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## IN THIS ISSUE

Let's go travelling  
 - Editor's trip to Melbourne...  
 - Australia's Golden Outback  
 - WA Wildflowers  
 - Winter in the West

Have a Go News' editor, Jen Merigan's interview with foodie Alvin Quah

Allen Newton speaks with Mark Bin Baker

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

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# Living by his lens



Bohdan Warchomij Photo by Murray Armenti

by Allen Newton

BOHDAN Warchomij and his camera are a familiar sight to many around Perth.

While the affable press photographer earns his living shooting photographs for news organisations in Australia and overseas it is his work in Ukraine that has earned him an international reputation.

Bohdan was born in a displaced persons' camp in Germany to Ukrainian parents, who met in Berlin as the Russian army approached the German capital.

His father Michael saw war duties with the Polish army and was sent to the Russian front by the Germans to fight what he saw as the enemy. A minor injury on the front led to his repatriation to Berlin where he saw out the war and married Tekla his mother.

A baby boy, Ihor, died in child-

birth in Berlin and Bohdan's sister Maria, died when she was two while the family was at sea on the way to Melbourne.

They found refuge in Australia in 1949 when he was nearly three, but the family didn't make it as far as Melbourne because Bohdan's mother didn't want to leave Maria who had been buried in Karrakatta cemetery.

Bohdan, a new Ihor, Ostap and finally Jaroslava, a girl to succeed Maria, all grew up in Perth.

Bohdan didn't speak a word of English until he went to school at Morley Primary School. They spoke Ukrainian at home and Bohdan learned Polish from his neighbours.

Now heading towards his 76th birthday Bohdan has no intention of hanging up his camera.

On the morning we were supposed to meet an urgent phone

call from the *Australian Financial Review* sent him scurrying off to photograph Premier Mark McGowan and Qantas boss Alan Joyce.

But a day or two later when we catch up it's not his 25-year career as a press photographer Bohdan wants to talk about, but his association with Ukraine.

Bohdan had been immersed in Ukrainian history through his father's personal story who had fought with the Polish Army against the Germans on horseback and spent time in a POW camp before being sent to fight the Russians with the Ukrainian Nightingale Division on the Russian Front.

"A bullet wound repatriated him to the relative safety of post-World War Berlin and he met my mother there," Bohdan says.

"Nationalism and politics were a driving force in his life and I lived

in his shadow and his knowledge of the repressors of the Ukrainian nation."

In Perth Bohdan's father worked as a carpenter finishing up working for WAGR building railway carriages and his mother worked at a refrigerator company in Morley.

Bohdan proved to be a good scholar and after school spent 10 years working as a Telecom clerk before enrolling at university as a mature age student and coming away with a First Class Honours Degree in English Literature.

His interest in photography had also been sparked through a collection of photographs his Mum brought with her from Germany.

"I still have all those black and white prints even now and I used to love the feel of them, beautiful old photos and really well printed," Bohdan says.

continued on page 4



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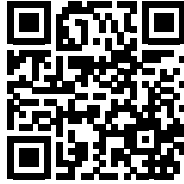
# From the Managing Editor's desk



Jen Merigan on location at *The Block*

TIME does fly. I had to look twice when I realised that the last time we did a survey of readers was in 2020. What an interesting ride the last two years has been. We are proud that during a pandemic we managed to increase our circulation by 32 per cent and I hope to get to that magic goal of 100,000 copies soon. I would be more than grateful if you could take some time to complete the survey on page 18. We would like know whether we are hitting the mark with content.

As this newspaper sits on the fringe of media, we are often overlooked for regular advertising campaigns, therefore your assistance in completing it will also help us show the strength of our reach. We offer the survey both electronically – see the QR code here or in paper form and via mail. Everyone who completes one goes into the draw to win some prizes.



★★★★  
In July I had the opportunity to make a lightning trip to Melbourne thanks to Channel 9, visit the rural set of *The Block* and chat to host Scott Cam. It was such an interesting experience going to the construction site and seeing the behind-the-scenes of this popular television show. Find out more on page 3.

★★★★  
It's good to see live shows are starting to return to WA with plans for many productions to visit Perth in 2023. The acclaimed Australian rock drama *Rolling Thunder Vietnam* will play at the Perth Concert Hall in May next year. I saw this show when it came in 2016. Along with sensational music from the era, it really is a poignant

nod to our veterans. Tickets are on sale now – secure yours at [www.rollingthundervietnam.com](http://www.rollingthundervietnam.com)

★★★★  
Plans are well underway for WA Seniors Week 2022 (November 6 - 13). Grant applications are now open for organisations who are keen to run an event during the week. Along with the grant applications, nominations have opened for the WA Senior Awards. Why not nominate a worthy person in your life to recognise their contributions. See page 12 for details.

★★★★  
Behind the scenes in the *Have a Go News* office we are working on some interesting events for the week. We welcome any community groups or organisations that are holding events to list them for free in our special Lift-out which features in the October issue. For a copy of the form head to [www.haveagonews.com.au/media/SW2022EventRFormweb\(fillable\).pdf](http://www.haveagonews.com.au/media/SW2022EventRFormweb(fillable).pdf) or call the office on 9227 8283 for a copy.

★★★★  
WA Mensgroup is an organisation which allows men to get together in a safe environment and share stories with like-minded men. There are a number of groups that meet on a regular basis. A new group has started in Stirling Street in South Perth and they are looking for men who would like to join. Meetings are normally around two hours long and they can be weekly, or monthly depending on the group's preferences. There are no fees involved.

★★★★  
If you would like to find out more about this or any of the Mens Groups than call Willie Henry on 0413 185 070 or email [willie.henry@optusnet.com.au](mailto:willie.henry@optusnet.com.au).

★★★★  
The inimitable Eddie Storm OAM is teaming up with Kelly Green to transport people back in time as they perform the hits of the 60s and 70s at the Mandurah Seniors Centre on Wednesday September 7 from 1.15 – 2.45pm. Cost is \$5 members, \$10 non-members and tickets are available at the door. Call 9550 3799 for details.

★★★★  
It's great to see so many people following us at the *Have a Go News* Facebook page. We have more than 22,500 followers and offer a variety of entertainment, giveaways and information. Please join us by liking our page at [www.facebook.com/Haveagonews/](http://www.facebook.com/Haveagonews/).

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

★★★★  
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## Ageing research snippet

### Turtles sometimes get younger as they age

TURTLES and tortoises are already known for their longevity, but when living in captivity, many species seem to have a rate of ageing that approaches zero – and in some, the rate even has a negative value.

For most animals, including humans, the rate of ageing (how likely individuals are to die in the next year) increases rapidly as they grow older, but for some turtles and tortoises in captivity, the risk of death decreases as they grow older, at least for certain periods of their lives.

## Have a Go News Quick Quiz

1. Who is the only Fremantle Docker to kick three goals a game?
  2. Who was James Mitchell?
  3. Who partnered Gary Carvolth on 6PR?
  4. WA Day is celebrated in which month?
  5. Perth city's foundation was in which month?
  6. The Mabo decision was delivered in 1992/1996/1999?
  7. What is WA's marine animal emblem?
  8. What is the name of West Perth's science museum?
  9. Where in WA is the Gap?
  10. What animal features on WA's flag?
- See answers on page 40.

## Great West Aussies - Did you know?

PROFESSOR Helen Milroy, Australia's first Indigenous doctor and expert in child and adolescent psychiatry, was the first Indigenous AFL commissioner. Helen was a pioneer in research, education and training in Aboriginal and child mental health and recovery from grief and trauma. Helen was a Royal Commission member into Institutional Responses to Child Sexual Abuse.

## Quote of the month

"LIFE is far too important a thing ever to talk seriously about."

Oscar Wilde

## Noongar Words

Keipa - fresh water  
Ngarniny - eat

## Noongar Season

Djilba - Late winter  
early spring season

## Word of the month

Logomachy  
Pronounced - Lo-ga-ma-ke  
Noun

Meaning  
A dispute or an argument over words. Logomachy comes from Greek word logos meaning word or speech and maches-thai meaning to fight. It entered English in the mid 1500s.

Usage  
A greater champion than William was needed to wipe away what seems to the world the cobwebs of medieval logomachy.

# 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 is a board member of Spinal Cord Injuries Australia and a 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.

Read the article in Healthy Living titled "Do you need a second opinion?"

To book in for your second opinion,  
call 9203 7771 or visit [www.ngphysio.net.au](http://www.ngphysio.net.au)





# Australia's favourite home show makes a tree change for its 18th season



L-R; The Block's veteran host Scott Cam took on the restoration of the original farmhouse - Jen Merigan takes a peek at Scott's farmhouse kitchen - Jen Merigan outside the 154-year-old farmhouse at Gisborne South, Victoria Inset; Scott Cam and faithful canine Franky



by Jennifer Merigan

ROLLING green pastures surround me as I arrive in the quiet Victorian country town of Gisborne South.

I quickly discover that hiding behind the tranquil vista is a long line of trucks and further afield an extremely large construction site – the home to this year's season of *The Block*.

Our entourage is greeted by Franky the dog, along with his owner *Block* host Scott Cam.

It's Cam's sixteenth

year as host and the 18th year of broadcasting one of Australia's favourite reality shows.

*The Block* has taken a tree change; this season the houses are spread across 60 acres of old farmland at the base of the Macedon Ranges and I am here to see behind-the-scenes of the show.

Executive producer and *Block* co-creator Julian Cress had the idea for the *Tree Change* series after he and his family moved from Melbourne to Gisborne South during the Covid lockdowns.

The property is a piece of colonial Australian history, originally belonging to Scottish immigrant George McGeorge and his family who arrived in the mid 1800s.

Not only is this series a mammoth task for the five contestant couples, but host Scott Cam picks up the tools to renovate the 154-year-old farmhouse.

Cam said when he arrived on site for the first time, he thought they had done a lot of big *Blocks* in the past but nothing as massive as this.

It's a chilly day in country Victoria and thankfully we avoid any downpours as we literally stomp through mud for a sneak peek at the houses and meet this year's contestants.

The sheer scale of renovating these houses would test any professional builder; then add in the location, supply chain issues and labour shortages – this is going to be a series like no other.

The houses have been designed with sustainability in mind, all with seven-star energy ratings, completely off grid, each with a 400m<sup>2</sup> solar power farm, battery storage, water tanks and sewerage.

Not only are the houses some of the biggest *The Block* has undertaken, contestants also had to create large outdoor areas, designing and building vineyards, tennis courts, organic kitchen gardens, basketball courts and swimming pools.

It's a renovators dream, but on site the reality is it's a tough gig for all involved.

It's challenging condi-

tions for us visitors negotiating the mud, the constant moving vehicles and construction. I asked Scott how he coped.

"I love adversity in the workplace because I have done that all my life, I was a carpenter for 40 years, I worked in the bush and I love that feeling of just push on and get it done – so to me it was great to go up against the conditions, to get the job done."

Cam took on the restoration of the original farmhouse and he beams with pride about his renovation.

"I love colonial homes, I love Australian history and I love restoring stuff," he said.

"The mantelpiece came from Princess Pier which is a tie to the McGeorge family who would have walked on it when they first arrived in Melbourne, not knowing what was going to happen – I love those immigration stories.

"I had a great team of guys and girls working with me and being biased my house is the best one on the block.

"It's a simple contem-

porary country design. It feels lived in, like it's been there all the time."

The McGeorge farmhouse has been beautifully restored and during the renovation they found many handwritten documents from the family which Scott decided to frame to pay tribute to these pioneers.

Our visit was coinciding with completion of the renovations, so we saw many of the finished rooms. Each house had features that I admired, although some were a little odd to be frank. It will be interesting to watch who wins which room and why.

You never know who you are going to meet on any given day, and we certainly didn't expect to find Logie award winners Kevin, Tang and Dorian from *The Travel Guides* on site. The boys work behind the scenes on *The Block* when they are not filming their own show.

Viewers will be in for a treat as they see the mammoth construction take place across the three-month series. I asked Scott what he thinks will

be the highlights.

"I know for a fact that younger people will love the machinery as we have heaps of excavation and Franky my dog will be a lot of fun for everyone.

"There's always a little bit of drama and there's

certainly a lot of ups and downs but overall it's been a pretty good series," said Scott Cam.

*The Block* airs every Sunday at 7pm and continues Mondays – Wednesdays at 7.30pm on Channel 9.



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## Index



- 1-20 Early General News and columns
- 21-28 Let's go Travelling
- 29-30 Active Ageing
- 31 Healthy Living
- 32 Safe and Secure
- 34 Downsizing
- 35 Women in Business
- 36-38 Food & Wine
- 39-40 Great Home & Gardening
- 41-44 Arts
- 45 Friend to Friend
- 46-47 Puzzles

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# Living by his lens

by Allen Newton continued from front cover



Clockwise from left; Some of Bohdan's photos Australia World Cup Germany 2006 - Dalai Lama in Perth - Cirque de Soleil - Orange Revolution 2004 - studio portrait Photos Bohdan Warchomij

"Mum went to a lot of effort to get photos of us growing up, so I have photos of my little sister in Germany and photos of myself looking away from the camera in Germany.

"Journalism was always at the back of my mind, but I didn't think I would make a career out of it."

As a youngster he'd bought some cheap Chinese plastic cameras to muck around with and the seeds of a career in media had been sown when Bohdan thought he could work as a journalist and applied for a cadetship at *The West Australian*, but was rejected.

On a trip to Europe, during a stopover in Singapore a friend convinced Bohdan to buy his first real camera a Nikkormat, which he describes as a cheap man's Nikon.

The results were pretty good and set Bohdan up for a career in photography.

Bohdan says the first sniff of Ukrainian Independence in the 1990s was

a revelation to him and he travelled to Ukraine in 1991 to explore his heritage and see the emergence of Ukrainian freedom, something he thought he would never see in his lifetime. His mother died of a heart attack on the day he arrived in Kyiv and he returned home for her funeral. returning later for Ukrainian Independence celebrations.

"I have been back many times, documenting the Orange Revolution in 2004, Chernobyl Nuclear Reactor in 2007, the death of all aboard Malaysia's airliner MH17 in 2014 near Torres in the Donbas and like the rest of the world now witnessing an immoral war from a war criminal hiding in a bunker in Moscow.

"I'm worried about Putin as an ex-human being. He's made a big mistake attacking Ukraine because it probably needs half a million troops rather than the 180,000 he took in and he only has 120,000 left.

"I think Ukraine will win the war, but it might be a

10-year war."

His beautiful coffee table book *Portrait of a Revolution* documents the Orange Revolution. It was the subject of his major exhibition PORTRAIT OF A REVOLUTION held at FOTO FREO FESTIVAL in Fremantle Prison.

The book was published in 2006 and received a partnership award together with the designers Block Branding in 2007 from the Department of Culture and the Arts and has sold steadily since publication.

Bohdan returned in May 2014 to photograph the civil war in eastern Ukraine.

He was in Mariupol when news came through of the downed MH17 flight, so Bohdan took a taxi on the 200km trip to the crash site.

His heart-wrenching photographs of body parts from the downed aircraft created controversy when organisers of a photographic exhibition featuring Bohdan's images wanted to pixelate the body parts.

Bohdan objected saying he wanted to tell the story of the MH17 victims with respect.

I tried to tell their story truly, and to respect them as well, he says.

The photographs were withdrawn from the exhibition at Bohdan's request.

"I'm still interested in other international stories, but I do feel a closeness to Ukraine now, I'm feeling guilty now for not being there, but that's probably not a good idea either."

Bohdan is now contemplating a second book and plans to head back to Ukraine later this year and using some of the photos he shot of MH17 as an introduction to this war using his photographs shot before the war and now.

"I love working, I find newspapers frustrating to work for, but I think I'll be taking photographs for the rest of my life.

"Photography has given me a little bit of respect and a little bit of recognition," he says.

## Gingin, one of the oldest towns in WA

VISIT the Gingin Visitor Centre where people can purchase locally sourced products, collect an 'Auscoin' featuring the town waterwheel and meet the knowledgeable and friendly staff who can help plan a visitor experience.

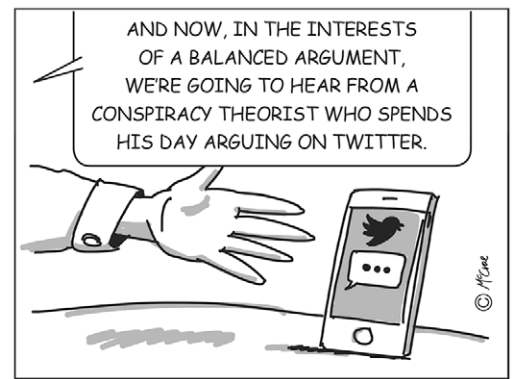
Collect a town walking map and enjoy a walk around town to view the old buildings and find some kangaroo paws unique to the area or take a

self-drive pamphlet to see more of the Moore River Region.

The Gingin Visitor Centre and Gingin District Community Resource Centre will be hosting a spring market on September 3 featuring local tourism businesses and locally made products.

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# Conversations about cooking... Alvin Quah chats with *Have a Go News*



Alvin Quah loves to cook

by Jennifer Merigan

I FIRST met Alvin Quah in 2011 when he was a guest chef at the Good Food and Wine Show.

Alvin hails from Malaysia and as a long time lover of all things Malaysian we had a lot to talk about.

For his cooking demonstration he was madly trying to find Vietnamese mint for the dish he was preparing. I called a few local chefs trying to source some, unfortunately to no avail.

Fast forward to 2022 and I was thrilled to see Alvin return to the screen on this year's *MasterChef*.

Following the *MasterChef* Grand Final, I caught up with him via Zoom from his home in Sydney.

I asked him what made him return to the show.

"It was a mixture of things – I think they caught me in a weak moment (laughing).

"Competing on the show is very different now, it's not so isolating and you can contact your loved ones and have access to your phone.

"I thought it's been a long time since I have been in the competitive arena and there's so many new trends with food I want to experiment with," he said.

Throughout the show Alvin cooked many Malaysian dishes, sharing recipes from his beloved mum's kitchen.

Alvin says the beauty of food is that everything comes with a story and

his style reflects the love of cooking he discovered in his childhood kitchen with his mother.

Recognised as a master of balance with his recipes, he believes that this skill was innate in his mum's cooking.

"I never had to learn it; I just knew – I think they need to put a terminology to it – it's quite a handicap if you don't have that skill – tasting your food is such an important part of cooking and particularly for home cooking.

"If you taste your food through the cooking process you just know when something is out of whack.

"I am such a home cook – so on weekends I will labour more and cook

more extensive stuff like desserts, a mud cake or a three-day trifle.

"One of my favourite things to cook is a Nonya curry – it smells like mum's kitchen."

Alvin says there are so many wonderful recipes in Malaysian cuisine and he is keen to raise public awareness of Malaysian food to make it as well-known as Chinese or Thai food.

"There are so many beautiful recipes in Malaysian culture – it is very interesting that many people know Malaysian food, but for those who don't – and there is a significant number who don't – I like to share the many influences that make Malaysian food a melting pot of cultures.

"There's influences from Thailand, Indonesia and China."

Alvin's heritage is Peranakan. They were Chinese immigrants who settled in Malaysia up until the 19th century marrying Malays and practicing the local way of life.

They created a cross-cultural feast of food coined Nonya cuisine, which is one of the biggest food genres in Malaysia.

In his first season of *MasterChef* Alvin cooked a very popular Nonya dish, drunken chicken, which was one of the most downloaded recipes from the show.

Alvin said he has not

cooked the dish since the first series. This year, although he was filled with mixed emotions and self-doubt about cooking it again, he decided to bring it back.

"It was drunken chicken 2.0 – I had to change it and modernise it a little – I had to amp it up – I am glad that people loved it.

"People make it and contact me on social media and share their photos of some of my recipes."

This year Alvin finished sixth, the same place he came in his first series. He went out on a favourite recipe (oyster omelette) when cooking outside and his wok wouldn't get hot enough.

He simply said, "well who can compete with mother nature."

Some people love shoes, bags or tools; Alvin confesses he loves eye wear. In the series he sported a different pair of prescription glasses almost each episode.

With more than 35 pairs and growing, he says it's an addiction for him and he is looking at doing a collaboration with a spectacles company.

He also wants to feature in a food related talk show. He says although there is a plethora of shows out there, he thinks there's an appetite for more.

"I think food connects people – people learn of another person's culture

through food.

"I also want to write a cookbook – I have put off putting my mum's recipes to pen and paper – after the show I think the world needs to have some of these recipes – if nothing else it's an ode to my mother."

Alvin is a friendly and welcoming person who loves talking and cooking – his fun personality and

quick wit is the perfect recipe to share his love of cooking with the world.

And what does he enjoy most about cooking?

"I just love seeing the joy on people's faces when they eat my food."

Find out more at [www.alvinquah.com.au](http://www.alvinquah.com.au), follow him on social media or Alvin's recipes from the show can be downloaded from the *MasterChef* website.

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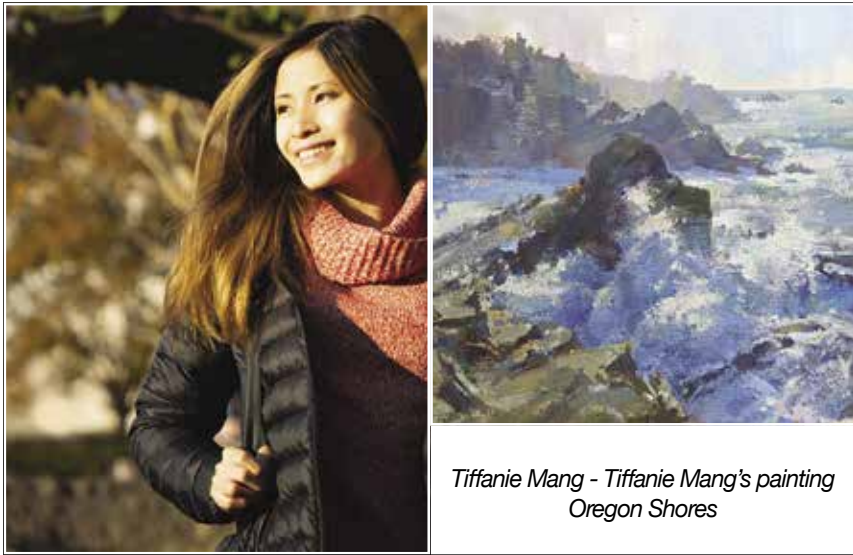
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# American artist heads down under to capture Mandurah's charms on canvas



Tiffanie Mang - Tiffanie Mang's painting Oregon Shores

by Allen Newton

MANDURAH doesn't have the lakes and mountains American artist Tiffanie Mang loves to paint, but she says different landscapes have different auras and she is looking forward to capturing Mandurah's charm on canvas.

Tiffanie, who shares her time between oils and gouache and working on digital projects, was involved in recreating the artistic style of post-im-

pressionist painter Vincent van Gogh for the Oscar nominated film *Loving Vincent*.

She is heading to Perth for the *Plein Air Down Under* outdoor painting festival, to be held in Mandurah from September 24 to 26.

People wanting to get a sense of what outdoor painting is all about will be able to watch the world-renowned painter in action, along with nearly 200 other painters of all

skill levels who will take part in the event.

Tiffanie fell in love with painting growing up in her home town of San Diego, California, taking art classes from the age of six.

"I remember the first thing I drew in art class was a dog," she says.

Tiffanie's painting journey started in traditional fashion and she didn't discover the digital world until her first year of college. These days she

wouldn't be without her tablet for everyday use.

"I still think nothing beats mixing colours with your own hand. That is how I learned colour theory and how to create effective colour relationships. In digital, you are offered the digital colour cube, and it is very easy to just choose colours without knowing why you chose them. When I mix with gouache or oil, I can actively see how one colour is influencing another colour and understand why. I still truly enjoy the tactility of mixing colours by hand - nothing gives me more thrill than that."

Tiffanie loves to paint natural landscapes.

"I am personally not surrounded by too many mountains and forests, so when I do get a chance to paint them, it is very exciting to me."

And painting en plein air provides a thrill of racing against time.

Tiffanie's digital work includes six months in Gdansk, Poland, for the feature film *Loving Vincent*, where she was one of 125 oil painter animators recreating the life of

Vincent Van Gogh.

She is still involved in digital work and currently has two full-time jobs, one as a curriculum manager at Proko.com, and another as a visual development artist at Marvel Studios.

Tiffanie also teaches and has held a number of plein air gouache and digital workshops in California and internationally, including Curaçao and London and mentors students around the world.

While she is in Mandurah, she will be holding a two-day *Finding Freedom With Limitation* masterclass, on September 19 and 20, sharing the power of creating thumbnail studies from a limited palette consisting of the primary colours and white.

On September 22 and 23 she will hold another masterclass on *The Power of Harnessing Greys*, which Tiffanie says are often underrated and overlooked ingredients that can bring a painting alive.

This will be Tiffanie's first visit to Australia. She expects the experience to be different to painting and teaching in

other countries.

"It all depends on the students I teach, the environment, and the connections I make. I have found every teaching experience in different countries to be unique and fulfilling."

And painting in different places creates different results.

"Different places have different auras and sometimes I am successful in translating that, and sometimes I am not. I just go with what the landscape tells me, and I let what I see lead me into the painting, not the other way around."

Tiffanie advises people who would like to try landscape painting to start by observing life and painting plein air.

"Plein air painting is an invaluable skill to hone, it's also free and so fun to paint outside."

"Don't be afraid to get out of your comfort zone, take risks and sometimes fail. I can't stress this enough. Recognise those failures and ask yourself what you need to do to get better. That is the only way you will learn and get better."

This year's *Plein Air Down Under* will be its fourth festival and once again the general public are invited to watch artists at work with day and evening paint-outs around Mandurah and Pinjarra.

Paintings created during the festival week-end will be exhibited inside the Mandurah Performing Arts Centre and a wide range of works from both established artists and newcomers will be available for sale.

A free beginners *Plein Air Experience* will be held during the festival and a range of prizes will be on offer for youth, professional and non-professional artists.

There will also be free children's and Silver Chain art activities.

