, military bands and choirs, Clarke turned to teenager Johnny Young who became Perth's most successful artist during the period.

After fronting *Johnny and the Strangers*, Johnny put together *Johnny Young & Kompany*, before going solo.

Other groups of WA teenagers were forming, some going on to join the ranks of the world's best

pop and rock artists.

The Valentines emerged with youngsters Bon Scott, Vince Lovegrove, Ted Ward, John Cooksey and Paddy Beach.

For the following 60 years, music has fermented and taken many directions around the world, altering society with its new attitudes, fashion, drugs, leisure and - for the industry - big money.

Nobody involved expected, or even wanted, to be going six decades later. Many, of course, fell along the turbulent way. But who would have imaged the *Rolling Stones* becoming performing octogenarians? And Bob Dylan is 81, Paul McCartney is 80 and Johnny Young is 75.

Musicians picked up knighthoods including Sir Elton John, Sir Rod Stewart and Sir Paul McCartney. Dylan scored a



Left to right; Paul McCartney and Johnny Young

Nobel prize (although he didn't bother collecting it).

Perth music was influenced by incoming Brits. Between 1954 and 1966, nearly 250,000 British-born immigrants arrived in Australia. Their tastes influenced the type of music that became popular and many became top pop acts (spearheaded by Bon Scott).

The Beatles came to Australia in June, playing in Sydney, Melbourne, Brisbane and Adelaide but not Perth. Through 1963 and 1964, their songs *I*

Want to Hold Your Hand, *I Saw Her Standing There*, *Roll Over Beethoven* and the EP *All My Loving* all reached number one in Perth (and nationally).

The Rolling Stones were already making changes by January 1963. With the final line-up including Bill Wyman and Charlie Watts, they based their music on blues. Their first album released in the United States was entitled England's Newest Hit Makers, mainly R&B covers with only one Jagger/Richards original, *Tell Me*

(you're coming back).

Perth's most significant musical exports to the rest of Australia were Bon Scott, Johnny Young and the *Valentines*, who became a teeny-bop bubblegum act in Melbourne. In 1962 in Perth, the chart-topper was Roy Orbison's *Working for the Man* and *Leah*, followed by Elvis songs *Can't Help Falling in Love*, *Rock-a-Hula Baby* and *Good Luck Charm*, *Anything That's Part of You*.

In 1962, Elvis gave up touring to focus on act-

ing. It was also the year of the twist dance craze.

In 1962, Indigenous people were given the vote, John Glenn became the first American to orbit the Earth, the Cuban missile crisis exploded and Marilyn Monroe famously serenaded President Kennedy on his birthday.

In 1962, Sir David Brand beat Bob Hawke's uncle, Labor's Albert Hawke, to become Premier for a second term (Albert was Premier in 1953-59).

Mandy shines on the stage...

by Allen Newton continued from front cover

She says her role as Nene King in *The Magazine Wars* was an absolute treat to play.

"Her vibrancy and volatility were so much fun and it was also the first time I had been given a lead role in TV so it was delightful to immerse myself in the role all day, every day."

Mandy has also had some fabulous lead roles in Sydney theatre over the last few years. She says the opportunity to perform in a play written by a master

playwright is always the best reward for an actor and the best training.

While theatre comes with many challenges Mandy believes it is incredibly rewarding.

"Theatre is really a medium that is impossible for an actor to fudge it. It takes real courage, a lot of hard work, it's exhausting, and the pay is not as good.

"Added to that, once it's over, it is all packed away never to be seen again, there's nothing to show for all your hard

work which can be a little heartbreaking."

Bringing the role of Amanda to life in a play so well known to so many will be a challenging one for Mandy.

"I love Amanda so much and have been fortunate to see some great actors play her, most recently the phenomenal Pamela Rabe. All I can do is try to serve the writer's intention. Speak the words the way he has written them and bring this vivid character to life with the

only tool I have - me.

"I don't see my job as an actor to impose myself on the character but rather to serve the character's needs. My Amanda will be a different interpretation simply because I will be bringing my unique self to meet her."

Now living in Sydney, Mandy says she has a large extended family in WA and many old friends so it is wonderful to be finally working here and staying for a long period of time.

Guide Dogs WA urgently need puppy raisers



Guide Dogs WA's Kim

LOVE of dogs and some newly found free time led Heather de Rooy to first support Guide Dogs WA. Now, after several years of volunteering, Heather says she will always be a part of the organisation's puppy

training program.

"When I retired, I started looking for volunteer work. Our family has always loved dogs and we hoped to help improve the life of someone else. Puppy raising was the perfect fit for our whole family," she says.

Puppy Raisers are full-time volunteers who welcome an eight week old puppy into their home for around a year. During this time, puppy raisers teach the young dog basic obedience and socialisation skills. The puppy-in-training is an extension of their raiser, going to shopping centres, on public transport, in restaurants - even the dentist.

All food, equipment and medical care costs are covered by Guide Dogs WA. and once the puppy leaves home for formal their training, there's always the opportunity to welcome another one.

Could you raise a guide puppy? Visit www.guidedogswa.com.au or email info@guidedogswa.com.au to find out how you can help.

Lots of fun entertainment every Tuesday...

THE Holly Wood Tuesday Morning Show runs at the Perth Town Hall every Tuesday morning from 10.30am for the free show.

It's a great opportunity to enjoy some entertainment and information in a warm and friendly environment, sponsored by the City of Perth.

Compere Bernard Carney looks forward to welcoming people along to the show.

July 12 - Jennifer Merigan from *Have a Go News* will update you on the

news, events, and competitions in this month's issue and Wayne Reading, great guitarist and vocalist, will entertain people with a fun show of favourite songs from the 50s onwards.

July 19 - Wayne Pride is a little bit country, a little bit rock 'n' roll, a little bit of yarn and a lot of sing along. With more than 50 years in the business, sit back and be entertained by a professional.

July 26 - Adam Penn is a wonderful cabaret vocalist and dancer who has a

passion for WA ballroom dancing. So much so he has curated a photographic exhibition *A Century of Dance*. Adam will talk about the exhibition and then entertain everyone in his inimitable style.

Following the show head to Citiplace Community Centre situated on the upper level of the City Railway Station Complex, which offers a range of low-cost meals, refreshments, activities, and services in a warm, friendly environment.



Trek MicroLite is the lightest portable mobility scooter in the world

- Australian designed
- Easily assembled and dismantled
- Sturdy and safe - stability control is standard
- Fits in the boot of your car or caravan
- Up to a 13km range per charge
- Full service and after sales support available




Ph 9302 2203
42 ACHIEVEMENT WAY, WANGARA
www.adhgroup.com.au




COMMUNITY NOTEBOOK

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

FEDERATION WEIGHT WATCHERS
Meet every Thursday from 5.30pm at Bunbury Senior Citizens building. 1 Stirling St. Bunbury Debra Pollock 0488 142 414

MARMION PROBUS CLUB COMBINED (Inc)
Is currently recruiting. We welcome retirees to join the club for fun, friends and fellowship. Meets on the second Monday of each month at 9.45am. Guest speakers and monthly outings. Sorrento Bowling Club. Warwick Rd. Duncraig Don 0409 430 524

NUHRA COMMUNITY VISITORS SCHEME
Volunteers are needed. Would you like to make a difference in the life of an isolated and lonely resident living in an aged care facility.

To provide friendship and companionship by visiting at least once a fortnight. Contact Sonya on 0414 942 426 or 9328 6272 or email nuhracvs@westnet.com.au

CYMBIDIUM ORCHID CLUB OF WA (INC)
Winter Show July 29-31, 9am-3pm At Ezi-Gro- Orchids 76 Evendale Rd. Darch. Entry fee \$5. \$3 seniors and concession. Children under 12 free. Plant and fertiliser sales, potting demonstrations, and re-potting for a small fee. Inq. 9343 2761 or Ian Beeson 0419 049 013

VINTAGE COLLECTABLES
The Perth Doll & Toy Group's Annual Sales Day. Dolls, toys, collectables and antiques. July 31 from 10am-3pm

Cannington Exhibition Centre Cnr Station St and Albany Hwy. Cannington.

TOODYAY INTERNATIONAL FOOD FESTIVAL
Saturday August 13, 10am-4pm Combine all of the thrills and spills from the Avon descent with delicious international cuisine and a fantastic entertainment line-up. A free fun filled day for the whole family Stirling Park Toodyay.

NATIONAL SENIORS HILLARYS
Meets the first Wednesday of each month at 10am at Flinders Park Community Hall, Broadbeach Ave. Hillarys Designed for the over 50s, guest speakers, lunches, dinners and interesting outings. Cheryl Medcalf 0438 996 186



SMART PHONE S.O.S. FOR SENIORS
Free 30-minute one-on-one tech help sessions. Every Tuesday, Thursday and Friday in South Perth. Phone 0459 571 736 or email splconline.org.au

DON RUSSELL PERFORMING ARTS CENTRE
Sundowner series - *The Rough Houses* Play Red Hot Rockabilly. July 22, 7pm-8pm. Tickets from \$27 doors open and light dinner served at 6pm. Hits of the 50s and 60s performed by three rock-ably rascals. 9498 9414 email drpac@gosnells.wa.gov.au



You'll be treated like royalty with home pick-up & return by Hughes



Feel supported on your tour with our experienced Tour Managers



Benefit from premium inclusions on every tour



Rest easy knowing that you can safely travel with Kings



Connect with a community of like-minded travellers

ONLY 8 SEATS LEFT



8
DAYS

WILDFLOWERS OF THE CORAL COAST

COACH TOUR TO EXMOUTH THEN FLY HOME

TOUR HIGHLIGHTS

- ★ Tour and lunch at the Lobster Shack
- ★ Take in a local sights tour of Geraldton
- ★ 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*



12
DAYS

CANBERRA FLORIADE

CANBERRA, WANGARATTA, MELBOURNE, BALLARAT, THE GRAMPIANS & HAHNDORF

TOUR HIGHLIGHTS

- ★ Enjoy the Tulip Festival and morning tea at the Tulip Top Gardens
- ★ View a sheep demonstration and lunch at Gold Creek Station
- ★ Visit the annual Floriade Festival in Canberra
- ★ Visit Australian War Memorial in Canberra
- ★ Embark on a self-Guided Tour at National Portrait Gallery
- ★ Embark on a guided tour of the National Arboretum Canberra
- ★ Enjoy a guided tour at lunch at the Submarine Museum
- ★ Visit Bruno's Art and Sculpture Gardens
- ★ Visit the Yarra Valley Chocolaterie and Ice Creamery
- ★ Enjoy a wonder and lunch at Alwyn Gardens
- ★ Visit the Ballarat Fine Art Gallery
- ★ Enjoy a guided tour at The Cedars in Hahndorf
- ★ Spend time at Sovereign Hill
- ★ Experience the atmosphere on our visit to the Stawell Gift Hall of Fame
- ★ Brambuk Aboriginal Cultural Centre
- ★ Enjoy time in the well preserved town of Hahndorf

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 11 nights' specially selected accommodation
- ✓ Luxury coach travel with a professional driver
- ✓ Breakfast daily, 5 lunches and 9 Dinners
- ✓ Sightseeing and entry fees as per the itinerary*

7 TO 18
OCTOBER 2022

\$4990*

Per Person Twin Share
Single Price \$5980*



5
DAYS

EXMOUTH

TOUR HIGHLIGHTS

- ★ Visit the Ningaloo centre and enjoy morning tea
- ★ Enjoy a boat cruise through Yardie Creek
- ★ Enjoy a visit to Turquoise Bay
- ★ Enjoy an afternoon cruise with drinks and nibbles
- ★ Visit Charles Knife Canyon
- ★ Enjoy a glass bottom boat cruise in Coral Bay

- ✓ Return Economy Airfares and taxes
- ✓ 4 nights' accommodation at the Potshot Resort Hotel
- ✓ Breakfast daily, 1 morning tea, 3 lunches and 4 dinners
- ✓ Transfers throughout with professional driver
- ✓ Sightseeing and entry fees as per itinerary**

31 AUGUST TO 4 SEPTEMBER 2022

\$3250* Per Person Twin Share
Single Price \$3750*



4
DAYS

MIDWEST WILDFLOWERS

TOUR HIGHLIGHTS

- ★ Enjoy lunch and a tour at the Lobster Shack in Cervantes
- ★ See Wildflowers in their natural environment
- ★ Visit the HMAS Sydney II Memorial Park
- ★ Embark on a self-guided tour of the Chapman Valley Heritage Centre
- ★ Enjoy lunch at the Lavender Valley Farm and see the lavender in bloom
- ★ Visit Central Greenough Café and Historic Settlement
- ★ Lunch Coomberdale Wildflower Farm

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ 3 nights' staying at the Ocean Centre Hotel Geraldton
- ✓ Breakfast daily, 4 Lunches & 3 Dinners
- ✓ Luxury coach with professional driver
- ✓ Sightseeing and entry fees as per itinerary*

6 TO 9 SEPTEMBER 2022

\$1990* Per Person Twin Share
Single Price \$2350*



20
DAYS

CHERRY BLOSSOMS OF JAPAN CRUISE

TOUR HIGHLIGHTS

- ★ See beautiful Lake Kawaguchiko
- ★ Visit majestic Mount Fuji and visit the famous 5th Station
- ★ Stay 1-night in Hakone
- ★ Take a Cruise on Lake Ashi
- ★ Take the Hakone Ropeway to the mountain top where we enjoy the Owakudani Boiling Valley
- ★ Enjoy 14-nights on-board Holland Americas MS Westerdam
- ★ Go to Yokohama Cup Noodle Workshop and make your own Cup Noodle
- ★ In Tokyo, go to the Tokyo Sky Tree and Sensoji Temple
- ★ Relax on a Sumida River Cruise in Tokyo
- ★ Travel to Shibuya to see the famous crossing

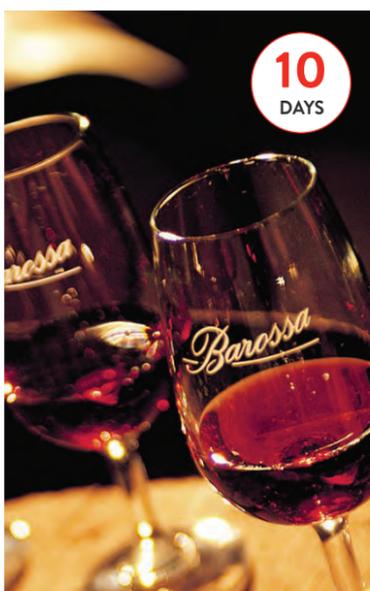
TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ Coach travel & transfers with an English Speaking Driver
- ✓ 1-night in Hakone at The Prince Hakone Hotel including a Welcome Dinner
- ✓ Sightseeing on Day 3 & 4 with breakfast and lunch included
- ✓ 14 nights' on-board Holland Americas MS Westerdam
- ✓ All Meals and Entertainment on-board the Cruise
- ✓ Port Taxes and Charges
- ✓ 3-nights in Tokyo at the Metropolitan Tokyo Ikebukuro Hotel
- ✓ Sightseeing in Tokyo with breakfast and two lunches included

25 MARCH TO
13 APRIL 2023

\$7990*

Per Person Twin Share
Single Price \$11,210*



10
DAYS

ADELAIDE, THE FLINDERS RANGES & KANGAROO ISLAND

TOUR HIGHLIGHTS

- ★ Explore Adelaide with a locally guided tour
- ★ Enjoy a guided tour of Adelaide Oval including morning tea
- ★ Visit Adelaide Zoo
- ★ Enjoy a guided tour and lunch at Bungaree Station
- ★ Enjoy a guided tour of Flinders Ranges including Morning tea and lunch at Gum Creek Station
- ★ Watch the sunset over Wilpena Pound
- ★ Visit the Jeff Morgan Art Gallery
- ★ Explore and visit the sights of the Barossa Valley
- ★ Enjoy a guided tour at The Cedars, Hahndorf
- ★ Sample honey ice-cream at Cliffords Honey Farm
- ★ Enjoy a guided tour and lunch at Emu Ridge Eucalyptus Distillery
- ★ Watch a Fang-Tastic Reptile and Birds of Prey Show at Raptor Domain

- ★ Enjoy a guided beach walk with National Park Ranger at Seal Bay

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 9 nights' specially selected accommodation
- ✓ Breakfast daily, 6 lunches and 8 dinners
- ✓ Luxury Coach with a professional driver
- ✓ Sightseeing and entry fees as per the itinerary*

5 TO 14 SEPTEMBER 2022

\$5250* Per Person Twin Share
Single Price \$6190*



TO SECURE
YOUR SPOT

CALL US ON 9380 6656 // BOOK ONLINE AT WWW.KINGSTOURS.COM.AU
SIGN UP TO OUR NEWSLETTER TO STAY UP TO DATE WITH NEW TOURS

The Volvo XC40 twin-motor electric celebrates the festival of Tony



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

JUNE is now behind us; also known as the Festival of Tony. Some mates decided that celebrating my birthday each year need-

ed more than just one day. So, the annual celebration is spread across all 30 days.

Even Volvo Australia is now on board, lending a fabulous XC40 for an extended test period. I'm sure Volvo Australia's calendar is clearly marked for years to come as an official Festival of Tony partner.

So, it was with heightened anticipation I collected the test car from the Osborne Park dealership; the request for home delivery was curiously ignored.

The delivery process itself was something to be celebrated. This is not a matter of just grabbing keys, starting the engine, then a scat down Scarborough Beach Road. No way.

For a start, excuse the pun, there's no ignition/start button.

The XC40 recognises you are in the vehicle and if the key is on your person, allows you to simply select D and away you go. It's a piece of pelican.

After the 40 minute red carpeting, (including learning how to turn off

the rear window wipers) is when the real driving experience begins.

The quiet and effortlessness is, at first, somewhat disarming. It doesn't last long though; it feels natural, perhaps even futuristic.

And that's because it is.

The tech in this city/suburban XC40 is stunning. The large intuitive entertainment screen is a delight and very easy to use. So much fun if you're a tech nerd.

The leather seats are supremely comfortable, which makes the ride on

the 20-inch wheels even more joyful. Volvo will accommodate a range of options if leather is not for you.

The dual-motor as flagship (as tested) has dual 150kW electric motors for all-wheel drive; outputs 300kW and 690Nm.

Bloody quick at 0-100 in 4.9 seconds. Think silky.

Recharged by name, recharge by nature. Plug

in to your home/garage power point overnight and you're right to go for around 400km's

Prices start from around \$72,000 before the on-roads.

And guess who is embracing (and buying) electric Volvos in record numbers? You and I; and we're all over 50 (you tell the young ones today and they don't understand).

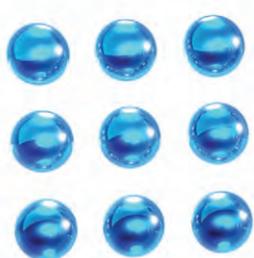
There are certainly

some hot competitors in electric vehicles for 2022. One would only dismiss Kia and Hyundai offerings at your own peril. More on those in a future column.

You do need to test drive a full electric car to understand how amazing it feels; anything else seems old and tired. Start with a Volvo XC40; like me you'll love it too.

Here's to next year's Festival of Tony.

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



MUST WATCH PROGRAMS THIS JULY



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. 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



EVERYTHING OUTDOORS

Join the Everything Outdoors team as they head out across Perth and the regions to test-drive the latest in caravanning, camping, boating and much more, to ensure your next escape is one you won't forget.

SUNDAYS 5.30PM



EMERGENCY

Favourites return along with new doctors and nurses in this gritty real-life medical series that pulls back the curtains on one of Australia's busiest emergency hospitals. Get unprecedented access to a dedicated team of medical heroes dealing with life and death cases.

MONDAYS 8.45PM



STATE OF ORIGIN GAME III

It will be a clash of the NRL titans as QLD and NSW collide for the decider of the State of Origin, LIVE & FREE on Nine. Each team will showcase the top stars of the game, representing their respective states and hoping to deliver their side another victory.

WED JUL 13, 5.30PM



CHILDREN'S HOSPITAL

Two remarkable Perth 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.

FRIDAYS 7.30PM



BEAUTY & THE GEEK

Host Sophie Monk will be joined by 10 new beauties and 10 new geeks who find surprising connections as two very different worlds collide in this uplifting series of heartfelt self-discovery.

STARTS SUN JULY 17, 7.00PM

@9NewsPerth | @Channel9





CARE & AGEING WELL EXPO



Perth Convention & Exhibition Centre

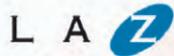
30-31 July 2022 9.30am - 4.00pm

90+ EXHIBITORS 20+ AGED CARE CATEGORIES

Your one-stop-shop for all things Ageing Well with Seminars, Entertainment, Prize Giveaway and more!



Bethanie
You're among friends



L A Z B O Y

My Choice
by Lite n' Easy



The original and the best
HANDY LINE



LIONS HEARING CLINIC
Ear Science



AbbiCare
We're here for you

FREE ENTRY!!

WIN!!

VISIT THE EXPO
TO WIN A
PRIZE PACKAGE
WORTH \$4,000!!

2 La-Z-Boy Recliners
4 Week My Choice Meal Pack
Mrs Pegg's Laundry Bundle

PRE-REGISTER FOR
2 ENTRIES INTO
THE DRAW!!

www.careandageingexpo.com.au

For more information:

CMS Events 08 9201 9888 events@cmsevents.com.au



facebook.com/careandageingexpo



twitter.com/careandageing





Care & Ageing Well Expo welcomes people to live well



Discover how to age well at this year's Care & Ageing Well Expo

AUSTRALIA'S biggest expo for older Australians, with around 100 exhibitors, will be held at the Perth Convention and Exhibition Centre on the weekend of July 30 and 31.

The Perth Care and Ageing Well Expo provides an ideal opportunity to compare products and services from different companies and to get advice on every aspect of ageing well.

Two stages will host a series of expert speakers over the two days.

People will be able to find out more about residential care facilities, home care providers, equipment and service providers, health care, technology, recruitment and more.

There will be plenty of space to relax with a café and lots of seating so people can take their time to absorb all the information they need. Live music will keep visitors entertained.

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, or at the door.

Stay independent...



ATTO is exclusive to Perth Mobility Scooters. It is no ordinary mobility scooter, it is a high-tech portable mobility scooter that you can be proud to own. It boasts a contemporary design delivering you confidence, independence and safety.

If you are after something that's unique, sets itself apart from everything else on the market, something with both performance and style, then look no further than the Atto.

The Atto's stylish range is also a smart and safe solution for anyone finding themselves with mobility limitations enabling you to:

- Pop out to the shops from home

- Put it in the car boot to go further afield
- Take it on the bus or train
- Take a domestic or international flight
- Pop it in the caravan/RV to holiday with.

With generous storage accessories, going shopping is easy as Atto. With up to 20km of driving range, sightseeing is easy as Atto. With so many accessory options, customising your mobility scooter to match your needs is easy as Atto.

To book a test drive or to learn more about the Atto rider experience and the bonus deals on offer please call 9244 1005 or visit the website located at: www.perthmobilityscooters.com.au



FINDING THE SMILE IN EVERY DAY

REAL people
REAL moments

At Regis, we believe a good life is built on great relationships.

That's why we've been nurturing trusted connections with our employees, clients, residents and their families for nearly 30 years.

Through our range of tailored aged care services, we are committed to helping people realise their wellbeing goals and lead meaningful lives.

We focus on every person as an individual so we can provide the best possible care and help them find the smile in every day.

Talk to us today and discover the Regis difference.

regis.com.au | 1300 998 100



Perth's original...
Mobile Denture Service

Call today for your **FREE** initial appraisal
VISIT us or we'll COME TO YOU

Galadent
DENTURES AND MOUTHGUARDS

Perth's ORIGINAL mobile service since 1982

TEL: 9249 3867
www.galadent.com.au
3/110 Illawarra Crescent Ballajura

Star Hearing Consultants
Hear Better To Live Better | INDEPENDENT AUDIOLOGISTS

DO YOU HEAR

Ringing?
Buzzing?
Chirping?
Whistling?

Check our Google reviews to see what our patients say!

It's probably **TINNITUS.**

Tinnitus is the perception of sound when no external source is present.

WE CAN HELP!

To book for Tinnitus Assessment
Call: 1800 11 4327

1800 11 HEAR / 1800 11 4327 www.starhearing.com.au



Discover everything and anything which impacts ageing at this special expo



by Allen Newton

FROM dementia to dancing girls the Care and Ageing Well Expo aims to be informative and entertaining.

Organiser, Richard Campbell, says the event aims to touch on everything and anything that impacts on older West Australians and their families.

"While there will be some serious subjects covered in an informative way with a number of experts on The Bethanie Lifestyle Stage over the weekend, we also want our visitors to come along and have some fun," Richard says.

Among the entertainment planned for the expo will be jazz trio the Gumnut Stompers who will be moving around the pavilion entertaining visitors with sounds of the jazz greats, Louis Armstrong, Duke Ellington, Jellyroll Morton, Scott Joplin, George Gershwin and the like.

Visitors to the expo will also have the chance to

win two recliner chairs from La-Z-Boy in Cannington valued at \$1549 each. People who register on the day get two entries in the competition, people that only register on the day, get one entry.

Industry experts across a variety of aged care topics, from ageing well, home care planning, cybercrime, aged care finances and lots more will be speaking on the Bethanie Lifestyle Stage, with the opportunity to ask questions in the Seminar Q&A booth afterwards.

The Ageing Well Lounge will provide a more informal setting where topics covered will include staying healthy, positive ageing, innovative products and more.

Both the Bethanie Lifestyle Stage and the Ageing Well Lounge will have a Q&A stand available for guests to chat to the speakers after their presentation and to learn more about topics covered.

As well as formal presentations, around 100 exhibitors at the expo will be on hand to provide information on the range of home care options available with a host of providers from retirement villages and aged care homes as well as care providers for your own home.

Exhibitors range from law firms providing advice on succession planning and wills to banking advice and home security as well as representatives from the organisations which represent the ageing.

There will be specialist beds to try out, devices

and technology to make living at home easier and furniture to make life more comfortable – there is something for everyone.

And for those wanting their eyesight or hearing checked there'll be organisations on hand to do that.

Other health providers include dentistry, physiotherapy, specialists and representatives from the WA Ostomy Association.

For people thinking about home food deliveries there are companies on hand to discuss options. There's even a stand where you can go and sample wine.

At the centre of the expo The Lounge Retreat will have lounges to sit back, meet friends, and relax over a barista coffee or bite to eat from the pop-up café at the back of the expo.

Free wheelchair hire will be available to people who need help to get around the expo, thanks to Abbicare, with visitors able to register at the ticket desk.

The Bethanie Lifestyle Stage will have hearing headphones available from Lions Hearing for those hard of hearing. Visitors can register for these at the Bethanie Lifestyle Stage Q&A

Booth, across from the stage.

Visitors to the expo will be given a showbag which includes a program and information from exhibitors and other aged care companies.

Richard Campbell says the expo is the biggest gathering of care and ageing specialists in Australia and offers a perfect opportunity to discuss options and compare providers in a relaxed atmosphere.

"So much is changing so fast in the industry as technology goes ahead in leaps and bounds and creative people find ways to adapt it to the

needs of an ageing population," he says.

"There has been a much greater focus on improving the lives of older Australians in the past few years and this expo provides a way for everyone to discover how they can make the most of those changes.

"Improvements have been made in everything from cyber security to the devices around the home that make life more enjoyable and secure for all of us.

"We want to showcase those products and services as part of the Care and Ageing Well Expo," he said.

Staying at home is easy with WA's most trusted partner in Home Care.

Comfort Keepers specialise in in-home care for seniors providing a range of support services that are designed to help you live the life you want to live in the comfort of your own home.

We take care of you in every way. Personal care, meal prep, laundry, light housekeeping, grocery shopping, transportation. The list is endless. And to make things even easier we have a range of

Government funded packages that make in-home care and support affordable for everybody.

