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Olivia, Grace and Gratitude



Ethereal Olivia - illustrator - Shannon Trotzman Inset: Author Miranda Young

winning a talent quest on *Sing Sing Sing* hosted by Australian rock icon Johnny O'Keefe before heading overseas to pursue a singing career.

The rest, they say, is history.

Miranda, a long-time Olivia fan, was approached by a Melbourne publisher to write the book.

"I said I would love to do that. This is my first big book by myself but my mother has been published, mainly with children's books.

Olivia, Grace and Gratitude tells of Olivia's early roots in Britain where she was born on September 26, 1948 and Melbourne, then Nashville, Hollywood, California and the Cancer and Wellness Research Centre she founded.

Olivia was much more than just the beloved country music queen and the lauded sweetheart of the movie screen. She did not allow cancer to define her, but took a positive approach, paving the way for women worldwide to be more aware while getting on with her own life.

She was a four-time Grammy Award winner whose music career included 15 top-ten singles, including five number-one singles on the Billboard Hot 100 and two number-one singles on the Billboard 200. Eleven of her singles (including two Platinum) and 14 of her albums (including two Platinum and four Platinum) have been certified Gold by the Recording Industry Association of America.

With global sales of more than 100 million records, Olivia established herself as one of the best-selling music artists of all time, as well as one of the highest selling female Australian artists.

Among the many honours bestowed on her, was a Dame Commander of the Order of the British Empire (DBE) in the 2020 New Year's Honours List.

continued on page 13

by Josephine Allison

OLIVIA Newton-John dominated the music world in Australia and overseas for decades, but there was much more to her than a singer, actor and entertainer, a new book just released by Melbourne music historian Miranda Young reveals.

"Olivia had so many

sides to her, she was an activist, she supported gay marriage, established a retreat at Byron Bay and the Cancer and Wellness Research Centre in Melbourne. Of all the world where she could have built the wellness centre, she wanted to do it here because Australia was where she rested and escaped," Miranda says in a tele-

phone interview with *Have a Go News*.

"A lot of her family is here, I think she was a rarity, kind, generous, full of love for her daughter Chloe, her husband and family."

Olivia, Grace and Gratitude chronicles Olivia's life from settling in Melbourne from England as a child, to her early singing career



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From the managing editor's desk



Jen Merigan and Ron Reddingius enjoying Lightscaapes at Kings Park

THIS month marks our 32nd birthday. I am so pleased that my parents began this journey as a retirement project in 1991 and gave me the opportunity to continue their legacy. Happy birthday to *Have a Go News* and thanks to the advertisers, staff, journalists, contributors and of course you, our readers, for keeping the paper relevant and in demand in these digital times.

It's been a busy month and we have been out and about attending lots of shows, events and sharing the story about *Have a Go News* with various groups. I enjoyed my talk with the Association of Independent Retirees northern suburbs group. It was so heartening speaking with people following my talk who shared their positive thoughts about the news-

paper. One gentleman told me that thanks to our interactions with Services Australia we managed to solve an issue for him in days, which he had been trying to sort out for 18 months. It makes me feel very happy that we receive such positive feedback about the work the team and I do each month.

One of the events I attended was *Lightscaapes* which opened at Kings Park last month and runs until the end of July. It's a light and sound show which winds its way through the park covering about 1.8kms. The access is excellent for all abilities and it was lovely to get out during winter and soak up the sounds, smells and spectacular lights featured throughout majestic Kings Park. The infrastructure involved in the event is mas-

sive; each section is well thought out and I found many of them very moving. I felt so peaceful after the experience and believe it's well worth the ticket price. Tickets are available online at www.lightscapeperth.com.au

★★★★
In the office this month we farewell Sue Uphill who has been working part-time in our sales department for the last four years. Sue is retiring and moving to Waroona and we thank her for her service and wish her all the best. We are welcoming Helen Peripanos to our sales team this month and look forward to her contributions.

★★★★
Our friends at Seniors Recreation Council have moved office from their long-term home in Leederville. Their new office address is 275D Abernethy Road, Belmont. The old phone number is still in use, but they will transition to a new phone number in the next 12 months so please use 6118 2716.

★★★★
Many organisations which rely on volunteers have complained that numbers have dropped since Covid and are keen to hear from interested members of the public who would like to help out. We regularly promote volunteer opportunities in our pages so if you have time to help, please think about volunteering.

★★★★

Don't forget to listen to Radio 6PR's Tod Johnston's Nightshift every Friday night around 8.40pm where I give a rundown of events for the weekend. I have a lot of fun on radio sharing the many events that happen around Perth and surrounds. I always include a great range of paid and free events, so please tune in.

★★★★
The *Have a Go News* Facebook page provides us with the opportunity to interact with readers on a regular basis and we post a variety of entertainment, giveaways, jokes, art and information. Join us by following our page at www.facebook.com/Haveagonews/.

★★★★
It's great to see so many people taking up the opportunity to receive the electronic publication direct to their inbox. Unlike other publications we don't send any advertising material, just the digital issue, once a month. Sign up for free at readers@haveagonews.com.au.

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Please support our advertisers – they are the reason we supply this newspaper free each month.

★★★★
I hope you enjoy this month's content and stay warm, healthy and happy.

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

Have a Go News Quick Quiz

Questions

1. How many Greens senators were left after Lidia Thorpe quit the party?
 2. Which east coast capital city is known to Aboriginal people as Naarm?
 3. Jutland Parade residents look out over which natural feature?
 4. Which iconic pylon was added to the State Heritage Register in 2003?
 5. Where is the world's longest continuously-operating outdoor theatre?
 6. Which Aussie bank note features a black swan and a Kimberley plant?
 7. Which woman has been the high-profile sponsor of Black Swan State Theatre Co?
 8. The surf lifesaving concept was introduced to Perth at which beach?
 9. Where is Gnomesville?
 10. Who starred in a Rottneat selfie, seen online by 581m people in 2017?
- See page 45 for answers.

Great West Aussies - Did you know?

FORMER WA Governor, Malcolm McCusker, had his portrait hung in Canberra's National Portrait Gallery in 2022 at age 84. The highly-decorated barrister and philanthropist is one of WA's highest-achieving citizens whose legal cases including the overturning of the murder conviction of Andrew Mallard. The ex-chair of WA's Legal Aid Commission was made a Companion of the Order of Australia in 2012.

Noongar Words

Moorn – Black
Djardak – White

Noongar Season

Makuru - Early winter of June and July

Ageing Snippet: What Australia spends on aged care

AUSTRALIA currently spends around \$34 billion per annum on aged care, or 1.2 per cent of GDP. This is only half of the OECD average of 2.5 per cent according to the Royal Commission into Aged Care Quality and Safety (March 2021), agedcare.royalcommission.gov.au/publications/final-report-executive-summary.

Word of the month

nudnik

noun | NOOD-nik (the "OO" is as in "good")
NUDNIK refers to a person who is a bore or nuisance.

Example

She dreads family gatherings, as her nudnik of a brother-in-law is always sure to be there talking about this or that.

The suffix -nik, meaning "one con-

nected with or characterised by being," came to English through Yiddish (and ultimately from Polish and Ukrainian). Think words beatnik, peacenik, neatnik, or even no-goodnik. The suffix-nik is frequently used in English to create nonce words that are often playfully jokey or slightly derogatory.

The nud- of the Yiddish nudnik ultimately comes from the Polish word nuda, meaning "boredom."

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A poignant, touching film about life on the Scottish island of Berneray



Gloria MacKillop with a box of archival film about the island of Berneray

by Josephine Allison

SEARCHING through her attic, retired Australian nurse Gloria MacKillop was astonished to find a box of archival film about the island of Berneray where she now lives, marrying a local man more than 50 years ago. Even more surprising, was that part of the film contained unseen wedding footage of Gloria to Donald (Splash) who married after meeting at a local dance.

Several years and a lot of work later, the footage is the subject of a just-released documentary film, *Duthcas (Home)* which gives a glimpse into the forgotten world of the island in the 1960s and 70s. It will be shown in Perth this month at the Revelation Perth International Film Festival from July 12-16.

Gloria, originally from Temora, NSW, was posted as a nurse to Berneray, an island and community in the Sound of Harris, Scotland, one of fifteen inhabited islands in the Outer Hebrides. She is believed to be the first person to inhabit its shores who didn't speak Gaelic.

Speaking to *Have a Go News* from Berneray, Gloria, now 92, full of life and good humour, tells of how she came to Berneray as a relief nurse, intending to stay only about four months.

"I came to the UK and was in and out of hospitals doing basic training, running all over the continent including Scandinavia from 1959 to 1964.

"At the end of the four years I was offered a trip overland to Australia which took three months, but once home

again, I thought "I need more" and headed back to the UK to do more constructive training.

"In the midst of getting my experience in midwifery at a hospital at Bangour I saw a picture of two children amidst a field of wildflowers and discovered it was on Berneray. I asked for a posting there and back came a letter:

"There is a position available on Berneray, a two-bedroom cottage, modern sanitation, illumination by p'allagal (light that comes from a fire or candle) and oil lamp."

"I couldn't get there quickly enough."

The posting was for four months and Gloria says she didn't have a word of Gaelic. But the people were kind and welcoming. Once the four months was up, she decided she wanted to stay longer.

"I was not to know that a year later I would marry a local crofter, Donald, and go on to have a wonderful life together."

Gloria tells of a quiet first four months on Berneray but, by the end of July, the dancing started, luckily she had been taught Scottish dancing at school.

"There was a boat shed down on the pier called the jetty ballroom. My feet hardly touched the floor as the men whirled us around and

passed us on.

"Then the first man who took me onto the floor for a dance was the man I later married. Our wedding day was especially windy, but luckily my coronet did not take off. I made my wedding dress and those of my bridesmaids. None of my family could come to the wedding so I was given away by a local man who was like a father figure."

Gloria and Donald lived an idyllic life on Berneray until his death in 2009, Gloria still lives in the family home and says life became easier once she understood the local culture and tradition. A highlight came in May 1987 when the then Prince of Wales lived and worked as an island crofter, staying with Gloria and Donald for four days. The visit was kept secret from the 140 residents, even from neighbouring islanders who were astonished to find the heir to the throne among mourners at a local funeral.

Following the royal visit, the MacKillops turned their home, Burnside Croft, into a B&B.

Gloria, who has three surviving sisters in Australia, says she plans to return to NSW in November for a special screening of the film in Temora. "I usually go back for about eight weeks since my dear husband died

but when Covid struck, I spoke with my sisters on Zoom every week. We could see each other, laugh and chat and sort the world in general."

These days, Gloria is just as busy walking, knitting for babies in Third World countries and singing in a Gaelic choir.

"I just love it. I am happy here, this is home."

"We now have a causeway connecting the island to North Uist (opened by Prince Charles in 1999) which makes life much easier from the days when people had to take an open boat."

Andy Mackinnon, who directs *Duthcas* with Kirsty MacDonald, says the project started when Gloria contacted him about a box of archival film found in her attic.

"I met with her and had a look at this box of film. One said Gloria and Splash's wedding 1968 and she said she had never seen it so I knew we had to get it digitised."

"We did a crowd funder and the community of Berneray rallied around and we achieved that in just a few days. When we got the film back, I was blown away, such an amazing collection filmed by Bill and Anne Scott who holidayed on Berneray in the 1960s and 70s.

"Finding the footage

of Gloria's wedding and being able to show it to her for the first time was really special. I quickly realised the archive collection was really important, it's a fantastic record of life on the island over two decades when a lot of things were changing and people were leaving.

"The amazing thing about the collection for me was every time people were leaving, they filmed the same scene of people waving from the pier. That struck me as a fantastic, powerful meta-

phor for that finer sense of leaving and loss. I really felt there was a film to make, a story to tell."

Andy, who visited Perth in 2000 for the premiere of an earlier film, *Transition*, hopes to visit NSW for the *Duthcas* premiere. The film has already been shown throughout Scotland and in San Francisco.

"The response has been fantastic, the universality of message the film is trying to portray is the need for a home and the sense of belonging."

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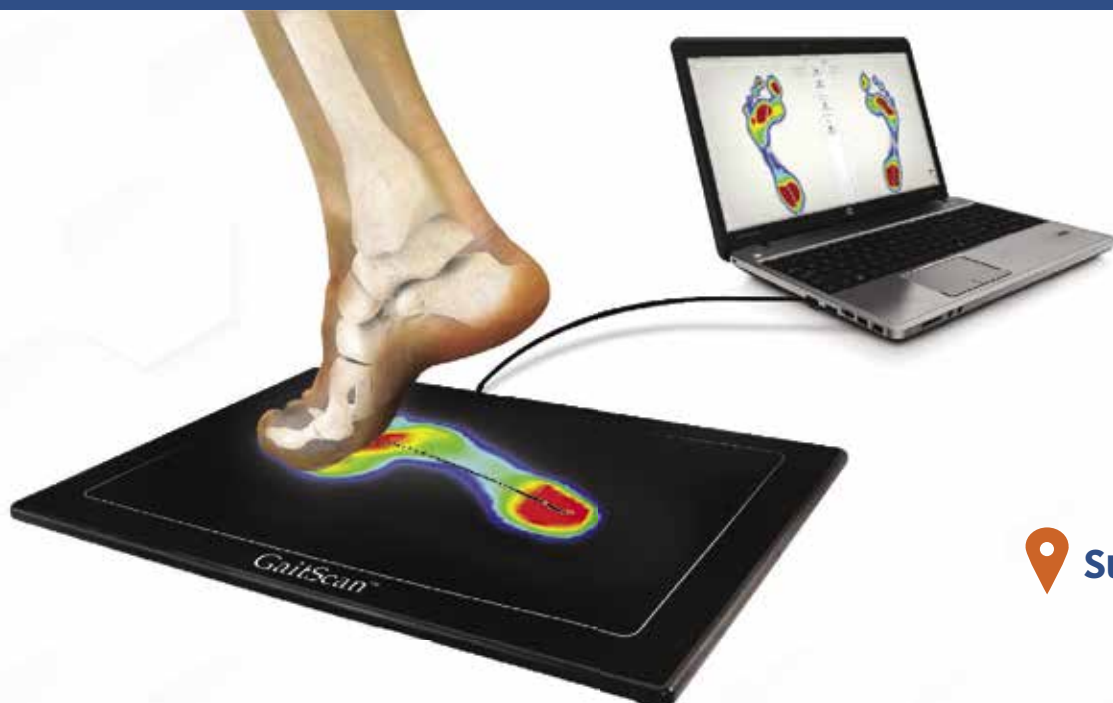
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Capturing layers of light from flora



Floral Addiction Inset; fine art photographer, Nell Parker © Serena Kirkby

by **Serena Kirby**

PHOTOGRAPHY is far more than simply taking snapshots of friends and family and travel highlights; it's a highly developed art form where creativity and technique combine to produce beautiful and collectable images.

While photography wasn't officially considered an 'art form' until the 1940s, cameras have been capturing images since the early 1800s. Often referred to as 'painting with light' the truer definition of the word

photography is 'writing or drawing with light' with photo meaning 'light' and graphy meaning 'to write or to draw'.

For fine art photographer, Nell Parker, her work is all about using light to showcase the beauty of flora.

"I describe my work as a frenzy of flowers," Nell says. "I have a huge array of flowers in my garden so I use what's in bloom to create bouquets that best represent the colours of the season."

But Nell is no one-shot wonder who positions flowers to purely take

a single shot. She uses a technique of layering several images on top of each other to create the final photo. This layering, or multiple exposures, is done inside the camera, without Photoshop or other software trickery.

"I use a feature inside the camera settings that allows me to press the shutter a number of times, and change the speed and aperture each time, to create different layers within a single image. With each press of the shutter I move around and shoot from different angles."

Nell usually creates five or six layers that blend and overlap in the final image and says that, as the camera "automatically stacks one layer on top of the other, getting just one of these layers wrong can ruin the whole image. The juggling act of knowing when to stop layering is crucial.

"Composition is king. This means finding a balance of colour, texture and position; it's something I feel when I know things look right."

As every bouquet of flowers needs a vase Nell has started collecting an assortment of beautiful glass vessels; glassware is now a big part of the story she's trying to tell.

Nell also uses fabric as backdrops and as a base for her floral subjects to sit upon which allows her to create different moods to her images.

The recognition for Nell's images is growing and last year she was a finalist in the photography category of the national Bluethumb Art Prize; heralded as Australia's richest art competition. She's also had work accepted into an international still life exhibition in Minneapolis this year and there are other overseas exhibitions planned.



And as the season now shifts into winter and the blooms become scarcer Nell will use the time to do other things related to her art practice. No doubt she'll also go hunting for more glass vases to add to her growing collection.

Nell's work is available via www.nellparker.online and www.bluethumb.com.au.



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Fun times at the free *Holly Wood Tuesday Morning Show*

JOIN compère Bernard Carney OAM for weekly entertainment at the *Holly Wood Tuesday Morning Show* which runs every Tuesday at the Perth Town Hall sponsored by the City of Perth.

The show has been running for many years. It was named in honour of socialite and social writer Holly Wood who worked tirelessly for the benefit of seniors and many charities in Perth.

Morning tea kicks off for

a gold coin donation from 10.30am and the free show starts at 11am. All are welcome...

July 11 - Jennifer Merigan from *Have a Go News* will update people on the news, events, and competitions in this month's issue.

Grand Handz - two people, four hands, one piano and lots of great tunes. Don and Teresa are a fun duo here to give our grand piano a good workout, with lots of familiar melodies

and great piano skills.

July 18 - Gary Lynn - popular entertainer will give a great show of songs from the swinging sixties featuring songs from the young idols to the established crooners of the day.

July 25 - Secret Men's Business - Jaxon Ashley will chat about the Men's Shed Movement here in WA and worldwide, and its key role as a place of acceptance, mateship and activity for all men.

Courtney Pitman is a long-

time performer with the WA Opera Company. She will present a show of beautiful ballads and favourite arias from the world of musicals and light opera. Courtney will be accompanied by Ben Clark on the piano.

Citiplace Community Centre, situated on the upper level of the City Railway Station Complex, offers seniors a range of low cost refreshments and services in a warm, friendly environment and is a perfect place to enjoy lunch following the show.

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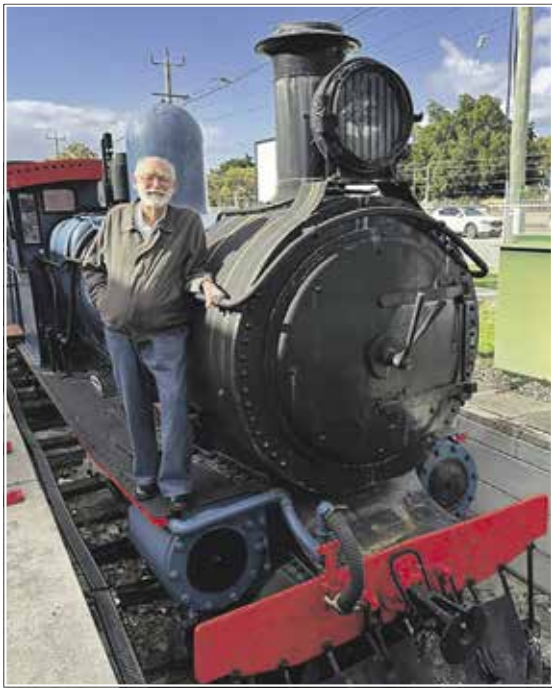


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Meet the man who is dubbed as the inventor of the Metronet



L-R; Kevin McQuoid at Railway Museum, Bassendean - Sandgroper subway: Kevin's subway vision

by Lee Tate

HE may be 87 but self-confessed 'train obsessive' Kevin McQuoid, has his mind on the future of Perth transport and an underground city rail network. And Kevin has the runs on the board.

Ten years ago, he put a strategy for northern and southern circular rail lines to a receptive Labor Party, then in opposition.

As a result, Kevin was introduced at a subsequent business lunch in Parliament House, as 'the

man who invented Metronet'.

"I think they were looking for ideas and grabbed it," said Kevin whose father and both grandfathers drove steam engines in the South-West and Eastern Goldfields.

Kevin was overlooked for Metronet's ribbon-cutting opening but this hasn't stemmed his flow of transport concepts nor his credit for what has been achieved.

"The latest development of the railways, new carriages, well-designed



stations and bringing back railcar manufacturing to WA is all excellent. But I don't think there's enough imagination now," he said.

Kevin, who, in retirement, tutored on creative thinking at Edith Cowan University's school of communication and arts, doesn't hold back.

"The lifeblood of any city is the movement of people. Traffic arteries that facilitate that movement are vital to a city's health. Perth's arteries are not fit for purpose.

"Road access to and from and within, Perth's central city district is difficult because natural and man-made barriers get in the way," he said.

Obstacles included the river, parklands, Kings Park, Heirisson Island and the Burswood and Maylands peninsulas.

Others are the Mitchell Freeway and its interchanges, railways to the north of Wellington Street from Subiaco through to East Perth and Elizabeth Quay and the Hay and Murray Street malls.

"Movement is further impeded by narrow streets more suitable to a village than a capital city," he said.

Calling for a Perth underground subway system, Kevin points to worldwide vehicle congestion with more cities constructing people-moving subway arteries.

"Perth needs to package the separate retail, commercial, residential, cultural, recreational, medical, educational and sporting parts into one very accessible unit," he said.

Kevin has a broad knowledge, having

worked in retail advertising, advertising agencies, building products, building society management, financial marketing and public relations consulting.

He envisages light rail trams linking UWA, QE11 Medical Centre, Central Perth, Edith Cowan University's new campus, Technology Park and Curtin University with knowledge-technology services and jobs-oriented suburbs.

"Light rail vehicles are ideally suited to negotiate the attractive off-road areas within and adjacent to Kings Park and riverfront parklands.

"They could access the subway at its eastern and western ends and traverse its southern section under St Georges Terrace via two-tier light and heavy rail tunnels with nu-

merous transfer stations," he said.

Perth Central and Underground station complex accommodate hundreds of train movements daily. Coming into play are the new Ellenbrook Line, extensions to Yanchep and Byford, Thornlie to Cockburn connection and the upgraded Bunbury service.

Additional capacity and frequency and rapid Bunbury/Busselton rail transit would add to Perth's estimate of 230,000 daily visitors.

"About 750 new residents arrive weekly in the metropolitan area, adding to population predictions towards three million. It will grow to over four million in just over 20 years and see Perth surpass Brisbane as Australia's third largest city.

"All of this will result in an explosion of passengers being shoehorned into the limited means of getting into and around the city," he said.

"We need to be prepared" said the maestro of creative thinking.



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Don't miss the 2023 History West annual lecture



Director-General National Library of Australia, Dr Marie-Louise Ayres FAHA

THIS year's topic will be "From Perth to Canberra and back again: 3000 kilometres but only nanoseconds apart."

The lecture will be delivered by director-general National Library of Australia Dr Marie-Louise Ayres FAHA. She was born in Western Australia - and much of her family still live here - but she has spent most of her life in Canberra. She was appointed as director-general in 2017 and reappointed for a second five-year term last year.

In this lecture, Dr Ayres will ponder the ways in which Australia's 'tyranny of distance' has nurtured a level of national collaboration around cultural collections which is extremely rare in the broader international environment. Beginning with Western

Australian heritage materials held by the National Library of Australia and the ways in which those collections can be used by Western Australians, Dr Ayres will elaborate on the professional cultures

and systems that underpin Australia's rich and connected cultural collections.

The annual lecture will be held on July 26, 6pm for 6.30pm at UWA Club Auditorium, Crawley.

Tickets - \$40- per person - bookings www.trybooking.com/search-events.

Or call (08) 9386 3841 Email: admin@histwest.org.au Website: www.histwest.org.au.



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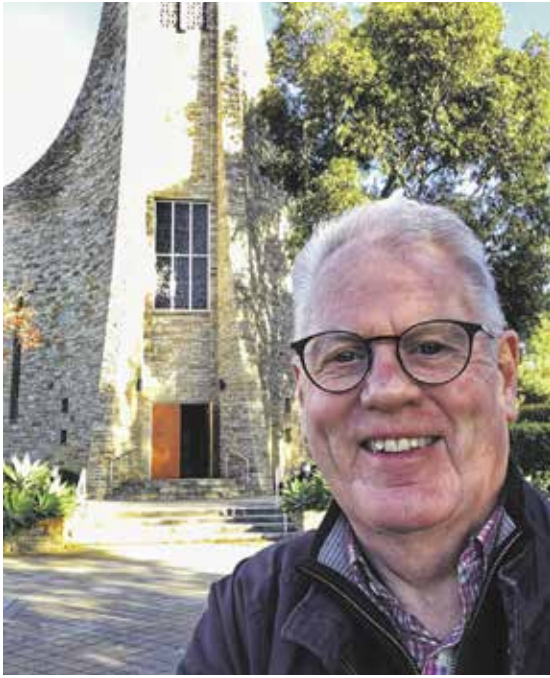
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Local author's story of Irish priest who built a fine church



Walkley-award winning journalist Richard Goodwin

by Josephine Allison

FATHER Bonaventure Leahy was an unassuming Irish Dominican priest who came to Perth as a young man and built a church often described as the most beautiful in the southern hemisphere. Walkley-award winning

journalist Richard Goodwin has written a book, *Stone of Eternity*, which describes how a gifted amateur architect created one of Australia's finest churches. Richard, who has worshipped at the church, Our Lady of the Rosary in Angelico Street,

Woodlands, for the past 35 years, says the book is partly a biography but also a tribute to outstanding architecture.

"The church is one of the best kept secrets because it is located in a quiet suburban street and is not as well-known as it should be."

The book evolved when the parish council wanted to do something to mark the 50th anniversary of the church consecration on May 30, 1973.

"We had a few clippings and a little brochure from the time but thought we could do something more substantial, although at the beginning we didn't know what the result would be," Richard says.

"As the months passed, the research was quite successful and there were people from around at the time still here, survivors from the era who worked with the brilliant Father Bonaventure Leahy who was the designer and supervisor of the building.

A big breakthrough for Richard came when he was approached by a

Dominican nun from the parish who told him Leahy had fallen ill a year before the church was finished, suffering a mental and physical breakdown which meant he was unable to continue.

"She told me a young priest Niall McDermott, Leahy's priestly partner in much of the work, who saw the project to its end, was still alive and living in Dublin.

"This opened up a whole new chapter for me and we spent many hours exchanging stories.

"Niall was the author of the original pamphlet; he was a godsend for me, the book would only be half as good without his memories.

"Father Leahy died aged 70 in 1990. He joined the Dominicans from 1949 and was sent out to Australia still in his 20s, working in Adelaide, Melbourne, Canberra and New Zealand.

"He battled poor health and came to WA in 1968 to help build a couple of classrooms at Holy Rosary School in Doubleview. Then his brief was expanded to have a go at

creating a parish church because there wasn't one at the time. It turned out to be his biggest and most successful project and his last, because he was a meticulous, fastidious worker."

Leahy wasn't a professional architect but he had done some architectural units at Dublin Technical College in the early 1940s as part of a building studies course.

"We called him a gifted, amateur architect, words given to me by a lady in Canberra who had written about some of his buildings there.

He applied himself to the Perth project day and night, living across the road from the site. For 18 months he visited the site, trying to understand the lay of the land and climatic conditions. He knew nothing about WA, he was a Dubliner, the son of a butcher, but he did tour the Mid-West looking at Monsignor Hawes' buildings from early that century, including St Francis Xavier Cathedral in Geraldton.

"Leahy was working half a century later and

this was a suburban site, but he did learn a lot about using WA materials and understanding the WA climate. The big breakthrough for him was when he met an Italian stonemason, Adriano Gosatti, who ran a company supplying stonemasons to building sites and also had a licence for Toodyay stone, the beautiful quartzite material.

"There were few words Leahy recorded but he did tell journalist Mark Irving in a newspaper interview that he fell in love with Toodyay stone and was determined to use it in his building "because it reminds me of eternity."

"The curved walls internally and externally are all built in Toodyay stone. Leahy and the team of stonemasons including Charlie Garreffa, who supervised the crew on site, ensured every stone was laid with great precision.

"Leahy would visit at night to check everything done during the day had been done correctly and if it wasn't right he would get his plumb line out."

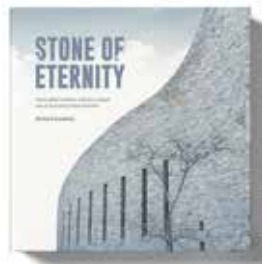
The church has seen many dignitaries visit-

ing mainly for funerals down the years including Gough Whitlam, Kim Beazley and former WA premier Mark McGowan.

In a tribute to Father Leahy in the book, the Dominicans official obituary says: "He was a quiet man of great faith, a perfectionist whether as a draftsman or as a religious."

Richard Goodwin is a former daily newspaper editor and Walkley-award winning journalist. In retirement, he has won many photography awards and written a series of biographies and family histories.

Stone of Eternity (\$20, pp\$10), is available from doubleview@perthcatholic.org.au 9446 2055 9.30am-12.30pm Tues-Fri or email goodies.ar@inet.net.au or phone 0434 309 414.



Clinical research into cardiovascular risk factors - volunteers wanted

RESEARCHERS at Curtin University are investigating ways to manage and reduce cardiovascular risk factors.

Professor Christo-

pher Reid who leads the university's Centre for Clinical Research and Education (CCRE) says high blood pressure, along with other risk factors such as

high cholesterol levels, diabetes and sedentary lifestyle can contribute to increased risk of heart attacks and strokes.

The centre works

with other researchers across Australia and overseas to conduct research which can improve health outcomes for all people.

The CCRE has re-

cently finished recruitment to a world first study investigating the effects of statins on healthy older people, and it is expected the results will help guide general practitioners in the use of statins in the over 70 age group.

Current and upcoming projects include de-

tection of atrial fibrillation in the primary care setting, management of hypertension and a survey for diabetics and their GPs investigating the optimum timing of their daily medication.

The centre appreciates the support of consumers and community members who volunteer to work in partner-

ship with researchers to help inform priorities and practice for future research, as well as those who participate in research.

If you wish to find out more about the research and how you may be able to help, please visit the website ccre.org.au or phone 1800 971 022.

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A fine jeweller whose work reflects his love of the WA environment



John Miller at his work bench in his Yallingup store

by Josephine Allison

JOHN Miller has a deep affinity for Western Australia's flora and fauna which is reflected in the beautiful, intricate pieces of fine jewellery he has created down the years. John, who celebrates 50 years in his profession this year, is still passionate about what he does and the satisfaction it brings. Speaking to *Have a Go News* from Yallingup, John says: "When I was 18 I was offered a job in a silver jewellery shop. I thought, this is great, I would love to do this for a living."

"It was the roaring 70s, everyone wanted silver jewellery and I was a rock

star. It was long before the big silver jewellery imports from Indonesia and Mexico and there wasn't a lot of silver jewellery here; everyone wanted rings, bangles and chains, the summer of love stuff was happening.

"That was a big kick-start for me, I was in the right place at the right time. Since then, I've gone from strength to strength."

John first started work in a small silver shop overlooking the ocean in Eric Street, Cottesloe. From there, he worked for a Dutch jeweller, Monty Holst who, he says, "taught me lots of stuff".

"I worked side by side with Monty at the Silver Nugget in Subiaco.

"I had friends in Darwin post Cyclone Tracy who said 'there aren't any jewellers here, why don't you come up', so I opened a tiny shop there and got a job teaching jewellery at Darwin Community College, now a university, having to teach was a steep learning curve.

"I did well there but Darwin seemed so far from friends and family in Perth. I opened my first jewellery shop in Broome called *Dampier's Chest* in 1979 which was a success and inspirational drawing on romance and the ocean.

"I started thinking about a chest that hadn't been opened for 100 years, the wonderful icons of

the Kimberley – luggers, pearls and shellfish, sea-shells, divers and mermaids. It set me on a trajectory of design which has developed from there."

In 2000 John moved south to Yallingup and opened a small shop, his work reflecting the romance and beauty of the South-West forest, wild-flowers, kangaroos and emus:

"That was besides setting a lot of diamonds, pearls, rubies and sapphires into gold rings in the meantime because I love doing that too.

"I try to make really good quality work because that is the way to go."

Today, John Miller Designs has two shops in Margaret River and Yallingup, 15 staff and five trainees and a lot of devoted clients.

"It's grown into something really beautiful and, at 68, I could retire, but what else would I do?"

Always busy, he is considering opening another shop in Broome and will visit the town in a few weeks to look at possibilities.

John will return to the Margaret River Region Open Studios event this year. Around 160 artists will throw open their doors for two weeks from September 9 – 24 to show their works in progress and finished art and

allow visitors to watch them create.

"It has been running for 10 years and it's wonderful for us down here, a big boost to the South-West economy," he said. "There's such an incredible diversity of artists and creators painting, printmaking, making furniture, sculpture, pottery and jewellery with people from all over Australia and internationally attending.

"It's a blockbuster event which I would like to see become the biggest visual arts event in the country."

John is a Fellow of the Gold and Silversmiths Guild of Australia.

"It's a great organisation which I feel privileged to be part of, it's essentially by invitation only. I was invited by the chairman to join about 10 years ago.

"There are about 250 of Australia's most talented and creative jewellers and that means we all have hallmarks put on our work. These are little stamps of a kangaroo head for being a guild member followed by a letter for the year. This year is Y, next year Z and the following it will

start with A. This has been going on for 600 years. All the hallmarks and makers marks are registered with the Worshipful Company of Gold and Silversmiths in London."

John was born into a motivated and artistic family, his mother was author and historian Dame Mary Durack and his aunt artist Elizabeth Durack so he grew up in a house surrounded by creative artists and creators and a house full of art, spending a lot of his childhood in the Kimberley and the South-West.