The World-Wide Paint Out weekend will also be held on the weekend of September 10 and 11, in collaboration with the International Plein Air Painters, which has artists around the world simultaneously painting outdoors.

For more information go to [www.pleinairdownunder.com/](http://www.pleinairdownunder.com/)

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Regular meetings are held on the second Saturday of each month at 12.45pm for a 1pm start, at Osborne Park Com-

munity Hub, 11 Royal Street, Tuart Hill. Please note parking is available under the venue behind BP Garage. Take the lift to the ground floor.

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



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# The introvert and the extrovert - a working combination for this talented man



Mary G and Mark Bin Bakar

by Allen Newton

MARK Bin Bakar, perhaps better known to you and me as Mary G, is something of a multi-cultural identity in Broome.

The son of a Catholic Aboriginal mother and a Malay Muslim father from Singapore, the young Mark became a welder and boilermaker before turning his hand to music as a drummer for bands around Perth.

It was certainly an eclectic upbringing.

He has worked as a sound recordist, composer, television and film writer, director and pro-

ducer, but Mark became known to a wider Australian audience taking on the persona of the outspoken Aboriginal grandmother figure, Mary G, for the SBS TV show that ran in 2000 and 2001.

He has contributed to dozens of Indigenous organisations and causes and in 2007 was Indigenous Person of the Year and in 2008 Western Australian of the Year.

Mark is also the founder and festival director of the Stompem Ground Festival to be held in Broome on September 17 with Aussie rockers *Midnight Oil* headlining.

Among the other bands performing on the day will be *The Pigram Brothers* who performed at the last Stompem Ground in 2000 and is now re-forming for the 30th anniversary of the Indigenous music festival which also coincides with the 21st anniversary of the Kimberley Stolen Generation Aboriginal Corporation.

The concert will mix Aboriginal performers, nationally acclaimed artists and traditional dancers bringing to life the vibration and energy created between the feet and the earth on the dance ground, to celebrate the spirit of Aboriginal people across the Kimberley.

Speaking from his home in Broome, Mark says he definitely grew up in a muddled-up household.

"My father came to Australia from Singapore for pearling - and he was illiterate - but he climbed the ladder of status in the town in terms of his relationship with the pearling masters, and became highly respected and called upon," Mark says.

"Mum was taken away from Halls Creek as a two-and-a-half-year-old and never reconnected, so we grew up very isolated. Mum always feared strangers and was aware of people around her, but Dad was more out there and didn't take s\*\*\* from nobody, he was like the

security for all of us, he protected us and was a bit of a hero."

Mark spent three years at St Patrick's College in Geraldton before going to Perth and doing an apprenticeship as a boilermaker and welder before getting involved in the band scene in Perth playing drums in several bands.

Later on, Mark set up a music school in Perth Ab Music to provide a place for Aboriginal musicians to meet and rehearse.

The Mary G character evolved on Mark's Broome radio show in 1993 tackling issues including domestic violence, sexual health and reconciliation.

"It's been an interesting journey for me because Mark Bin Baker is an introvert and Mary G is an extrovert. So you can imagine the butterflies in my brain to go from one to the other, but the moment I put the costume on and the makeup on, and my hair's done up, I become the character."

Mark says when he took the character away from radio he shaved off his beard and put on the costume, but he had no idea where the character was going to take him.

Mary G is based around stolen Aboriginal women he grew up around.

"They're feisty, they have promiscuous undertones, but the challenge

for me in that era was the phobia of homosexuality and the perception that I was gay because I was playing a woman."

While it's more than 20 years since Mary G appeared on Australian television screens Mark says he would love to bring the character back to TV, but so far his proposals to the networks have fallen on deaf ears.

He says the character still resonates with audiences and connects with everybody from children to teenagers, parents and mature people.

"People love the subtle sexual innuendos, the sarcasm. She's like your grandma."

Stompem Ground, a one-day event on Saturday, September 17 at the Father McMahon Oval, in Broome, returns after a bit of a hiatus.

It will combine contemporary and traditional Aboriginal music, dance and culture as well as being headlined by *Midnight Oil*.

The bill also features *The Pigram Brothers*, *Blekbala Mujik* and many more Kimberley artists including *Yatungal*, Mark's own band *Footprince*, *King of Hearts* and *Seaside Drifters* along with a cast of *Indigenous dancers*.

Previous Stompem Grounds in 1992, 1998 and 2000 featured artists like *Warumpi Band*, *Midnight Oil*, *Yothu Yindi*, *Kev Carmody*, *Coloured Stone*, *Mixed Relations*, *Archie Roach* and *Ruby Hunter*, *Nokturnland* and local favourites, *The Pigram Brothers*.

The event is alcohol free.

Tickets are in high demand for this year's event

and Mark expects people from all over Australia to head to Broome for Stompem Ground.

"While there are events and concerts all over the place, there is something about Broome, it has a strong energy, strong positive spirit about celebration in Broome which I think is connected to the Yawuru people of Broome, the traditional owners."

You can find out more at [www.stompemground.com.au/](http://www.stompemground.com.au/).

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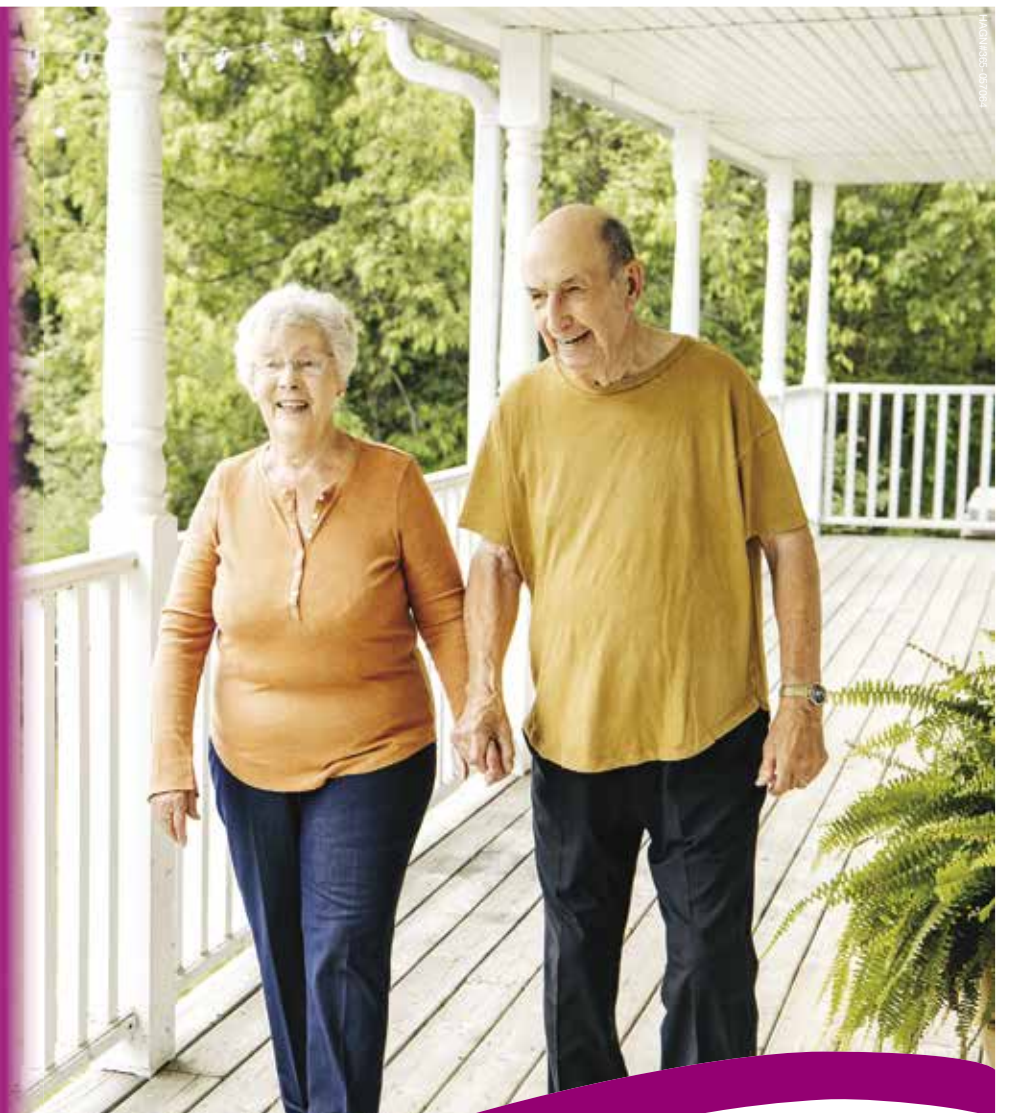
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# Where Opinions Matter - time for a moratorium on State charges and taxes



by Lee Tate

WITHOUT living in the past, nostalgia has its place and can be put to good use for society.

From the 1950s, we Baby Boomers were happy, content and enjoying life.

Mostly shoeless and empty of pocket and purse, we relished real fun through the sixties and into the seventies.

Of course, we can't wind-back the clock. Things will never be like they were.

Today, we are all far richer, especially in Western Australia. But are current generations happy,

content and enjoying life? Many are.

Untold wealth has flooded into WA, filling pockets of tycoons, shareholders and governments.

So it is staggering to think that our nurses, teachers and police need more support and bigger pay packets. Especially considering the pandemic-inflicted damage.

Juvenile misbehaviour in Perth and our regions is an enormous problem for our under-funded authorities.

Street lighting, street signs, roads, schools and public facilities all need serious money. Beachside and tourist-attracting suburbs and regions struggle to pay their maintenance bills because council rates fall vastly short of the mark.

State and Federal Governments are spending billions of dollars, of course, and many projects are worthy. Billions of

dollars are also spent on questionable activities.

What real say do we have in these affairs?

The ballot box is the one opportunity to change government but where is the community debate for individual projects? We have no suburban or regional forums for debate and input is limited to television Q&As and talkback radio.

Royal commissions and referenda are massively expensive and time consuming and they don't include public input. Federal elections, multi-million-dollar extravaganzas, are held too frequently, every three years but mean effective governing for only 54 months before switching to campaign-mode. At least WA state polls are every four years.

Federal governments need time to work through their platforms and policies and four or five-yearly national elec-

tions patently makes good sense.

Yes, West Australian services are improving but they are clearly short of the standard that could be achieved by a super-wealthy State.

We lived and loved and struggled through the sixties but didn't feel deprived. Of course, we didn't know any other way, like the generations before us.

It was nice when youth respected authority, without abuse of traffic inspectors, police, nurses, teachers or our elders.

We played outside, were never glued to television or computer screens, ate basic, healthy, home-cooked meals. Sweets and movies were occasional treats and those of us who weren't church-goers, kept our opinions to ourselves.

Christmas and Easter were largely true to their meaning and we didn't

need to spend hundreds of dollars on Christmas gifts or massive festive season trees.

Blokes happily held open doors for women and paid restaurant bills. Women didn't need to work two or three jobs to pay bills and taxes and we were all family-minded. We ate together, went on holiday together and dropped-in on relatives and friends. The kids played outside.

Obesity wasn't a national health issue, young bodies weren't tattoo-smothered; rings and severe haircuts were limited to the armed forces.

The fifties, sixties and seventies weren't without fiscal, health and social problems. No generations have been or will be.

Baby Boomers were largely happy with their lives. Greed wasn't as widespread. Billionaires and multi-millionaires today couldn't spend all their money in their life-



times. The ranks of the super-wealthy include entertainers, sports stars, and even social media influencers.

Yet many West Australians are struggling to pay their bills? Where's the social dividend for strugglers? Why are government taxes and charges being increased now when there are literally billions in the bank?

At this unique time in WA's history, after Baby Boomers' decades of State and nation-building

efforts, it is a golden opportunity to have a moratorium on State charges and taxes.

At the very least, a 50 per cent cut in energy and vehicle taxes for three years. It will be good for our State, our people and the economy as purses open.

And pay rises for our real stars: Nurses, teachers and police.

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

## Changes to voting rights for UK expats comes into effect in 2023



by Mike Goodall

EXPAT UK pensioners are only eligible to vote in the UK elections for a limited time after they leave the country and they have no specific representation in Parliament.

At present a person

may vote in the constituency where they were last entitled to vote before leaving the UK for up to 15 years after leaving.

Many who have written to their MP have been ignored because they don't currently live in the constituency or that MP doesn't agree with the campaign for unfreezing UK state pensions worldwide.

In April 2022 the UK Election Act was finally passed through both Houses of Parliament, given Royal Assent and should become active from June 2023.

The main change from this new bill will be that

expats citizens will be able to vote in UK Parliamentary Elections for all general elections after June 2023 in the constituency where they were last registered to vote.

The legislation states that a person has 'to state that they are British Citizen' (i.e. were either born in the UK or became a British Citizen) to be eligible to register to vote.

There is no mention of providing proof of Citizenship by producing a current passport. It will be the responsibility of the Electoral Officer in the constituency where you last lived and voted (immediately

prior to leaving the UK) to check their records and approve your application.

However, once a person has registered to vote the problem will become how to vote. Historically the Overseas Voter information has been posted to Australia too late for the documents to be completed and returned to the UK, before the actual election day.

Unlike Australia which allows overseas voters plenty of time to return their election documents, the UK draws a strict cut off on the actual election day. This leaves those who wish to vote with the

only option of appointing a proxy to vote as per their wishes with the proxy being registered to vote at the same polling booth where the overseas person was last registered to vote.

What is the point of going through all of this hassle to vote in a country where we don't even live or wish to live?

The UK Government may appoint a person (not necessarily a minister) to represent for overseas voters. If this happens, we would have a much better opportunity of developing a stronger voice in the UK Parliament to have our

state pensions un-frozen.

However, until the result of the Prime Ministerial election is announced in September, we have no indication whether this will happen or is even on the radar of either of the two remaining prime ministerial candidates.

As soon as we know more information about voting or an overseas voter representative, I will let you know.

**Am I UK State Pension Age?**

UK Expats and Australian citizens born between October 6 1954 and April 5 1960, who have worked for a minimum of 10 years

in the UK, are eligible to claim their UK State Pensions from their 66th birthday.

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

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

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# Dark but uplifting story by new author of a woman's revenge



L-R; Polly Phillips - *The Reunion*

novel, tells of married mother of twins, Emily Toller, and her rollercoaster ride.

"There is the saying, 'let sleeping dogs lie' but I think in Emily's life, even though she goes through the wringer, it changes her for the better by standing up for what she didn't stand up for previously and the revelations that come out."

Polly says she feels lucky to be back in Perth from the UK where her book was launched a few weeks ago after its Australian release.

"I have been fortunate to have coverage there and here with supportive reviews in *The Guardian* and *Sydney Morning Herald*. The book has been well received.

"I went to the book launch party near where I attended school in Dulwich in south-east London. Lots of school and

university friends came along. It was really nice to see uni friends who had a real insight into the book and were trying to guess who I had based the characters on. I did have a pair of red shoes at uni (mentioned in the book) and friends said they remembered the shoes. It was really lovely."

Polly wrote *The Reunion* in Perth after moving here with her husband Al and daughter Lalage in 2020 before the big Covid lockdown.

"My father died while I was writing the book which is dedicated to him and my mum. It was quite cathartic to have something to escape into and something so different which made me feel young again.

"The problems the main characters are dealing with are so very different from the sort of things I am experiencing in life now. It

was quite a comfort and I feel lots of people would like to go back to university and right the wrongs and change the ways they behaved; so in a funny way I got to do that."

What inspired her to write the book?

"I think it was a debate I wanted to contribute to in terms of, are we going to let these gender roles play out? I have an eight-year-old daughter, I worry for the future; we are trying hard with the MeToo movement and women are being heard a lot more but I think there is still a sense of disparity and men are allowed to get away with a lot of things.

"Now I am 40 it seemed like a fun time to go back and write about it. Sadly, *The Reunion* focuses on a perennially relevant topic. We have taken great strides forward but I don't think we are there yet. The sense of male entitlement

is still there."

Polly spent her early working life as a journalist with husband Al working in the oil and gas sector.

"We had a fantastic opportunity to work in WA but moved to Copenhagen, Dubai and back to London. Having initially found Australia so far from everywhere else, I struggled to settle here but within six months of leaving I was desperate to return and eventually we did."

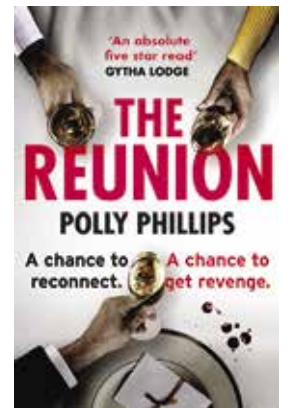
Polly says she is diving into her third book at present "it is really exciting. Towards the end of book two I got itchy feet and desperately wanted to start writing. I'm fleshing out a first draft and this book will be a worthy successor to *The Reunion*."

"I write most days but not at weekends, I like to run a lot and walk our dog so I use these times to iron out any plot holes. I must look like a lunatic,

talking to myself, gesticulating and frowning, trying to work out where I am going.

"A lot of people have felt discombobulated by Covid - routines, life and priorities have changed. Losing my dad made me more determined to write and seize the day."

*The Reunion* (\$29.99, Simon & Schuster) is available from good bookstores.



by Josephine Allison

AUTHOR Polly Phillips has many happy memories of life at university in the UK but the experience did not deter her from focusing on its somewhat darker side for her new book, *The Reunion*, in which the main character, Emily, has tried to forget her time at university and the events that left her suddenly leaving under a cloud.

"From my perspective I was lucky enough to go to Cambridge and have a

lovely time there," Perth based Polly tells *Have a Go News*. "But I did feel quite insecure there and looked at these men with their rugby blazers and public school accents and I did think, 'it would be nice to be you, to be accepted and be so certain.'

"I do think there was that line of wanting to be liked, to be accepted and passed for something that made many women feel particularly vulnerable."

*The Reunion*, former journalist Polly's second

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Nominations now open

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Nominations can be made by organisations or members of the public and close 5pm 9 September 2022.

Local governments, registered not for profits and community groups can also apply for the Seniors Week Community Grants Program to host an event or activity during Seniors Week.

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# ER II. Queen Elizabeth, Betty, Lilibet... paying homage to 70 years of the Queen's rule



by Rick Steele

I CAN still remember, vaguely, being in the company of my mother, and waving a paper flag on a stick, as the new queen was chauffeur-driven past us in the cheering crowd. Whether it was a Union Jack or

the Kiwi model does not compute. It was January 1953 and I was a month shy of turning five.

Back in those days, we didn't even have a national anthem. When the lights dimmed at the movies, we stood and mouthed or sang "God save our gracious Queen, long live our noble Queen."

For the princely sum of sixpence we could drift away with a *Lone Ranger* serial, a *Laurel and Hardy* short film and a dose of the Marx brothers. My brother would buy the ice cream which mother had allowed for in the strict budget.

I feel like I've known Her Majesty, and her family all my life. Prince Charlie and me kinda grew up together. We are the same age. He was at boarding college in Geelong I think, while I was doing my time at a similar establishment in Auckland. The heir apparent has done it harder than *Shrek* at times and, always like Mummy; lived his whole life in the spotlight.

One of Murdoch's papers reckon Prince William, when he turned 21, asked Charles why he cheated on his mum with a woman who looks like a saddle.

Frederick the Great of Prussia 1712-1786 once said: "They say Kings are made in the image of God. I feel sorry for God if that's what he looks like."

But it wasn't big ears Charlie he was talking about.

Princess Anne complained that when she appears in public: "people expect me to neigh, grind my teeth, paw the ground and swish my tail - none of which is easy!"

Sister Margaret complained bitterly about living in a goldfish bowl, as her relationships staggered.

Meanwhile in Ozstraya

our famous prime minister, who had the governor general sacked, has the memorable quote: "life wasn't meant to be easy."

Good one Malcolm. In the sixties, on another commonwealth visit Downunder, Queen Liz stopped to talk to a young man in the crowd. "And what do you do for a living?" she asked.

"I'm an apprentice photographer," he replied.

"What a coincidence", ER II added, "My sister Margaret is married to a photographer!"

"Nah, not really, I got a cousin and he's a Queen!"

Nowadays, as Europe cooks and burns, the recent jubilee celebrations of her wondrous and dedicated 70-year reign, the recent passing of her long-time love and partner, and the continued soap opera of her descendants with their partners, must surely be a burden on her health and well-being. She is in her ninety-sixth year.

Shall we soon hear the cry of "God save our loyal King?"

Here in the West with the excellent choice and swearing in of our new governor, Chris Dawson, one has to assume that

the ex-governor, and many others in his camp are waiting patiently till they relaunch a full on campaign for Australia to become a republic.

"And so say all of us!"

At my most recent appointment with my 'Loyal' family doctor I explained that my latest course of tablets had increased my flatulence to epic proportions but the good news was that they were silent and had little or no aroma.

His brief and concise reply was that he would do a hearing test, and that Covid is known to affect your sense of smell! Cheers dears.

# Good Samaritans to the rescue... a jump start to restore faith in human nature



by Jon Lewis

THERE I was. In the company of my dear mum, both drinking a lovely drive-through coffee while dunking a complimentary biscuit... with the lights of the car on.

At the time I was unaware of only one of these events and that

is the beginning of this story.

With good intentions I dropped my darling wife off at the shops while I entertained mum with a fun drive through Muzz Buzz to enjoy a coffee and cookie. As it was mum's first time through the art deco inspired enclosure and close to the allotted closing time, the friendly lady there gives us the remaining delicious choc chip delights. What a win I thought, and mum smiled in calm agreement, although I did spot a merry twinkle in her eye.

I should say from the outset, I always drive with my lights on. It is a

daytime strategy I use to provide additional clarity for oncoming drivers. For me it seems for driving and not parking, so I would discover.

We enjoying our daytime delights, we talked and drank and nibbled and talked and nibbled and drank and after some time it was time to return to my darling Gloria but... click, click... click, click... oh ohh... flat battery. No problem, I have a manual car... I will hill start it... the parking area was flatter than my battery... If you are interested, I did try pushing it while mum looked on in confusion. So too did a passing

dog and I can only imagine what the birds thought.

And to make matters somewhat worse, my dear wife did not have her phone with her on that particular day.

The only thing perfect, was the ridiculous situation I had created.

Then a wonderful thing happened...

"Hello" said Eric with his wife Rachel. "Would you like a jump start?"

I had never had one of these before from people I did not know. It had always been a breakdown service. You see I was told long ago that you can damage the car's computer if you do it wrong. So, I have never

helped anyone with this nor have I ever accepted the offer.

On this occasion however, I had the mother of me and a foot tapping wife somewhere creating quite a back story to this unfolding calamity. So I threw caution to the wind and said 'Yes please, thank you!'

Eric, as we did exchanged introductions, admitted this was his first time to jump start a car and wondered if I knew the correct connections procedure?

"All I know," offering less than no help, "is don't cut the blue wire."

Then the kind gentleman noted on the packet clearly printed the

correct procedure.

He connected the leads accordingly, we waited the advised one long minute for the currents to balance and I turned the key. Mum held her breath for added support.

Broom, broom, broooooom... never had I heard such a wonderful sound!

I tried to give Eric and Rachel the only gift I could find, a \$20 note.

Rachel looked shocked, "No" she said. "It is our pleasure to help." Eric added, "We saw you struggling and turned around and came back to see if we could help." Rachel nodded with a smile.

What else could I do as these two truly good Samaritans I felt needed something... So, I vowed to take this \$20 and use it to buy some jumper leads so I can pass on the goodness they shared with us on that day. The beautiful couple liked that idea.

The cables turned out to be exactly \$20 and also came with the instructions printed on the carry bag.

We then drove off to collect my less-than-excited wife and offered her a cookie. She was glad we were okay.

Thank you, Eric and Rachel for making me a better person. All the best.

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# Mind your mind - keeping mentally fit and well starts with an optimistic approach



by Ken Marston

MANY of us fear what is often thought of as an inevitable decline in later life, fearing that we will become mentally incompetent. The bad news is, yes, a

percentage of people will become affected by Alzheimer's or other dementia in later life, and yes, that possibility increases as we age – the older we get, the more likely it is that these conditions will affect us. The good news is that we can do things to improve our mental agility as we age. And one of those things is staying optimistic!

Here are a few tips. Firstly: eat a healthy diet. Eat loads of vegetables and healthy food and stay away from

fatty foods. This will also help you to avoid stroke – a massively debilitating condition that affects you physically and mentally.

Second tip: don't smoke or drink in excess. In fact, not smoking or drinking alcohol at all would be even better, in my opinion. Smoking and drinking puts you at increased risk of dementia, so it's best to quit these habits or, at the very worst, only engage in them moderately.

Thirdly: exercise

regularly to help keep blood flow to the brain. This will reduce your risk of high blood pressure, which is associated with dementia. Weight training is also a good idea to build bone density (but not in your head!) and muscle mass, which helps you to avoid falls, a major cause of injury (and depression) amongst seniors.

Fourth tip: stimulate your brain. Keeping your brain active throughout your life will keep your brain sharp

well into your older years by learning new skills or engaging hobbies that challenge your mind. Go on, try something new. Be brave, try something difficult like learning a language or a musical instrument.

Fifth tip: make use of all your senses. Try to challenge all your senses when you engage in activities. What does it smell like, taste like, feel like, look like and sound like when you do something or go somewhere? Concentrate, focussing on your sens-

es one at a time whatever you are doing.

Sounds easy! The challenge is to motivate yourself to actually do something. Try telling your partner, a friend or relation that you have set some goals around these tips and make yourself accountable. And, don't forget to have fun – laughter is the best medicine.

Seeking help when you know you need it is always a good decision. Sometimes, things do get too much for us and we can't

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

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

## What happens to payments when people are temporarily away from their principal home



by Hank Jongen, General Manager, Services Australia

A LOT of people look forward to retirement as a time to do all the travel they could never do while they were working. Whether in Australia or overseas, many of us can again get away and enjoy what the world has to offer.

If you own your home and you're getting a payment from Services Australia, long-term travel can affect your rate of payment.

As a general rule, the family home is an exempt asset for Services Australia. This means the value of your home does not count under the assets test for your payment and you will be assessed under the lower home-owner assets test thresholds.