If you want to stay at home and need a little help to do the things you want to do **call us today.**

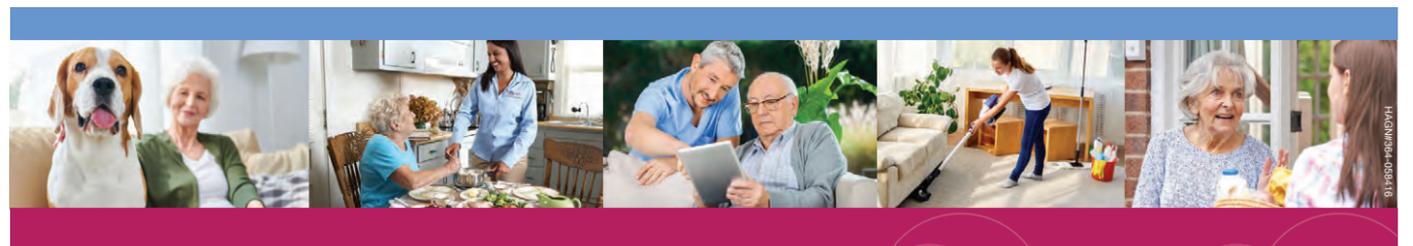
One of our Comfort Keepers team members will give you all the help and advice you and your family need to ensure you stay safe and comfortable at home.

NORTH OF THE RIVER

Phone : (08) 9492 8920 | Email : info@comfortkeepers.com.au
Web : www.comfortkeepers.com.au

SOUTH OF THE RIVER

Phone : (08) 9315 2200 | Email : adminsouth@comfortkeepers.com.au
Web : www.comfortkeepers.com.au



Healing Insights

Some of our values...

- Caring
- Honesty
- Trust
- Respect
- Compassion

Service provisions available through Home Care Packages See your Service Provider.

- Complementary therapy of Reflexology
- Therapeutic & Healing Touch
- Meditation

Contact Peta Nettle 0408 924 183

SWAN RIVER CRUISE with morning tea & lunch
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

WEDNESDAY 17 AUGUST - North

Departs 7.30am HBF Arena, Joondalup
8am Morris Pl, Innaloo
8.30am Morley Recreation Centre

Returns First drop approx 4pm **\$105**

WILDFLOWERS, KALBARRI SKYWALK and more...
4 DAYS/3 NIGHTS TUESDAY 23 AUGUST

Includes just about everything!

Departs 8am Canning Hwy & Murray Rd Melville
8.30am Pagoda Hotel Comer St Como
9am East Perth Terminal

Returns First drop approx 4pm **\$1395 + \$250 S/S**

Tel: 9314 2170 or 0432 247 784
E: mike@elitetours.net.au www.elitetours.net.au
Join the Elite Travel Club 'FREE MEMBERSHIP'

ABN 58 170 069 267



A wealth of information to find at the free seminars



Lots of information is available at the Care & Ageing Well Expo

STAYING safe from online scammers, writing wills and estate planning, dealing with cancer and eating well, coping with life as a carer and keeping fit, are just some of the issues the Care and Ageing Well Expo will focus on.

Half-hour seminars will run across the weekend on the Bethanie Lifestyle Stage, offering the opportunity for visitors to sit and absorb information from a range of experts in their fields and to ask questions one-on-one afterwards.

More informal conversations on positive ageing, staying healthy and innovative products will take place in a separate Ageing Well Lounge.

Among the highlights on the Bethanie Lifestyle stage will be:

Dr David Cook, lecturer in Computer and Security Science at Edith Cowan University who will talk about online security from hustlers and scammers from 1.30pm to 2pm on the Saturday.

The presentation will discuss how seniors can be scammed and tricked. It will cover important security for online banking, staying safe on the internet and how to keep information private.

David will talk about some of the new scams to have emerged in the last year and will explain how to avoid becoming an easy target for a scammer.

Keeping older Australians secure for nearly 20 years, David is a Fellow of the Australian Computer Society and a researcher

in the Security Research Institute (ECUSRI).

From 2.30pm to 3pm on Saturday, Evelyn Burke-Shyne, principal of ABS Succession Lawyers, will talk about the importance of wills and estate planning.

She will demonstrate some strategies and look at case studies to illustrate how being informed and prepared will provide peace of mind for the future.

Evelyn has nearly 20 years of experience in estate planning and administration in Australia and the U.K. She strongly believes that effective, efficient and appropriate succession planning is vital for each and every individual irrespective of their age and background.

Passionate about volunteer work and helping those from all walks of life, Evelyn has previously sat on the boards of the Filipino Community Council of Queensland, Ethnic Communities Council of Queensland and the Federation of Ethnic Communities of Australia. Jeremy Young, from GenesisCare Oncology WA will be talking about some of the remarkable advances being made in caring for people with cancer on the Sunday from 1.30pm to 2pm.

Jeremy is a New Zealand trained radiation therapist who moved to Perth in 2011, following the Christchurch earthquake. He has worked in New Zealand, England, the Republic of Ireland and

now Australia. He is the centre leader at the new GenesisCare radiation oncology department at Hollywood Private Hospital.

Since the service opened in February 2021 it has helped increase patient access to the latest cancer treatment techniques with state-of-the-art linear accelerator treatment machines and precision positioning and imaging equipment.

Jeremy is passionate about ensuring all Western Australians, both metro and regional, have timely access to cancer care close to home, utilising the latest technology for the best patient outcomes.

At the Ageing Well Lounge, on Saturday, from 11am to 11.20am, Ashleigh Jones, Lite n' Easy senior dietician will be encouraging everyone to eat healthily.

She says the single most important dietary change anyone can make is to eat five serves of veggies and two serves of fruit each day and she will be talking about how Lite n' Easy can make that easier.

In her role at Lite n' Easy, Ashleigh has been instrumental in developing the company's national

nutrition standards and curating the My Choice range of meals for aged care.

On Saturday from 1pm to 1.20pm, Laura Malcolm, community engagement officer for Carers WA will provide an introduction to carer wellbeing and support for family carers.

Carers WA supports people who provide care and support to loved ones who are living with disability, mental health challenges, long term health conditions, or who are frail aged. The caring role looks different to everyone, and it is important for carers to look after their own well-being as well as the person they are caring for. Carers WA provides free emotional, social, and practical supports for all carers.

Laura travels across WA raising awareness of carer issues and linking people to the range of services available.

There's a change of pace from 2pm to 2.20pm, as Paige Gordon, founding director of Lifespan Dance shows off some seated dance sequences.

Paige has been in the dance industry for 30 years as a performer, choreographer, director and

teacher and has received a Churchill Fellowship and Centenary Medal for her service to dance.

She has created and facilitated dance-in-health projects within WA hospitals which will be used as a framework for future arts-in-health projects.

Also at the Ageing Well Lounge, on Saturday from 3pm to 3.20pm, Paul Koury, publisher of *The Australian Carers Guide* will talk about how the guide supports informal carers.

It is the country's only publication specially created for unpaid informal carers such as those who are caring for an ageing parent, spouse or elderly loved one.

Paul will speak about why he decided to produce a publication specifically to inform, educate and empower carers.

Paul has spent the last 30 years in publishing and with his sister also spent eight years caring for their ageing parents.

During those years, Paul noticed it was hard to find any information for carers on how to help, to how to cope. He created *The Australian Carers Guide*, to provide answers for carers.

Are you concerned about wandering?

Every year, hundreds of West Australians are reported as lost or missing.

There may be important pieces of information you are able to provide Police in the event that you, or the person you are caring for, has gone missing.

Gathering this information takes precious hours, time better spent searching.

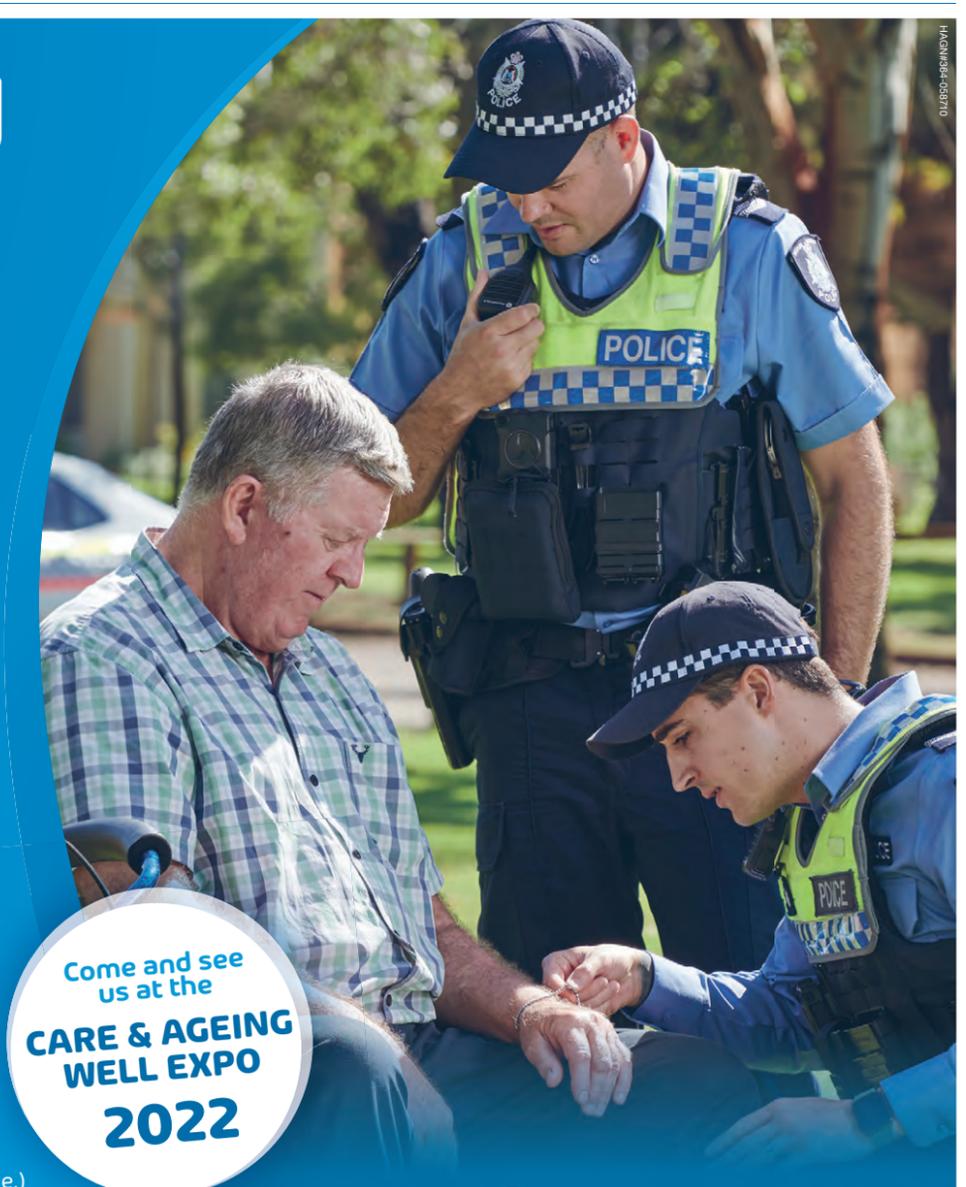
Membership to **Safe & Found WA** gives you peace of mind that a detailed profile will be collected by you and your loved ones and securely stored ahead of time, to be accessed quickly by Police in an emergency.

A **Safe & Found** ID bracelet is also included with your membership, ensuring that if you appear disoriented, hurt or confused you can be identified easily and returned safely home.

JOIN NOW FOR \$99 + P&H

Your Joining Bundle includes your secure **Safe & Found profile** and a **complimentary custom engraved Safe & Found ID bracelet**.

(Ongoing annual fee to store your information is \$49 – less than \$1 per week. Please ask about funding assistance options. Registered NDIS provider. Seniors Card discount available.)



Come and see us at the **CARE & AGEING WELL EXPO 2022**

Safe & Found WA is a joint initiative of:



Visit safeandfound.org.au or call MedicAlert on 1800 88 22 22



SAFE & FOUND WA



Delta Therapy Dogs program brings joy to residents



Sue and Milly

MEET Milly, the fortnightly visitor at Regis Nedlands. Since September 2021, Milly has been a regular visitor bringing cuteness overload and bundles of joy to residents. Milly is almost five years old and as most

residents always ask, her breed is Cavoodle.

Milly's owner, Sue, volunteers with Delta Therapy Dogs, which brought her and Milly to Regis Nedlands. Sue is retired now and heard about this program through a friend and thought it'd be a wonderful way for her to "help in the community."

Delta Therapy Dogs is a national not-for-profit organisation that believes the human-animal bond improves quality of life and aims to help animals bring joy to people. The Delta Therapy Dogs Program partners participating members with an incredible group of volunteers and their beloved pets who are willing to give their time and commitment.

Milly is a sweet natured, cuddly, and gentle girl who is always very patient and forgiving. She is devoted to Sue, always following her around and giving her cuddles, which she undeniably loves. All the residents absolutely adore her and

eagerly anticipate her next visit.

"She is the perfect therapy dog," said Sue. The residents always compliment Milly saying, "she is so gorgeous" and ask, "can we see her again next week?"

Pet Therapy, also known as Assisted Animal Therapy, is becoming increasingly used throughout aged care. The benefits of therapy animals are scientifically proven. Pets not only offer companionship and unconditional love, but also have the ability to boost health and general wellbeing, especially in older people. There are many benefits to spending time with animals, including decreasing stress levels, easing social discomfort, and increasing happiness. Regis has included Pet Therapy into the lifestyle calendar across many homes and has already seen these benefits among residents.

Find out more about the community at Regis Nedlands by calling 1300 998 100 or visit regis.com.au.



Find us on social media

"We provide convenient, professional denture care to all aged care facilities in the Perth metropolitan and Mandurah areas."



Healing Insights looks forward to meeting people



HEALING Insights is a team of heart-centred individuals who have come together to provide the community with the knowledge and understanding of healing.

Healing Insights provide the following services: education programs for community groups, organisations and businesses; reflexology; therapeutic touch; healing touch; massage – infant and Indian head; Reiki; meditation; prayer and contemplation and individual consultations.

They will be at the Care & Ageing Well Expo and look forward to welcoming people to their stand.

- Bringing the denture clinic to you for:
- New full & partial dentures
 - Same day* denture repairs and relines
 - Flexible payment options:
 - All Private Health insurance accepted, DVA Gold Card welcome
 - Staff training and education available



All services are backed by our Hygiene Protection Guarantee

To find out more contact **MOBILE DENTURE CARE** on 9457 7717, visit us at www.mobiledenturecare.com.au or send us an email dentures@skdental.com.au

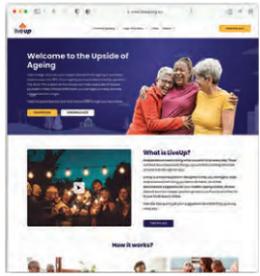
MOBILE DENTURE CARE - "Giving You Confidence!"

Air Liquide Healthcare has over 25 years of proven experience in providing medical products and services for oxygen therapy and innovative respiratory devices to the elderly community throughout Australia

Come visit us at Booth #205



LiveUp is here to help older Australians age their way



LIVEUP is a new free nationwide digital-first

healthy ageing guide that is designed to give older Australian's a breadth of opportunities to maintain independence.

LiveUp features a screening tool with expert advice connecting older Australians to local services, support networks and assistive products and equipment that will help them to age independently, their way.

Independent Living Association (iLA) was provided with funding from the Australian Government to create the LiveUp website and screening tool, which supports early intervention and delays premature decline of an older person's capacity to live or function independently.

General manager of iLA Andrea Morris said LiveUp will change the way older

Australians approach ageing.

"LiveUp gives older Australians the ideas, tools and guidance to keep doing the things they already know and love, or to try something a bit different."

"The science shows that only 25 per cent of ageing is attributed to the genes we inherit; the remaining 75 per cent of ageing can be attributed to lifestyle choices we make."

At www.liveup.org.au, older Australians will be able to do a quick quiz which will provide suggestions for low-cost

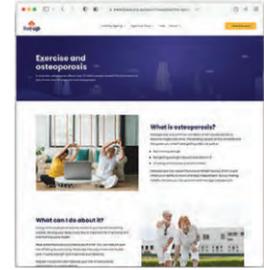
products and equipment, known as assistive technology, that help with everyday living.

People will also find locally relevant activities and networks focused on helping them to maintain or even improve their level of independence.

"In simple terms, it creates a personal roadmap to take control of ageing. And that's whether someone is starting to feel a twinge or two or is a great-grandparent who could use aids and equipment to support their day-to-day tasks at home or in the community."

Morris says that by un-

derstanding how to take control of many of the changes that occur from ageing, older Australians can take action and enjoy a better quality of life.



"We all hold the key to ageing in our own hands and minds."

With ready online ac-

cess from the comfort of your home, LiveUp gives you impartial information, guidance, and support to add life to years, not just years to life.

"If you're ready to try new interests and activities or take up some old ones, we can help you get started," says Ms Morris. "LiveUp makes it easy as 1.2.3. to find information and connect with local community groups to suit you."

"Welcome to the upside of ageing."

Website - liveup.org.au
Phone - 1800 951 971.
Visit booth 246 at the Care and Ageing Well Expo.

VISIT US at the
Care & Ageing Well
Expo 30-31 JULY
Perth Convention and
Exhibition Centre

Perth's ADJUSTABLE BED EXPERTS that
come to you with our mobile showroom

I support the
ndis

Little things.
Big things.
Everything.
No interest ever.

Call **Veronica** on **0415 307 246** to book your
FREE home demonstration
www.sleepelectric.com.au
Visit our showroom by appointment: 4/79 Cutler Road, Jandakot

Helping the Western Australian community for over 16 years

WHETHER it's for a few hours, or an ongoing private or government service, Comfort Keepers provides a range of tailored in-home care support services, designed to keep West Australians independent in the comfort and luxury of their own homes and connected to family, friends and the wider community.

They provide a variety of private or government funded programs, designed to give you the support you need. For Comfort Keepers, it's all about providing immediate, personalised and uplifting care - that focuses on happiness, health and wellbeing.

It's simply about choice and living the life that you, or a loved one, wants to live.

With in-home care services for seniors, post-surgery patients, people with disabilities, FIFO workers, new mothers, veterans, and those in need of specialist palliative, dementia or Alzheimer's support, Comfort Keepers is committed to providing immediate, tailored and personalised services.

Their goal is to bring peace of mind and help all West Australians maintain their independence at home, without any red tape, or waiting times.

As a Government approved provider, Comfort Keepers can also offer care via State and Federal funding sources; such as Home Care Packages (HCP), Department of Veterans Affairs (DVA) Commonwealth Home Support Program (CHSP), Hospital Transition Care Program and the NDIS (National Disability Insurance Scheme).

"Their uplifting care services focus on physical, mental and social well-being to help West Australians live the best quality of life in the luxury of their own home."

For details see advert on page 23.

70% Sold

3 bedroom apartments with city and river views still available

quality christian care

Contact Mike **0405 544 227** P 9253 4456 | www.rossmoynewaters.com.au

Owned and managed by





AGE YOUR WAY



FREE, CONFIDENTIAL, PERSONALISED SUPPORT

We hold the key to ageing in our hands, when we take control we can make the most of life.

LiveUp is your new healthy ageing guide that can be accessed in the comfort of your home via phone, ipad or computer. Providing expert advice, personalised support and community connections, it's all you need to help you age your way.

Discover more at liveup.org.au
or call 1800 951 971



WELCOME TO THE UPSIDE OF AGEING.



Safe & Found WA offers support for people with dementia

THE first time Harrisdale resident, Richard went missing, police spent hours gathering vital information and then searching for him. Richard lives with dementia, raising concerns for his welfare as each hour passed in the 40°C weather, but thankfully he was found safely. However the family were left with the realisation that they

needed some support should he go missing again.

The second time, his wife Margaret thought she had her bases covered with a GPS tracker, but soon discovered it had stopped working. Fortunately, just the week before, she had also registered him with Safe & Found WA.

Safe & Found WA is a ground-breaking initiative of Western Australia Police Force in partnership with Australia Medic Alert Foundation.

Safe & Found supports those living with dementia, autism or a cognitive impairment by storing the type of information police and searchers will rely on for a successful search with the MedicAlert Foundation. This information includes a photo, physical description and past history, habits and previous 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 the 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.

Safe & Found WA celebrates its first anniversary this August and WA Police are delighted to report that several dozen Safe & Found members have already benefited from swift action made possible by the information on their Safe & Found Profile.

For Richard's wife, Margaret, one phone call to WA Police saw Richard's Safe & Found profile photo and description broadcast immediately. A member of the community quickly spotted her husband 12kms from where he went missing. Within half

an hour of her call to police, Richard was returned safely home.

"Knowing I can just phone up and give his name and they have his profile with information they can put out there straight away is a huge help," Margaret said. "When he was found, he was trying to take off his shirt because he was so hot, he must have gone through bushland to get to where he was."

Margaret said she had struggled for a long time with the idea of needing help and support.

"I am quite independent. I thought I could look after Richard and getting help to look after him took me a long time," she said. "There is help out there, you don't have to do it on your own and I think this program really emphasises that."

WA Police Commissioner Chris Dawson said he hoped Safe & Found would become the leading platform in locating vulnerable Australians and on par with how widely recognised Crime Stoppers Australia was in

the community.

"There's no simple answer to this growing concern," he said of Australians living with dementia. "And with no indication of any imminent medical breakthrough on the horizon, it is critical that we look for new solutions to protect and provide much-needed support for vulnerable Australians, their carers and families."

If you have a loved one who is vulnerable to going missing, even if they are living in residential care or have other safety strategies in place, consider Safe & Found the back-up you need for peace of mind that WA Police are ready and able to start searching immediately.

Join Safe & Found WA for just \$99 (plus P&H of your complimentary Safe & Found ID bracelet) This includes a \$49 ongoing annual fee, please ask about funding options and Seniors Card Discount.

To register, go to www.medicalert.org.au or call The MedicAlert Foundation on 1800 88 22 22.

Trilogy Care can help you spend less on your home care



BY self-managing your home care package (HCP) with Trilogy Care you can spend less on management fees so you can spend your home care funds on the things that matter... better long-term-care and services. Start living your best life at home, at an unbeatable rate from 13 per cent of your HCP.

Why Trilogy Care?

Consumers receiving a home care package can

choose to self-manage their package to achieve more value, choice, and control over their services.

What they offer:

By self-managing with Trilogy Care, you can:

- Design your care plan and budget.
- Gain more control of how your funds are spent.
- Choose the support workers you want when you want them.
- Find services at rates that are acceptable to you.
- Double your care hours with lower hourly rates
- Ensure your services are paid on time with daily payment runs.
- No extra fees or charges.
- Dedicated care manager.

Want to get more value from your current home care package?

Trilogy Care can help you switch to a self-managed option and save. Call us on 1300 459 190 or visit www.trilogycare.com.au and find out how.

Do you want to improve your sleep?



MOST of us complain about often not getting a good night's sleep for a number of reasons. They could be as simple as having too much on your mind or having pain in certain areas.

For people who suffer from snoring, sleep apnoea or reflux – that can often cause a rough night's sleep.

Is getting in and out of bed a problem for you or for someone you know?

Contact the experts in adjustable beds from Sleep Electric.

Sleep Electric has the largest range in adjustable beds in WA. They have massage beds, HiLo beds, Split beds in queen and king and lots of mattress options to ensure you are comfortable – and they don't look like clunky hospital beds.

But the best part about Sleep Electric is that they are mobile. Yes, they come to you.

This is how they keep prices low because they don't have the overheads of large flashy showrooms. So, if you're looking to improve your sleep, give Veronica a call on 0415 307 246 and book an obligation free demonstration today.

How to choose your home care provider... meet them at the expo



THERE are many home care providers to choose from and they all vary – from the services they provide, to how and when they provide them and how much they charge to do this.

Choosing the provider that's right for you is an important step and it's well worth doing a little research. So where to start?

The Care & Ageing Well Expo is an excellent opportunity to have a chat with a wide selection of home care providers and to ask all the questions – will you be involved in the making of your care plan? Be able to call your care provider when you need to discuss your care? Choose your own support team? Choose the day

and time they will come to you? Do they have low cost fees to maximise the hours of care available to you and will you receive regular financial statements showing what your funds have been spent on and the balance of your unspent funds?

You can meet the care providers themselves to form a first impression

and get some idea of how comfortable you feel with them.

Are you getting clear answers to your questions? If not or you feel a little uneasy this may not be the right one for you as it's unlikely it would get any better after you sign a contract.

You should not feel pressured into signing

anything unless you are 100 per cent certain this is the provider for you.

You may need time to think about what has been discussed and they will understand this. The Care & Ageing Well Expo is a great opportunity to pick up some brochures and the perfect way for you to start your shortlist of providers of interest.



Our person-centred approach is all about individual choice and inclusion.

Delivering excellence in care and support services across the southern districts of Perth. We provide support to clients funded by the Commonwealth Home Support Programme (CHSP/HACC), Home Care Packages (HCP), Veteran's Home Care (VHC) and the National Disability Insurance Scheme (NDIS).

Supporting Independence

E: info@sdsa.org.au

W: www.southerndistricts.org.au

Phone
(08) 9498 4800

122 Forrest Road (Armadale Lotteries House) Armdale WA 6112



Care & Ageing Well Expo Exhibitors - here's your handy guide...

AbbiCare	Ballast	Domayne Bedding	(Dementia Support Australia)	Legal Aid	Perth Care & Companion Company	St John
ABS Succession Lawyers	Bankwest	Donate Life WA (North Metro Health Service)	Healing Insights	Let's Get Care (My Home Care)	Physio Inq	St Judes Health Care Service
Air Liquide Healthcare	Barkers Bedding & Furniture	Empathy Care	Home Chef	Life Ready Mobile	Regents Garden	Super Rehab
Allianz	Bedroom Gallery	Empower Healthcare	Homecare (Lifecare)	Lions Hearing Clinic	Regis Aged Care	TADWA
Amana Living	Bethanie Group	Enabled Designs	ILA - Live Up	Lite 'N Easy	ResSleep Place of Dreams	Therapy Focus
Arcadia Group	Carers Plus	Enrich Living (My Home Care)	Indigo Solutions	MCWA	Rocky Bay	Town of East Fremantle
Aroha Care Group	Carers WA	European Bedding	Injury Matters	Mercy Community Services	SC Johnson	Trilogy Care
Association of Independent Retirees (AIR)	Choice Home Help	Fallsafe	Intelligent Home	Mercy Health	SK Dental (At-Home)	UQ - CarFreeMe
Auscare Group	Compatible Care	GenesisCare	Technology Centre	My Flex Health	Denture Care)	Program (University of Queensland)
Australian Carer's Guide	CorpCloud	Hall & Prior	Juniper	North Metropolitan	Sleep Electric	WA Ostomy Association
	COTA WA	HammondCare	KompleteCare	TAFE	Specsavers Audiology	Wine Selectors
	CPE Group		La-Z-boy			

A coffee (or two) a day keeps the cardiologist away and is good for your kidneys too

by Frank Smith

DRINKING two or more cups of coffee a day not only lowers your risk of disease but also helps you live longer.

Professor Peter Kistler and colleagues of the Baker Heart Institute in Melbourne analysed data from the UK BioBank, a database with health information from over half a million people followed for at least 10 years.

The researchers looked at coffee consumption ranging from one to more than six cups a day and its relationship with heart rhythm problems (heart arrhythmia) and other cardiovascular diseases, including coronary artery disease, heart failure, stroke and deaths.

Researchers found there were significant reductions in cardiovascular risk after controlling for other diseases.

These trends held true for people with and without pre-existing heart disease.

"Because coffee can quicken heart rate, some people worry that drinking it could trigger or worsen certain heart issues," said Professor Kistler.

"Our data suggest that daily coffee intake shouldn't be discouraged, but rather included as a part of a healthy diet for people with and without heart disease.

"We found coffee drinking had either a neutral effect - it did no harm - or was associated with benefits to heart health."

In one study coffee drinking was associated with a 10-15 per cent lower risk of developing coronary heart disease, heart failure, heart arrhythmia, or dying from any cause.

The best health benefit was obtained by drinking two to three cups of coffee a day; those who drank more than three cups or less than two received smaller benefits.

Although two to three cups of coffee a day seemed to be optimal, Professor Kistler said that people shouldn't increase their coffee intake, particularly if it makes them feel anxious or uncomfortable.