"A lot of my work initially was to make my mother happy because she loved my work and seeing me being successful. But a lot was driven by my passion for the environment and the diversity of the industry. Jewellery can be

traced back 80,000 years to when people started putting on seeds and beads and wearing them around their neck."

John, who has three adult children, loves walking on the beach near his home, gardening and enjoying his spare time "in a beautiful place with the beach, kangaroos, magpies and possums as my friends."

He also has another life as a musician, singer and songwriter.

"I play guitar and sing regularly with friends at home and at a few local venues. It keeps me busy."

To plan a visit to the Margaret River Open Studios visit www.mroopenstudios.com.au. To see John Miller's jewellery visit www.johnmillerdesign.com.

An interetesting series of lectures from MALA

PERTH Mature Adult Learning Association's (MALA) second semester lecture program 2023 is due to commence on August 25.

The program is a series of five, one-hour lectures, requiring no prior knowledge, and no assessment, but affording information and enjoyment in attendance, from knowledgeable presenters, some who have presented before and also new lecturers ready to inform and stimulate.

Topics include:
Fragments of Italian Beauty by Dr Fausto Butta;

Ancient Rock Art of the World with Prof Benjamin Smith;

Maritime Archaeology by Patrick Baker;

A brief into Laws of Evidence with Dr Stephen Shaw;

Language, Life and Time by Daniel Midgely;

Perth and surrounds 1829-1910 with Anthony Albom;

Our Solar System and other Planetary Systems by Prof Steven Tingay;

Is it all Just Rubbish? Waste Management.

Exploring Altered States, with Candice Myers

Alchemy Medicine, Power and Creativity with Antonia Naarstig;

The chemistry of criminal investigation with Dr John Coumbaros

Behind the Scenes at

five of Perth's Performing Arts Companies.

It's time to check out

www.mala.au from early July, for information about affordable enrol-

ments at George Burnett Leisure Centre, in Karawara South Perth.

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Where opinions matter... are we at a turning point for the rights of seniors?



The demand for high-end aged care could surge by nine per cent a year for the next 20 years



Seniors will continue to get louder with the number of Australians aged 85 and over rise from about 540,000 to 1.28 million in 2041 – just 18 years away.

“Residents of large and old-style nursing homes sit alongside prisoners as the only groups in Australia still living in institutional settings,” said Geoff Rowe in *The Australian*.

Mr Rowe, boss of Aged and Disability Advocacy Australia wants 10 per cent of Federal Govern-

ment aged-care reform spending used to explore ways to deinstitutionalise care given to those in their twilight years and a better chance to aged well.”

Seniors obviously want to stay in their homes for as long as possible. It makes sense for their care and comfort and also, for the nation, economically and morally.

Craig Gear, boss of Older Persons Advocacy Network, says older people are crying out for more diverse accommodation so they can live where they want, in the way they want.

This was reported front page in the national daily – significantly indicating how seniors’ voices are getting louder and being heard in the right places, filtering through to MPs. In an editorial, the

newspaper wrote: “The emerging crunch in the nation’s aged-care system is no surprise.”

It quoted Kylie Ward, boss of Australian College of Nursing, saying it would take five to 10 years to recruit enough staff to meet the Prime Minister’s goal to have 24/7 nursing care in all residential aged care centres.

Meanwhile, two-thirds of nursing homes are running at a loss, losing an average \$28-a-day for every resident.

This financial year, Canberra budgeted \$27 billion for in-home and residential care, rising to a massive \$35 billion by 2025–26.

Geoff Rowe said there was an alternative to returning to anachronistic 100-plus-bed nursing homes homogenising

the lives of older people. The disability and mental health sectors recognised, decades ago, the benefits of people moving to community-based living and support.

The large, old-style, multi-bed centres tended to foster a loss of autonomy, freedom and purpose, as well as feelings of isolation and sometimes abuse and neglect.

The aged care royal commission found 1.3 million Australians received aged-care services in 2018–19, including 840,000 people on the Commonwealth Home Support Program.

More than 240,000 people were in residential aged care and another 133,000 were receiving home-care packages.

Mr Gear says the options possible for seniors

include mobile and manufactured homes, rental retirement villages, small communal and home-care arrangements – much of it depending on market demand.

The demand for high-end aged care could surge by nine per cent a year for the next 20 years.

The editorial said: “Most people, understandably, will want to stay in their own homes but some will need residential care within a few years.”

And there is the looming point of realism: To meet our higher-standard expectations, there will need to be “an element of user-pays”.

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

by Lee Tate

THE time for Australian seniors, who claim they have been fruitlessly searching for an effective voice for decades, has arrived.

Along with Indigenous people, the disabled and the disadvantaged, seniors are being heard. It

is a turning-point for politics, economics and our health care sectors.

The sheer weight in seniors’ numbers has helped wake-up governments, acknowledging the embarrassing failings of the embarrassing failings of past so-called care and support systems and treatments.

The rising voice of se-



Rug Up Perth - ABC Radio Perth Winter Knitting Appeal - help wanted

WE hear stories about people who are homeless all the time – the rental crisis and higher cost of living is causing accommodation insecurity. More than 9,000 people in WA on any given night are experiencing some form of homelessness.

How many times have you walked past someone on the street and wondered how you could help?

If you can knit or crochet, afford to buy a beanie, a blanket or you have a sleeping bag you don’t use, we need you.

ABC Radio Perth have partnered

with The Salvation Army and Country Women’s Association of WA and are seeking donations of new or lightly used blankets, beanies, knitted or crocheted squares and sleeping bags in good condition.

ABC Radio Perth Breakfast presenter Stan Shaw (pictured left) said: “Every day on the radio I am hearing stories of people doing it really tough with the cost-of-living pressures, so I hope this campaign goes a little way in helping Perth’s most vulnerable.”

“As far as my own contributions to Rug Up – I dabbled in knitting when

I was a kid, watching my Mum stitch beanies and scarfs together. It’s been a long time since I tried my hand at the knitting sticks so I am hoping that listeners will come onboard and help me out.

“Who knows I might even finish my first ever Freo Dockers beanie by the end of the campaign.”

Donations can be dropped off at ABC Perth or Salvation Army stores in the metro area until July 31.

Join the team at ABC Perth studios for the Knit In event on Thursday July 27 and help stitch together donated

squares and enjoy entertainment and breakfast.

For details, listen to Breakfast with Stan Shaw on ABC Radio Perth and visit abc.net.au/rugupperth.



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We are all on the same side - Lee Tate looks at both sides of the Voice



by Lee Tate

THE VOICE referendum is widening the debate to how best to support Indigenous communities.

Australia is divided on the Voice but both sides have a common goal: to narrow the gap between Aboriginal and Torres Strait Islander people and non-Indigenous Australians.

Division isn't new to Australians: same-sex marriage, a republic, daylight saving and weekly sport games.

After the years of work, emotion and huge taxpayer cost that has embraced and followed the Uluru Statement from the Heart, rational debate on the Voice is required.

In the mood for a fresh look at reform, *Have a Go News* has compiled a list

of the issues as we prepare to vote.

The referendum supports two planks: the first is a united voice for Indigenous peoples.

Indigenous peoples already have the National Indigenous Australians Agency to provide a voice, operating on a yearly budget of \$4.47 billion with 1,317 public servants. The Voice will be in addition to the NIAA.

Indigenous people have the same avenues of communication open to all Australians: federal and State parliaments and numerous other federal and state Indigenous bodies.

The second referendum plank is Indigenous recognition in the Constitution. But, tacked-on to the Voice proposal, it does not allow for a Yes vote just on recognition of First Nations people and their contributions.

Also, Indigenous people are acknowledged in Native Title rulings at Australia's highest legal levels: the High Court, State courts and numerous tribunals. Here, Indigenous people have rightly been recognised with their land-holdings acknowledged

and marked and compensation paid when lost.

National recognition was delivered in Federal Parliament by then Prime Minister, Kevin Rudd, acknowledged by all political parties.

Australia's biggest mining and pastoral companies recognise and compensate Indigenous peoples through legally-acknowledged settlements and partnerships, acknowledged by international partners, other companies and governments.

There is also the argument that a costly referendum is unnecessary. Federal Parliament could have legislated the Voice.

Questions are also raised over what the Voice will really change for Indigenous people.

The elected Voice members will add another level of bureaucracy in Canberra. Their elected members' effectiveness will depend on their abilities. What will count will be the government's response to the Voice.

Voices were long-heard before eventual action on aged care, the disabled, mental health, church and family-related abuse.

Despite generations of loud voices, the birth weight of Indigenous babies still fall well behind non-Indigenous babies, nine out of 10 Aboriginal children in remote areas still suffer with untreated middle-ear infections

leading to hearing loss.

Remote Indigenous communities are without basic health and education support systems.

The sincerity of the Uluru Statement from the Heart is not in question but Indigenous people are divided on the Voice.

Dean Parkin, from the Quandamooka people in Queensland: "With a Voice in place, the Parliament and government will be able to access direct intelligence and experience from Indigenous people across the country."

"A minister or parliament will be able to take what they want and make decisions as they do now - they won't be forced to act in any way."

Nyunggai businessman, Warren Mundine AO, said: "The Voice is a threat to Aboriginal communities and organisations. Traditional owners are a voice and we need to empower them, not go over the top of them."

Aboriginal woman Janetia Knapp of the Western Australian Party: "Based in Canberra, (the Voice) will supposedly be making the decisions in the best interests of all Aboriginal people. Western Australia's Aborigines have different issues to those of the eastern states and it is not a one-size-fits-all approach that is required."

"We currently have 11 democratically-elected

Indigenous members of Federal Parliament as our representatives. It's OK to say No."

Opposition Leader, Peter Dutton: "Changing our Constitution to enshrine a Voice will take our country backwards, not forwards... the Prime Minister is dividing our country, not uniting us."

Indigenous Affairs Minister, Linda Burney: "It is about making sure the voices of Indigenous Australians in remote and regional communities are heard and not ignored."

Prime Minister Albanese: "It is clear that engaging directly with Indigenous people leads to better outcomes."

Corporations aren't waiting for the Voice, supporting Indigenous programs and partnerships.

More jobs for Indigenous workers and funded programs are getting results including BHP, Rio Tinto, Fortescue and Rinehart-related companies (who are also making amends for past errors).

WA's MinRes has committed \$600,000 to boost service delivery in remote East Pilbara of an ear health program with the

Puntukumu Aboriginal Medical Service and Rural Health West.

Woodside has developed a First Nations Advisory Roundtable where executives share views on topics including Indigenous self-determination and climate.

Woodside boss, Meg O'Neill, acknowledging past mistakes, said the company supports the Voice.

The Voice proposal widens the debate: Where do the billions of taxpayer dollars spent yearly on Indigenous programs go, who makes the spending decisions and what are the targets and goals?

We are all on the same side.

Yes and No voters want the best support for long-suffering Indigenous people, especially those in remote and regional areas.

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Assistant music director needed

WEST Coast Singers are the new version of the West Coast Chordsmen. They are in the process of morphing into a mixed community choir based in Joondanna.

The group are looking for someone interested in joining and helping to lead a bunch of cheerful, tuneful, (so far mainly male) singing seniors. You would be asked to assist, and where necessary, relieve the present music director in coaching and preparing the group.

The West Coast Singers rehearse at Joondanna on Friday mornings and the repertoire, in unison and up to four parts, ranges between Giuseppe Verdi and Harold Arlen, and more.

Enquiries, please, to Bruce Okely 9447 0719.

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Money isn't everything but it ranks up there with oxygen



by Rick Steele

BOB Hawke might have got that one slightly askew. Oops a daisy! Anthony Albanese has made no secret of his desire to govern in a consensus style "Hawkey" type way. Well here we are 30

years later and we are facing more kiddies than ever living below the breadline. What you going to do Albo?

In 1992 I wrote the lyrics; "Love don't feel like it ought to, and half the country's crying in the land of plenty."

It was 1979 when the Argyle diamond mine was discovered. That prompted me to write in 1980: "We got diamonds by the tonne up north, but what's it worth to you and me?"

Mind you, I'm not complaining. If you are lucky enough to scratch a living doing what you

want to do, you have to expect to be near the bottom of the food chain. I remember when the bass player was celebrating his birthday and said he'd buy the band a beer. We all thought we were going to get one each! We had a drummer laddie from Dundee who took his car down to the garage for the 'free air'... blew up all four tyres.

Lucky me, I'm doing fine living on 'Alban-easy street'; I get a pension now and I am blessed with a roof over my head.

Since arriving in this

glorious state in 1971, I've been through that many booms and busts and never really noticed the difference. It has however always kept me thinking as to where all this amazing perceived wealth from the state's resources has gone? I know money isn't everything but it ranks right up there with oxygen! I just want a chance to prove that money doesn't make me happy.

I wrote back in 1982, with a family of two toddlers and twins on the way; "money talks, that may be right, but it don't

talk to me."

Bob Dylan wrote: "Money doesn't talk, it swears!"

A few moons back I was considering writing an album with a song dedicated to each of the seven deadly sins... pride, greed, wrath, envy, lust, gluttony, sloth. Some other bugger beat me to it and good luck to him. However, after many thoughts and numerous amber fluids, if I remember correctly my conclusion was that greed was probably numero uno.

Money and riches seems to totally con-

sume people, and in most cases for life.

In *The West Australian* Business section this morning, Monday June 26 it was reported WA mining and energy companies contributed \$99 billion to the Australian economy last financial year. We do see some figures on executive salaries and there are some wonderfully generous philanthropists in our community, but surely with the billions that has been generated from West Australian resources we should be able to home more of the poor.

We're not alone, and I

read that Prince William, inspired by a visit to a shelter 30 years ago with his mother, is planning to build social housing on his own land.

"Go Will!"

The weather report tonight reports winter is here and it is going to get particularly cool.

Might have to light the fire...

When I was young, on a freezing July night, my dad came home from work and found me sitting in front of a roaring fire. That made him very angry cause we didn't have a fireplace!

Cheers dears.



by John Rando, lawyer, musician, existential philosopher

WHEN I was twelve years old, my voice broke.

Until then I had an angelic, sweet, sonorous beautiful voice and sang in my school choir at His

Who wants to join the Rando Existential Singing Dog Choir?

Majesty's Theatre.

My musical world suddenly changed. Dramatically so. My voice dropped a couple of octaves and I began to grow black hairs on my chest and upper lip. Initially it scared me. It seemed I have been possessed by an alien.

It wasn't long before I began singing in rock bands. In my first pub band I sang songs by Billie Thorpe and Elvis songs then descended into the blues. Songs by legends *Howling Wolf*,

Elmore James and *The Blues Brothers*.

Eventually, this singer - Marlon B Rando, hailed by music magazine *Express* as a blues legend in the making - was able to get away with growling and grunting the blues. And getting paid, to boot.

Recently it has occurred to me, dogs love to howl, wail or whimper whenever I sing or play a musical instrument, especially the piano accordion.

Some dogs seem to

adore the sound of this much aligned instrument, rather than guitar, harpsichord or violin.

Cats however, hate the sound of music of any kind and leave the room whenever I start playing.

Historically dogs have been touted as man's best friend. They love to integrate with humans and sing-along although not as melodic as many of us humans. Wolves love to howl at the moon.

My concern, is more dogs are tone deaf and

out of tune. This may be due to lack of the training and coaching which I received at the age of 13.

So, as a self-declared accordionologist, I have recently founded the *Rando Existential Dog Choir*.

I've noticed dogs prefer to sing-along to the wheezing, wailing sound of the accordion rather than the plucked percussive sound of a guitar or piano.

Dogs, our furry faithful friends, are more

sophisticated and intelligent than we think.

It is said they have the emotional intelligence of a two-year-old child. New evidence suggests they have distinct musical taste and may enjoy a sing along or at least a growl-along or bark-along especially when offered dog biscuits

I've listened to songs by vocalists Tom Waits, Janis Joplin and Lee Marvin who may have missed out on singing lesson but knew the value of having a go. Bless

their little fat wallets as they may have made more money than me.

Elvis sang: "*You ain't nothing but a hound dog*". Mick Jagger sang about: "*Walking the Dog*"

So I have founded *The Rando Singing Dog Choir* which will comprise of me, playing the accordion, a great Dane (baritone), a fox terrier (tenor) and Chihuahua (soprano).

Our first gig will be at the dogs' home as the unloved inmates may need a cheer up.



Rosemary is Regent of her record collection.

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Rosemary loves nothing more than listening to her favourite tunes in her meticulously maintained music room, so when her hip wasn't feeling so fly, she was grateful the team at Brightwater could offer her a hand. If you need help at home, stay in command with our home care services, whether it's nursing, physio, or help around the house.

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Centrelink update - let's talk about elder abuse in the community



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

IT'S horrifying to hear stories of elder abuse in our community. But it's important that we talk

about elder abuse, so we can work together to prevent it. The abuse can take many forms, including physical, emotional, financial and psychological abuse.

Fortunately, Services Australia's Aged Care Specialist Officers (ACSOs) are making a real difference by being aware of and supporting older Australians in vulnerable situations. They regularly link customers and their concerned loved ones to vital supports and services in the

community, including social workers.

Services Australia's aged care specialists have found that neglect or abuse can sometimes come to light when speaking with an older person about their aged care needs. They have a crucial role to play in this area with the skills and knowledge to help older people who need support.

One of the key ways ACSOs can support older people in vulnerable situations is by providing

information and education to family members and friends who care for and want the best for the older person.

Information about respite, or access to a Home Care Package, can reduce the stress the family is experiencing. This is crucial if the older person is affected by dementia or another chronic health condition.

Of course, preventing elder abuse is not just the responsibility of ACSOs and other workers in aged care. It's something

we all need to take seriously.

If you see the signs of elder abuse - don't look the other way.

Anyone can call the free phone number 1800 ELDERHelp (1800 353 374) to get information and support to prevent elder abuse. The phone line has been set up in collaboration with state and territory governments. Of course, in an emergency always phone triple zero (000).

If you have a concern about the care you or

someone else is getting in aged care, it's important to talk about it. You can make a complaint on the Aged Care Quality and Safety Commissioner website and they'll investigate.

Services Australia's ACSOs is a free service available for face-to-face appointments in more than 80 service centre locations nationally.

Staff in all Services Australia service centres can help people with general information about My Aged Care

services. They can help connect people with specialised assistance, including using My Aged Care's online or phone service.

Find out more at www.servicesaustralia.gov.au/myagedcareface2face

Until next time.

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.

Brighten your day with the joy of flowers



WINTER has certainly hit Perth with a vengeance. So, we need to brighten up our days and what better way to do that than with flowers?

Featured this month is a very

colourful and absolutely stunning design by another of our very talented members, Emma Manger. This design is quite contemporary in nature, but our group covers all

different styles of floral art - traditional, modern, European, to name but a few.

If you would like to find out more, visit our website www.wafloralart.org.au. On this site you will find all the details of where and when we meet, plus much more, including photos of designs. You can also use the 'Contact Us' section on the website and we will respond as soon as possible.

We look forward to hearing from you.

Denise Shelbourn, President, West Australian Floral Art Society Inc.

Scratchies up for grabs



EACH month we give away five, \$20 Lotterywest Scratchie packs for some lucky people to win, and we are always hoping one of them jags a big prize.

To be in the draw, simply email win@haveagonews.com.au with Scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/8/23.

Congratulations to our May 2023 winners... Linda Watson, Gail Donohoe, Allen Berryman, Dorothy Lalley and Rosalie Howard.

Do you have or know someone with Alzheimer's?

Researchers at the Curtin Health Innovation Research Institute have discovered a new treatment that may be able to support memory in people with Alzheimer's disease.

Places are now available for a clinical study to test this new treatment.

You may be eligible if:

- You are between 18-84 years of age
- You have been diagnosed with Alzheimer's
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Interested in FREE digital mentor training? In July we will hold short sessions in **Wanneroo, Clarkson and Girrawheen.**

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Making conscious choices - is your coffee costing the earth?



Land suitable for coffee cultivation globally could halve by 2050



likely, changing the areas suitable for production.

The land suitable for coffee cultivation globally could halve by 2050. Drought, an increasing range of plant diseases and impacts on the insects that pollinate coffee plants could also affect production. Synchronised crop failures across regions could mean that, if there isn't enough coffee stored from previous years, we could expect

the price to increase.

It isn't all bad news though. The coffee industry is a leader in adapting to climate change. Some of the big companies are working with farmers in coffee-growing areas such as Indonesia to help them adapt to changing conditions, providing seeds and suggesting new agricultural practices.

With rising prices, my coffee addiction is getting expensive. Already I choose organic coffee beans - farmed without the use of synthetic fertilisers or pesticides - that are better for the environment and health.

This raises another question - how do I navigate the ethical choices around coffee, includ-

ing carbon emissions? I found some answers in a recent article in New Internationalist magazine.

"Under present conditions, carbon emissions will be an inevitable part of your addiction to a drink that is grown on the other side of the planet. But clearly, our ethical inquiry doesn't end there.

"I think you should start by asking your local coffee shop about the provenance of their beans and whether they have considered using Fairtrade alternatives. They may have good reasons as to why they buy the coffee they do; or they may have never thought about this stuff."

According to the author, researchers have found that changing how coffee

is grown, transported and consumed can slash the crop's carbon emissions by up to 77 per cent.

"In other words, there are dirty and cleaner types of coffee - and if we're the kind to consume a lot of this stuff, we probably really should be pressing ourselves and others to take the least bad option."

Fair Trade-certified coffee (with the internationally recognised Fairtrade logo) means that the coffee has been audited throughout the supply chain to meet certain sustainability and labour standards. It's one way to ensure that coffee growers earn a reasonable living.

And then there's the vexing issue of coffee pods and capsules which

should never be put in your recycling bin at home. They can only be recycled through specialised recycling programs. As well as the waste issues, they have a hidden social impact. Their growing popularity has pushed greater value to roasters and brands with very little making its way back to the farmers.

While the global coffee industry now generates more than \$200 billion per year, the average farmer's income has not changed in the past 20 years - or has actually declined when taking into account higher farming costs.

Understanding the facts can help us to make conscious choices so that we can enjoy our coffee with a clear conscience.

by Karen Majer

I READ recently that coffee is one of the crops most affected by our changing climate - good

coffee will become increasingly difficult to grow and expensive to buy. Projections show a continued rise in temperatures in the tropics is

A new financial year is a good excuse to start afresh



by Jon Lewis

HAPPY new year, my accountant George

merrily greeted me. Financially it's here, July!

I smiled so as to try and join in the spirit, but alas money does not excite me quite as it did my friend, however when he exclaimed how much he loved figures, I had to agree.

What does all this add up for me to share this with you now? It was the idea this was as good a time as any to make a new start. Often

it is easy to get bogged down in the usual way of doing things. The set pattern of events follows, and the same result is almost guaranteed.

With this thought, I decided how wonderful it could be to make a fresh start at something.

I thought for a moment and began with spinning a basketball on my finger... I can imagine dear reader

how strange a statement this might seem. It does, if you can bear to bear with me, illustrate a point.

Over the years I have fancied myself to be the cool guy who could casually spin a basketball on his finger, while looking around the room for adoration. I have had this thought for many, many years. After all this time, I have only achieved a quick spin

followed by an awkward wobble and funny little dance to fetch the ball back. Anything but cool.

Today, I embarked on a change. I moved from my index finger to a different finger. Who knows I thought, perhaps for all these years I was using the wrong finger?

My index finger did seem a bit pointy and not really mechanically

adapted to making a good pivot. So, I gave the ball a spin and guided it to my alternative finger and... there it span. For quite some time. The ball balanced and rotated and to my eyes, it did it beautifully. Frankly, I was amazed and cried out in delight.

All I did to achieve this, was try a different finger, there was nothing more to it.

I really embrace the

idea of a new start in July... I can't wait to try more, new, non-daring ideas, like a new recipe for dinner, any suggestions?

Oh, talking of basketballs... why was Cinderella no good at basketball? It wasn't her poorly purposed slippers, it was because her coach was a pumpkin.

Happy new year... financially, All the best.

The New TV Speech Clarifying Soundbar Surpassing Costly Hearing Aids as a Must-Have Alternative



MOST RECENT REVIEWS

"The TV Voice Pro Soundbar makes the dialogue 'pop out'. I no longer use the captions, even for watching movies, it's fantastic." - JULIETTE, SA

"The quality of the new soundbar is extremely good, I can now take out my hearing aids and listen to any program with my natural hearing, without having to increase the volume and I can hear everything that is being said. Excellent product." - DANNY, SA

"We had a top of the range commercial soundbar and were missing a lot. The TV Voice Pro changed that immediately. Very simple to set up. Thank you, we are delighted to recommend this product." - RON, VIC

"Now I can hear what they are saying on the TV! ...and I was able to set it up myself whereas I usually need help from my grandchildren for anything electronic." - PAM, NSW

"My hearing is challenged due to exposure to loud tractor noise in a farming context when I was a teenager. I have quite good hearing aids but still struggle when there is background sound during a conversation. The Voice pro has made a very big difference by apparently reducing the relative volume of background sound. It is well worth the investment." - MIKE, QLD

"This TV dialogue specific soundbar is a revelation for my industrial deafness problem. Can now hear clearly what is being said, even with background music. Great product." - ROBERT, NSW

"I love my new soundbar now I can hear every word that is said on TV. Movies are great to watch now." - SANDRA, SA

"I can recommend the soundbar to anyone with hearing difficulties. We always had to have the TV so loud for my husband, now we can all enjoy the audio in comfort." - CHRISTINE, NSW

"I can now take the text off the screen and hear the words which are being spoken." - ALAN, QLD

"We noticed a huge difference from the minute we plugged it in. The clarity of the dialogue is amazing." - LEE, NSW

"I have virtually no hearing in my left ear and poor in my right ear. Subtitles were an absolute must. Even with hearing aids. The TV Voice Pro has changed all that and I can now effectively hear clearly most programs with my normal hearing aids." - JOHN, SA

"We have tried, Wi-Fi, Blue Tooth, Extra Speakers, Headphones Etc, Etc, and still couldn't hear what the people were saying on the TV. BUT WE CAN NOW!" - MICHAEL, QLD

"Excellent clarity of speech with reduced background noise and music. It looks good under my TV." - MONICA, NSW

"I am 85 years old with mild hearing loss. I have been having difficulty hearing the dialogue on both TV programs and movies where the background music often drowns it out. I was amazed when I installed my soundbar and adjusted it to my circumstances how clearly I could hear the dialogue. It has certainly made my TV viewing much more enjoyable. I was so impressed that I immediately ordered another for my bedroom TV. I would also like to add that the service was very efficient with the Soundbar arriving just a few days after ordering and the lady who took the order was very helpful and knowledgeable regarding all my questions about the product." - ROD, NSW

"The soundbar is as good as advertised. The clarity is amazing and has made a huge difference to the TV sound for my husband." - MELINDA, QLD

"A breeze to connect. Instant sound clarity and I have been able to reduce the volume level way down. Very happy with the results." - RUSS, ACT

Frustrated television listeners are now putting their hearing aids to the side for TV viewing, with the release of Australia's first TV hearing-aid soundbar speaker by TV Voice Pro. The soundbar automatically clarifies hard-to-hear TV speech and dialogue, with no need for the use of a traditional hearing aid, or even the need for a hearing test.

Hearing specialist Don Hudson says up to 70% of hearing aid wearers, including those with sets of hearing aids worth thousands of dollars, still report significant difficulty hearing TV dialogue, and are regularly missing out on much of their favourite TV programs, or attempting to solve the problem by increasing the TV volume to loud levels, to the detriment of others in the home.

Unlike traditional hearing aids, the TV Voice Pro Soundbar accesses the TV audio directly, and automatically reconfigures the TV audio to a speech enhanced sound quality, suitable for those with mild to severe hearing loss. The TV Voice Pro Soundbar then works in a reverse manner to regular TV speakers and soundbars. Don Hudson says,

"While regular TV speakers and soundbars emphasise TV surround sound effects, which often mask out the TV dialogue for the listener, the TV Voice Pro Soundbar instead prioritises dialogue for all TV audio and solves this issue."

Users of the TV Voice Pro Soundbar can select from three speech clarifying sound settings via the soundbar remote control, and have further access to clarify TV dialogue to suit their hearing needs if they



wish, by simply increasing or decreasing the treble or bass. The soundbar will automatically remember the user's preference for TV sound clarity.

The TV Voice Pro Soundbar has been designed as a sleek 80cm-long audio speaker which can sit below your TV on any hard surface, or be mounted. What's truly exceptional is that customers can even order the new TV Voice Pro Soundbar as a package with the already well-known TV Voice Pro wireless earphones. Hearing specialist Don Hudson says,

"A really unique benefit is that the new TV Voice Pro Soundbar can operate in unison with any of the TV Voice Pro wireless earphone options. This offers TV listeners the best of both worlds, allowing them to either listen to TV in private with lightweight earphones that clarify TV dialogue, or instead with the soundbar turned on when others are in the room. We have designed the products so that they can be used in unison on the same TV, or alternatively, many of our customers choose to use the TV Voice Pro Soundbar in their main living room for TV listening, and the

TV Voice Pro wireless earphones on a separate TV in the household, such as in the bedroom. This guarantees they will hear TV speech and dialogue clearly no matter which TV they are using."

The TV Voice Pro Soundbar and the TV Voice Pro wireless earphones are simple to use and can be connected to any TV in under 2 minutes.

The soundbar can be purchased on its own for \$549, or as a package with a set of TV Voice Pro wireless earphones for \$879. All TV Voice Pro products are guaranteed to connect to any TV, new or old.

TV Voice Pro products come with a 30-day money back guarantee and free express delivery anywhere in Australia. To order call 1300 300 446 or order online at www.TvVoicePro.com.au



Olivia, Grace and Gratitude by Josephine Allison

continued from front cover



L-R; Author, Miranda Young - Olivia, Grace and Gratitude is available now

"The research was a real voyage of discovery; I found this ticket which her father Brinley (Brin) bought and paid for which brought the family

to Australia in 1954," Miranda says. "German speaking Brin spent two years interrogating German pilots, using his language skills. He worked on

the Enigma project at Bletchley Park and helped take Rudolf Hess into custody during World War II. I unearthed the most incredible information about Olivia's amazing life.

"In all the research I did, I couldn't find anything bad about her. And she changed the face of how people deal with cancer."

Miranda, who started the book shortly after Olivia's passing from breast cancer on August 8 2022, says she delved deep into the archives where she unearthed a lot of material.

"I found an actual transcript in a German university library by her great uncle about her family fleeing Nazi Germany and the journey to England.

"I also enjoyed speaking with long-time friends Ian 'Molly' Meldrum and Richard Wilkins. An old friend of my husband's was the mixing

engineer on daughter Chloe's album. Lots of people I met had a happy memory of Olivia.

"It was a sad-happy project because of what happened to her, but I wanted to make this book a really positive tribute to what she left behind and what she means to people. Her legacy is incredible with so many hits and albums.

"She changed her image so many times and was the first person to win a MTV Music Video award, she just blazed away. She was an idol for artists like Kylie Minogue and Tina Arena.

"There were things she did and wasn't afraid of, she got married and had a child. She left behind a very positive legacy that virtually anything is possible if you put your heart to it and, like her songs, add a little bit of magic.

"She had that magic and,

when she sprinkled it, it just happened, that was important. She changed her image in *Grease* from the girl in a skirt, saying "yes", to putting on black leather pants projecting, "I can do it too."

"She became a big country star in America, and the latter part of her life was about positivity, healing and strength. Dad and I used to watch Fred Astaire, Ginger Rogers and Gene Kelly dancing. *Xanadu* was Kelly's last movie and she was so appreciative of having danced with him. That was where she met her future husband, Matt Lattanzi.

"*Xandau* is my favourite song of hers."

Miranda says Olivia made friends for life such as John Travolta and John Farnham.

"She kept the same friends about her for her whole career which shows loyalty that a lot of people don't get in life.

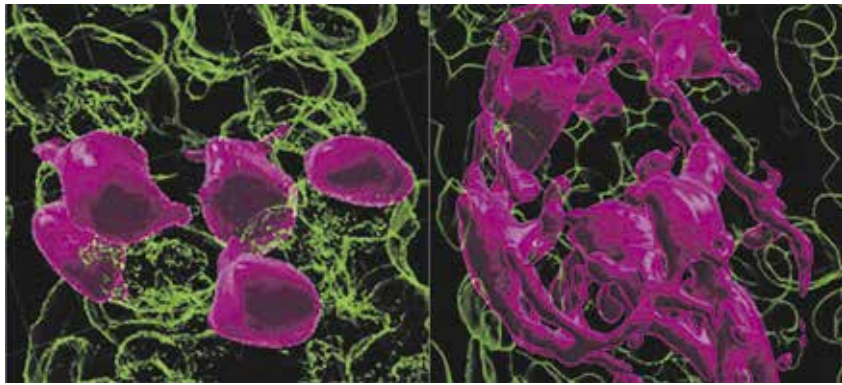
"I found out so many things about her family, that her grandfather was a prize-winning physicist, I didn't know the family lived at Melbourne University early on, I didn't know her career started after winning a singing competition on Johnny O'Keefe's show.

"She did so much from saving animals to planting trees. She found love later in life with John Easterling who she married in 2008 and they were very happy together and supportive of each other."

Olivia, Grace and Gratitude's official launch is planned for Olivia's birthday in September. As Miranda says: "Her music, like Abba's, is lasting. It makes you feel positive and good. We can ask no more."

Olivia, Grace and Gratitude (Wilkinson Publishing, \$29.99) is out now.

Let's look at why hair goes grey as we get older - can we reverse it?