When you temporarily vacate your principal home, it continues to be considered your principal home for the first 12 months that you're away, which means it stays an

exempt asset. If you're away from home for more than 12 months, maybe to caravan around Australia, your family home won't be exempt anymore and will count under the assets test. You will be assessed as a non-homeowner with the higher assets limits.

If you decide to rent your property out while you're travelling, the rules are different. Under the income test, the net rent you receive from renting out your home becomes assessable straight away. You need to tell Services Australia that you've started to receive rental income within 14 days.

This is important to

consider, as even though we aren't assessing the asset value of your home for the first 12 months you're away, the assessable net rent could reduce your pension eligibility immediately.

With big choices like renting out the family home, it's important to get all the information you need to make the best decisions. I suggest that if you're ever thinking about getting rental income from your home, call Services Australia on 132 300 first and ask to speak to a Financial Information Service (FIS) Officer. Just say 'Financial Information Service' when asked for the rea-

son for your call.

A FIS Officer can give you free, independent and confidential information, tools and resources to help you make informed decisions about your current and future financial needs. They can also discuss the implications of different choices on your eligibility for payments, so give them a call.

See you next month.

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



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**Wednesday 19 October** The Salvation Army Morley Corps, 565 Walter Road East, Morley

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# Town Teams making a difference in local communities...



The Town Team Movement projects are geared toward making communities more vibrant and welcoming, L-R; Shape Mandurah, a local artist and community transformed Tuckey Lane, Mandurah with a selfie - Beaufort Street Festival Inset; Town Team founder Jimmy Murphy

by Allen Newton

WHEN park benches pop up in your local shopping area or you see a free market being advertised there's a good chance it's because of a group of volunteers from a local Town Team.

There are now more than 100 of these volunteer groups from Albany to Broome in WA as well as the eastern states and New Zealand, organising everything from festivals to community gardens.

Co-founder of the movement, entrepreneur Jimmy Murphy, says the group grew out of the State's first town team,

The Beaufort Street Network. It was started in 2017, by now State Housing and Local Government Minister John Carey who was a co-founder of the highly successful Beaufort Street Festival.

"Town Teams grew organically from there with individual groups of volunteers realising they could have an impact on improving their own communities and while those activities can be very different, we realised there was a need for an organising group that could provide support," Jimmy says.

The Town Team Movement provides a link be-

tween Town Teams and works collaboratively with local governments to create resilient communities and better places, while recognising the independence of the individual groups within the movement.

Project volunteers are involved with everything from the creation of Australia's first urban native bee village at West Perth, a community garden at Champion Lakes, creation of an Experience Nannup app, a nature play area in Doubleview, Inglenooks in Inglewood, the Subiaco Street Side Gallery, to Sunday afternoon closures of Oxford Street in

Leederville, and Donnybrook's Dunny Do Over.

As well as the host of place-making projects, volunteer groups have been responsible for events and activities across the State from the award-winning Inglewood on Beaufort Monday Night Markets to the Narbeleen Street Festival.

Many of the projects involve arts and culture such as power pole painting in Doubleview, a Maker in Residence Program in Pinjarra, Dalyellup Big Chair, the Preston Valley Artisan Trail, and yarn-bombing in Rivervale.

"All Town Team projects are geared towards

making our communities more vibrant, welcoming places. Nobody better understands the needs of the area in which they live and work than its locals," Jimmy says.

"There's also a real sense of satisfaction that comes from being involved in a volunteer group helping to make our towns the kind of places we all want to live in.

"Sometimes nurturing connections within a community doesn't need millions of dollars to get started.

"Many community building events are about encouraging people within the community to share their thoughts and ideas and to pull together.

"We've been involved in projects where scrap materials have been recycled to create street furniture and whole communities contribute to street beautification projects.

"We're happy to talk to people who have thoughts about getting started with their own Town Team to do something to make their own area more liveable.

"It costs nothing to chat and at The Town Team Movement we have resources to get people started on their own Town Team journey."

Jimmy says a current priority is extending activities for Town Teams in the Pilbara with its annual conference to be held in Port Hedland on August 18 and 19.

World renowned place makers Krista Nightengale from Better Block Foundation in the United States and David Engwicht from Creative Communities, who has helped build connected communities all over the world, will join State Housing and Local Government Minister John Carey as keynote speakers exploring how communities can be inspired through their own town teams.

"People like Krista, David and our own John Carey, have lived the experiences of building these successful communities and will be inspiring groups, particularly in the Pilbara, to help build places that can transform communities into successful, thriving, socially connected localities," Jimmy says.

Many community groups and local and state government organisations have already signed up to attend.

Topics for the two days will include: kickstarting community-led leader-

ship; building community resilience and place management; street prototyping and creative engagement techniques; community challenges, collaboration and the future role of government; activating in the heat and cooling the streets; business activation to grow and thrive post Covid-19; and connecting country and place.



The Town of Port Hedland is providing a travel subsidy of \$300 off flights for attendees who are staying in Port Hedland at least one night and willing to contribute to the event in some fashion.

To find out more about Town Teams or the conference go to [www.townteammovement.com](http://www.townteammovement.com).



Ruby the Perron Institute Quokka

## Friendly mascot for Institute's fortieth anniversary

WHAT better way to celebrate a 40th (ruby) anniversary than to create a furry, friendly and world's happiest animal talisman - enter Ruby the Perron Institute Quokka.

The significance of Ruby is monumental as in the 1960s, it was the Perron Institute's

Founder, Emeritus Professor Kakalus AO, who made the momentous discovery that degenerated muscle could regenerate in the Rottneest Island Quokka.

This research ultimately led to the development of ground-breaking genetic treatments for Duchenne mus-

cular dystrophy. This game-changing technology is now being applied to other conditions such as motor neurone disease, multiple sclerosis, diabetes and Covid-19 tests.

Another significant achievement from the Institute, is that of the 15 drugs currently ap-

proved by the United States Food and Drug Administration for these diseases, three are from Perron.

The Perron Institute is proud to be Western Australia's longest established medical research institute, a multi-disciplinary neurological research powerhouse

with an extensive network of collaborations with universities, hospitals, service organisations and other research institutes nationally and internationally.

Based in Nedlands, the Institute undertakes cutting-edge research on a broad spectrum of neurological conditions, and is working towards building a neuroscientific centre of excellence in WA to benefit the community and the State's economic growth.

Marketing and fundraising director Denise Cheir said: "Ruby represents the first world-leading research break-through for Emeritus Professor Kakulas.

"His work with the Quokka still leads the way in muscle regeneration research and understanding. From that work 40 years ago, the Institute now leads the way for potential treatments for stroke, Parkinson's, MND and other neurological diseases.

"I feel confident that we will be around for another 40 years and will be able to claim many more important research successes".

Ruby the Quokka (RRP\$18) is currently available from the Perron Institute website, [www.perroninstitute.org/support-us/buy-ruby-the-quokka](http://www.perroninstitute.org/support-us/buy-ruby-the-quokka).

Every dollar raised goes back to the Perron Institute to assist with achieving research goals for the benefit of the community.

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Government of Western Australia  
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WA Seniors Awards 2022  
Nominations  
now open

If you know an exceptional senior,  
or someone working to support  
older Western Australians, consider  
nominating them for a WA Seniors Award.

Nominations can be made by organisations or members  
of the public and close 5pm 9 September 2022.

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For more information on awards or grants,  
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Seniors Week 2022 6-13 November



# Sharing the good news stories to ensure action is taken for our environment



Karen Majer with Professor of Sustainability, Curtin University, Peter Newman AO

by Karen Majer

CLIMATE scientists and others endeavouring to catalyse the change needed for our planet to be livable into the future, face a dilemma. They must report the truth – measurements of increasing CO<sub>2</sub> in the atmosphere, record-breaking temperatures, increasing severe weather events, heating seas and melting icecaps.

The predictions associated with a future without urgent action to reduce carbon emissions are downright frightening.

“We are on a fast track to disaster,” Secretary General of the United Nations, António Guterres

warned when the latest IPCC (Intergovernmental Panel on Climate Change) report was released in April.

Understanding the reality should, in a logical world, lead to appropriate action. On the other hand, fear can be immobilising. When we awake each day to images of communities facing unprecedented (but not unpredicted) bushfires and floods, and know that without urgent action these events will continue to become more frequent and increasingly severe, we can be plunged into helpless anxiety rather than galvanised to action.

Thankfully there is another, parallel, story. As

a member of the Australian team contributing to the IPCC report, Peter Newman AO, Professor of Sustainability at Curtin University, knows more than most people about the science. However he also has something that most of us lack – a helicopter view of the hopeful side of global action.

He visited Margaret River in July to talk about what the latest IPCC report and the recent Federal election may mean for south west WA. His talk was full of hope and made me realise that even those of us who regularly follow climate news may be unaware of the enormous progress being made.

“How long have we been talking about this stuff?” Professor Newman said. “Now it’s changing. Ordinary people are concerned and the politics is shifting. The technological options are now cheaper and more effective than fossil fuel. The world has altered significantly in the last decade: the geopolitics is shifting.”

Professor Newman pointed to the tension between hope and despair before giving us some inspirational examples of actions ranging across business, industry, energy and the community.

“The federal election

changed Australia’s political landscape, with Labor promising an increased level of commitment together with the rise of the Greens and Teals – independent candidates who ran on a strong climate platform.” he said.

“However many of the good news stories arise from sectors outside government – mining, agriculture and the financial sector. The world of finance is committed to net zero. Climate Action 100+ is a website of finance companies and banks showing \$170 trillion dollars available only to projects that can demonstrate that they are net zero and enhance the sustainable development goals. This is the next economy.”

Net zero transport is one major way that we can contribute to reducing our carbon emissions.

“Electric vehicles are going to replace every form of transport,” he predicted. “The big mining companies are getting on with net zero. Electric freight trains and trucks with batteries are replacing diesel, for example Fortescue Metal’s Infinity train.”

Integrated net zero urban development is another key approach.

Net zero means balancing the amount of greenhouse gases being

released into the atmosphere with the amount being removed and stored in carbon sinks including soil and vegetation. Integrated net zero makes use of some amazing developing technology that seems like a sci fi future to older folk.

The tech enables seamless integration of innovations in transport, solar energy, water supplies and waste disposal, creating a smart city that is a carbon sink. Professor Newman showed us images of cities that are being transformed into green oases – so much better for those living there as well as helping to achieve net zero.

So what might our future look like in south west WA as we move towards net zero?

“It’s all about local place,” Professor Newman said. “WA has the sunshine, space and primary products needed for the next economy. But it’s not just about technology and resources. The key is regenerative net zero development. That means repair of the soils, the biodiversity as well as the atmosphere. It needs different solutions for each part of the state which brings people and their communities into the centre of the story.”

“The agenda now is

wild, bringing nature into the picture, and respecting and adopting indigenous practices to care for country. Net zero must include place-making otherwise it won’t work.”

He outlined examples of how these integrated, regenerative approaches are showing how the future is emerging such as Witchcliffe EcoVillage, WGV and projects by Hesperia.

The picture he paint-

ed, and the examples of the accelerating rate of change being brought about by young, innovative people around the world, gave me the first real hope for the future that I’ve felt in the last decade.

We need to share the good news stories widely, share the hope, and give our young people the assurance they need that a better future is not only possible, it’s happening.



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## Descendants of the Rats of Tobruk

IN 1941 during World War II, Hitler’s Afrika Korps was thwarted attempting to capture the Libyan port of Tobruk, vital to their march into Egypt. It was being defended by a small garrison of Australian soldiers fighting from a network of trenches and tunnels they had dug in the desert sands.

The men successfully defended the port for 241 days until reinforcements arrived. From April 10 until November 27 they frustrated General Rommel and his massive military’s attempts to dislodge them from their underground fortifications.

This resulted in the Nazi propaganda machine and Rommel to derisively label them as ‘desert rats’. Instead of scorn, they had unintentionally created living legends.

A meeting is being organised for the descendant families of the Rats of Tobruk and others to form a local

social group with the aim of preserving the memory of their heroic effort in World War II.

With the original Rats of Tobruk Associations (ROTA) being disbanded in nearly all states decades ago, a new vibrant group emerged, the Descendants of the Rats of Tobruk Association of Australia (Inc).

It is keen to give its members a local focus and has arranged for Anne LeFevre, daughter of the ROTA’s state secretary in 1971, Doug LeFevre, to convene the meeting.

A video taken at the dedication of the Rats’ new memorial at Kings Park in 1971 will also be screened.

Those interested are invited to the Meg Olive room at the RAAFA Bullcreek estate, on Saturday, September 17 at 2pm.

For more information, contact Anne on 0435 048 256 or email annemlefevre@gmail.com.

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# Letters to the Editor

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



Dear Editor,  
HEAR, hear, Lee Tate! I could not agree more with your comments (*Have a Go News* July 2022) about TV and movies, especially as I am of course in the demographic you write for.

Gratuitous swearing, graphic violence and verging-on-pornographic sex scenes – hetero and same sex – are ubiquitous and for such as me, extremely off-putting.

The amount of on-screen smoking is also gratuitous and offensive, and must surely send the wrong message to younger watchers.

On the plus side, there are still some feel-good movies and shows which I welcome – and there's also the old TV shows and movies on free-to-air TV. Though then one has to endure the wretched commercials. Thank goodness for streaming, I suppose.

**Lesleyann Lingane  
Bridgetown**

Dear Editor,  
GOOD to see the spot dedicated to comments and answers from Mr Hank Jongen to queries about Centrelink.

In last month's edition he talks about what people need to supply when applying for the age pension. At the end when he talks about the various ways you can do this. He includes going to one of the service centres which I must say is the only way I deal with them.

As I have been dealing with them off and on

since 1977 may I impart one bit of wisdom in relation to going to the service centres?

Regardless of what you are applying for or amending any information that you need to give them, if you are in a service centre and you are handing in any paperwork (even if it is only one of your own handwritten notes) ask them to give you a photocopy of either the note or at least the top page of each form you are handing in. Also ask them to

date stamp and initial the photocopy.

That way if there is a disagreement on whether or when you handed in any paperwork, you have those copies in whatever file you use to keep your records.

If you feel uncomfortable in the Centrelink office (when asking for what I have mentioned) on your own then take somebody you trust along as support.

**Margaret Anne Ryan  
Ballajura**

Dear Editor,  
IN reference to Mrs Ryan's letter in the July edition regarding the recent federal election, I totally agree.

The Federal Electoral Commission needs to get some sense and register actual political candidates on the voting forms. You could just about vote for anything from a sex party to a liberation party; candidates I have never heard of, come on Electoral Commission – get real!

**Frank Cherry  
Southlake**

Dear Editor,  
THANKS for the Scratchies I won recently, no not the big one but I am \$20 better off than I was.

With costs rising the way they are, this is appreciated muchly.

**Pamela Edwards  
Rossmoyne**

Dear Editor,  
WHY don't the major shopping centres cater for old blokes like me?

When our wives are enjoying their shopping, we men could have a place set aside with a dart board; pool table; non or low alcoholic beer; daily paper and cosy chairs. We'd chat and tell jokes and our life stories.

Surely, you'd find us keener to go to the shops. Surprised no-one has thought of it.

**David Grace  
Woodvale**

Dear Editor,  
I WOULD like to add my name to the others who enjoy reading *Have a Go News* every month.

I find it very informative especially with seniors' news and travel details.

I also like the competitions and try to enter as many as I can each month.

Keep up the good work.

**Mitzi Neuzerling**

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

Dear Editor,  
ALTHOUGH I have had some reservation about the political leanings of Margaret Ryan's regular letters to the daily papers, I find myself in full agreement with her frank assessment of the current state of politics in the July edition.

However, I fear that her forlorn hope of getting people into politics who might actually get things done will be thwarted by them falling victim to a virus far more deadly than the Wuhan Wog.

This insidious epidemic has existed for years, being perpetually embedded in all federal and state parliaments in Australia.

It is the self-interest virus which neutralises the initial good intentions of most political aspirants. Those who resist its debilitating attack find themselves quarantined to where they cannot infect the bulk of the herd with their good intentions.

**Daryl Binning  
Bull Creek**

Dear Editor,  
REGARDING Jason Leong's response to my letter.

Independent journalist Eva Bartlett, and I emphasise the word "independent" tells us that Ukraine, under Zelensky, along with the far right neo-Nazi Azov battalion have killed at least 15,000 people in the Donbas region over the past eight years.

Where are the television and newspaper reports about this?

Mr Leong talks about dictatorship, but how much dictatorship has most of the so-called free world had to endure in recent times?

Jason obviously believes most of what the mainstream media churns out and with the unbalanced journalism and censorship we've been accustomed to accept,

How can anyone expect to have an unprejudiced view of what is really going on in the world today?

**David Rudman  
Port Kennedy**

## 9 MUST WATCH PROGRAMS THIS AUGUST



**TODAY PERTH**  
Wake up with Karl Stefanovic and Allison Langdon for Australia's most talked about breakfast show! Includes local opinion and news analysis each morning with familiar Perth faces.  
**WEEKDAYS FROM 5.30AM**



**9NEWS WA FIRST**  
Weekday afternoons, WA viewers have the unique opportunity to ask Monika Kos the questions you need answered via the 9News Perth Facebook page or email [wafirst@nine.com.au](mailto:wafirst@nine.com.au). Includes the latest breaking news.  
**WEEKDAYS 5.00PM**



**9NEWS**  
Join Michael Thomson for the full story. Perth's comprehensive one-hour bulletin covering the latest in news, sport, and weather. Live from the top of the Terrace in the city.  
**NIGHTLY 6.00PM**



**A CURRENT AFFAIR**  
Host Tracy Grimshaw covers the realms of politics, crime, human rights, science, technology, celebrities and entertainment - all investigated by a dedicated team.  
**WEEKNIGHTS 7.00PM**



**DESTINATION WA**  
The Destination WA team have traversed the great expanses of the state to bring viewers the best places and hidden gems WA can offer.  
**SUN, AUG 14, 5.30PM**



**THE BLOCK**  
The world's biggest reality-renovation program is back, and will for the first time swap the city for the countryside, on a scale never attempted before anywhere in the world... As five couples arrive to renovate massive homes on 10 acres.  
**SUN 7.00PM, MON TUE WED 7.30PM**



**EMERGENCY**  
Favourites return along with new doctors and nurses in this gritty real-life medical series that pulls back the curtains on one of Australia's busiest emergency hospitals. Get unprecedented access to a dedicated team of medical heroes dealing with life and death cases.  
**MONDAYS 8.45PM**



**THE HUNDRED**  
Handpicked to represent the makeup of Australia, "The Hundred" guest panellists will join host Andy Lee via a giant 27-square metre screen, to be polled live and give us the stories behind the stats.  
**TUESDAYS 8.45PM**



**AFTER THE VERDICT**  
Four jurors from a murder trial begin to wonder if they made a terrible mistake... Have they let a killer walk free?  
**WEDNESDAYS 8.45PM**



# Retirees Club News & Recreation



## Sue Boyd to speak of her journey through international affairs

MEMBERS and visitors are invited to attend the September meeting of the Western Australian Independent Retirees Association (WASFR) where guest speaker Sue Boyd will speak on her experiences as a senior member of the Australian Department of Foreign Affairs (DFAT). She has recorded much of her 34 years in the diplomatic service in her book entitled *Not Always Diplomatic*.

Sue joined DFAT in 1970 and during the ensuing years played a pioneering and ongoing role in improving the status of women within the organisation. During her years of service, she was appointed head of the Australian diplomatic missions in Bangladesh, Vietnam, Hong Kong and Fiji and contributed in other major roles in Portugal, East Germany and the United Nations in New York.

She will share insight into what diplomacy is and what diplomats actually do. Her presentation contains a good deal of humour in the telling, together with some great stories and experiences accumulated over a lengthy career in a profession that is surely one of the most interesting and least well known. Sue is now back in Australia helping students of international relations at Perth universities, she

serves on a number of boards and works also as a senior executive business coach. Copies of her book, which is a most worthwhile read, will be available following the presentation at a cost of \$30. WASFR promotes the interests of retirees who have funded their own retirement in whole or in part and is recognised as a body speaking for retirees at federal, state and local government level. It aims

also to provide a forum for positive like-minded people. Visitors are always welcome. The meeting will be held at 10am on Friday September 9 at the usual venue, Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat. Further information may be obtained from Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

## Fellowship, friendship and fun in retirement

PROBUS Kalamunda is a combined group of active retirees who meet on the second Wednesday of each month at the Kalamunda Club, Kalamunda Road, (next to Stirk Park). Probud has inspiring speakers at meetings and regular outings to interesting places. Lunches are available at the club. Registration 9.30am. Meetings 10am -12 noon, includes morning tea. They look forward to meeting people. For more information contact Don Faulks 0439 970 038.

## Interesting array of guest speakers coming up at meeting

THE speaker for the Association of Independent Retirees northern suburbs group August 18 meeting will be Sabina Lund who is a psychologist engaged with Palliative Care WA and will be talking and workshoping through the area of Advanced Care Planning. Advance notification for the September 15 meeting when the speaker will be Dr Kures Pather who is a master of optometry and a clinical pharmacist specialising in eye health. The eyes are a window to many aspects of health and Dr Pather will be hopefully, 'opening our eyes' on the whole subject. Dr Pather was due to speak in May but this meeting was cancelled and there was a lot of interest from visi-

tors for his talk. If anyone is interested in attending as a guest, please reserve a seat by registering your interest with Mike Goodall. All meetings are held at the Penistone Park Community Sporting Facility, 27, Penistone Street, Greenwood, on the third Thursday each month commencing at 9.30am. All AIR members and any interested guests are most welcome and they look forward to seeing people there. Cost \$4 per person including raffle, tea or coffee. For further information please contact Mike Goodall on 08 6364 0859, e-mail mikegoodall@btconnect.com for further details

## How men's sheds contribute to the community

FROM humble beginnings in 2009, there are now more than 180 Men's Sheds in WA with thousands of members. The guest speaker at the Perth Branch of the Association of Independent Retirees (AIR) meeting on August 19 will be Jaxon Ashley from Men's Sheds Organisation, who will explain the rationale behind the sheds, the range of benefits to the community and their ongoing evolution. Henry Ng from The Stroke Foundation will address the following

meeting on 16 September. The aim of AIR is to protect and advance the interests of retirees who wholly or partly fund their own retirement. They meet on the third Friday of each month from 10am to noon at the Cambridge Bowling Club, Chandler Ave West, Floreat. Besides the meeting and morning tea they have a guest speaker, and over the year embrace many interesting topics related to finance, travel, health, community and special interests

of members. Visitors are welcome and it is appreciated if attendees bring their own coffee mug, and correct money (\$2 - members, \$5 - visitors). Enquiries to Graeme (gralin@inet.net.au) or Margaret (marghw@inet.net.au). A sub-group of AIR Investors will meet on Wednesday August 17 at 1.30pm, at the same venue. The speaker will be Daniel Ranshaw from Hub Residential on the topic "Downsizing". Enquiries to John (johnkwelis@gmail.com).

## Community talks ahead in Peel region

PEEL region branch of National Seniors Australia will be holding their annual Community Talks Day. People are invited to hear an excellent array of speakers to inform and entertain. The special keynote speaker, Richard, will give an insight into his exciting life in submarines. Other guest speakers

include talks from Citizens Advice Bureau and Mandurah Community Museum. As a bonus on the day, attendees will meet Annie and hear her story about life with a seeing eye dog. Lunch/morning and afternoon tea provided, plus entry door prize.

The event is on Monday August 22 at Mandurah RSL Hall, 20-22 Rouse Road, Greenfields. Time: 9.30am registration, seated at 10am with a finish time of 3pm. Cost \$35 pp. For further details call 9582 0679 or email mandnsa@hotmail.com. RSVP and pay by August 15.

## Have a Go News editor chats to Mandurah retirees group

ASSOCIATION of Independent Retirees (AIR) Mandurah branch has a special guest attending their meeting this month. Editor Jen Merigan will

be the guest speaker talking about 31 years of *Have a Go News*. AIR meets on Monday August 22 commencing at 9.30am at

the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine. An invitation is extended to everyone who would like to attend, the


cost is \$2pp which covers morning tea. For further information please contact Shirley Lloyd on 9586 4255.

## Be in the draw to win a Scratchie pack



EVERY month we give away five, \$20 Lotterywest Scratchie packs for some lucky people to win, 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 1/9/22. Congratulations to our June winners... Jan Parnell, Jill Draper, Suzie Elovalis, L M Zaccaria and Rosemarie Gregory.

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## Seniors Recreation Council Jottings



### Healthy Lifestyles Event, maximise your quality of life

SRCWA in partnership with Dept of Local Government Sport & Cultural Industries and Fairway Villages held its first *Healthy Lifestyles Event – Maximise your quality of Life* at the Community Centre at Fairway the Green in Ngarara.

The event included presentations, activities and information to source for people to maximise their quality of life.

Presentations from SRCWA's Tech Savvy manager Martin Yates on Scams and Shaan Brems from Injury Matters on Community Connect, E Learning and Falls prevention. Both presenters were very well received and complimented on their knowledge which related perfectly to the target audience.

Attendees at the event also had the opportunity to source information and discuss topics from the static displays which included Consumer Protection, COTAWA, WA Seniors Card, G&P Medical, Guardian Safety Pendants, Hearing Australia, Injury Matters, Innogreen Technologies, LiveLighter Healthway, Occupational Therapy Services Group, SRCWA and WA Cervical Cancer Prevention Program.

A range of activities were also available to have a go at including the very popular Pole Walking, seated hockey, exergaming, mini table tennis, carpet golf, indoor darts, bean bag toss and other low impact games. As the participants were taking part in the activities there was a lot of laughter, fun and discussion on each activity.

The morning commenced with morning tea and concluded with a delicious lunch of sandwiches, hot food and fruit platters which were very well received.

Thank you to SRCWA's vice president Graham Bennett and his wife Helena and the team of volunteers from the Green for setting up the venue and packing it down at the end of the event. Thank you also to SRCWA's volunteers and staff for setting up the activities and enabling this event to take place.