A later study compared the health outcomes of people who drank instant coffee, ground coffee or decaffeinated or decaf. All types of coffee resulted in fewer deaths.

Professor Kistler said there were no differ-

ence from choosing decaf over caffeinated coffees.

The study results were presented at the American College of Cardiology's 71st Annual Scientific Session, in April.

Research study published in the *Annals of Internal Medicine* in May this year researchers compared the effect of drinking sugar-sweetened, artificially sweetened and unsweetened coffee on mortality.

During a seven-year follow up period, 170,000 UK participants who drank up to three and a half daily cups of sugar-sweetened coffee were 30 per cent less likely to die than participants who did not drink coffee. Results were inconclusive for participants who used artificial sweeteners in their coffee.

In a further study researchers found that consuming at least one cup of coffee a day may reduce the risk of acute kidney injury, compared to those who do not drink coffee.

"We already know that drinking coffee on a regular basis has been associated with the prevention of chronic and degenerative diseases including type 2 diabetes, cardiovascular dis-

ease and liver disease," said Professor Chirag Parikh, of the Johns Hopkins University School of Medicine. "We can now add a possible reduction in kidney disease risk to the growing list of health benefits."

This study was published in the journal *Kidney International Reports* in May 2022.

Professor Kistler speculated on how coffee could benefit the heart.

"People often equate coffee with caffeine, but coffee beans actually have over 100 biologically active compounds. These substances can help reduce oxidative stress and inflammation, improve insulin sensitivity, boost metabolism, inhibit the gut's absorption of fat and block receptors involved with abnormal heart rhythms.

"There is a whole range of mechanisms through which coffee may reduce mortality and have these favourable effects on cardiovascular disease," he said.

"Coffee drinkers can continue to enjoy coffee even if they have heart disease. Coffee wakes you up, makes you mentally sharper and it's a very important component of many people's daily lives," he said.

An unbeatable rate from 13% of your Home Care Package

- No extra fees or charges.
- Dedicated care manager
- Personalised care plan & budget
- Gain more control of how your funds are spent
- Choose the support workers you want when you want them
- Find services at rates that are acceptable to you
- Double your care hours* with lower hourly rates!
- Ensure your services are paid on time with our daily payment runs

Start living your best life at home, your way.

Self-manage your Home Care Package with Trilogy Care.

Contact Us!

1300 459 190

www.trilogycare.com.au

info@trilogycare.com.au

let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



Left to right; Jennifer Merigan at Carnarvon Space & Technology Museum - Walpole Kids: Meet the Artists - Walpole watercolour artist Alison Kenworthy Inset; Jameson Distillery Midleton, Cork



We also have some great events and activities happening around WA.

Last month I shared with you details about my visit to Carnarvon's Space and Technology Museum. I ran out of room to share the photo of me on the moon, but this month we have the space (there's a pun there). I really enjoyed the interactive exhibitions and thought this idea was particularly good fun especially as the photo is instantly emailed to you.

★★★★

Masks are off in airport terminals, although still required on domestic flights. If you have not had Covid, I would recommend maintaining mask wearing. Unfortunately contracted the virus in June and I must say the fatigue which follows has not been fun. So if you can avoid it, do so!

★★★★

I'm glad that I took the trouble to renew my passport last year. I discussed it in this column how I thought it was worthwhile venture even though borders were closed. Looking at the long lines for a passport I am certainly glad I did.

★★★★

Congratulations to the 2022 Top Tourism Town Award winner Mandurah. Geraldton claimed second place with Esperance rank-

ing third. The Small Tourism Town winner went to Exmouth and silver to Dwellingup. The Tiny Tourism Town award went to Denham with Gnowangerup second. Winners were chosen by the public with more than 6700 people casting their votes for the awards. I think two years of closed borders showed many that it's important to invest in our state tourism as we all love travelling in our great state.

★★★★

We have a talented mob of people living in WA and particularly in the small town of Walpole. With the help of Regional Arts WA a collection of local artists have created a short documentary featuring interviews, their workspaces and cartoon characters to advertise Walpole's hidden

art scene. There are some incredibly talented people in Walpole, and they are keen for others to know about them. Check it out at walpoleonline.com/walpole-kids-meet-the-artists-documentary/.

★★★★

Last month I joined a Zoom meeting with Tourism Ireland as they pushed the button on welcoming tourists back to the country. Irish whiskey has been produced for hundreds of years and is an integral part of the tourism experience. Visitors can now get a very special passport (without the queues) called the Irish Whiskey 360 which provides a unique record of your journey across the country visiting its distilleries. If you are planning a trip to Ireland, check out this unique tourism opportunity at www.irishwhiskey360.com.

★★★★

Don't miss the opportunity to join us on 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 and who were impressed with the details and effort we took to ensure their trip was seamless. See page 31 for details on how to come aboard this amazing trip.

★★★★

Please support the advertisers, 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



IN our pages this month Serena Kirby continues her journey in Tasmania with one of her personal highlights, spending the day

at MONA (Museum of Old and New); Mike Roennfeldt gives his tips for shore fishing to catch tailor and Tim Dawe ventures to Uluru.



"Get caught in the travel web" with Aussie Redback Tours

Day Tours 2022

Sun 24 July	Mystery Tour
Sun 7 Aug	New Norcia
Sun 28 Aug	Northern Wildflowers
Sun 11 Sep	Hills Wildflowers
Sun 25 Sep	Wellington Dam
Sun 30 Oct	Penguin Island

\$105 Seniors \$115 Adults includes morning tea, picnic lunch or restaurant meal as stated. Day tour pick-ups Joondalup, East Perth and Rockingham

Extended Tours 2022 - Flights Inc!

Great Central Road	11 August	10 days from \$3550 senior
Mt Augustus - Walga Rock	14 August	5 days from \$1460 senior
Mid-West Wildflowers	23 August	4 days from \$1170 senior
Northern Wildflowers	29 Aug & 4 Sept	4 days from \$1170 senior
Mt Augustus - Kennedy Range at Wildflower time	4 September	7 days from \$2370 senior
Mt Augustus - Karijini	11 September	10 days from \$3450 senior
Stirling Ranges Southern Wildflowers	2 October	4 days from \$1320 senior



CONTACT US FOR A BROCHURE

Phone us now on 1300 662 026
Email: info@aussieredbacktours.com.au
www.aussieredbacktours.com.au




AQUA RESORT




*Stay 3 Pay 2

Winter is the perfect time for an extended break in the South West. Say goodbye to the crowds and enjoy some solitude and relaxation.

Book three nights or more at Busselton's Aqua Resort and receive one night complimentary, local wine & grazing box PLUS \$30 Quipmo Credit!

*Conditions apply: Offer valid for minimum three night stay between 07/06/22 to 17/08/22. Cannot be used in conjunction with any other offers or existing discounted offers/stays. Excludes long weekends and school holidays.

PHONE 9750 4200 or BOOK ONLINE
visit www.theaquaresort.com.au

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

KEN PEACHEY

CARAVAN REPAIRS

- Specialists in all types of caravan repairs and alterations
- Insurance claims
- Approved repairer and all warranty work

194 Campbell Street, BELMONT
Phone: AVRIL, MIKE, JASON DAVIES 9277 1381
Email: info@kenpeachey.com
Web: www.kenpeachey.com

Garden Tour to Adelaide, Kangaroo Island & Victor Harbor




with Deryn Thorpe

Highlights include: Adelaide Botanic Garden, Al-Ru farm, The Cedars, stunning Yalamurra created by Kurt Wilkinson, Ray Brodie Cottage, Churston Garden and Parndana Garden.

15 – 22 March 2023

Garden Tour to Mornington, Daylesford & Melbourne

for the Melbourne International Flower and Garden Show




with Phil Dudman

Visit 3 Diggers Gardens, Heronswood, Si Erth and Cloudehill.

Plus Bolobek Garden in Macedon, Frogmore Gardens, Paul Bangay's Stonefields and David Glen's Lambley. Enjoy lunch at Fork to Fork and visit Cruden Farm.

20 – 27 March 2023

Garden Tour to France and England




with Heidi Martin

Visiting Nice, Avignon, London for the Chelsea Flower Show, Taunton and Stratford-upon-Avon

Highlights include Villa Ephrussi de Rothschild, La Serre del la Madone, Raworth's Garden, Kew Gardens, Wisley, Stourhead and Hidcote.

16 May – 5 June 2023

let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

Join us on a visit to Antarctica - the day trip of a lifetime...



A day tour to Antarctica is a bucket list trip

AT *Have a Go News* we believe the best day tour available is the day flight to Antarctica.

Join the *Have a Go News* group to explore this vast land.

What better way to fulfil a bucket list item than to spend a day flying over the world's most isolated continent by plane?

Antarctica Flights have been running these day trips since 1994 and have flown thousands of people over the ice.

Australia is the only country from which you can take a sightseeing flight over the frozen south.

There are 19 different flight plans which enable the captain to choose the best possible route,

taking into account the weather conditions of the day.

Every departure is different - no two flights are the same - and every person aboard is present for the same reason - to fulfill that bucket list dream of exploring an uncharted continent, without getting their feet cold or wet.

All seating classes experience spectacular views over the ice and an unforgettable round trip.

It is a complete Antarctic experience - Antarctic experts, videos and other informative activities. Passengers receive a comprehensive information kit, two full service Qantas meals plus in-flight snacks and full bar service - including cham-

pagne, wine, beer, spirits and soft drink and the state of the art entertainment system.

The service from the crew is outstanding and apart from the two meals served there are lots of snacks and drinks available.

Have a Go News editor Jen Merigan said the trip was arguably the best day trip she has ever experienced.

"As we got closer to the ice the excitement in the plane was building and with the first sighting of icebergs everyone started moving about the cabin for the best views.

"Approaching the continent, the plane's altitude drops to about 10,000 feet above sea level or

about 2000 feet above the highest ground within 100 nautical miles.

"During the four hours over Antarctica we explored a huge expanse of the Australian Antarctic Territory directly flying to Casey base and then along the Knox Coast exploring glaciers, capes and the Shackleton ice shelf before turning around at the Russian base Mirny.

"The views of Antarctica were incredible, the atmosphere aboard the plane was friendly and fun, the flight crew provided extra special service and as we descended to Perth, we all had to pinch ourselves to believe that we had just been to Antarctica," said Jen.

Scott Lawrence flew in

January 2022 and said: "Thank you again *Have a Go News* for all your efforts in providing me and my party with such a memorable and trouble free experience of a lifetime."

Get ready to board the 787 Dreamliner with its large windows which provide a fabulous viewing experience.

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

This flight departs Perth on Sunday 27 November 2022 at 8am and returns at 8.30pm and seats are selling quickly for this amazing experience.

The following seating is available:

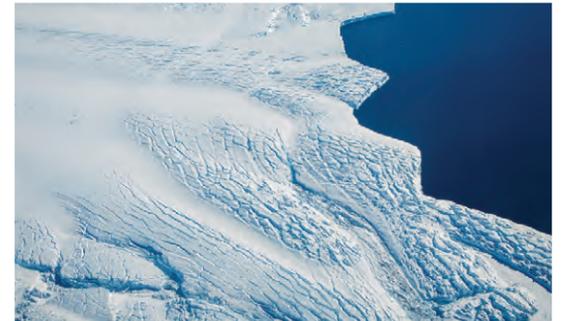
Explorer Economy - \$1199 per person

Economy Class Standard - \$2199 per person
Superior Economy Class - \$3199 per person
Premium Economy Class - \$3999 per person
Business Class - \$6499 per person
Business Class Deluxe - \$7999 per person
 A \$300 deposit is required with booking and

full payment is required eight weeks before departure.

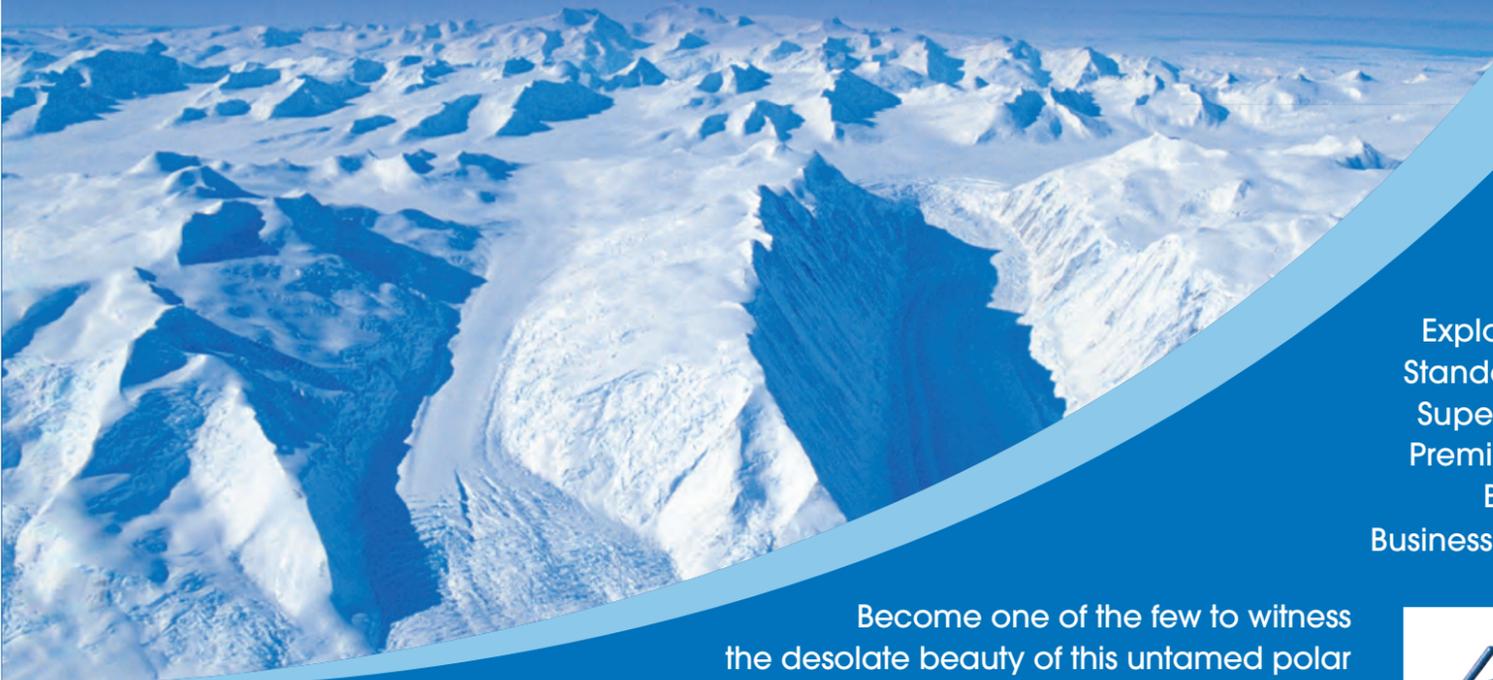
All passengers are required to be fully vaccinated.

For further information, brochures and booking forms please call the office on 9227 8283 or email info@haveagonews.com.au



ANTARCTICA IN A DAY

The world's most unique scenic flight
 Perth round trip - departing 27th November 2022



Explorer Economy	\$1,199* pp
Standard Economy	\$2,199* pp
Superior Economy	\$3,199* pp
Premium Economy	\$3,999* pp
Business Class	\$6,499* pp
Business Class Deluxe	\$7,999* pp

Become one of the few to witness the desolate beauty of this untamed polar landscape from the air. Enjoy unparalleled views of the icy landscape aboard the ultra-modern 787 Dreamliner with up to 4 hours over the white continent.

Enjoy the bespoke full Qantas service, including premium drinks, delicious meals and talks from Antarctic expeditioners.



For further information, brochures and booking forms please call the Have a Go News office on 9227 8283 or email info@haveagonews.com.au

*Terms & Conditions Apply



let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

MONA - Tasmania's old and new art museum is a top spot to visit



There is so much to see at Tasmania's Museum of Old and New Art. Pics: Serena Kirby

by Serena Kirby

FOR years I've had Tasmania's Museum of Old and New Art (MONA) on my bucket list having seen it listed in the Lonely Planet Travel Guide's Top 100 places in the world to visit.

I've travelled a lot and confess I thought it a bit odd that a relatively new Aussie museum could be placed at Number 20 on the list. But having recently ticked MONA off my 'must see' list, I can assure you it definitely deserves it.

A trip to MONA should be considered an all-day affair not only because there's so much to take in but because you're likely to need a step outside for a brain break.

Opened in 2011 and created by David Walsh, an Australian businessman, art collector, professional gambler and somewhat eccentric millionaire, MONA is as much a sensory and interactive experience as it is a visual one.

Costing more than \$75 mil-

lion, the architecture and design of this massive museum is mind-boggling and unconventional as it is predominantly underground. But the MONA experience actually begins way before you descend into the maze of subterranean gallery spaces.

The dedicated ferries which take you from Hobart to MONA work to set the scene for what lies ahead. With interiors designed to conjure images of James Bond and Austin Powers, these swanky vessels are well worth wandering around during the short trip on the Derwent River.

Once you arrive at MONA's jetty, and you've climbed the 99 steps to the entrance, you really should pause, resist the temptation to enter straight away and instead spend time exploring the vast grounds with their quirky and magnificent sculptures, creative landscaping and architectural hardscaping.

Take time to play with your

reflection on the curved mirror at the museum's entrance and brace yourself for an experience of a lifetime.

MONA is set out as a maze of rooms, corridors, tunnels and open spaces. Unlike traditional museums there are no brightly lit rooms with art hanging on stark white walls; instead, you'll see innovative lighting techniques that create atmosphere and reverence. There are also no artwork labels as all info is provided by the museum's phone app called The O.

While you will find famous names such as Pablo Picasso, Sidney Nolan and Brett Whiteley adorning the walls, MONA really is the museum of everything. Sitting next to works by widely known artists you'll see random, but carefully selected and displayed, ancient artefacts and imaginative contemporary art installations.

As you weave your way through the galleries, you'll also encounter many relaxation points. Funky couches, plush

ottomans and ornate throne-like chairs are placed to encourage you to sit and contemplate the surroundings. There's also a couple of cocktail bars and even live music so allow yourself time to linger.

Of particular note is the portrait gallery where artworks are displayed on a vast mirrored wall designed with the clever intention that when you look at it you add your face to the gallery's wall.

Another room, that I myself would have missed had someone not told me about it, is the Ladies Lounge. This is a women's only space, without signage or fanfare on the exterior, but identifiable by expansive green velvet drapes and a female attendant 'manning' the entry. What you find inside constantly changes and is definitely something to look out for.

There's no avoiding the fact that there's likely to be artworks and art installations that visitors will find confronting, controversial and even confusing. But

pushing the boundaries and poking a tongue out at the conventional art establishment is something creator David Walsh does not shy away from. And for every art piece that does unsettle you there will be ten times as many that will have you sighing in admiration and wonder.

If you are a lover of art, architecture, interior design and things that are a little left of centre; put MONA at the top of your bucket list.

Getting there is half the fun.

The MONA ferries leave from Hobart's Brooke St Pier every hour. Bookings are essential and should be made well in advance and booked at the same time as your museum tickets.

The trip takes 25 minutes and there is a cafe on board.

Tickets are \$23 return or you can pay \$58 for a Posh Pit ticket which includes free drinks, tiny snacks and inflated egos.

While you can also drive there, it's not encouraged as parking is limited.

Getting in... prepare to be amazed.

Entry tickets need to be pre-purchased as there are allocated entry times throughout the day to avoid overcrowding. Entry is \$30 or \$27 for concession card holders. Just ask for a 'pass-out' if you leave to eat outside so you can re-enter for free.

Food and beverage.

Take a wander outdoors to MONA's onsite food venues. There are a couple of fancy restaurants (bookings essential) and a large outdoor food servery area with live music, hundreds of beanbags and umbrellas (no booking required). There's plenty of wine and beer options too.

Get the MONA app

Download The O app - which will automatically load details of the art works as you move through the museum. It also records where you went so you can read up on exhibits at a later date as well as read about what you missed.



EVERYTHING OUTDOORS

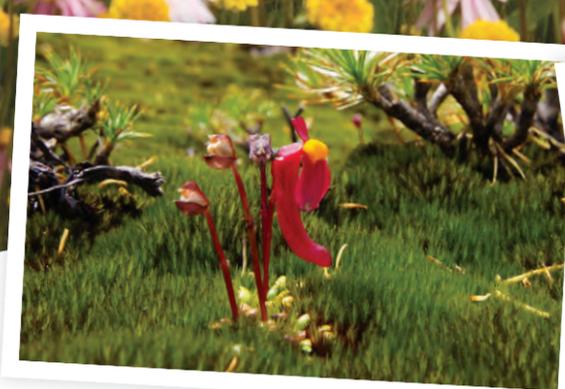


SUNDAYS 5.30

Wander the Wildflowers this Spring

At least 12,000 varieties grow across WA and Villa's specialist local wildflower guides will help you scout the best displays

Mid West Wildflowers Featuring HMAS Sydney II Memorial & Chapman Valley >> Second departure	5 Days	26 – 30 Aug 16 – 20 Sep	\$1,635 pptw
West Coast Wildflower Explorer Featuring Monkey Mia & the Batavia Coast >> Second departure >>> Third departure	7 Days	3 – 9 Sep 17 – 23 Sep 27 Sep – 3 Oct	\$2,615 pptw
Wildflowers on the Southern Coast Featuring the Ravensthorpe Wildflower Show	6 Days	12 – 17 Sep	\$1,720 pptw
Cervantes Wildflowers Featuring The Pinnacles of the Nambung National Park	4 Days	23 – 26 Sep	\$1,490 guaranteed single room
Hyden & the Wheatbelt Wildflower Trail Featuring Wave Rock & Lake Grace	4 Days	4 – 7 Oct	\$1,295 pptw
Cervantes & Kalbarri Wildflowers Featuring Lesueur & Badgingarra National Park	5 Days	5 – 9 Oct	\$1,710 pptw
Kalbarri Wildflowers Featuring Murchison Gorge Cruise	5 Days	10 – 14 Oct	\$1,695 pptw
Southern Wildflowers & Wave Rock Featuring Albany, Bremer Bay & Hyden	5 Days	20 – 24 Oct	\$1,660 pptw



YOUR FULLY INCLUSIVE, ESCORTED TOUR INCLUDES



Transfers

Courtesy pre and post home/hotel transfers (Perth/Mandurah metropolitan areas)
A country collection service is also available



Transport



Meals



Tour Leaders



Accommodation



Attractions



Local Guides

Terms and conditions: All Villa tours are fully escorted, depart from Perth and tour prices include courtesy home collection (Perth and Mandurah metro only), most meals and attractions. Tours are subject to change. Full terms and conditions can be found on villa.com.au or ask us to send them when you call.

1800 066 272

travel@villa.com.au

villa.com.au

@VillaCarlottaTravel



villa

WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



A coach trip to Jennacubine is a great way to enjoy the countryside

by Rose Hope

FROM the warmth of my coach seat I was engaging in one of my favourite pastimes – viewing the passing countryside.

It had rained for days beforehand but now the sun shone and the droplets of water glistening like diamonds clinging perilously to tree leaves.

The scenery resem-

bled a fairyland loaded with decorated Christmas trees. Hills and valleys sped by lush with green grass due to the life-giving rains of winter.

Beneath skies mottled with clouds resembling cotton wool dipped in ink, a weak sunlight filtered down upon flocks of sheep. Further on we passed vineyards, creeks and gum trees growing in

rocky outcrops. We drove through the quaint townships of Bakers Hill and Gidgegannup and on toward Northam.

The coach pulled up beside the Avon River and we all piled out to enjoy a delightful morning tea provided in five minutes by Chris our driver. He told us that he had been up all night cooking the delicious lamingtons, fruit

cake and biscuits. In addition, the delightful fibber told us of the history of the place.

Settled in 1830 by Robert Dale it became a departure point for explorers and settlers. His commentary inspired my imagination and I envisaged those early settlers who had the courage to hack their way through the scrub and forest to claim

their patch of earth with no shelter, shops, medical facilities, water or electricity. I thought of the hazards they would have had to face.

Afterwards we were free to wander around and explore. Some folk crossed a huge suspension bridge hoping to see white swans. After admiring the beautiful wide river and its surrounds I

made my way to the visitors' centre where I read about the experiences of the refugees who came to Northam after the WWII.

At Jennacubine the coach drove past a CWA meeting room, no bigger than a hut, a war memorial, a house and on the opposite side of the road to vast fields, before finally arriving at an old world country tavern, its walls

plastered with photos of a crew long since gone. We were served a two course meal; a roast and dessert.

On our return journey we stopped off at Sawyers Valley where some folk visited a crystal shop and other rummaged through the chaos of the most disorganised op-shop I've ever had the pleasure to visit.

It was a fun day out.

Discover the history of Drakesbrook in the town of Waroona



DRAKESBROOK figures widely as in the names of landmarks and businesses in the town of Waroona with many believing there should be a return to this historical moniker.

Waroona was originally known as Drakesbrook, after William Henry Drake, the Assistant Commissioner General of WA who went on to an illustrious career upon his return to Britain.

Today three of Waroona's top attractions honour his name.

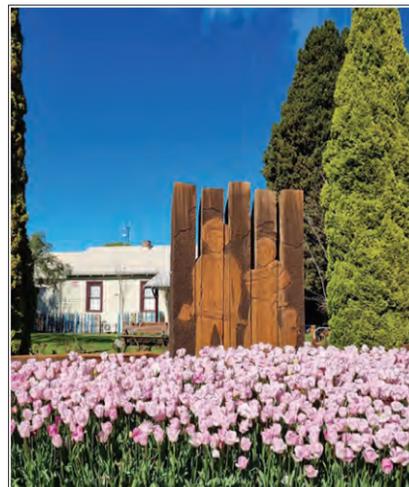
The sparkling waters of Drakesbrook Weir, surrounded by natural bush and farmlands, are a favourite for locals and for those visitors looking for a scenic spot to picnic and relax, or to park up their fully self-contained RVs. Fishing, bushwalking and swimming are the favoured activities with the weir restricted to passive pursuits only.

The iconic Drakesbrook Antiques & Collectables is home to an ever-expanding range of Charlie Bears and is renowned as the world's largest Moorcroft pottery retailer. Housed in the 1935 Bank of New South Wales building, it is a treasure trove of all things collectable.

Drakesbrook Winery is set amongst the lush rolling hills of the Darling Scarp. Their label celebrates local birdlife and in the licenced picnic area overlooking the lake, people can enjoy a glass or bottle of one of their award-winning wines.

An easy drive 50 minutes north of Bunbury, or just over an hour south of Perth, Waroona makes a great day trip or overnight getaway. For more information contact Waroona Visitor Centre 9733 1506.

Visit the Nannup Flower and Garden Festival



L-R; Tip toe through the tulips in Nannup photo source; @NannupFlowerandGarden Festival - wander out yonder with Club 55

ENJOY four great days exploring the magnificent Margaret River region and the popular Nannup Flower and Garden Festival and staying at the very comfortable Abbey Beach Resort for only \$1,015.

If you just need a short break, join Club 55 on one of their weekend escapes from only \$320 for the two-day Busselton and Abbey Beach Resort or the two-day Wave Rock and Canola tour for only \$335. Prices include comfortable motel accommodation, most

meals and entry fees and five star luxury coach.

The Club 55 Travel Club caters for individuals, couples and small groups. They have some great tours coming up and you can have a great day out from as little as only \$50.00.

There are several convenient departure locations around Perth, including Belmont, Booragoon, Bassendean, Innaloo, Whitfords, Perth Rock and Gosnells train station, Wheatley Street, Thornlie, Leisure World carpark and Riverton

Leisure Plex corner High Road and Riley Street.

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.

Phone 0434 439 983 or visit the web page www.club55.com.au where you can get the latest brochure and view full itineraries for both day and extended tours and sign up for the free membership.