Hair-colouring stem cells (at left, in pink) need to be in the hair germ compartment in order to be activated (at right) to develop into pigment. © Springer-Nature Publishing

by Frank Smith

MY hair turned grey when I was in my mid 30s. My father-in-law sported jet black hair into his 70s.

What is the reason for this difference?

Scientists at New York University Grossman School of Medicine may have found the answer.

Hair colour is controlled by melanocyte stem cells which live within hair follicles. These continually multiply but

do not become the mature cells that make the pigments responsible for colour, until they migrate from the hair follicle bulge to the germ compartment inside the hair follicle. There they interact with WNT proteins which prod them into developing into mature pigment cells.

WNT proteins (the name is derived from mouse *Int-1* and *Drosophila wingless*) are a large family of signalling molecules that have

many roles in cell proliferation within mammals.

As hair ages, sheds, and then repeatedly grows back, increasing numbers of melanocyte stem cells get stuck in the hair follicle bulge. There,

they remain, do not mature and do not travel to their location in the germ compartment, and therefore do not become pigment cells.

The experiments were conducted on mice whose hair was physically aged by plucking and forced regrowth. About 15 per cent melanocyte stem cells lodged in the follicle bulge before plucking. This increased to nearly 50 per cent after forced aging. The stuck cells became incapable of regenerating or maturing into pigment-producing melanocytes.

The result was hair continued to grow but lost much of its colour.

"Our study adds to our basic understanding of how melanocyte stem

cells work to colour hair," said study lead investigator Dr Qi Sun, a postdoctoral fellow at NYU Langone Health. "The new found mechanisms raise the possibility that the same fixed positioning of melanocyte stem cells may exist in humans.

"If so, it presents a potential pathway for reversing or preventing the greying of human hair by helping jammed cells to move again between de-

veloping hair follicle compartments."

Researchers say melanocyte stem cells plasticity is not present in other self-regenerating stem cells, such as those making up the hair follicle itself, which are known to move in only one direction along an established timeline as they mature.

Hair follicle cells never revert to their original stem cell state. This helps explain why hair

can keep growing even while its pigmentation fails, says Dr. Sun.

The team plans to investigate means of restoring motility of melanocyte stem cells or of physically moving them back to their germ compartment, where they can produce pigment. This would help patients retain hair colour as they aged.

The research was published in the journal *Nature* in April 2023.

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Letters to the Editor

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



Dear Editor,
I TAKE issue with the letter about the Aboriginal and Torres Strait Islander (ATSI) Voice in *Have a Go News* June 2023.

The writer uses questions, emotive talk, unsourced material and exaggeration in an attempt to persuade readers to vote No in the coming referendum to change the Constitution of Australia.

The amendment will insert Chapter IX Recognition of Aboriginal and Torres Strait Island Peoples (ATSI)

ATSI Voice: 1. There shall be a body called the ATSI Voice.

2. It may make representations to the Parliament and the Executive Government of the Commonwealth

with respect to matters relating to ATSI peoples.

3. The Parliament to have power to make laws about The Voice including its composition, functions, powers and procedures.

The letter writer: "Check the website of the National Indigenous Australians Agency known as NIAA." As to continuing gaps between ATSI peoples and non-Indigenous people in terms of health, life expectancy, education, employment, economic opportunity etc., the writer wrongly asserts that; "The gap was closed with the national apology by Prime Minister Kevin Rudd" in 2008. (Mr Rudd made a speech on the 15th anniversary of 'sorry day':

please see kevinrudd.com/media/Apol-2023).

According to the NIAA Annual Report 2021-22, page 109, the CEO's total salary is \$252,425 not \$2.5 million p.a. as the letter writer asserts. Where his other financial figures came from is unknown so cannot be verified. "That the NIAA has a budget of \$4.5 billion per year" is from Senator Pauline Hanson's speech to Parliament on 22 March 2023 and her twitter account but her source is unknown.

The myth of terra nullius (uninhabited land) was overturned in the High Court of Australia's Mabo decision in 1992 which recognised ATSI people's continuing connection and rights to

land through Native Title.

Ms Hanson's claim that "a lot of people have been dispossessed of their lands due to the Mabo decision" was found to be baseless in 2019 - please see apo.org.au/node/305677.

The letter writer refers to a Treaty as the next step and lists alarmist and exaggerated content from the above Hanson speech that is intended to cause unnecessary fear or anxiety. For an unbiased account, please see the conversation.com/what-actually-is-a-treaty-what-could-it-mean-for-indigenous-people-200261.

The main differences between NIAA and the Voice are that the first is an Agency of Government while the

second will be independent. NIAA is funded to support practical programs for ATSI peoples whereas the Voice does not have that role.

One of its principles is: "The Voice would be able to make representations about improving programs and services, but it would not manage money or deliver services." (Source: voice.gov.au: Fact sheet - Design principles of the Aboriginal and Torres Strait Islander Voice).

Electors in the referendum should avoid voting under the influence of silly and untrue assertions of dubious origin by fact checking.

**Carol Roe
Como**

Dear Editor,
I WAS astounded to read in Rick Steele's column that the Charles Hotel is being consigned to history.

When I met my late husband in 1969 and we started to go out, we used to meet at one of his friend's houses or the house he and his brother lived in over the next cou-

ple of years until we got married in 1971.

The group used to go to the Charles Hotel on a Saturday night occasionally and if the decision was made to stay later than 10.30pm we had to buy a meal.

Some funny things used to get said at those meals. Some of the group (including one chap who

used to get called 'Father John' due to the white polo shirts he favoured which made him look a little like a priest) used to tease my late husband over a saying he used to come out with when he had too many beers.

I have some interesting memories of the Charles Hotel and I will be interested to know when it is

closing down and anything that might be happening due to that event.

As I do not drive my only way of getting around is by public transport, so if some event is put on it would have to suit buses, so I can get to it and back home again.

**Margaret Anne Ryan
Ballajura**

Dear Editor,

I WISH to register my strong objection to what I consider to be that iniquitous practice called the 'Single Supplement'.

A lone traveller does not require a huge room with a bed and linen designed to accommodate a threesome. Simply put the single traveller is not catered for.

There are great tours advertised that appear to be reasonably priced until further investigation reveals the hundreds extra charged if travelling alone.

This industry greatly depends on the nannas of the nation. Most of whom are now on their own. I wonder how many have reconsidered taking a trip because of this add on.

It is not time to rethink the situation?

**Rose Hope
North Beach**

Dear Editor,
WHY can't the government see the only way to keep us moving forward is to enhance the apprenticeship scheme and give our kids a chance of a better future.

They keep bringing in immigrants who need to be retrained at a huge cost to us all, as over half the immigrants are not the

trades people they say they are. Even some nurses have to be retrained, so wouldn't we benefit from using our own people?

Secondly, we have stop these crazy immigration quotas simply because many of our current citizens have nowhere to live and we are worsening the situation by bringing in more people.

Finally, we need to drop the

pension age back to 65 so that we can afford to eat and not to go without power three out of seven days a week. No one will employ you so what chance do we have of a decent life. If only the politicians would listen and try to understand, fingers crossed.

Lyn and Kim Mackie

Dear Editor,
HOMES with roof top solar systems need a better deal

- Synergy says more than 400,000 WA homes have roof top solar systems.
- Are you aware that the Renewable Energy Buyback Scheme has not changed in the last 12 years?
- Electricity prices have increased by 73 per cent in the same period.
- Do you know for all the power that you send to the grid Synergy sells it back to

you at a net profit of over 23 cents per unit?

• Based on a couple of assumptions this provides Synergy with a daily profit of approx. \$940,000.

• Hence, we want the rebate to rise by the same percentage as the electricity price.

We call on the Energy Minister to acknowledge and support this proposal.

Ken Purnell

You're invited to get involved in...

Intergenerational Activities at Playgroup



"I love the children, they have so much energy. I love to watch them play."

Intergenerational activities connect people in a unique way!

There are many ways seniors and families can come together in the community, such as:

- Visit and meet families at a local playgroup
- Volunteer at a playgroup on a regular basis
- Attend an intergenerational event




"It reignites memories of family life and conversation of family life and creative activities."

To find out more or to register your interest, contact Playgroup WA via hotline@playgroupwa.com.au or on 1800 171 882.



Letters to the Editor

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



Dear Editor,
THANK you for my competition prize of a Scratchie pack, I didn't jag the big one but it was a lovely surprise anyway.
Thanks again.

Gail Donohoe

Dear Editor,
THANK you so much for the tickets to the movies to see *The Unlikely Pilgrimage of Harold Fry*. Such genuine acting by Jim Broadbent and Penelope Wilton. One that leaves you thinking afterwards. We attended Luna on SX and we had not seen a film for some time so celebrated with a meal afterwards.

**Pam & Ross Edmunds
Rossmoyne**

Dear Editor,
A FEW thoughts that I think need to be considered in the State Government's Seniors' Strategy:

The Seniors Housing Advisory Service needs to broaden its scope to include assistance to seniors who are at risk of homelessness, ie. living

in private rentals, on fixed income with limited or no assets. The fastest growing cohort of homeless are single women over 55.

All new and existing social housing needs to be of age-friendly design and appropriate for older people.

Theatres and cinemas should have

handrails adjacent to seating. These places can be dangerous for older folks and those with disabilities.

Thanks and keep up the good work!

**Wendy Morris
Member: Housing for the Aged Action Group,
National Alliance of Seniors for Housing.**

Dear Editor,
CHILDREN need smiles not missiles. They need a home, a bed, food and cuddling.

Not missiles, not submarines, ships and fighter aircraft.

The government has spent so much on weapons that they can't pay even the interest on the debt.

A nuclear war will destroy everything, even the air and the water, so why are the powers determined to have one?

The world leaders seem to be total fools. They are determined to destroy everything God created, what for?

If you are worried about rising debt, tell the government that children need smiles!

Not missiles not wars – but smiles and lots of cuddles.

**WA Higginson
Baldivis**

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

Final concert for Eddie Storm



AFTER 26 years of captivating performances the inimitable Eddie Storm OAM will perform his final show at the Mandurah Seniors Centre.

The much loved performer has an unforgettable concert planned, taking the audience on a musical journey performing a range of songs from Al Jolson to Elvis Presley.

Don't miss Ed's final performance at the Mandurah Seniors Centre on Wednesday August 2 from 1.15pm to 2.24pm.

Tickets \$5 for members and \$10 non-members. Tickets at door or call 9550 3799.

An array of interesting speakers at northern suburbs AIR

SPEAKER for the Association of Independent Retirees (AIR) northern suburbs meeting on July 20 will be Carolyn Prunster from Stroke Safe WA talking about stroke prevention and response.

The August 17 meeting speaker will be Liz Balding and she will be presenting a show-and-tell about orphan elephants.

Would all visitors and members please note that it is probable that we will have a guide dog in training at our meetings and we ask everyone to not approach the dog in

any way and to just ignore its presence at all times.

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.

AIR is restricted to the number of people in the meeting room, if you are interested in attending as a guest, please reserve a seat by registering your interest with Mike Goodall. All AIR members and any interested guests are most

welcome and they look forward to seeing you there.

Cost \$4 per person including raffle and refreshments.

For further information please contact Mike Goodall on 0403 909 865, e-mail mikecgoodall@btconnect.com for further details.

Find *Have a Go News* at The Square Mirrabooka in the food court near the massage chairs.



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Retirees Club News & Recreation



Comparing the Swiss and Australian forms of government

THE guest speaker at the Western Australian Self-Funded Retirees Association (WASFR) August meeting will be Ian Stann who will speak on the governing of present day Australia and issues of importance to our long term prosperity.

Ian is well travelled, with a background in mechanical engineering including nuclear engineering and has wide experience in teaching within schools and at the University of Western Australia. He has also completed a period as Assistant Dean of Engineering at Curtin University.

The purpose of his talk is to increase awareness and stimulate thought.

His talk will be in two parts, the first comparing the Swiss democratic system with the system which operates within Australia, the

second dealing in part with the involvement and influence of major industrial groups and the lack in the development of high tech industries within Australia.

Although Australia and Switzerland are both credited with being western style democracies, the Swiss system relies on all parties being involved in running the country at the same time, which encourages collaboration and cooperation.

The Westminster system adopted by Australia on the other hand relies on an opposition intended to make government of the day accountable. This often results in angst and theatrics played out on a daily basis to the detriment of government business, especially where the formulation

of important policy is concerned.

The Swiss also have a rotating Prime Minister known as 'first among equals' which prevents personality cults developing around leadership. The Prime Minister's time is limited in office which can among other desirable results reduce the likelihood of burn out resulting in abrupt resignation, examples of which we have seen in WA recently.

The second part of the talk will include discussion on the long-term economic prosperity of Australia and what may be impinging on that prosperity, for example the export of raw material and low technology and the import of high technology from more advanced nations.

Too much reliance on this arrangement can

lead to failure on occasions. Australia may fail to develop our own much needed high-tech industries and with it the opportunity to realise more fully high quality jobs in research, development and design.

The meeting will be held at 10am on Friday August 11 at the usual venue, the Cambridge Bowling Club, Chandler Avenue, Floreat. The guest speaker's presentation is expected to commence at 11am following the main meeting and morning tea.

Entry to the function is free of charge and ample free parking is available on site.

Further information may be obtained from Ron de Gruchy on 9447 1313 or Margaret Harris on 0417 991 947.

Discover a happy and social walking club



THERE were 130 OFFWA (Over 55 Walking Association) members who recently enjoyed their mid-year luncheon, partaking of a delicious buffet meal at the Burswood Atrium.

The food was plentiful and the choices were amazing.

Members were smartly attired (some men even wore suits), quite a change from the usu-

al walking gear in which they are normally seen.

The club subsidises the cost of the meal and there is another planned for November as that is the end of the

walking season.

If you would like to be part of this happy, social club and enjoy walking in the fresh air in some of Perth's pretty parks, come and join. The annual membership cost is only \$10.

More details can be found on the club's informative website at www.over55walkingassociation.org.au or phone the president Faye on 0449 667 558.



A year in the life Kate Chaney...

KATE Chaney has had a busy first year as the Member for Curtin. What has she been specifically involved with? What have been the highlights for her? Any lowlights? It will be very interesting to hear her speak at the next meeting of the Association of Independent Retirees (Perth Branch) on Friday, July 21.

The aim of the Association is to protect and advance the interests of retirees who wholly

or partly fund their own retirement. They meet on the third Friday of each month from 10am to noon at the Cambridge Bowling Club, Chandler Avenue West, Floreat.

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

Members (\$2) and

visitors (\$5) are encouraged to bring the correct money and their own coffee mug. Visitors are welcome. Enquiries can be addressed to Margaret (marghw@inet.net.au).

On Friday August 18, Dr Kures Pather will speak about eye health.

An AIR Investors sub group will meet on Wednesday July 12 at the same venue. Enquiries can be addressed to John (johnkwellis@gmail.com).

9 NEWS

WA FIRST 5.00

SEE THE FULL STORY 6.00



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We're supporting members to better manage chronic health conditions, such as cardiovascular disease and diabetes.

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As it happened - beyond the stories - 1960 brought in boom times



A staggering 70 per cent of Western Australians aged 16 years and over are classified as overweight

by Lee Tate

THE year 1960 began a decades-long feast of fun, fashion, the Fab Four and food. Booming and boisterous times for Baby Boomers. But it came at a price.

We've changed our habits, our outlook and

our shapes. Drugs aside, the proverbial elephant in the room is our self-indulgent lazy lifestyle.

Ironically, while we were getting fat on the land, fitness programs and diet fads exploded. Billions of dollars have been spent every year on fitness fads (and responsible



health programs).

Our lust for food fattened our stomachs. Screen-based technology boosted our bottoms.

Australia is just half-a-step behind today's average American woman who weighs as much as the 1960s average man.

Half of today's children are expected to be obese by age 35 (Harvard University research).

This means the current generation of young people is forecast to be the first in recorded his-

tory not to live as long as their parents because of weight-related health issues (*The Body* by Bill Bryson).

The average rate for obesity in OECD rich countries is 19.5 per cent. The global figure for obesity is 13 per cent.

A staggering 70 per cent of Western Australians aged 16 years and over are classified as overweight (38.1 per cent) or obese (31.9 per cent, up from 21.3 per cent in 2002).

Nationally, 66.6 per cent of Australians are overweight or obese. More men are overweight than women but the same percentage each gender is obese.

With a 10 per cent rise in overweightness over the past 25 years, eight million Australians are obese with

a projected two per cent rise this year.

But if this is the Boomers' legacy, we are also leaving next generations plenty to chew-on, with decades of science to fight the flab.

Forget the fads, there are tried-and-trusted eating plans (with the Mediterranean diet proven over many surveys) and much guidance and support.

It's time to make a stand – especially if you are like the vast majority who spend prolonged periods on their butts.

Sitting down for six hours or more a day vastly increases your mortality risk – men by 20 per cent but, for some reason, women twice that.

You are more likely to contract diabetes, twice as likely to have a fatal heart attack and more

than twice as likely to suffer cardiovascular disease. Amazingly, this occurs no matter how much you have exercised during the day (Bill Bryson).

Just getting up from your seat during TV commercial breaks burns an extra 65 calories an hour or 240 calories an evening. Surveys show that lean women tend to spend two-and-a-half hours more a day on their feet than fat people, not exercising but just moving about and this kept their weight down.

Workers on a factory floor will expend 175,000 more calories than a desk worker, equal to more than 60 marathons.

What has also emerged from research since 1960 is the importance of proper rest. You can't digest food while you are exercising because the body

shunts blood away from the digestive system to meet the increased demand to supply oxygen to muscles.

"You have to rest sometimes for metabolic purposes and to recover from the exertions of exercise," (Harvard professor Daniel Lieberman).

Life can be fun with more activity, less screen-time and less junk food. We know. We've been there!

Australia's National Obesity Strategy 2022-23 is a 10-year plan of action "to prevent, reduce, and treat, overweight and obesity. It focuses on prevention, but also includes actions to better support Australians who are living overweight or with obesity, to live their healthiest lives." Details: info@sugar nutritionresource.org.



by Mike Goodall

OVER the last few weeks I have received many e-mails and telephone calls because the accounts of every expat who holds a UK account with Barclays Bank will be closed in November, unless they either have over £100,000 or are receiving over £9,000 monthly into their account.

British pensions - bank account closures in the UK

Many people have their UK State and Private or Occupational Pensions paid into a UK Bank account so that they have pounds available when they travel to the UK.

It is almost impossible to open a UK Bank account while living in Australia. At the present time I am aware of only two possible alternatives:

1. Open a Wise Account and a Wise Debit Card Account.

First you have to set up a Wise Account. Visit Wise website: wise.com/au/83d5cc

This link should give you a free currency transfer up

to £500 or a reduced cost above that amount. Then you need to register for a Wise Debit Card. There are two types of cards, a plastic one that they will send in the mail for \$10, or a digital one for use on a mobile via an app.

Wise Debit Card can set up accounts in several different currencies. Each of these has the equivalent of BSB and account numbers for Australian dollars and sort codes and account numbers for £UK accounts and will be held in your name. Payments can be made into them in the local currency as if you were holding a bank ac-

count in each of the countries set up.

You can transfer money between your own currency accounts at the market rate and also, draw cash from your account daily, subject to daily limits for each country. All information is on the Wise website.

2. HSBC allow customers to hold a UK Bank account even if they are living in Australia. But all requests have to be done online and you must provide a good reason for requiring a UK Bank Account. To apply, go to the HSBC web site www.hsbc.com.au/ then click

on the international tab at the top. There are full instructions on how to open an overseas account.

If anyone is aware of any other alternative options, please let me know.

Many Private and Occupational Pension Schemes will only pay into a UK Bank account and some will not pay monthly in future. Many of these schemes have offered their overseas members to withdraw the full amount held. Sometimes this is the only option.

Under current UK law you are only entitled to withdraw 25 per cent as a tax-free lump sum. Any

amount more than that is taxed at 40 per cent.

Many people in the UK have been approached by scammers promising to invest the pension money which then just disappears, leaving the person being scammed with a 40 per cent tax bill.

If anyone is told that they must draw out the whole amount from these types of pensions please contact me and I will direct them to independent professional advice.

Am I UK State Pension Age?

People born between October 6, 1954 and April 5, 1960, who have worked

for a minimum of 10 years in the UK, will be eligible to claim their UK State Pensions from their 66th birthday.

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

Anyone who would like to discuss any aspect of their UK State Pensions, is welcome to contact Mike Goodall on 0403 909 865 or via e-mail mikecgoodall@btconnect.com.

Find some exciting and unusual pieces at McKenzie's winter auction

WINTER auction at McKenzies promises plenty of rare, unusual and exciting pieces for collectors of fine and decorative arts, luxury, oriental, furniture, silver and heart-stopping jewellery – viewing is free

and open to all. Bidding can be in person, in absentia, by phone or even online (registration is required).

As the recent May auction demonstrated, art is currently booming, with more than 90 per

cent of lots selling, much of it well above auction estimate. The star of the sale was the quietly beautiful Haughton Forrest painting Mount Ida across Lake Sinclair (Lot 29), estimate \$5,000-\$8,000 selling on the night for an impressive \$30,000 (Hammer Price).

The forthcoming sale includes over 130 works of Australian, International and Indigenous art and artefacts, including a rare opportunity presented by a West Australian family collection, offered for the first time since WWII, Norman Lindsay's oil painting Trio, also an Arthur Streeton watercolour painted circa 1904 during his time in England, two Percy Lindsay Sydney Harbour studies, one of which being an exquisite, small 'nocturne'.

Also, three sensitive family portraits by West Australian artist William Boissevain including a striking self-portrait, a large-scale and important Howard Taylor work from the 60s and some very fine ceramics by the acclaimed West Australian ceramicist Pippin Drysdale.

There is some very fine early English, French and Italian furniture, (including Italian Marquetry, English ebonised Chinoiserie, Georgian) and an excellent, large collection of important silver. Fine furniture is thriving, as seen in our March sale, with the astounding \$38,000 hammer price for an early Australian five-drawer chest.

Art-glass including pieces by the famous French jewellery-designer turned glass manufac-

turer Rene Lalique, and some early Murano wine goblets with 'Fantasy' gold-flecked dolphins to the stems.

Luxury includes a fine Gucci Baboushka shoulder bag, and a Gucci Double Horsehead clutch bag. Also a Jimmy Choo weekend clutch bag and another evening clutch by Lanvin.

Jewellery includes diamonds and coloured stones drawn from estate collections, also sought-after ladies and gents wristwatches and timepieces.

McKenzies look forward to seeing people at the July viewing and auction. Please subscribe to their mailing list to be notified when the catalogue is online. Visit the website www.mckenzieauctioneers.com.au

Auction and Viewing Dates:

Viewing: Saturday July 22 and Sunday July 23 11am-4pm

Auction: Tuesday July 25 6pm (Art, Luxury, Furniture, Decorative Arts)

Auction: Wednesday July 26 6pm (Jewellery, Timepieces and Silver)

Follow on www.facebook.com/mckenzieauctioneer www.instagram.com/mckenzieauctioneer



Some of the beautiful art objects and fine pieces to be auctioned

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

10.15am each Sunday
Regular services of Holy Communion


Kids Program
Kids Program; Each week the children have great fun listening to a story from the Bible, talking about it, singing, playing and doing craft.
Kids Program runs during school terms


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MODERATE PACE

11 to 17 September 2023

THE GHAN EXPEDITION DARWIN TO ADELAIDE

7 DAYS

A unique and epic experience, explore the wonders of Australia's vast interior with one of the world's most renowned rail journeys – The Ghan Expedition from Darwin to Adelaide. Beginning in Darwin, this four-day, three-night 2979km all-inclusive journey will take you to some of the most remote and captivating parts of Australia in style and comfort.



Tour Highlights

- ★ Off train experiences in Katherine, Alice Springs, and Coober Pedy
- ★ Evening off train experience in Manguri
- ★ A spectacular dinner under the stars at the historic Telegraph Station, Alice Springs
- ★ Explore Nitmiluk Gorge's powerful natural wonders and rich Indigenous culture
- ★ Venture into the underground opal mining town of Coober Pedy

Tour Cost

\$6250*

Per Person
Twin Share
or Single

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ 2 nights' accommodation at the Adina Hotel Darwin Waterfront
- ✓ 1 nights' accommodation at the Stamford Grand Glenelg
- ✓ Transfers throughout
- ✓ Breakfast daily, 3 lunches and 5 dinners

- ✓ 3 nights on board the legendary Ghan in Gold Service

- All-inclusive dining in the Queen Adelaide Restaurant, Off Train Excursions & Outback Experiences
- Access to the Outback Explorer Lounge for beverages and socialising
- All-inclusive Australian wines, beers, spirits and non-alcoholic beverages
- In-cabin music channels and journey audio commentary
- Complimentary Australian bathroom amenities

MODERATE PACE

14 to 21 September 2023

CAIRNS & THE WHITSUNDAYS INCLUDING THE SPIRIT OF QUEENSLAND TRAIN

8 DAYS

This tour takes you on an unforgettable journey through the lush rainforests and stunning landscapes of Kuranda and Atherton Tablelands before hopping onboard the Spirit of Queensland train for a scenic ride from Cairns to Proserpine. Spend three nights at the Coral Sea Resort in Airlie Beach, where you'll enjoy luxurious accommodations, dining, and easy access to the stunning Whitsunday Islands.



Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ 4 nights' accommodation at the Pullman Cairns International
- ✓ Spirit of Queensland Train Journey from Cairns to Proserpine
- ✓ 3 nights' accommodation at the Coral Sea Marina Resort, Airlie Beach
- ✓ Breakfast daily, 3 Lunches and 4 dinners
- ✓ All sightseeing and entry fees as per the itinerary

Tour Highlights

- ★ Green Island and Great Barrier Reef cruise including lunch
- ★ Ride on the historic Kuranda Train
- ★ One Way Skyrail Experience
- ★ Guided Coffee Tour and morning tea at Jaques Australian Coffee
- ★ Visit Curtain Fig Tree

- ★ Lunch and cruise at Lake Barrine Rainforest Cruises & Teahouse Cafe
- ★ Tour and cheese tastings at Gallo Dairyland
- ★ Cairns to Proserpine, Spirit of Queensland train journey
- ★ Hamilton Island and Whitehaven Beach cruise
- ★ Day tour including a cruise, wetland train, lunch and billy tea with Whitsunday Crocodile Safari
- ★ Tour and talk at the Whitsunday Gold Coffee Plantation
- ★ Visit to the Proserpine Historical Museum

Tour Cost

\$5790*

Per Person
Twin Share
\$7090* Single

RELAXED PACE

12 to 17 September 2023

VICTORIA'S GRAND HOMESTEADS

6 DAYS

WERRIBEE & THE Q TRAIN

Come and join us on a delightful journey of discovery as we explore the rich heritage and culinary delights of Victoria. Our six-day tour will take you on a journey through some of Victoria's most picturesque locations, where you will be transported to a world of grand old homesteads, lush gardens, and rolling hills.



Tour Highlights

- ★ Self-guided walk at Werribee Park Mansion and Rose Garden
- ★ Safari Tour at Werribee Open Range Zoo
- ★ Morning tea and tour at Barwon Park Mansion
- ★ Tour of Coragulac House including a light lunch
- ★ Afternoon Tea at Tarndwarncourt Homestead
- ★ Return rail journey onboard the Q Train including lunch
- ★ Locally guided tour of Geelong
- ★ Lunch at The Geelong Boat House
- ★ Self-guided tour of the Geelong Library and Heritage Centre

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ Deluxe Coach Travel with professional Driver
- ✓ 5 nights' accommodation at the Lancemore Mansion Hotel in Werribee
- ✓ Breakfast daily, 3 Lunches & 4 Dinners
- ✓ Sightseeing and Entry Fees as per the itinerary

Tour Cost

\$3990*

Per Person
Twin Share
\$4890* Single

MODERATE PACE

14 to 17 October 2023

EXMOUTH GETAWAY

4 DAYS

Discover the breathtaking beauty of Exmouth and immerse yourself in the local area with unforgettable experiences. Savour a Sunset Dinner at Mantaray's Resort, explore Yardie Creek on a boat cruise, take a refreshing dip at Turquoise Bay, indulge in a morning tea at Bullara Station, marvel at the coral through a glass bottom boat cruise, and visit the Ningaloo Centre for lunch.



Tour Highlights

- ★ Sunset Dinner at Mantaray's Resort
- ★ Enjoy a boat cruise through Yardie Creek
- ★ Visit Turquoise Bay and take a dip!
- ★ Enjoy morning Tea at Bullara Station
- ★ Take a glass bottom boat cruise in Coral Bay & snorkel
- ★ Visit the Ningaloo centre and enjoy lunch

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 3 nights' accommodation at the Potshot Hotel
- ✓ Breakfast daily, 3 lunches and 3 dinners
- ✓ Transfers throughout with professional driver
- ✓ All sightseeing and entry fees as per itinerary

Tour Cost

\$2890*

Per Person
Twin Share
\$3290* Single

MODERATE PACE

17 February to 7 March 2024

NEW ZEALAND RAIL, CRUISE & COACH

20 DAYS

New Zealand is 'a world in miniature', packed full of unique experiences. From the moment you arrive you will be embraced as Whānau (family) as you discover the must-do attractions and experience the history and Māori culture of New Zealand's North and South Islands. Experience the best of New Zealand on this 20 Day Rail, Cruise & Coach Tour with Grand Pacific Tours and Kings Tours and Travel. Discover the romance of rail, the majesty of cruising and the luxury of coach travel. Highlights of your itinerary include 3 breathtaking rail journeys where you'll witness beautiful scenery and striking natural landscapes not accessible by road.

"I would definitely recommend this trip to all my family & friends. The scenery, experiences and overall inclusions of the tour were great. Accommodation was also excellent. Could not have seen all that if we had done a self-drive holiday."
J.B. (NSW)



Tour Highlights

- ★ City sights tour of Auckland, Wellington, Christchurch and Dunedin
- ★ Enjoy a visit and informative talk at the Kauri Museum
- ★ Guided tour of the Waitangi Treaty Grounds
- ★ Te Puia traditional Māori Hāngi and Concert
- ★ Travel aboard a luxury catamaran to Cape Brett and the famous Hole in the Rock
- ★ View the boiling mud pools and geysers in Rotorua
- ★ Skyline Rotorua Gondola and Luge Ride

- ★ Explore Te Papa, New Zealand's National Museum
- ★ Ride on the Coastal Pacific, TranzAlpine & Glenbrook Vintage Steam Train
- ★ Milford Sound overnight cruise
- ★ Visit Larnach Castle
- ★ See the snow-capped peaks of the Southern Alps
- ★ Cruise Lake Wakatipu on the TSS Earnslaw
- ★ Cruise on the Interislander Ferry
- ★ Guided Tour of Larnach Castle
- ★ Guided Tour of Olvston Historic Home

Tour Inclusions

- ✓ Home Pick-up and Return by Private Car
- ✓ Escorted from New Zealand by an experienced Tour Director
- ✓ Return economy airfares and taxes
- ✓ 20 Day NZ Rail, Cruise & Coach Tour including
 - Coach travel and professional driver
 - 18 nights of 4-star accommodation
 - Early check-in on arrival in Auckland including breakfast
 - Milford Sound Overnight Cruise
 - 6 two-night stays
 - Hotel Portage
 - 2 Rail Journeys and 4 Scenic Cruises
 - 19 cooked breakfasts including a specialty breakfast
 - 14 sumptuous dinners including 4 specialty dinners
 - 2 delicious morning teas
 - All sightseeing and entry fees as per itinerary

Tour Cost

\$9650*

Per Person
Twin Share
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Seniors Recreation Council Jottings



Healthy Lifestyles & Tech Savvy Seniors Event in Byford

ON June 23 a large group of seniors arrived at the Kingia Function Centre at Serpentine Jarrahdale Community Recreation Centre in Byford. Attendees had the opportunity to visit static displays and source information. The Serpentine Jarrahdale Keep Fit group demonstrated one of their classes and invited all the participants to take part. This was followed by a healthy morning tea and then informative presentations were made by Martin from SRCWA Tech Savvy Seniors on home security such as video door bells, Ashley from NBN on the current status of the infrastructure and SCAMS and Telstra reminding people that 3G services are being turned off in 2024 and reminding people about Telstra's new mobile phone report a SCAM Number "7226" where SCAM SMS messages can be forward to be blocked on a national level.

Static displays in attendance included Apia, Audika Australia, COTA WA, Department of Health and Aged Care, G&P Medical, Guardian Safety Pendants, LiveLighter Healthway, LiveUp, NBN Australia, Seniors Recreation Council of WA, Serpentine Jarrahdale CRC and library van, Telstra, and WA Seniors Card.

People enjoyed trying activities including pole walking, hover soccer, indoor archery, bean bag toss, cup and ball toss, shuffle ball and sticky darts.

A big thankyou to the Shire of Serpentine Jarrahdale, LiveLighter Healthway, *Have a Go News*, Telstra and Government of Western Australia for their support of this event. Thank you to all the staff and volunteers who worked tirelessly to ensure the Healthy Lifestyles and Tech Savvy Seniors event was a great success.

Farewell but not goodbye morning tea at DLGSC

On Tuesday June 6 DLGSC held a lovely morning tea for all staff and SRCWA to could get together to reminisce about the past 32 years that SRCWA has been housed in the offices with DLGSC and talk about future plans and how the two organisations will still be working closely together with events and *Have a Go Day*.

SRCWA is now relocated to 275D Abernethy Road in Cloverdale into a new bright and spacious office and please note our new phone number is 6118 2716.