SRCWA is appreciative of the magnificent support from DLGSC, LiveLighter Healthway, Fairway the Green and all the volunteers for this wonderful event.

### SRCWA's Annual Seniors Candy Land Ball

SRCWA is proud to announce that the Annual Seniors Ball will be held on Wednesday September 14 at Astral Ballroom, Crown Perth, 1pm to 4.30pm. A light afternoon tea is provided with entertainment featuring live band *Satin Doll* and *Klassworks* floor-show, prizes and giveaways will feature throughout the afternoon. Subsidised tickets cost \$45 and are selling fast. For further information or to book tickets call 9492 9773.

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

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

Celebrating the 30th anniversary in the beautiful grounds of Burswood Park November 9, 9am to 3pm.

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

Expressions of Interest – Registrations Open!

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

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

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

# My primary school mates had lurid pink legs



Rando's 'plonk'

by John Rando, lawyer, musician, existential philosopher

IN mid-January of each year, my mates and I turned up at school on a Monday, with bright lurid pink legs.

Pink. From the tips of our toes to the knob of

our knees.

Sometimes up to our thighs, or crotches. Kids looked odd playing cricket or football with pink legs.

A sight to behold.

Hot pink legs would be the main topic of conversation when we arrived at the Mount Hawthorn Primary School.

Kids, teachers, parents and the headmaster questioned and cross examined us on the cause of pink legs.

How did we acquire pink legs over the weekend?

What was the cause?

Everyone seemed worried whether pink legs were permanent, contagious or infectious.

Pink legs usually lasted two or three weeks, although some parents were concerned as to whether they might remain permanently pink.

The mystery was; how did we acquire pink legs (and toes) on Monday morning?

The answer was; we were helping Mr Salvatore Rando (my father) to make red wine over the weekend, and we were allowed to drink wine with Mrs Rando's chicken

and spaghetti.

For many years my father (my 'old man' as I always called him) made his own red wine. He would purchase a tonne and a half of red grapes from the Swan Valley, set up an area in the back garage and make barrels of red wine. Rando's 'plonk' as my mates called it.

It was my task to round up my mates and bring them down for the weekend, jump into the top container of grapes, stomp and squash the grapes. The red grape juice would drain into the lower barrel. The squashed grape juice would then ferment, and eventually be drafted off into barrels and bottles of red wine or vinegar.

We loved stomping grapes and scoffing down Mum's chicken and spaghetti, and gulping down

glasses of plonk over the weekend.

In hindsight, my old man's rough red wine would have turned most kids off drinking alcohol for the rest of their life.

So, the Rando wine-making weekend may have been an early valuable experience.

In hindsight what dad did was politically incorrect. Today, cancel culture proponents might be horrified. Giving primary kids red wine and having them make wine might be regarded as child exploitation, but it may have been a valuable experience at the time. Educational, exciting and fun, and it may have turned me and my mates off drinking alcohol forever.

I and some of my mates are grateful for the memorable experience of lurid pink legs.

# John negotiates the currents of the river of life



John joined the O55CC to make friends and learn new skills

by Karen Finlayson

HIS back hurt, his head hurt and his eyes wouldn't focus... "Wherever am I?" The last thing John remembered was seeing a wooden plank hurtling straight for them from four storeys above!

Living in Sydney in the early 1970s John worked as a construction engineer on a 16-storey office block. While checking measurements with the project planner, John noticed scaffolding stacked four storeys above. His sixth sense made him look up when one of the planks slipped over the edge and

plunged down. He instinctively shoved the apprentice out of the way before all went blank.

A doctor from the Royal Northshore Hospital explained, although the apprentice was unhurt, John had been severely injured and was coming out of a coma. Various tests and scans had indicated a cracked skull, three fractured vertebrae and a post-traumatic headache.

One x-ray had baffled doctors until they realised it was an image of his 3ft fold-up-ruler still in his pocket. With little they could do and natural healing needing to take place

they suggested he hang from a door architrave each day. Surprisingly, fifty years later with a still-bent spine, John has never had ongoing pain.

Growing up in Ballarat where miners had dug the place over, looking for gold, the kids of the town played on the mullock heaps. They constructed carts to race over the edge and kites to fly from the top. After seeking expert advice, a cleverly crafted kite was made by six-year-old John out of his mother's bamboo table and her old apron strings.

His dad died when he was in second year technical school, causing his resilient mum to relocate the family of six to Melbourne. John is still in touch with friends he made in these years.

In the mid 1950s his first job as a fifteen-year-old is the one he loved the most. Spending two years as a building and construction apprentice, he worked on a huge factory built for Bond clothing manufacturers. A wonderful 'old bloke' took John under his wing and taught him all the skills he used throughout his career. On reflection, the 'old bloke' was probably in his

late 40s.

John rode 18 kilometres each day on his old pushbike from Sunshine to Yarraville, often getting bogged in the mud near the site. He seriously upgraded this mode of transport once through his apprenticeship, with a 1956 Ford Zephyr – black enamel paint and red leather seats – the memory still evoking a happy smile.

Some years ago, John was shocked when he looked over from an inner-city freeway to see all that remained of the Bonds factory was a huge pile of bricks – demolished to make way for housing!

In his late twenties, John moved to Perth where he met his wife and brought up three sons. A German Shepherd puppy called Giff went everywhere with John including obedience classes which John later taught at the dog club. When in the car, Giff would lie across the seat with his head on John's lap. Giff slept outside, but always as close as possible to the room John slept in. Years later when John was seconded to Esperance for work, he felt the only solution was to find a new owner for Giff. When

a family came to meet the dog, Giff seemed to understand the situation and happily jumped into the back of their open station wagon, leaving John with a broken heart which has never mended.

Three years ago, at the age of 77, John joined the Over Fifty Five Canoe Club (O55CC), to make new friends and learn new skills. As a committee member he took regular responsibilities in weekly paddles. John has negotiated the currents of the rivers much as he has negotiated the waves in his life... he's never received a 'duck', having never fallen in.

If you are interested in paddling with the O55CC contact: club president Chris Cocker on 0410 479 024 or club secretary Dale Winn on 0420 733 024. For extra information please view our website at [www.over55canoecub.org.au](http://www.over55canoecub.org.au)



# The new TV soundbar clarifying TV dialogue for those with hearing loss



IF you experience difficulty hearing TV speech and dialogue clearly, you now have an alternative solution to hearing aids that leaves your ears free and hearing every punch line crystal clear.

The new TV Voice Pro Soundbar is a sleek speaker which is designed to make every word clear again, acting as a complete substitute for your regular TV audio. Hearing specialist Don Hudson says that the soundbar has several important features to benefit those with hearing loss.

"Most regular TV audio places a central focus on surround sound effects and music, and these effects often mask out the dialogue completely for someone with hearing loss. Unlike

regular TV audio, the TV Voice Pro Soundbar is designed to automatically focus on speech and dialogue as a priority. Additionally, users of the soundbar can select from several speech clarity settings and they can also tailor the sound to suit their hearing levels."

The 80cm soundbar, which sits below your TV on any hard surface, will also allow most users with hearing loss to reduce the volume of the TV audio (from their regular levels), reducing annoyance for others in the home.

Don Hudson says, "In many cases, those with hearing loss are trying to increase the volume of their regular TV audio in an attempt to get the clarity they need; however, they find themselves having to go louder and louder on

certain programs. This is because the sound effects and music are being turned up with the dialogue, often leaving them back in the same position and struggling to hear the words. With the TV Voice Pro Soundbar you can expect to reduce the volume significantly from your regular volume, whilst still hearing the TV dialogue clearly."

TV Voice Pro additionally offer wireless TV earphones, also designed specifically to clarify TV speech and dialogue. The TV Voice Pro wireless earphones have now been selling in Australia for over six years. With the new TV Voice Pro Soundbar added to the range, those seeking to clarify their TV audio now have several alternatives to choose from. A unique benefit is that the TV Voice Pro Soundbar and any pair of TV Voice Pro wireless earphones can even be used on the same TV, or across different TVs in the household, giving people a complete solution to clarify TV audio in their home.

The TV Voice Pro Soundbar is simple to use and can be connected to any TV (new or old) in under two minutes. The soundbar is \$549 and comes with a 30-day money back guarantee and free express courier delivery anywhere in Australia.

To order call 1300 300 446 or order online at [www.TvVoicePro.com.au](http://www.TvVoicePro.com.au)



# As it happened - beyond the stories... the opening of the Narrows Bridge



Narrows Bridge crossing over the Swan River to South Perth  
© Photographs by JarrahTree...commons.wikimedia.org, CC by 2.5 AU



by Lee Tate  
SIXTY-THREE years ago,

when we were schoolkids, the government invited its Perth citizens to walk across the new Narrows Bridge. There wasn't much to see, all the genius of construction was underfoot and underwater.

The date, November 13, 1959, isn't earmarked anywhere on WA's official calendars but it deserves our highest salutes.

The bridge instantly

changed travel for motorists, saving time and money in a form that doesn't infringe on the landscape and maintains a modern-look today.

Until that date, the primary north-south road links were the causeway at East Perth and the Canning Highway to Fremantle. It is unimaginable today to ponder the city's traffic without the Narrows with hundreds

of thousands of vehicle crossings every day.

For the official opening, a booklet was issued with Main Roads WA providing advice on how to drive on the bridge, including weaving (merging). It said: "When a vehicle has to stop at the entry to a weaving section the usefulness and capacity of the facility is destroyed."

Designed in Britain, the bridge was the largest

precast, pre-stressed concrete bridge in the world. Its speed limit was 50 mph (80km/hr).

The bridge was approved by the Hawke state Labor government in November 1954. The government wanted a bridge that didn't detract from the view of King's Park from the city or the vista from Kings Park to the city.

Main Roads WA despatched their senior engineer to Britain and America to research bridge designs.

During construction, Deputy Premier John Tonkin announced the proposed name: Golden West Bridge. But Golden West was the name of a soft drink and public scorn called for a rethink.

It came from the bridge's site, the narrow point of the Swan River, between the city and South Perth.

A later report said: "It took four years to reclaim the sludgy, silty land by dredging shells and sand from Melville Water, with

one dredging machine working double shifts to move 3.4 million cubic metres of fill.

"They had a 10-tonne pile driving hammer powered by the steam engine. The pile would be driven deep into the riverbed, and that's why it would be so noisy in South Perth."

The bridge, costing £1.5 million, took two years, five months to complete, built by Danish firm Christiani and Nielsen in conjunction with local engineering outfit J. O. Clough & Son.

It was officially opened by Governor Charles Gairdner, unveiling a plaque on the bridge with Premier Sir David Brand, Commissioner of Main Roads, Digby Leach, and Works Minister Gerald Wild.

Governor Gairdner was first to drive a car across the new bridge,

In 1996, decorative night lighting was added. In 1999, the Narrows Bridge was entered on the State's heritage re-

gister and the Institution of Engineers named it a national engineering landmark.

Visitors today would never guess that the Narrows is actually three separate bridges, designed and built in different eras and with totally different construction techniques.

In 2001, the \$49 million duplicate bridge was opened to the west of the original. Premier Richard Court announced that groups of 20 people would be escorted across the bridge at 15-20 minute intervals.

In 2005, the railway bridge was constructed in the gap between the two traffic bridges. Two years later, passenger trains began crossing the Narrows with the opening of the Mandurah railway line.

The Narrows, Perth's faithful bearer of cars, vans, trucks, buses, pedestrians, bicycles and trains, has evolved over a generation as the city's most useful, unobtrusive and celebrated landmark.

## Celebrating 40 years of grassroots writing in the City of Gosnells

GOSNELLS Writers Circle is one of the oldest writing groups in Western Australia, and the only one known to produce a regular literary magazine for their members' work. *Showcase* magazine's first edition was in 2010 and their latest, edition 34, in June 2022.

The Circle has continued to uphold its commitment to promoting the craft of writing in all its forms – providing opportunities

for local stories to be shared, and consistently contributing to the literary scene in the City of Gosnells.

Many members are published authors and several have received competition recognition. With membership currently at capacity, a wide spread of writing genres adds to the diversity of the group.

The Ruby Collective will be launched by multi award-winning guest author

Rosanne Dingli on Saturday September 17, from 2pm to 4pm.

This anniversary celebration event will be held at the Amherst Community Village Centre hall, 2 Holmes Street, Southern River and is supported by the Community Bank Canning Vale.

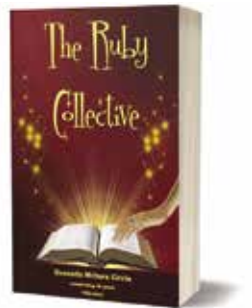
The organisation welcomes everyone with an interest in creativity, reading or writing – with a special invitation to

past members.

There is an opportunity to meet and greet local authors, and purchase publications and unique creative products over afternoon tea.

Free tickets are required and available through:

[www.eventbrite.com/e/gosnells-writers-circle-40th-anniversary-anthology-launch-tickets-373125507437](http://www.eventbrite.com/e/gosnells-writers-circle-40th-anniversary-anthology-launch-tickets-373125507437).



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2. Hold it over the QR code
3. Click the notification to view the content

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Call Mike 0405 544 227

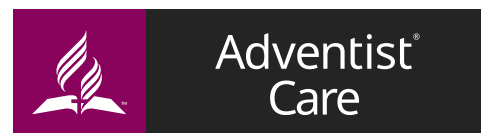
- Villa prices starting from \$325,000
- Moments away from the Canning River
- 5 star luxury amenities included in the village
- Attractive life lease options available
- Caring Christian Community
- Ideally located



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# 2022 Readers Survey



**1. What is your gender?**

- Female  Male
- Gender neutral  Other

**2. What is your age?**

- 34 or younger  35 - 44  45 - 54
- 55 - 64  65 - 74  75 - 84
- 85+

**3. Are you**

- Married/Defacto  Single  Widowed

**4. Do you work?**

- Full time  Part time
- Self employed  Casual
- Retired  Volunteer
- Unemployed

**5. How do you feel about retiring?**

- Already there and not enjoying it
- Already there and loving it
- Counting down the days
- Happy to retire when the day comes
- Nervous
- Do not want to retire
- No plan to retire
- Would like to be able to work part time

**6. Have you created a retirement plan for budgeting, finances and income strategies?**

- Yes  No

**7. If you're retired are you**

- self funded  part pension  pension

**8. How many people read your copy of *Have a Go News*? (circle)**

- 1    2    3    4    5+

**9. How long do you keep each issue of *Have a Go News* handy?**

- Less than a week  1 week
- 2 weeks  3 weeks
- 4 weeks or more

**10. Would you recommend *Have a Go News* to a friend as a good source of information?**

- Yes  No

**11. How often do you refer back to the paper?**

- Regularly  Sometimes
- Rarely  Never

**12. To keep *Have a Go News* a free newspaper, we need to attract advertising. Are you more likely to respond to:**

- Ads in print
- Ads on a digital platform

**13. How often do you use companies and services that advertise in *Have a Go News*?**

- Regularly  Every 2-3 month
- Every 4-5 months  Every 6 or so month
- Rarely
- I have never used one of the paper's advertisers

**14. What types of advertisements get your attention?**

- Call to action
- Educational / informative
- Subtle delivery of messages in pretty advertisements
- Product and service descriptions
- Brand reminders

**15. What types of products and services would spark your interest if they were advertised in *Have a Go News*?**

- Supermarket
- Health
- Medical devices
- Government messages
- Cars
- Food



**16. What types of competitions do you like to enter?**

- None  Shopping vouchers
- Travel  Lifestyle products eg movie tickets
- Food & wine products

**17. Generally, what do you think about the editorial content featured in *Have a Go News*?**

- Love it, keep it up. I read it all
- I have my favourite sections that I read regularly and that's all
- I skim through it because there isn't much that interests me

**18. What is your favourite section of the newspaper?**

- General News  Travel
- Food & Wine  Health
- Arts & Entertainment  Puzzles
- Motoring  Gardening
- All of it

**19. Do the stories in *Let's go Travelling* provide you with holiday inspiration?**

- Yes  No

**20. Which ones?**

- Western Australia  Other parts of Australia
- International

**21. Have you used any of the companies that advertise in *Let's go Travelling*?**

- Yes  No

**22. Do you intend to travel in the next 12 months?**

- Yes  No

**23. Where to?**

- Western Australia  Interstate
- Overseas

**24. Do you have any of the following:**

- computer  smartphone - Apple
- tablet  smartphone - android

**25. Do you read the digital version of *Have a Go News*?**

- Yes  No

**26. Would you be happy to read *Have a Go News* digitally?**

- Yes  No

**27. Do you use social media?**

- Yes  No

**28. If yes, which platform(s)?**

- Facebook  Twitter  Instagram

Other (please specify) \_\_\_\_\_

**29. Have you liked the *Have a Go News* social media pages?**

- Yes  No

**30. Do you respond to digital advertising?**

- Yes  No  Sometimes

**31. Do you have an up to date will?**

- Yes  No

**32. Do you have an estate plan eg power of attorney?**

- Yes  No

**33. Which of the following are you interested in (pick as many as you like)?**

- Books  Craft  Health
  - Gardening  Movies  Dining out
  - Exercise  Wellbeing  Fashion
  - Local community clubs  Charity
  - Travel  Shopping
  - Theatre, the arts and music
  - Festivals and events
  - Home decorating
  - Cooking  Wine
- Other (please specify) \_\_\_\_\_

**34. Are you the main grocery buyer?**

- Yes  No

**35. What newspapers do you read?**

- The West Australian, Monday to Friday
- The West Australian, Saturday  Sunday Times
- Perth Now  The Post
- Other community newspapers

**36. What free-to-air television channel(s) do you watch most often?**

- ABC  SBS
- Channel 7  Channel 9  Channel 10
- Other (please specify) \_\_\_\_\_

**37. What radio stations do you listen to?**

- 6PR  6iX  ABC
- Curtin 100.1FM  96FM  94.5FM
- Other (please specify) \_\_\_\_\_

**38. Do you intend to move house in the next 12 months?**

- Yes  No

**39. Would you consider downsizing?**

- Yes, it's going to happen soon
- Yep, once the kids are gone
- Maybe, I need to learn more
- No, I'll stay in my family home

**40. Would you move to a retirement village?**

- Yes  No

**41. Are you considering renovating your house in the next 12 months?**

- Yes  No

**42. Do you own a car?**

- Yes  No

**43. Are you planning to purchase a new car in the next 12 months?**

- Yes  No

**44. What will be your biggest purchase in the next 12 months?**

- Car  House  White Goods  Holiday

**45. How is your health?**

- Poor  Average
- Good  Excellent

**46. How often do you exercise?**

- Daily  2-3 times a week
- Once a week  A few times a month
- When I can  Rarely

**47. Do you feel that the state government addresses the needs of the mature demographic well?**

- Yes  No

**48. Do you feel that the federal government addresses the needs of the mature demographic well?**

- Yes  No

**49. Do you feel your generation is generally respected by mainstream media?**

- Yes  No

**50. Do you experience ageism in your everyday life?**

- Yes  No

## Have a Go News Readers Survey

WE'RE asking that you take a moment to complete this reader survey.

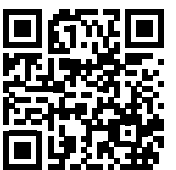
The information will help us to provide better quality content for readers and attract advertisers.

Everyone who completes a survey goes into the draw to win.

First prize - \$200 Visa Card  
Second prize - 5 x prizes of \$20 scratchies.  
Complete online...

This survey will be available until Friday, September 30, 2022.

Please, only enter once!



Name \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_

State \_\_\_\_\_ Postcode \_\_\_\_\_

Email address \_\_\_\_\_

Phone number \_\_\_\_\_

POST Readers Survey c/- *Have a Go News*,  
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Connect with a community of like-minded travellers



12  
DAYS

## CANBERRA FLORIADE

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

### TOUR HIGHLIGHTS

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

### TOUR INCLUSIONS

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

7 TO 18  
OCTOBER 2022

**\$4990\***

Per Person Twin Share  
Single Price \$5980\*



4  
DAYS

## WHEATBELT SILO ART & HERITAGE TOUR

KATANNING, HYDEN & NORTHAM

### TOUR HIGHLIGHTS

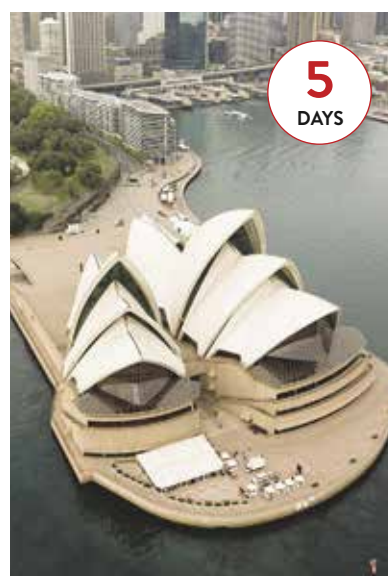
- ★ View four of the famous painted silos in the Wheatbelt
- ★ Visit the homestead of Albert Facey
- ★ Explore the historical village and view the giant ram in Wagin
- ★ Wander the town of Katanning
- ★ Enjoy morning melodies in Merredin
- ★ Visit the Military and Railway Museum in Merredin
- ★ Visit and learn about the town of York

### TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Luxury coach with professional driver
- ✓ 3 nights' specially selected accommodation
- ✓ Breakfast daily, 3 lunches and 3 dinners
- ✓ Sightseeing and entry fees as per itinerary\*

12 TO 15 OCTOBER 2022

**\$1950\*** Per Person Twin Share  
Single Price \$2350\*



5  
DAYS

## OPERA AUSTRALIA'S 'CARMEN' ON COCKATOO ISLAND, SYDNEY

*New Tour!*

STAYING AT THE 5-STAR SIR STAMFORD AT CIRCULAR QUAY

### TOUR HIGHLIGHTS

- ★ Highlights tour at Art Gallery NSW
- ★ Luncheon cruise with Magistic Cruises, Sydney
- ★ Sydney Opera House Tour and Dine at Opera Kitchen
- ★ Touring of Northern Beaches, Arabanoo Lookout, North Head - Homby lighthouse
- ★ Lunch at Manly 16ft Skiff Sailing Club
- ★ 360 Bar & Dining at Sydney Tower Restaurant

### TOUR INCLUSIONS

- ✓ Home pick-up and Return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and Taxes
- ✓ Deluxe Coach with Professional Driver
- ✓ 4-nights at the Sir Stamford at Circular Quay
- ✓ Breakfast daily, 3 Lunches and 2 Dinners
- ✓ Premium Tickets to Opera Australia's 'Carmen' on Cockatoo Island
- ✓ Sightseeing and Entry Fees as per the itinerary\*

27 NOVEMBER TO 1 DECEMBER 2022

**\$3490\*** Per Person Twin Share  
Single Price \$4290\*



6  
DAYS

## SINGAPORE CHRISTMAS LIGHTS

*New Tour!*

### TOUR HIGHLIGHTS

- ★ Half Day Singapore City Tour
- ★ Dinner 'Sky Dining' on the Singapore Flyer
- ★ Visit Gardens by the Bay, a scenic paradise
- ★ Evening Visit to the Sky Park at Marina Bay Sands & Cocktail Drink at Ce La Vi
- ★ Colonial Past Tour with High Tea at Raffles Hotel
- ★ Christmas Wonderland at Gardens by the Bay

### TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Airport/Hotel Transfers
- ✓ 5-nights at Hotel JEN Orchardgateway by Shangri-La
- ✓ Breakfast daily, 1 lunch, 1 High Tea & 2 Dinners
- ✓ Sightseeing and entry fees as per itinerary\*

29 NOVEMBER TO  
4 DECEMBER 2022

**\$3990\***

Per Person Twin Share  
Single Price \$4990\*



7  
DAYS

## MELBOURNE FLOWER SHOW & THE GREAT OCEAN ROAD

*New Tour!*

### TOUR HIGHLIGHTS

- ★ Melbourne International Flower Show
- ★ House Tour at Labassa Manor, Melbourne
- ★ High Tea in the Restaurant at The Hotel Windsor, Melbourne
- ★ Entry to Skydeck 88, Melbourne Skydeck
- ★ Visit to the Tower Hill Wildlife Reserve
- ★ Locally guided tour of Port Fairy
- ★ Dinner and the Shipwreck Show at Flagstaff Hill Maritime Museum and Pippies Restaurant
- ★ Visit, tastings and lunch at the Great Ocean Road Chocolaterie
- ★ Visit Queen Victoria Markets, Melbourne

### TOUR INCLUSIONS

- ✓ Home pick-up and Return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares & Taxes
- ✓ Luxury Coach with Professional Driver throughout
- ✓ 4 night's at the Pan Pacific in Melbourne
- ✓ 2 nights at the Mid-City Motel, Warrnambool
- ✓ 6 Breakfasts, 4 Lunches & 4 Dinners
- ✓ Sightseeing and Entry Fees as per the itinerary\*

29 MARCH TO 4 APRIL 2023

**\$3450\*** Per Person Twin Share  
Single Price \$4090\*



10  
DAYS

## NORFOLK ISLAND MARCH 2023

INCLUDES A 2-NIGHT STOPOVER IN BRISBANE

*New Tour!*

### TOUR HIGHLIGHTS

- ★ Visit the home of Fletchers Mutiny Cyclorama
- ★ Experience the Sound and Light Show
- ★ Visit the Sunday Markets
- ★ Embark on an indulgence tour including wine and cheese on Mount Pitt
- ★ Experience Wonderland by Night
- ★ Dress-up as a Convict and enjoy dinner
- ★ Enjoy high tea overlooking Cascade Bay
- ★ Embark on a breakfast bush walk
- ★ Visit Colleen McCullough's majestic home

### TOUR INCLUSIONS

- ✓ Home pick-up and Return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares & Taxes
- ✓ 2 nights' accommodation at the View Hotel, Brisbane
- ✓ 7 nights' accommodation at the Paradise Hotel and Resort, Norfolk Island
- ✓ Breakfast daily, 1 Lunch, 1 High Tea and 8 dinners
- ✓ All sightseeing and entry fees as per the itinerary\*

21 TO 30 MARCH 2023

**\$4890\*** Per Person Twin Share  
Single Price \$5690\*



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# Why Subaru WRX tS Sportswagon is Tony's new favourite



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

WINTER in Perth is a favoured time of year for me. Warm clothes, jackets and smart shoes remind me of growing up in beautiful but cold Ballarat. It is also a reminder

of how much we have to look forward to, with spring and sunshine, now just around the corner.