Emu Point
MOTEL AND APARTMENTS IN ALBANY

Beach and nature at your doorstep; a 5-minute walk to beautiful Emu Point and Emu Beach
4 Star rated

All studios are air conditioned with fully equipped mini kitchens, WIFI and lots more located in a garden setting. Free WIFI and BBQ

WINTER WARMER SPECIAL:
4TH NIGHT FREE *conditions apply

www.emupointmotel.com.au
info@emupointmotel.com.au
PHONE 9844 1001

Wildflowers...Wildflowers...
Enjoy a walk amongst the rare and endangered flora with our knowledgeable friends Don and Joy Williams of Hi Vallee Farm. *This is a great tour to do with Lesueur NP for a full day wildflower experience.*

JURIEN BAY ADVENTURE TOURS

1300 GO ADVENTURE
1300 462 383

www.jurienbayadventuretours.com.au
BOOKINGS ESSENTIAL phone/text 0490 072 156 for availability

WANT TO GET OFF THE BEATEN TRACK? WE ALSO OFFER TAILOR MADE TOURS TO SUIT GROUPS...

Great Southern Botanical Adventure

\$250.00 OFF TOUR PRICE

DEPARTS 12 SEPTEMBER 2022

9490 2455 TO BOOK YOUR SEAT

GREAT WESTERN COACH TOURS

www.greatwesterncoachtours.com.au
Creating memorable touring experiences since 1994

NAMBUNG STATION STAY

www.nambungstation.com.au
enquiry@nambungstation.com.au

Powered and unpowered campsites
On site caravans (air conditioned and fully equipped)
Pet friendly (on a leash)
Seniors discount on request

Ph 08 9652 4048 mb 0427 084 313

WILDFLOWER & BESPOKE TOURS
"The Shepherd Brothers" We Know, We Go, We Show...

'Meet the QUEENS'
Two Trips Only
July & August

Season dictates departure
www.wildflowersafaris.com.au/tours/meet-queen-now

Visit www.wildflowersafaris.com.au or have a friendly chat with **Harry 0407 085 097...** it costs nothing

DISCOVER SHARK BAY'S RICH HISTORY

Shark Bay World Heritage Discovery & Visitor Centre

Tour and Accommodation Bookings
Museum | Rose de Freycinet Art Gallery
'Fire on the Water'
HMAS Sydney 3D Film

53 KNIGHT TERRACE, DENHAM, WA.
PH: 9948 1590

sharkbayvisit.com.au | #discoversharkbay

SHARK BAY
SINK YOUR TEETH IN

WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



Shore-based opportunities to fish for tailor can be found during winter



Not a true jumbo but this popper-caught nice tailor is big enough to tempt you out of bed on a cold winter morning.

by Mike Roennfeldt

SHORE-BASED fishing opportunities around Perth at this time

of year can be a bit limited, if for no other reason than it's harder to get out of a warm bed on a cold winter's morning. Why is

that so important, you might ask? Well, first thing in the morning is when the best of Perth's shore-based winter fishing is available. I'm talking about tailor, big tailor.

While it is possible to catch them around the beaches and reefs right through to breakfast time and in the late afternoon and evening, most of the true big tailor experts that I know reckon that the period leading up to dawn and the first hour after light starts to creep over the horizon, is without doubt the prime time for jumbos.

This is when they are cruising the shallows looking for a feed under the cover of low light. As the sun gets up they move offshore to greater safety and hang about in the shadows of reef edges and the like, generally in a resting rather than feeding frame

of mind.

You can catch them on bait of course and casting an unweighted mulie or gardie around the reefs and gutters is a time-honoured method of picking up those big winter fish. But for those who prefer a more active and exploratory style of fishing this early morning period is perfect for using poppers and stickbaits. Poppers are great for locations with heaps of very shallow reefs, where any lure that sinks more than a few cm is likely to get snagged. Perhaps the biggest plus with popper fishing for big tailor is the surface strike and fight, which adds another dimension to the heady experience of catching a jumbo. And don't worry about the tailor finding the lure in the dark or half-dark, it's no problem at all to these ferocious predators.

In some ways, weighted stickbaits combine the best of metal lure and popper fishing. The extra weight of stickbaits means they cast much further, opening up new pockets of country out of reach of poppers. With the rod tip high and a reasonable retrieve speed, the lure is still working in the surface layer without the same degree of splash of the popper. You just have to be a little careful when casting and get the lure up and moving as soon as it touches down in shallow reefy country. If you're fishing deeper holes and gutters, by all means experiment with the lure at different depths, from letting it sink and twitching it around near the bottom to zipping it back across the top.

Local lure producer Halco makes a great range of stick-

baits, the most recent being the Slidogs. These are beauties in sizes of 85mm, 105mm, 125mm and 150mm. Across the range they have accounted for just about every predator that swims in Australian waters. The perfect tailor size of 105mm weighs 28g but Halco make a heavy model in just this size and at 40g it gives an extra, long-casting option.

In reasonable light conditions I like the chrome finished pilchard colour but it's worth trying darker colours at low light for a sharper silhouette against the sky.

And when you're not after tailor, the Slidog 105 is a pretty handy weapon when chasing salmon, yellowtail kings, Spanish mackerel, tuna, trevally and queenfish. And don't be surprised if you hook a snapper when twitching it around down deeper.

Super moons and meteor showers to see



STARGAZERS have plenty to see this month, starting with a supermoon on July 13. The moon's orbit around Earth is slightly elliptical. So, every month there's a time when the moon is at its closest distance to Earth (at perigee) and another time when it is

at its furthest distance from Earth (at apogee).

When perigee coincides with the full moon, it's popularly called a supermoon. And when the moon is at apogee? Well, it's a micro-moon!

When to look: The moon rises at 4.50pm on July 13. It will be at perigee and about

357,122 kms from Earth.

Which direction to look: You will need a low, clear horizon as the moon rises in the east.

Does a supermoon look bigger to the naked eye? Find out at astrotourismwa.com.au/supermoon/

At the end of the month we will be treated to the Southern Delta-Aquarids Meteor Shower. Meteor showers occur as planet Earth crosses the orbital path of a comet. As comets pass by the sun, the extreme temperatures heat up the nucleus, causing debris particles to spread out creating a comet tail. As Earth passes through this debris cloud, we see the fiery

spectacle of a meteor shower.

The peak of the shower coincides with a new moon, meaning conditions are ideal to spot these sizzling shooting stars.

When to look: peak is on July 29, but it is worth looking either side of this date too, best after midnight in the early morning. Meteors appear to emanate from a point high in the north-eastern sky.

Enjoy a bumper month of cosmic views.

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

Find more stargazing tips and country events at www.astrotourismwa.com.au.

Have-a-Go NEWS



Find us on social media

X-FACTOR TOUR CLUB

DENMARK-ALBANY EXPLORER TOUR 4D/3N

9-12th AUGUST 2022 from \$1275pp Twin Share Conc
Alpaca Farm, Wine Tasting, Fantastic Lunches, Whale Station, ANZAC Centre, Wind Farm, Gap, Sandalwood Shop, Farm Visit.
Pickups for Denmark-Albany Tour - Morley, Perth, Cockburn, Armadale

Upcoming Tours:

27/7 Fairbridge Tour \$88pp, 3/8 Bindoon Arts & Tractor Museum \$65pp
17/8 Avon Valley Mystery Tour, 20/8 Op-Shop & Wine Tour
24/8 Dowerin Field Day, 1/9 & 16/9 Araluen Tulips

PLUS MANY MORE. ALL WITH DELUXE MORNING TEA & LUNCH

GOT A GROUP? BOOK YOUR OWN TOUR DATE!!

TO BOOK TICKETS or DOWNLOAD A CATALOGUE, PLEASE VISIT:

WWW.XFH.COM.AU 0412 023 655

BOOKINGS@XFH.COM.AU

Forest & Farmland. Coast & Lakes



WAROONA • HAMEL • PRESTON BEACH • LAKE CLIFTON
@VisitWaroona



Waroona Visitor Centre & Gallery

ART & CRAFT • SOUVENIRS • INFORMATION

p (08) 9733 1506 m 0472 595 266
37 South West Hwy, Waroona WA 6215
e visitorcentre@waroona.gov.au

OPEN DAILY
9.30am - 3.30pm

www.waroona.wa.gov.au



ESPERANCE ISLAND VIEW
APARTMENTS

Esperance Island View Apartments offers self-contained accomm with an idyllic beachfront location. Guests enjoy free WiFi and on-site parking. Apartments include heating, BBQ, fully equipped kitchen, oven, microwave, private bathroom with hairdryer and complimentary toiletries.

PH: 9072 0044 14-15 The Esplanade, Esperance
Email: admin@esperanceapartments.com.au
For further info visit www.esperanceapartments.com.au

ALBANY HOLIDAY UNITS
1, 2, or 3 Bedroom Holiday Units
Fully Self-Contained. Free Wifi

19-21 Golf Links Rd Middleton Beach
www.albanyholidayunits.com.au
p: 9841 7817
e: info@albanyholidayunits.com.au

HOSPITALITY ESPERANCE

- Spacious motel and executive rooms
- FREE Wi-fi, FOXTEL
- FREE tea, coffee and biscuits in your motel room
- Central town location opposite the bay
- Pool, restaurant, cocktail bar, BBQ & guest laundry

44-46 The Esplanade, Esperance
T: 9071 1999
E: esperance@hospitalityinns.com.au
W: www.hospitalityinnesperance.com.au

HOSPITALITY KALGOORLIE

- Spacious motel and executive rooms
- FREE Wi-fi, FOXTEL
- FREE tea, coffee and biscuits in your motel room
- Pool, restaurant, cocktail bar, BBQ & guest laundry

560 Hannan Street, Kalgoorlie
T: 9021 2888
E: kalgoorlie@hospitalityinns.com.au
W: www.hospitalityinnkalgoorlie.com.au

Enjoy outback hospitality - you deserve it

Visit the historic gold mining town of Cue and spend a day or two in our spacious and relaxing two storey Guest House. Built in the good old days when ceilings were high and jarrah was used extensively. Secure off-street parking, air-conditioned for your comfort, guest tv lounge, free continental breakfast. Book direct on-line.

QUEEN OF THE MURCHISON GUEST HOUSE
53 Austin Street, Cue
Phone 9963 1625 www.queenofthemurchison.com.au
Email info@queenofthemurchison.com.au



RAIL YOUR WAY IN WA

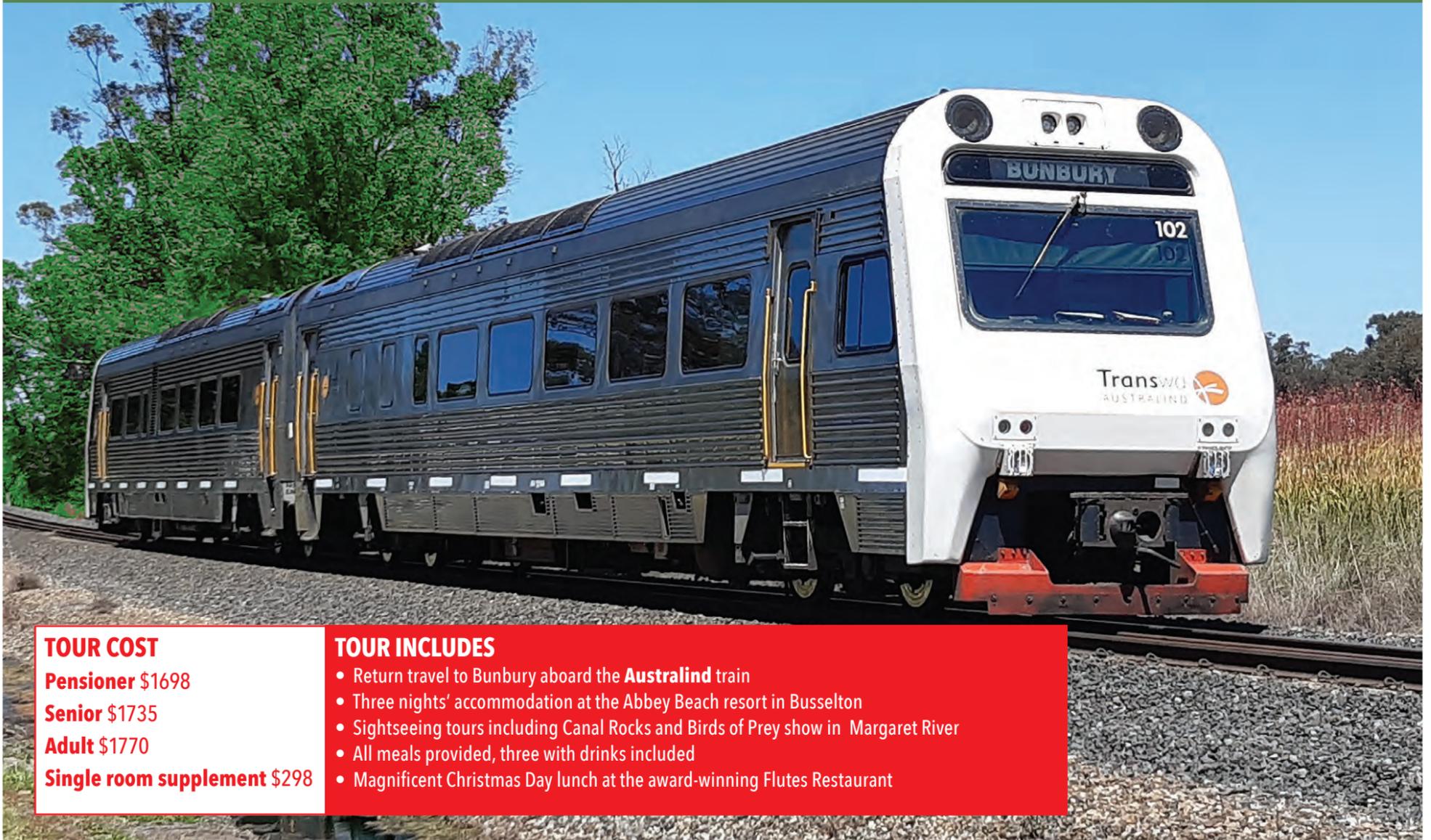
with Kevin Pearce



SOUTH WEST CHRISTMAS RAIL TOUR - 4 DAYS / 3 NTS

Let someone else do the cooking this year and celebrate Christmas in our beautiful green SOUTH WEST!

TOUR DEPARTS 23 DECEMBER 2022



TOUR COST

Pensioner \$1698

Senior \$1735

Adult \$1770

Single room supplement \$298

TOUR INCLUDES

- Return travel to Bunbury aboard the **Australind** train
- Three nights' accommodation at the Abbey Beach resort in Busselton
- Sightseeing tours including Canal Rocks and Birds of Prey show in Margaret River
- All meals provided, three with drinks included
- Magnificent Christmas Day lunch at the award-winning Flutes Restaurant



CALL 9246 2177 for a brochure or KEVIN direct on 9316 1504
 Suite 4 Carine Quarter, 473 Beach Road, Duncraig
 EMAIL travel@tourdeforce.com.au



WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



Step right in to discover hidden treasures and tales... Wanderland is waiting for you to visit



Left to right; Aunty Joan's Dolly Mix, Esperance - Gwoonwardu Miaam, Carnarvon - Bilya Koort Boodia, Northam

FOR the first time, thousands of rare and remarkable items in museums, cultural centres and private collections across Western Australia have been brought together in a new online portal.

Wanderland is packed with hidden treasures and tales – from the cultured to the kitsch and everything in between. The website opens a doorway to WA's fascinating regional collections – inspiring you to hit the road and experience them for yourself.

Discover the collections on your device and add things that intrigue you to an online itinerary planner, building a bespoke bucket list for your next real-life adventure.

Head upstairs above a Chinese restaurant in Broome to find an unexpected and mesmerising personal collection featuring items from five generations of the Yu family.

Experience the culture of WA's diverse Aboriginal peoples at centres like Bilya Koort Boodia in Northam, where a bold

and beautiful display of the region's Ballardong Nyoongar culture is revealed through a mesmerising mix of projected video art, light and sound that evokes the Dreamtime.

Marvel at little-known places like the Dolly Mix in Esperance, which holds a huge collection of large dolls presented amongst swathes of red velvet and sparkling chandeliers.

Explore Gwoonwardu Mia Aboriginal Heritage and Cultural Centre, a place that celebrates the five language groups of the Gascoyne and see the award winning exhibition, Burganyja Wanggaya, which shares stories of the Gascoyne's Aboriginal people in their own words using text, images, audio and film.

The Wanderland project, led by the WA Museum, is the culmination of two years' work and more than 10 weeks on the road. Project director Roz Lipscombe travelled with a photographer and regional writers across a third of Australia to identify and document rarely

seen items from private and public collections.

Wanderland not only showcases locations and the surprising items you can see, but it shines a light on the people behind the collections.

You'll find interviews with some of the warmest and most knowledgeable people from across the State as they share their stories. The website has written articles from collection owners and a

series of five mini-documentaries, from Perth film producer Paul Barron.

Tourism Minister Roger Cook said: "This new online gateway will entice people out to

our wonderful regions, where they can explore all the quiriness and beauty our State has to offer. From Eucla to Kununurra, Balgo to Augusta, more than 220 collections have been

identified and profiled.

"I encourage all Western Australians to take a look and plan their next Wander out Yonder to explore."

www.visitwanderland.com.au

Back-Roads TOURING CO.

SAVE ON SMALL GROUP JOURNEYS



Enjoy the company of a small group on a journey that takes you to the heart of your destination, not just the hot spots. Exclusive savings on select UK & Europe tours, book by 31 July!

Corners of Cornwall

From windswept moors and wild coastlines to historic cities and picture-perfect fishing villages, the county of Cornwall is sure to impress.

Highlights London • Wells • Dartmoor National Park • Port Isaac • Padstow • Lunch at Rick Stein's Seafood Restaurant • Falmouth • St Ives • St Michael's Mount • St Austell Bay • Devon • Dorset • Lyme Regis • Salisbury Cathedral

Valid for travel Selected dates 01 July 2022 to 31 December 2023

8 days from \$3,685*pp

Discover Portugal

Journey from gothic cities to cinematic rural scenery, taking in sumptuous local cuisine and ancient customs as you go.

Highlights Lisbon • Alvalade • Convent of Christ • Portuguese Cookery Lesson • Coimbra • Viseu Cheese Tasting • Douro Valley • Traditional Rabelo Boat Ride • Amarante • Penafiel • Braga • Guimarães • Portol

Valid for travel Selected dates 01 July 2022 to 31 December 2023

10 days from \$4,350*pp

A Scottish Journey

A tour that takes you from coastal cities to the Hebridean islands, seeking out one-of-a-kind landscapes, mesmerising history and undeniable charm.

Highlights Edinburgh • St Andrews • Cairngorms National Park • Whisky Tasting Experience • Culloden • Loch Ness • Inverness • Plockton • Isle of Skye • Isle of Mull • Isle of Iona • Stirling

Valid for travel Selected dates 01 July 2022 to 31 December 2023

10 days from \$4,711*pp



KALBARRI PALM RESORT



SENIORS SALE

- 3 nights in twin or queen bed suite
- FREE fresh food hamper to enjoy
- Chocolates and a bottle of wine

Total cost just **\$299**



Offer for 2 persons, 1 child or infant free conditions apply subject to availability

BOOK NOW

Ph 1800 819 029

Web www.palmresort.com.au

Email stay@palmresort.com.au

Call 1300 78 78 58 | travellerschoice.com.au

*Conditions apply: Prices are per person twin share land only in AUD unless otherwise specified. Prices correct as at 24 Jun 22 & subject to change without notice & availability at time of booking. ^Exclusive 5% discount only available for bookings made with Travellers Choice travel agents, quote BRT5%TCJULY22 at time of booking. Valid for new bookings only made 01-31 Jul 22 on all departures for Corners of Cornwall, A Scottish Journey, The Emerald Isle & Discover Portugal tours departing from 01 Jul 22 to 31 Dec 23. Offer is subject to availability, not combinable with any other offer & may change or be withdrawn without prior notice. Customers with existing bookings will not be permitted to cancel & rebook onto the same itinerary & departure date. Discount applies to package price only & does not apply to pre/post accommodation, transfers or other additional services. Further conditions apply, see backroadstouring.com/terms-and-conditions. Booking, cancellation & credit card service fees may apply. ATAS No. A10430.



WA's GREAT Outdoors

CARAVANNING • CAMPING • ACCOMMODATION



Friendship Force is on the move...

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

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

Opera sparkles under the stars in Broome



Opera under the stars © Abby Murray Photography

OPERA under the stars is celebrating 30 years of stunning opera performances, under the twinkling Broome sky in the north west.

The milestone, August 27, will be marked by a 30th Anniversary Gala featuring music from master opera composers

plus lighter songs to dazzle and delight audience members.

For guests, attending it will be an unforgettable night of glamour and music in a magical setting.

Director Mary-Attracta Connolly said that the Gala is designed to entertain, enthrall and excite

audiences of all ages.

"It's a fantastic opera experience for everyone, the perfect combination of unpretentious luxury in the lush gardens of Mangrove Hotel overlooking Broome's majestic Roe-buck Bay and the exquisite pleasure of being serenaded by a stellar cast of international stars," Ms Connolly said.

The 30th gala includes performances from Yorta Yorta composer, Deborah Cheetham AO, (soprano), Rachele Durkin, (soprano), Caitlin Cassidy, (mezzo-soprano) and Paul O'Neill, (tenor) together with Mark Coughlan (pianist).

"We're honoured and humbled to have been supported by opera lovers, Broome locals and performers, local, state and national businesses also, in the early years Arts WA and Healthway, for the past 30 years – we're absolutely thrilled to be celebrating with everyone," Ms Connolly said.

"We've all been through so much in the past two years, particularly those in the arts, so this year's anniversary Gala feels more poignant than ever.

"Fittingly, 30 years is traditionally celebrated with pearls and here we are, in the middle of the most beautiful pearl country in the world."

It was a chance meet-

ing during a family holiday in Broome that led to a collaboration and the first *Opera Under the Stars*.

The inaugural concert was held at the Mangrove Hotel in Broome in September 1993 featuring Mary-Attracta Connolly (soprano) and Fergus H Anderson (baritone) performing with Jennifer Warren (pianist) and Broome musician, Guy Ghose (guitarist).

Since its beginnings, *Opera Under the Stars* has enjoyed a strong connection with the wonderful music of Broome and especially the music of Broome musician, composer and playwright, Jimmy Chi (1948-2017), of *Bran Nue Dae* and *Corrugation Road* fame.

Selections of Chi's songs have been featured at every year since 1993 and have become special favourites with the audience.

"It's a wonderful evening of musical entertainment sprinkled with fun, and the perfect occasion to don your silk and pearls, or dress Kimberley casual for a brilliant night out – and we expect it to sell out again this year," said Connolly.

Tickets and travel packages to the Opera Under the Stars Anniversary Gala are on sale now from www.operaunderthestars.com.au.

Family Holiday Park
only 1 hour from Perth



HAGN1934-0618156

We cater for all, as we have cabins, cottages, glamping tents, caravan/tents sites and beautiful natural unpowered sites all in bush setting.

We are two minutes drive to the lake where you can swim, enjoy water sports, relax and even camp the night under the stars.

Come and see us, we look forward to meeting our old and new friends.

147 Invarell Road, Waroona Ph: 9733 3000

Email: linda@navarino.com.au www.navarino.com.au



Enjoy 10% off Restaurant and Cafe with our Seniors Discount*

Stay three nights in a lakeside cabin for \$530*
Booking Code: HAG22

Enjoy a delicious breakfast and lunch overlooking the stunning Evedon Lake Thursday to Sunday or pop in for a Devonshire tea or coffee and house-made cake Tuesday to Sunday. Friday night is wood-fired pizza night with a dinner menu Saturday night. Special Senior Group lunches can also be booked during the week. Take a walk around the lake, along the estate's many forest trails or through the nearby Wellington National Park and Ferguson Valley. Or stay a little longer in our cosy cabins with our mid-week special – stay 3 nights mid-week and save \$100*

Just 20 minutes from Bunbury's beaches and just two hours from Perth, Evedon Lakeside Retreat is perfect for a getaway. Bookings essential, check web site for restaurant opening hours.

EVEDON LAKESIDE RETREAT

Cafe / Restaurant - Bushwalks - Kayaking - Fishing - Lakeside Cabins - Weddings
205 Lennard Rd, Burekup T: 9726 3012 E: info@evedon.com.au | www.evedon.com.au

10% seniors discount to full priced menu items only, one person per Senior's Card. Accommodation special: stay 3 nights mid-week and save \$100. Three nights in a lakeside cabin for \$530 Prices incl GST, are per double, extra people \$25 per person per night. Monday to Thursday only, subject to availability. Not available school and public holidays. (except for Monday 19-22 December 2022). Valid for new bookings by Have a Go News readers only, for stays from May 2 to December 22, 2022. Offer expires 30/09/22. Check cafe/restaurant opening hours at evedon.com.au.



Visit South Australia



Al-Ru garden is one of the most beautiful in the Adelaide Hills

GORGEOUS gardens, magnificent landscapes and fun tourism activities combine on the Travelrite Garden tour to South Australia and Kangaroo Island.

The seven night tour in March 2023, led by passionate garden guru Deryn Thorpe, includes a train ride from Victor Harbour to Goolwa and two nights in Kangaroo Island where a private coach tour will traverse the island to take in the dramatic scenery.

Participants will have a taste of history with tours of the Edwardian house and garden of Carrick Hill and The Cedars, the country house and garden of painter Hans Heyson.

Garden owners will share gardening secrets as they take participants around private gardens that have featured on the ABCTV's *Gardening Australia*, but are seldom open to the public. They include the 1868 stone cottage Ray Brodie with inspiring topiary, the striking wild garden of Internet garden sensation Kurt Wilkinson and Al-Ru Farm, a beautiful country garden.

The tour includes a panoramic drive through Adelaide to see the sites, a visit to the German town of Hahndorf and a stroll around the Adelaide Botanic Gardens.

For a full itinerary of the tour, which departs March 15 visit www.travelrite.com.au, email Balwyn@travelrite.com.au or phone toll free 1800 630 343 and request a brochure.

YORK AGRICULTURAL SOCIETY INC. PRESENTS

FREE ENTRY
for children
15yrs and
under!

YORK SHOW

3rd Sept. 2022

Forrest Oval, York

175

- Rides
- Entertainment
- Food & Drinks
- Market Stalls
- Animal Attractions
- Agricultural Displays
- Equestrian Events
- Fireworks

Gates open 9am
No Dogs Allowed



HAGN1934-068833

kalbarri edge resort

NO FRILLS 3 Night Getaway Package Deal!

\$309

Studio Suite
(1-3 guests)

\$420

Spa Apartment
(1-2 guests)



- Central town location
- Self-contained studio and spa apartments - king or twin beds
- On-site "Edge" Restaurant
- Free Wi-Fi - Foxtel - Pool - Giant Chess



22 Porter Street, Kalbarri
T: 9937 0000
E: info@kalbarriedge.com.au
W: www.kalbarriedge.com.au

Discover our pristine coast

*Conditions and some block out dates apply. Extra nights available.

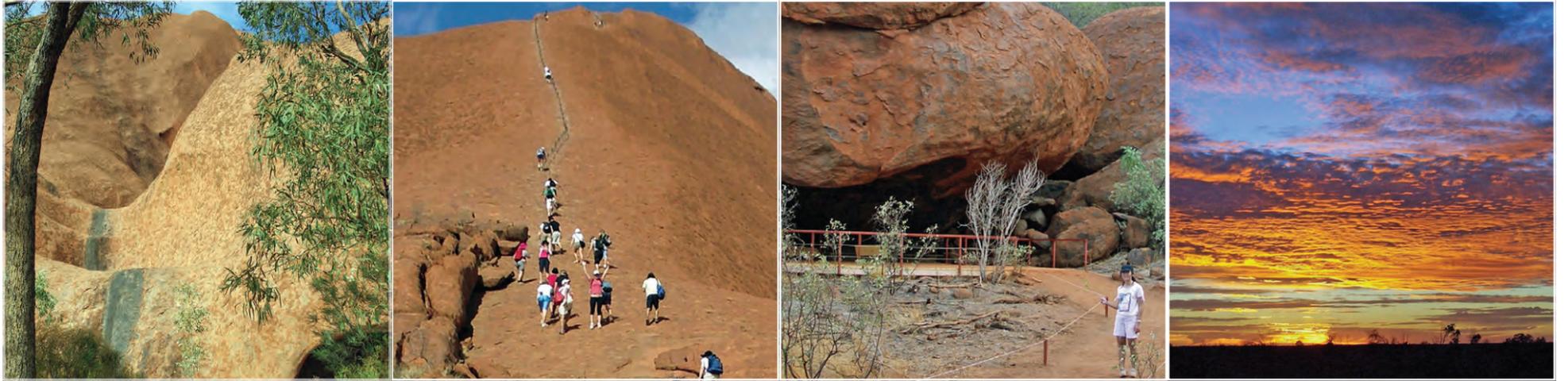
HAGN1934-0618156

let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

A memorable clockwise walk around Australia's mammoth monolith... Uluru



Left to right; walkers along the Mala walk - climbers - Aboriginal meeting place - sunset photos by Tim Dawe

CLIMBING Uluru has ceased. Tim Dawe reflects on a previous visit when he joins a shy Japanese girl on a walk around the rock.