Tech Savvy Seniors Presentations

SRCWA's Tech Savvy Seniors program manager Martin Yates, has delivered some TSS, Home Safety and SCAMS presentations to seniors across the Metropolitan and Peel regions during May and June. The presentations were very well received and people appreciated the information that Martin delivered. In this digital era, the prevalence of SCAMS by phone or computer is growing and we must be vigilant in guarding ourselves.

LiveLighter Aged Care Games – Belmont Oasis – Volunteers Required

SRCWA is conducting a LiveLighter Aged Care Games at Belmont Oasis on Thursday August 10, this event is for seniors in care to come together for adapted games. We are in need of volunteers to assist at the event, if you would like to come along volunteers are needed to assist with the games from 9am to 1.30pm. If you are available, please call 6118 2718 to register your availability and ask any questions.

Have a Go Day 2023, a LiveLighter Event Burswood Park Wednesday November 15, 9am to 3pm

REGISTRATIONS NOW 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 to a target group in a beautiful outdoor environment at Burswood Park.

Registration forms are now available, for information call 6118 2716 or email dawn.yates@srcwa.asn.au.

This event is proudly sponsored by Burswood Park Board, Lotterywest, Crown Perth, *Have a Go News*, Government of Western Australia, Channel 7, LiveLighter Healthway, 882AM 6PR, nbnCo, Ingenia Gardens Telstra.

For info on any of the above events please contact the SRCWA office on 6118 2716

Meet the paddlers - a dedicated long-term member



Ken Westover has contributed much to the club

by Janet Gatt

KEN Westover believes ambience of the venue is 50 per cent of the 'coffee experience'. He chose a pleasant coffee shop in Subiaco to tell his story.

Ken has been a member of the Over 55 Canoe Club for 20 years. He has served two years as vice president, ten as secretary and is now self-appointed club photographer.

In 1986 his mother Jean, again single and lonely, joined the newly formed Over 55 Canoe Club. She revelled in the company and camaraderie of the group, was an ardent paddler until she was 87 and active in the Club until 90.

Eventually she rail-roaded Ken to join, and they were the club's only mother/son team.

He feels indebted to the club which changed his mother's life and gives so much joy to its members.

In 1942 Ken's father, a US serviceman, married Jean. Ken was six months old when his father returned to the USA, and Jean remained in Perth. They divorced several years later.

Ken's childhood Christmas holidays were spent at the Nedlands home of Jean's parents.

His grandfather had built a 25ft yacht in 1913, which he sailed as a member of Royal Perth Yacht Club. In WWI, serving in the French trenches he was machine-gunned and lost the fingers on one hand. Despite this injury he sailed, raced, and maintained this yacht until aged 86. He lived to 100.

He was both hero and father-figure to Ken and instilled in him his love of sailing. Ken has wonderful memories of two and three-week excursions sailing the West Coast and Rottneest with his grandfather. The yacht

had no engine and no cabin, just a canvas awning.

Ken was five when Jean, a hairdresser, went to work in Bruce Rock, met a farmer and re-married. Later the family moved to Merredin and Ken was high-school age when a bumper harvest prompted the sale of that farm and a return to Perth. A half-sister, 16 years his junior, was born, and a few years later another sister adopted.

He attended Perth Boys High School and Modern School before graduating from Claremont Teacher's College as a Primary School teacher. A posting to Carnamah where co-opted to teach high school classes decided him that teaching manual arts was more fun.

During his next posting to Bridgetown as a manual arts teacher he met and courted Wendy and built a 14ft yacht in an apple-packing shed.

When Wendy moved to Perth Ken followed. They married in 1968, built a house in Karrinyup, their home for 47 years, and their daughter Lisa was born.

A successful bid for promotion prompted a two-year posting to Kalgoorlie.

On return to Perth, Ken, having always raced smaller yachts, renovated a 20ft cruising yacht which he sailed for 20 years out of Hillary's Boat Harbour.

Retired in 2003, he decided, eventually, that kayaking was more cost and time effective than sailing and sold his yacht in 2007.

On annual family holidays to Rottneest, Ken trailed a kayak behind his mountain bike. When Wendy charged up hills on her electric bike, he made the change. Nowadays he uses his bike rather than car for local travel.

Exploring the country in successively upgraded camper-trailers has been another major engagement in Ken's life. The Gibb River Road and Uluru were significant excursions.

Lisa is adventurous, and Ken and Wendy have enjoyed many European holidays with their daughter, her husband and two children. 'Are you coming or staying home?' was Lisa's challenge.

Five years ago, they moved to Subiaco to be close to family.

Like our café, Ken gives out good vibes. He is proud of his family, enjoys his friends, is an active paddler, and grateful that he lives in this patch of paradise.

If you are interested in paddling with the Over 55 Canoe Club contact president Chris Cocker on 0410 479 024 or secretary Dale Winn on 0420 733 024.

For more information visit: www.over55canoeclub.org.au.



Masters Swimmers celebrate the winter solstice



Karen Diaz of Cockburn Masters celebrating the Winter Solstice Swim

MASTERS Swimming WA members from all across the state have spent the weekend of June 24 and 25 getting chilly and wet while celebrating the annual Winter Solstice Swim.

The event has now become a tradition for these swimmers who enjoy anything from a quick dip to a serious ocean swim of 2km or more. Swimmers meet at the beach with their fellow club members and swim their preferred distance in their groups. Some wear a wetsuit, but those who have an iron will just wear their traditional swimsuit for the winter cold dip.

The concept of the Masters Solstice Swim is to earn points for your club through swimming, then submitting a picture of yourself and your teammates to earn additional points. The rivalry between clubs is fierce, in particular where we have clubs with siblings competing against each other. Last year Westcoast Masters nabbed the cup from previous year's winners Mandurah Masters.

Brothers Patrick Brown of Mandurah and Damon Brown of Westcoast Masters have been swimming at all opportunities across the weekend to earn as many points as possible for their teams.

It was beginning to look like a race between Mandurah and Westcoast then all of a sudden Cockburn Masters upped the ante with some great photographic submissions of their Solstice fun. Final results were not available at the time of print but everyone has had a fantastic weekend of swimming and taking some great pictures to remind them of the health benefits of staying active and maintaining friendships, in particular during these colder months.

Happy winter solstice week ocean swimmers.

If you would like to participate in any of the fun activities Masters Swimming WA have on offer, go to www.mswa.asn.au for more details.

Competition fierce for *Have a Go News*' triples tournament



L-R; Scarborough 16 – Cliff, Karyn and Mark and Scarborough 18 – Bill, Barbara and Andy

FOR more than 32 years *Have a Go News* has continued to support clubs and groups that organise recreation for older adults.

Every year we support the

Western Australian Carpet Bowls Association and late last month they ran a competition for carpet bowlers across the metropolitan area.

The *Have a Go News* triples

competition was held at Swan Active in June and editor Jennifer Merigan was on hand to present the trophies to the winning teams.

Congratulations to Scar-

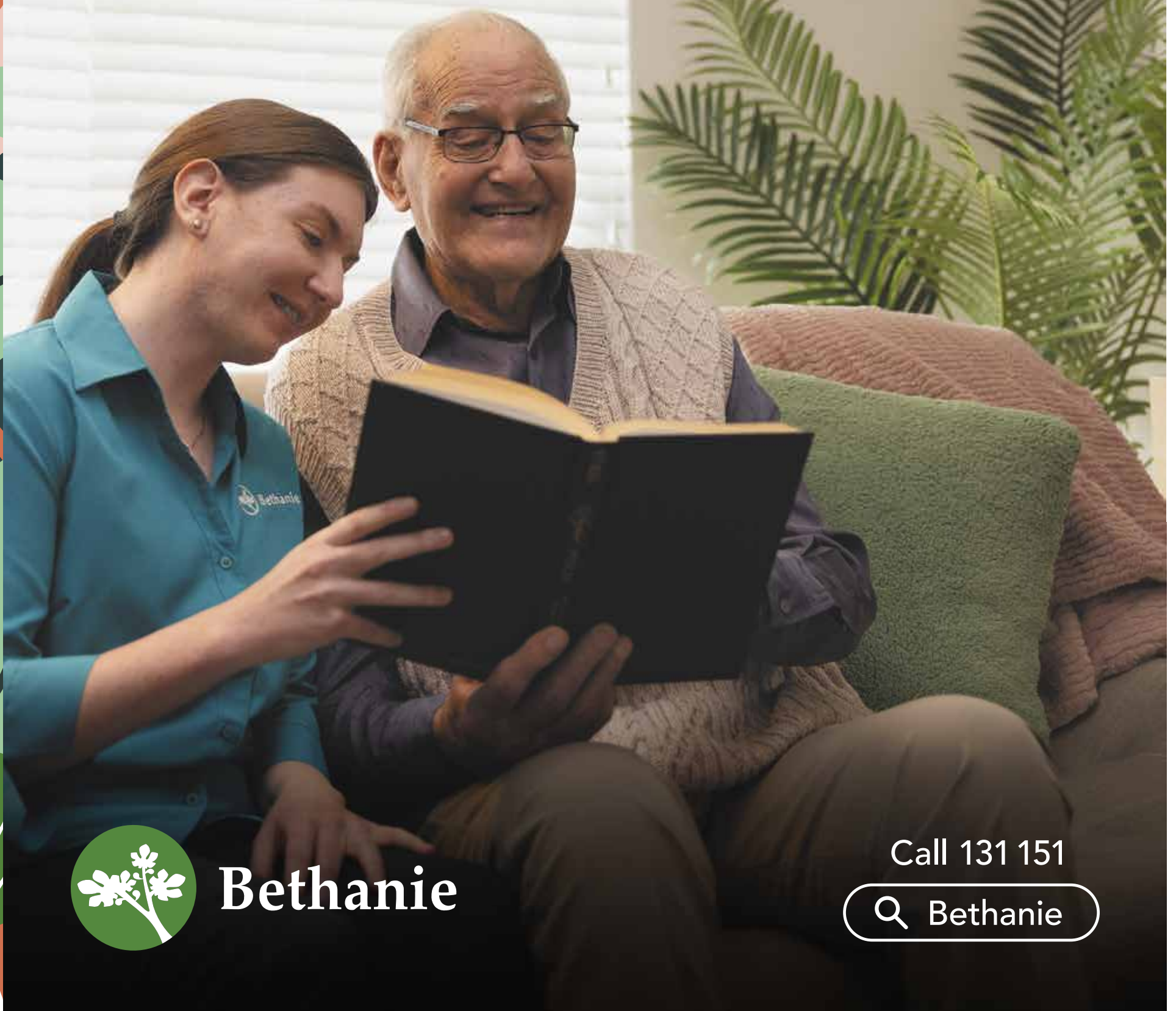
borough 16's Cliff, Karyn and Mark who came first with Scarborough 18's Bill, Barbara and Andy taking out second place.

Bebe, Val and Owen from Addie Mill's came third.

I wrote a book. But its contents had become foreign to me. Like the life I had before I came here. But hearing you read my words, took me back. And as I sat in your presence, I felt more present than I had in years.

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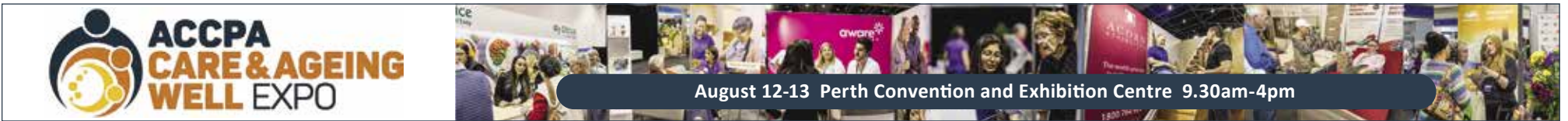
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Ageing Well - there's loads of products and services to make life easier

by Allen Newton

THIS year's Aged and Community Care Providers Association (ACCPA) Care & Ageing Well Expo will give older Australians and their families the perfect opportunity to discover a host of products and services to make life easier and more fun.

Around 100 exhibitors with everything from technical equipment to furniture and offering advice, will be under one roof at the Perth Convention and Exhibition Centre on

August 12 and 13.

It will be the ideal time and place to compare products and prices and to get advice from the experts about almost every aspect of ageing well, including legal and finance, health and fitness, food and entertainment, home care and aged care, furniture and technology.

WA state manager for ACCPA, Liz Behjat, says it provides an ideal opportunity for older West Australians and their families to discover the products and services available to make

lives easier.

"It's also a great way for people to be able to compare products and prices and to get advice that's relevant to their circumstances," she says.

There will be more advice coming from speakers on two stages at the expo. They will talk about everything from aged care financing to writing your own funeral eulogy through to more light-hearted subjects like seated dance classes.

Headline speaker for the weekend will be au-

thor, actor and comedian Jean Kittson who many will remember from television shows including *The Big Gig*, *Let the Blood Run Free*, *Kittson Fahey*, *Good News Week*, *The Glasshouse*, *The Einstein Factor* and *The Today show*.

She has written two best-selling books, *You're still hot to me*, *The joys of menopause* and *We need to talk about Mum & Dad - A practical guide to parenting our ageing parents*.

Jean will take to the stage to talk about her own experiences of parenting her parents and offer some advice to the audience.

Running in Perth since 2017, the ACCPA Care and Ageing Well Expo also ran in Melbourne for the first time earlier this year.

Chief executive of ACCPA, Tom Symondson said the expo is an excellent way for the people of Western Australia to discover what's available for their and their family member's care in the future.

"The number of care options can be daunting for older people and their families, but the expo will bring together experts from across the spectrum to offer advice."

"Whether it be care in the home, residential options or just help in their day to day lives, the expo will have someone there to help and advise."

"Aged care is about enriching the lives of those closest to us and supporting them to be socially involved, healthy and happy as they age."

Experts will be available at the expo for advice on residential care, home care, retirement

living, equipment, service, health care, vulnerable care groups, legal, financial, super funds and insurance, medical and pharmacy, support groups, consultants, disability, funeral directors, home improvement, local, state and federal Government, mobility options, palliative care, and technology.

Speakers at the Bethanie Lifestyle Stage will tackle subjects ranging from ageing well, to home care planning, cybercrime, aged care finances and more. Speakers will also be available to answer questions one-on-one in a seminar Q&A booth after their presentations.

There will be a more informal approach at the Ageing Well Lounge where discussions will range from staying healthy, to positive ageing, innovative products and more.

Event organiser Richard Campbell, from CMS Events, says the expo will allow visitors to better understand the services and technology which had evolved rapidly over the past few years allowing people to live better lives with many high-tech products and services that assist Australians to age well.

He says the expo wanted to give people confidence and give them inspiration to age well.

"I think we're all much more aware these days of the importance of planning for older people's needs and it should be a priority for them and their relatives."

"As Australians live longer lives, they are becoming aware of the ways



they can contribute to their families and the wider community.

"They should be able to enjoy that life; the expo aims to provide some incentives for them to be able to do that."

Visitors will be able to take a break between visiting stands and listening to seminars with a tea or coffee break at the café where there is

plenty of seating to relax and digest information.

Musicians will also be on hand to provide some entertainment.

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.

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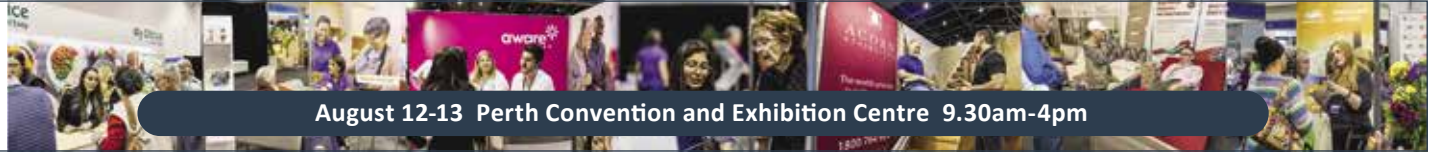


www.facebook.com/careandageingexpo



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Fun times had by both young and old



FUN and frivolity were on offer to both young and old as residents from a popular western suburbs aged care home attended a playgroup.

Bringing joy to both seniors and children, the intergenerational playgroup saw residents from Regis

Nedlands share stories, songs and snacks with the next generation, while also participating in play and spending time chatting and catching up with the youngsters.

The Playgroup WA visit aimed to encourage companionship and connections between young and old, enabling seniors to experience joy, fun and friendships, while enabling the children, who may otherwise have little interaction with seniors, to gain the opportunity to spend time with older people.

Regis Nedlands general manager, Richard Horne, says the benefits of the program – which was organised by the home's lifestyle team – extended both ways, with the children and residents involved really enjoying their time together and sharing lots of laughter.

“Older people love children, particularly little ones, as their company can help them to feel young at heart and also enables them to share stories about their own childhoods,” he says.

“Some of our residents may not see their grandchildren or great grandchildren that often and so this initiative really gives them something to look forward to.

“We very much appreciate everyone who has helped get this great intergenerational initiative with Playgroup WA off the ground.”

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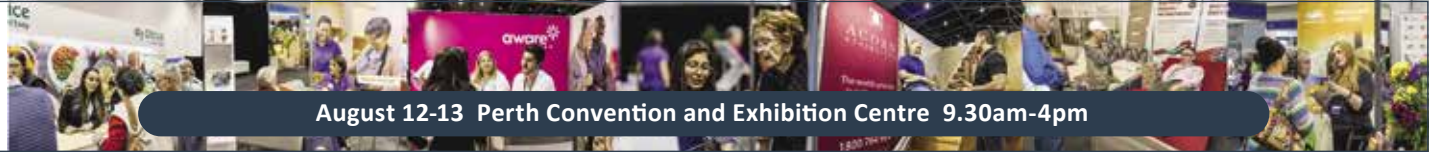
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Difficult conversations - Verity James tackles the one about funerals



Verity James will be on stage at the expo

by Allen Newton

IT'S not hard to imagine a funeral where the person who has died is looking down from above saying 'this is not what I wanted at all.'

But funeral celebrant, former ABC television and radio presenter, Verity James, says it's a scenario that plays out all too often.

"None of us knows when we are going to go. We all assume it's going to be 95, died in her sleep, isn't that lovely, but that's not the reality at all," Verity says.

Many of us leave behind loved ones who have very little idea of how we would like to

be farewelled.

What do you want to happen at your funeral?

What music do you want played, who do you want to speak, do you want a poem read and big questions like do you want a religious ceremony, a burial, or cremation – and where do you want to be buried, or have your ashes scattered?

"I want people to think about the message, what did you learn from life? What was important to you? What would you like to pass on, maybe to some youngsters who might be at the funeral.

Verity will take her audience through the important things we can do to ensure our funeral is the

way we would like it to be and make it a memorable celebration of a person's life, when she takes to the Ageing Well stage at the ACCPA Care & Ageing Well Expo on Sunday, August 13 at 11.15am.

She has been officiating at funerals for more than a dozen years, but most West Australians are familiar with Verity through her 25 years with the ABC, 22 of them in WA, including hosting a daily afternoon radio program on ABC 720 and a variety of TV and radio productions for the ABC.

"I would love more people to think about their funerals, about what they want and to stop being such a death-denying culture."

Verity says people should be able to plan the day so they get the funeral they want.

She finds that many of her clients struggle with writing a eulogy for their loved ones.

"With the shock of death, even when it's expected sometimes, grief steals your brain – that's part of the body's coping mechanism – and so all of the stories your mother told you about the things that were important to her

go right out of your head. "This is particularly the case when it's a shock death and they can't think of anything."

She was sharply reminded of it when her close friend and former colleague Russell Woolf died.

Verity was being asked to talk about Russell in radio interviews.

"I was just going blah, blah, blah, yet there were a million things I could have said, but didn't."

"How much easier would it be – not in that particular case – but if we at least had dot points about what you had done in your life, about what you were most proud and perhaps what you had learned from life, messages you would like to pass on to other people."

"I think that kind of thing is incredibly useful for family. It doesn't have to be the book for the whole family or the funeral celebrant to wade through, but dot points are really useful."

Verity says she often sits with people and when she asks about the names of their loved one's parents, where the person went to school and if she liked it, and

what they wanted to be in their lives, many of them don't know.

"I know some of them are grieving and that's why their brain is like that, but others are perfectly fine about the death, they just don't know or weren't interested."

It might seem a bit odd writing your own eulogy and Verity says it doesn't quite need to come to that. She describes it as more of a chronology.

"I'm suggesting that people write their story, not necessarily 'I was a fabulous baseball player', although they might say 'I was very proud of stuff that I did when I played baseball', but I'm more looking for a chronology of what they did in their lives.

"I also want people to think about if they want a casket, do they want a private chapel or should we have it somewhere that means something to them, at the beach or a park or their own garden. You don't have to have it in a chapel."

Music is another important part of a funeral ceremony that needs to be considered.

"And how nice to be able to have the mu-

sic that you like played. While that may change throughout the years, at least you have given them an idea of what you like.

"I have people saying I can't remember them listening to music so I have no idea."

People might also want a particular piece of poetry or specific prayers, something that is often not discussed among families.

"People need to think about the where and the when, whether they want to be cremated or buried and if so where and it might even be a matter of what not to do rather than what to do like 'do not put me with your father'."

Wishes might include

whom you want to speak or if you'd prefer to leave it in the hands of the celebrant.

"Or perhaps you don't want that kind of service at all, you just want people to gather in a park and just tell stories about you."

Verity hopes that by listening to her speak at the expo they will come away with a sense of control about the day.

"They have every right to play a part in how it goes. You plan your birthday, you plan Christmas, you plan Easter, you plan all of these events, so why shouldn't you plan your funeral as well and know the sort of things that you would like?" she asked.

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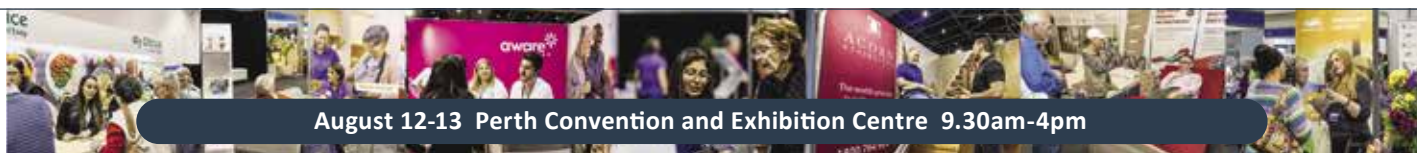
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So important to find the care provider that is right for you

THERE are many Home Care Providers to choose from and they all vary – from which services they provide, to how and when they provide them and how much they charge to do this, so it's well worth doing some research. The Care & Ageing Well Expo is a great place to

pick up some brochures and the perfect way for you to start your list of providers of interest.

Rhian Tamim, general manager of CPE Group Home Care says this an excellent opportunity to meet the care providers and form a first impression. You can sit down for, a chat and should

be able to ask all your questions without any commitment 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, they will understand you need time to think about what has been discussed.

Rhian will be there with the team from CPE Group Home Care and its worth picking up their pamphlet Finding The Care Provider Who Is Right For You which guides you through the process, from where to find information on care providers, how to draw up your list of providers of interest, how to arrange interviews, what to expect at the interview with suggestions

for questions you may want to ask and what comes next if you are having difficulty settling in with your chosen care provider.

CPE Group also have the companion pamphlet, a step by step "Guide Through My Aged Care to A Home Care Package" covering which services the package can provide, who is eligible, how to apply and what to expect at an Age Care Assessment. You'll find them at stand 150 where they have comfortable chairs if you would like to sit down for a chat, complimentary chocolates for you and a free



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Brightwater Inglewood Where Community Thrives

When Brightwater Care Group's newest aged care home opened last year, Rafaela Arias became, in her own words, its first Queen.

Perhaps it was because Rafaela was the first woman to move into the facility, or maybe it was that on her first day, she seated herself at the head of the dining table as naturally as if Brightwater Inglewood had been her home all along.

Either way, when it was suggested Rafaela might change tables to sit with some newer residents, the 92 year old firmly declined, recalls her daughter Dolly Romano.

"She said in her best English, 'I'm not moving from here. This is my family. I'm the queen, and they're my family,' and that was that," says Dolly with a chuckle.



It was a relief to Dolly and her four siblings that Rafaela settled into Brightwater Inglewood so well. They have no doubt it was due to the sense of community that quickly developed between staff, residents and even the residents' families. From day one, everyone was committed to ensuring there was a true sense of being at home together.

Dolly says it was obvious that for the staff, it was more than just a job - it was an integral part of who they are.

"The facility manager would say to me, 'Your mum is part of our family now,' and Mum certainly felt it, and that filters through to all the family members," says Dolly.

Family meant everything to Rafaela, who had moved to Perth from Spain in the 1960s with her husband and three sons. Together they built a good life in their new home, where they welcomed two daughters to the family. Over time, the family of five grew to include 14 grandchildren and 11 great grandchildren.

About a year ago, Rafaela's health began to decline, and the family started exploring options for the increased level of care she needed. But it was only when they toured the newly opened Brightwater Inglewood that they knew they had found the right place for their beloved mother.

State of the art and all heart

Centrally located in Perth's inner suburbs, Brightwater Inglewood provides high quality care for people with a range of diverse needs. The two upper floors feature state-of-the-art private rooms with ensuite bathrooms, landscaped courtyards and spacious communal areas. On the ground floor there is a gym, hairdresser and even a coffee shop. The ground floor also houses the state-of-the-art Brightwater Research Centre and Brightwater's Head Office, ensuring a focus on innovation and quality care.



The building is carefully designed to harness the latest technology with one aim in mind: to enhance the wellbeing of residents and staff by creating and maintaining an environment where people feel comfortable, calm, safe and secure.

It's the People Who Make It Home

For Dolly and her mum, a good life at Brightwater Inglewood came down to the people who lived and worked there, united in a caring and close-knit community.

Rafaela moved into her bright and spacious room on the first floor in October last year, and it didn't take her long to share her enthusiasm for life with her new friends, both residents and staff.

"Mum had both knees replaced many years ago and she couldn't walk properly. But any time anyone put on Spanish music, she would get up and dance. One day I got an email from Brightwater with a video showing mum doing a Spanish dance with one of her beautiful Therapy Assistants. When I asked mum how she managed to dance with her knees, she said, 'Well I was just teaching the rest of my family how to do Spanish dancing,'" says Dolly.

Dolly says the feeling of community at Brightwater Inglewood also extended to family members who visited, and she cites this as an important factor in choosing an aged care home.



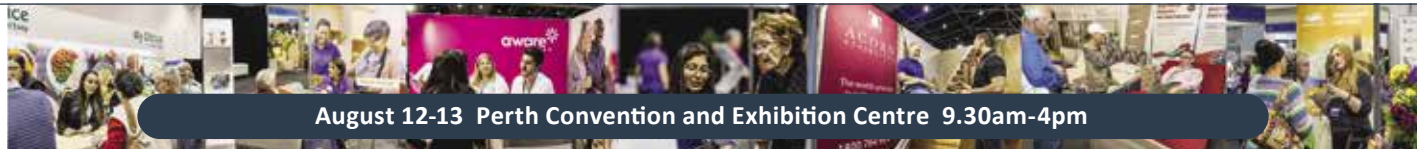
"If the family is happy to come here and be part of it, it means everything because then they will visit all the time. So the loved one benefits, and so does everyone else," she says.

Sadly, Rafaela passed away in March, just before her 93rd birthday but her family takes comfort in knowing her final months were filled with happiness and a sense of belonging.

"We all had 6 wonderful months with Mum at Brightwater, quality time, at peace knowing she was well cared for in every way," says Dolly.

Dolly says that although her mum's time at Inglewood was not long, Rafaela and her family appreciated that caring approach every step of the way.

"Being part of that community made our experience of farewelling our mum just the most amazing one you could ever hope for. They weren't just people around her. They were her family, which is beautiful."



Tale of two Sams who like gardening

THIS is a story of two Sams who share more in common than just a name.

You see, they both are keen gardeners and, when not doing that, they are busy looking after the kids.

Sam (on the left) is a

gardener with Southcare and Samy (on the right) is one of Southcare's Stars who receives care from the Manning based in-home aged care provider.

In Sam's case, he has recently become a dad for the second time and

customer Samy, along with his wife Melanie, look after their daughter's son in his cherished role as papa and hers as nanna.

Samy receives gardening and domestic help from Southcare in line with his assessed

and approved care needs.

"Living on a large corner block on the hill, there's always a lot to be done outside, and inside too," Samy says.

"I'm out here in the garden as often as I can and really value the support from Sam who helps me to maintain my garden to keep it looking it's best.

"My wife and I have

lived in this home for almost 30 years. We raised our kids here and now help look after our grandson, so staying independent at home is important to us."

Southcare has offered in-home care since 1982 to help people stay independent in their own homes. For an obligation free consultation, reach out to Southcare on 9450 6233.



Southcare gardener Sam and customer Samy



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is a fully qualified optical technician and advanced optical dispenser with a wealth of knowledge and experience in the optical industry. Seeing a niche in the market, Jason established the business from scratch in 2015. He has nearly 30 years experience in the industry both here in Perth and in the UK, working for both corporations and independent opticians.

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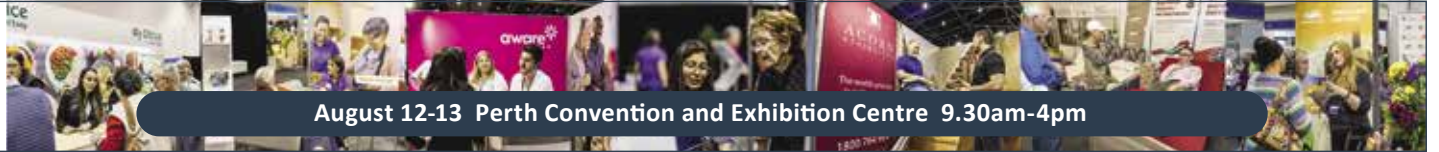
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Discovering the benefits of virtual reality in the aged care sector



CARERS can operate the VR software from a tablet

by Allen Newton

A TRIP down memory lane might soon include a virtual reality cruise down the Swan River, a tour of the Perth Bell Tower or even a wander through a field of wildflowers.

The locally developed VR tours are the next step in a collaboration between local not-for-profit group Technology for Ageing & Disability (TADWA) and US virtual reality company MyndVR which specialises in VR services for residential and aged care agencies in the US.

VR technology is being

used to reduce isolation and improve the mental health of older people. TADWA CEO Steve Pretzel believes it could be an important tool for older West Australians.

TADWA will be demonstrating a new range of lightweight virtual reality headsets at the ACCPA Care & Ageing Well Expo.

Steve says the new machines are more like a large pair of glasses than the older-style chunky VR headsets.

He says the headsets are being well received in residential care facilities where VR is being used to provide entertainment

for people and give them experiences they can't get otherwise.

"Some use them for pure relaxation and distraction when they are agitated."

Steve gave the example of a man with dementia recently visited in previous years and to a train station and to various buildings that he'd seen.

"His demeanour changed dramatically, and he started engaging in conversation and was saying 'I was there

and I remember that platform' and was able to have a conversation that extended beyond the virtual reality session for some minutes afterwards."

Steve says the VR was able to provide a circuit breaker. It is also good for people who are bored, living in a residential facility or a nursing home who don't get out much and who don't experience much of what they used to enjoy like going to the theatre, a movie or a concert.

"These activities can be brought to them in full surround sound and full 360° video and it's really like being there for them."

Curated VR content has a library that includes travel, medication, music, nature, art and adventure themes.

The kit comes with a headset and a tablet so a carer can drive the program and see what the person is seeing, which means people don't have to be taught how to use it, which Steve says is one of the drawbacks of off-the-shelf VR equipment.

"The model is that it's a hardware purchase

and a subscription to the service which includes the content that is updated out of America on a monthly basis."

Steve says the most popular content features puppies although at the other end of the extreme, you can go skydiving or get into a jet dragster.

"We can curate the content and rate the content for different types of experiences for people."

"We're doing some piloting work on developing local content here because we want people in Australia to be able to take a tour through Kings Park or go up to the Bell Tower or look around Elizabeth Quay, some of the things that are familiar to the people of Western Australia."

That would include such things as wildflowers, TADWA has done a pilot of a boat trip up the Swan River, has put a 3D camera in a yard full of puppies and tracked them over a period of weeks to watch them grow as they get more boisterous and playful.

The old Boy Scout motto 'Be Prepared' could well be the catchphrase for TADWA and Steve says it's that

message that it will be promoting at the ACCPA Care & Ageing Well Expo.

Whether it's putting grab rails in the bathroom or using devices to keep track of wandering loved ones Steve says it's crucial that we plan for the future.

"Beyond the technologies and solutions there is one over-riding principal and that is if you leave it until you have a crisis you've left it too late; you lose your opportunity to do your thinking in an orderly way," he says.

"I really urge people to recognise that one day as they get older they will be a little less stable and more fragile and the time to do the planning for that is while they are fit and healthy."

TADWA will be offering advice on a range of assistive products at the expo, including devices that can keep track of elderly relatives who may be inclined to wander off.

Some can register if a person has a fall and they also have settings that can only kick into action if somebody goes outside a pre-set boundary.

While not everybody

likes the idea of having somebody else tracking their movements Steve says the devices can be tailored to meet individual needs and tracking can also be turned off so they simply monitor for falls.

If the device detects something out of order it will run through a sequence of carers in order until someone picks up the phone and can provide help from there.

Boundaries can also be drawn on a Google map and carers can be alerted if a person goes outside a defined area.

Steve says the devices can be bought for no more than a couple of hundred dollars or be paid from a home care package or the Commonwealth Home Support Program.

He believes it's important for families to talk about devices like these with older people who are at risk.

"It's the same conversation that you have about installing grab rails or a ramp or any of the sort of home safety devices. This is very much a personal safety device for outside the home," he says.