Last month I test drove a front-wheel drive sports car. Usually not a problem, but really annoying during days of very wet roads.

So it was with a heightened sense of anticipation I spent a week in a new Subaru WRX Sportswagon; the range-topping tS variant.

It feels Subaru sometimes gets lost in the 'which car is for me' conversation. Hyundai with their brilliant N line-up and VW Golf GTI seem to have

enjoyed more love in recent years.

However, Subaru will be hoping to shift that inner chat with the new WRX Sportswagon.

With All-Wheel-Drive, 2.4-litre four-cylinder direct injection turbo-petrol 202kw Boxer engine. As tested, around \$58,000 plus on-roads. This a marvellous package well worth exploring.

When asked, I always recommend considering the 'top of the range' in everything. Buyer's remorse is real, but rarely from owning the very best.

You only get what you

pay for.

You and I, were at some point in our lives, once shunted around in a station wagon. Most likely a Holden or Falcon?

We all remember the bare bones of 1960/70 station wagons; thank the universe we've come a long way baby.

Be assured the WRX Sportswagon tS bears no resemblance to either of those.

Curiously, as opposed to Europe, station wagons are no longer a thing in Australia. Volvo, BMW and Benz all offer sports wagons. In Australia we seemed consumed by

large SUV's.

I still can't work out why. I've never hidden the fact I prefer a great sedan as a purer driving experience.

And in this case a station wagon.

This new Subaru WRX is a curiously subdued drive until you sink the right foot; then the fun begins.

Is it a real WRX? A question I was asked several times.

If that's your 'thing', then yes, if not, then welcome to a WRX experience.

It looks really cool and sufficiently different to

stand out from the maddening crowd.

Even a couple of genuinely curious, senior police traffic officers stopped me so as to learn more about this vehicle; (this was a first).

I assured them this was the 'top of the range'; they nodded knowingly.

They were fascinated by things such as screen size, (11.5 inch) the electronic stability control, blind spot monitoring and the like.

One even pointed out the crash protection technology; stuff most of us too easily take for granted.

The seats are real-

ly comfortable, heated and cooled; (brilliant last month) and the steering position is easily adjusted.

The cabin feels instantly reassuring; stylish and very 2022.

Subaru's EyeSight and Driver Monitoring System is forever present, even occasionally intrusive. But better to be safe than sorry. One is left in no doubt this is full of life saving technology. It's the stuff that Subaru does somewhat effortlessly.

My measure is how I feel when returning a test car.

I didn't want to give it back; it's a new favourite.

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

**Seniors Recreation Council of WA Inc.**

**Have a Go Day**  
A LiveLighter Event

**Wednesday 9th November 2022 9.00am to 3.00pm**  
In the Beautiful Grounds of Burswood Park, Great Eastern Highway

**Free Activities and Information day for over 50's**  
**"Time to Have a GO"**

Featuring Activities, Clubs/Groups, Seniors & Commercial Agencies

**08 9492 9773 [www.srcwa.asn.au](http://www.srcwa.asn.au)**

Free tea, coffee & bottled water available all day.  
Food Vendors in attendance.

➔ FREE Shuttle Bus Service Burswood Train Station ➔ FREE Parking at Crown and Surrounding Carparks

30 YEARS IN BURSWOOD PARK

**30<sup>TH</sup> ANNIVERSARY**

**HAVE A GO DAY 2022**  
A LiveLighter Event

SPONSORS

## Don't miss South Perth's heritage and art fair

WINDSOR Park will come alive in early September when it plays host to the South Perth Historical Society's Heritage and Art Fair.

Enjoy a ride on the restored ferry tram in Windsor Park beside the original Road Board building, which has been repurposed into an Art Museum and Local History gallery.

May Gibbs, the artist who created the Gum-Nut babies and Snugglepot and Cuddlepie, lived in South Perth for 25 years and drew on the local flora and her family for inspiration. There is a great exhibition of her and her father's work at Heritage House.

The fair is the perfect opportunity to bring friends and family along for a traditional village green fair with loads of activities. It includes an art competition and workshops, ferry tram activities, May Gibbs Nut Bush Babies activities, village green games, Devonshire teas, a white elephant stall and lots more.

The Fair will be held on Saturday September 3 from 10am to 4pm around the original village green.

Make a visit to Heritage House, 11 Mill Point Road, South Perth, call 9367 9243 or visit [www.southperthhistoricalsociety.org](http://www.southperthhistoricalsociety.org) or email [info@southperthhistoricalsociety.org](mailto:info@southperthhistoricalsociety.org)

## COMMUNITY NOTEBOOK

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

<p><b>HERB SOCIETY WA INC</b> Meets the fourth Monday of the month at John McGrath Hall, Hensman St South Perth Doors open 7pm. Entry \$5. Inc speakers and supper. Everyone welcome. <a href="http://www.herbsocietywa.com">www.herbsocietywa.com</a></p> <p><b>KINGSLEY PARKINSONS SUPPORT GROUP</b> Held last Thursday of each month. 1.30pm-3pm. Various guest speakers each month. 3A Moolanda Boulevard Kingsley. (down the laneway next to Shell garage) Bev Hannan 0428 053 324 or 8409 8456</p> <p><b>PARAQAD OP SHOP AND BOOK BAZAAR STIRLING</b> is seeking good quality donations of household goods, furniture and</p>	<p>bric-a-brac. Open Monday- Friday 9am-5.30pm Saturday 9am-5pm For free furniture pick up 9381 0195 Enq 9272 6564 Unit 3, 39 Erindale Rd Stirling</p> <p><b>SOROPTIMIST INTERNATIONAL LITERARY LUNCHEON IN THE SWAN VALLEY.</b> Special guest Margaret Cameron, author of <i>Under a Venice Moon</i>. Sunday August 14, 12 noon. 3 course lunch tickets \$75 Sittella's Restaurant 100 Barret Street Herne Hill Proceeds to Angel Hands (trauma recovery support) enq Hazel 0429 119 953 Tickets from <a href="http://www.trybooking.com/BXWZV">www.trybooking.com/BXWZV</a></p> <p><b>SOUTH EASTERN ORCHID SOCIETY SHOW</b> August 13, 9am- 4pm and</p>	<p>August 14, 9am-3pm. Cannington Showgrounds Albany Hwy. Inq Sue Pearson 0407 718 377</p> <p><b>GARDEN CLUBS &amp; SOCIETIES PLANT FAIR (WA)</b> Saturday September 10, 8.30am-4pm and Sunday September 11, 9-2pm Entry \$5. No eftpos please bring cash. South Perth Community Centre. Cnr Sandgate Street and South Terrace Helen Martin-Beck 0417 946 221</p> <p><b>ROCKINGHAM SOUND DAY VIEW CLUB</b> Meets every first Thursday of the month in Port Kennedy at the Port Kennedy Tavern, 379 Warnbro Sound Avenue. Welcome new members, if people wish to join please contact Michele Legge-President 0424 722 593</p> <p><b>INTERESTED IN PLAYING CHESS</b> New chess players are welcome to join</p>	<p>our mixed group which meets every Tuesday afternoon 1pm-3pm Fremantle Park Sport &amp; Community Centre Free parking available Contact Margaret 0400 523 874 or Stephen 0423 493 632 email <a href="mailto:stephen776@gmail.com">stephen776@gmail.com</a></p> <p><b>UKELELE CLUB</b> Beginners and experienced players welcome. Meets Wednesday evenings in Merriwa. Low cost. Visit to give them a try-ring first for information Ken 0417 950 742 Social happy group in a safe and secure environment.</p> <p><b>SORRENTO SANDGROPPERS BADMINTON CLUB INC</b> Mixed social group 55 years plus. Group meets every Friday morning 11am-1.15pm Tea and coffee. Players of all strengths are welcome to</p>	<p>have a game. Heathridge Community Centre, Sail Terrace Heathridge Cheryl 0434 056 214 or <a href="mailto:shellchez@westnet.con.au">shellchez@westnet.con.au</a></p> <p><b>YORK ANTIQUES AND COLLECTABLES FAIR</b> Saturday 27, 9.30am-4pm and Sunday 28, 9.30am-3pm Adults \$5 Accompanied kids free. York Town Hall Avon Terrace. Inq. Ron Macey 0409 680 982</p> <p><b>TOODYAY INTERNATIONAL FOOD FESTIVAL</b> Saturday August 13, 10am to 4pm Combine all of the thrills and spills from the Avon Descent with delicious international cuisine and a fantastic entertainment line-up. A free fun-filled day for the whole family Stirling Park Toodyay.</p>
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# let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

## Don't miss this opportunity to fly to Antarctica in a day



A day tour to Antarctica is a bucket list trip

WHAT better way to fulfil a bucket list item than to spend a day flying over the world's most isolated continent by plane?

At *Have a Go News* we know the day flight to Antarctica is a once in a lifetime experience.

Join the *Have a Go News* group to explore this vast land.

Antarctica Flights have been running these day trips since 1994 and have flown thousands of people over the ice.

Australia is the only country from which you can take a sightseeing flight over the frozen south.

There are 19 different flight plans which enable the captain to choose the best possible route, taking

into account the weather conditions of the day.

Every departure is different – no two flights are the same – and every person aboard is present for the same reason – to fulfill that bucket list dream of exploring an uncharted continent, without getting their feet cold or wet.

All seating classes experience spectacular views over the ice and an unforgettable round trip.

It is a complete Antarctic experience – Antarctic experts, videos and other informative activities. Passengers receive a comprehensive information kit, two full service Qantas meals plus in-flight snacks and full bar service – including champagne, wine, beer, spirits and soft

drink and the state of the art entertainment system.

The service from the crew is outstanding and apart from the two meals served there are lots of snacks and drinks available.

*Have a Go News* managing editor Jen Merigan said the trip was arguably the best day trip she has ever experienced.

"As we got closer to the ice the excitement in the plane was building and with the first sighting of icebergs everyone started moving about the cabin for the best views.

"Approaching the continent, the plane's altitude drops to about 10,000 feet above sea level or about 2000 feet above the highest ground within 100

nautical miles.

"During the four hours over Antarctica we explored a huge expanse of the Australian Antarctic Territory directly flying to Casey base and then along the Knox Coast exploring glaciers, capes and the Shackleton ice shelf before turning around at the Russian base Mirny.

"The views of Antarctica were incredible, the atmosphere aboard the plane was friendly and fun, the flight crew provided extra special service and as we descended to Perth, we all had to pinch ourselves to believe that we had just been to Antarctica," said Jen.

Scott Lawrence flew in January 2022 and said:

"Thank you again *Have a Go News* for all your efforts in providing me and my party with such a memorable and trouble free experience of a lifetime."

Get ready to board the 787 Dreamliner with its large windows which provide a fabulous viewing experience.

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

This flight departs Perth on Sunday November 27 2022 at 8am and returns at 8.30pm and seats are selling quickly for this amazing experience.

The following seating is available:

**Explorer Economy** - SOLD OUT \$1199 per person

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**Business Class Deluxe** - SOLD OUT \$7999 per person

A \$300 deposit is required with booking and full payment is required eight weeks before departure.

All passengers are required to be fully vaccinated.

For further information, brochures and booking forms please call the office on 9227 8283 or email [info@haveagonews.com.au](mailto:info@haveagonews.com.au)



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\*Terms & Conditions Apply



# let's go travelling

ADVERTISING FEATURE



travel options for the mature west Australian



LAST month I had the pleasure of making a lightning visit to Melbourne thanks to Channel Nine. On page 23 I share some of the gorgeous photos I



took from a walk around the city. Serena Kirby finds out more about Trails WA on page 26, we have some great tips to make the most of the wildflower season and Josephine Allison finds out about Moya Sharp's mission to keep Goldfield's history alive on page 28.

It's been a bumpy ride for the airline industry over the last few months with many flight cancellations. After a two-year hiatus it's going to take some time for things to settle down. It is a good reminder for travellers to take out travel insurance, even if you are flying domestically. It does add a little to the cost of a trip but it provides a level of assurance if you need to add extra accommodation to your trip or your luggage is lost.

Wyndham Destinations has announced that they

will complete a \$5 million refurbishment to their 82 beachfront apartments in Dunsborough this year. Hopefully this may inspire further upgrades to properties in the area.

We are looking forward to spring and the wildflower season, we've had loads of rain again so there should be plenty of blooms across the state. We will keep you updated over the next few issues.

Tickets are selling fast to join what I consider the world's best day tour flying to Antarctica and back which departs on

November 27. The last trip left in January, and we had wonderful feedback from our travellers and who were impressed with the details and effort we took to ensure their trip was seamless. See page 21 for details on how to come aboard this amazing trip.

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

Happy trails

Jennifer Merigan

## Kick-off spring with wildflowers



LOCAL tour operator D'Guy Charters have planned a wonderful wildflower getaway in the Midwest to kick off spring.

Following exceptional rains, wildflowers will be massive this year and this is one of the few tour operators which have managed to secure accommodation in the area.

The five-day adventure departs from Perth ready to explore an abundance of flowers on the way to Geraldton.

The second day includes a city tour of Geraldton then it's time to enjoy the drive up to Kalbarri with a visit to the famous bubble gum Pink Lake. Stops are also made at Kalbarri's coastal cliffs.

On the third day guests will experience a fully guided sightseeing tour visiting the iconic loop Nature's Window and Z Bend lookout, then on to Warribanno chimney in Kalbarri National Park. On the way, there will be an abundance of wildflowers blooming in the park. There will be plenty of time for photos.

On the fourth day explore the other side of Kalbarri river estuary while travelling on the river cruise. In the afternoon, enjoy a sundowner at Kalbarri Skywalk then continue to experience an awe-inspiring activity to view the Milky Way above our head with the naked eye.

On the final day, after breakfast, it's time to head back towards Perth, stopping at Greenough for lunch and saying hello to the friendly llamas and alpacas.

Your hosts Guy and Christina from D'Guy Charters offer this tour for people as a brilliant way to kick-off spring and share their knowledge of the best of the wildflowers in the Midwest region.

Places are limited to 12 people so call now to book your place on 0497 906 969 or email [bookings@dguycharters.com.au](mailto:bookings@dguycharters.com.au)

The travel industry and readers are welcome to contact the Managing Editor:  
Ph 9227 8283 Email: [jen@haveagonews.com.au](mailto:jen@haveagonews.com.au)



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ROYAL GALA TOURS

**Ravensthorpe Wildflowers Extended Tour**  
Tuesday 13 September - Sunday 18 September 2022  
Cost \$1815 per person, \$371 single supplement  
Visit Bremer Bay, Hopetoun, Ravensthorpe Wildflower show, Stonehenge and Le Grande National Park Esperance.

**Silos Extended Tour**  
Friday 21 October - Monday 24 October 2022  
Cost \$1235 per person, \$233 single supplement  
Visit Pinjarra, Toodyay, Northam, Meckering, Cunderdin, Merredin, Narembeen, Kulin, Wave Rock, Hyden, Newdegate, Ravensthorpe, Albany, Pingerup, Katanning and Boyup Brook.

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Garden Tour to the  
**Chelsea Flower Show and Italy** with Phil Dudman

London, UK; Siena, Florence, the Italian Lakes and Venice, Italy.

Highlights include Kew Gardens, Hampton Court Palace and Gardens, Wisley, Villa Lante, Villa Cetinale, La Force, Villa Gamberaia, Isola Bella, Bellagio and the hidden gardens of Venice.

23 May - 11 June 2023

Garden Tour to  
**France and England**

with Deryn Thorpe

Visiting romantic Paris, the glorious gardens of the Loire Valley and the Dordogne: France, Kent and London for the Hampton Court Flower Show

Highlights include Chateau de Versailles, Claude Monet's gardens at Giverny, Great Dixter and Sissinghurst Castle.

19 June - 9 July 2023



# let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

## Soaking up the heritage architecture of Melbourne's Central Business District



A selection of heritage buildings found along Bourke, Swanston and Collins Street in Melbourne

by Jennifer Merigan

IT'S about 22 years since I lived in Melbourne and I hadn't visited for nearly 10. The last time I was there the city was heaving and the traffic intense. Since it had been such a length of time between visits, I wondered how well I would remember my bearings and how the city had fared after the epic Covid lockdowns.

I have always enjoyed travelling in winter, so I was well prepared with gloves, scarves, boots

and jacket. It provided the protection needed and was perfect for walking.

On arrival it was a chilly 10°C with some light rain; while driving into the city a light went on in my brain and I felt a sense of familiarity returning.

I arrived at the hotel in Spencer Street in the city within 30 minutes and it was peak hour. Traffic was moving well.

My camp for the two-day visit was the Movenpick Hotel, a good central location on the corner of Bourke and Spencer

Streets in the CBD. It's freshly refurbished, has nice rooms, comfy beds, good food and service.

If you're heading across for a football match you can walk across to Marvel stadium in around five minutes and the MCG would take around 15. A tram ride is a fun way to get the feel of Melbourne

and the well laid out streets make it easy for any visitor to get around.

As it was a lightning visit, I decided to refresh myself with Melbourne CBD and walk through the city from the hotel. I headed down Bourke Street through the mall to Swanston and turned right. I then meandered up

my favourite street – Collins – which has the most stunning buildings, unique arcades and interesting shops. I soaked up the superb heritage buildings which didn't suffer the fate of demolition like so many in Perth.

I did feel the city hadn't quite recovered from the lockdowns and seemed

a little scared. There were fewer people and unique shops, but I did feel a sense of hope returning.

It was a pleasure to stop and capture the architecture of Melbourne through

my lens... It was twilight, the light was stunning, the buildings photogenic and the walk reminded me why I loved this city so much to live there for 15 years.

**Springtime Walks**

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9.30am East Perth Terminal

Returns First drop approx 3.30pm

Includes Morning tea, lunch & luxury coach travel.

**FRIDAY 16 SEPTEMBER - North**

Departs 8.30am HBF Arena, Joondalup  
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Returns First drop approx 4pm

Includes Morning tea, lunch & luxury coach travel.

**THURSDAY 29 SEPTEMBER - North**

Departs 8.30am HBF Arena, Joondalup  
9am Morris Pl, Innaloo  
9.30am Morley Recreation Centre

Returns First drop approx 4pm

**NEW FOR 2022**

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**GARDEN ISLAND HMAS STIRLING**

**THURSDAY 6 OCTOBER - South**

Departs 7.30am Canning Hwy & Murray Rd Melville  
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Returns First drop approx 3.30pm

Includes Morning tea, cruise and lunch

**THURSDAY 1 DECEMBER - North**

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**THURSDAY 27 OCTOBER - North**

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# WA's GREAT Outdoors

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## Get ready for a bumper wildflower season in the Golden Outback



Beautiful wildflowers can be seen across the region

CONSISTENT autumn rains have again contributed to early sightings of wildflowers in the northern regions of Australia's Golden Outback.

Western Australia's wildflowers transform the

Golden Outback into both a kaleidoscope of colour and the world's biggest wildflower show, usually between July and October each year. The ideal weather conditions are having local experts pre-

dicting another bumper wildflower season.

Shelley Bogden from Mellenbye Station in Yalgoo has shared exciting videos of wreath flowers, reporting more than 400 of the plants starting to flower on her property. Other sightings from Mellenbye include everlastings, wattle, Grevillea, Brachycome cass and more.

Chairman of Morawa Visitors Centre, Paul Offszanka, said the area has started to see sprinklings of orchids and everlastings.

"Wreath plants have been sighted for several months now and are starting to show a few petals as well as bush like wattle, Hakea, Grevillea, Thryptomene, Hibbertia and Dampiera," he said.

Frances Pollock at Wooleen Station in Murchison said that the early rains have again started off the Wildflower season well.

"They will continue to improve but we're already seeing patches of everlastings, bachelor buttons, Brachycomes and Mulla Mulla flowering now. Plus the Acacias have been flowering on and off since the big rain in March," she said.

There is nowhere better to experience the world-famous Western Australian wildflowers than the Golden Outback - where orchids and everlastings colour the landscapes in colour each spring.

Home to the biggest display of wildflowers in the world - both in size

and in species - Western Australia puts on quite the show to celebrate the end of winter every year. In fact, with more than 12,000 different varieties, the Golden Outback is the most diverse wildflower region on Earth, making it perfect for a springtime adventure.

You can see wildflowers popping up all across the region, with pink, white, purple and yellow everlastings as far as the eye can see in the Gascoyne-Murchison and the Goldfields, jewel-like orchids and the famous wreath flower in the Wheatbelt and the unusual-looking Royal Hakea in Fitzgerald River.

There's plenty of time to plan a trip Australia's Golden Outback making use of their prepared Wild-

flower Trail Itineraries and outback wildflower information on their website. While on the road, the best way to source of information on where to see wildflowers are the local visitor centres

For a comprehensive wildflower experience, three wildflower shows in Western Australia's Golden Outback are held during the season.

In the region's south, the Ravensthorpe Wildflower Show is the world's largest show of its kind, and this year they are celebrating their 40th anniversary. Held from September 12 - 24, the show will feature more than 700 wildflowers on display from the UNESCO listed Fitzgerald River National Park and Ravens-

Nearby, the Esperance Wildflower Show will take place from September 20 to 24, again featuring around 700 species of wildflowers.

On October 28 and 29, the Reynoldson Reserve Wildflower Festival will take place at Wongan Hills around 180 kilometres north of Perth.

Covering over half of Western Australia with an abundance of wildflowers that bloom right through to November, a road trip through WA's Golden Outback rewards visitors with rare and magnificent sights.

For more information on wildflowers in Australia's Golden Outback wildflower trails visit: [www.roadtripcountry.com.au/wildflowers](http://www.roadtripcountry.com.au/wildflowers)

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### Wildflower season is approaching and Toodyay has plenty to offer.

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## It's going to bloom across the treasures of the Great Southern



GREAT Southern Treasures Bloom Festival celebrates the renewal of Spring throughout the Great Southern Treasures, as the wildflower season is flourishing. The festival focuses on the wildflower tapestries and town cultures that make up this amazingly diverse region.

With a whole month of activities from September 17 to October 16 and spanning 26 towns, the festival encompasses more than 40 events and displays, making a trip to the Great Southern Treasures well worthwhile to enjoy what nature and our passionate communities have to offer.

Events include arts, crafts, displays, exhibitions, fauna and flora-themed activities, food events, guided tours and hikes for those who want more of a challenge, heritage trails, markets, Noon-

gar culture events, open gardens, wine and dine events, and creative workshops. Plan some time off with your favourite people, take a road trip

down south with one of our suggested itineraries or create your own to explore the entire Great Southern Treasures region. It stretches from Kojonup, Woodaniling and Pingrup down to Bremer Bay on the coast and across to Mt Barker, Porongurup and Frankland River, taking in major centres such as Katanning, the Stirling Range National Park and everything in between.

Find out more at [greatsouthern-treasures.com.au/bloom/](http://greatsouthern-treasures.com.au/bloom/).

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**40th Anniversary Ravensthorpe Wildflower Show & Festival Events**  
12-24th September 2022

- Natural Connections Commemorative book**  
600+ Wildflowers on display 9-4pm
- Devonshire Teas & Country Soups daily
- 4WD Tag Along Tours
- Ranger Guided Walks in the Fitzgerald Park**  
Songlines of the Fitz
- Fervor - Feast in the Fitz
- Orchid Hunt with Terry
- Historic and Nature Walk & Coastal Walk
- Lino Cut & Ink Making workshop**
- Honey Farm & Geology Tour
- Sundowner Walk amongst Wildflowers**  
Art & Craft Exhibitions
- Wildflower Tea Cosie Display & Sale
- Galaxy Country Carnival - Albany Shantymen**  
Farm Gate Art & Silo Art Trail
- Wildflower Hot Spot Bus Tours**  
Open Shed Rusty Relics
- Roman Rudnytsky Classical Pianist
- Bluegrass Gospel service**  
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# WA's GREAT Outdoors

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## It's a blooming celebration of 40 years of the Ravensthorpe Wildflower Show



Walk with the Ranger FRNP © Sue Leighton

SHIRE of Ravensthorpe is renowned for its abundance of flora and fauna and is considered a biodiversity hotspot. It also 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.

September will mark 40 years of the Wildflower Show which continues to be a celebration of the natural and rugged beauty of its region.

The Wildflower Show showcases the brilliance of native flowers, displayed for the enjoyment and interest of tourists, botanists and locals. About 700 botanically identified plant species will be on display,

picked (under licence) by dedicated volunteers, botanically identified with the help of experienced botanists, with the added indulgence of the brand new adjoining herbarium.

The show is internationally recognised as one of the best in the world.

There are an abundance of events taking place throughout the festival and this year organisers are excited to welcome Fervor to the Fitzgerald Biosphere Australia Pop Up Dining.

Enjoy Devonshire teas and soup lunches daily by community groups, home-made soups and scones in the ambience of the restored former Browns Hotel (now known as the Ravensthorpe Community Centre). Chat to the local hostesses, relax and enjoy the dappled sunlight in the adjoining patio area.

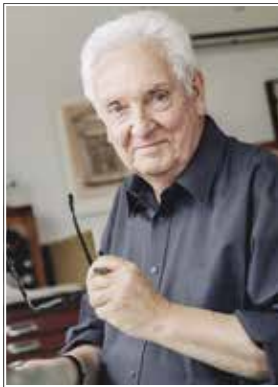
A unique display of tea cosies at the Wildflower Show Ravensthorpe Town Hall has been created by a bunch of talented tea cosy tragics led by Marianne Alcock (QLD), to represent the wildflowers.

The 4WD Wildflower Tagalong Tours are a great way for a range of like-minded people to explore some of the out-of-the-way bush tracks around Ravensthorpe Range. The tours are conducted to enable visitors to 'go-off-road' in a safe manner that respects the bush and provides the added benefit of a guided tour.

There are myriad things to do and enjoy throughout the festival which runs from September 12 -24.