I'M standing at the front of a luxury coach hurtling down the road towards Uluru, formerly known as Ayers Rock. As tour leader I'm briefing the increasingly excited teenagers shifting in their seats.

"Uluru is a sacred place and the Aboriginal custodians request that you show respect by not climbing it. Now, who still wants to climb the rock?" A wave of noise in a sea of hands indicates their intentions with all the subtlety of a two-fingered salute. The fingers in this case belong to 27 international students from 16 countries on their exchange year.

As the coach disgorges its multi-cultural cargo onto the main car park, I make a valiant plea for anyone to join me in walking around the rock. Even the tour assistant, my 25-year-old daughter and former exchange student, is scrambling for the rope to start the climb. But it seems not everyone saluted.

In the emptying carpark I am left looking down on the solitary Akiko, from Fukuoka in Japan. With few words spoken we fall into step - walking clockwise round the rock, starting with the Mala Walk.

It's pleasing to leave the commercialised carpark

but we are far from wilderness. Here, carefully placed, are metal bridges over creek beds, informative signs explaining special places and extensive use of stainless steel fencing, all of high quality. It's a pleasant shady spot with tall grass around. The path meanders purposefully through clumps of gum trees, bush plums and wild fig. We get up close and personal with the untouchable rock. This area has special significance. The mala (hare wallaby) men, totemic dreamtime creatures, created this part of the rock.

I marvel at the sheer cliff face towering over me with tell-tale markings of periodic waterfalls crashing into a sculptured receptacle. It's Kantju gorge and the women's waterhole. Akiko is in quiet awe with this place. To fill the conversational vacuum, I explain some aspects of Aboriginal culture, pointing out that this fenced-off area is only for women for special rituals. I note some weathered feminine shapes in the smooth rock. Some things are best left unsaid.

Suddenly the topography changes and the Mala Walk ends abruptly like the final dusty stomp of a corroboree dance. We make a sharpish turn to a very long track. It swings away outlining the rock from a distance. It's hard going along the red dirt track under a strong northerly sun.

The ground is hard, dry and treeless; the view of the rock is wide-angle. Now lighter in colour, the wall of rock is severely weathered, with not just holes but large caves with jagged entrances. Seen from the air the rock is stratified in long parallel ridges that are replicated here. Looking up into the dark blue there are companion clouds in white ridges. There's a connection of sorts.

It's a long walk with little spoken. In our endurance a familiarity grows, not between Akiko and me, but with this mighty rock.

The next stop is transformative. A neat boardwalk leads us to a jumble of boulders. One in particular is gigantic. It forms the roof of a dark cave. Some would liken it to its cousin, the grotto, misconstrued perhaps given this place reaches back to the beginnings of time - man and ritual. Akiko and I enter to examine the faded rock art and instinctively speak softly; we can't possibly know the purpose and symbolism but we feel it is a spiritual place. Someone has recently lit a fire on the sand floor and possibly continued an age-old ritual.

Akiko and I talk about what it can mean, without saying what it means to us. Something changes in Akiko - hard to pick - but it seems to me a meeting of Aboriginal mysticism and Japanese inscrutability.

Our next stop is Lungkata, a sacred waterhole and

home to the water snake Wanampi. It's cool and shaded with boardwalks through tall trees, and well-appointed for viewing. It's beautiful. The rock here is like a smooth rollercoaster moulded in wet sand. It's here we meet people lounging on benches, taking in the ambience of this inlet in the rock. It dawns on me how alone we have been. The base walk around Uluru is 10.6km. To this half-way point we have seen about five or six others.

We set forth on the last, long segment. What a difference south-facing makes. It is forested and, now with overcast skies, markedly differs from the north. Our return journey takes on a winding path, in and out of varied micro environments, all the way to 'civilisation', passing car parks, turn-offs to other tracks and, in the distance, the Uluru Cultural Centre. For some it can be long and arduous but there is easy access to special spots or the short walks of Mala,

Mutitjulu, and Kuniya. I don't blame those boisterous students so eager to climb the rock. While steep and dangerous, climbing offers that very human thing; a challenge, a rowdy conquest. Walking offers us the quiet Australian rock. And of course, it's the right thing to do. What our walk reveals is that it's not just a rock, or even a gigantic monolith. For tens of thousands of years people have drawn on its unique facets and special environments for their sustenance -

physical and spiritual. And to wonder, why?

My wonderment is not only seeing the rock in all its many moods and guises but also reflecting on this particular joint venture: Akiko and me. It's about eschewing noisy group norms and striking out. It's about quiet loners, and being alone. It's about discovery and achievement. But most of all it's about a sense of connection across cultures.

That, and a memorable walk with a Japanese girl I barely knew.

Seniors Recreation Council of WA Inc.

Have a Go Day
A LiveLighter Event

Wednesday 9th November 2022 9.00am to 3.00pm

In the Beautiful Grounds of Burswood Park, Great Eastern Highway

Free Activities and Information day for over 50's

"Time to Have a GO"

Featuring Activities, Clubs/Groups, Seniors & Commercial Agencies

08 9492 9773 www.srcwa.asn.au

Free tea, coffee & bottled water available all day.

Food Vendors in attendance.

➔ FREE Shuttle Bus Service Burswood Train Station ➔ FREE Parking at Crown and Surrounding Carparks

BURSWOOD PARK BOARD

CROWN

GPR 882

lotterywest supported

Ingenia Gardens

Curtin

SPONSORS

Have a Go NEWS

PHOENIX

LIVELIGHTER

KINGS

The Hire Guys

Supported by

HOME

Scarboro Toyota

Need A Ladder?

The Amazing, Portable, Easy to Use Ladder System



24 Ladders In One

- Certified Safety Rating up to 180kg
- Use it on Stairs Safely
- Create your own Scaffolding System
- Versatile, Compact and Telescopic



*1 x Wall Standoff + 2 x Work Platforms + 2 x Leg Levellers

Free Gifts* Worth \$660.00

*Ts & Cs Apply

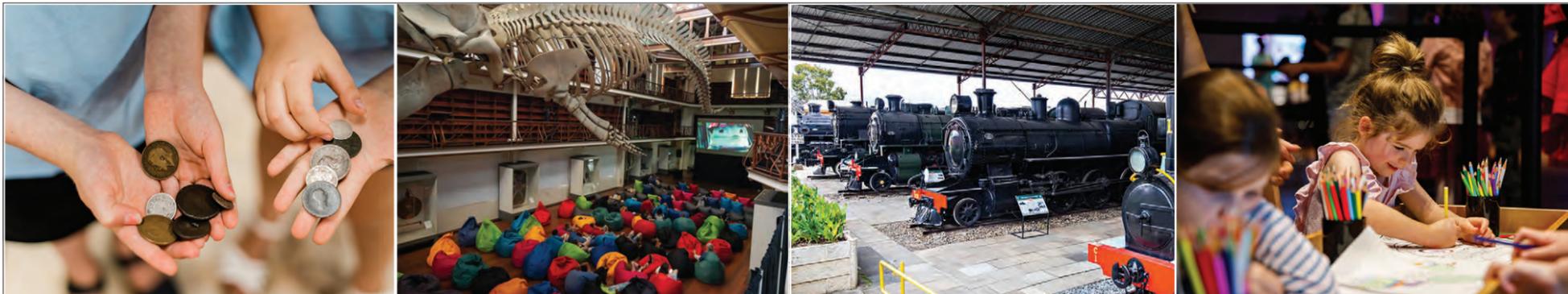


Limited Time Offer. Call Now! 1800 857 767

MUSEUMS



Perth has a wealth of museums to share with children... here's a handy guide!



L-R; Finding treasure at the Maritime Museum - See the Great Blue whale skeleton Boola Bardip - Some of the classic steamlocomos at the Railway Museum - Getting involved in the Masks and Turtles project at the Maritime Museum

by David Nicolson

SCHOOL holidays always present a problem for parents, what can we do to

keep kids occupied and more importantly, interested in something other than playing with their screens? Often this dilemma falls

to grandparents to solve. One solution is to make use of the excellent museums in the Perth area. I have selected six that provide an avenue for keeping your charges interested for many hours.

Three are government run and three are staffed by volunteers, resulting in quite modest entry fees which becomes important if multiple children are

involved. Also, seniors' discount is available at all the sites.

WA Museum Boola Bardip

Boola Bardip means many stories in Whadjuk Nyoongar; the Country on which the Museum sits, and WA Museum is a place to share Western Australia's many stories. The names we give to places express their significance,

history and identity.

After a massive redevelopment project taking around five years, Western Australian Museum Boola Bardip officially opened in November 2020.

The redevelopment incorporated five revitalised heritage buildings – Old Gaol (1855–56), Jubilee building (1899), Geologists' building (1902), Beaufort building (1908) and Hackett Hall (1913).

The Museum's iconic blue whale skeleton, which many people will remember from childhood visits, has been given the name "Otto" and suspended in a dynamic lunge-feeding diving pose in Hackett Hall.

Thousands of items from the Museum's collections have been displayed in new and innovative ways, with exhibitions and

experiences featuring stories from all around Western Australia.

The new multi-media and interactive displays are a great hit with the youngsters, and during both weeks of the holidays, a wide range of events will be available for kids to learn, explore and express their creativity.

The first week of the school holidays coincides with NAIDOC Week 2022, and WA Museum Boola Bardip welcomes visitors to participate in arts and crafts activities exploring Aboriginal and Torres Strait Islander culture visit.museum.wa.gov.au/boolabardip/naidoc-week.

Another activity not to miss is Kids Flicks with Boola Bardip teaming up with Revelation Film Festival to deliver two days of films and shorts that the

whole family will love visit.museum.wa.gov.au/boolabardip/kids-flicks-revelation-film-festival

Fact File

WA Museum Boola Bardip, Perth Cultural Centre. Open daily 9.30am – 5pm. Ph 1300 134 081 visit.museum.wa.gov.au/boolabardip/

WA Maritime Museum
Perched on the edge of the Indian Ocean, the WA Maritime Museum is symbolic of Fremantle's past, present and future as a coastal city and port.

Discover the vast riches of Western Australia's maritime history. See the significant historic objects and vessels that highlight WA's sporting, sailing and adventure heritage, including the America's Cup winning yacht, *Australia II* and Jon Sanders' *Parry Endeavour*.

During the holiday fortnight, young ones can get crafty with collage and organic textures to make a fabulous paper-craft headpiece inspired by the masks of the Torres Strait Island peoples. Or take inspiration from the hard-shelled heroes of the sea, as they make turtle kites and a cute turtle paper puppet.

Fact File

WA Maritime Museum, Victoria Quay, Fremantle. Open daily 9.30am – 5pm. Cost: Entry fees are payable – see website for details.

Ph 1300 134 081 visit.museum.wa.gov.au/maritime

WA Shipwreck Museum
The WA Shipwrecks Museum is internationally recognised for its contribution to maritime archaeology and shipwreck conservation.

Journey through its galleries to learn about Western Australia's treacherous coast, first European encounters, the riches of maritime trade and one of the deadliest mutinies in history.

Located on Whadjuk Nyoongar land, the Museum is housed inside Fremantle's historic Commissariat buildings. Originally built to store the food, clothing and building supplies of the Swan River Colony, these buildings are among the first Western Australian sites built using convict labour.

continued on page 41

Australia's missing link in the space race...

CARNARVON SPACE & TECHNOLOGY MUSEUM

OPEN October to March 10am-2pm, and April to September 9am-4pm
PHONE 9941 9901
EMAIL frontdesk@carnarvonmuseum.org.au
Mahony Ave, Carnarvon (next to the OTC Satellite Dish)

CITY OF GOSNELLS

ARE YOU INTERESTED IN LOCAL HISTORY?

Wilkinson Homestead Museum in Gosnells is looking for volunteer Sunday tour guides and presenters for its Wednesday primary school education program. Join the friendly Museum team in a beautiful heritage setting. Training is provided.

34 Homestead Road, Gosnells
Open 10am – 1pm Sundays and 9am – 1pm Tuesdays *Free entry*

www.gosnells.wa.gov.au/museum | 9397 3144

City Of South Perth Historical Society Inc

ART MUSEUM AND LOCAL HISTORY

GALLERY & SHOP OPEN:
Friday 10am-4pm
Saturday & Sunday 1pm-4pm

FINALIST in the...
2021 WA Heritage Awards

Heritage House, 111 Mill Point Rd, South Perth
9367 9243 southperthhistoricalsociety.org

CUNDERDIN MUSEUM
No.3 Pump Station

Open Daily 10am-4pm
100 Forrest Street, Cunderdin, Western Australia
ph/fax: 9635 1291 e: museum@cunderdin.wa.gov.au

THE GOLDEN PIPELINE
A NATIONAL TRUST PROJECT

ALBANY HISTORICAL SOCIETY is the proud custodian of Albany's oldest and most precious attractions;

PATRICK TAYLOR COTTAGE: Built in 1832, is WA's oldest surviving dwelling which was purchased by Patrick Taylor in 1834.

The cottage displays stunning artifacts from Albany's history, information about Patrick Taylor and early residents with a beautiful garden next to the Duke Street Park.
OPEN 11am-3pm except Good Friday, Christmas Day and the morning of ANZAC Day

THE ALBANY CONVICT GAOL: Established in 1852 for convicts that were transported to Albany as skilled labourers. Originally consisting of a cell block for convicts with quarters for the warden, the gaol became a public prison in 1873. The museum is open 10am-4pm except Good Friday, Christmas Day, the morning of ANZAC Day and also features a collection of photos of Albany's history.

www.historicalalbany.com.au Ph: 0457 329 944

City of Kalgoorlie-Boulder

Goldfields War Museum & Local History Archives

Showcasing fascinating stories of Goldfields residents in times of war and peace
Archivist available to assist with family and local history research

Town Hall tours
Monday to Thursday

Boulder Town Hall
116 Burt Street, Boulder WA

For more information on our services, opening hours and tours, please contact:
t: (08) 9021 9817
e: mailbag@ckb.wa.gov.au
www.ckb.wa.gov.au

CKBHistoryandHeritage

City of Kalgoorlie Boulder
GOLDFIELDS WAR MUSEUM

WAM WESTERN AUSTRALIAN MUSEUM

SIX AMAZING LOCATIONS ACROSS WA. COME AND SHARE IN OUR STORIES.

museum.wa.gov.au

ARMY MUSEUM OF WESTERN AUSTRALIA

Insights of the Vietnam War

GUIDED TOURS - includes morning tea
17 | 18 | 19 August 10am-12pm

FOR MORE INFO AND BOOKINGS
<https://www.trybooking.com/BZJNQ>

Check the website www.armymuseumwa.com.au or call 9430 2535 for further details

MUSEUMS



continued from page 40 **Perth has a wealth of museums to share with children... here's a handy guide!**



Australian Army Museum of Western Australia

With the creation of the Commonwealth Historic Shipwrecks Act 1976, the Western Australian Museum became the delegated authority for management of shipwrecks and relics in Western Australia. The Commissariat Buildings became the WA Shipwrecks Museum, which opened to the public in 1979.

During the holidays families can use their detective skills in a treasure trail, by exploring the Museum and finding the treasures hidden in various locations; visit the Cabinet of Curiosities to see a collection of strange and marvellous things that please the eye and delight the imagination, before crafting their own Tiny Treasures display box to show off and store

some of their own treasures.

Fact File
WA Shipwrecks Museum, Cliff Street, Fremantle.
Open daily 9.30am – 5pm.
Free Entry. Suggested donation \$5
Ph 1300 134 081
visit.museum.wa.gov.au/shipwrecks

Aviation Heritage Museum
The Aviation Heritage Museum's collection includes a large range aircraft, some commemorating the efforts of Australian airmen in the defence of the country, some reminding us of the long history of aviation in Australia.

On display is a remarkable collection of exhibits including one of the few

World War II Lancaster Bombers on show anywhere in the world.

However, the big excitement at the museum is the acquisition of a Tornado GR4 military Jet not long out of service in many nations. This is truly an incredible addition to the already impressive collection of exhibits which includes helicopters, aircraft engines, communication equipment and historical photographs.

There are special school holiday activities for children of all ages and a well-stocked shop to reward your charges, (or yourself) on the way out. Seeing these great 'planes close-up will excite youngsters and adults alike.

Fact File
Aviation Heritage Museum, 2 Bull Creek Drive Bull Creek.
Open daily 10am – 4pm
Ph. 9311 4470.
Email. museum@raa fawa.org.au,
www.aviationmuseumwa.org.au

The Railway Museum
I don't think it is too much of an exaggeration to say that most people are fascinated by steam locomotives and the romance of old-time train travel.

The Railway Museum is situated in Bassende-

an and is operated by a dedicated group of volunteers. Development of the area and the exhibits never stops. There are currently 50 locomotives, carriages and freight rolling stock on display within the site with other vehicles at the rear of the Museum awaiting restoration.

Children are free to climb aboard, stand on the foot plate and pretend to drive these iron monsters or you can make your way down the corridors of the old carriages and get a firsthand feel of what it was like to travel in West Australia in the early days. The photo and selfie opportunities are endless. Cool drinks and water are available on site. During the school holidays tea and coffee can be purchased at the model rail shed or bring your own picnic lunch to have in the undercover area.

As well as the full-sized exhibits, there is an impressive model rail layout to delight the children, especially when Thomas the Tank Engine and his friends make an appearance.

The admittance charges are very modest and as with most museums, there is a shop where you can buy something to remember your visit.

Fact File
Railway Museum, 136 Railway Parade

Bassendean.
Open: Wednesdays 1pm to 4pm and Sundays 1pm to 5pm
Ph 9279 7189
www.railheritagewa.org.au/museum/pages/Bassendean

Australian Army Museum

The museum was opened in 1977 in historic Dilhorn House, Bulwer Street Perth, but relocated to the Artillery Barracks site in Burt Street Fremantle in 1995. The Museum strives to offer diverse, informative, engaging, and interactive experiences for its visitors. It is the perfect place for grandparents to spend quality time with their grandchildren and enjoy a memorable, immersive learning experi-

ence in a rich educational environment.

The Museum has six galleries and an extensive display of military technology dating from the First World War. It concentrates on the history of the Australian Army in Western Australia and Western Australians in the Australian Army.

Through interactive exhibits and hands-on play, children and grandparents can take ownership of their own learning and develop and explore their own curiosities. The museum is the perfect place to share an intergenerational learning experience, opening a world of imagination and exploration.

Notable collection items include four Victoria

Crosses, medals belonging to Sister Alicia Kelly and an extensive collection of photographs and other memorabilia.

The Army Museum has an extensive collection of military vehicles, including tanks and trucks, as well as artillery field guns and heavy mortars. You will be shown around the exhibits by guides which further enhance your experience at this wonderful museum.

Fact File
Australian Army Museum of Western Australia, Burt Street, Fremantle.

Open: Wednesday to Friday and Sunday 10am – 3pm (last entry 1pm).
Ph 9430 2535.

www.armymuseumwa.com.au

See the only Tornado GR4 in Australia

Bring the kids to the Aviation Heritage Museum in Bull Creek these school holidays to be blown away by our new Tornado GR4.



RAAFA Aviation Heritage Museum <https://aviationmuseumwa.org.au>

Join our online community



READ US ONLINE

Visit www.haveagonews.com.au

Exclusive stories published daily, competitions and movie reviews



Have a Go News provides mature Western Australians with quality lifestyle information for them to live a healthy and fulfilling life

Receive the *Have a Go News* E-edition direct to your inbox...

We now offer readers the service to deliver the 'E' edition of *Have a Go News* directly to your inbox each month. It's free.

*Be the first to read the news, enter our competitions and get up-to-date on new information.

To register, please email readers@haveagonews.com.au

*Conditions apply. May also include offers and promotions throughout the month.

Improving your local knowledge by taking an historical walk through Fremantle



Wandering through Fremantle on a heritage tour

by Lee Tate

ARCHITECT Ronald Bodycoat called for greater knowledge, understanding and respect for historic Fremantle as he guided a group through key, heritage landmarks.

Pointing to clashes of building design, modern artwork and heritage mistreatment, Ronald led the way around Walyalup Koort (Kings Square) for the Royal WA Historical Society.

"The people who came out from England were

free people, they were building things, doing things and there were social activities. We should respect the people who went before us," he said.

"I don't agree with changing Kings Square to an Indigenous name when there's nothing to

indicate it as a sacred site.

"Kings Square is part of the colonists' creation of a public place in the town settlement, so is part of that settlement's history," he said.

Ronald said that in modern times we took things for granted, but it

was important to know why and whom places and streets were named.

"We should know why Henderson Street was named," (It is named for Captain E. Y. Henderson, Comptroller General of the Convict Establishment).

"We have to be sensitive and accommodate change and be compatible."

Ronald said the original vista, west of the Round House along High Street was obliterated by tree planting in the mall – an interruption into the streetscape and the original character of the town.

The guided tour party explored Kings Square, St John's Church, nearby Pensioner Guard Cottages and the new library. Fremantle Town Hall was only open to the public

with two weeks' notice.

Fremantle was established as the colony's port in 1829 when Captain Charles Fremantle raised the Union Jack. The civic square was set aside in 1833.

"It hasn't been even 200 years but we are getting there," Ronald said.

Information handed out to walkers indicated the impact of some changes.

"Change over time has involved tramways, now lost, verandas destroyed by council direction in 1952, overhead power lines and commercial advertising.

"Replacement of historic fig trees with plane trees along the public square show a lack of sensitivity and a degraded honesty of landscape," it said.

The walking party admired the stained glass

windows inside gothic St John's Church, built in 1879 to replace a simple Georgian church, built in 1843.

The two-storey, Henderson Street Pensioner Guard Cottages, in three blocks, were the colony's first terraces, built in 1851 by prisoners for prison warders.

After years of neglect and vandalism, they have been restored with some adapted for private homes, plus a high-class hotel and restaurant. One block is under adaptation.

Fremantle tours for members and non-members are taken periodically.

Details: Royal WA Historical Society. Phone 9386 3841, email: admin@histwest.org.au or go to www.histwest.org.au.

Take a seat on the ferry tram and step back in South Perth time



SOUTH PERTH was a breath of fresh air for the residents of Perth. A pleasant ferry ride across the river led to a stroll to the Zoological Gardens or a tram ride to Como Beach.

Relive these experiences with a ride on a modern ferry and a stroll up Mends Street.

Taking pride of place for local history is the restored Ferry Tram in Windsor Park beside the original Road Board building which has been repurposed into an Art Museum and Local History gallery.

Exhibitions are changed regularly. Objects and pictures of the City of South Perth and its stories are displayed on and around the original Roads Board table.

If only that table could talk, the discussions held around it would add to the interesting themes of the exhibitions.

May Gibbs, the artist who created the *Gum-Nut babies* and *Snugglepot and Cuddlepie*, lived in South Perth for 25 years and drew on the local flora and her family for inspira-

tion. Her father, Herbert Gibbs, was a talented artist, original artworks of notable early South Perth residents are displayed year-round.

Don't miss a visit to May Gibbs Art Museum + Local History Gallery presented by City of South Perth Historical Society Inc.

Make a visit to Heritage House, 111 Mill Point Road, South Perth, call 9367 9243.

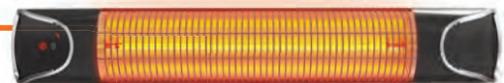
www.southperthhistoricalsociety.org or email info@southperthhistoricalsociety.org

TIVA
Heater
Indoor / Outdoor

Need Heat Fast?

★★★★★ Catherine J. TIVA User

“ Definitely throws out more heat than your average heater - way more! I love the timer and sensor functions also, and for once my power bills haven't shot up like they normally do when I heat my house in the winter! ...Love it! ”



”

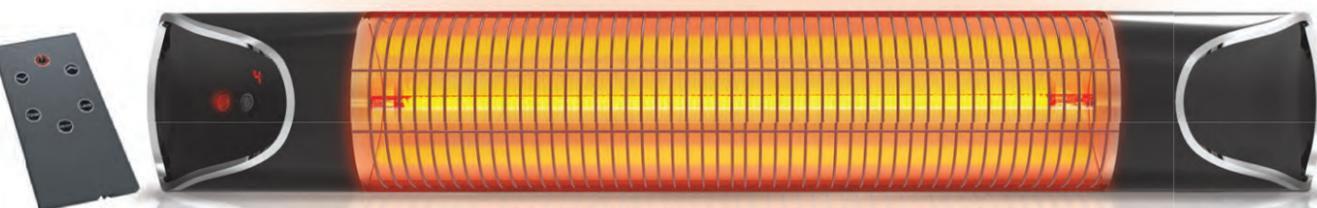
+ Free Floor Stand!*
Worth \$199.99

1.8m High

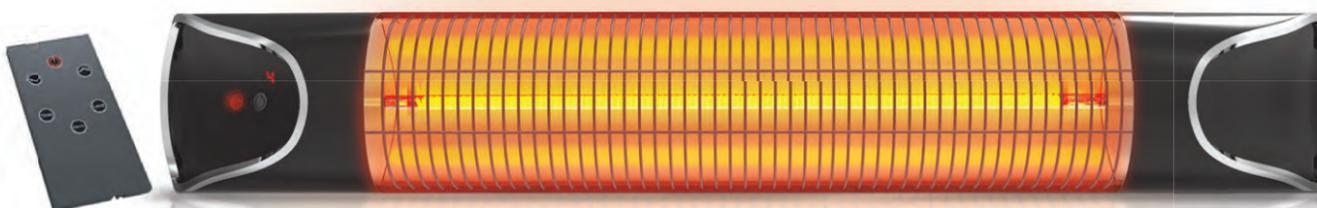
- Commercial Grade
- Multi-Directional
- Easy Install
- Portable



*Call for Terms & Conditions



Buy One Get One Free!*



- Heats Up Instantly
- Suitable for Indoors or Outdoors – In Rain, Fog, Wind or Snow
- Carbon-Fibre Bulb Technology
- Multi-Directional Stand
- Includes Remote Control & Built-In Timer
- Motion Detection Function

Limited Time Offer! Call Now!

1800 857 767

Downsizing

ADVERTISING FEATURE



Shopping tips for dealing with supply chain issues - there's still items to buy immediately



A collection of looks from Coco Republic in Karrinyup



by Zofia St James

I HOPE you are all tucked up cosy and warm in your homes as you read this.

Hopefully you have taken steps in your living area and bedroom to make these areas become a place of comfort, style and warmth for the

next few months ahead. The cold can continue into spring as the seasons now seem to be longer.

I mentioned last month that I was taking my gorgeous client shopping and boy did we move swiftly on making decisions and had so much fun buying up a storm.

I arrived a little earlier than Sonja so I could quickly scout the Domayne Osborne Park showroom for potential pieces that would be perfect for her living area. Before she had even arrived I, pending her approval of course, had managed to locate the sofa.

Just a tip here for those of you who are furniture shopping. The one thing about Domayne is that if a piece is marked as 'clearance price' it means the item can be taken off the floor or they may have more of this item in the warehouse.

No waiting apart from the delivery time, brilliant for those who need something straight away or just can't wait. This was crucial for Sonja. Everything we purchased – the sofa, occasional chair, coffee table, cushions, and white goods (Harvey Norman) was immediately available and on

sale. The rug was a three week order. Right now the wait time on items made-to-order is up to seven months.

So, it's great to know there is still an opportunity to choose furniture that's available immediately.