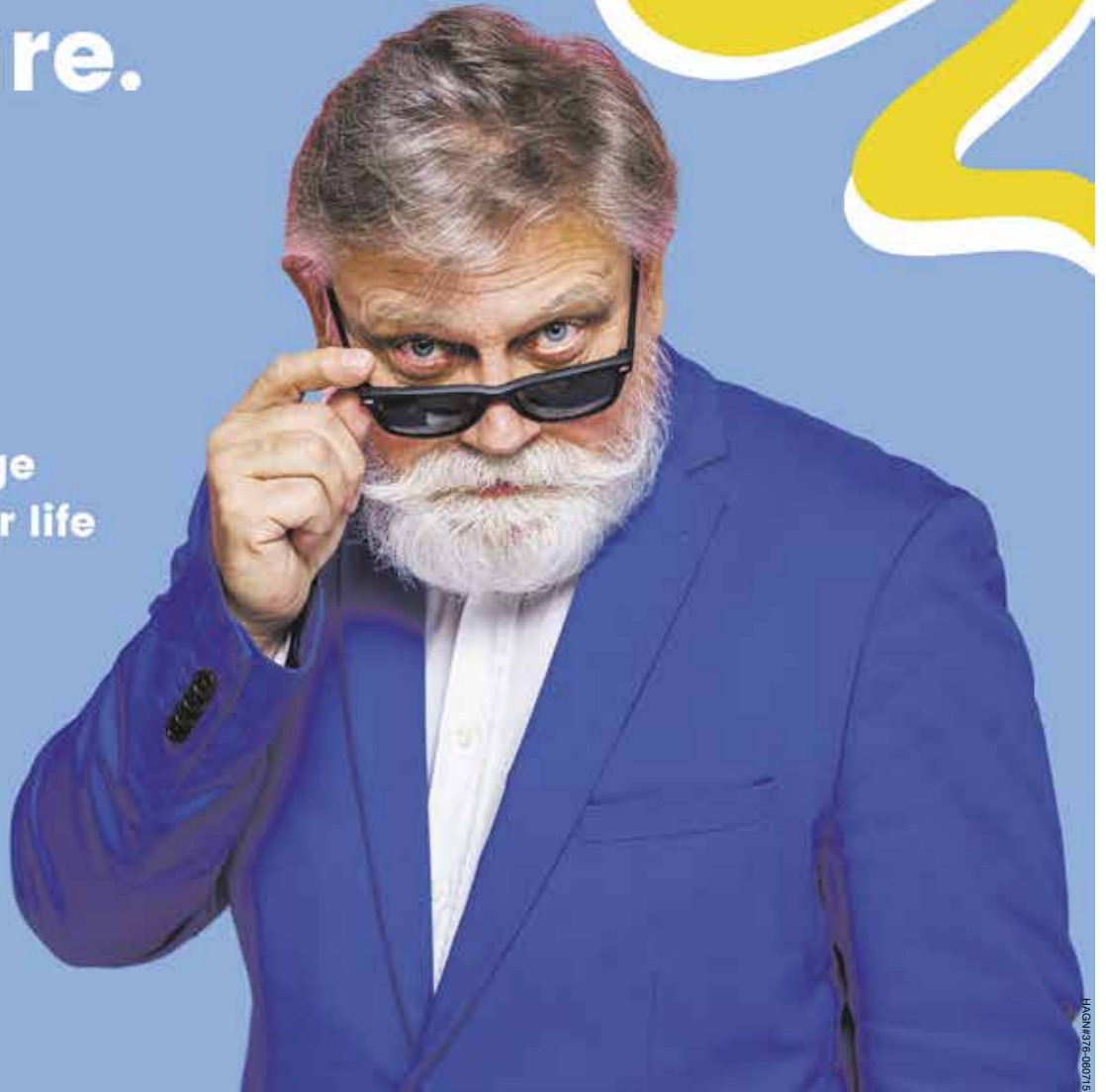
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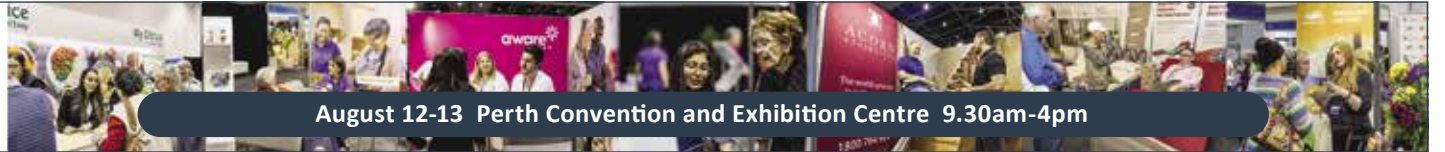
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Jean Kittson heads to Perth for Care & Ageing Well Expo



Jean Kittson

by Allen Newton

COMEDIAN Jean Kittson takes her role as carer for her ageing mum and dad very seriously, so seriously that she spent five years researching and writing a book about parenting parents.

While we've all laughed along with her on television shows, Jean will blend her humour with

the serious subject of caring for ageing parents when she speaks at the ACCPA Care & Ageing Well Expo on Sunday, August 13.

She will delve into the theme of her book, *We need to talk about mum and dad – a practical guide to parenting our ageing parents*, providing some valuable insights along with

humorous anecdotes.

Writing the book was prompted by her being the primary carer for her own parents – Elaine, who turns 99 this year, and Roy who turned 96 a few weeks ago.

"Everyone embarking on the ageing journey needs to know what the options are," Jean says. "You were flying blind half the time and things often had to be done in a crisis. It's good to be prepared."

Just before the book was published the royal commission into aged care started.

"Everything they were talking about I already knew, because I'd been interviewing people for years in nursing homes who had terrible experiences.

"There were so many people who were still suffering a lot of grief after looking after their parents. It was a very fraught area of life.

"I started the book because not only was I looking after my ageing parents, but I had written a book on menopause and I spoke to a lot of women who were going through menopause, still had kids at home, they had full-time jobs and

they needed to care for their parents.

"It was ageing parents that were causing us all the most grief – not the hot flushes or the teenagers – it was trying to make sure we do the right thing and we're not living the rest of our lives with terrible guilt. That could happen so easily.

After she wrote the menopause book Jean's publisher asked if she wanted to write another book.

"I said I want to write it on ageing and she said 'books on ageing don't sell' and I said 'it's not about us ageing it's about our parents ageing'.

"And so, I wrote it, but it's really about us ageing, of course, because they are us in the blink of an eye."

Jean says although her mum and dad still live independently, they've only been able to do that because she has been so involved and has learned so much through the process of creating her book.

"You need to know the questions you need to ask and what you need to put in place so you're not always on the back foot.

"You've got to learn what's the difference be-

tween fees and costs. When you are in hospital and you feel so powerless, there's no one to talk to and you start talking to the people who deliver the cups of tea.

"I know how to do things and get things done, I know what to do when they're in hospital and when they're in rehab and when you go to the GP. I know their meds and everything, I know all about them now.

"You need one person who coordinates everything – and there's a big team of us now – that look after mum and dad.

"Their retirement village wants them to move into the nursing home, but they don't want to go there.

"Mum and dad can still get in and out of bed, they have personal care so they are showered, and they have people who come and cook, but they can make their own tea and coffee as they need to."

Jean says she wanted to make her book easy to understand and light.

"I think it's really important to take the fear out of it. Mistakes will be made but if still have a sense of humour by the end of it,

that helps a lot, otherwise it can be a devastating experience."

She believes we should all learn more about aged care so that it isn't something removed from us, but is just part of the natural cycle of life.

The most important thing she learned from writing the book is to plan everything.

"We're all going to get old with a bit of luck, but it just needs planning.

"Don't be in denial about what you want to plan, planning is good and being aware of things, having all your legal things in place – your enduring powers of attorney. Talk about end of life, be open and not afraid and it will happen smoothly and everyone will hopefully know what you want and support you."

For families, Jean says it's also important to remember your elders should be at the heart of what you are contemplating.

"It's what they want, not what you want, not what's convenient for you.

"Although they may not know what they want for dinner that doesn't mean

they don't know where they want to live. That becomes a really big area of contention, trying to move your parents out of the family home because you are worried about them.

"Talk about the dignity of risk. It's a human right for you to be able to take a risk with your own life.

"If you would rather take the risk of tripping over a rug in the home or falling down the stairs, that's your right to make the decision rather than going into residential aged care where everything is done for you.

"But having said that, you also need to know what happens if you do break your hip, what is likely to happen to you. There can be really devastating consequences, so you want to minimise risk, but we can't keep forcing our people.

"Sometimes people end up lying to their parents. People have said to me 'just tell them they're going to respite then after a few weeks they get used to it'.

"I'm not going to say that.

"We've got to make sure it's all open and honest," she said.

Do you need a second opinion?

Obtaining a second opinion reflects the patient's desire to obtain the best medical treatment.

Obtain your second opinion from Robert Vander Kraats, he has an undergraduate degree in physiotherapy, a Masters in Sports Physiotherapy, a Certificate in Integrative Medicine and was awarded the title by the Australian Physiotherapy Association of a Sports and Exercise Physiotherapist with AHPRA (the national regulatory body). He is currently undertaking a research degree and was a past board member of Spinal Cord Injuries Australia and was a past committee member of the Northern Suburbs Stroke Group. He belongs to the following professional groups: aquatic, disability, mental health, neurological, sports and exercise and orthopaedic, along with the Australian Physiotherapy Association.

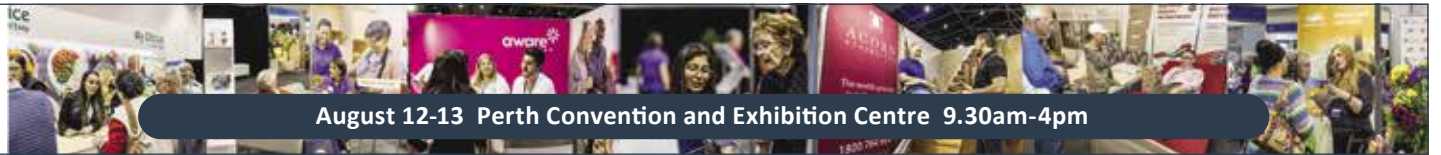
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ONE in six Australians are currently living with hearing loss. If left untreated, it can have a significant impact on their physical and mental health. Despite this, only one in three people will take control of their hearing. That's why the qualified audiology professionals at Specsavers are prompting everyone over 50 to have their hearing checked every two years.

Hearing loss often occurs gradually, making it difficult to notice, although regular hearing checks can help identify any changes. You might be due for a hearing check if you notice you are increasing the TV volume louder than comfortable for others. Other signs might include asking others to repeat themselves or having trouble following a conversation in

noisy environments.

Taking that first step and having a hearing check can be daunting for many, but the team at Specsavers Audiology are trained to help you through your hearing journey.

It all starts with a free* 15-minute hearing check where you can discuss any difficulties you may be experiencing, and we can determine whether further diagnostic

testing is required. A hearing check does not automatically mean hearing aids are needed but when done regularly, they may help uncover any changes to ensure hearing loss is detected and treated earlier.

To book an appointment or find out the cost of hearing aids upfront, visit [specsavers.com.au/hearing](https://www.specsavers.com.au/hearing).

*If further testing is required, a fee may apply.

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Redgumbrand has been servicing the needs of customers since 2010 with an ever-growing range of healthcare equipment. The Ikon Mobility range will allow the company to service and supply the needs of the Aus-

tralian market with the latest battery powered electric mobility products available.

Redgumbrand has been associated with electric mobility devices for nearly 30 years through its parent company For-De Group Pty Ltd. They have been distributing a leading mobility device brand exclusively during this period.

The experienced team are industry experts in battery powered mobility and have the resources to back up the Ikon Mobility range like no other mobility manufacturer in Australia

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For-De Group is a Western Australian owned national wholesaler who have been supplying the market for 30 years. Find our more on page 5.



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ADVERTISING FEATURE



travel options for the mature west australian



L-R; Be aware of pickpockets when travelling in Europe - visitors to Bali are advised to be respectful of temples and religious symbols



ONE of Western Australia's favourite island destinations, Bali, has decided to formally advise visitors of their obligations during their stay, due to a small number of tourists not re-

specting the island's culture.

Visitors are now advised to respect the holy, sacred nature of Balinese temples and all other religious symbols on the island along with Balinese culture, customs, traditions and art in addition to the wisdom of the Balinese people. Tourists must dress modestly and respectfully especially when visiting holy places, tourist attractions and public spaces. They must be accompanied by a licensed tour guide when

visiting tourist attractions and must behave politely and respectfully at all times.

They must only exchange foreign currency at authorised money changers and all goods and services must be paid in Indonesian Rupiah. Driving is only allowed in compliance with the laws and regulations in force in Indonesia and drivers must have a valid international or national driving licence and only use official four wheel or two wheeled vehicles that are registered to a legal

business entity.

Tourists must only stay in an accommodation business that has a permit in accordance with the provisions of the law and regulations of Bali and Indonesia.

The Balinese government is now looking at increasing the tourist tax along with imposing an annual cap on arrivals.

★★★

If you travelling to Europe over the northern summer take note of some of the top destinations where pickpockets are very active. Visitors to Italy's Colosseum, Trevi Fountain and Pantheon in Rome are often ripe with pickpockets so be aware. Other spots in Italy to be vigilant include Duomo di Milano in Milan and the Gallerie Degli in Florence.

France came in next with the Eiffel Tower high on pickpocket's radar. It's always best to not carry expensive jewellery while travelling and travel with a cross body bag with zips to secure phones and wallets. Don't forget a good old money belt is handy. Travel insurance companies require travellers to take reasonable care of belongings.

★★★

Here's a few ideas to reduce your excess baggage costs particularly when flying on low-cost airlines - mind you all airlines have become militant about luggage and especially carry-on.

I like the idea of investing in a travel vest which offers loads of pockets where you can cram small items. Scrap taking toiletries and buy them on arrival at your

destination. Another option is the pillow trick where instead of taking a pillow you stuff a pillowcase with soft clothing. Duty free bags don't count as carry-on baggage so once you are through security you can utilise the bags for extra items. Ensure your carry-on bags are the correct size - there is nothing worse than arriving at the gate and being told you have to store your carry-on in the hold.

★★★

Apologies to readers for some incorrect information supplied last month. I had spotted an advert for the Elvis exhibition in Melbourne thumbing through a magazine and was so enthralled by it that I didn't notice it was in fact held in 2022. The exhibition currently on at the Bendigo Art Gallery is *The Australian Women's Weekly: 90 years of an Australian icon* and runs until August 27. Visit bendigoartgallery.com.au for details.

★★★

Join us on our next day trip flight to Antarctica. See this page for details on the flight which departs January 26, 2024. If you would like a copy of the brochure which outlines conditions and seating classes and the booking form, please email jen@haveagonews.com.au or call the office on (08) 9227 8283.

★★★

Happy trails

Jennifer Merigan



Explore the Midwest and more...



JOIN Club 55 Travel for a fun five day tour as they explore the magnificent Midwest, spending four comfortable nights staying at the Hospitality Motel in Geraldton.

The countryside is starting to explode into colour with masses of wildflowers. The tour includes a day visit to the new Kalbarri Skywalk and the gorges, Coal

Seam Conservation Park with its carpets of everlastings. Enjoy this great tour with good company. Book early, limited seats available. Departs: Thursday September 7, and only \$1,250 twin share.

Club 55 Travel Club caters for individuals, couples and small groups. There are some great tours coming up and people can have a great day out from as little as only \$50. There are several convenient departure locations around Perth, including Belmont, Booragoon, Bassendean, Innaloo, Whitfords, Perth City and Riverton Leisure Plex.

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 only \$50.

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 the day and extended tours and sign up for free membership.

Day trip to Antarctica...



plorer economy class and shared some photos.

The next trip is scheduled for Australia Day January 26, 2024 and we have seats available.

Have a Go News has been working with Antarctica Flights for more than six years and many readers have taken this unique day trip to see the last great wilderness of Antarctica by plane.

Get ready to board the 787 Dreamliner with its larger windows, providing a better viewing experience for passengers.

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

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

This flight departs Perth on Australia Day 2024 at 8am and returns at 8.30pm. Seats sell out quickly for this amazing experience.

The following seating is available:
 Explorer Economy Class - \$1199 per person
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A \$300 deposit is required with booking and full payment is required eight weeks before departure.

For further information, brochures and booking forms please call the office on 9227 8283 or email jen@haveagonews.com.au

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Have a Go News readers have taken to the sky and enjoyed the day trip of a lifetime, flying across Antarctica.

Diane Hansen said she had wonderful memories of the flight over Antarctica.

"My seats were brilliant, as were the people I met, it was a privilege to be able to get on that plane and see some spectacular sites and the plane. The staff were top notch too," she said.

Diane travelled on ex-

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ADVERTISING FEATURE



travel options for the mature west australian

An island getaway in the Indian Ocean - discovering le mystique Mauritius



L-R; Mysterious pyramid – The opulent Oberoi – View of Le Morne from Sands Suites Resort & Spa – Zebra at Casela Nature Parks

by Carmen Jenner

BEYOND those idyllic palm-lined beaches, Mauritius intrigues with folklores fuelled by staggering yet mysterious beauty. Dig beneath the surface, and you'll discover a mystical side to Mauritius to keep you enthralled long after your return to reality.

Formed by underwater volcanic eruptions over eight million years ago, Mauritius is part of the remote archipelago forming the Mascarenes Islands, including Rodrigues and Le Reunion. Shaped by its African, Chinese, Indian and European roots before its independence in 1968, these ethnic influences have created a unique culture reflected in the food, architecture, music, dance, religion and language. Petite in size, just 61 kilometres in length and 45 kilometres wide, you can get to most places in only an hour.

I arrived during winter, and if you're reading this while plunged into Perth's winter, you'll happily trade places for Mauritius' balmy year-round climate thanks to its proximity to the Tropic of Cancer.

Mauritius is often favoured by loved-up honeymooners and empty nesters spending their kids' inheritance at decadent resorts. If staying in the south, my picks are the beachside Sands Suites Resort and Spa or Paradis Beachcomber

Golf Resort and Spa. If you want to go all out, the Oberoi Beach Resort in the north on the powdery sands of Turtle Bay bathes its guests in opulence and views every which way.

If you can bear to leave the luxury of your resort for a sample of the island's rich culture, head to the capital Port Louis for a wander through the markets, museums and street art. Delve further into the cuisine on a Taste Buddies food tour and discover how Chinatown came to be, while sampling a mix of exotic flavours.

You can't visit Mauritius without trying Creole food, and about 15 minutes from Port Louis, dining at Escale Creole restaurant is like being invited over for a family meal by owners Marie-Christine and her mum Majo. You'll leave as friends after spending time with this dynamic duo and dining on classics like rougaille creole sausage, vindaye fish curry and venison salmi stew.

On a side note, there's speculation that the extinct and flightless dodo bird could be genetically recreated as its DNA has been discovered. While on a quad bike safari passing alongside Jurassic Park-esque mountain ranges through Casela Nature Parks, I begin to wonder what else could be recreated as friendly zebras and less friendly ostriches approach. A gi-

raffe poking its head out from behind a tree spellbinds, grinding our bike to a halt in respectful silence for these majestic creatures.

Surreal experiences enchant all over the island, from the underwater waterfall (due to an optical illusion witnessed from the air) to watching the rhythmic gyrations of a Sega dance performance. A visit to the Grand Bassin, aka Ganga Talao, in the Savanne district was enlightening when a priest blessed me. After pressing a red bindi onto my forehead, acting as a conduit between himself and the ether, he delivered an impromptu sermon about the significance of water, prayer rituals, and how anyone is welcome to wander among the statues and lake-side temple. Respecting the tradition of leaving your shoes outside invites the earth's vibration to flow through your bare feet and into your heart.

As the name suggests, the Seven Coloured Earths at Chamarel Geopark emerges from the tropical landscape in rainbow-striped red, brown, purple, green, blue, purple and yellow dunes. Almost

stealing the show from the iconic dunes, we discover honeymooning giant tortoises in the throes of passion. Leaving them to their slow-motion thrusting, we cooled off at the café over a sugar cane drink and Chamarel Coffee, grown in nearby plantations 280 metres above sea level. While in Chamarel, add the Rhumerie de Chamarel to your list, as well as the tallest single-drop waterfall in Mauritius at 100 metres, enjoyed from the lookout or by a three-hour trek rewarded with a swim in the waterfall's pool.

At a complete juxtaposition to this tranquillity, Le Morne in the southwest is a rugged mountain jutting 500 metres above the Indian Ocean. Once used as a shelter for runaway slaves, it was declared a UNESCO World Heritage Site in 2008 for its role in marooning slaves, many of who plummeted to their death in a mass suicide or massacre, depending on who's telling the story.

Mauritius' second UNESCO World Heritage Site is also slave-related at the Aapravasi Ghat in Port Louis. This eerie site was selected for a British Government experiment

in 1834 to replace slaves with free labour, known as indenture, where half a million labourers were sent from India to work on sugar plantations. Whatever term you give it, without the sacrifice of these poor souls, sugar cane wouldn't be the most important industry on the island alongside tourism.

A sugar cane field in Plaine Magnien alongside the highway near the airport is where I notice one of the three pyramids in the field jutting out of the reeds. Apparently, there are seven pyramids on the island and how they came to be adds to the intrigue. Built with black volcanic rock excavated by slaves from sugar cane fields for shelter and storage is one explanation. But this doesn't explain the shape and why there are identical structures in Tenerife and Sicily.

I'll happily further research this phenomenon on my next visit.

Carmen Jenner was a guest of Air Mauritius, Mauritius Tourism Promotion Authority, the Sands Suites Resort & Spa, Paradis Beachcomber Golf Resort & Spa, and The Oberoi Beach Resort.

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ADVERTISING FEATURE

travel options for the mature west australian

Going Fishing - A look at the life cycle of the southern calamari



Our southern calamari has a surprisingly short lifespan

by Mike Roennfeldt

I ATTENDED an interesting presentation at Marmion Angling and Aquatic Club a few years ago, where the guest speaker was Dr Peter Coulson from Murdoch University's Centre for Fish and Fisheries Research.

Dr Coulson had recently finished a two-year research project looking at the biological characteristics of southern calamari (*Sepioteuthis australis*). Investigations were carried out in Cockburn Sound, Geographe Bay and King George Sound, where a "Send Us Your Squid" collection program was implemented, involving both recreational and commercial squid fishers.

A total of 3312 samples were collected, enough to give some scientifically important insights into the squid populations of the chosen areas.

Perhaps the most interesting fact to come to light as far as I was concerned, arose from the age determination of the squid. Most of us are familiar with the age rings in the otoliths of fish, which reveal their age. Like rings in the trunk of a cut tree, each one marks a year of growth. The otolith equivalent in a squid is a statolith, but instead of lines representing a year of growth, in the squid a line represents a day. Even in the short lifetime of a squid this allows scientists to accurately deter-

mine age.

How long does one of our local squid live? Well, the oldest squid from that sample of 3312 specimens had made it to just 283 days.

Comparing size and growth rates between the three areas of study produced interesting results. While there was very little difference in the overall size distribution of females and males in Cockburn Sound, females dominated the smaller size classes and males dominated the larger size classes in both Geographe Bay and King George Sound. The results revealed that the overall size distribution of *S. australis* caught by commercial fishers in Cockburn Sound (latitude

32°S) was much smaller than those caught by commercial fishers in Geographe Bay (33.5°S), which were smaller than those from commercial fishers in King George Sound (35°S).

The same trend was also evident in the size distribution of individuals caught by recreational fishers in those three areas.

It seems the farther south the samples were taken, the longer the lifespan and bigger the maximum size, but surprisingly, the fastest growth rates were recorded in Geographe Bay.

The areas sampled in Cockburn Sound, Geographe Bay and King George Sound, where

Posidonia seagrass is the dominant seagrass species in shallow waters, may not represent important spawning areas for *S. australis*, but instead may act as areas for foraging and refuge.

The report suggests that low relief limestone reefs, which include growths of *Amphibolis* seagrass and macroalgae, that are found further offshore in the case of Cockburn Sound, Geographe Bay and certain areas in King George Sound, may provide the spawning habitat required for attaching egg masses.

So, there you have it. Our local squid lead a short life but a merry one and the farther south you go the bigger they get.



Wobbe takes on a new life

Why not have a go at cruising the canals of Europe?

WOBBE is a strange name for a boat. However not so strange if it refers to an ijszelaak – of steel and rivets – built in the Netherlands in 1907. *Wobbe* was towed along by horses to assist in the construction of dykes on the IJssel river.

Now, 99 years later – after having been fitted out as a live-aboard – Ian Deany and his wife purchased her on a 50/50 basis with another Perth couple.

Once purchased; *Wobbe*, was a very low-cost movable holiday

house. A perfect vessel to cruise the thousands of kilometres of rivers, canals and lakes of Western Europe, which they did for 15 years.

Each couple would enjoy *Wobbe's* comforts for three months per year.

Their favourite moorings included Paris, Amsterdam, Strasbourg, Bruges, Reims, Nancy, and more. As canals were constructed to replace the centuries old horse and cart type transport,

they often traversed the centre of towns and cities; to attract the maximum volume of cargo. Now as tourists, we take advantage of the proximity to attractions and amenities.

Ian started their European waterways adventures by hiring a self-drive fully equipped vessel, he says there are many hire companies; but they happened to use www.locaboat.com – they have numerous hire bases. The boat hire company representative pro-

vided tuition and a licence for the hire period.

Ian says "If, you are blown away by the enjoyment as we were, then there are innumerable European agents to assist your hire or purchase."

Sounds interesting? For additional information, go to www.canalcaperswa.com

Ian is available to talk to clubs and groups as a guest speaker – call him on 0437 617 028 or email ianandsue.deany@gmail.com.

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Stargazing in July - Enjoy the dance of the planets



by Donna Vanzetti

JUST as our daylight skies are ever-changing, with new sunsets and shifting

cloud formations, our evening skies are constantly changing too, as the planets of our solar system appear to move across the

sky throughout the year.

The word planet means 'wanderer', given by the ancient Greeks who studied the night sky and began to understand their orbits.

From our perspective here on Earth, as the planets continue their never-ending waltz around the Sun, their orbits can sometimes bring the planets together to form incredible conjunctions or planet parties.

Across the month of July, stargazers will be treated to a sunset display as Mars, Venus and Mercury take centre stage.

Starting on the 10th, Mars will appear right next to Venus and the bright star Regulus. Keen eyed observers may also spot the International Space Station passing by this triplet of lights around 6pm. Watch Mars drift away from Regulus and Mercury and take centre stage throughout the month, culminating in Mercury making a very close approach to Regulus on the 29th. Even the Moon will join the party, making a close approach on the 20th and 21st.

When to look: Earlier in the month, watch from

sunset to 7.30pm, by the end of July, this event can only be seen from 6pm to 6.30pm.

Which direction to look: West north-west, very low to the horizon.

They will continue their beautiful dance throughout July and this will culminate with another special grouping on the 20th and 21st, when the stunning thin slither of the Moon joins the party to form a striking nightscape with Mars and Venus.

Find more stargazing tips and country events at www.astrotourismwa.com.au.

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9am Morris Pl, Innaloo
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Returns First drop approx 4pm

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★ NEW FOR 2023 ★

TUESDAY 8 AUGUST - Southern Suburbs

Departs 9am Canning Hwy & Murray Rd Melville
9.30am Pagoda Hotel Comer St Como
10am East Perth Terminal

Returns First drop approx 4pm

Includes Entry fee, lunch & luxury coach

THURSDAY 10 AUGUST - Northern Suburbs

Departs 9am HBF Arena, Joondalup
9.30am Morris Pl, Innaloo
10am Morley Recreation Centre

Returns First drop approx 4pm

CANOLA CAPERS

★ NEW FOR 2023 ★

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Departs 8am Canning Hwy & Murray Rd Melville
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9am East Perth Terminal

Returns First drop approx 4pm

Includes Entry fee, lunch & luxury coach

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Discover the Fitzgerald Biosphere Coast at the Ravensthorpe Wildflower Show



Herbarium volunteers enjoying their work

RAVENSTHORPE Wildflower Show is the biggest in the world. It will be held this year from September 11 to 23.

More than 700 specimens collated in family groups creating a plethora of colour, form, and perfume will be on display. An energetic band of volunteers goes forth into the bush to seek elusive specimens for the show. This is an opportunity to see wildflowers on show and in their natural environment along with the biggest rural

herbarium open for visitors.

The program of events and activities are as diverse as the flowers, offering visitors an action-packed time in Ravensthorpe and Hopetoun with its welcoming and vibrant community.

This year's program events and activities available throughout the Shire include more than 700 specimens on display; 4WD tagalong tours; guided walks; walk with the rangers through Fitzgerald River National Park; soup lunches and Devonshire teas; bus tours including wildflower hot spots; local geology tour; Feast in the Fitz with Fervour; art exhibitions and workshops.

The Shire of Ravensthorpe is renowned for its abundance of flora and fauna and is considered a biodiversity hotspot. It has a rich farming and mining history.

A key part of the Shire is the world class Fitzgerald River National Park, which, hosts some 1800 different plant species, showcases itself along a wild and beautiful coastline. Recently refurbished, the National Park features surfaced coastal roads, interpretive displays, walk trails and spectacular lookouts and prebooked camping facilities available.

See www.fitzgeraldcoast.com.au/stay/book-camp-grounds.aspx or www.fitzgeraldcoast.com.au/. Booking available late July www.wildflowersRavensthorpe.org.au.

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WA's world-class long-distance trail goes virtual

IN CELEBRATION of the Bibbulmun Track's 25th anniversary, the Bibbulmun Track Foundation invites outdoor enthusiasts and homebodies alike to lace up their virtual boots and join the Bibbulmun Track Virtual Hike Challenge starting on July 14.

The immersive exploration of the 1000-kilometre Bibbulmun Track will follow in the footsteps of a group of end-to-end walkers who will complete the Track from Kalamunda to Albany in real life to mark the anniversary.

Challenge participants will progress along a virtual map of the Track, discovering 32 milestones with photos and descriptions that bring the Bibbulmun Track to life.

Teams of up to three members will record their daily

step count in an effort to keep pace with the real-life end-to-end walkers who will complete the Track in 62 days. Participants can sync their steps using their smartphone, Fitbit, or a similar device.

"Participants will journey over hills, into valleys, through forests, across plains, over cliff tops and along sandy beaches. Each day will bring something different," says Bibbulmun Track Foundation executive director, Linda Daniels.

"To add to the experience, walkers can choose to raise funds to support the Foundation's track maintenance efforts with 10 per cent of funds raised going towards Kaarakin Black Cockatoo Conservation Centre, helping save WA's black cockatoos."

A line-up of prizes from challenge sponsors Anaconda, Sea to Summit, Small Things Wine, and Paddy Pallin will keep walkers motivated throughout the challenge.

To find out more and to sign up for the Virtual Hike Challenge visit www.bibbulmuntrack.org.au.

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Living the dream - gliding through in the sky to soar like an eagle



L-R; Richard McLean, my pilot - LS8-18 Glider - Piper Pawnee tow plane - Ross Richardson - club member, preparing for take-off in his LS8-18. Inset; Glider being towed down the runway.



by Chris Tate

I HAVE dreamt of going up in a glider for many years.

The dream finally became a reality when a couple of friends bought me a gift voucher for my birthday last year.

My wife and I drove up to Beverley from the south west just over a year ago, but the airstrip was inundated with rain water the night before my scheduled flight, so it was cancelled. Normally they can go up in rain but not on a flooded airstrip.

Fortunately, the Beverley Soaring Club's gift vouchers are good for three years so we gave it another shot this autumn.

We were really lucky this time. It was a perfect day for gliding. Blue skies, a slight breeze and a few cumulous clouds. I thought the clouds would add to the scenery and my pilot advised me that

these puffy, white clouds are caused by thermals or warm air rising from the ground.

I have watched birds spiralling up into the sky on thermals so it was interesting to learn that gliders use them to gain height also. A glider is towed up by a plane and once the tow-line is released by the glider pilot it can only descend as it moves forward.

A single-seat, LS8-18 glider has an 18-metre wingspan and can glide 48km from a height of one kilometre.

Glider pilot, Ross Richardson told me that he adds 185kg of water to the glider which makes it fly faster. They can do up to around 160 kms per hour. When my pilot, Richard McLean caught sight of me approaching his glider he removed some weights. I guess he didn't want to fly too fast.

Richard said he had flown 600km in six hours which seems pretty impressive. Not having a motor, the trick is to have enough height to return to the airstrip as without thermals the glider can only descend. He did however point to a glider soaring near us that contained a small jet engine so the pilot had the ability to power home. A bit like a yacht I guess, that has an ancillary motor to power on in calm conditions.

Soon as I was strapped in and the canopy was closed, a tow rope was

attached to a small Piper Pawnee plane in front of us. I was familiar with the Pawnee as I once worked as a ground marker for a crop-dusting team in Coorow and my very first-ever flight was in a Piper Pawnee.

When I informed my glider pilot he said, "But the Pawnee only has one seat and that's for the pilot."

Yes, he was right. I had to sit in the 'hopper', a small compartment between the prop and the pilot. It's where they hold the spray that is spread over the paddocks to kill weeds. It was not that comfortable without a seat - particularly when landing on a gravel airstrip. There are no windshields so I was flying blind but it was an experience

that few people have ever managed. Of course, it is also highly illegal.

It only took a couple of minutes to get up to around 3,000 feet with the tow-plane and the pilot released the rope. The scenery around Beverley was amazing. It was like a Richard Woldendorp photo. Farmers were seeding and we could see tractors towing massive machinery behind them causing striated patterns of various earthy colours. A patchwork from deep green, yellow, and shades of brown to black.