Find out more at [www.wildflowersthorpe.org.au](http://www.wildflowersthorpe.org.au) or follow them on Facebook at Ravensthorpe Wildflower Show & Herbarium

## Discover the wealth of artists at studios across the Margaret River region



Christopher Williamson and his work

SMELL the linseed oil, see the creative chaos and meet the maker in their own environment at Margaret River Region Open Studios in September.

The largest event of its kind in Australia, Margaret River Region Open Studios this year features a record 168 artists, makers and creators. During the 16-day event (September 10-25) artists open their studios and invite art lovers to meet them, chat about art, see their work and possibly purchase some favourite pieces to take home.

Now in its ninth year, this free event runs the length of the Margaret River region from Busselton to Augusta.

Visitors can take a road trip through the region's tree-lined roads to studios they've selected from the comprehensive Event Guide, all just a stone's throw from award winning wineries and world class beaches and nature trails.

Art forms this year include paintings, ceramics, photography, sculpture, glassblowing, sculptures, jewellery, upcycled works, millinery, and prints.

Studios can be found in family homes and gardens, old timber mill cottages, hobby and dairy farms, sea containers, beach shacks, industrial sheds, a converted water tank, old school bus, plus many more. The event is a real adventure in art and the perfect opportunity to have a sticky beak.

Painter and illustrator Wendy Castleden has been an artist for 50 years and has participated in all nine Open Studios events. Wendy dreamt of attending art school after high school but was pulled out to instead study nursing in London. After relocating from England to Perth, she enrolled at Claremont Tech and was later employed by a tile company to paint house numbers.

Wendy moved to Mar-

garet River 22 years ago and flourished in the art space. Her evolving artistic style can be viewed from her home studio overlooking a beautiful lake, with works in charcoal, inks, oils and pencil.

Gerry Reilly is a hot glass artist working from his Melting Pot home studio in Margaret River. Visit his studio to watch a demo, book in for a glassmaking experience or shop from his studio displays. The property is nestled in a valley dotted with kangaroos, and he invites you to wander the picturesque

grounds. Gerry's studio is a colourful experience.

Christopher Williamson will showcase his drawings and sculptures at the Margaret River Art Studio this spring. After training at Sheffield and Leeds Colleges of Art and freelancing for 35 years, he started to really focus on his art from 2009. He has specifically created a body of work for this year's event, called *Stories in Light and Shade*.

If pottery and ceramics are your thing, visit Ian Dowling. His professional life began in 1976 in Fremantle, and in the early

'80s he moved to the region, establishing Margaret River Pottery. Discover both decorative and functional clay works, from teapots to wall panels.

Margaret River Region

Open Studios is on from September 10 - 25. Book your accommodation now, pick up an event guide from your nearest Jacksons Drawing Supplies store or view online

at [www.mroopenstudios.com.au](http://www.mroopenstudios.com.au).

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# WA's GREAT Outdoors

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## WINTER IN THE WEST

let's gotraveling

### Exploring accessible and dog-friendly trails in Western Australia



A dog-friendly trail is great for dog and owner

by Serena Kirby

WITH the weather starting to improve it's time to make the most of the great outdoors again. And, to help you do it, Trails WA has launched a new website.

"Western Australians have a host of world-class trails right here in their backyard. This new website will make it easy for people to plan and explore our amazing State," said Chair of Trails WA, Neil

Le Febvre.

The website features detailed maps of an array of trails that can be downloaded to use offline. There's also lots of photos, elevation maps and user reviews from die-hard trailblazers

through to those who just want to experience a great day out in nature.

"Trails WA gives information on bushwalking, mountain biking, trail running and water trails through to food and wine trails or getting about in a wheelchair," said Mr Le Febvre. "There's even an interactive community you can join - which lets you track your progress, earn badges or experience some friendly competition."

Two great additions to the website are accessible trails for less-able bodies and a selection of dog-friendly trails as, let's face it, not all of us want a hard-core hiking experience and our fur-babies love a walk just as much as we do.

So if you're looking for a trail within the local Perth area, head to Bayswater where you'll

find the Baigup Wetland which provides a leisurely 2km trail with no steps and a flat even surface. There's lots of amenities available at this reserve and dogs are allowed.

Another option close to Perth is Floreat's Reabold Hill Summit Boardwalk in Bold Park. This 200m long boardwalk is wheelchair accessible and offers multiple viewing areas and loads of interpretive signage highlighting points of interest. Dogs are welcome here too.

Kuljak Island Walk in Ascot is also ideal for an easy, short outing with your pooch. Located on the Swan River, the island is home to many bird species including Black Swans from which the island gets its name. The trail is a 2.6km loop which circumnavigates the island with a large

picnic area in the centre. Be aware though that there are no toilet facilities on the island and, like most dog friendly trails, your furred-friend must be on a leash.

North of Perth is the Star Swamp Bushland Reserve, located in North Beach. This picturesque loop takes you and your doggie through bushland and wetland and includes a heritage trail that provides information about the local history and environment.

Further out of Perth is the Jorgensen Park Walk Trail. Located in Kalamunda, this 2.7km loop is an easy walk that offers valley views and pretty vistas. Allow an hour for the walk. August to October are the best times to visit so you can enjoy the wildflower season.

And if you do want

to get yourself further afield and traverse a trail by bike or by wheelchair, check out the Arklow Adaptive Trail in Collie. Just two hours south of Perth, and with a national rating of highly accessible, this 9km loop provides a beautiful bush setting in which to get your wheels turning. With a gentle gradient and smooth surface that's relatively free of obstacles this trail is very popular. It's a good idea to avoid this option in summer as it gets quite hot and regardless of the weather always take drinking water as there's no water points on this trail.

With literally dozens of WA trails to choose from it's a good idea to do a bit of online exploring first and you can do all that by visiting the Trails WA.com.au website.

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The Club 55 Travel Club caters for individuals, couples and small groups. They have some great tours coming up and people can have a great day out from as little as \$50. There are several convenient departure locations around Perth, including Belmont, Booragoon, Bassendean, Innaloo, Whitfords, Perth City, Gosnells Train Station, Wheatley Street, Thornlie, Leisure World Carpark Area, Riverton Leisure Plex corner High Road and Riley Streets.

Membership of the Travel Club is free and people can register online at the website or simply give them a call. Some great tours coming up, including Stringybark Winery, The Dowerin Field Day, Tulips of Araluen and much more. It is a great way to meet and make new friends in luxury coach tours.

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 to choose from.

Phone 0434 439 983 or visit the web page [www.club55.com.au](http://www.club55.com.au) to get the latest brochure; view full itineraries for both the day and extended tours and sign up for free membership.

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# WA's GREAT Outdoors

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## Going fishing - great tips for catching local yellowtail kingfish



Dave Thomson with a nice little Rottotot. This one would have been great sport on fly.

by Mike Roennfeldt

YELLOWTAIL kingfish are among my favourite species to catch. They are long, sleek and cool looking creatures with those good looks hiding a brutal, powerful and often underhand nature when hooked. Like few other species, a

yellowtail king will actively seek out a way to do you in around reef or structure, sometimes even lying doggo in a cave or hole while you patiently wait for it to swim out, or simply bust off and rig up again.

Getting a good one, say anything over 8kg, is a significant feat on tackle rated

at 8kg or less. The good news is that kings appear to be thriving in metro waters in recent years. Only 30 years ago we didn't hear much about these great fish, although I suspect many of those that were caught were identified as Samson fish and left at that. The king is a sleeker fish than the Samson, its head is less blunt and its colour generally more silver with, as the name suggests, a yellowish tail and often a yellow stripe running mid-way along the sides from eyeball to tail. Most kings we see locally are in the 2-4kg range, with a few up around 10kg, but there are much better ones around, occasionally reaching sizes approaching 35-40kg at places like the Abrolhos and Shark Bay's

South Passage. Jigging for kings was part of the sport fishing revolution on the east coast back in the 1970s, but back then we never really had the concentrations of kings for that style of angling to take off here. Samson jigging - well that turned out to be a whole different story 30 or so years later and with a resurgence of interest in jigging for all sorts of species, we can expect kings to become a prime sportfishing target species in coming years.

Some of the most prolific local yellowtail king spots are around Rottnest, particularly at West End, where schools of small ones can regularly be found by either trolling or berleying up (outside the trolling-only zone). They will

happily snap up a sizeable minnow style lure along the lines of a Laser Pro 160, or will take a whole mulie or cube with relish.

Shallow water berleying at other spots around Rottnest, often in depths of 8m or less, will sometimes pay welcome dividends. It's often the case that skippy come in to the berley trail first, followed by kings a few minutes later. If you

hook a good one in 8m of water, hang on and cross your fingers, if that's biologically possible. Good quality 8-10kg spinning tackle is about right for tackling kings of modest size, but even then you probably won't land as many as you lose.

When it comes to cooking yellowtail kingfish, I like to cut the flesh into relatively thin fillets of less

than 1cm thick, roll them in egg and breadcrumbs and shallow fry in oil. Don't overcook though as they can dry out. Serve with salt and pepper and a squeeze of lemon and get ready for the compliments.

Alternatively, thinly sliced kingfish fillets, around 5mm thick, make for superb sashimi. Recipes for a suitable dipping sauce are readily available online.

## Stargazing in August - spectacular night skies



by Donna Vanzetti

WE are smack bang in the middle of Milky Way season. That's because, during this time of year, we look towards the centre of our galaxy. It's dense with stars and stretches across the dark night sky in country WA. Astrophotographers love it.

The Milky Way is best seen when there's no moonlight and you're away from bright city lights. What you're looking for is a band of cloudy or dusty looking light that stretches in an arc from the south

east to the south west. It looks like a cloud, but it's actually billions of stars that make up the Milky Way galaxy, our home in the universe. Throughout August and September, the core of the Milky Way is high in the southern sky.

Saturn returns to our evening skies and on the 12th will be right by the moon with both shining brilliantly.

And to add to this cosmic spectacular, we have another meteor shower to enjoy. The Perseids meteor shower is generated from comet Swift-Tuttle and renowned for pro-

ducing bright meteors. The shower peaks on the night of the August 12/13 but can be viewed several days either side of the peak.

The best views will be under dark skies, after midnight. The further north you are in WA, the better you will see this meteor shower.

To see Saturn and the moon look towards the

eastern horizon from early evening August 12 lasting all night.

Enjoy a bumper month of cosmic views.

Stargazers Club WA runs telescope classes and stargazing events: [www.stargazersclub.wa.com.au](http://www.stargazersclub.wa.com.au).

Find more stargazing tips and country events at [www.astrotourism.wa.com.au](http://www.astrotourism.wa.com.au).

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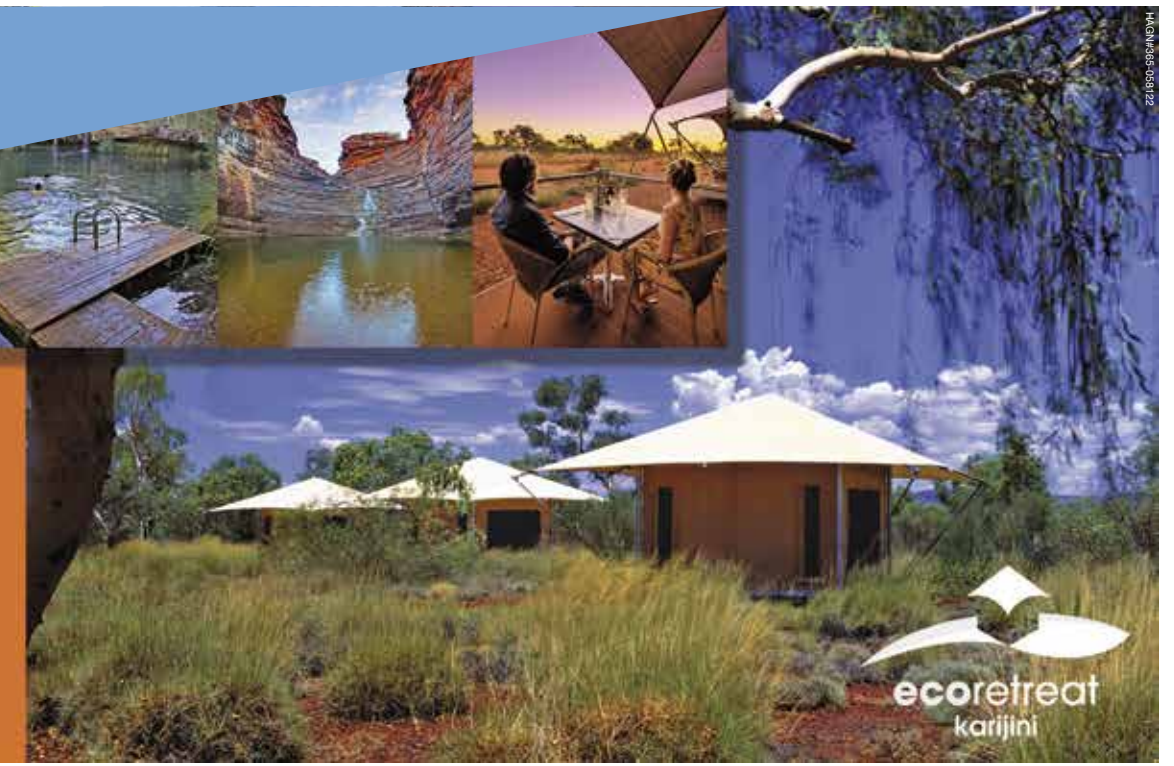
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# Moya Sharp keeps Goldfields history alive with dedication and research

by Josephine Allison

KALGOORLIE woman Moya Sharp has always

had a fascination with history. Her wish is to make the local and family history on the rich and

diverse Eastern Goldfields available to all free of charge. Moya is a busy wom-

an, running three websites which are WA history related, working on them three to four hours a day. She has also written two history books and is currently working on another on the history of the town of Bardoc.

Every day of the year she places a post on the Miners Memorial Facebook page to remember miners who have died on that date. She also does a three-weekly radio segment on 6PR with Harvey Deegan on Sunday nights when she reads a story and a bush poem.

"The history of WA's Goldfields has always been of interest because of the pioneering spirit it evokes," she says. "The romance and adventure with the chance of great riches. Unless you arrived in the country recently, every family seems to have had someone pass through the Goldfields at some time or another.

"Around 1900 there were more people in the Goldfields than in the Perth metropolitan area. There was a huge influx of people from Victoria about the time when the gold started to decline there.

"Of course, as has happened all over the world, young men looking for adventure thought that they would 'make their fortune' and they came in droves. Sometimes they brought their families and it's the women's stories which I love to highlight as his-

tory has been mainly written by men."

Moya says the WA Goldfields has a rich and illustrious history.

"How important is it in Australian history? The WA Goldfields was once seen as so important – there was a movement to make it into its own state. It was said at the time that many eastern states towns were completely funded by money sent back to them from WA.

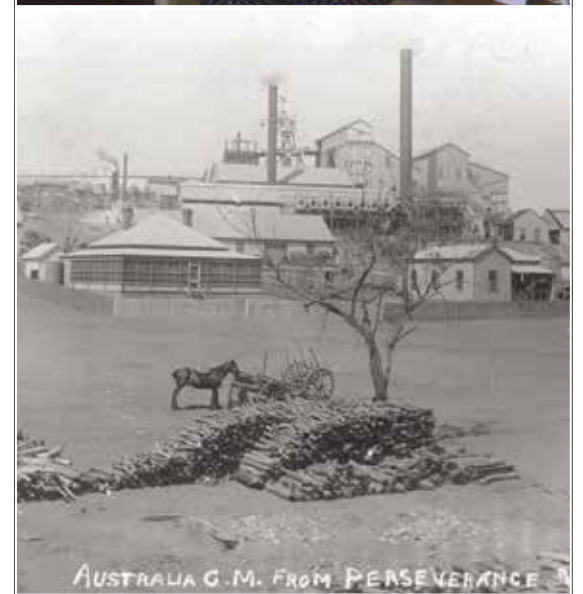
"Many fortunes were made and lost and vast amounts of money was brought into the state from all over the world. Not just money came to WA, but many thousands of people from all over the world whose descendants now make up our very culturally diverse population.

"I also have a great deal of information and stories of Aboriginal people and their interactions with those with came to their land."

Moya runs the Outback Family History website which contains a huge amount of information on the people and places of the Goldfields.

"I look on this as my library, where people can go and search for photos and information on a huge variety of subjects.

"The website was originally called *And All So Far From Home* which started 25 years ago. It was founded and was left to me by my dear late friend and fellow historian



Moya Sharp and an historic Goldfields scene

Shyama Peebles.

"The Outback Family History blog contains more than 1500 stories of people and places. I started it in 2009 when I realised the audience for the stories was different. These people just wished to be entertained with stories on WA history.

"I started sending out a weekly Ripping Yarns and Tragic Tales email each Sunday with about three to four new stories each week. This now goes to more than 7500 people and is shared with many more; a story from the blog each week has a full page in the *Kalgoorlie Miner* newspaper."

The Western Australian Miners Memorial is an online memorial which complements the physical Miners Memorial at the WA Museum in Kalgoorlie-Boulder. This commemorates and remembers anyone who has been killed in the mining industry in WA in their employment, no matter what their occupation.

"The Miners Memorial site started in 2014 when the physical memorial in Kalgoorlie was dedicated. This provides full details on each person and everyone on the memorial has a profile page with details of work and family.

"I originally became involved in this for six years before 2014, when I was appointed the re-

searcher of all the names to be recorded on the memorial. Many people think it was because our own son was killed in the mines in 2004, but I was involved some time before this.

Each March the Miners Memorial in Kalgoorlie holds a dedication ceremony at the WA Museum where any new deaths are recorded and any others found the previous year are mentioned. We always invite the families of new deaths; it is a very moving ceremony."

Moya has funded the sites herself and manages solely on donations. She plans to continue to run the sites indefinitely and has made provision for the future.

Moya was awarded an OAM for services to history, and an award for services to mining in the Australian Mining Prospects awards which she shared with Gina Rinehart. She has lived in the Goldfields for 34 years, settling in WA with her parents aged 15 from the north of England.

"I have always loved history and when I met my husband, who is fourth generation Kalgoorlie born and moved to the Goldfields I found a place in Australia that fascinated me and always will."

Visit [www.outbackfamilyhistory.com.au](http://www.outbackfamilyhistory.com.au), [www.outbackfamilyhistoryblog.com](http://www.outbackfamilyhistoryblog.com) or email [moyasharp@westnet.com.au](mailto:moyasharp@westnet.com.au)

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# ACTIVE Ageing ADVERTISING FEATURE



## Fluid Therapy classes show the many benefits for older people



Fluid Therapy clinic recommend staying well mentally is equally important as being active physically

by Josephine Allison

THERE is a sense of optimism and wellbeing inside the Dalkeith based

Fluid Therapy clinic as two enterprising young women take groups of older people through their exercise class.

Nicole Mudford and Emilie Stockwell started Fluid Therapy last January and already people attending the classes are feeling the benefit.

"We wanted both men and women taking part to feel comfortable and safe without judgment," says Nicole.

"Our classes, which run Monday to Friday, cater for various needs and include advanced strength, functional strength, balance and clinical Pilates. The 12-week evidence based GLA:D (Good life with Osteoarthritis) class designed by researchers in Denmark is specifically tailored to help people with hip and knee osteoarthritis. Conservative management should always be the first line of treatment for people living with arthritis.

"We also run a Parkinson's class for people suffering the disease."

Each class has a maximum of 10 people, ensuring that everyone's individual needs are met. Three peo-

ple take part in the one-hour clinical reformer Pilates class.

Nicole and Emilie both worked in aged care after graduating with a Bachelor of Physiotherapy from the University of Notre Dame. They now divide their time between the studio and working as site physiotherapists at Curtin Heritage Living in Cottesloe.

"People are often aware they have to stay well mentally but it is equally important to stay active physically," Nicole says. "We have about 60 people attending our classes weekly, many people coming twice a week."

"We also do private sessions for 30-minutes to an hour, covering a wide range of health conditions and also make home visits in the western suburbs for those who prefer their own environment."

Nicole says older people often face physical issues at home and don't know where to turn for help.

"Apart from going to the gym there

are few other options. We aim to deliver a specialised service while also extending our reach, with the goal to open more clinics in the future.

"We would like to run free education sessions for the public and raise awareness so people can make informed choices."

People living with dementia can attend some of the classes or Nicole or Emilie can visit people at home.

"There is strong evidence that remaining physically active helps so much," Nicole said. "We want to help our clients safely remain in their own home for as long as possible."

People interested in taking part in the clinic can do so through their private health insurance. Department of Veterans Affairs clients and a GP management plan are also accepted.

Interested people can contact Fluid Therapy movement and wellbeing on 6323 2362, email [admin@fluidtherapy.com.au](mailto:admin@fluidtherapy.com.au) or visit the website [www.fluidtherapy.com.au](http://www.fluidtherapy.com.au).



## SwanCare keep residents active in retirement

THERE has always been a sense of community at SwanCare Bentley Park, but in recent years the residents have also been embracing active ageing.

SwanCare's purpose-built leisure precinct is a place to meet others and residents have been noticeably more active outside of the home since the opening.

"We have seen an increase in life around the

village now that we have a vibrant space to meet in. It's been great both mentally and physically for our residents. The village truly feels like it's come to life," said Graham Francis, SwanCare CEO.

Active ageing – a holistic approach to safely staying at home for longer – is a term that is becoming more apparent in senior's lifestyles.

SwanCare has 40 ac-

tivity groups in categories such as social catchups, games, and creative endeavours. Group workouts are also on the calendar with events such as water aerobics, group gym sessions, balance park, bowls, and more.

"We are thrilled with these amazing facilities, and they are right here where we live. There's no need to go overseas for a resort holiday, we live in

one – thank you, SwanCare," said SwanCare resident, Judy Mackintosh.

This resort-like community is like no other in its class with retirement living, home care services, and four aged care centres all on the one site in Bentley.

To view the SwanCare lifestyle for yourself, contact Matt Southgate on 6250 0016 or [retire@swan-care.com.au](mailto:retire@swan-care.com.au).



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# ACTIVE Ageing

ADVERTISING FEATURE



## Sharing stories and keeping active while the wood turns

by Serena Kirby

IF you ask the Denmark Woodturners' Dave Wolter, who's the longest member of this club he'd say, he was.

"I'm just over two metres tall so I'm the longest member if you're using physical measurement,"

Dave says laughing.

"They call me 'Stubs' and I've had that nickname for years. Obviously, I'm anything but short and stocky. We have another member called Raincoat and he got his name because his surname is MacKintosh. We also have a guy

we call Ricochet and the fact that we had to install a high steel cage around his lathe, probably explains his nickname."

Dave says this woodturning club has been operating for more than 40 years and has outlasted many others of its kind in the region. While

all the original members have since passed on or moved on, many, like Dave, have been in the club for a couple of decades. The members (some of them women) are a diverse bunch with their ages ranging from early 30s to early 90s.

"We do have some younger members but the majority of us are between 70 and 85 years old. This age group reflects the era when woodturning was more popular and prolific so we really want to ensure there are people to pass the skill set on to."

"Older people know the best type of timber to use for various objects and how to cut that timber correctly to show off and expose the wood's coloured rings. We are not simply about making wooden bowls; woodturning has become a lot more sophisticated and sculptural these days."

With the club's workshop open five mornings a week, there's always a constant trickle of casually clad elderly lads

coming in and out. They may be coming to work manually on a current project, to collaborate on design ideas or to discuss the best use of certain techniques. They also come to upskill as the club holds a dedicated training session once a month.

And even though their workshop is filled with lathes and timber turning tools, the heart of the club lies with its members.

"We're all about human interaction; the social aspects of life, like sharing humour, trading stories and simply checking in with each other. For many of our older members, this is their social life. We know that socialising is good for mental health so our club is vitally important to its members."

With things like the annual Wood Duck Award (for non-woodturning acts of stupidity) and the proliferation of nicknames, the backgrounds of members are as diverse as the



Above; Denmark Woodturners' members, Dave Wolter and Rob Parslow.

Below; Carefully crafted chess set made by woodturner, Percy Vlietman. Pics - Serena Kirby

items these colourful characters create. There are farmers, business professionals, a Scottish Olympic wrestler, a retired sea captain and even a geo-

physicist amongst the club's members.

Dave says, "If you have a nickname, you're in! And if you have a few stories to share; even better."



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[swancare.com.au](http://swancare.com.au)

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# Getting the best medical treatment: Do you need a second opinion?



by Robert Vander Kraats and Jeff Wong, Physiotherapists

OBTAINING a second opinion reflects a patient's desire to obtain the best medical treatment. The initial diagnosis and management plan can vary

between health professional based upon education, past cases, and expertise. This is evident between the high discrepancies between the initial diagnosis and management plan, compared to the second opinion. It should be noted, that discrepancies do not occur all the time and a second opinion can simply be sought for reassurance and further education.

The *British Journal of General Practice* published a study that surveyed 1,033 patients who had been involved in the health care system in Ja-

pan, whereby 41 per cent of people obtained a second opinion. Further, in a recent study published in the *Medical Care Journal*, close to 1.4 million health records in Israel were analysed in which 18 per cent of people acquired a second opinion.

Several people I have consulted with in the past have often made the comment that the health professional was so rushed in giving the diagnosis and management plan, that little or no time was spent on explaining the actual diagnosis. In this case the second opinion

would not be around the diagnosis or the management plan, rather more on education regarding the complaint.

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

is a board member of Spinal Cord Injuries Australia and a 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.

With years of experience, Robert has most likely seen your presenting problem before. Therefore in combination with recent research, a second opinion, or simply an explanation of your



diagnosis, can be given. Clinical experience and current research suggests that a patient has an improvement in outcomes if they understand the con-

dition better and there is no ambiguity.

To book in for your second opinion, either call 9203 7771 or visit [www.ngphysio.net.au](http://www.ngphysio.net.au).

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grams to help take care of patients.

Among this, they also provide portable oxygen solutions and have a range of portable and transportable oxygen concentrators as Air Liquide understand the importance of maintaining a healthy and active lifestyle while using oxygen. From traveling on a plane to seeing friends and family, to walking down the street for a coffee, they are able to work with your physician to get people set up with portable oxygen.