Downsizing means exactly that. It can mean smaller rooms, which also requires us to make a decision to cull and streamline the items we choose to put into these areas to achieve function and style; but still provide adequate storage.

In a modern building you will have an assigned store room and garage or

carport area. But cabinets for collectibles and books, TV credenzas for CDs and other hi fi equipment and beds with undercroft storage for quilts and linen are also necessary. They are needed to contain precious items and to store them to avoid clutter and overcrowding rooms. This therefore maximises living space and minimises the need to dust. Also, these things are out of sight arranged and organised beautifully.

Downsizing should give us the opportunity to have a lifestyle with less maintenance and more time to enjoy our day to

day lives. Even forgoing a yard and enjoying just a balcony alfresco area is a great thing. You can still create an outdoor oasis and living entertainment area with beautiful potted plants and furniture without having a lawn to mow or leaves to rake.

No matter what you're facing, with a new chapter of your life, I encourage you to look at the bright side of it all and envisage the positives over any sadness about things past. Change can be great and a new lease on life... always see the positives.

I hope these tips help

but also know I can be of help for you to shop, position items or even just point you in the right direction over the phone. I'm very happy to encourage and assist. Happy July everyone and stay warm, safe and well.

Zofia offers readers an interior style consultation and a free over-the-phone or video-call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. Those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email zofiajames@hotmail.com.



NO EXIT FEES. NO STAMP DUTY.



SECURE NOW WITH A \$500 DEPOSIT

SAFE • SECURE • INCLUSIVE

OUR \$6 MILLION CLUBHOUSE IS NOW COMPLETE

Be quick, homes are selling fast!

1, 2 & 3 **FROM \$282,500*** BEDROOM HOMES

Includes: window treatments, floorcovering, light fittings, alfresco, carport, shed, landscaping and much more.

Indoor Heated Swimming Pool • Spa • Sauna • Gym • Stage Dance Floor • 2 Games Rooms • Arts & Craft Room Library • Hobby Workshop • Commercial Kitchen Main Hall (235 capacity) • 2 Second Storey Terraces Bowling Green • Village Bus • BYO Café and more

* No exit fee options available, T&Cs apply, see website for more details: helenavalleylifestyle.com.au/no-exit-fees/

~~17~~ 7 New Display Homes are landing soon!

With 7 beautiful NEW Display Homes arriving soon, make sure you take this chance to secure your new home with a \$500 deposit today. Remember, our last stage sold out in just weeks!

To keep up with the ever-growing demand for quality homes within our beautiful lifestyle community, we are pleased to announce that out of the 17 homes we ordered, we still have 7 available for sale and arriving shortly.

As Helena Valley Lifestyle Village offers secure and modern resort style living, now is the time to take advantage of the buoyant housing market and secure your new home – and your new lifestyle. But remember, this opportunity won't last long, so book your personal village tour today at helenavalleylifestyle.com.au

BOOK YOUR PERSONAL VILLAGE TOUR



Call Richard Nowland 0400 219 691



Call Mark Emberson 0404 852 272



2340 Helena Valley Road, Helena Valley
e helenavalley@nlv.com.au f [facebook.com/helenavalleylifestyle](https://www.facebook.com/helenavalleylifestyle)

GREAT HOME and GARDENING



Time to 'Sava Da Money' and grow your own vegetables at home



Left to right; broccoli - leafy greens



by Colin Barlow

OLDER West Aussies will remember the catch cry 'Sava Da Money' from the nineties and the WA Salvage ads. Luigi wasn't fancy but he was cheap and he became a staple of our television screens with his unforgettable ads.

What is definitely not fancy or cheap at the moment is the price of iceberg lettuce. With prices supposedly upwards of \$12 per lettuce, you would be

forgiven for calling it green gold. Even Kentucky Fried Chicken was substituting it with cabbage in their meals. I love cabbage, but really.

Flooding, wars, staff shortages due to Covid and border restrictions plus an increase in both freight, fuel and energy costs have compounded the situation to create these crazy prices. So, is this just the tip of the iceberg and what can we do about it?

It seems these high fruit and vegetable prices will be here for a while to come, so I'm going to provide you with some tips to get the most out of your garden to 'Sava Da Pennies!'

Growing your own is easier than you think.

The key consideration for growing vegetables is to always pick a spot in the garden in either full sun

or partial shade during the winter months. In summer and the warmer months, a partially shaded spot is best. Remove and clear the area of any weeds, or you can even dig up a section of lawn.

Always add compost, soil improvers, conditioners and manures to the existing soil, and then dig them in to the top 20-30cms of soil. Plus, if the soil is sandy, add some bentonite clay to permanently improve the water and nutrient holding capacity. Incorporate a handful of organic fertiliser per square metre and lightly mix it in, then rake the soil level and walk over the soil to gently firm it down.

Vegetables can also be easily grown in pots, containers or raised beds if you only have a small courtyard or paved area at home or

you don't have any space in your garden. Always use a premium potting mix with additional controlled release fertiliser.



Continuous cropping

A good way to start off your vegetable patch is to use seedlings, as you tend get a quicker crop. To avoid a glut of produce all at once it is best to stagger your planting and sowing to every two to four weeks, so that you will get a regular supply of food.

Most vegetables and herbs grown from seed will take between one and three weeks to germinate, so they take longer to get

going without supplying any produce or food. Consequently, it is worth planting quick maturing lettuce, rocket, or Asian greens in between the row to provide a crop until the seedlings come to harvest. This method can also be used for slower growing carrots, parsnips, parsley, onions, garlic, shallots or some widely spaced brassicas before they mature. Root crops like carrots, parsnips, swede, turnips and radish should always be sown directly from seed wherever possible to avoid forking and stunting of the tap roots.

When planting, check the label for information and spacings between plants and rows. Water in seedlings with a seaweed-based solution to avoid transplant shock, and then use a liquid fer-

tiliser every two weeks.

What to plant

Rotate your crops every season to avoid the build-up of pests and diseases and possible nutrient deficiencies in the soil. Follow crop rotation practices by growing and grouping similar vegetables together. The common groups are leafy greens or brassicas (cabbages, cauliflower, spinach etc.), legumes (peas and beans), root crops (carrots, potato, onion etc.) and fruit-bearing (tomato, pumpkin etc.)

Chinese mustard, Chinese broccoli, pak choi, tat soi, mizuna and mibuna.

Other leafy greens: spinach, Swiss chard, perpetual spinach, Warrigal greens.

Legumes

Peas: try the easy-to-grow and eat sugar snap and snow peas.

Beans: these include climbing and bushy types such as broad beans. Try the varieties Blue Lake, Purple King and Borlotti.

Root Crops

Carrots: always grow from seed and ensure that the soil is free from stones and fresh manures. Some of the best varieties to grow include Early Nantes, Manchester Table, Harlequin and Navarre.

Beetroot: great tasting varieties include Bull's Blood, Burpee's Golden, Detroit, Cylindra and Chigoggia.

Onions: These include brown, white and red onions as well as shallots.

Check your vegies and seedlings for damage from snails, slugs and caterpillars that can decimate your crops overnight.

Keep your roses a cut above the rest!

Mid-July to early August is time to get outside and prune your roses in Perth and the south west of WA. These days there are numerous online YouTube and TikTok videos to help you learn how to do it, but most of these are from other states and countries so are not always technically correct for our climatic conditions and rose varieties.

We have the best climate in the world for growing roses right here in Western Australia, therefore it makes sense to learn how the best rose growers in the state do it.

You can learn at a free rose pruning workshop run by The Rose Society of WA on Sunday July 24 from 2pm - 4pm at the Cambridge Rose Gardens, 378 Cambridge St, Wembley WA 6014 (corner of Reserve Street and Cambridge Street).

Email Robyn for more information cable@inet.net.au or go to www.wa.rose.org.au and look under Pruning Demo. Don't forget to bring along your secateurs and gloves.

Orchid Showtime

The winter months bring the first of many impressive local orchid shows around the state. First up is the captivating Cymbidium Orchid Show to be held at Ezi-Gro Orchids, 76 Evandale Road, Darch, from July 29 -31. Check out all the rare and spectacular blooms and learn how to grow them from local orchid experts. You can also pick up a few plants to start up your collection. Entry is \$5 or \$3 for seniors and concession cardholders, all with complimentary tea or coffee. Children under 12 are free. The show is open from 9am until 3pm each day and there will also be raffles and fertiliser sales. For further information contact Ezi Gro Orchids on 9343 2761 or Ian Beeson on 0419 049 013.

WA HARDWOOD FLOORS
 ★ Installations ★ Sanding ★ Repairs
 ★ New & Old Floors ★ Decking ★ Skirting
FREE QUOTES 0408 180 074
wahardwoodfloors@gmail.com
www.wahardwoodfloors.com.au

CREATIVE ADDITIONS
BUILDER & WALL REMOVAL
 • Specialising in structural wall removal
 • Extensions and additions
 • Bathroom renovations
 • 35 years experience
 • Clean and tidy
Contact Carlo
0413 995 405
czorino@inet.net.au
www.creativeadditions.com.au
 Reg. Bld 6550

Gardening
 Pruning, Mulching, Planting,
 Weeding, Digging
 & Handyman odd jobs **N.O.R.**
G&G SERVICES
Michael 0466 466 322

TV MAGIC
 • TV Antennas
 • Tune and Setup
 • TV Wall Mounting
 • Home Theatre
 • New TV Points
Sam 0488 808 801

STIRLING CARPET CLEANING
Need your carpet cleaned?
10% OFF CARPET CLEANING
 Ph 0419 944 034 Email stirlingcc@bigpond.com
www.stirlingcarpetcleaning.com.au REG No. 94139

DA Whitelaw Ceilings 40 Years Experience
CEILING - WALLS
 • Replaced • Suspended
 • Repaired • Plasterglass
 • Partioning • Decorative Cornice
FREE QUOTES
Ph: 9356 3322 - Darryl 0411 756 830
E: whitelawceilings@westnet.com.au

GOONEY CONSTRUCTION
 Specialising in sagging ceilings.
 Contact us for an obligation free quote.
 We offer inspection, advice & the most cost-effective solution for all your ceiling needs.
 No job is too big or small.
0439 968 851
cooney.construction@hotmail.com

iBreeze AIR & SOLAR EXPERTS
SOLAR POWER EXPERTS
 'Perth to Bunbury'
9534 9491 www.ibreeze.com.au
 15/33 Galbraith Loop, Falcon

Total Canvas HIRE A TARP
PH: 9371 1719 41 Raymond Ave Bayswater
M: 0422 350 733
 Annexe repairs or replacement
 Zip replacements
 Re-stitching
 awning repairs re replacement
 custom made to order
 Auto, marine, outdoor & commercial
E: sales@totalcanvas.com.au
W: totalcanvas.com.au
 the best Canvas & PVC specialists in WA
TOTAL Service
TOTAL Quality
TOTAL Value

CHOCKERS GUTTER CLEANING
 No-Mess Vacuum Gutter Cleaning
 Water Damage Prevention & Bushfire Safety Preparation
10% Senior Discount
www.chockersguttercleaning.com.au
 WA Owned & Fully Insured.
 Get a quote online, or call: **0415 484 409**

CARPET CLEAN MAGIC
 Call us TODAY for a GREAT MAGIC DEAL!
Carpet Cleaning
Sofas: Upholstery, Leather or Fabric
Mattresses: inc FREE Sanitising & Bacteria Clean
Tile & Grout Cleaning
10% pensioner discount*
Quality Workmanship & No Cowboy Jobs
Call ROSS
0438 844 358
www.carpetcleanmagic.com.au
 *conditions apply
 I have had experience working both in a franchise carpet cleaning business & as a private operator.
 I pride myself to be the best in the business & offer a money back guarantee if you're not satisfied with my work.
 Ross, Carpet Clean Magic

The Roofing Specialists
FREE GUTTERING WITH FULL RE-ROOF NO DEPOSIT REQUIRED
 • All Re-Roofing - Tile & Tin Roofing to new Colorbond or Zinalume Sheeting
 • All guttering - replace any guttering to new colorbond or zinalume
 • All tile roof repairs - ridge cap pointing
 • New patios and carports - colorbond, gable or flat
Absolute Roofing & Maintenance 0401 533 111
FREE QUOTES - All works guaranteed

food & WINE

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

A detailed look at what ingredients differ in natural wine...



by Frank Smith

I'M hearing a lot about natural wine and I've tasted a few, but what do winemakers mean by natural wine?

In conventional winemaking a wide range of

processing aids and additives may be used, but not in natural winemaking. The yeast used occurs naturally on the grape skins and no preservatives are added.

In France Natural wine has been given formal

recognition under the designation 'Vin Méthode Nature', a strictly defined term including 12 points of difference from conventional wine making.

The vines are not sprayed with pesticides, the grapes are hand-picked early and usually crushed as whole bunches. Special attention is given to winery hygiene and wine temperature to prevent off-flavours. Initial fermentation is in an open tank and at a critical point the wine is transferred to bottle to finish.

There is no secondary fermentation and no additives. It is turning grapes into wine with minimal human intervention.

Natural wines are different in both appearance and taste. Many

are cloudy, as they are unfiltered, but the palate flavour often has greater length and depth than conventional wines.

Natural sparkling wines – commonly referred to in French as Pétillant-Naturel or slightly sparkling – are some of the most interesting.

Not everyone will like natural wines, but those that do will prefer them above all others. The only way to find out is to try one or two.

Blind Corner Rosé 2018 is from Margaret River. It is made predominantly from Shiraz grapes with some Semillon thrown in. The winemaker describes it thus: "Pink and fluffy like a pair of novelty hand-cuffs, this rosé is perfect for

when you want to get a little bit naughty, but don't want to go all the way. It was picked, crushed and pressed before being wild-fermented in stainless steel, with a small portion drained from a second pick and wild-fermented in oak. RRP \$18.

The Natural Wine Co. Lightly Sparkling White 2021, made from Chardonnay this wine has aromas of citrus blossom and lime. The palate is lightly spritzed, refreshing with flavours of apple and melon while demonstrating texture and complexity. This is an innovative wine at only eight per cent alcohol, and that's quite difficult to achieve without ending up with a sweeter wine. This wine is not sweet, it's a light easy

drinking sparkling wine, enjoy the refreshing cool bubbles. RRP \$20.

The Natural Wine Co. Lightly Sparkling Rosé 2021. This wine is made from Sangiovese fruit. It displays aromas of raspberry and lime. The palate is lightly spritzed, refreshing and balanced whilst showing texture and complexity. It is quite dry and light with flavours of citrus, apple and melon and refreshing cool bubbles. RRP \$20.

Express Winemakers practise organic viticulture in the Great Southern. They use no synthetic chemicals and don't irrigate the vines. The fruit is hand-picked and foot-crushed as whole bunches. The resulting must is fermented using natural yeasts and bacte-

ria on the grape skins. The wine is not fined or filtered.

Cheninade 2021. The fruit comes from organically farmed Trappers Gully vineyard in Mount Barker. It is made from Chenin that was bottled while it was still fermenting. It is unfiltered and therefore cloudy and spritzy. It displays aromas of stone fruit with a lively palate blending tropical, citrus and savoury characters with cleansing acidity. RRP \$30.

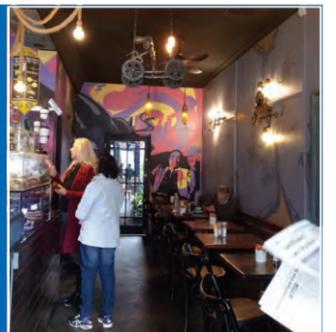
Syrah 2021 has the usual cool climate Shiraz aromas of fruit, pepper and other spice with a distinct perfume more similar to European Syrah than Aussie Shiraz. The palate has gamey flavours with a touch of oak, a velvety mouthfeel and fine tannin. RRP \$30.

Knife and Fork talk with the Dining Divas who visit Bayswater



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



by Judith Cohen and Pat Paleeya

ON a wet and windy day in Bayswater this month we ducked into Drip Espresso, a funky cafe in King William Street that beckoned us in out of the rain. It was very full inside, but we had a chance when ordering to admire the colourful vintage and eclectic style of decor.

There is a small outdoor seating area protected from the elements by those thick plastic whatsits

which kept us warm and dry, with the added bonus of a good view of the muscular tradies ordering lunch. Oh, the perks! The café is open from 6am-2.30pm and offers a menu under \$20.

We picked shakshuka with chick peas. The shakshuka's spices set the taste buds tingling. Aromatic and redolent of its North African origin it didn't disappoint. This dish was warming and utterly delicious. Served in a pie dish four falafels and a poached egg sat atop the chick peas. Two

slices of toasted sourdough completed the meal and was dipped, dripped and devoured Diva style.

Our next pick Chermoula Chicken Lentil Salad arrived served with cranberries, cucumber, roasted almond, feta, tossed with maple syrup dressing and falafel on a large dinner plate. (There is a choice of either chicken or falafel). Each mouthful had a different flavour, sometimes nutty, sometimes cheesy and altogether blending well with

the maple dressing. The falafel was lovely and crunchy on the outside and moist and soft on the inside. A really satisfyingly scrumptious lunch.

The staff were under the pump but the service was excellent.

3½ forks
Drip Espresso Bar,
3 King William Street, Bayswater
Open daily 6am to 2.30pm
9471 8000

<h3>WEEK DAY LUNCH SPECIALS</h3> <p>Information correct at going to press</p>	BAYSWATER HOTEL \$21.99 seniors lunch buffet. Mon-Fri 12-2.30pm Railway Parade Bayswater 9271 7111	GROSVENOR HOTEL Vegan & vegetarian menu \$22 and under. 7 days 11am onwards 339 Hay Street, Perth 9325 3799	LO QUAY RIVER CAFE Lunch menu under \$25 7 days 12-3pm 300 Fern Road Wilson 9358 4486	PEEL ALE HOUSE Under \$16 seniors lunch menu 7 days 11.30am-8.30pm 8 Guava Way, Halls Head 9581 5400
	DRIP EXPRESSO BAR All day menu under \$20 7 days 6am-3pm 3 King William Street Bayswater 9271 8000	HYDE PARK HOTEL \$17 seniors lunch special. Mon-Fri 11.30am-3pm 331 Bulwer Street, North Perth 9328 6166	ODIN TAVERN \$25 and under seniors lunch Mon-Fri 11am-3pm 51 Erindale Road Balcatta 9345 3316	TWO 40 THREE \$18 and under lunch special Mon-Fri 11am-4pm Coventry Village 243-253 Walter Rd West, Morley 9275 3665

BOLGART HOTEL



A country hotel located in the Wheatbelt serving great food, craft beers and ciders by Funk Cider. Bolgart is an easy 90 minute drive out of Perth on a convenient route for car and bike clubs

Call Craig 0430 571 585 to book and/or to customise a set menu for your guests.

Group bookings and club outings are welcome

Bolgart Hotel is located at 28 Poincaire Street, Bolgart

Mondos recipe of the month - cheats wing soup



created by Vince Garreffa

CHICKEN soup is an always food, no need for cold weather and its stunningly medicinal, ask any mother. I cheat by buying chicken or veal stock if I don't have any of my own in the fridge or

freezer.

Ingredients for 4 people

- 1.5L chicken or veal stock
- 12 chicken drumettes (also known as wing pieces)
- 100g diced carrot
- 100g diced red capsicum
- 100g diced green capsicum
- 100g diced yellow capsicum
- 150g cup noodles or pasta broken in short lengths
- 2 tablespoon flat leaf parsley
- Grated parmesan
- Sea or lake salt to taste
- Freshly cracked black pepper to taste

Method

Put chicken wing piec-

es into the stock and bring to a brisk boil for 10 minutes; season with salt and pepper. Now lower the heat to medium and add the diced carrots, yellow, green and red capsicums and cook for five minutes. Add your noodles or pasta and cook till al dente then add parsley and take off the heat. Serve in bowls with grated parmesan on the side for those that love it like I do. Eat this every time you need a hug.

Buon appetito!

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



food & WINE *...eat, drink and be merry...*

ADVERTISING FEATURE

Busting brunch all over Perth - a little pantry of goodness in Shenton Village



by Buster the Bruncher

BRUNCH reviewers should remain open-minded, catering for all tastes. Why else would your faithful foodie order fried potato at 10am?

Likewise, brunch buddy Professor Ken resisted the temptation to opt for traditional eggs and bacon.

Shenton Park's quaintly-named The Little Pantry, of course, wouldn't dish

out a simple serve of fried potato. No, this is patatas bravas, a Spanish native dish.

Patatas bravas evolved after Spain conquered the Inca empire in 1542. Spuds had been considered animals' food and poisonous to humans, but it's amazing what a food shortage can bring on.

Patatas bravas means spicy potatoes, typically consisting of white pota-

atoes cut into 2cm-wide cubes, fried in oil and served warm with a spicy sauce.

The result is a tasty, gorgeous celebration of ingredients which can vary greatly. In this case it brought together spud cubes, tomato, smoked paprika, aioli, poached eggs and parsley.

Celebration is certainly the right word for this delicious Little Pantry dish

which could easily be consumed for breakfast, flavour oozing in a big ceramic bowl. At \$19, who's complaining about a dish that, in my eyes, rates higher than a Spanish bullfight? (Actually, anything rates higher than a brutal bullfight).

Servings are generous enough, even for millennials who made up the nearly full house, along with baby boomers and a

couple of 'suits'. Brunch buddy Ken selected truffle scrambled eggs on ciabatta toast, dressed with gem lettuce - in a lovely chunk. He is still talking about the flavours.

He was also super-impressed at being able to detect in his antioxidant juice the individual flavour bites of beetroot, celery, carrot and apple.

"Oh, the way the sweetness of the apple came through the other flavours," he gushed.

The \$9 cost was the same for my refreshing juice of watermelon, orange, apple and ginger.

The Little Pantry's outdoor and indoor seating sets the right atmosphere for a suburban eatery.

Fascinating menu options - all coded - include vegan, gluten free, a nuts alert and dairy-free.

"Evo", we noted, stands for extra virgin olive oil.

The menu helpfully points out that: "our milk is heated to a temperature of 55/65°C as the association of specialty coffee recommends."

Customers can request a hotter brew.

Among other dishes, the porridge with hibiscus poached pear, honey, hazelnut and cinnamon (\$16) was tempting. Passionfruit Bircher muesli (\$15) with coconut cream, apple chia, mango coulis, strawberry and mint will have to wait for another day.

Top price of \$24 goes to buffalo fried chicken with cornbread pancake, ranch dressing, cucumber and celery slaw and fried egg. It's tempting, just to see what it looks like.

This café deserves all our spoons of praise. The menu isn't overburdened,

the tucker is imaginative and fresh, it is perfectly-presented and so mouth-watering.

And yes, you can get simple toast with butter (\$8) and eggs on toast (\$16).

We decided to forego coffee and ordered a taste of chocolate, their \$6 vegan snickers bar - go for it! **5 spoons.**

The Little Pantry, 206 Nicholson Rd, Shenton Park. Phone 9388 8780.

Enquiries: E: info@thelittlepantrysubiaco.com.au

Open 7 days, Monday to Friday 6.30am-3pm, weekends 7am-2pm.



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.

Book Online! www.canningrivercafe.com

Canning River
C A F E

SIMPLY. LOVING. FOOD.

Open 7 days from 7am

Winter 2 Course Lunch Special
11am - 2pm Monday to Friday
Fish & Chips or Curry of the day or Gnocchi
Handmade tart of the day & ice cream
Tea or Coffee
\$35 per person

Book Now! Tel: 08 9358 4884
Kent Street Weir Park,
Corner of Kent Street & Queens Park Road, Wilson

UK expat and looking for a taste of home?



WHETHER you grew up in the UK or just have a penchant for their bakery items, the British Bakery in Kinross is the place to visit to satiate your cravings from ol' Blighty.

It's also the only bakery where people will find a traditional Battenberg, coronation sandwich, proper currant tea cake, delicious prawn roll or traditional custard tarts.

And that's only the beginning of the selections on offer.

In a humble shopping centre in Kinross, this bakery is worth the drive... light flaky pastry on their pastries, a selection of delicious cakes and sandwiches along with some

cracking bread.

Don't leave it late in the day to make a visit though as they sell out by early afternoon.

Owner Lisa Wigam has tapped into a delicious market and her bakers do her proud.

Orders welcome and catering and special occasion cakes are available.

The British Bakery is located at 59 Kinross Drive, Kinross. Open Tuesday to Friday 8am to 4.30pm; Saturday 8am to 3pm. Ph 0450 335 381 or email britbakerykinross@outlook.com

Ed's note - The Battenberg was superb, buy a few and pop them in the freezer.

Books, Gifts, Coffee, Food

Enjoy the peaceful ambience of **Bodhi Tree Bookstore Café**
Open seven days 8am to 4pm.
Phone 9444 9884
Cnr Oxford Street & Scarborough Beach Road, Mount Hawthorn
Easy parking alongside Oxford Park

20% OFF any Café purchase, valid until 31/7/22.
Original adverts only, single transaction, no split billing.

family are like branches of a tree, they may grow in different directions but the roots remain the same

The Bodhi Tree

Find us on social media

Need A Ladder?
The Amazing, Portable, Easy to Use Ladder System

★★★★★ Margann. | "Best Ladder on the Market"

"Simply the best ladder I've ever used, it's everything it's cracked up to be and the little extras such as the work platforms, leg adjusters and wall standoff make it incredible value."

24 Ladders In One

- Certified Safety Rating up to 180kg
- Use it on Stairs Safely
- Create your own Scaffolding System
- Versatile, Compact and Telescopic

Free Gifts Worth \$660.00

*Ts & Cs Apply

1 x Wall Standoff + 2 x Work Platforms + 2 x Leg Levelers

Limited Time Offer! Call Now! 1800 857 767

food & WINE

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

Splash into winter and enjoy the superb locally grown citrus

by Noelene Swain

WINTER is definitely a favourite for crisp days, the waft of wood-fire smoke and the most brilliant array of the freshest citrus imaginable. In Western Australia the citrus season kicks off in May and is now in full swing with the abundance of premium quality and delight-

fully scented mandarins, navel oranges, grapefruit, lemons and limes at their absolute best.

Research conducted by the WA citrus industry revealed that local shoppers want citrus fruit which is: locally grown by WA orchards; great tasting; premium quality; fresh and healthy.

Citrus fruits are little

golden storehouses of vitamin C. In fact one mandarin or orange will supply your daily requirement of this important antioxidant. Citrus fruits also contain vitamin B, potassium and calcium and are a good source of fibre. As a bonus, these magical fruits are sweet and juicy, making them very appetising and refreshing.

Look for WA citrus when next in your favourite supermarket or greengrocer. Most will carry an identifying sticker and retail signage will ensure you know you are buying local.

When choosing citrus, choose fruit heavy for their size, as this indicates they are full of juice. Remember that citrus is perfectly

ripe when picked from the tree, so storing them for any length of time will not make them sweeter. Store citrus in a cool dry place or in the refrigerator.

To obtain the maximum goodness from your citrus fruits, eat them fresh but don't forget that citrus performs exceptionally well in sweet and savoury cooking. Oranges, mandarins

and grapefruit work well in salsas and salads and all of these, along with lemon, make great accompaniments to fish, pork, poultry, ham and veal.

Without a doubt, the sweetness of oranges and mandarins make them ideal for including in recipes such as custard, muffins and cakes or for simply enjoying fresh out

of the hand. A wee sliver of classic orange and almond cake is enough to get you wanting more.

Stock up on a selection of your favourite citrus fruits while they are in season and enjoy them in the recipes provided below.

Brought to you by Fresh Finesse Fresh Food Promotions - www.freshf.com.au

Orange and fennel salad



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

THIS classic flavour combination makes a wonderful light salad

- 1 tablespoon white-wine vinegar
- 2 tablespoons olive oil
- Coarse salt and ground pepper
- 5 navel oranges
- 3 fennel bulbs, ends trimmed, quartered lengthwise, cored, and thinly sliced,
- ¼ cup roughly chopped fennel fronds (optional)
- 3 radishes, ends trimmed, finely sliced

In a large bowl, whisk together vinegar and oil; season with salt and pepper. Using a sharp knife, slice off both ends of each orange. Following the curve of the fruit, cut away the peel and white pith. Halve orange from top to bottom; thinly slice crosswise.