It is so tranquil and quiet provided you're not chatting to the pilot seated behind you and there are no announcements over the radio. And because you have

a front-row seat the view is uninterrupted unlike a Cessna where you battle to see over the dashboard. I can understand how all these glider pilots get the bug.

There were about eight planes on the runway when we arrived earlier and whilst we were gliding, I could see four of them soaring round like huge, white Pterodactyls climbing effortlessly on thermals. My pilot decided to give me an opportunity to get a few photos of them and we chased one around a thermal for a few minutes, which was fascinating.

The pilot talked-me though every phase of the flight and he asked if I would like to take the controls or do some manoeuvres. I chose

'manoeuvres', what-ever that meant and he said, "Ok, we are going to do a loop-to loop!"

Oops, maybe I had made a mistake?

I thought, it's good to know Richard had a sense of humour but he was serious as he explained in detail what we were about to attempt. We climbed up vertically and I watched the horizon dropping below us and out of sight. Then there was nothing but blue sky until the landscape appeared upside down and we levelled out again.

Actually, it wasn't too bad doing manoeuvres in a glider.

Then he said how about a "Shontelle"?

Now there was no room in there for a host-

ee so I wasn't sure what he meant. In French it means 'stone' so that was a bit concerning. Surely, we're not going to drop like a rock?

He then said we will climb up on a 45-degree angle until we stall, then we will veer off to the right as we lose altitude. I thought, it's time for me to take the controls but it went perfectly.

Soon it was time to glide back towards Beverley and we could see the airstrip off in the distance. We circled and as we descended a huge flock of corellas rose up from the ground just below us.

I was expecting a few bumps on landing but it was so smooth. Just about perfection I reckon.

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Cultural knowledge holder, Toni Roe with Burrowing Bees

Burrowing bee - unique to the Gascoyne region

GWOONWARDU Mia is a multipurpose Cultural Centre hosted on Yinggarda Country in Carnarvon that celebrates and recognises the five Aboriginal language groups of the Gascoyne Region, Yinggarda, Bayungu, Malgana, Thadgari and Thalanyji.

The vision is to create: "a common meeting place for the people of the Gascoyne Region where lives are enriched, Aboriginal culture is recognised and practiced, quality employment and business enterprises operate and where youth are actively engaged in creating their own future."

The cultural centre showcases regional artists in the Gallery Shop, a Training Café, conference rooms for hire, an Ethno-botanical gar-

den and the nationally award-winning permanent exhibition - Burlganija Wanggaya - Old People Talking - Listen, Learn, Respect (featured in *Have a Go News* last year).

Last month the unique and culturally significant species of burrowing bee caused a buzz in the Gascoyne region after making an appearance at Gwoonwardu Mia's Burrowing Bee Community Day.

Funded by the Foundation for the WA Museum Impact Circle Grant, the event held last month encouraged the community to celebrate the cultural significance of the region's Mungurrarurra, also known as Dawson's Burrowing Bee (*Amegilla dawsoni*).

Toni Roe, highly respected cultural knowl-

edge holder, shared captivating stories passed down to her by her elders, emphasising the importance of protecting these magnificent and unique bees that call the Gascoyne region home.

The travelling exhibition WA Museum in a Container gave visitors the opportunity to observe the burrowing bee up close, with WA Museum Curator of Entomology Dr Nik Tatarnic hosting an information session for community members to learn the science behind the bee's significance.

Gwoonwardu Mia regional manager, Barry Bellotti said the team were thrilled to witness the incredible interest and enthusiasm generated by the Mungurrarurra Burrowing Bee Community Day.

"This event serves as a testament to the Gascoyne region's dedication to preserving its cultural heritage and unique biodiversity," he said.

"We are proud to support initiatives like these that foster community engagement and education."

The event included the launch of an all-new interactive experience, which allows visitors to create their own animated burrowing bee to be included in a visual exhibition.

Gwoonwardu Mia's Community Day also saw the launch of the Mungurrarurra Burrowing Bee educational program.

The program will enable educators to incorporate engaging hands-on burrowing bee activities into their curriculum through the facilitation of a loan box, which

includes educational resources, specimens, and informative materials.

WA Museum director of regions, Jessica Machin, said she appreciated the community's enthusiasm for the event and highlighted the creative way it incorporated cultural heritage and biodiversity.

"The Mungurrarurra Burrowing Bee Community Day is a remarkable example of how cultural heritage, biodiversity, and community engagement can be beautifully intertwined," she said.

"It is a testament to the commitment of the Gascoyne region and the WA Museum to foster a deeper understanding and appreciation of our natural world."

A visit to Gwoonwardu Mia is a must when in Carnarvon.

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Flower and Garden festival will see Nannup blooming



The Live Lighter Nannup Flower and Garden Festival attracts in excess of 10,000 people

HISTORIC Nannup offers the ideal setting for the Live Lighter Nannup Flower and Garden Festival with its superb blend of history and horticulture.

Organised by the Nannup Garden Village Inc, the festival attracts in excess of 10,000 people, plus many more visitors prior and post event to see the more than 20,000 tulips in flower.

This year return-

ing once again for its 26th year the Festival is a 16-day event held from August 12 - 27. It welcomes back fan favourites Costa and Sabrina Hahn as well other big names - Hannah Moloney from *Gardening Australia* and Paul West formerly from *River Cottage Australia*.

Visit Nannup during the festival to see the town in full tulip bloom. Each weekend there will be a

full program of activities including workshops, presentations, displays, markets, garden tours, open gardens, and social gatherings.

There are activities and events suitable for everyone, including a diverse selection of markets stalls stretched across the town. Wander the streets to see all the tulips, visit local shops and cafes and the unmissable town hall exhibition.

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There is a new chef with more than 20 years experience, a new menu with daily specials, vegetarian and gluten free options. Since July 2022 the motel has a new on-site manager who has been making significant improvements.

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What's in a name? Here's a look at Indigenous names around WA

by Lee Tate

YUNDERUP – where Percy, our grandfather, lived in a shack and took us fishing along the river. 'Pop' never explained what Yunderup meant and we never asked. He probably didn't know.

At school, we learnt more about English monarchs, European conflicts and Sherwood Forest, the haunt of fictitious Robin Hood, than our own backyards. Indigenous information was scant.

A list of Aboriginal words was compiled by Daisy Bates and now the gates are creaking open with name-changes to our cities, towns, regions, suburbs and places of interest.

Notably Boola Bardip (WA Museum), Boorloo (Perth), Walyalup (Fremantle), Mooro Kaarta or Kaarta Gar-up (Kings Park) and Wadjemup (Rottnest Island).

Albeit struggling with pronunciations and spellings, we are officially

embracing Aboriginal words.

Yunderup is derived from the Aboriginal word 'Yoondooroop', one of the islands in the local Murray delta. In 1898, Commissioner of Crown Lands, George Throssell, approved the use of the name.

Surveyor General, HF Johnston, recommended the spelling 'Yundurup' to conform to the Royal Geographical Society's system of Orthography where Indigenous names with the sound 'oo' are spelt with a 'u' (as in 'Zulu').

Perth City is in the ancient country of the Whadjuk Nyoongar people, traditional owners of South-West Western Australia for at least 45,000 years. Up to the 1829 European settlement, the areas around central Perth, were known by the Nyoongar nation as Mooro, Beeloo and Beelir.

Yanchep is derived from 'yanget', a native flax or bullrush, named after

Yangebup Lake, first recorded in 1841 and approved as a suburb name in 1977.

Perth suburb Wandii, was endorsed in 1978: "commemorating a highly-regarded Aboriginal stockman who drove sheep in the Cockburn Sound area for Anchorage Butchers around the 1920s."

Balga is Aboriginal for the grass tree Xanthorrhoea, formerly known as black boy trees.

The suburb, Coogee, is named after a local lake. It was originally named Lake Munster after Prince William, Earl of Munster and later King William IV. The Aboriginal name Kou-Gee was recorded in 1841 by Thomas Watson, variously spelt as Koojee, Coojee and Coogee.

The suburb of Jandakot takes its name from Lake Jandakot, recorded as early as 1844, an Aboriginal word said to mean 'place of the

whistling eagle'.

Coolbinia, meaning 'mistletoe', was part of Mount Lawley until Coolbinia was chosen for a new school and then adopted for the suburb.

Yokine, named after Yokine Hill is an Aboriginal word for native dog (close to Native Dog Swamp). Yokine Hill was named by N.S. Bartlett in 1922.

Aboriginal peoples frequented the mud flats and fishing spots at Matagarup (Heirisson Island) and around Gumap (Elizabeth Quay). Derbal Yerrigan is the Swan River.

Innaloo was originally "Njooken-booroo" (also spelt Ngurgenboro or Noorgenboro). It was considered too difficult for Europeans to pronounce and spell, so Innaloo, the name of an Aboriginal woman from Dongara, was approved in 1927.

More familiar are Gidgegannup (place to make spears), Ongerup (place of the male kangaroo) and Goomalling

(place to find possum).

Fremantle is situated on Beelir country, one of the land divisions of the Whadjuk people. It stretches from the Derbal Yirrigan at Walyalup (Fremantle inner city) and east to Dyarlgarro (Canning River), south along the river to the Garangara (the Darling escarpment south of Armadale) and west across to Derbal Nara (Indian Ocean) or Mar-murum Warden (Father Ocean).

While Noongar is identified as a single language, there are several ways of pronouncing and spelling it: Noongar, Nyungar, Nyoongar, Nyoongah, Nyungah, Nyugah, Yungar and Noonga.

An interactive map of Noongar place names called Gnarla Boodja Mili Mili (Our Country on Paper) was released by the McGowan Government's Aboriginal History Unit in 2019. It was the first map of its kind to comprehensively document Aboriginal place names of a capital city.



Newcastle Gaol Museum, Toodyay
© www.toodyay.wa.gov.au

by Rose Hope

museum café in Toodyay admiring all the artifacts and devouring a mug of

I WAS sitting in the cola

COCOA (Come Out Camping Older Adults) club invades Toodyay

tea and a Florentine biscuit as big as a cartwheel, coated with chocolate, when this dude announces that after morning tea he would be taking folk on a short leisurely walk around the village.

Now I seriously considered whether to join him or not, due to the fact that I had been on a previous walk with this guy and I remembered that he could run the pants off a kangaroo. But hey against my

better judgement I joined the mob and our first stop was the visitors centre where we met a very nice lady and of course there were many objects of interest and items for sale.

From there I plodded past the graciously aged Conner's Cottage and crossed the railway line eventually arriving at the Old Gaol Museum where we were held up by a bushranger who demanded \$4.50 before he'd let us

enter. In desperation I paid the rogue, needing to find a seat to have a rest. Built in 1865 the tiny cells of the goal opened up onto a courtyard and each cell held historical documentation of the district.

We made our way to the stables which housed huge carts and other items and somewhere or other I sat in a judges seat in a courtroom.

We ended up in the Christmas shop, a huge

space chock-a-block full of all things glittery, before making our way to the Victoria Hotel for a great meal where the COCOA club raised the roof of the pub with their chatter and laughter.

Toodyay is a town where one can feel the spirit of a generation long gone and where the ghost of famous escapologist Moondyne Joe, who borrowed the magistrate's horse to make an escape

into history, will always linger.

I am looking forward to our next five-night getaway on the beach and the one in October in the bush with the club. They are all affordable, fully catered and undercover and I can get there by public transport.

If you would like more information about this club call Judy Hampson on 0450 735 415 or look it up at www.cocoa.com.

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MUSEUMS

Discover the intricacies of Ancient Egypt at Boola Bardip - the WA Museum



Discovering Ancient Egypt, exploring ancient Egyptian civilisation

THE WA Museum Boola Bardip has a new major exhibition, *Discovering Ancient Egypt*, exploring ancient Egyptian civilisation and how they lived and celebrated the afterlife.

It features more than 240 ancient objects on loan from Rijksmuseum van Oudheden's treasured Egyptian and Nubian collections in the Netherlands.

Rare artefacts brought to WA include intricately decorated coffins and mummies, extracts from the Book of the Dead, fascinating statues, intricately carved Stelae (tablets), amulets and jewellery, and much more.

Western Australian Museum chief executive officer, Alec Coles

said the ancient civilisation of Egypt has inspired the imagination of people for centuries.

"As you enter the museum you embark on a six-part journey through time, learning about who the ancient Egyptians were, what they believed in, and how their civilisation evolved and endured through millennia," Mr Coles said.

This exhibition is the first time the results and analysis of recent CT scans of three mummified remains are revealed. The exhibition

also includes new insights into ancient Egyptian culture made possible through excavation, 3D-scanning and recent research undertaken.

A special program of events has been curated by the WA Museum including expert talks, guided tours, and a 'Feast Upon the Nile' dining experience on Friday July 28 featuring an Egyptian feast-style menu paired with wines.

visit.museum.wa.gov.au/boolabardip, call 1300 134 081 or email - reception@museum.wa.gov.au

Find our agricultural history at Whiteman Park



DOZENS of relics from WA's agricultural past are on display at the Tractor Museum of WA. The collection includes nearly 70 tractors, as well as stationary engines, vintage trucks, a display of country life artefacts and old photographs. There is also a 1930's two-room cottage.

Of the tractors on display, the oldest is an operational 1920 Fordson. There are also a 1924 Hopper cooled Lanz, 1924 Stock crawler built in Germany; a 1921 Chamberlain traction engine and a large range of Chamberlain tractor models

Western Australia even had its own tractor manufacturer, Chamberlain Industries (subsequently taken over by John Deere before later closing down). Their original prototype tractor, the 40K, and the famous Tail-end Charlie are both on display at the museum, with Tail-end Charlie often seen bringing up the rear of the tractor parade on the second Sunday of the month at 1.15 pm.

The museum is open Wednesday, Friday, Saturday, Sunday and Public Holidays plus school holidays (April, July, October).

Contact 9209 3480 or visit website www.whiteman-park.com.au

Lots of history in Kalgoorlie-Boulder



Visit the City of Kalgoorlie-Boulder's War Museum to discover intriguing artefacts © www.ckb.wa.gov.au

GOLDFIELDS proud history is built on the early pioneers Paddy Hannan, Daniel Shea and Tom Flanagan.

The Municipality of Boulder completed its elegant Federation Free Style town hall in June 1908, it

features a ballroom, council chamber and unique Goatcher Curtain.

The Goldfields War Museum, located in the former library, opened in March 2019 and showcases an intriguing collection of artefacts present-

ing heartbreaking stories of Goldfields men and women, in times of war and peace.

The local history archives occupies the former civic offices. An archivist and military historian can help uncover all aspects of local and military history.

The Boulder Town Hall is open Monday - Friday, 10am - 4pm and on Saturday 9am - 1pm. Tours take place on Tuesday, Thursday and Saturday at 10.30am and the Goldfields War Museum on Thursday at 1.30pm.

For more information please phone: 9021 9817 or email: mailbag@ckb.wa.gov.au, visit www.ckb.wa.gov.au or Facebook at CKBHistoryandHeritage

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ADVERTISING FEATURE



Finding inspiration to make easy changes in your home



by Zofia St James

A THING of beauty is a joy forever – feasting your eyes on a beautifully cooked roast, a painting, flowers or something new you have wanted forever is just a wonderful thing, it's good for the soul.

Last month I wrote about decorating your life, littering it with pleasures big or small, something tangible or even just indulging in a good book or movie. Winter is great at slowing us down, staying indoors and enjoying warm richer food.

We are all creatures who

love comfort. Taking joy is as important as taking a walk or shower... spoil thyself!

I recently returned from a trip to visit my children in Sydney and staying in the Paddington/Woolahra area provided some wonderful walking tours looking at all the beautiful terrace houses, their character and small gardens.

It was inspiring to see how living in small places, with small gardens in squeeze streets was so charming but clever in the way space was utilised. I could manage to have a sneak peek inside a few houses where curtains or shutters were open. It was interesting to see the design and decoration as well. It completely aligned with my philosophy of less is more, as long as it provides impact and makes a statement.

The older we get the more we realise the less we need. Therefore, what

pieces we choose to have should be special and mean something. It is entirely possible to have beautiful things that also provide function and utility. It's also possible to completely make over a room with the clever selection of even three new things.

Recently I visited Montauk Lighting company in Northwood Street in West Leederville, after seeing it but never venturing inside. I was absolutely delighted to see the rooms contained a vast range of stock that provided a definite point of difference to what I have seen elsewhere.

Set in a two-storey character townhouse, Montauk offers more than just lighting ideas, but also interior design, rugs, books, art and a beautiful range interior hardware.

Just a few new things could change your world and light up your life.



Sometimes those few new things require more of an investment, but it's money well spent when you do absolutely fall in love with an item that is beautiful, functional and sets a room alright... Excuse the pun!

We want a wow factor! Don't settle for 'meh'... be brave enough to make that

statement in your home but in saying that, that wow factor has to be an expression of who you are and what it means to you. So, for instance a beautiful lamp, a new rug, an artwork and new cushions, possibly even a feature wall painted in a rich jewel tone to completely pull the look together, will change

your world and is easy to achieve.

It's never too late to make where you live into a place you just love to live. Think about it this month when you are cosy at home and enjoying the aroma of cooking something delicious on a cold winter's day.

Enjoy July, stay warm. Zx

Zofia offers a free interior style consultation for readers over the phone or by video call. She can assist with de-cluttering, restyling, choosing furniture and personal styling. If interested please contact Zofia on 0406 336 607 or email zofia@stjames@hotmail.com.

Find the secret word in the adverts to win a \$200 shopping voucher

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

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

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

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

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2. City of Wanneroo
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7. Mike Drew Travel & Cruise
8. Rottneest Fast Ferries

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 10. Shire of Kondinin
 11. West Australian Opera
- Entrants can enter via email with Adwords in the subject line at win@haveagonews.com.au or write to Ad Words Competition c/- Have a Go

News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/07/23.

Congratulations to Carmela Cazulino, of Stirling our May Ad Words winner.

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Let's go motoring - testing Victorian roads in an electric Porsche



Porsche Taycan GTS



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

LAST month I spent a couple of weeks in beautiful Melbourne, an appealing time to me in June as the weather is a little colder. The people seem somewhat indifferent to the weather they encounter each year. Just walking around the streets; Little Lonsdale, Bourke or Collins, there were people everywhere. I so mourned the fact I'd not invested in black

'puffer' jackets about five years ago. I'd have more money than an injury listed Eagles player.

It was fanciful to spend some time with the electric Porsche Taycan GTS. Extraordinary for many reasons. I say that because it's a Porsche, which is the antithesis of everything for which Porsche has normally stood.

The thrill of simply collecting the Porsche in Melbourne was palpable. The idea of picking up a (red) Porsche from the dealership that has been in business for many decades was an historical reference that really meant a lot to me.

However, it was the drive in Porsche Taycan to Ballarat, which was both memorable and sad. Memorable because I'm astonished at how many new properties have cropped up on the freeway through places like Bacchus Marsh and then to Ballarat.

It was with sadness (also much joy) I got to spend some time at the Ballarat Base Hospital with my dear friend Jim, who is gravely ill. Jim is a friend and great mentor for the past 40 years.

A person committed to the world of hospitality, business and property, He's made some money, but is always generous with his staff, friends and family.

Jim is gravely ill with a dreadful condition; an autoimmune disease. For him it means he's lost two of his 10 toes in the last couple of weeks.

Jim and I chatted for hours when I visited him in hospital as part of this visit. One of the things that became apparent; it's unlikely he will leave the hospital.

It also became clear how important it was to go back to the many issues we'd canvassed over the years; what has changed; what remains, but maybe needs to change.

When I told him I had driven to Ballarat in a fully electric Porsche what's left of his jaw dropped.

I could see him, pondering driving a Porsche that was fully electric. Jim owns a couple of vintage 911's.

The idea of a Porsche being fully electric was somehow difficult for him to grasp.

Driving back from Ballarat to Melbourne brood-

ing the idea of maybe losing my lifelong friend and dealing with the prospect of not seeing him again; the rain belted down.

The roads in Victoria are rubbish. We may complain about our roads in Perth; we are way in front.

So I was back to my hotel, then a great drive in the Taycan GTS, down through the beautiful Mornington Peninsula; it's a stunning place. Best known for sunshine, cold wind and rain, all in one afternoon!

I stayed in Portsea, where curiously the Porsche Taycan felt right at home. It attracted lots of stares and whispers.

Having travelled over 400km at this time, it occurred to me I best find a charge station. Where to find the nearest?

Just ask the Porsche; it will guide you there directly.

We connected the charge and walked away. Had a coffee and returned to the car in around half an hour. We were advised (on the Porsche app) that the car was ready to go.

Charged to around 80 per cent. Paid for it; a total of \$8.50.

If you were to fill a Toy-



ota Prado it would cost close to \$250!

My dear friend David, a Portsea resident, is a passionate Tesla owner. After driving the Porsche, he declared it to be a very different experience compared to his Tesla. He mentioned something about break feel; but I'd tuned out.

Driving the Porsche Taycan is a special experience, it is a fully electric motor car. Quick and stylish. As I was leaving Portsea and heading back towards Melbourne. I was thinking what it would be like to actually own a car well in excess of \$300,000.

I imagine joyful and great fun.

The idea of parking in front of some of the most beautiful hotels around the city even if charged a negligible fee for doing so. The Porsche Taycan is something that will be antagonizing for some, because it feels a contradiction to everything for which Porsche ever stood.

It's a four-door, excruciatingly quick and so very comfortable. The technology in this thing is beyond most of us to fully comprehend.

Would you own one if you were a multi-millionaire?

Maybe, but would give it all away to spend more time with my very ill friend Jim.

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

9 MUST WATCH PROGRAMS THIS JULY



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WEEKDAYS FROM 5.30AM



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WEEKDAYS 5.00PM



9NEWS
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NIGHTLY 6.00PM



A CURRENT AFFAIR
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WEEKNIGHTS 7.00PM



RUSH
Deprived of all sight and sound, three teams will be dropped into the chaotic heart of the world's most pulsating cultural festivals and exotic locations across the globe with just one goal - be the first to get out and move on to the next destination.
MONDAY - TUESDAY 7.30PM



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PRIMETIME COVERAGE JULY 3RD - JULY 16TH



OUR STATE ON A PLATE
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SUNDAYS 5.30PM



THE ASHES
Wide World of Sports presents The Ashes, live from England. Join our hosts Roz Kelly and Louise Ransome, with experts Aaron Finch, Callum Ferguson and Mark Taylor for all the action.
FOURTH TEST STARTS JULY 19TH



GETAWAY
Getaway is Australia's favourite travel show with wonderful holiday ideas for all tastes and budgets as well as those once in a lifetime, dream destinations.
SATURDAYS 5.30PM

* Broadcast times subject to change. Please check local guides.

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GREAT HOME and GARDENING



Here's a handy list of jobs to keep you warm in the garden this winter



by Colin Barlow

AS the winter sets in, it's important to take steps to maintain and improve your garden. The recent cold weather, coupled with unprecedented rainfall levels in June has led to flooding, hail, and damage to numerous homes. These challeng-

es have made it even more crucial to give our gardens the attention they need.

It is the perfect time to tackle the essential jobs that will ensure that your garden thrives.

Here are some tips for caring for your garden:

Vegetable Patch

•Protect your veggie crops

from slugs and snails, which tend to cause damage during wet and cooler weather. Effective controls for these pests include Iron chelate based pellets, beer traps and coffee grounds. Alternatively, you can try growing your vegies in raised beds with copper banding or sprays around the sides to deter pests.

•Now is the ideal time to get your beans and peas into the ground. Sow sugar snap, snow peas and broad beans in a well-drained sunny position and don't water again until after germination.

• When the weather is cooler, most fertilisers tend to work slower, so it is better to use an organic pelletised fertiliser like Rooster Booster, Yates Dynamic Lifter or Scotts Performance Naturals.

•Apply quick-acting liquid feeds like Powerfeed and Maxicrop to your leafy green vegetables and herbs every two to four weeks.

Fruit

• If your nectarines, peaches or plums endured the blistering and debilitating effects of peach leaf curl last year, a preventative lime sulfur spray should be

applied now before bud-swell. Later, a copper oxychloride spray can be applied and repeated around seven days later.

•Most types of citrus will have fruit ripening at varying stages during winter, but now is also the time to prune them. Try to cut the branches 10 to 30cm above the ripening fruit to keep them compact and to encourage new flowering and fruiting growth for next year's crop.

• Early August is the time to prune fig trees while they are still dormant. Try espaliering them or pruning them

to a convenient height for picking. Check for fig tree scale on the bare branches and rub them off with a glove or cloth. Next, spray the bare branches with Eco Oil to suffocate the scale. Repeat the spray after 10-14 days to break the breeding cycle.

Garden

•Test your irrigation weekly during winter to flush out any dirt or ants that may be harbouring in the pipework or sprinklers.

•Natives grown as tubestock will establish quicker and more effectively with deeper root systems when planted in winter. Plant kangaroo paws, Geraldton wax, Westringea, Banksias and Eucalyptus.

•Rake out any wet, dead leaves from around your plants and shrubs to avoid disease. Place them in a tied garbage bag with a little lawn fertiliser and leave them for six to eight months. Add a little water now and again and you will have sweet leaf mould for your garden.

•Always mix in quality soil

conditioners and Bentonite clay to improve the soil when replanting any sections of the garden.

•Scatter some everlastings seeds in the garden to add some spectacular colour in spring or plant some out directly from punnets from your local garden centre.

•Roses are best pruned from mid-July to mid-August in the metropolitan area.

Flower Garden

• Feed your late winter and spring flowering bulbs with a liquid feed high in potassium every two weeks until they finish flowering. This helps to strengthen bulb reserves for next year.

•Try growing some quick growing annual flowers from seed. Calendula, al-lyssum, poppies, marigolds, and love-in-a-mist are all easy to grow.

•Bare spots in your garden can be planted with cascading and colourful flowers. My favourite plants include pansies, violas, ivy leaved Pelargoniums, ivy and Lobelia for around the outside of pots with taller primulas, stocks, pansies, Dianthus, wallflowers, Pelargoniums and English daisies as infill in the middle.

Lawns

•Most lawns will be dormant during the winter months, but the weeds will still be growing actively, resulting in unsightly patches. Always read the instructions carefully and to use a selective herbicide for your specific type of grass.

•Apply a pre-emergent herbicide to your lawn to help control winter grass. Water it in well unless rain is expected shortly.

•Raise the cutting height of your lawnmower and then mow at least every three to four weeks.

•Rake up any fallen tree leaves covering the lawn, particularly during wet periods, otherwise diseased or dead areas will form that will not recover until spring.

Indoor Plants

•Water not more than once every two weeks, but some succulents may last three to four weeks. Check the soil by pushing your finger into the compost to your first joint. If it is moist don't water.

• Most indoor plants should be moved a little closer to the light for better photosynthesis.

•Regularly spray the leaves of plants in heated rooms with a mister to increase humidity and limit dry brown leaf tips and red spider mite attack. Try pebble trays, double potting or grouping plants to increase humidity levels.

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Create your cosy haven - building a winter-warmer home



AS the chill of winter settles in, there's nothing quite like retreating to a warm and inviting home that provides comfort and relief from the cold.

If you're considering building a new home, look no further than WA Country Builders. With their expertise in crafting homes that are not only practical but also optimised to be energy efficient, you can create a winter-warming haven to suit you and your needs.

Energy-Efficient Design:

When it comes to building a winter-warming home, energy efficiency is key. WA Country Builders excels in designing and constructing homes that maximise energy conservation while keeping you snug and warm during the colder months.

Efficient Heating Systems:

WA Country Builders understands the importance of an efficient heating system that not only keeps your home warm but also helps you manage energy consumption. With a range of heating op-

tions on offer, including fireplaces, ducted heating systems and underfloor heating, designed to provide warmth in your home during the colder months.

Orientation and Sunlight:

The orientation of your home plays a vital role in utilising natural sunlight and warmth. The design team at WA Country Builders pay close attention to the positioning of your new home, considering the direction of the sun to maximise solar gain.

By cleverly incorporating design features such as north-facing windows and open-plan living areas, they can capture the winter sun's radiant heat, keeping your home naturally cosy and reduce the need for artificial heating.

Personalisation and Comfort:

Building with WA Country Builders allows you to personalise your home to suit your unique needs and preferences. Collaborate with an expert team to create a layout that promotes comfort and functionality, ensuring that your home is tailored to your lifestyle. From selecting warm colour schemes or adding features like fireplaces or a sunroom, you have the freedom to design a space that radiates warmth and perfectly suits your winter living aspirations.

Embrace the joys of winter in a home built by WA Country Builders that keeps you warm and snug. The team of expert designers will help create a space that will keep you warm from the winter chill, whilst reflecting your personal style.

With offices based in Geraldton, Perth, Albany, Bunbury and Busselton, local staff and tradespeople, WA Country Builders will help you have the 'Better Building Experience.'

To enquire about building with WA Country Builders, please visit www.wacountrybuilders.com.au or phone 6141 9125.

Preserve history and convert old films to digital...



BEFORE the days of smart phones and social media, the act of recording on ciné film was reserved for life's most precious moments.

As time passes, old

film footage slowly degrades.

Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already begun to break

down and lose quality. Now is the time to take action and ensure your priceless recordings aren't lost forever.

One of the best ways to preserve your footage is to take it to DiskBank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films, videos, images and audio recordings into modern, digital formats.

If the film has already begun to decay or develop mould growth, Disk-

Bank can take steps to revive your footage if the damage has not spread too far.

DiskBank can transfer your recordings to DVD, Blu-Ray, USB or digital files, with the latter being the recommended format.

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Have a Go News PUZZLES SOLUTIONS

Solution for BIG Crossword page 54

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Solution for Crossword page 55

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| I | N | | I | O | | | V | | E | | R | | | | | |
| T | A | T | | C | E | N | T | I | M | E | T | R | E | S | | |

Solution for Sudoku page 55

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 8 | 1 | 9 | 3 | 6 | 7 | 4 | 5 |
| 5 | 4 | 9 | 7 | 2 | 8 | 1 | 6 | 3 |
| 7 | 3 | 6 | 1 | 5 | 4 | 2 | 8 | 9 |
| 9 | 1 | 4 | 2 | 8 | 3 | 6 | 5 | 7 |
| 8 | 7 | 2 | 5 | 6 | 9 | 4 | 3 | 1 |
| 3 | 6 | 5 | 4 | 1 | 7 | 9 | 2 | 8 |
| 1 | 9 | 3 | 8 | 4 | 2 | 5 | 7 | 6 |
| 4 | 5 | 8 | 6 | 7 | 1 | 3 | 9 | 2 |
| 6 | 2 | 7 | 3 | 9 | 5 | 8 | 1 | 4 |

Solution for Wheel Words page 55:

Able, Bail, Bale, Ball, Bell, Bile, Bill, Evil, Lava, Lave, Live, Vale, Veal, Veil, Vial, Vile, Alive, Avail, Label, Libel, Villa, Labial, Labile, Liable, Viable.
9-letter word: AVAILABLE.

Solution for Quiz Quest page 55:

Jaguar, Hearts, Apple, Bridge, England, Pale, Grease, Ford, Tiger, Greece, Fore, Kiwifruit, Easy, Hairspray.
Mystery keyword: ELEPHANT

Answers for Have a Go News Quiz page 2:

1. 11 2. Melbourne 3. Swan River 4. Cottesloe Beach pylon 5. Broome 6. \$50 7. Janet Holmes a Court 8. Cottesloe 9. Ferguson Valley 10. Roger Federer

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Busting brunch all over Perth - a visit to Cuba via Joondalup



by Buster the bruncher

COMING face-to-face with a little old lady, teeth-gripping a gargantuan Cuban cigar set the mood.

While merely a picture on the wall - alongside photos of Havana's vintage American cars - the portrait set us off on the right foot.

Cuban-themed Coco Cubano sits above Joondalup rail station, while adding a touch-of-class to Perth's culinary culture.

Buster's brunch buddy, Professor Ken, can't recall ever having dined on Cuban cuisine. How many of us have?

Coco Cubano could start a Cuban culinary revolution when more people learn of its exotic, subtle tastes and textures.

A mystery Sydney-based, Cuban-born

couple have a small chain of the eateries in eastern states with this Perth outpost.

Taste-sensitive types fear not! The tucker isn't smothered with hot, spicy Cuban surprises and many options are familiar. But we can't remember better, fresher food in such an appealing setting.

"Coco Cubano brings you a Cuban-inspired menu in a casual and cozy setting that'll have you feeling like you're in downtown Havana," says the eatery blurb.

Along with Cuban Street sandwiches comes 'el grande, the ultimate Cuban sandwich' plus burgers, salads and quesadillas and a solid range of fajitas, nachos and burritos, classic churros and waffles.

We shared a simple breaky wrap of free-range

fried egg, bacon and spinach with barbecue sauce (regular \$5.30, large \$5.80, extra large \$6.80). (\$12.50 add hash browns \$5). Delightfully fresh and not over-packed. Top marks.

We added the vegetarian breaky (\$19.90) of two free-range poached eggs, field mushrooms, wilted spinach, blistered cherry tomatoes and a couple pf slices of sourdough toast. It also comes with grilled haloumi (cheese made from mixing goat and sheep milk, sometimes also cow's milk, with a squeaky texture).

Delightfully-strong flavours invade their juices (\$7) including 'immunity' with orange, carrot, lemon and ginger and their 'green' with kale, celery, spinach and apple.

We opted for standard coffees, tempted by the mocha, described as thick and creamy hot chocolate

with a shot of espresso (regular \$5.30, large \$5.80, extra large \$6.80).

The expertly-furnished eatery is decorated with Chesterfield-style lounges and leather armchairs reminiscent of an English gentlemen's club. Inside is roomy with tables for four plus bench seats and wrap-around booths.