For more information on portable oxygen, respiratory devices or homecare call Air Liquide on 1300 36 02 02 or email [alhenquiries@airliquide.com](mailto:alhenquiries@airliquide.com) and one of their representatives will be in touch.

## Your heart beats about 100,000 times a day

GIVE a tennis ball a good squeeze and you are using about the same force that the heart uses to pump blood throughout the body, all the time – even at rest. As a result of this action the five and half litres of blood contained in your body's blood vessels circulate through your whole body three times a minute.

That's roughly 9,000 litres travelling many times through 96,000 km of branching blood vessels every day. And all this pumping is done by a 280g muscle the size of your fist.

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# Safe and Secure

ADVERTISING FEATURE



## Eleven top safety tips to keep your home safe and secure



wind,” Building and Energy executive director Saj Abdoolakhan said. “Follow these simple steps and checks to keep their home safe during winter time.”

### Gas appliances

**1.** Get your gas heater serviced by a licensed gas fitter.

Do this at least every two years, or annually if the equipment is more than 10 years old.

Faulty and poorly maintained or misused gas heaters can cause a build-up of potentially lethal carbon monoxide gas.

Before using a gas heater this winter, check the date on the service sticker on the appliance. If the heater is showing signs of discolouration or difficulty relighting, contact a gas fitter to check it out.

**2.** Make sure the room has enough ventilation when using indoor gas heaters. When it is serviced, ask the technician to also check whether the room has adequate ventilation. Otherwise, carbon monoxide poisoning can occur.

**3.** Outdoor and portable gas appliances, such as

patio heaters, camping equipment and barbecues, should only be used in the open air to avoid exposure to carbon monoxide. They must never be used inside tents, caravans, campervans, homes or other enclosed areas, even if the flaps, doors or windows are open.

### Electrical equipment

**4.** Smoke alarms should be tested monthly and the battery replaced annually. Alarms should be replaced every 10 years. If you have recently moved into a house, check the date of manufacture which should be displayed on the alarm.

**5.** Test the residual current devices (RCD) by pushing their ‘Test’ button. The device should snap off in an instant. If it does not operate, have them replaced by a licensed electrician immediately. Tenants should inform their property manager, who will arrange for the RCDs to be replaced.

**6.** Look for the regulatory compliance mark (RCM) on all electrical products and check that appliances, such as electric blankets and heaters, carry the RCM before using

them. The mark usually appears as a tick inside a triangle.

“The RCM ensures that the product complies with Australian electrical standards,” Mr Abdoolakhan said. “Be cautious when buying electric blankets and heaters from overseas or online. If an electrical product does not bear the RCM then it has not been approved to be sold in Australia.”

**7.** Examine electrical appliances, such as electric blankets and heaters that have been in storage. Check them for any wear and tear before they are used this winter.

Look out for frayed power cords and worn out electric blankets. Replace blankets that are more than 10 years old.

Check the Product Safety Australia website to confirm yours isn’t subject to a recall.

If your heater has a dust filter, clean it frequently as it reduces the risk of clogging, overheating and electrical fires.

### Building and property safety

**8.** Watch out for mould growth due to winter rainfall, cold temperatures and the use of heaters

and clothes driers.

“Heating a space can add moisture to the air, causing a temperature difference between inside and outside the room. Heat is lost through the walls and windows, making those surfaces cold enough for moist air to condensate,” Mr Abdoolakhan said.

To lessen the chance of mould growth in homes, particularly in smaller rooms, limit the amount of moisture produced by bathrooms and driers by regularly opening doors and windows, especially when using a drier.

“Other sources of moisture, like water leaks caused by external water entering the building or plumbing and waterproofing failures, should be repaired as soon as possible,” Mr Abdoolakhan said.

**9.** Pack away or tie down loose objects outside the home. They could become airborne in strong winds and can hit overhead power lines and could cause power outages or fires.

Mr Abdoolakhan advises checking the strength of structures – like brick piers, walls, roofs, ceilings

and beams – if they are being used to support an additional attachment.

“Items like shade-sails, hammocks, swings, hanging chairs and basketball hoops need to be connected to a structure that is suitable for the weight and load, especially during periods of heavy rainfall and strong winds. If in doubt, don’t risk it,” he said.

**10.** Clear vegetation from power lines. Fires, accidents and electricity outages can occur when vegetation is not kept clear of overhead power lines. If vegetation is within two metres of the overhead power line, do not attempt to clear it. A vegetation control worker certified to work near power lines must be contacted to deal with the matter.

**11.** If you see a fallen or damaged power line or vegetation across an overhead power line, call triple-zero (000) immediately and wait for the network operator to make the area safe.

For more information on these issues and other safety topics, see the Building and Energy website.

[www.dmirs.wa.gov.au](http://www.dmirs.wa.gov.au)

DURING winter months it is important to keep your home not only warm but safe. Here are Building and Energy’s top safety tips.

“The winter season

acts as reminder to check your electrical and gas appliances before using them, be conscious of extra mould growth, and ensure your property is prepared for rain, hail and

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# Muriel makes the most of her new life at RAAFA's Merriwa Estate



Coronavirus prompts new life for Muriel

FROM art to craft groups, painting to card groups, indoor carpet bowls to regular bus outings, tennis to lawn bowls, movie, quiz and bistro nights – if you are keen for an active social life, RAAFA Estate Merriwa is the perfect place to live.

“Our residents are very active, and we have a great reputation as a very cohesive and happy community,” says Karen Huyton, estate manager.

“Many different activities happen on the estate throughout the week, so whatever your interests, the chances are that you’ll be able to continue your hobbies, as well as find new ones.

“Having said that, people can also live a quieter life if they would prefer. Basically you can do as much or as little as you want to.”

“We are essentially here to support you in pursuing a happy and fulfilled life, whatever that may look like for you.”

When Muriel decided to make the move during her annual visit from England to see her son, she viewed three separate units saying, “I just loved the third one straightaway, it immediately felt like home.”

“I love the fact that the estate feels so safe and secure, and everyone is very welcoming.”

Another factor in Muriel’s decision to move

into the estate was the convenience of the public transport network.

“There’s a bus stop right outside the gate and it takes you straight into the shopping centre. I find it doesn’t take long to get anywhere, and on top of that, I love walking and it’s all exercise after all.”

“I’m just so happy with my new house, everything in it is brand-new including the kitchen, the bathroom and the carpet and flooring. I love it here and I really feel that moving into the estate has just been the best thing.”

To find out how you can make RAAFA Estate Merriwa your new home, contact Karen on 08 9400 3400 or merriwa@raafawa.org.au

## National village manager of the year crowned



Arcadia Waters Maddington’s, Steven Daly

gan with the Village Manager of the Year Award, which was then followed in 2012 with the Rising Generation Award to acknowledge the young and emerging talent.

This year the awards were presented at the Gala Dinner of the Retirement Living Summit on the Gold Coast in June. The awards recognise impressive talent that is a testament to the resilience and strength of the sector and the high-quality products provided to our ageing communities.

Village manager at Arcadia Waters Maddington, Steven Daly, was recognised for his achievements and awarded National Village Manager of the Year. His success is a result of his initiative, diverse experience, and knowledge in resolving long-term social issues, addressing complex maintenance issues, and transforming the culture

within the village.

Arcadia Group CEO Roger Kwok said: “Arcadia Group is proud to have Steven as part of the community. He is a man of integrity, honesty, and enthusiasm, with an exceptional communication style. Residents are proud to call him their manager, but more importantly, their friend.”

Arcadia Waters Maddington is a 153-home retirement village and is one of six of Arcadia’s retirement communities in Western Australia. Arcadia Waters Maddington combines city convenience with country ambience, located on the banks of the Canning River, just 30 minutes from Perth.

For more information about Arcadia Waters Maddington or any of the other eight retirement villages Arcadia Group owns and operates, contact 09 218 8388 or visit [www.arcadiagroup.com.au](http://www.arcadiagroup.com.au).

EVERY year, the Retirement Living Council Australia proudly recognises the achievements of village operators, staff and suppliers as they provide

senior Australians with the quality experience they are seeking in their retirement.

Created in the 1990s the annual award program be-

## Creating a good relationship with your home care provider



funded, you could have the option of changing to another provider.

Home care providers vary greatly from the services they provide, how and when they provide them and how much they charge to do this. So it may be time to consider making the change.

There are many home care providers to choose from and a good place to start looking as well as in *Have a Go News*, or the My Aged Care website [www.myagedcare.gov.au](http://www.myagedcare.gov.au) under Find a Provider. Here you will find informa-

tion on what the services providers offer and what they will charge (it’s a good idea to check these are up to date). Then you can make some calls for brochures and make your list of providers of interest.

If you decide to make the change, moving to a new home care provider isn’t difficult as they should take over the transfer and make all the arrangements for you.

If you would like more information, please call Karin at CPE Group on 1300 665 082.

SIGNING up with your home care provider is an exciting time but often along with this comes the reservation – how is this going to work for me?

Building a relationship with your provider can take a little time – for them to know your preferences, for you to feel comfortable with your support team and to look forward to welcoming them into your home.

There may be occasions when you feel it’s not going quite as you expected and this is the time to call your care manager and explain any problems you may be having. They will welcome the opportunity to talk this through and make the necessary adjustments to your care plan so that it’s working for you.

Occasionally however, despite all attempts to do so, you may be unable to resolve the situation, or you may feel they aren’t listening to your con-

cerns. Should this happen, depending on how your home care is being

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**RAAFA Retirement Living**



# Downsizing

ADVERTISING FEATURE



## Small changes provide the opportunity to paint your own canvas



Home Base Centre in Subiaco is a place to explore your options when downsizing your home



by Zofia St James

I WROTE last month about the process of downsizing and as I have mentioned I have my own downsizing project currently taking place. I am in the process of transitioning my mother from a rural area to the city.

If moving isn't traumatic enough, the thought of

starting again and establishing new interests and hobbies as a senior is daunting.

I'm very grateful for this newspaper. The comprehensive information and social opportunities it provides are going to be a wonderful tool indeed.

I was however thinking about those of you that have made that move already or are even staying where you are. I would encourage you to look around your home and note any small changes that you can make to give it a bit of a face lift.

You may have purchased a new apartment or villa and it could do with a bit of updating or

that is a blank canvas and feels a little characterless to you.

If you have purchased a property that is perhaps a decade or so old the first thing would be to consider painting through and making sure your home is light, bright and neutral, so there is continuity throughout and it appears as spacious as possible.

Look at the flooring. If it is mainly carpet throughout, I would consider wood (there are a number of products to look at) in the kitchen, dining and living areas and retain the carpet for the bedrooms.

This option adds to that feeling of spaciousness and is low maintenance

for everyday living.

Kitchens and bathrooms are dead giveaway areas of where fashion was 15 years ago. If these areas are neutral in tone that's fantastic and perhaps just update the tapware. But do look at anything in these areas that has wear or water damage.

Stone counter tops look and feel amazing but there are a number of incredible products now available and all in one place. Look at options at the Home Base Centre in Subiaco and ask the consultants to advise, quote and provide the trades to complete any work.

Small changes can

make a huge impact in terms of look and adding to the home's value.

Scenario two is the blank canvas. This is easily dealt with by adding colour. Most newly built apartments have a neutral colour concept throughout, more often than not a white/grey palette.

This is the perfect opportunity for you to add a statement colour that also can provide the inspiration for accessories in your bathroom and bedroom with bedding and towels that compliment and tone in.

This is where you get to paint this canvas and perhaps have fun with a colour that has always

delighted you, such as emerald green or royal blue. Other pieces such as a rug or artwork would tone with the statement colour.

People are starting to have more fun and express themselves more within their homes now, not just play it safe.

If you have furnishings in plain fabric or leather you can select cushions, a throw or a richly patterned rug in your desired colour palette to bring life to your room.

Creating rooms that make you feel great is what it's all about. The joy it brings you on a daily basis is a wonderful thing.

Change is scary but

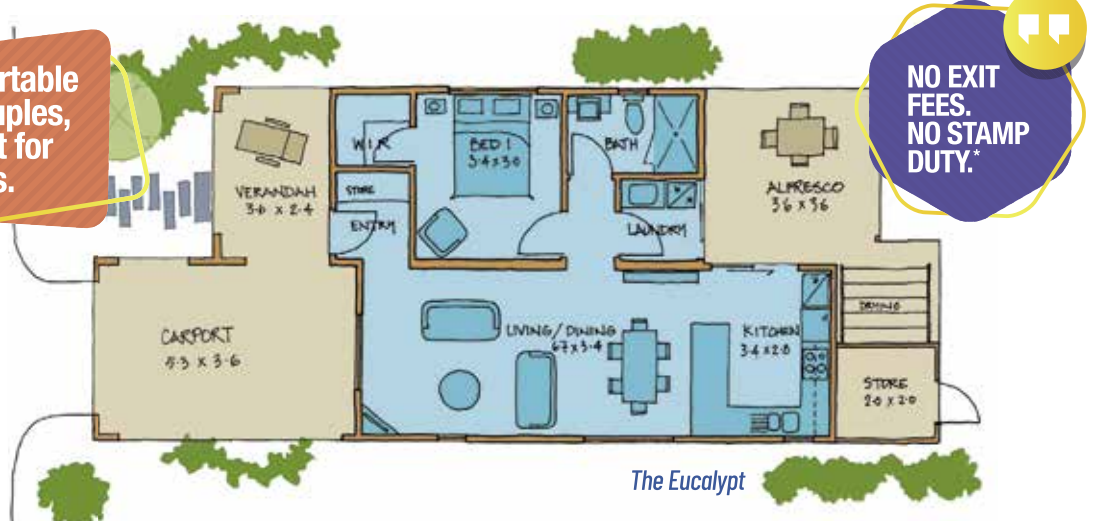
change can also be an opportunity for you to create something that you have always dreamed of doing too.

Any questions, ask away. Take care and enjoy each day and the opportunities available to paint your canvas your way.

**Zofia offers an interior style consultation for readers and a free over-the-phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email zofia.stjames@hotmail.com**



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# Women in Business

ADVERTISING FEATURE



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Busy Blue Bus Tours' Tour Guide, Susan



Nicolie O'Neill was a practicing accountant at Curtin university when she first discovered the magic of Kinesiology. Knowing accounting was not her destined path, as a single mum aged 44, she bravely took a leap of faith and retrained to become a Kinesiologist. After learning every available brand of kinesiology, Nicolie realised there was a need for a properly integrated and accredited Diploma and Advanced Diploma training program that would create professional practitioners and in turn help more people.

At age 47 with her small amount of savings, she put everything on the line and began the arduous task of becoming a Registered Training Organisation, and in 2004 she delivered her first Diploma of Functional Kinesiology. 22 years and 729+ graduates later, at the young age of 72, she is still working with industry leaders developing cutting edge training and sharing her wisdom to the class at her training centre in Myaree, Perth. A goal turned into a reality.



*"I have been lucky enough to find my purpose and brave enough to follow it. I encourage all woman to keep seeking for happiness and push themselves towards achieving their goals."* **Nicolie O'Neill**

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BWE Director, Emily Nixon



BWE Director, Shirley Tascone

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**Bespoke Wills and Estates (BWE)** is a Perth based law firm that provides tailored and considered estate planning advice.

Director, Emily Nixon, was admitted to practice in 2005 and commenced her legal career in private practice in commercial litigation. She subsequently spent six years at the Public Trustee of Western Australia before forming Jarvis Nixon legal in 2015 with Marcia Jarvis.

Director, Shirley Tascone, graduated in 2006 with a double degree (Law & Commerce), and

also commenced her legal career in commercial litigation. In 2008, Shirley's focus changed to work solely in Wills and Estates. In 2014, Shirley formed the boutique law firm, SBT Legal.

In 2019, Jarvis Nixon Legal and SBT Legal merged to form BWE.

Given their backgrounds, Emily and Shirley always endeavour to prepare Wills to avoid future disputes. They work closely with their clients to fully understand their circumstances as they recognise that a Will is one of the most

important and exacting legal documents a person can make.

BWE's clients range from the standard 'Mums & Dads' to high-net-worth individuals with complex business and personal structures. All their clients appreciate the time Shirley and Emily take to explain the relevant legal issues in a way that they can understand.

BWE (and its lawyers) has been recognised by the Doyle's Guide in Wills, Estates & Succession Planning, Western Australia.



HAGN1935-058986

Curves Clarkson, Rhonda

**Curves**

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[Curves.com](http://Curves.com)

Curves Clarkson has been open for approximately 17 years and Rhonda has owned it since March 2021 after working there as a coach previously.

Rhonda started her journey with Curves in 2005, first as a member and then becoming a coach just a few months later. She is passionate about strengthening women inside and out.

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# food & WINE

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

## It's time for preserving pleasures and making marvellous marmalade

by Noelene Swain

BREAKFAST is not complete without some hot buttered toast and marmalade. Beautifully coloured and flavoured, most marmalades are soft, transparent jellies with small pieces of fruit or fruit peel suspended in the jelly. Marmalades may be made from one, two, three or more fruits, one of which is nearly always citrus. Very few people can go past a delicious homemade marmalade – and now is the time to get busy and cook up a batch whilst local citrus orchards are at their prime.

Orange marmalade is the favourite of marmalades. It can be made from the bitter Seville orange or sweet Navel oranges.

Bitter sweet Seville marmalade was discovered by accident in the 1700s, when a Spanish ship took refuge in Dundee harbour and its entire load of oranges was purchased by an enterprising local, who, later discovered them to be thick skinned and too bitter, so his wife turned them into a chunky, bittersweet marmalade, which has become very popular over time.

Seville oranges have a very short season so if you can get your hands onto some of these gems, grab a few and craft a batch of this beautiful tasty, bittersweet, marmalade. Alternatively, navel oranges are peak of season right now, so use them for a delicious result. These will of course give a sweeter flavour to the marmalade, which some

find preferable.

The navel orange has a rich-coloured thin skin, full of juice and sweet which also teams well with lemons, limes or grapefruits.

**Try some of these creative combinations...**

- three fruit marmalades – a traditional combination of grapefruit, orange and lemon
- cumquat, lime or tangelo
- mandarins make a fabulous marmalade, either on their own or in tandem with other citrus fruits.
- lemon and navel orange.

To make marvellous citrus marmalades, it is customary to use the peel of the fruit, which lends texture, colour and deeper flavour. Finely sliced peel adds elegance indeed.

Marmalades require slightly longer cooking and use less sugar than jams.

Cooking the fruit in water before adding the sugar will soften the fruit. Prolonged boiling, once the sugar has been added, will not soften the peel; it will darken the marmalade and breakdown the pectin which will affect the setting properties. Pectin is contained in the pith and the seeds, which are cooked with the marmalade, usually in muslin to assist with the setting.

Citrus fruits are ideal for preserving. Fresh, locally grown Navel oranges are a juicy, flavoursome variety along with local lemons and grapefruit. These are all available and at economical prices.

Fruit butter or curd is another

outstanding buttery spread for your morning toast – lemon curd is sure to be a traditional favourite. Made from fresh eggs, butter, sugar, fresh lemons, grapefruit or oranges, fruit curd has a delicate, buttery citrus flavour.

It is easy to do in the microwave and saves all the continuous stirring.

The popularity of Middle Eastern cuisine and tagines, has seen preserved lemons become a popular item. Preserved lemons are easy to prepare and even if you don't use them for cooking, they look fabulous with the light shining through the jar of lemons on the kitchen window sill.

Preserving can be so much fun and creative, using various flavourings, spices, liqueurs

and fruits.

When properly cooked and stored in clean, sterilised, airtight containers, preserves last for months and months and remain in superb condition. It's best to store them in a cool, dark spot such as the pantry or a cupboard. Just remember to refrigerate the container once opened, except for marmalade.

Grab a basket and purchase preserving fruit now whilst the local citrus orchards are loaded with stunning fruit. The recipes below will give you an opportunity to create delicious preserves to give as gifts from the heart for family or friends and ensure your enjoying citrus fruit all year round.

Recipes supplied by Fresh Finesse: [www.freshf.com.au](http://www.freshf.com.au)

### Microwaved lemon curd

Preparation: 5 mins; cook: 5 mins; makes 2 cups



- 2 eggs
- 250g or 1 cup sugar
- grated rind and juice of two lemons
- 1 tablespoon cornflour
- 60g butter

BEAT eggs in a large microwave-safe bowl or jug. Add sugar. Beat until very creamy. Add lemon rind, juice and cornflour. Mix well. Add butter.

Microwave on high for three minutes. Stir. Microwave on medium two minutes. Stir until smooth. Cool slightly. Spoon into sterilised jars. Store in the refrigerator.

### Microwaved orange marmalade

Preparation: 15 mins; cook: 20 mins; makes 3 - 4 cups

- 4 Navel oranges
- 1 lemon
- 200ml water
- 3 cups sugar

THINLY slice fruit. Place in two litre microwave safe jug or bowl. Add water, microwave on high for 10 minutes to soften the fruit. Add sugar. Stir to dissolve. Microwave on high for 10 minutes then medium high for a further 10 minutes. (Watch carefully to ensure it doesn't boil over).

By this time it should have reached gel

point. A teaspoon of marmalade on an icy cold saucer should set. Cool a little then pour into sterilised jars. Cover and label when cool.

Note: Get creative and try any other citrus fruit. Replace oranges with three pink grapefruit, six lemons or 1.5 litres of cumquats (quartered). For cumquat marmalade: Remove the seeds from the cumquats and soak them overnight in the 200ml water to extract the pectin. Add the pectin water into the fruit before cooking.



**FAST FACT:** Marmalade sets best if fruit is not too ripe

### Why not give this preserved lemons recipe a try?

- lemons
- cinnamon quills
- bay leaves
- cloves
- olive oil
- salt, pure cooking salt

PRESERVED lemons keep for months and you can reuse the salty liquid to make more. Wash and

dry some even-shaped lemons. Cut stem end off each lemon then slice lengthwise into quarters. Add about 1 cm of salt to a large clean jar with plastic lid. Pack lemons in, layering with more salt. Add cinnamon quills or cassia bark,

bay leaves and/or cloves to the jar as you go. Fill the jar with fresh lemon juice. Leave at room temperature for at least a month, turning to dissolve the salt. Cover the surface with olive oil to seal.

To use, discard the

pulp, rinse the rind, and then slice finely. One quarter is usually enough to give an intense lemony flavour.

Use in Moroccan cooking especially in chicken, lamb and vegetable tagines, with cous cous and in salads.

### What's fresh in the fruit and vegetables markets

**Leeks** – braised leeks with grilled pancetta, oven-baked leeks stuffed with mushrooms and bread-crumbs; there are many lovely things to do with leeks, not least to whip up a silky batch of classic potato and leek soup for those wintry evenings spent curled up on the couch. When preparing be mindful that the layers have a strong tendency to collect dirt; slice lengthwise, fan the layers out and give them a good rinse before using.

**Jarrahdale pumpkins** – a good buy right now is the Jarrahdale pumpkin with its blue-green skin and

brownish streaks. The rich orange tones of pumpkin add life and colour to salads, risotto and pasta dishes. Not to mention soup; on these cool evenings, what's nicer than a big batch of creamy pumpkin soup? Store whole pumpkins in a cool, dry place for up to a month.

**Beurre Bosc pears** – a real winter classic of a pear; rich, fragrant and brilliant for fresh eating and cooking, and delightful to look at with their deeply tanned skin. The colour of good quality pears may not be uniform as some may feature russetting – brown-speckled patches on the skin. This is a characteristic, not a flaw, and at times can reflect a more intense flavour. These rotund fruits are also very high in fibre; particularly when you leave the afore mentioned skin on.

**Strawberries** – arriving now from market gardens around Wanneroo are sweet, juicy strawberries to brighten the duller days. Ripe strawberries impart cheery colour and delicious flavour when used in winter desserts, and combine well with other fruits in season including apples, pears and oranges. Berries which are ¾ ripe will ripen at room temperature but store ripe strawberries covered in the refrigerator. Use as soon as possible as they are very perishable.

**Mandarins** – local mandarins are now in season, giving citrus lovers a fresh new variety to look out for. The Afourer is a relatively new variety with a deep orange red colour. Like most mandarins, they are easy to peel, contain few seeds and lots of fresh, superbly sweet juice. Make sensational oil for drizzling over meats and veggies by leaving mandarin zest to infuse for two to three days in some extra virgin olive oil. Add salt and pepper and some fresh, floral mandarin juice before serving. Divine.

**Apples** – crunching on a fresh new season apple every day is a joy when there is such a choice. WA's best known apple, Pink Lady, along with the spicy sweet red Fujis and Granny Smiths are great eating through winter. Also look out for Sundowner – it's a very under-rated WA-bred cross of Lady Williams and Golden Delicious - the same parents as Pink Lady. Super red and super tasty.

## Eat. Shop. Enjoy.



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**Bolgart Hotel is located at 28 Poincaire Street, Bolgart**



# food & WINE *...eat, drink and be merry...*

ADVERTISING FEATURE

## Busting brunch all over Perth - a long brunch view from beachside



The Longview offers good value brunches with a fabulous view

**by Buster the Bruncher**

BEACHSIDE brunch is bonzer! Sails, ships, whales, dolphins and Rottnest Island in the background on a clear day. Hardy swimmers, joggers and beach babes on a murky day.

What better social venue to take your visiting guests, to have a social catch-up or a business summit?

North Cottesloe's Blue Duck, serving its clientele faithfully for decades, has given itself a makeover, raising customer comfort and adopting a new moniker, Longview.

Most mornings it is possible to spot a retired governor sipping coffee with buddies, a strolling former premier, a smattering of legal eagles, business leaders, sports stars and Perth's biggest business broker.

Buster's brunch buddy, Professor Ken, has

brushed with fame most of his intellectual life and so is not easily diverted by passing names.

In the 'Duck days', sightings included Alan Bond, a young Joe Hockey, a beach-jogging federal minister, a Perth lord mayor, a sprinkling of local models and marketing gurus. Sydney crime boss, Abe Saffron (who carried a suitcase full of cash into Applecross's Raffles Hotel and offered to buy it) dressed for brunch in suit and tie.