Transfer oranges, along with any juices that have accumulated on work surface, to bowl with dressing. Add fennel. Toss to combine. Serve.

Orange and almond cake



Preparation: 60 mins; cooking: 60 mins; serves: 10 slices

A CLASSIC moist cake perfect for gluten-free eaters.

- 2 large navel oranges,
- 5 eggs
- 1¼ cups (250g) caster sugar
- 2½ cups (250g) ground almonds
- 1 tsp baking powder
- Pure icing sugar or orange icing to decorate

Preheat oven to 170°C. Grease and line the base of a 20cm cake tin.

Place two whole oranges in a saucepan and cover with water. Bring to the boil and simmer, covered, for one hour, ensuring that the oranges remain covered with water. Drain and cool.

Chop the oranges into quarters, discard any seeds. Place orange chunks into a blender and puree until smooth.

Beat eggs with sugar until thick, then add the orange puree, ground almonds and baking powder and mix well. Pour into prepared pan and bake for one hour. Leave the cake in the pan for 20 minutes to set firmly then turn out, remove the baking paper and turn over to finish cooling right way up.

This cake definitely mellows with a little time and can be prepared up to 48 hours in advance. To serve, sift icing sugar on top or decorate with orange icing as preferred.

Carrot and orange soup



Preparation: 8 mins; cooking: 25 mins; serves: 4-6

THIS is an interesting tangy soup that makes the best of WA oranges in season

- 500g carrots, chopped
- 1 brown onion, diced
- 1 tablespoon olive oil
- 2 garlic cloves, crushed
- 1 litre vegetable stock
- Juice of two oranges
- Grated zest of one orange
- Freshly ground black pepper
- 2 tablespoon chopped fresh mint (optional)

Sauté carrots, onion and garlic in olive oil, until onions have softened slightly. Add stock, orange juice and zest. Simmer until vegetables are soft. Puree in a food processor until smooth. Add to the pan with zest and mint. Reheat when ready to serve. Add black pepper on serving, with a sprig of extra fresh mint.

What's fresh in the fruit and vegetable markets this month

Navel oranges The season for WA navel oranges is in full swing at last. Seedless, easy to peel and full of sweet

juice, navels are a perfect snack or refreshing finish to a meal. Eating one orange a day will ensure you are getting

your recommended daily intake of vitamin C. When juicing, remember to squeeze just before use as the juice of navel oranges doesn't have the keeping qualities of Valencia, the summer variety. Always keep your eyes peeled for the sticker that guarantees you're getting the freshest WA-grown oranges.

Celeriac: The ugly duckling of the winter veggie tribe, celeriac, more than makes up for its lack of good looks with sensational flavour.

It produces a smooth, mild and creamy mash and is heaven in a hearty gratin or roasted with other root vegetables. Raw celeriac can also be grated and combined with a mustard-spiked mayonnaise to produce remoulade, that French bistro staple. Look for tennis ball sized roots (the larger ones are slightly less flavoursome) and peel before use.

Imperial mandarins: One of the most widely available varieties, look

for the sticker to be sure you buy local fruit for maximum freshness. Imperials are at their flavoursome best from June to August and are noted for their excellent flavour, good juice content and an appetising aroma. They are easy to peel and have only a small number of seeds which make them ideal for lunch boxes and snacks. Try mandarin segments tossed with watercress and toasted walnuts as a lovely partner for fish.



Pumpkin: Varieties to look for at the moment are the butternut, characterised by a bulb shaped base with a slightly narrower neck, and the very

popular Jap with its blue-green skin and yellow to orange flesh. Uncut pumpkins will keep well at room temperature for weeks or even months. When purchasing cut segments, check that the edges look fresh and the seeds are not slimy and cook within a few days of purchase.

Lemons: Whilst local trees are dripping with lemons, kick start your day with a healthy glass of freshly squeezed lemon juice. The addition of grated rind and juice takes the flavour of favourite winter fruit puddings, pies and tarts to new heights. Alternatively, squeeze and freeze lemons for use over the next few months, and make a batch of preserved lemons to flavour salads, couscous, seafood and meat dishes.

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



St Patrick's Church

10.15am each Sunday

Regular services of Holy Communion

Kids Program

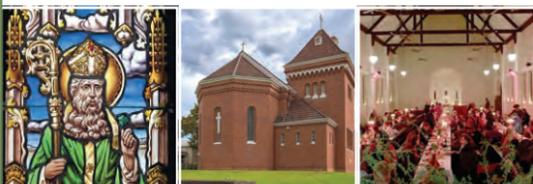
Kids Program; Each week the children have great fun listening to a story from the Bible, talking about it, singing, playing and doing craft.

Kids Program runs during school terms



Holy Honey

Buy Father Steve's organic raw honey



www.stpatricksmtlawley.com

Father Stephen Conway 0478 514 516

Is it hard to see what's in your pantry?

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

Make your kitchen better with inner drawers from Easy Access Kitchens

JUST FIT INNER DRAWERS

DON'T CHANGE YOUR DOORS

BUILT IN CORNER PANTRY

PANTRY-MICROWAVE

Easier to see what you need to buy.

PULL OUT CORNER

DEEP DRAWERS

NARROW PANTRY

The Kitchen and Pantry Drawer Specialist

For your safety we only use blum 65kg drawer runners & Guarantee our drawers will make your life easier.

3/4 CAROUSEL UNIT

Call Brett for help on

It doesn't have to be... Call 0416 067 493

Read what our customers have said at www.easyaccesskitchens.com.au





Physiotherapy updates - would your body benefit from taking collagen?



by Robert Vander Kraats and Jeff Wong, physiotherapists

COLLAGEN is a major component of the human body. About 30 per cent of our total body protein is collagen and it is crucial

for mobile joints, dense bones, healthy muscles and strong tendons and ligaments.

Optimal collagen levels in the body are essential for smooth skin, strong fingernails and glossy hair. It is one of the primary structural proteins of connective tissue and is also abundant in blood vessels, intervertebral discs, the blood-brain barrier, eyes, teeth and the intestinal wall.

The *British Medical Journal* states that the global collagen market for regenerative medicine is

expected to be \$1 billion this year alone. The journal describes collagen as: "it helps to hold everything together, like the mortar between the bricks of a house."

Arthritis instantaneously causes collagen degradation, which will have an impact on many functions, including joint movement.

In a recent study published in the *Journal of Science and Medicine in Sport* the long term effects of collagen in individuals with knee osteoarthritis was investigated. Thirty subjects were ran-

domised into the group receiving 10g of collagen a day for 48 weeks and a control group were given a placebo. Three MRI scans were performed on each subject, one at baseline, one at 24 weeks and finally at 48 weeks. The group taking collagen has significant reduction of symptoms and clinical signs of osteoarthritis.

The *International Journal of Molecular Sciences* states that collagen production declines as people age. This decline can influence the signs of ageing, such as wrinkles,

sagging skin and a reduction in bone strength. While collagen loss as one ages is inevitable, various dietary and lifestyle factors can accelerate the process.

Download your free booklet on collagen, at www.ngp.net.au.

To see how evidence-based physiotherapy can assist in implementing an exercise program to assist with the effect of collagen loss, phone 9203 7771 or visit www.ngp.net.au to make an appointment with Robert and Jeff.



FOR people with chronic obstructive pulmonary disease (COPD), the

Volunteers wanted for lung disease research studies

symptoms and problems associated with the disease can have a debilitating impact on their quality of life. This chronic, progressive respiratory disorder can cause persistent coughing and repeated infections.

More people are being diagnosed with the lung condition but only limited treatment options are available. But there is hope through life-saving clinical trials that are undertaken at the Institute for Respiratory Health based

at the Harry Perkins Institute in Perth.

The Institute provides patients access to cutting-edge treatments and new medications unavailable elsewhere, entirely free of charge. Patients also receive specialised care from a clinical team who have a deep understanding of the patient's condition and provide personalised advice, care and support.

The Institute is currently looking for volunteers to participate in a new clinical trial.

If you've been diagnosed with COPD and suffer from a daily productive cough, you might be eligible to participate.

Why not get in touch? Every medical drug provided by your doctor or pharmacist today underwent a clinical trial. Not only will you be contributing to research that may change your quality of life but you may also save lives for people with the same condition for generations to come.

The Institute also needs volunteers for the following lung conditions – asthma, bronchiectasis, cystic fibrosis, emphysema, idiopathic pulmonary fibrosis, and alpha 1-antitrypsin deficiency.

If you have any of these health conditions, or know someone who does and wish to participate in a life-changing clinical trial, please call (08) 6151 0813 or via email admin@resphealth.uwa.edu.au.

Mobile app for knee osteoarthritis study - volunteers needed for research

STRENGTHENING exercise programs are recommended as a long-term management strategy for knee osteoarthritis, with individuals encouraged to undertake their exercises independently at home on a regular basis.

Technology, like mobile apps, may help support people to stick to their exercise program. The researchers are evaluating whether a mobile app (used on a smartphone) helps people with knee osteoarthritis achieve

better outcomes over the long-term after completing a short course of physiotherapy.

Researchers from the Centre for Health, Exercise and Sports Medicine at The University of Melbourne are looking

for volunteers to participate in an Australia-wide study which involves taking part in two telehealth consultations with a physiotherapist (using Zoom video-conferencing) for prescription of an individualised strength-

ening exercise program.

This study will help researchers better understand how technology can help support physiotherapy care for people with knee osteoarthritis.

All participants will receive an individualised

strengthening exercise program, educational information, and resistance bands (at no cost) for exercising.

If you are aged over 45 years, have had knee pain on most days of the past three months and

regularly use a smartphone, then you may be eligible to participate in this research trial.

For further information and study registration, please visit the study website: www.mappkostudy.com.au.

Lip reading course

BETTER Hearing Australia WA is running a four-week Developing Lipreading course commencing Wednesdays in July from 2-3pm at Curtin University.

Interested people can contact barbara.alcock@betterhearingwa.org or text Barbara on 0448 320 126 for more information.

Stem cell therapy and arthritis symptom relief

ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection and 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.

Hellenic Community

Aged Care

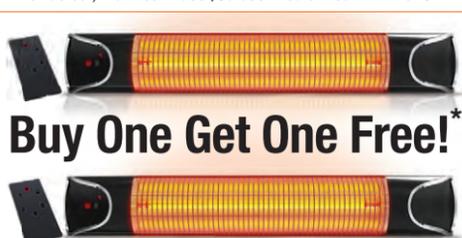


Residential Aged Care
Ageing in Place
All single rooms
with ensuite

2 Hellenic Drive, Dianella
PH 9376 5830 www.hcwa.org

Need Heat Fast?

The Fastest, Warmest Indoor/Outdoor Heater You Will Ever Own!



Buy One Get One Free!*

TIVA
Heater
Indoor / Outdoor

- Heats Up Instantly
- Suitable for Indoors or Outdoors In Rain, Fog, Wind or Snow
- Carbon-Fibre Bulb Technology
- Multi-Directional Stand
- Includes Remote Control & Built-In Timer
- Motion Detection Function

+ Free Floor Stand!
Worth \$199.99

1.8m High

- Commercial Grade
- Multi-Directional
- Easy Install
- Portable
- Indoors & Outdoors

Limited Time Offer! Call Now! 1800 857 767

SENIORS PODIATRY SERVICE

- 55 years and older
- Routine nail and skin care
- Bulkbill: EPC plan and DVA card
- Gosnells, Willetton or Queens Park

Seniors Fee



Please call Laura 0488 717 729



EXERCISE STUDY FOR KNEE PAIN

- Are you aged over 45 years?
- Have you had knee pain on most days for more than 3 months?
- Do you own a smartphone?

All participants receive:

- 2 x consults with a physiotherapist,
- Individualised strengthening exercise program,
- Educational & exercise resources,
- All at NO COST!



Further information & registration:
www.mappkostudy.com.au



A reflective requiem - a searing and poetic concert by WASO

AS part of West Australian Symphony Orchestras Classic Series world acclaimed Russian conductor Vasily Petrenko will make his WASO debut.

In this classic concert audiences will enjoy, Carl Nielsen's *Masquerade: Overture*, Wolfgang Amadeus Mozart's *Violin Concerto No.4* and Dmitri Shostakovich's *Symphony No.11 The Year 1905*.

Shostakovich wrote some of the most devastatingly power-

ful music including his intensely charged Eleventh Symphony which will be performed this season.

One of Australia's brightest musical talents, Emily Sun brings a perfect balance of expression and eloquence to Mozart's *Fourth Violin Concerto*.

Remarkable for her versatility across the concerto, recital and chamber music repertoire, Emily is a multi-international prize winner, having been awarded

the 2018 ABC Young Performer of the Year, the 2016 UK Royal Overseas League 'Commonwealth Musician of the Year', and prizes at Yampolsky International Violin Competition (Russia), Brahms International Violin Competition (Austria), and Lipizer International Violin Competition (Italy).

Works by Russian composers such as Stravinsky, Tchaikovsky or Shostakovich are intrinsic to the historical canon of classical

music. Hundreds of pieces of enduring music were created in times of conflict.

They serve as a powerful reminder of the ability of the art-form to unite and rise above the unacceptable actions of a few. WASO will continue to perform Russian works and recognise the context of these voices.

Don't miss this feast of classical music at the Perth Concert Hall on Friday July 29 and Saturday July 30 at 7.30pm.



Emily Sun © Benjamin Ealovega

20 AUG - 3 SEP WA PREMIERE
BURT MEMORIAL HALL
 38 ST GEORGES TCE, PERTH
BOOK TICKETS NOW
 THEATRE180.COM.AU

DIRECTED BY
 STUART HALUSZ

COSTUME/SET DESIGNER
 NEIL SHERIFF

SOUND DESIGNER
 NOAH IVULICH

LIGHTING DESIGNER
 GARRY FERGUSON

"Joe Penhall has the rare gift of engaging both emotion & intellect & making you care desperately about the outcome"
 - The Guardian

FEATURING
 ANDREW LEWIS,
 JARRYD DOBSON
 & TINASHE MANGWANA

Race, madness & medical ethics collide in this Olivier award-winning, exquisitely sharp modern classic.

THEATRE 180 PRESENTS **BLUE/ORANGE**
 BY JOE PENHALL

Wendy Stapleton returns with her glittering rendition of Dusty



DUSTY Springfield survived a 35-year career in music because of her

unique heartbreaking voice and her unfailing belief in song writers such as Carole King, Gerry Gollin, Randy Newman, John Kander, Burt Bacharach and Hal David just to name a few.

Starring Wendy Stapleton as Dusty and featuring fabulous musical theatre singer/dancers and musicians, this show takes you on a colourful journey through all the hits of the 60s, 70s, 80s and 90s which made Dusty a

household name.

Wendy Stapleton presents an outstanding tribute to the songs and career of Britain's greatest female pop singer.

This show is the original production that has delighted audiences all around the country.

"It's easy to see why this show is a hit; it's so easy to take, it's like a melody-stuffed happy pill. I think you'd better see it." *The Sunday Mail*

"This is a celebration of

fabulous songs, the eras that Dusty went through / *Only Wanna be With You*, *Son of a Preacher Man*, *Wishin' and Hopin*. *Solid Gold*," *Time Off Magazine*

Dusty will play at the Astor Theatre Perth on Tuesday July 26, Mandurah Performing Arts Centre on Wednesday July 27 and BREC in Bunbury on Thursday 27 July.

Bookings www.wapremierevents.com.au/wendy-stapleton/ or contact the venue direct.

Where the Crawdads Sing - a captivating mystery hits the screen

FROM the best-selling novel comes a captivating mystery.

Where the Crawdads Sing tells the story of Kya, an abandoned girl who

raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumours of the 'Marsh Girl' haunted Barkley Cove, isolating the

sharp and resilient Kya from her community.

Drawn to two young men from town, Kya opens herself to a new and startling world; but when one

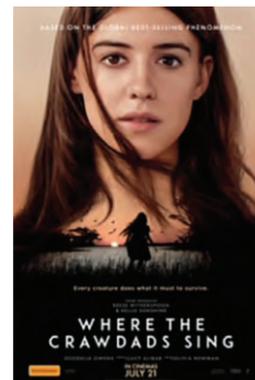
of them is found dead, she is immediately cast by the community as the main suspect.

As the case unfolds, the verdict as to what actually happened becomes increasingly unclear, threatening to reveal the many secrets that lay within the marsh.

Where the Crawdads Sing stars Daisy Edgar-Jones (*Normal People*) as Kya Clark, Taylor John Smith (*Sharp Objects*) as Tate Walker, Harris Dickinson (*The King's Man*) as Chase Andrews, Michael Hyatt (*Snowfall*) as Mabel, Sterling Macer, Jr. (*Double Down*) as Jumpin', and David Strathairn (*Nomadland*) as Tom Milton.

Olivia Newman (*First Match*) directs the screenplay by Lucy Alibar (*Beasts of the Southern Wild*) based upon the novel by Delia Owens. The 3000 Pictures film is being produced by Reese Witherspoon and Lauren Neustadter.

In cinemas July 21.



WIN WIN WIN
 We have some double passes to give away to some lucky readers. To be in the draw simply email win@haveagone.com.au with *Crawdads* in the subject line or write to *Crawdads C/- Have a Go News PO Box 1042 West Leederville 6901*. Closes 21/7/22.

SILVER LININGS VARIETY SHOW

WEDNESDAY, 21 SEPTEMBER
 10AM-12.30PM

SHOW includes tribute artists...
 Elvis Presley, Andrews Sisters and Dame Edna Everage

BOOKINGS ESSENTIAL - PHONE 9207 8555
 BOOK ONLINE -
www.swanactive.com.au/silver-linings-variety-show/
 Swan Active Beechboro 332 Benara Rd, Beechboro
 Free community event sponsored by City of Swan

THEATRE | MUSIC | WORKSHOPS | ART

20 JULY

A SPECIAL MORNING MELODIES EVENT

BIG LISA ENERGY

MORNING TEA 10AM | THEATRE 1 TICKETS \$15 | SHOW STARTS 11AM

MORNING MELODIES

08 JUL BORN TO SING CHOIR

12 AUG THE ROCK 'N' ROLL SHOW

KOORLINY Arts Centre KWINANA
KOORLINY.COM.AU 9467 7118

City of Kwinana



Kojonup curator Jill's many top tips for art at all angles



Jill Capper

by Serena Kirby

IT'S rare to find a gallery like Kojonup's Gallery Aura in regional WA. Opened nearly a decade ago, in an old agricultural supply building, the space features magnificent old floorboards and pressed tin ceilings that create an ideal setting for the many artistic treasures that lie within.

Owned by Kojonup local, Jill Capper, the idea for the gallery came after

years of helping out at the town's annual primary school art show.

"I was involved in the fundraising art show for many years," Jill says. "I met so many artists and had a long list of contacts so when the exhibitions stopped, I was keen to still be involved in showcasing and selling art."

The final piece of the idea fell into place when Jill was helping build set props for a local play. While laying out the props

on the expansive floor of the then vacated farm supply building, Jill realised the space would be perfect for a gallery.

"My husband and I already owned the building so, once I got the idea, it wasn't long before I was renovating the space and contacting artists."

Jill is very careful about what she includes in the gallery and this has been key to its success. She also has a number of guidelines for what she selects to go up on the walls.

"Good art is about a good idea that's been well executed," Jill explains. "The work has to be high quality in technique and visually pleasing. Of course, my own personal taste does play a role in what I choose as some artworks just speak to you. It's always the case that the paintings I really covet are the ones that sell the fastest."

Jill is also conscious of

how each artwork fits in with the gallery's broader collection. For Jill, curating artworks requires effort and a considerate eye. Just one new painting can lead to a major reshuffle of other works on a multitude of walls. While this may be considered purely an aesthetic consideration, Jill says it goes much further than that.

"There is a great responsibility when hanging an artist's work. I need to display their work in the best way possible and that means deciding whether to tonally match it with the wall or opt for a contrasting wall. There's also consideration for connecting it with what's around it - whether that be other artworks or items of furniture."

Having built up a regular client base, Jill says she tries to feature predominantly WA artists and you'll find works from more than 30 artists including Teresa Fernan-

dez, Laura Newbury and Julie Silvester.

When it comes to buying art, and hanging pictures in your own home, Jill offers this advice.

"Choose good, original art that's really well done. People often shy away from a big art investment as they wonder if it will hold or increase in value. You should only buy art that speaks to you; buy it because you love it rather than for investment because good art is really an investment in your own personal enjoyment."

Jill also suggests choosing artworks based on the theme or colour scheme of your house or the room where it will be hung.

"Too much variation can look busy and won't do anything to give your home a cohesive, calm feel. Go bold if you want, just remember to keep a basic tone in mind so it ties back to your existing colour scheme."

"Another tip is to create gallery walls. These are a great option for hanging lots of small pieces as they concentrate the art in one place without overcrowding wall space. Visual balance is key, so try to keep the middle at eye level and place stronger or heavier pieces at the bottom."

Hanging height is important too and Jill says a lot of people hang paintings way too high.

"When you're standing

in front of the painting your nose should be in line with the middle of the picture; this is the centre of your vision. You also need to take into account the size of the wall in relation to the size of the painting."

Jill's closing advice is to consider lighting.

"Good lighting is important. It can transform an artwork from being part of the general decor to it being the focal point of a room. Consider some adjustable downlights in crucial areas. And, always remember that balance, colour and lighting are the cornerstones for choosing and hanging pictures."

www.galleryaura.com.au

An American in Paris opens



An American in Paris Ashleigh Rubenach Cameron Holmes Ensemble © Darren Thomas

TONY Award winning Broadway musical *An American in Paris* plays at Crown Theatre Perth this month.

Co-producers The Australian Ballet and GWB Entertainment said: "We are thrilled to have been able to find new dates in Perth so soon and ensure audiences can experience this incredible theatrical experience along with the rest of Australia."

Hailed as a tour-de-force for its inventive choreography, *An American in Paris* tells the entrancing story of a young American soldier and a beautiful French girl, set against the iconic backdrop of the most romantic city in the world.

The exceptional Australian cast, featuring music

theatre royalty performing alongside current stars from the Australian Ballet and a 33 strong ensemble of talented dancers, singers and actors, were greeted with rapturous responses from Brisbane audiences.

The Perth season will run at Crown Theatre until July 27 with bookings via americaninparis.com.au

WIN WIN WIN
We have secured three double passes for some lucky readers to win for the performance on July 13 at 1pm of *An American in Paris*. To be in the draw simply email win@haveagonews.com.au with Paris in the subject line or call the office on 9227 8283 during business hours. Closes 10/7/22.

Sundown - suspense thriller



FROM writer-director Michel Franco (*New Order*) comes a simmering, suspenseful drama/thriller.

Sundown features Charlotte Gainsbourg and Tim Roth who star as Alice and Neil Bennett - the core of a wealthy British family on vacation on the Mexican Coast in Acapulco with children Colin and Alexa. When a distant emergency cuts their trip short and summons the family back to the UK one relative disrupts the family's tight-knit order and surprising tensions rise to the fore.

Sundown (MA 15+) is in Luna Leederville, Luna SX, Palace Raine Square cinemas July 7.

WIN WIN WIN - Email Only
We have some double passes to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Sundown in the subject line to be included. Closes 11/7/22.

From the best-selling novel - the captivating mystery by Delia Owens

Every creature does what it must to survive.

FROM PRODUCER REESE WITHERSPOON & HELLO SUNSHINE

WHERE THE CRAWDADS SING

STARRING DELIA OWENS, LUCY ALIBAR, OLIVIA NEWMAN

STARTS JULY 21 at WINDSOR CINEMA LUNA LEEDERVILLE and LUNA ON SX

LUNA PALACE CINEMAS Tickets and Sessions at www.lunapalace.com.au

THE MURRAY MUSIC AND DRAMA CLUB

GHOST TRAIN

BY ARNOLD RIDLEY

7.30PM - 29, 30 JUL, 5, 6 AUG
2PM - 30 JUL, 6 AUG

DIRECTOR Lori Anders

Tickets \$22
Bookings www.taztix.com.au/ghosttrain or 9253 3336

TAZtix Pinjarra Civic Centre www.mmdc.com.au

WEST AUSTRALIAN OPERA 2022

PUCCINI

TOSCA

His Majesty's Theatre
14 - 23 JULY

BOOK NOW waopera.asn.au

Featuring the West Australian Opera Chorus & the West Australian Symphony Orchestra

WA PREMIER EVENTS PRESENTS

DON'T MISS THIS ONE!

The DUSTY Springfield SHOW

featuring Wendy Stapleton

Wendy Stapleton presents an outstanding tribute to the songs and career of Dusty Springfield, Britain's greatest female pop singer.

Dusty Springfield endured a 35 year career in music because of her unique heartbreaking voice, and her unfailing belief in song writers such as Carole King, Gerry Gollin, Randy Newman, John Kander, Burt Bacharach and Hal David just to name a few. Starring Wendy Stapleton as Dusty and featuring fabulous musical theatre singer/dancers and musicians, this show takes you on a colourful journey through all the hits of the 60s, 70s, 80s and 90s that made Dusty a household name.

Tuesday July 26
Astor Theatre Perth
659 Beaufort St, Mt Lawley
Tickets: <https://bit.ly/DustyASTOR>

Wednesday July 27
Mandurah Performing Arts Centre
Ormsby Terrace, Mandurah
Tickets: <https://bit.ly/DustyMandurah>

Thursday July 28
Bunbury Entertainment Centre (BREC)
2 Blaire Street, Bunbury
Tickets: <https://bit.ly/DustyBREC>

Friend to Friend



Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
West Leederville WA 6901

Each person may submit one entry every month.

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	

Please nominate a category for your advertisement.

Tick one box only.