Subtle Cuban touches with strategically-placed books, photographs and hangings add colour and mood to all walls and shelves. Outside, there's enough seating for a mob.

Cuban-pressed sandwiches include the formidable 'el grande, the ultimate Cuban sandwich', slow cooked pulled pork, ham, Swiss cheese, mustard, pickles, smoky chipotle mayo in a pressed Cuban roll, served with sea-salt potato crisps and fries (\$26.90).

Their chicken and avo salad comes with grilled chicken, avocado, fresh garden salad, sun-dried tomatoes, feta and green goddess dressing (\$13.90).

There's a rice-based offering of brown rice with grilled field mushrooms, avocado, baby spinach, black beans and parmesan cheese (\$17.90), add chicken (\$4) or haloumi (\$5).

At night, drinkers will be drawn to such offerings as strawberry daiquiri, Hava-

na club rum, piña colada, Havana three-year-old Malibu and margaritas with the classic Olmeca gold tequila, triple sec, lemon and lime juices on salt rim (\$14).

Buster suggested to Professor Ken that the tasteful setting, ambience and high-standard food justified an outing here with his loyal wife.

"Easily accessible by train, fresh, interesting food and flanking Joondalup's shopping mecca, what woman could resist?" said the smiling professor.

5 Spoons
Coco Cubano, Joondalup Drive, Joondalup. Phone: 9300 9772. www.cococubano.com

Open: Monday to Wednesday, 7.30am-8pm, Thursday to Saturday, 7.30am-9pm, Sunday, 9am-8pm



Buster the bruncher spoon ratings

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

Enjoy this delicious mulled wine for winter warmth

by Frank Smith

THIS month I am featuring something different and very appropriate to winter - mulled wine.

Mulled wine goes by many names - spiced wine, hot wine, glögg, glühwein, and vin chaud. In Victorian times it was usually made from Port and spices. My great-grandfather sold Port for 10 shilling a gallon in 1887.

Here is a recipe from *The English Housekeeper*, by Anne Cobbett (1842).

To mull wine: Boil the quantity you choose of cinnamon, nutmeg grat-

ed, cloves or mace in half a pint of water; add a pint of port and sugar to taste, boil it up and serve with thin slices of toast.

The best known Victorian domestic guru was Mrs Isabella Beeton. This is her (1865) recipe:

Ingredients - To every pint of wine allow one large cupful of water, sugar, and spice to taste.

Mode - Boil the spice in the water until the flavour is extracted, then add the wine and sugar, and bring the whole to the boiling-point, when serve with strips of crisp dry toast, or with biscuits. The spices usually used for mulled wine are

cloves, grated nutmeg, and cinnamon or mace. Any kind of wine may be mulled, but port and claret are those usually selected for the purpose; and the latter requires a very large proportion of sugar. The vessel that the wine is boiled in must be delicately clean, and should be kept exclusively for the purpose.

Nowadays we recommend a full-bodied red such as Grenache, Cabernet Sauvignon, Zinfandel, or Syrah. Choose a reasonable quality wine but not necessarily a very expensive one and hold off on the sugar.

Sarina Kamini (Marga-

ret River spice mistress) created this recipe for the Cabin Fever Festival at Margaret River this year.

- 1 bottle of Cabernet Sauvignon Merlot
- 8 cloves
- 2 star anise
- 2 cinnamon sticks
- 2 teaspoons fenugreek seed
- 3-4 teaspoons coriander seed
- 4 teaspoons caster sugar
- 4-5 orange slices
- 4 large or 6 small dried bay leaves

Put all spice (whole, not ground) in a pot with the bottle of wine and the orange slices and simmer on low heat for at least 15

minutes. Too high a heat and you'll burn off the alcohol. Serve in a warm glass.

Ms Kamini added some hints:

Choose your spice to suit your wine. I played with fenugreek seed, bay leaf and coriander seed (bitter, astringent and herbaceous in turn) to lighten up the classic inclusion of cinnamon, clove and star anise.

Play with your own recipe by using an equal and opposite theory - pair spice up with its opposite to add depth to the end result, for example cinnamon and bay leaf; orange and clove; star anise and



Margaret River spice mistress, Sarina Kamini

coriander seed. Use a scant amount of sugar, play with your spices and fruits, and if the end result is not

sweet enough, stir in a little honey. It is better to find pleasure via aromatics than sugars, she said.

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Knife and fork talk with the Dining Divas - Stellarossa opens in Yokine



by Pat Paleeya and Judith Cohen

A STORMY wet rainy day was definitely not a day for lunching and sightseeing as we normally do, but undaunted we Divas stiffened our lips, put on our big girl shoes and went none-the-less (by the way we did borrow a car).

We went local to the newly opened Stellarossa Café in the Flinders Square Shopping Centre in Yokine, near Dog Swamp.

We researched the name Yokine and found that it is an Aboriginal word for Native Dog. The swamp was tidied and the lake created

in 1969 although the shopping centre was opened in 1967. Many thanks to Google for these nuggets.

Now to the nitty gritty, the menu – a good menu with a variety of \$25 and under choices, with a couple of exceptions. We both chose salads, a sweet potato and halloumi salad, and maple roasted pear salad.

Sweet potato chunks had been either flash fried or roasted and tasted delicious and were quite warm as was the halloumi. There was plenty of baby spinach, cherry tomatoes, avocado, pepitas all tossed in a basil and honey dressing which

tickled the taste buds. A very satisfying lunch.

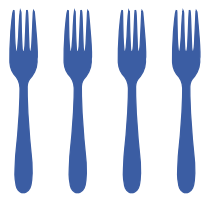
The maple roasted pear salad came with bacon (but it was quite easily swapped for chicken) and there were a good lot of quartered cherry tomatoes, red onion, wild rocket, baby spinach leaves, mini cubes of fetta, and all this tossed in the same honey mustard dressing. A scrumptious munch.

It is a large, light and airy café with plenty of tables and a bar. This is not a pretentious place but welcoming in its simplicity of style, their focus is food not fancy décor.

There is an outdoor area great for sunny

days. Unfortunately, ours was a rainy day but it didn't spoil our lovely lunch. Staff were very pleasant even though they were under the pump as the café was very busy. Definitely another visit on the cards.

4 forks
Open 7 days.
7am to 4pm
Shop 1 Wiluna Street,
Flinders Square Yokine
www.stellarossa.com.au/yokine/
Phone: 6149 9401



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

Mondo recipe of the month - Vince's oxtail stew



MY mother used oxtail a lot when we were young and I thought she used it because it tasted so good not, as I later found

out, because it was all we could afford. Today it isn't cheap anymore and not everybody is happy eating with their hands and licking their fingers, so don't invite strangers for this one.

Ingredients for 4-6
 2kg oxtail cut at the joints into pieces and seasoned flour
 150g diced pancetta
 2 onions thinly sliced
 4 garlic cloves chopped
 1 carrot diced
 pinch of fresh thyme

leaves
 2 bay leaves
 200ml red wine
 150g tomato paste mixed with 250ml water
 1litre beef stock
 250g of fresh or frozen peas or beans
 60g of flat leaf parsley
 Western Australian organic lake salt
 Freshly cracked black pepper
 100ml West Australian Extra Virgin Olive Oil (evoo)

Method:
 Coat the oxtail pieces in seasoned flour and fry in a large casserole pot in a little evoo until well sealed. Do it in manageable lots and put browned pieces aside as you do the rest. In the same dirty pot put your onion and pancetta and cook until both are a little coloured. Then add garlic and stir through for 30 seconds. Now add carrot, thyme, bay leaves and wine, cooking and

stirring for five minutes. Next add the diluted tomato paste, stock and oxtail pieces and bring to a boil.

Stir well, lower the heat to a gentle simmer and cook until the meat is really tender (about two hours). When you are cooking, stir occasionally and check that the sauce doesn't dry out. Add more stock, water or wine if it needs it.

When you are happy with the tenderness of the meat, add your peas and parsley and cook for about 15 minutes more. Serve on top of mash, rice, pasta or polenta. Thanks mum.

Buon Appetito
Mondo Butcher and Grocer is located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am - 5.30pm Saturday 8am to 2pm. Phone 9371 6350 or visit www.mondo.net.au

WEEK DAY LUNCH SPECIALS

Information correct at going to press

CAFE BARCO
 \$25 and under lunch (2 exceptions)
 11.30am-3pm
 Thu-Wed
 306 Safety Bay Rd.
 Safety Bay 9568 5819

PALM BEACH CAFE
 \$18 seniors menu
 11am onwards
 7 days
 1 Railway Pde.
 Rockingham 9527 4883

ROASTING WAREHOUSE
 \$25 and under all day brunch
 7 days 7am-2pm
 312 South Tce.
 Fremantle 6219 5333

KARDINYA TAVERN
 \$20 seniors lunch, present seniors card
 11.30am onwards
 7 days
 17 South St
 Kardinya 9337 6999

PARKERVILLE TAVERN
 \$19 Old Friends Lunch menu
 Mon-Fri 12-2.30pm excluding public holidays
 6-18 Owen Rd
 Parkerville 9295 4500

THE ROSE HOTEL
 \$19 express lunch
 Weekdays 11am-2pm
 27 Wellington St.
 Bunbury.
 9721 4533

OSTRO EATERY
 \$25 and under brunch with a few exceptions
 Daily from 7am-3pm
 11A Rockingham Beach Rd 9527 2471



THE SHIP INN
 \$20 and under seniors lunch
 Mon-Fri until 3pm
 8 Albert St. Busselton
 9752 3611

MARKET CITY TAVERN
 \$20 and under seniors meal
 11.30am-2.30pm
 Mon-Sat
 280 Bannister Rd.
 Canning Vale
 9455 2282

PUBLIC HOUSE KITCHEN AND BAR
 \$20 and under lunch menu (1 exception)
 Tues - Fri. 11.30am-3pm
 263 Adelaide Tce
 Perth 6117 0675



Celebrating the winter season in the Swan Valley



NOTHING says winter in the Swan Valley like hot chocolate or red wine by the fire.

Winter Wines in the Valley is a boutique event series taking place at select wineries throughout July and August.

Garbin Estate Wines will host WA's oldest chocolatier, Whistler's Chocolate Company, for a wine and chocolate pairing, marshmallow toasting, and burning of the vine canes to signify

the end of vintage. The event on July 29 is \$45 per person, with live entertainment from Soozy and the Misfits.

Talijancich Wines is offering its Aged Fortified Tasting Experience every weekend in July for \$35 per person, while Sittella Wines is hosting a Red Wine Flight and Cheese Tasting series every Tuesday to Sunday from July 4 to 30, for \$30 per person.

Warm up at Faber Vine-

yard with hearty soup, crusty bread, a generous cheeseboard and barrel tastings on July 22, 29, and 30 for \$50 per person.

Even if wine isn't your thing, there are so many things to experience in the Swan Valley on the school holidays and every weekend in winter.

Bring the grandchildren for some family fun on an entertaining scavenger hunt – The Great Valley Rally, with a lim-

ited edition completion pack available now, while stocks last.

The Senior and Mid-week Deals blog also has tasty offers and continuing favourites across Swan Valley wineries, restaurants, accommodation and more.

See www.swanvalley.com.au/winter for great reasons to visit in winter and swanvalley.com.au/seniors for ways to make your dollar go a little further.

Treat yourself, good food with views!

Bistro by the Dam is located at the Serpentine Dam off Kingsbury Drive in the Serpentine/Jarrahdale Hills. Open Wednesday to Friday 10am to 4pm and 8am to 4pm on weekends.

Warm and Cosy inside

Walk in customers welcome

Breakfast | Lunch, Morning or Afternoon Tea | Drinks | Daily Specials Board
 Takeaway | Fully Licensed | Gluten free / Vegan / Vegetarian / Group set menus

Bistro by the Dam has indoor and outdoor seating. The large verandah overlooks the glistening waters of the Serpentine Dam. Inside, you can still look out onto nature through the floor to ceiling windows. Live entertainment on the weekends. Come have a laugh with friends and the kookaburras!!



Christmas in July
 3-Course Menu
 \$45 per person
 *Conditions apply, offer valid Wed to Fri until 28/7/23
BOOK NOW!!

NEW Winter Menu released



Kingsbury Drive, Jarrahdale - 8km from Jarrahdale

Phone: 0491 948 889 contact@bistrobythedam.com.au

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Enjoy winter with pears - the gift of the gods

by Noeline Swain

GREEK poet Laureate Homer referred to pears as a gift of the gods in his celebrated work *The Odyssey*. High praise indeed from a chap who'd seen a few things in his time! Our West Australian pear season is now in full swing so whether you like traditional favourites Josephine and Packham or some of the newer varieties like Corella, there's plenty of fresh, juicy local pears to be enjoyed.

Pears are unique in that they should be ripened off the tree rather than on. Purchase your pears and let them ripen slowly in the fruit bowl or hasten them along in a paper bag. When ripe, the flesh at the stem should give a little when you

press down lightly on it. Remember that pears ripen from the inside out, so the exterior may be a bit firm, though they will actually be quite soft on the inside.

For those who love a crisp pear, the Packham is the pick of the bunch. It is green-skinned and remains so, even when ripe. It has a white, juicy flesh, which is ideal for both eating fresh and cooking.

Another variety which is certainly an eye-catcher is Red Sensation, the red-skinned variety of the Bartlett or Williams (as the eastern states call them). This pear is medium in size and is full, sweet and aromatic, making them ideal for both poaching and baking.

The cinnamon coloured

Beurre Bosc will be available right up to November. Sweet, buttery and delectable, it's one of the best all-rounders for cooking. Beurre Bosc pears are perfect baked, in tarts, pan-fried or used in salads and, of course, savoured on its own.

It is hard to improve on the flavour of a soft, juicy pear, but when teamed with blue cheese or prosciutto, you'll have something truly divine. You can also bake and pan-fry or use them in tarts or salads – both sweet and savoury. Wanting to treat yourself? Try whole pears poached in a dessert wine; sinfully decadent on those colder nights.

Pears don't let us down in the nutrition stakes either, having one of the highest soluble fibre

rankings of all fruit, with each containing about four grams and a very low GI status. High fibre and low GI helps you to feel full for longer – a big bonus for people wishing to achieve or maintain a healthy body weight.

Pears are also a rich source of vitamin C, with virtually no fat or sodium and no cholesterol, and are one of the least allergenic foods available. With about one in 20 children having some kind of food sensitivity, they are ideal for kids and the perfect first food for babies.

Western Australian pears are exceptional in quality right now; be sure to indulge in the fruits of the season whether fresh from the hand or cooked. Here are some lovely winter recipes to tantalise those tastebuds...

Pear, fennel and smoked trout salad

Preparation: 15 mins; serves: 4

1 tablespoon white wine vinegar
¼ cup olive oil
½ teaspoon Dijon mustard
Salt and cracked black pepper
300g smoked trout fillet, skin removed and flesh
3 pears, thinly sliced
1 baby fennel bulb, trimmed and thinly sliced
1 bunch watercress, trimmed and sprigs separated
2 tablespoon chopped chives, 3cm lengths
Fresh crusty bread, to serve
WHISK together the vinegar, oil, mustard, salt and pepper until fully combined. Place the trout, pears, fennel, watercress and chives in a large serving bowl. Pour over the dressing and toss lightly. Serve salad with thick crusty bread.

This salad is best made close to serving. If this is inconvenient, drizzle a little lemon juice over the sliced pears and fennel to prevent any browning.

Healthy pear and apple pancakes

Preparation: 10 mins + 1 hour standing; cooking: 10 mins; serves: 4



1 cup wholemeal flour
1 cup water
¾ cup skim milk powder
2 eggs, separated
1 teaspoon vanilla essence
1 tablespoon lemon juice
1 pear, grated
1 apple, grated
1 apple and 1 pear extra to serve
PLACE flour, water, milk powder, egg yolks, vanilla and lemon juice into a blender or food processor. Process until smooth. Allow to stand for about 1 hour in the fridge. Add apple and pear to pancake mixture. Beat egg whites until stiff. Fold into pancake mixture. Heat a lightly greased frying pan. Pour about ½ cup of pancake mixture into pan. Cook until golden brown. Turn and cook other side. Continue until pancake mixture is finished. Serve with fresh slices of fresh pear and apple and some low-fat yoghurt.

Porridge with grilled pear

Preparation: 5 min; cooking: 15 mins; serves: 4

3 cups rolled oats
4 cups water
2 cups milk
4 tablespoon sultanas
1 pear, cut into 5mm slices
1 teaspoon brown sugar
2 tablespoon chopped pistachios
Extra brown sugar and milk, to serve
PLACE the oats, water and milk in a saucepan. Cook over a medium heat, while stirring, for 10 minutes or until cooked. Stir through sultanas. Heat the grill and line a grill tray with foil. Arrange the pear slices on the foil in a single layer. Sprinkle with brown sugar and grill for five minutes or until the sugar bubbles. Spoon the porridge into four bowls, top with slices of pear and sprinkle with pistachios. Serve with extra brown sugar and a drizzle of milk.

What's fresh in the fruit and vegetable markets this month



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.

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.

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. Cook within a few days of purchase.

Imperial mandarins: One of the most widely available varieties of mandarins. Locally grown 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.

Corella pears are one of the prettiest pears

around. They are small with bright yellow skin with a delightful hot pink blush. They are sweet and juicy to eat fresh and perfect for cheese boards or any fruit desserts, especially when you leave the skin on. The season finishes at the end of November so better get in early and try this delightful fruit. Pears are a good source of dietary fibre and contain virtually no fat and no cholesterol.

COMMUNITY NOTEBOOK

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

BASSEDEAN MELODY CLUB

Meets Fridays 10am-12pm
Sing-along, entertainment, and friendship.
Bassendean Community Hall
Old Perth Road.
Phone Carolyn 9279 3718

WEST AUSTRALIA SCALE MODEL EXPO

August 5 and 6, 10am - 4.30pm
Admission prices apply.
Cannington Exhibition Centre
Cnr Station St and Albany Hwy
For more information contact the Secretary at wasmxsecretary@gmail.com

CYMBIDIUM ORCHID CLUB WINTER SHOW

July 28-30, 9am-3pm. Entry \$5.
\$3 seniors and concessions.

Children under 12 free
Potting demonstrations, repot your cymbidiums for a small fee. Venue Ezi-Grow Orchids
76 Evansdale Rd, Darch
Enq. 9343 2761 or Deb Errington
0408 956 576

YORK'S BOGAN BINGO

Saturday August 9.
Doors open 6.30pm and eyes down 7pm
Single tickets \$15, tables of 10 for \$130.
Pre-purchased tables required.
Contact events@yorkcrc.net.au or 9641 2328
Venue York Rec Centre. All funds raised go to the York Police Blue Light Unit And York CRC Shed.

AVON DESCENT FINISH LINE FESTIVAL
August 13, 11am-5pm

Riverside Gardens Bayswater
Welcome competitors over the finish line.
Enjoy a sensational free day out.
Bouncy castles, children's rides, face painting and live commentary over the loudspeakers.

TOODYAY INTERNATIONAL FOOD FESTIVAL AND FAMILY FUN DAY

Saturday August 12, 10am-4pm. Free.
Stirling and Duidgee Park. Toodyay
Enq 9574 9395 edc@toodyay.wa.gov.au

JUNE L. BOASE-WELLER THE ART OF LIVING

Monday August 7, 10am - Sunday August 20, 4pm
A retrospective of more than 80 years of painting.
Works include oil, watercolor, pen & ink, and

electronic media.
Terrace Greenhouse.
223 South Terrace, South Fremantle
info@terracegreenhouse.com.au

SCARBOROUGH SUNSET MARKETS

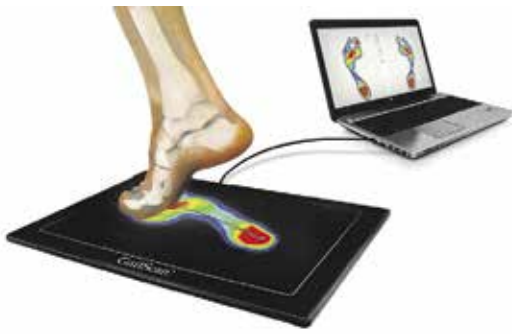
Saturdays 3-8pm until October 21.
Your favourite winter is back BYO your own containers, cups and cutlery to remain sustainable.
Scarborough Square and Clock Tower.

PERTH SEWING AND CRAFT EXTRAVAGANZA

July 22-23, 10-3pm.
\$5 entry, children under 12 free. Competitions, workshops and surprises galore.
Cannington Exhibition Centre.
Cnr Albany Hwy and Station St. Cannington.



Physio update - could orthotics in your shoes be a benefit?



by Robert Vander Kraats and Jeff Wong, Physiotherapists

EACH foot contains 25 per cent of the bones in

the body, 26 bones, 33 joints and more than 100 muscles, tendons, and ligaments. The foot assists in cushioning and absorbing forces that

travel up the leg during every step. It also helps you to adapt to uneven surfaces.

Foot pain is highly prevalent in older people and has a significant impact on mobility and quality of

life. With advancing age, there is a general tendency for the foot to exhibit increased stiffness, a decreased range of motion and strength. It also becomes flatter and less efficient at propulsion when walking or running.

These changes may contribute to the development of foot pain, impair performance in weight-bearing activities, and increase the risk of falls.

Next Generation Physiotherapy recognises the way the foot moves can influence the other joints

of the leg, and the rest of the body. A 'GaitScan' plate (as pictured) has 4093 sensors and assists to provide a 'big picture' analysis of the influence foot mechanics can have on the rest of the body. Often, weight is not equally spread on each foot, or the path that the foot should be travelling is not the best, when compared to the 'ideal foot'.

Moreover, foot problems may be the root cause of knee, hip or back pain.

GaitScan recognises undesirable conditions

when the foot is moving, and also when the foot is stationary. It computes an assessment both dynamically and statically and provides a comprehensive report.

This effective tool, in conjunction with the knowledge and experience of the physiotherapist, can assist in reducing the foot symptoms and improving quality of life.

A possible outcome may be corrective exercises and stretches. If more is required, to assist in changing the foot me-

chanics, an orthotic (special shoe insert) may be indicated. Using the comprehensive report and what the physiotherapist observes, customised orthotics are produced in a state-of-the-art lab.

To access the GaitScan assessment technology at Next Generation Physiotherapy, either book in by calling 9203 7771 or on the website at: www.ngp.net.au.

Note, some time ago Robert had a stroke, and Jeff assists him - so you get two physiotherapists for the price of one.

Trilogy Home Care looks forward to expo...



WHEN it comes to receiving quality care while maintaining independence, older Australians on the Home Care Package (HCP) program deserve the best. Trilogy Care is here to provide exceptional services, unmatched support, and incredible value for senior Australians.

At Trilogy Care, they go above and beyond ensuring seniors receive the care they deserve. From assistance navigating the HCP program to care coordination, the dedicated team are well-equipped to meet individual needs.

What sets Trilogy Care apart is their commit-

ment to personalisation and affordability. They understand that each individual is unique, our team tailor your care plan to your specific preferences and requirements.

Trilogy Care offers value without compromising on the quality of care.

Trilogy Care empowers you to live life on your own terms. Services are designed to support your independence, ensuring that you can enjoy the comfort and familiarity of your own home while receiving care services. See page 29 for details.

Hypnotherapy helps with weight loss



NICHOLAS Cornish is a highly sought after hypnotherapist best known for his revolutionary weight loss program.

Channel 9 news recently aired a nationwide story on this program, as an increasingly popular alternative to lap band surgery.

Nicholas was interviewed by Channel 9 as he consistently delivers lifechanging results for his clients both in person and online.

One reason behind the success of his method is that he is a trauma/

anxiety/emotional releasing specialist, who firmly believes the best route for long term success is by releasing energetic weight first. The subsequent sessions go on to reprogram subconscious responses towards various foods. This process eliminates cravings for sugar and junk food, whilst boosting levels of confidence and motivation to exercise.

A renewed sense of purpose, increased levels of energy and overall satisfaction and happi-

ness with one's life are by-products of his advanced hypnosis sessions.

Nicholas is available for in-person sessions in Perth and Mandurah, and online sessions Australia wide.

Besides weight loss, addiction and anxiety, Nicholas also specialises in working with children. He is extremely passionate about supporting them through the array of challenges currently plaguing the youth of the modern world.

See page 9 for details.

Five-star reviews for service and quality



ABBICARE is an interesting mobility retailer in Perth. The reason why people are buying nationally from Abbicare is because they offer bespoke quality Australian brand electric wheelchairs that are reliable, affordable and unique.

You should consider Abbicare because people are buying their chairs from all around Australia directly from their Perth store on home care packages and NDIS.

They aim to serve you with reliable and affordable power chairs that promote independence with yesteryear service. AbbiCare's five-star reviews are genuine from all around Australia, from Cairns to Tasmania to WA. Those reviewers have peace of mind knowing that they made the right decision.

Their lightweight chairs range from a 15kg electric chair to an electric rollator/wheelchair that is equipped with a falls prevention sensor to help prevent a trip to the hospital.

Pay them a visit when you are next searching for a power chair. Contact 1300 884 975 or www.abbicare.com.au



August 12-13
Perth Convention
and Exhibition Centre
9.30am-4.00pm
SEE pages 21-31



WA FIRST 5.00

SEE THE FULL STORY 6.00





And it's all that jazz - a new era ahead for the Ellington Jazz Club



L-R; The Ellington Jazz Club has a New York kind of vibe - The new owners of the Ellington Zoe Jay and Travis Simmons at the relaunch night

by Allen Newton

JAZZ is a music genre that holds appeal across every age. Fans can be 18 or 80, something that the new owners of Perth's successful Ellington Jazz Club have recognised with plans to extend session times to make it more friendly for older groovers. New owners Travis Simmons and Zoe Jay had a strong association with the club even before they bought it. The couple were both life members and Travis even

proposed to Zoe at the club in 2019, although Zoe says he wasn't down on one knee for the proposal. "We were sitting at table 16 downstairs at the Ellington and I'd just gone to get a glass of Champagne and I came back to the table and the ring was on the table. I don't think anyone around us knew that it happened," she laughs. The couple also had their engagement party at the Ellington. "It's been a massive thing for us." While they have only owned the Ellington for a couple of months Zoe and

Travis are already looking at opportunities to widen its audience and enhance its offering. Part of that is to make it more user-friendly for the older Australians who love their jazz music by opening earlier on Saturdays, from noon and introducing 2pm matinees, and on Sundays opening from 6pm. Zoe grew up surrounded by music, her parents are musicians and she has worked as a dance, drama teacher and musical theatre teacher before becoming a photography lecturer at North Metropol-

itan TAFE. She met Travis, who was a friend of her older brother, in high school. "We've known each other our whole lives basically, but we didn't really get together until our 20s." Travis has a background as a chef and has been getting involved with the kitchen at the Ellington and introducing a new dinner service. He also works in the marine industry as an engineer for a whale research ship. The pair bought the Ellington from Bernard Kong who co-founded the club

with the late Graham Wood around 14 years ago. And Zoe says it's been a bit of a wobbly start with staff battling Covid and fires where there shouldn't be fires. "But it is going to be great in the future," she says. "We'll just get over this hurdle and the future has a lot of exciting things." "The music scene to me is not a new one but it was for Travis when we first met. He dived in head first and was the really supportive partner who came to everything that I was in and that I wanted to see myself. "When we found the Ellington it became our date night spot every week for a few years." Since taking over the club, Zoe and Travis have extended the dinner service for Monday to Saturday with dinner options available from 6pm for a 7.30pm show, so people can arrive from work or just before the show and get dinner and then enjoy the show. "On Sunday we're limited to starting at 8pm with our licence but we're looking at extending that to 6pm so we can do the dinner service on the Sunday as well, just to bring it in line with the rest of the week. "Then on Saturdays, we would love to extend our

permit for the afternoons as well. The applications are in and we are just sitting and waiting with fingers crossed. "We would love to do some matinee shows and open it up to be a bit more community-friendly, especially in the afternoon, because being in North-bridge some people are uncomfortable coming out at night. The Ellington already has quite a large older following and Zoe says introducing the matinees would be a no-brainer. "If we could do it every day of the week we would, but that's just not viable." There is no shortage of acts wanting to perform at the Ellington and Zoe says the club is fully booked with acts until the end of the year. If the club does get to extend its hours it would also provide more opportunities for entertainers, increasing yearly programming by around 10 per cent and providing more opportunities for the bands which base themselves at the Ellington. Zoe and Travis's favourite jazz band is the *Perth Cabaret Collective* which was the first band they saw at the Ellington. "It was our kind of introduction and they also

played at our wedding. "But I like a range of different music and jazz styles, because the jazz genre is so immense. It's huge and you can't really nail it down to one. I love all of them." Zoe says when the club was first opened 14 years ago, two years of research went into what it should look and sound like. "I'm pretty sure they even went to New Orleans to take a look at all the different clubs there. "It is based on a New York kind of vibe and we have a very new iconic door which has a piano on it, which is brand new, it has a New York feel. "There are only 70 seats in the club with room for 40 standing at the bar where we serve cocktails and cheese platters, bar snacks and everything like that. "It's very intimate, but it can go off with certain gigs, I really like the gigs where you can sit down and relax and enjoy the music. "They sit there and listen and don't talk through the show, which is great. "They used to say at the start they would have to send the staff out to shush everyone but now the audience does it so we don't have to do anything," she said.



Cate Blanchett returns to Australian cinema

FROM the director of *Samson and Delilah*, Award-winning First Nations filmmaker Warwick Thornton and Cate Blanchett return to Australian cinema with *The New Boy*, a story of spiritual struggle and the cost of survival. Introducing Aswan Reid as *The*

New Boy with a score composed by Nick Cave and Warren Ellis. Set in the 1940s, the film follows a nine-year-old Aboriginal orphan boy who arrives in the dead of night at a remote monastery, run by a renegade nun (Cate Blanchett, who also produces).

The new boy's presence disturbs the delicately balanced world and sets off a chain reaction, with irrevocable consequences for all involved. Now showing at Luna Cinemas - Leederville, Fremantle and the Windsor.

The Perth Guitar Quartet

PERTH Guitar Quartet presents a CD-launch concert featuring the world-premiere performance of newly commissioned works for classical guitar quartet inspired by the

WA landscape. While much of the Australian guitar repertoire is focused on the natural world, most compositions represent locations in the eastern states of Australia. West Australian Landscapes is a commissioning project which seeks to shift that balance through the creation of three new works inspired by the beauty of our state. Supported by a grant from the Department of Local Government, Sport and Cultural Industries, prominent Australian composer Robert Davidson has written a work inspired by the Swan River, Lydia Gardiner inspired by the leaning trees of Greenough, and Nicholas Bannan inspired by native Western Australian bird life. These new works will be premiered in a CD-launch concert at the Perth International Classical Guitar Festival on July 28, at Callaway Auditorium, Conservatorium of Music at the University of Western Australia alongside Duncan Gardiner's Stone, Shell, Bone and Feather, inspired by the East Perth cemeteries. Tickets: trybooking.com/CFBBC. \$30 Standard | \$25 Concessions

THE TIVOLI CLUB OF W.A. INC PROUDLY PRESENTS...

Don your cowboy hat and dancing boots, we're... **GETTING OUT COUNTRY**

Featuring songs by Shania Twain, Johnny Cash, Loretta Lynn, Willie Nelson, and many more, this show guarantees to get your hands clapping and toes tapping!

Friday evenings: SHOW STARTS 8PM DOORS OPEN 7.30PM August 4, 11, 18, 25

Sunday matinees: SHOW STARTS 12PM DOORS OPEN 11.30AM July 30, August 6, 13, 20, 27

Prices
Adults \$20 Pensioners \$17 Children \$10
(Price includes a chicken and chip meal at half time)
BYO alcohol and glasses

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HIS MAJESTY'S THEATRE PRESENTS

WA Opera in Concert

11:00 am, 12 July 2023 | His Majesty's Theatre, Perth

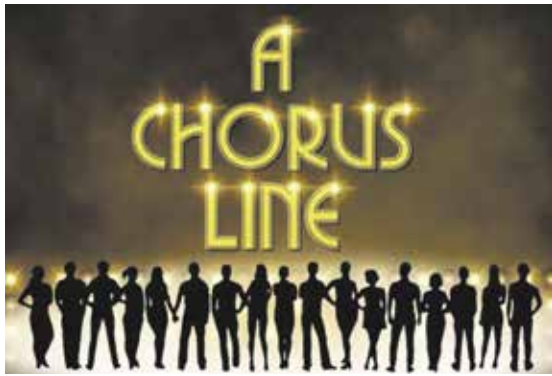
Experience a gala concert of operatic hits performed by the extraordinarily talented West Australian Opera Young Artists in the magnificent His Majesty's Theatre.

Tickets available online at artsculturetrust.wa.gov.au, via an Arts and Culture Trust Box Office or at (08) 6212 9292.

Morning Melodies
AT HIS MAJESTY'S THEATRE



A Chorus Line returns to Perth in a new intimate production



THERE are some musical theatre productions that everyone should see at least once in their

lifetime. *A Chorus Line* is one of them. When the ground-breaking original production opened in 1975 it broke all box office records on its way to becoming the longest running Broadway musical of all time.

So why is this show so special and how does it still resonate almost 50 years later?

Perth's very own independent musical theatre company Drew Anthony Creative's new reimagined production of *A*

Chorus Line arrives on August 2 for its month-long season at The Royale Theatre at Planet Royale in Northbridge. This will be the fourth production by producer/director Drew Anthony, who has steadily built a loyal audience following critically acclaimed productions of *Grease*, *Chicago* – *A Musical Vaudeville* and the recent audience favourite *Strictly Ballroom*.

Drew Anthony says: "A *Chorus Line* is set on the

bare stage of a Broadway theatre and follows 16 Broadway dancers who are auditioning for spots in the chorus line of a new production. The story provides a glimpse into the personalities of the performers and the show director, as they describe the events that have shaped their lives and their decisions to become dancers.

"Their stories are inspiring, heartbreaking, raw and truthful – and everyone in Perth who

has ever wondered what it would be like to audition for a Broadway show should definitely see *A Chorus Line*."

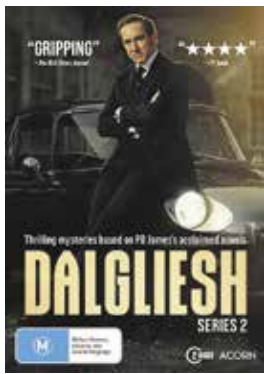
This will be the first time a first-class production of *A Chorus Line* is staged at Perth's intimate The Royale Theatre in Northbridge. This show stars Perth favourites G Madison as Zach, Morgan Cowling as Cassie, Ethan Churchill as Mike, Elethea Sartorelli as Sheila and Emma Haines as Maggie. Drew Anthony

directs, and Jessica Ashton choreographs with music supervision by Joe Louis Robinson.

Tickets are now on sale for this much anticipated season of *A Chorus Line* which will play 28 performances throughout August. Don't miss this opportunity to see one of Broadway's most celebrated shows right here in Perth.

Tickets on sale from Ticketmaster or www.drewanthonycreative.com.au

Crimes from the 70s featured in new drama



Series 2 on DVD and Digital.

Portraying P.D. James's iconic detective with "a quietly dashing tone of pensive authority" (*TV Guide*), Bertie Carvel (*Doctor Foster*) stars as DCI Adam Dalglish in these spellbinding adaptations of the bestselling novels.

Investigating complicated crimes in 1970s England, Dalglish and his junior, Detective Sergeant Kate Miskin (*Carlyss Peer*, *The Feed*), uncover the desperation and depravity that drive

people to murder. But as his poetry career flourishes, Dalglish must dissect his own deepest motives as he considers resigning from the police.

RRP: \$34.95 – Out Now.

WIN WIN WIN
We have 10 copies of the *Dalglish Series 2* to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with DVD in the subject line or write to DVD c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 1/8/23.

ACORN Media is excited to announce the return of Detective Chief Inspector Adam Dalglish in *Dalglish*

Book a date for a backstage tour...



THE public are welcome to discover the backstage areas of the Perth Concert Hall.

The tour includes a display of historical information on the Lower Gallery Foyer and audio and lighting equipment of old, on the Upper Gallery Foyer.

Dates available over

the next few months include...

Monday July 10 – 10am and 11.15am; Monday July 17 – 10am and 11.15am; Wednesday July 19 – 10am and 11.15am and Wednesday July 26 – 10am and 11.15am. Tuesday August 8 – 10am and 11.15am and Monday August 14 – 10am and 11.15am.

Entry is by gold coin donation.

To book, just email info@perthconcerthall.com.au stating what day and time you would like to attend.

High speed brings higher stakes



The film is the ultimate wish fulfillment tale of a teenage Gran Turismo player whose gaming skills won a series of Nissan competitions to become an actual professional race car driver.

Exclusively in cinemas August 10.

WIN WIN WIN
We have 10 double in-season passes to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Gran in the subject line or write to Gran Turismo C/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/7/23.

GRAN Turismo is the exhilarating true story of Jann Mardenborough, a gamer who became a real-life race car driver.

Drew Anthony Creative presents



*Winner of 9 Tony Awards

*Winner of the Pulitzer Prize for Drama

*7th longest running show in Broadway history



A CHORUS LINE



Featuring the iconic songs:

"Music and the Mirror"

"Dance 10 Looks 3"

"I Can Do That"

"At The Ballet"

"One"

"What I Did For Love"



Drew Anthony Creative

The Royale Theatre at Planet Royale
August 2023 Book now at [ticketmaster](https://www.ticketmaster.com.au)

www.drewanthonycreative.com.au





Discover the art of glass at Torbay Glass Studio and Gallery



L-R; Mark Hewson and wife Paris Johansen - Mark Hewson Inset; One of Mark's pieces © Serena Kirby

by Serena Kirby

FROM little things big things grow and when Mark Hewson made a stained glass window for his new home in Torbay it marked the beginning of a career that would span more than 40 years.

Mark and his equal-ly-talented wife, Paris

Johansen, have now designed, sculptured, moulded and soldered literally thousands of glass artworks.

Originally having had no formal art training the couple, who've been married nearly five decades, began to rediscover their mutual and longtime love of drawing.

And, as interest in Mark's work grew, he started to focus on commercial projects while Paris fed her creativity by creating all manner of glass works for home and garden adornment.

"I remember one of my school teachers saying I was never going to make a living out of art

so I better go and pursue another career. The glass work doesn't make me rich but it pays the bills and I do enjoy it because people respect me as an artist. It's taken 40 years to become an overnight success!" Mark says, laughing.

You just need to consider Mark's long list of

public art commissions to see just how wrong that teacher was. Mark has produced large-scale works for the Albany Justice Centre, Perth's St John of God Hospital and for numerous other public buildings around the State. He's also worked alongside renowned WA sculptor Robert Juniper and Paris has also worked closely with her husband on many of the commissioned works.

With Mark now booked up 18 months in advance for private commissions he says, "the artist's life is always one of feast or famine" and that receiving a Sir Winston Churchill Fellowship grant back in 2006 was a definite turning point in his artistic development.

The highly-prized fellowship enabled Mark and Paris to undertake a four-month international

study tour that took them to Iceland, Norway, Spain and Germany.

Since the Fellowship tour, Mark and Paris have travelled to the USA, New Zealand and Venice to attend international glass conferences and each time they've expanded their knowledge and appreciation for their craft.

Mark and Paris now create a wide range of functional, decorative, sculptural and architectural pieces using a variety of methods. Their large studio, which sits above their gallery, features all the equipment and components needed for copper foiling, painting, fusing, casting and slumping glass.

It's clear to see that this couple's love of glass (and each other) is still very much at the forefront of what they do and Paris says they both revel in the fact that glass en-

ables them to be very organic with their creations.

"There's something quite magical about working with glass as you're also working with light," Paris says.

"You're not bound by straight lines or flat surfaces and the way light catches glass, and the reflections it generates, means it's a material that just keeps on giving."

Mark and Paris' Torbay Glass Studio and Gallery is open 10am-4pm Thursday to Sunday throughout most of the year and every day during school holidays.



AUCTION
 Tuesday, 25 July 2023 - 6pm
 Art, Luxury, Furniture, Decorative Arts
 Wednesday, 26 July 2023 - 6pm
 Jewellery, Timepieces, Silver



Portrait of Diana, by William Boissevain

Pre-Auction Viewing
 Saturday 22nd & Sunday 23rd July 11am-4pm
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Good music wows the members at the U3A North Coast

U3A (University of the Third Age) North Coast branch is experiencing a

range of musical genres and performances this year. In May, the group

was treated to 'The History of Jazz' by *The Melody Masters* - a trio that

demonstrated different styles of jazz from its early beginnings in Southern USA through to the Big Band Era of the 1940s.

June meetings also saw members entranced by local composer, Rod Christian's classical suite on Uluru. Rod played the moving piece (a recording in three movements) with the aid of beautiful pictures of this iconic central Australian monolith.

The month ended with *Winterfest*, which featured the live seven-piece *New Orleans Heritage Jazzband*. Playing mostly authentic material of the free flowing, pulsating, revivalist jazz style of that famous city - members enjoyed foot-tapping, swinging, entertaining music.

"It was a real traditional jazz treat," explained North Coast chair, Nigel Ridgway, "and a great way to blow away the winter blues."

"Later in the year, we are bringing along a ukulele band which

will be fun too. They call themselves *The Nukes* and they love to get audiences involved with sing-alongs. Our final musical treat will be the Christmas function with a 50s and 60s rock 'n' roll outfit - *Patchwork* - a five piece band ideal for dancing off a big lunch."

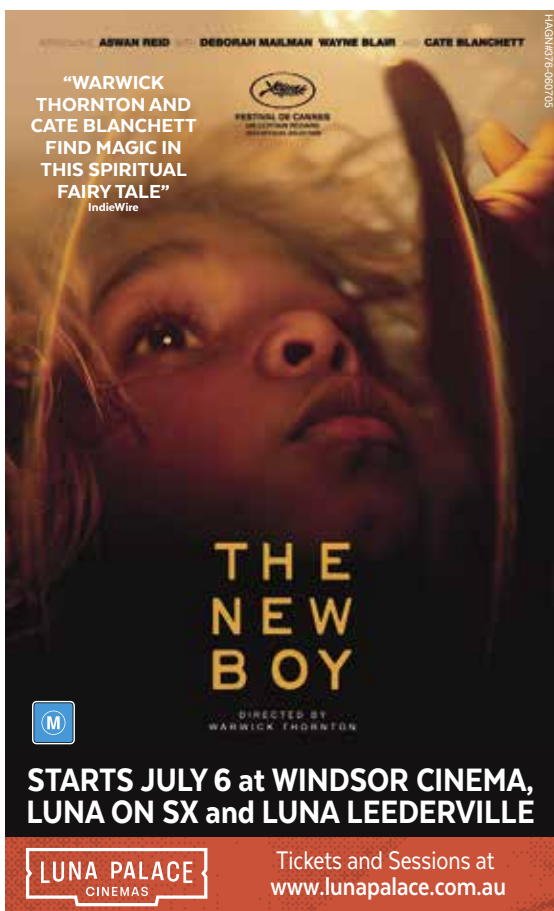
North Coast U3A branch meets at Hammersley Recreation Centre every Friday.

U3A is a national and international group of seniors who love to Live, Laugh and Learn. Meetings feature interesting guest speakers and other activities. Visit U3A Perth on its website to find out where your local group is, and to see what events are happening.



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DIRECTED BY WARWICK THORNTON

STARTS JULY 6 at WINDSOR CINEMA, LUNA ON SX and LUNA LEEDERVILLE

LUNA PALACE CINEMAS Tickets and Sessions at www.lunapalace.com.au

20th ANNUAL ST GEORGE'S CATHEDRAL ART EXHIBITION

An exhibition of works by senior art students from Western Australian schools

SAT 15 - SUN 23 JULY 2023
 10am - 4pm daily (12noon - 4pm Sundays)
 Entry by GOLD COIN donation
 Catalogues \$15
 People's Choice voting & prize draw

GALA AWARDS NIGHT
 Thursday 20 July 2023
 6.30pm one night only
 Gala tickets \$20/\$10 available via TryBooking

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 By William Shakespeare Directed by Siobhan Vincent

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 Jealousy and Greed

Shakespeare's delightful comedy

July 7-22

www.trybooking.com/CHTLZ
 Marloo Theatre, 20 Marloo Rd Greenmount
 Adult \$25 - Concession \$22 - Members \$20 - Family \$86

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The Matchmaker
 By Thornton Wilder

7.30pm - 28, 29 July, 4, 5 Aug
 2pm - 29 July, 5 Aug

Directed by Rp van der Westhuizen

Early Bookings \$19 until 18/6/23 \$22 from 19/6/23
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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 | |

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Please nominate a category for your advertisement.

Tick one box only.

- Travel companion Wishing to contact
 Seeking a friend 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 (\$2.40) 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 BIT more to my ad 9335 in the June edition. Re my myob job is history now. My hobbies; photography, painting (art), swimming and walking along the beach. I have travelled to many countries in the world. Love classical music but also some jazz, etc. Love the country, going to ballet performances, saw many in Moscow. But also like fishing! Fun. Please write.
Reply Box 9360

A CARING slim, happy, young thinking lady, 70+ WLTM honest gent, 78-85 approx, GSOH, similar interests; dancing, cooking, gardening, good conversation, fin sec, long term if compatible, TLC, NOR.
Reply Box 9363

DO we want the same thing? Lady 74 looking for best friend, companion, partner? A man around 70 not looking for a perfect match but maybe aiming to go in the same direction together.
Reply Box 9352

EUROPEAN gent, 71, seeking nice understanding lady, 60+, for discreet night time only chat, coffee, making love and cuddles. Hope you contact, phone number. You came to my birthday.
Reply Box 9357

GENT 89 Lakelands, NS, ND, WLTM lady, dining out, country drives, well travelled, respectful, music lover, coffee, chatting, good listener, sharer, local touring together.
Reply Box 9369

GUY 52, fit, active, medium athletic build, DTE, GSOH, NS, SD, postcode 6076, seeks slim, attractive lady for fun times and friendship, get together and have some fun and make life more exciting.
Reply Box 9356

HAVE a chat 70+, meet up NOR, ladies and gentlemen get together, talk about anything and everything, nothing is taboo, enjoy meeting new people over a coffee or lunch, pay for your own order. Bring a smile and a sense of humour. Reply with a phone number.
Reply Box 9359

HAVE a Go Meet a Friend Group 65+ meets every three weeks on Saturdays only; have lunch together, make friends, mingle around and have FUN; no fees other than your own beverages; if you are interested about reply with a name and mobile phone number for more info.
Reply Box 9364

MALE mid 50s, tall, SD, WLTM lady. I enjoy motorcycle rides, coffee, music. Reply with mobile phone number please.
Reply Box 9361

NEW singles group 65+, eastern hills to Perth meet regularly for lunch close to railway stations. Come join us, have fun, meet a friend companion, day out, an adventure. Please send phone or email contact.
Reply Box 9365

RELAXED man mid 70s, artistic, music, movies, UFO interest, NS, SD. WLTM slim, happy, honest lady for friendly relationship mid 50s-60s. Similar interests, welcome replies, any nationality if permanent Australian resident.
Reply Box 9354

Seeking a Partner

EUROPEAN gent, early 80s, has youthful appearance, NOR, medium build, widower, would cherish company of affectionate, sociable, slim lady up to 75 and accept what life offers. I like travels and associated matters. NS, NG, SD, fin sec.
Reply Box 9358

GENT 60+ enjoy movies, music, travel, weekends away, NS, WLTM free lady, NS, SOR, Capricorn, Virgo or Cancer with same interests, up to 60 for relationship. Genuine replies.
Reply Box 9366

GENT 78 slim, healthy, fin secure, relaxed lifestyle, unselfish, loving, attentive, NOR, likes dining, theatre, driving, walking etc. WLTM a slim ethnic lady, seeking a long term relationship if compatible to enjoy our life together.
Reply Box 9353

GENT 6281 area. Young early 70s, conscientious, stouthearted, compassionate, capable, diverse interests. Seeking similarly sociable, easygoing, GSOH lady to enhance and pursue retirement options together. TLC assured.
Reply Box 9367

HI everyone, you've probably tried the scams online, over priced matchmakers, pubs, and clubs. Age 50-75? Presentable? Live Peel to Rockingham? Come and meet NS for dinner. Send age, gender and phone number.
Reply Box 9362

LADY 62, NS, SD, wishes to meet fun loving, genuine man who's not afraid to share good times, dinner, movies, conversation and almost anything that makes you happy. SOR. ALA.
Reply Box 9368

REFINED attractive lady, 70+, UK born, well groomed, educated, med build, very GSOH, ND. I enjoy music, reading, gardening, socialising, country drives, good conversation. I WLTM unattached (not separated), sincere, well-presented, fin secure, gentleman, 68-75, metro area, hills or Northam. My postcode 6107 for permanent long term relationship, genuine replies only. ALA.
Reply Box 9355

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.

Have a Go NEWS
 Have a Go News has relocated its office to
28B Sexton Rd, Inglewood
 Phone 9227 8283
 Join our online community
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Retirement villages provide an ideal way to live



IN a competitive rental market, and with interest rates continuing to rise, now is the ideal time for West Australian seniors to consider downsizing by moving into a retirement village and embracing the lifestyle change.

With a brand-new development stage at Beachside in Yanchep available soon, and villas at Warwick and Geneff in Innaloo now available, the options for northern suburbs living just expanded.

"Not only will you find yourself amongst plenty of like-minded people and make new friends at Bethanie, our villages are located close to shops, cafes, amenities and a range of transport options," said Bethanie CEO Chris How.

"Most of our villages are pet-friendly, many have pools and bowling greens, and all of them have an active social club culture - with interest groups ranging from gardening and walking, to knitting and books."

There are so many benefits to living in a retirement village and Bethanie works really hard to create environments that are safe, inclusive and welcoming so the people in our communities feel nurtured, inspired and supported.

Research tells us that people living in an active and engaged community are healthier and happier, need less medical intervention, have improved mental health and feel empowered to live better lives.

This important data also tells us that between 80 and 90 per cent of seniors want to 'age in place' and for those that choose the village life, the statistics overwhelmingly report an overall sense of wellbeing.

Want to join the Bethanie family? Enquire on 131 151 and start your new life today.

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 example above.

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.

♥ Handsome GENT 70s ♥

Tall solid build and blue eyes. Seeks genuine lady for friendship/long term companionship. He enjoys dining out, movies, live theatre, and so much more.

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

Phone 1300 888 337 or 0404 888 337
www.aseniorromance.com.au

♥ ATTRACTIVE SENIOR LADY ♥

Seeks active LOYAL man for friendship or long term relationship. Enjoys dancing, reading, movies, dinners, walking and keeping fit and healthy. Would suit man who is loyal, kind and honest, and seeks to live life to the fullest.

CALL for more info. Genuine callers only.
0404 888 337 or 1300 888 337
www.aseniorromance.com.au

Have a Go NEWS

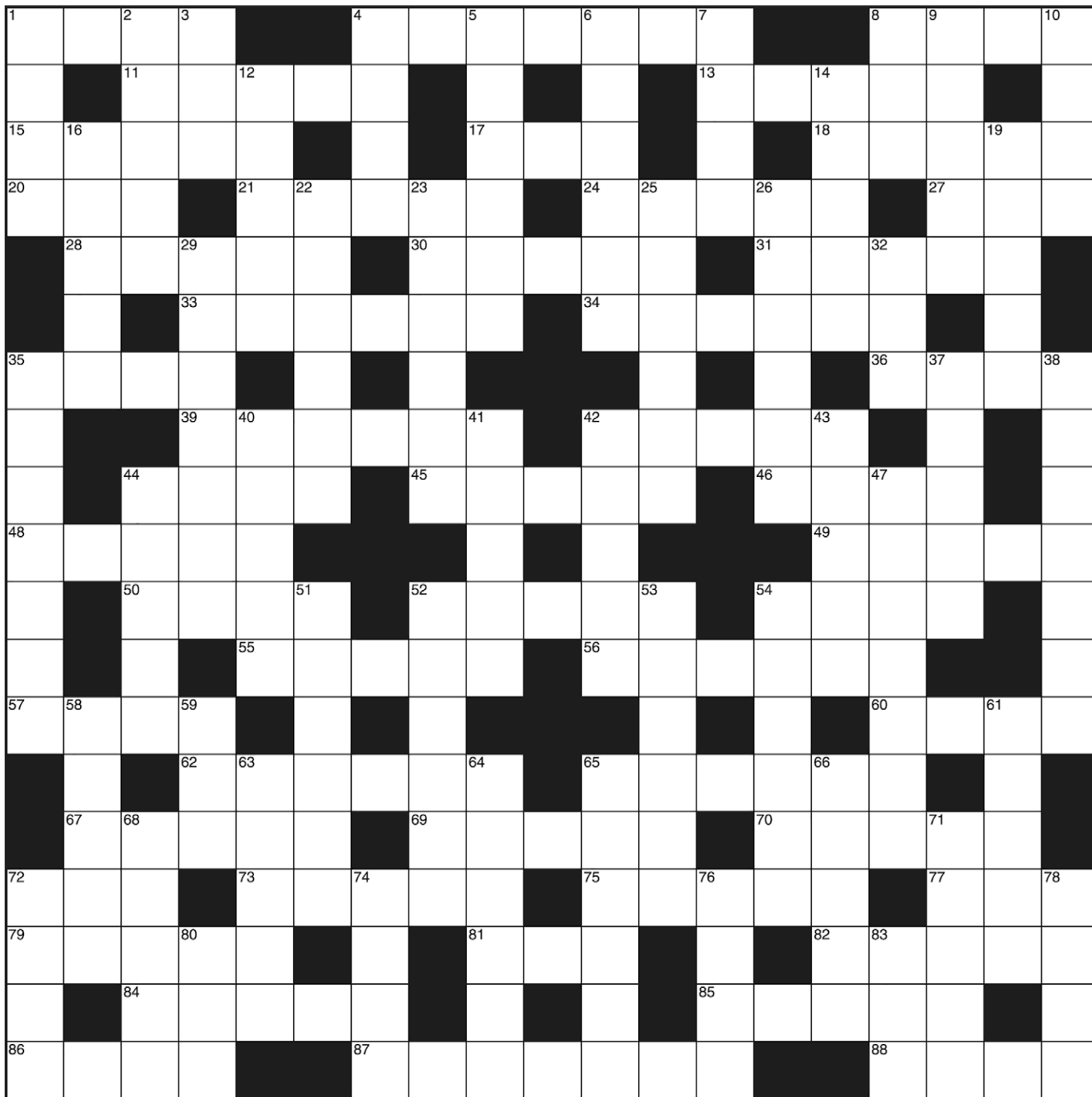
COMMUNITY PHONE NUMBERS

Lifeline WA: 13 11 14
Centrelink: 13 24 68
Medicare: 132 011
My Aged Care: 1800 200 422
ATO: 13 28 61
WA Senior Card: 6551 8800
Seniors Recreation Council: 6118 2716
Western Power: 13 13 51
Water Corporation: 13 13 75
MyGov: 13 23 07

Police: 131 444
Crime Stoppers: 1800 333 000
Emergency: 000
Poisons Information Line: 13 11 26

HAN/376-0807/21

BIG CROSSWORD - SEE PAGE 45 FOR SOLUTIONS



ACROSS

- 1. Poor (excuse)
- 4. UK actor, Kenneth ...
- 8. Fleur-de-lis plant
- 11. Scratch deeply
- 13. Nice smell
- 15. Tarnish
- 17. Hospital ward (1,1,1)
- 18. Mimicking
- 20. Young child
- 21. Fettuccine or vermicelli
- 24. Animal nose
- 27. Twice five
- 28. Delight (in)
- 30. Contemptuous look
- 31. Clip fleece
- 33. Writer, ... Christie
- 34. Most painful
- 35. Fashionable
- 36. Son of Adam & Eve
- 39. Photo machine
- 42. Rescreen
- 44. Seedy fruit
- 45. Fork prongs
- 46. Bundle
- 48. Steam-room
- 49. Annoy
- 50. Flower necklaces
- 52. Muted (response)
- 54. Box lightly
- 55. Hitler supporters
- 56. Puts off
- 57. Recites
- 60. Doubtful
- 62. Terse
- 65. Robin Hood's lady
- 67. Befuddle
- 69. Roadway divisions
- 70. Night watch
- 72. Fe, ..., fo, fum!
- 73. Weirder
- 75. Shut out
- 77. Female deer
- 79. Know-all, smart ...
- 81. Chinese exercises, ... chi (1'2)
- 82. Squares (up)
- 84. Nutritional health schedules
- 85. Pakistan's neighbour
- 86. Actress, ... Kudrow
- 87. Misuse
- 88. Perform music

DOWN

- 1. Sunset direction
- 2. Banded quartz
- 3. Ornamental carp
- 4. Domesticated insects
- 5. US pop singer, ... Grande
- 6. Causes laughter
- 7. Saint's ring
- 8. Rascal
- 9. Curry sauce
- 10. Provide autograph
- 12. Remove from clothes-line
- 14. Curses
- 16. Flashlight
- 19. Skin sensor
- 22. Burglary warnings
- 23. Cotton top (1-5)
- 25. November Rain group, Guns ... (1',5)
- 26. Depleted (4,2)
- 29. Inoculation fluid
- 32. Likely touchdown time (1,1,1)
- 35. Disagreements
- 37. Patisserie worker
- 38. Freedom
- 40. Encore!
- 41. City, Buenos ...
- 42. Redecorated
- 43. Baby's disposable
- 44. Totally
- 47. Terminating
- 51. Holy
- 52. Drink habitually
- 53. Cheapen
- 54. Dribble
- 58. In vain, to no ...
- 59. Woebegone
- 61. Criminal
- 63. Fellow
- 64. Beautify (4,2)
- 65. Medical practitioner
- 66. Voiced (views)
- 68. Feats
- 71. Model
- 72. Lose power (of engine)
- 74. Prescribed amount
- 76. Angler's worm
- 78. Detect
- 80. KGB's Cold War foe (1,1,1)
- 83. Head table worthy (1,1,1)

- Advertorial -



Sandra Barnsley

Stem cell therapy may help relieve arthritis symptoms

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 cell 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.

SILVER LININGS VARIETY SHOW



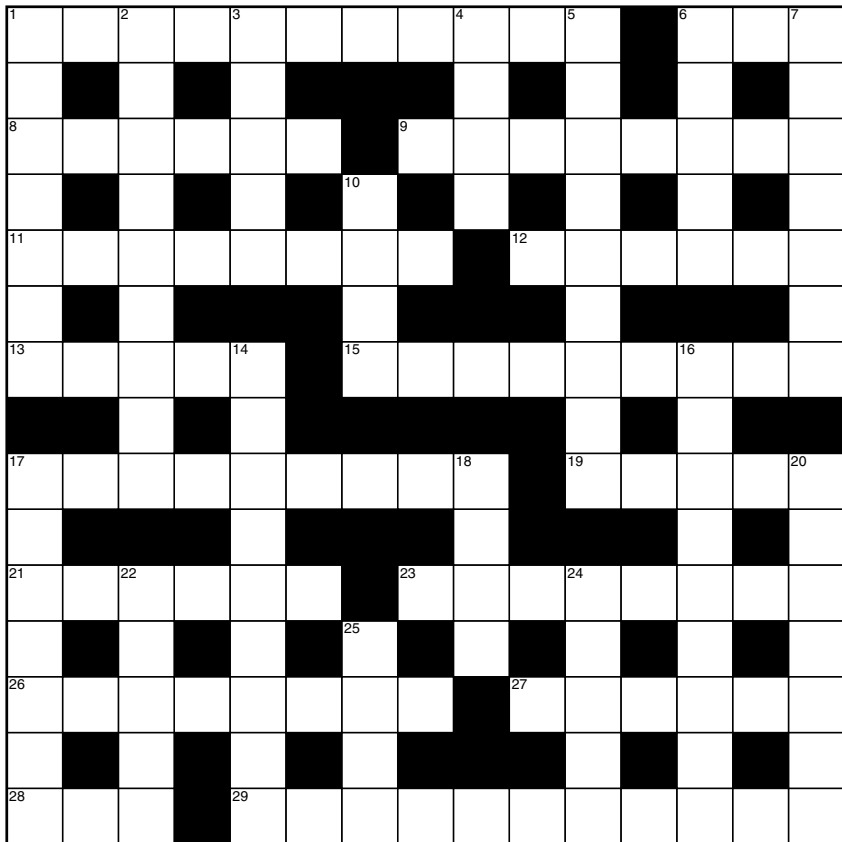
WEDNESDAY, 20 SEPTEMBER
10AM-12.30PM

SHOW includes tribute songs by...
Karen Carpenter, Jim Reeves, Roy Orbison and the Swing Era

Swan Active Beechboro 332 Benara Road, Beechboro
Be early to be seated FREE parking
FREE event supported by City of Swan

BOOKINGS ESSENTIAL - PHONE 9207 8555
BOOK ONLINE - www.swanactive.com.au/silver/

CRYPTIC CROSSWORD



ACROSS

- 1. Powerful finale unlit for a change (11)
- 6. Gently touch rafter or cash? (3)
- 8. Reader failed to study material again (6)
- 9. Final wedding attendant

in sports section of paper (4,4)

- 11. Earnest request to look into centre at York (8)
- 12. Rented out and sealed off (6)
- 13. Send out children (5)
- 15. Pester side calling for

bug killer (9)

- 17. Terry distressed about each betrayal (9)
- 19. Page as white as this? Sleep on it! (5)
- 21. Seaman sent away (6)
- 23. Nice to see farm worker embrace leading

lady (8)

- 26. Harpooning each abbreviation in spring (8)
- 27. Old one stirred pasta (6)
- 28. Make lace in quaint atelier (3)
- 29. Sent team eaters to ask for lengths (11)

DOWN

- 1. Maybe Ariel is from Tel Aviv? (7)
- 2. Fought, aced, and mentioned sample (9)
- 3. Practice for you, wise man (5)
- 4. I'm a beginning Muslim leader (4)
- 5. Let Tories organise raffles (9)
- 6. Intends to make drawings (5)
- 7. Machine lever altered (7)
- 10. On summit of a spinning toy (4)
- 14. It's said eggs sent Rick a bit dotty (9)
- 16. In speech, I slander native of Reykjavik (9)
- 17. Tarts involved in passage of goods (7)
- 18. Shout for pulley to go back, not up (4)
- 20. Staggers those who do the adding up? (7)
- 22. Aroma from Sacramento leaves strange smell (5)
- 24. On top of some prefab oven (5)
- 25. Unknown author in part of Lebanon (4)

SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9.

RATING: ★★☆☆☆

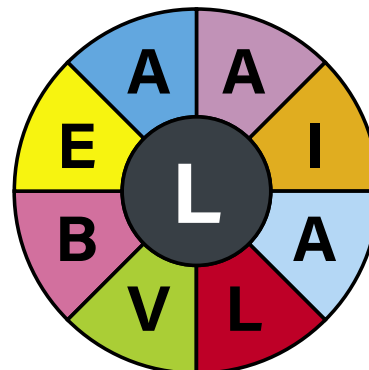
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|---|---|---|---|---|---|---|---|---|
| | | | | 3 | | | 4 | |
| | | | 7 | | | | | 3 |
| 7 | 3 | 6 | | | 4 | | 8 | |
| | 1 | 4 | | 8 | | 6 | 5 | |
| 8 | | | 5 | 6 | 9 | | | 1 |
| | 6 | 5 | | 1 | | 9 | 2 | |
| | 9 | | 8 | | | 5 | 7 | 6 |
| 4 | | | | | 1 | | | |
| | 2 | | | 9 | | | | |

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.

Wheel Words

10 Good 15 Very Good 20+ Excellent



© Lovatts Puzzles

QUIZ QUEST

All the answers to the clues are in the boxes, either as a word or picture. Solve all the clues and cross off the boxes. One word will be left over. This is the mystery keyword.

CLUES

- 1. Car marque that produces the XK and XJ models
- 2. Wonderland character, Queen of ...
- 3. New York City, The Big ...
- 4. The words 'auction' or 'contract' might be seen before this word
- 5. The only northern hemisphere nation to have won the Rugby World Cup
- 6. Lose lustre
- 7. Musical that starred John Travolta as Danny
- 8. Shallow river crossing
- 9. Jungle animal with stripes
- 10. 2004 Olympics country
- 11. Golfer's warning cry
- 12. Also known as a Chinese gooseberry
- 13. Iconic road movie, ... Rider
- 14. Stylist's lacquer

| | | |
|-----------|-----------|--------|
| Hairspray | Tiger | Pale |
| Easy | Elephant | Jaguar |
| England | Bridge | Hearts |
| Greece | Kiwifruit | Grease |
| Apple | Ford | Fore |

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WEST AUSTRALIAN OPERA 2023

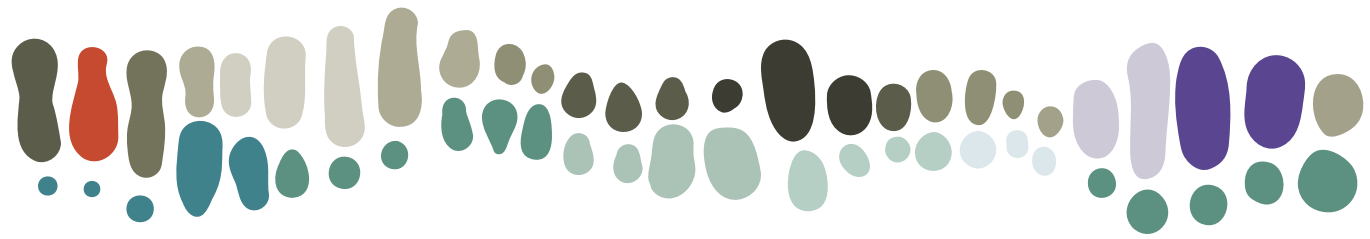
Wesfarmers Arts
Principal Partner

THE GREATEST THREAT TO POWER IS LOVE

OTHELLO

HIS MAJESTY'S THEATRE | 20 - 29 JULY

BOOK ONLINE waopera.asn.au



Laws to protect Aboriginal cultural heritage have been modernised

The new process makes it simpler and fairer, introducing practical exemptions for the first time.

Everything that land users are already doing now will be permitted under the new Act.

It has been illegal to harm Aboriginal cultural heritage for more than 50 years.

This won't change.

If there is no impact to Aboriginal cultural heritage, no approval is required.

A farmer will not require approval to plant a crop, run livestock, replace a fence, or maintain infrastructure on their farms.

Homeowners do not require approval to install a pool, deck or garage on their properties.

Activities that are 'like for like' are also exempt.

Where new works are planned on large properties, landowners are required to check for Aboriginal cultural heritage before commencing works to keep protecting one of the oldest living cultures in the world.

If there is Aboriginal cultural heritage, some activities will require a permit, and others require consultation or an agreement with Aboriginal people.

It's time to improve and streamline how we protect and manage Aboriginal cultural heritage in WA.



Find out what this means for you or to check if there is Aboriginal cultural heritage on your site, visit WA.gov.au