- | | |
|---|---|
| <input type="checkbox"/> Travel companion | <input type="checkbox"/> Wishing to contact |
| <input type="checkbox"/> Seeking a friend | <input type="checkbox"/> Seeking a partner |

Name

Address

Phone Email

I am over 45 years of age (Signature)

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

A SLIM easy going 70+ lady with GSOH, fin sec, genuine WLTM gent companion approx late 70s, similar likes, dancing, cooking, gardening, long term if compatible, NOR.
Reply Box 9116

ATTRACTIVE presentable lady, 50, young, active, fit, outdoor, beach, travel, homely, cooking and gardening. WLTM DTE, NS, GSOH, NG, presentable, sincere, caring, fit, 45-60s, gentleman similar interests for friendship, outings, company and more joy and happiness.
Reply Box 9125

CARING Aussie gent 82, Christian values. WLTM health conscious lady for friendship, company, one morning a week. Petite, active, cheerful person in 70s. Meet for relaxed coffee in covid-safe environment; Warwick, Kingsley, Hillarys area.
Reply Box 9123

GENT 70+, postcode 6058, enjoys travel, walks, dining out, happy company, GSOH, NS, SD, WLTM similar, life loving lady who is looking for a happy time. Let's meet for coffee first. ALA.
Reply Box 9114

GENT 75, vintage rocker, NOR, GSOH, SD, NS, DTE, slim. WLTM slim lady similar age for fun and friendship. Into music camping and travel. ALA.
Reply Box 9120

HAVE A Go Meet a Friend Group calling 65+ ladies and gentlemen seeking for friendship, companionship, soulmate or their half. We meet every three weeks, have lunch together, meet a friend, talk to people, mingle around etc. No fees other than the cost of your beverage.
Reply Box 9131

HI is there a lady out there who WLTM gent for drives, lunch or friendship? Me; late 70s, GSOH, DTE, casual person, own home, I drive, age and nationality open, prefer SOR. Let's meet for coffee ALA.
Reply Box 9129

JAPANESE single lady, 70+, NS, ND, NG, seeking a male coffee friend. Postcode 6280.
Reply Box 9128

LADY a young 80, WLTM gentleman in Mandurah area for companionship and outings. We could meet for coffee and chat at first to see if we are compatible.
Reply Box 9121

NICE gent 63, med build, active, considerate and financially comfortable, WLTM a nice lady.
Reply Box 9126

SINGLE lady 50, slim, outgoing, SD, NOR, GSOH, enjoy exercise, beach, outdoors. WLTM gentleman, 45-65, fin sec, GSOH for friendship or future companionship. ALA.
Reply Box 9117

WOMAN 60, cuddly, DTE. simple lifestyle, outdoors, water, garden, markets, dvds, crosswords. WLTM tall, NS, honest guy, good communication, company, postcode 6210.
Reply Box 9130

Seeking a Partner

73 YEAR old girl looking forward to sharing life with a young man of similar vintage. Sharing our day's activities. Maybe doing the garden and enjoying our efforts as we survey our day's end work.
Reply Box 9112

GENT 70s, 6', fit, NS, ND, DTE, GSOH, tactile, likes movies, walks, travel, driving, WLTM slim, attractive lady willing and able to travel.
Reply Box 9119

GENT seeks lady living SOR, NS, SD to spend time together and enjoy cafes. Eating out, walking and dancing. Possible relationship if suitable. Genuine replies only to early 70s gent.
Reply Box 9124

GENT slim, easy going, 70, table tennis, politics, non religious, chess, comedy, movies, GSOH, non fiction, vegan, travel. Seeks lady with similar tastes; architecture, NS, SD.
Reply Box 9127

GENTLEMAN 80kg, 5'6", 1940s, WLTM attractive, thin, slim lady. This Leo monkey needs friend, lover, romantic, caring, honest, NS. Let's have some fun. Just started dancing SOR, join me? Promise to make you smile. Phone number?
Reply Box 9113

INTRIGUING wise Hills gentleman, 70, neat, caring, fun to be with, philosophical, good listener, seeking loving, confident lady, 65-72, size 10-12, social outings, travel, loyal, independent, romantic relationship. Life is a mystery come join me.
Reply Box 9122

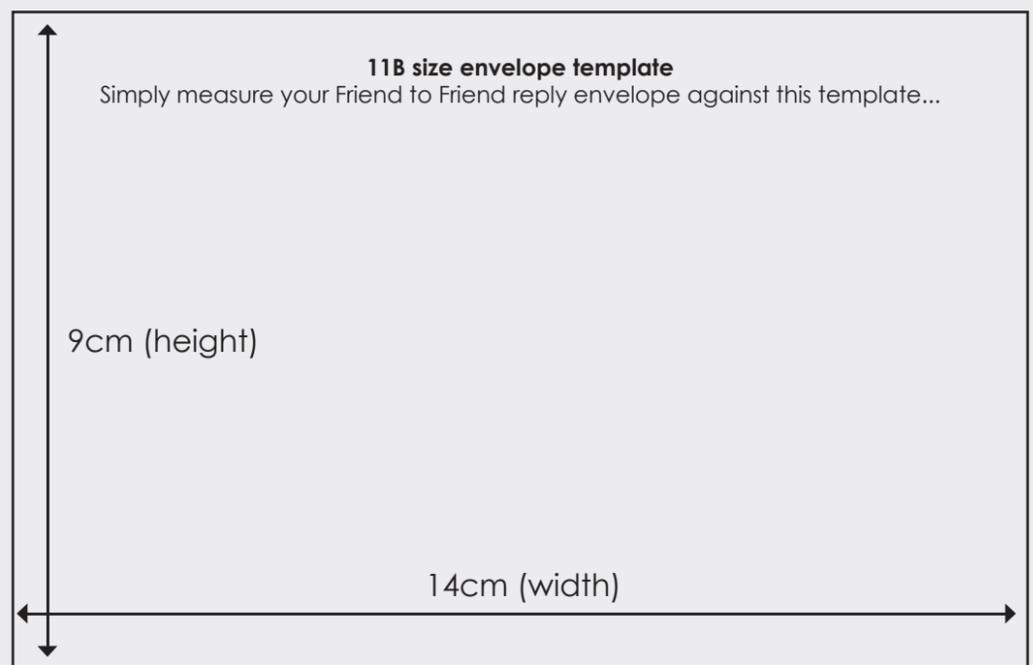
SEEKING one competent elegant lady, 70s to early 80s who preferably resides in the Rockingham, Baldivis, Port Kennedy area. I am active, 182cm, average build, fair complexion, NS with cheerful personality and understanding of a fair go.
Reply Box 9118

Travel Companion

THE ladies with their bucket list of life to dos, who would like to enjoy company with fit, healthy, 76, young male, to travel and explore life's treasures with trusted companion. If interested, drop me a line.
Reply Box 9115

Do you need a companion or friend? Let Have a Go News help you through our Friend to Friend page. Get writing and send in your coupon.

Envelope size for Friend to Friend replies...



When replying to a Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)
 Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.

No greeting cards, bulky items and photos.
 All replies will be forwarded early in the next month.
 All replies are strictly confidential and are not opened.
 Replies must be in response to reply boxes no older than three months.

Want to improve your grey matter?

THE Rockingham Bridge Club (RBC) has been operating since 1979 and has a membership of just over 100.

It offers a friendly and lively environment where people who enjoy playing bridge and come to participate in good-hearted rivalry. RBC also provides a great social environment, wonderful morning and afternoon teas and a chance to use your grey matter, in what is an absorbing game. In today's society, a lot of emphasis is placed on good mental health and what better way for seniors to look after theirs, than to play bridge?
 Lessons are provided (at a small cost)

and new members are eased into the club where they are nurtured, till they gain their confidence.

Apart from the playing of bridge, the club has raised funds for of a number of charities for many years. Among them is Silver Chain. The Club has a gala day in September every year and \$72,000 has been raised and donated to Silver Chain altogether.

Check out the RBC website at www.rockinghambridgeclub.com to see how the Club operates. Anyone interested in taking up lessons can register online.

If you cannot get on to the website call Nicky on 0424 427 251.



SOLUTIONS MATCHMAKING JULY SPECIAL
 Join for 3 months and receive an extra 3 months FREE (conditions apply)
9371 0380

CLAREMONT LADY 79 refined widow, pretty brunette, educated, warm & gentle nature, young o/look, funloving, sk gent 75-85 enj travel, art, old cars.

HIGH WYCOMBE LADY 80 lively, attractive, trim, well grmd, happy, loves to laugh, dance, outdoor activities. Sk gent 78-85 who's not too old for fun.

BUSSELTON LADY 75 slim, attr, well grmd, educated, widow, sincere, indep, loves travel, films, music, sk gent 70-80 w/ positive o/look.

WANNEROO LADY 75 very attr, beautifully grmd, intelligent, 175cm, slim, enj art, music, golf, countryside. Sk capable, happy gent, city or country 73-80.

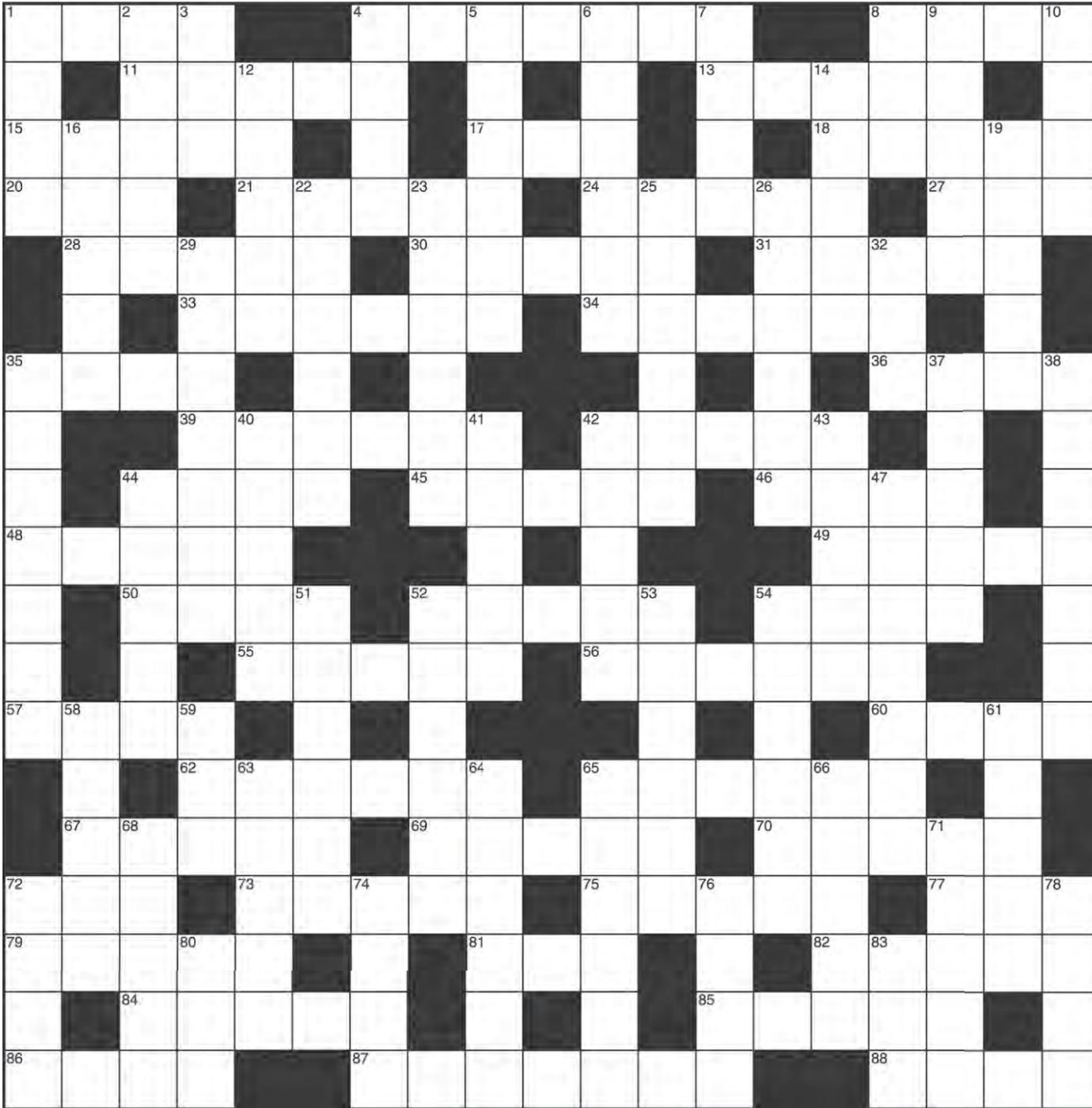
MANJIMUP GENT 73 ret. Professional, widower, very well grmd, easy on the eye, friendly, well mannered, generous, enj travel, music, theatre, sk lady 65-75.

PEEL REGION GENT 80 lovely Englishman, active, friendly, sincere, loves to travel, outdoors, theatre, sk lady companion to enjoy life 75-83.

AVON VALLEY GENT 74 respectable, well mannered, clean & tidy habits, intell, easy to talk to, indep, very active, sk lady, pref Avon or Swan Valley 70-76.

SOLUTIONSMATCHMAKING.COM.AU

BIG CROSSWORD - SEE PAGE 45 FOR SOLUTIONS



- ACROSS**
- 1. Heavily diluted
 - 4. Foreign-made goods
 - 8. In proportion, pro ...
 - 11. Burns surface of
 - 13. Take place
 - 15. Japan's capital
 - 17. Apply friction to
 - 18. Sprightly
 - 20. Colour
 - 21. Marsh plants
 - 24. EU currency units
 - 27. Help
 - 28. Squashes (bug)
 - 30. Kingdom
 - 31. Utilise again
 - 33. Supporter
 - 34. Spray
 - 35. India/China continent
 - 36. Tooth
 - 39. Tatters
 - 42. Sorrow
 - 44. Pardon?
 - 45. Curved sword
 - 46. Make redundant
 - 48. Lustre
 - 49. George Cross island
- DOWN**
- 1. Accompanying
 - 2. Lopsided
 - 3. Part of a piano
 - 4. Tiny landmass
 - 5. Ship's accountant
 - 6. Mutineers
 - 7. Acidic
 - 8. Picnic blanket
 - 9. Solo vocal pieces
 - 10. Delivered unreturnable serve
 - 12. Great artery
 - 14. Travel bags
 - 16. Unseats
 - 19. Ignore alarm clock (3,2)
 - 22. Chaperone
 - 23. Fears
 - 25. Cricket arbiter
 - 26. Speaks publicly
 - 29. Humiliated
 - 32. TV band (1,1,1)
 - 35. Funny
 - 37. Lower leg joint
 - 38. Automobile repair shops
 - 40. Useful
 - 41. Lucifer
- 50. Curl (of smoke)
 - 52. Father
 - 54. Tennis champion, ... Sampras
 - 55. Deeply desire
 - 56. Lettuce side dishes
 - 57. Slash
 - 60. All's well that ... well
 - 62. At sea
 - 65. Sinister
 - 67. Cowboy show
 - 69. Canadian leaf symbol
 - 70. Welsh vegetables
 - 72. Groupie
 - 73. Contort
 - 75. Goat milk sac
 - 77. Non-commissioned officer (1,1,1)
 - 79. Privileged few
 - 81. Coal by-product
 - 82. Vampire's drink
 - 84. Beginning
 - 85. Of the nose
 - 86. Gave temporarily
 - 87. Act as foreman
 - 88. Addition sign

Come and have a go at Mandurah Bowling and Recreation Club *Folks with Strokes* events

MANDURAH Bowling and Recreation Club (MBRC) presents an afternoon of entertainment on Sunday July 31 from 2-5pm. The band kicks off at 2pm followed by an opportunity for talented people to take the mic between 3pm and 3.30pm. The bar is open, there's raffles and lots of fun to be had all for a gold coin donation.

Past president of the club and stroke victim Aled Williams has been organising *Folks with Strokes* events. He believes music to be great healer and would love to encourage people to come and have a go.

In June the MBRC held the first *Folks with Strokes* event with 75 people attending. During National Stroke Week in August they have a free afternoon concert with the Men's Shed of Music playing songs from the 50s, 60s and 70s.

Mark your diary for Sunday August 14 from 2-5pm. This free event is supported by David Templeman and the MBRC and includes afternoon tea.

For more information on either events, contact Aled on 0417 969 356.

Join the Stay Sharp Program

for the over 55s promoting Physical & Cognitive Health

Have you attended any of our previous programs?
Do you wish to improve your physical and cognitive well-being?
We invite you to our on-going Stay Sharp Program

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

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

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

NEXT 8-WEEK PROGRAM COMMENCING July 28 to September 15
SESSIONS RUN: 9.30pm - 12noon COST: \$80 (includes morning tea)
VENUE: Perth & Tattersall's Bowling Club,
2 Plain Street, East Perth (free parking available)

REGISTRATIONS: (08) 6558 1833
info@staysharpprogram.com

The Online Hub for Family and Local History in the Central Goldfields of Western Australia

Discover more about people's lives in the Central Goldfields of Western Australia or explore more about the history of places in this vast region. FREE resources and information for all family and local history researchers.

An online place where the men and women of Western Australia who have lost their lives in the mining industry, can be remembered and honoured for their supreme sacrifice.

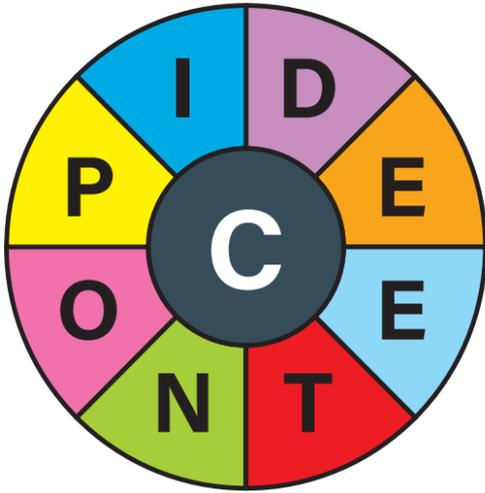
The Outback Family History website:
www.outbackfamilyhistory.com.au
Our library of information and photographs

The Outback Family History blog:
www.outbackfamilyhistoryblog.com
Stories of people and places

WA Virtual Miners Memorial website:
www.wavmm.com
A profile page for every person

@OutbackFamilyHistory | Email: moyasharp@westnet.com.au

Wheel Words

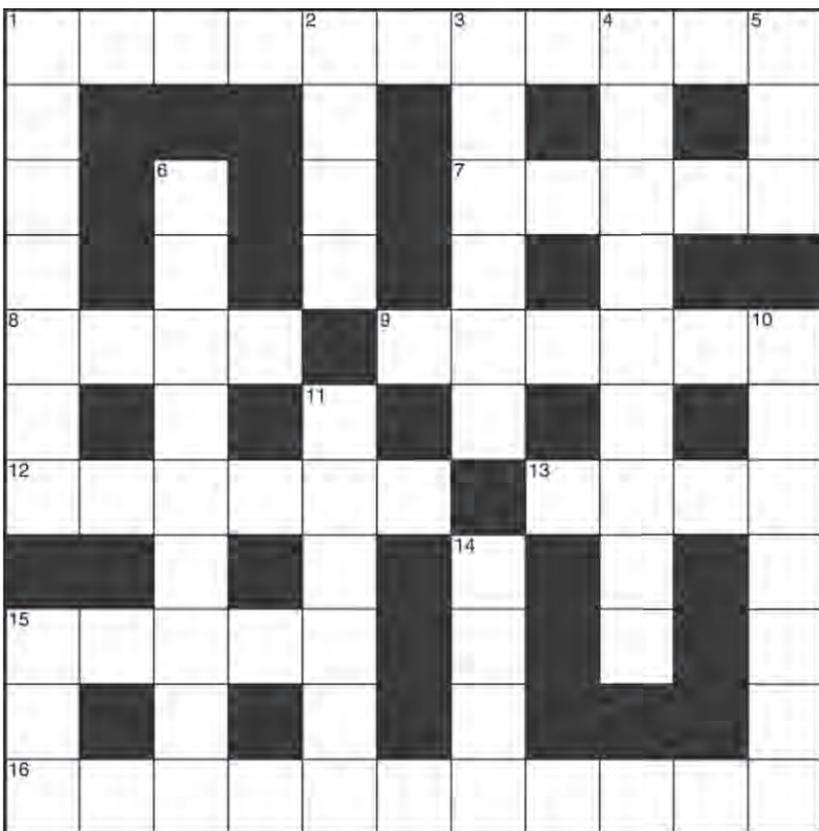


Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals ending with S. See if you can find the 9-letter word using all the letters.

22 Good 30 Very Good 36+ Excellent

© Lovatts Puzzles

CRYPTIC CROSSWORD



- 5. Be seated and pose for artist (3)
- 6. House painter is a speaker after December (9)
- 10. Graceful Glen ate out (7)
- 11. Cleric revolution (6)
- 14. Hidden microphones that stop programs running smoothly (4)
- 15. Fire remains as he begins (3)

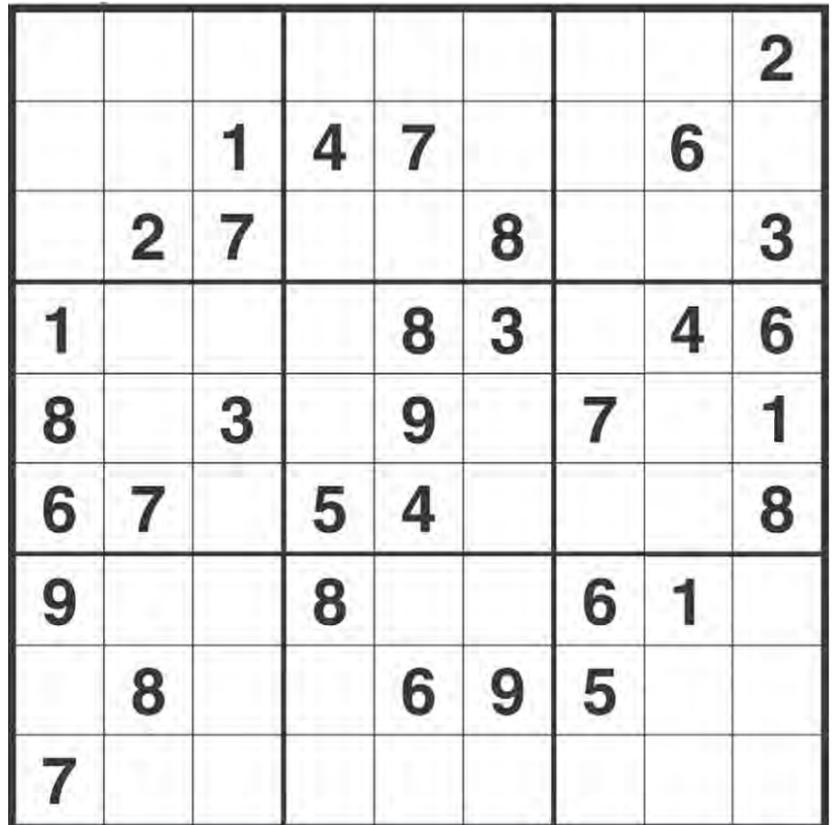
- STRAIGHT CLUES ACROSS**
- 1. Correspondence clerks (11)
 - 7. Drink the health of (5)
 - 8. Touch with tongue (4)
 - 9. Light (match) (6)
 - 12. Sleazy (6)
 - 13. Rock band, ... Straits (4)
 - 15. Room within roof (5)
 - 16. Potentially explosive situation (6'1,4)

- DOWN**
- 1. Leftover (7)
 - 2. Is humiliated, ... humble pie (4)
 - 3. Perceptive (6)
 - 4. Print with sloping letters (9)
 - 5. Command to dog (3)
 - 6. Interior designer (9)
 - 10. Stylish (clothes) (7)
 - 11. Polar region, Arctic ... (6)
 - 14. Creepy-crawlies (4)
 - 15. Fair-haired lady, ... blonde (3)

- CRYPTIC CLUES ACROSS**
- 1. Private ram sign for personal assistants (11)
 - 7. Cheers for brown bread (5)
 - 8. Defeat slick characters without their leader (4)
 - 9. Refusal to work in pro-
- test at tenpin score (6)
12. Dirty sword did get a mention (6)
13. The extremities of displeasure are dreadful (4)
15. Tacit arrangement for loft (5)
16. The stern son stirred
- up home for wasps (6'1,4)
- DOWN**
- 1. Clergyman's vestment said to be too much (7)
 - 2. Devours most treats (4)
 - 3. Move statue? Clever (6)
 - 4. Put a slant on piece of writing (9)

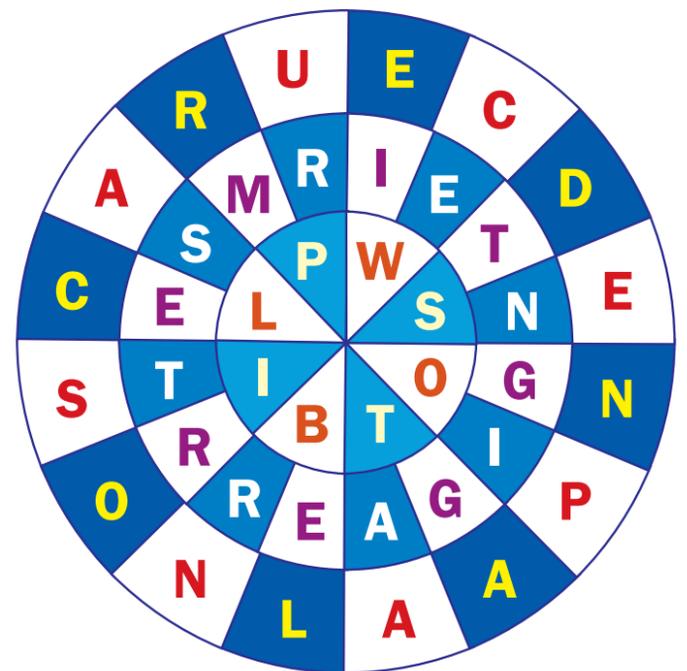
SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. RATING: ★★☆☆☆



PRISM

TRACK down the six kitchen utensils hidden in our prism. The words appear either clockwise or anti-clockwise and are on alternate spaces.



© Lovatts Puzzles

Jason's X-Factor Tour Club Calendar for AUGUST 2022

July 27th	HISTORIC FAIRBRIDGE Morning Tea, Guided Tour & Lunch by the River	\$88.00
WED 3rd	BINDOON HISTORICAL SOCIETY ARTS, CRAFTS & TRACTOR MUSEUM Morning Tea & Guided Tour	\$65.00
WED 17th	AVON VALLEY MYSTERY TOUR Where shall we go???	\$88.00
SAT 20th	MYSTERY OP SHOP, BRIC-a-BRAC & WINE TOUR Morning Tea, Wine Tasting and Riverside Pub Lunch	\$88.00
WED 24th	DOWERIN FIELD DAY Coach Ticket & Morning Tea	\$40.00
Upcoming September	1 & 16/9 ARALUEN \$69.50, WIRELESS HILL WILDFLOWERS & ORCHIDS \$69.50 21/9 CHITTERING WILDFLOWERS \$69.50, 28/9 NEW NORCIA GUIDED TOUR \$98.50	

****DENMARK-ALBANY EXPLORER TOUR 4D/3N****
9-12th AUGUST 2022 from \$1275pp Twin Share Concession
 Alpaca Farm, Wine Tasting, Fantastic Lunches, Whale Station, ANZAC Centre, Wind Farm, Gap, Sandeewood Shop, Farm Visit. Pickups for Denmark-Albany Tour - Morley, Perth, Cockburn, Armadale
 All RSL, PROBUS & Community groups welcome to book own dates, or have a look at our website to see our calendar of events for small groups and individuals. Most tours are fully inclusive and include our famous Morning Tea, you will never go hungry with our great lunches.
www.xfh.com.au bookings@xfh.com.au 0412 023 655

CHLORINE RESISTANT • UPF 50+ • ALL THE FAMILY • ALL YEAR ROUND

SUMMER AND WINTER RANGES AVAILABLE ALL YEAR !!

WE HAVE IT ALL...

- Babies • Kids • Adults • Sportswear
- Sun protection • Accessories • Hats
- Plus sizes (to 30) • Mastectomy

IN STOCK NOW !!
Large range LADIES LEISUREWEAR
Jackets • Tops • Pants • Dresses

STOCKTAKE SALE NOW ON !!
BARGAINS from \$10

ONE PIECE & SEPARATES

MADE IN PERTH

up to 50% OFF

SWIM GOWNS FOR ALL THE FAMILY

SKIDS SWIMWEAR 161 HIGH RD, WILLETTON Mon-Fri 10-4
 PH: 9354 4124 Sat 9-1



BE INSPIRED THESE HOLIDAYS

**THE
PERSIAN CARPET
GALLERY**
— Est. 1968 —

With over 50 years in the industry and the buying power of a national business, The P.C. Gallery is home to Australia's largest range of carpets. We invite you this holiday season to drop in and see what is truly possible, to discover carpets perfect for your home, carpets that are as unique as you.



Original Persian Mahal

3.9m x 2.9m

Was \$6,900 now \$2,950



Isfahan Collection

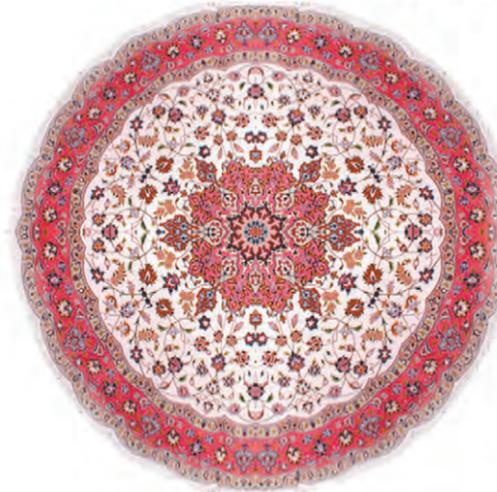
Mastpieces in silk and lambs wool - must be seen to believed!



Shiravan Collection

2.2m x 1.4m

Was \$3900 now \$1750



Round Rugs

Scan for more



For more information:

www.pcgaustralia.com



Runners
up to 12m
from \$390




**CLEANING & RESTORATION
BY THE EXPERTS**
Leave your rug with the professionals you can **TRUST!**

* conditions apply

• NEDLANDS
181 STIRLING HWY
ENTRANCE FROM NAPIER STREET

OPEN EVERYDAY
10am - 5pm
1800 200 028

SYDNEY | PERTH | ADELAIDE | BRISBANE | DARWIN | MELBOURNE