It is a colourful setting and background for the Western suburbs eatery that operates in daytime in casual mode, especially with dawn swimmers, walkers, joggers and cyclists.

Compared with waterfront eateries around the world, Perth does well on prices and service. Many coffee, brunch and meal bills are no different on

our coastline than eateries without a coastline view or ambiance.

In brilliant service, we opted to share a couple of recommended courses. Chorizo eggs chilli, Persian feta and crispy shallots on sourdough (\$19) comes with a real kick owing to chef's generous slices of hot chorizo. Not for the faint-hearted.

Grilled Fremantle sardines with lime and gremolata, at the higher price end (\$24), come on sourdough and are strong on fishy flavour.

Our mixed fruit juices (\$8.50) came in handy along the way, steering our tastebuds as we gaze out to sea over the balcony.

Not feeling hungry? Fruit breads, date and walnut bread, muffins, ginger and coconut bread and bagels (\$6-\$9) with coffee or tea (\$4.50) make for an excellent economical brunch.

Celebrating custom-

ers might opt for a glass of bubbles - reserve brut (\$20) or ca di rajo prosecco extra dry, which sounded grand to us teetotallers.

The main menu offers a deluge of dishes.

Smaller selections include salt and pepper squid with Asian salad, peanuts and chilli Thai dressing, \$23. There's kingfish ceviche miso with green chilli nam jim and wasabi mayo, \$24.

The Rottnest Island crayfish roll, toasted brioché and lime aioli comes

in at \$19 each. Then there's barbecue grilled octopus tentacle with smoked tomato sugo, kipfler potato and olive crumb, \$24.

Bigger meals include WA fish 'n' chips, beer battered or grilled local snapper, \$28 and roasted Japanese pumpkin, spiced chickpea with coconut labneh, \$29.

There's usually a selection of lobster dishes and for carnivores, 250g pitch-black angus porterhouse steak, Kipfler potatoes and creamy Dijon jus,

\$39.5/\$62.50.

Desserts are popular for good reason with a solid list.

Decadent salted caramel, toasted peanuts and white chocolate (\$17). Ginger coconut cake lemon curd, torched meringue with ginger crumb (\$17). Maybe affogato dessert double-espresso, vanilla bean ice cream, Frangello (\$17).

**5 spoons**  
Longview, 151 Marine Parade, Cottesloe. Phone 9385 2499

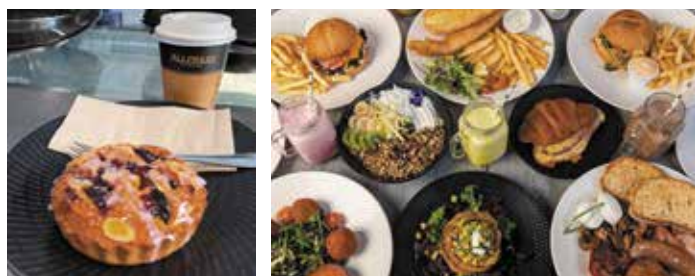
**Opening hours, Wednesday to Sunday, breakfast 6.30am-11.30am. Kitchen closes 9pm.**

**Monday, Tuesday, takeaway kiosk only**  
www.longviewcottesloe.com.au, email: info@longviewcottesloe.com.au



### 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.



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Corner of Kent Street & Queens Park Road, Wilson

## What makes a good wine? Some hints for getting the most out of your wine...



**by Frank Smith**

ANYONE can taste wine with a little knowhow and a good nose. Here are some hints on getting the most out of your wine.

Make sure you have clean wine glasses which can hold a at least 100mL of wine with room to swirl.

There are three main things to look for when wine tasting.

**Appearance**

Is the wine clear and free from cloudiness? Does it have any off colour or bubbles, if it is not a sparkling wine?

**Aroma**

Swirl the glass to aerate the wines and release aroma compounds. Put your nose right into the glass and take a deep sniff. Does it smell good? Can you smell fruity and floral or oak or yeasty aromas? Are there any off flavours?

**Taste**

Take a big sip and move it about your mouth. Can you taste grape flavours, acid, warmth, some viscosity or oiliness? Is the wine complex? Does the taste last for a long time

in your mouth, or does it quickly disappear?

**How to appreciate**

The best way to enjoy wine is to talk about it with friends. Taste two or more wines side by side so you can compare the differences.

As one vigneron told me: "One glance at the back label is worth 20 years of wine tasting." Your opinion is your opinion - nobody is right and nobody is wrong.

Here are some wines worth trying your tasting skills on.

**Sitella Tinta Rouge 2020** is a blend of Tempranillo, Shiraz and Grenache. It is bright red in colour with aromas of

sweet scented cherries and ripe plums, together with liquorice and flowery notes. The palate is complex and fruity with soft tannins that help the wine to show off its tastefulness. Pair with anything salty, especially ham and other cured meats. RRP \$20.

**Garbin Sangiovese Rosé 2021** This is a delicate rosé with aromas of apple blossom, red apples, strawberry, yellow peach and tangerine. The palate is fruit-forward on the nose, bursting with the flavours of crunchy red apples, cranberries and strawberries in yogurt with a touch of minerality. This wine is light-bodied

and only slightly sweet with a touch of acidity. Pair with cheese, dried apricots and quince paste. RRP \$22.

**Garbin Shiraz 2018** This is a full bodied dark red wine. Aromas of mint and dried oregano are the first impression with full of dark plums and blackcurrants. The palate is dominated by black earth, drying dusty tannins and exotic spices. The finish is medium long. This Shiraz would go well with a big meat dish. RRP \$25.

**Taltarni dynamic Heathcote Shiraz 2020** is deep purple in colour, with aromas of plum, red berries and spice with a hint of sweet oak. The

palate is filled with red berry and concentrated spice, while fine chalky tannins coat the mouth contribute to the length of the wine. Layers of oak add to the structure while the typical peppery shiraz flavours linger on the finish to balance the wine. RRP \$35.

**Taltarni dynamic Sangiovese Cabernet 2021** is medium bodied and crimson red in colour, the bouquet displays cherry with mixed spices, underpinned with earthy notes. The palate is full of cassis, cherries and blueberries. The wine has great length, with a refined, powdery tannin that lingers with a velvet-like finish. RRP \$28.



# food & WINE *...eat, drink and be merry...*

ADVERTISING FEATURE

## Knife and fork talk vegie style with the Dining Divas



by Pat Paleeya and Judith Cohen

IN our search for a vegetarian menu we found one that included both a vegan and a vegetarian choice at the historic Grosvenor Hotel.

Originally built as a two storey residence in 1886, it was soon granted a licence as a hotel and continues to be one of our longest running pubs, so we decided to

check out their lunch offerings.

Our choices were Thai noodle and vegetable salad and a vegetable stir-fry.

The Thai noodle dish consisted of cucumber, red onion, cashews, vermicelli glass noodles finished with a lime chilli Thai dressing.

An enormous bowl arrived with an equally large portion of food. Atop a generous serve

of noodles was sliced capsicum, red onion, chopped greens and cucumber and a considerable amount of cashews. The vegetables were crisp and crunchy, the noodles a little too chewy. This was finished off with the Thai dressing which was very tasty but lacked the chilli zing. A satisfactory lunch.

Unfortunately, the vegetable stir-fry was very disappointing. This dish

was described as a combination of Asian greens tossed with mushroom and egg noodles finished with soy sauce and crispy fried onion. There were no Asian greens just a mound of noodles, two thin strips of red capsicum, a scattering of mushroom and a few slivers of non-crispy onion; scant bean sprouts and thin ribbons of perhaps spring onion as a garnish. At \$22 definitely

not a bang for your buck. We have eaten in many places and had better meals for \$22.

**2½ Forks**  
The Grosvenor Hotel,  
339 Hay Street, Perth  
Open daily

**11am to 11pm**  
[www.thegrosvenorperth.com.au](http://www.thegrosvenorperth.com.au)  
9325 3799

### Knife and fork talk ratings

- Five forks** – excellent food and service
- Four forks** – overall good food and service
- Three forks** – reasonably good food and service but could make some improvements
- Two forks** – food and service needs improvement
- One fork** – would not recommend



## WEEK DAY LUNCH SPECIALS

Information correct at going to press

**BALTI**  
Under \$25 lunch specials with 2 exceptions  
Mon-Fri 11.30am-2.30pm (Ex PH)  
2 St Georges Terrace Perth  
9221 3306 [info@balti.com.au](mailto:info@balti.com.au)

**BAYSWATER HOTEL**  
\$21.99 seniors lunch buffet  
Mon-Fri 12md-2.30pm  
Railway Parade Bayswater  
9271 7111

**OUR TABLE**  
A Little Lunch under \$22  
Wed-Sun 11.30am-2pm  
3/180 Grand Promenade Bedford  
9371 3890

**RAVENSWOOD HOTEL**  
\$16 seniors meal  
Mon-Fri 11.30am onwards  
65 Lloyd Avenue Ravenswood  
9537 6054

**REDMANNA RESTAURANT**  
\$25 lunch special between 11am-2.30pm Wed-Fri  
Not applicable with entertainment card  
5/9 Mandurah Tce 9581 1248

**SHARKYS**  
\$19.90 lunch specials  
11am- 3pm Mon-Fri (Exc PH)  
Shop 1 Dolphin Quay Ocean Marina Mandurah  
9534 8825

**STIRLING ARMS HOTEL**  
\$17 seniors menu  
Every day from midday  
117 James Street Guildford  
6142 4352

**THE LITTLE BANKSIA**  
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Sat and Sun 7am-2pm  
78 Banksia Terrace Kensington  
6468 6514

## Mondos recipe of the month - braised lamb with egg and cream sauce



Braised lamb with egg and cream sauce is rich and luscious



Recipe created by Vince Garreffa

THIS lamb braise is very tasty, even if my family jokes about my presentation, it's rich and luscious

with the tang of refreshing flat leaf parsley on top.

- Ingredients for 4 to 6**
- 1.2kg Lamb shoulder pieces 5cm x 5cm
  - 2 Spanish onions diced
  - 1L stock (lamb, veal, beef or chicken)
  - 4 egg yolks
  - 240ml double cream
  - 100g butter (melted)
  - 100ml lemon juice
  - 1 teaspoon cornflour
  - WA organic lake salt
  - freshly ground black pepper
  - flat leaf parsley

- (handful chopped)
- rosemary leaves (tablespoon chopped)
  - Extra Virgin Olive Oil (EVOO)

**Method**  
Coat the lamb with seasoned flour then fry in a non-stick pot with 100ml of EVOO until well sealed, then add onion and rosemary leaves and cook, stirring often till the onion is soft, then add the stock and simmer the lamb for one and half hours, stirring the bottom of the pot to melt the

fried juices.  
Now rest the lamb and juices while you whisk together the egg yolks, cream, butter and lemon juice into an emulsion and set aside.

Remove the lamb from the juices and put on a hot serving platter and cover with Alfoil to keep warm. Then quickly strain the juices through a sieve and put back in the clean pot. Add 50ml of cold water to the teaspoon of cornflour, dissolving it well and add it to the juic-

es. Re-boil the juices for four minutes on a simmer and stir well. Take off the heat and whisk the egg mixture into the juices, stirring it till it thickens. Season with salt and pepper and serve over the lamb. Garnish with parsley.

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Have a Go NEWS



# GREAT HOME and GARDENING



## Dance with the Daffodils - a guide to growing these pretty bulbs in the WA climate



by Colin Barlow

NOTHING evokes childhood memories of your grandparents' garden more than the sweet intoxicating perfume of daffodils and jonquils. Bursting through in midwinter at the first sign of spring weather, these reliable easy-care bulbs seem to last for ever.

William Wordsworth's well-known poem *I Wandered Lonely as a Cloud* (also commonly known as *Daffodils*), first published in 1807 was inspired by a walk Wordsworth took with his sister Dorothy around Ullswater in the Lake District. The daffodils grew alongside the lake in huge drifts of golden yellow. He wrote: "A host of golden daffodils, Beside the lake, beneath the trees, Fluttering and dancing in the breeze."

Daffodils belong to the Genus *Narcissus*, which is part of the *Amaryllis* family. They are classified into one of thirteen different divisions by the Royal Horticultural Society. Miniature daffodils have the same thirteen descriptive divisions.

Daffodils are found throughout Europe and North Africa where they grow in woodlands, meadows and rocky areas. Jonquils and tazetta daffodils are commonly found in Spain, Portugal and throughout the Mediterranean region where they have become naturalised. This acclimatisation to warm Mediterranean environments makes them a better choice for growing in warm temperate areas like Perth. Many of the jonquils or tazetta daffodils seen in gardens such as *Erlcheer*, *Paper White*, *Geranium* and *Soleil d'Or* were developed from the wild *Narcissus tazetta*.

Daffodils grow from 7cm to 60cm tall and traditionally come in a range of yellow and white. Recent breeding has resulted in an increase of orange, pink, apricot and red shaded cultivars with split cups or double flowers.

**Climate:** Daffodils prefer full winter sun or partial shade to flower well. Ideal conditions are beneath deciduous trees allowing full sun in winter and dappled light in the spring and summer months. Plant them in mixed borders with roses and deciduous shrubs or in containers where they make a spectacular display. They can be used as cut flowers although some people may find the scent

of jonquils a little overpowering.

**Soil and pots:** Daffodils require a well-drained soil with the addition of aged or composted organic matter, although most garden soils are suitable. They prefer a slightly acidic soil with a pH between 6 and 6.5. Avoid placing fresh manure on the bulbs. Always use a premium potting mix in pots and containers and keep them well watered in spring and early summer. Apply a controlled release organic fertiliser, specifically for flowering plants, underneath the bulbs when planting them in autumn. After flowering in spring, apply another top dressing of controlled release

fertiliser. Avoid high nitrogen fertilisers and apply additional sulphate of potash for any shy flowering bulbs.

**Planting:** Plant the bulbs with the pointy ends up in Autumn. A general guide is to plant them at least twice the depth of the bulb deep, measured from the top of the bulb to the soil surface. In warmer areas or sandy soils, plant them at least 15cm deep and 10 to 20cm apart. For stunning spring displays in pots, plant between six to 15 bulbs in a 400mm pot or container, again placing them 15cm deep. Daffodils can be left undisturbed in the ground but perform best if the clumps are di-

vided after three or four years. Jonquils grown in pots are heavy feeders, so they are best planted in the garden the following year. Alternatively re-pot them each year and use regular high potash liquid feeds.

**Pruning:** Deadhead any spent flowers to conserve the bulbs' reserves for flowering next year. Allow the leaves to continue to grow for at least six weeks after flowering, and then die down naturally. Do not twist, tie or cut the foliage.

**Pest and diseases:** Daffodils are usually trouble-free with occasional damage from snails and slugs. Use Iron chelate baits around the clumps from winter to early summer.

Basal rot of bulbs can occur on stored bulbs if the temperatures are too high, or if high nitrogen fertilisers have been used extensively. Destroy bulbs with rot immediately and do not replant bulbs in that same spot in the garden for five years.

Leaf scorch can affect them in warm, humid environments causing red brown scorched leaf tips and spotting that may

spread down the leaf. Remove affected leaves immediately and spray with of a copper-based fungicide to reduce the spread. Severely affected plants should be removed and destroyed.

Take a note of some of the delightful daffodils in flower this winter and spring, so that you can order them next year in late summer/early autumn. Be warned once you start, you may not be able to stop.

My favourites include *Marieke*, *Gigantic Star*, *Hawera*, *Thalia*, *Prom Dance* and *Geranium*. Most local nurseries, garden centres and hardware stores stock them. Specialised daffodil growers include:

- [www.redearthbulbs.com](http://www.redearthbulbs.com)
- [www.drewittsbulbs.com](http://www.drewittsbulbs.com)
- [www.tonkinsbulbs.com.au](http://www.tonkinsbulbs.com.au)
- [www.tesselaar.net.au](http://www.tesselaar.net.au)
- [www.gardenexpress.com.au](http://www.gardenexpress.com.au)
- [www.wabulbs.com](http://www.wabulbs.com)
- [www.daffodilbulbs.com.au](http://www.daffodilbulbs.com.au)

**Tulip Time**

There will be a host of other magnificent spring bulbs on show this month, so make sure that you

check them out.

1. The 2022 Yates Springtime at Araluen presenting the celebrated Tulip Festival starts on August 19 and runs until the end of September. This year there will be more than 150,000 colourful tulips on display, plus over 36,000 spring flowering bulbs and flowering annuals. These are on Perth's doorstep in the picturesque surrounds of Araluen Botanic Park at 362 Croyden Road in Ro-leystone.

Araluen Botanic Park is open from 9am until 6pm daily with the last entry at 5pm. For more information on the festival including ticket prices call 9234 2200 or go to [www.araluenbotanicpark.com.au/](http://www.araluenbotanicpark.com.au/).  
2. Further afield, the Nannup Flower and Garden Festival will showcase gardening workshops, cooking, plants, animals and children's activities over three weekends from Saturday August 13 to Sunday August 28 at the Nannup Garden Village, Warren Road, Nannup. Plus of course thousands of tulips and spring bulbs.

Check out [www.nannupgardens.org.au/](http://www.nannupgardens.org.au/) for the latest details and bookings.

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# Have a Go News PUZZLES SOLUTIONS

Solution for BIG Crossword page 46

O	V	A	L		T	A	R	R	I	E	D		M	E	E	K				
R		S	A	D	L	Y		E		T		R	A	B	I	D		E		
A	B	I	D	E		P		A	L	A		A		E	X	I	L	E		
L	E	D		M	E	E	T	S		L	A	T	E	R		C	A	N		
	F	E	L	O	N		R	O	B	I	N		V	E	N	T	S			
	I		O	B	T	A	I	N		C	O	Y	O	T	E		E			
E	T	N	A		I		B					I		K		W	A	R	D	
X		F	A	C	I	A	L		A	N	G	E	L		S				R	
P		S	I	R	E		L	E	A	N	T		S	A	C	S			I	
L	I	O	N	S			E			G			S	H	E	A			F	
O		A	G	O	G		C	R	E	E	D		A	S	I	S			T	
D		P		N	A	M	E	S		R	A	N	D	O	M				E	
E	A	S	T		R		L			G		M		N	E	A			R	
	L		W	A	D	D	L	E		I	G	N	I	T	E				D	
	G	L	O	B	E		A	L	O	N	E		T	O	Y	E			D	
E	A	U		A	N	D	R	E		T	R	U	S	T		A			L	E
T	E	M	P	T		U		V	I	E		F		A	G	R	E	E		
C		P	I	E	C	E		E		R		O	W	L	E	T				L
H	O	S	E			L	I	N	I	N	G	S				T	H	I	S	

Solution for Crossword page 47

S	E	E	T	H	R	O	U	G	H											
A		X		E				E		S										
T		T		A	G	A	I	N	S	T										
E	G	R	E	T				E		O										
L		A		H		I		T		N										
L	E	V	E	E		N	O	I	S	E										
I		A		R		F		C		H										
T		G				E	R	A	S	E										
E	N	A	M	O	U	R		L		N										
S		N				N		L		G										
	S	T	E	R	E	O	T	Y	P	E										

Solution for Sudoku page 47

3	5	8	7	9	4	1	6	2
2	1	9	6	8	3	7	5	4
6	7	4	1	2	5	9	8	3
9	2	3	4	5	7	6	1	8
5	4	6	8	1	9	2	3	7
7	8	1	2	3	6	4	9	5
8	6	2	5	7	1	3	4	9
1	3	5	9	4	2	8	7	6
4	9	7	3	6	8	5	2	1

Solution for Wheel Words page 47:

Enol, Erne, Even, Leno, Lent, Lone, Lune, Note, Oven, Rent, Rune, Runt, Teen, Tern, Tone, Torn, Tune, Turn, Unto, Vent, Enrol, Enter, Event, Lento, Leone, Loner, Nerve, Never, Noter, Novel, Tenor, Toner, Treen, Tuner, Venue, Elevon, Eluent, Neuter, Relent, Retune, Runlet, Tenure, Tureen, Unreel, Unrove, Venter, Venule, Toluene, Venture.  
9-letter word: VOLUNTEER.

Answers for PRISM page 47:

- Chef
- Poet
- Lecturer
- Gardener
- Optician
- Mechanic

Answers for Have a Go News Quiz page 2:

- 1. Tony Modra
- 2. WA Governor, Premier and Lt Governor
- 3. Jenny Seaton
- 4. June
- 5. August
- 6. 1992
- 7. Whale shark
- 8. Scitech
- 9. Albany
- 10. Black swan

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Grace Knight and Wendy Matthews

## Head to Graceland with two Australian music icons

GRACE Knight and Wendy Matthews are two of the most iconic and beloved singers in Australian music.

They're both multi-award winning artists with a swag of Countdown, MTV and ARIA awards between them and a bundle of platinum albums under their belt.

In their first show together, and for a limited time, these legends of Aussie music present the songs of one of the world's greatest living songwriters.

Paul Simon has written some of the best known and acclaimed songs in popular music, ranging from gems like *Sounds Of*

*Silence, The Boxer, Homeward Bound and Bridge Over Troubled Water*, to his solo classics like *You Can Call Me Al, Late In The Evening, Diamonds On The Soles Of Her Shoes and Graceland*. His albums, *Bridge Over Troubled Water* and *Graceland* feature among the highest selling albums of all time.

Along with an all-star band Wendy and Grace will take audiences on an unforgettable journey across the hits and crowd favourites.

Friends for many years, Grace and Wendy have been looking for a break in their hectic performing schedules so they could

join forces and do a show together. We're *Going To Graceland - The Songs of Paul Simon* showcases the vocal talents of these two music industry giants and they will thrill audiences with their interpretations of an iconic collection of songs.

Along with an all-star band, Wendy and Grace will take people on an unforgettable journey across the hits and crowd favourites.

Friday August 26 at the Astor Perth, tickets: [bit.ly/GracelandAstorPerth2022](https://bit.ly/GracelandAstorPerth2022)

Saturday August 27 in Mandurah, tickets: [bit.ly/GracelandMandurahWA2022](https://bit.ly/GracelandMandurahWA2022)

## And all that Jazz - *Chicago* returns to Perth

THE longest-running American musical in Broadway history comes to Perth's newest theatre in September.

Winner of six Tony Awards and the Academy Award for Best Picture, *Chicago* features the classic Broadway hit songs *All That Jazz, Razzle Dazzle, Mister Cellophane* and the infamous *Cell Block Tango*.

Join some of the most iconic characters in Broadway history - Roxie Hart, Velma Kelly, Bil-

ly Flynn, Mary Sunshine, Amos Hart and Matron 'Mama' Morton - in their story of murder, greed, corruption, violence, exploitation, adultery and treachery. *Chicago* is first-class entertainment and one of the most anticipated musicals ever staged in Perth.

"Following our recent sell-out production of *Grease* we are so happy to be back at The Royale Theatre at Planet Royale in Northbridge presenting *Chicago*," says producer and director

Drew Anthony.

"This new theatre is a great place for audiences to come and see the show and under the same roof are fantastic dinner and bar options. It's a complete night out.

"And best of all, the theatre is a five-minute walk from Perth Station or there is free parking (after 6pm) at the adjacent Roe Street Car Park."

Tickets for *Chicago* are now available from Ticketmaster.

## Book a date for a backstage tour of Perth Concert Hall

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 August 22; Monday September 26; Monday

October 3; Monday October 10; Monday October 17 and Monday November 7.

Each session runs for about 30 minutes and tours will run at 10am and 11.15am.

Entry is by gold coin donation.

To book, just email [info@perthconcerthall.com.au](mailto:info@perthconcerthall.com.au) stating what day and time you would like to attend.

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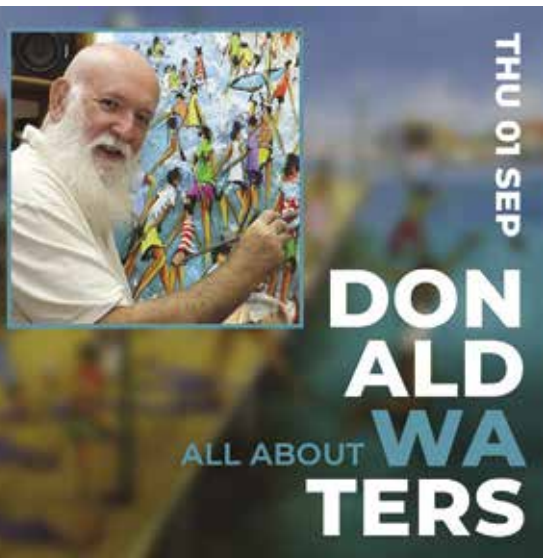
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# This is an art exhibition about WA not to be missed



duced specifically for this exhibition celebrating this beautiful state we call home.

There will be some paintings that resonate with each and every one of us and there will be some that speak to an individual more than others. This will be an opportunity to view, own or just experience the vibrant and enticing scenes encompassed in each painting.

Whether it's Ningaloo Reef that captures your heart, Perth City view or the Pinnacles Desert that holds special memories, each painting will take people to memories of experiencing our unique state and give a perspective of fun, colour and imagination.

There are some exciting

print launches on opening night, with two of the paintings being released as prints on both canvas and paper. One special painting will be the flagship piece of the exhibition, released in numbered limited edition prints, each hand signed and produced on Ilford handmade deckled edge Japanese paper.

A percentage of proceeds will be donated to the charity Youth Futures. The Creative Edge Art Collective is proud to support the work of these people in helping disadvantaged and troubled youth across WA.

Art should be accessible to everyone, which is why the Collective have made this exhibition free to everyone, opening night included.

There will be a number of special guests and an opportunity to meet Don and enjoy a first look at this exciting exhibition.

Several events are planned over the course of the opening week, so people are welcome to come to all or one. Just don't miss out on visiting the gallery while the exhibition is on.

Paintings will be on display for the whole month of September, with Don in attendance for the first week during listed events.

Creative Edge Art Collective is at Shop 73 Joondalup Gate, 57 Joondalup Drive, Edgewater. Ph: 9300 1466.

To attend opening night book at [www.eventbrite.com.au/cc/donald-james-waters-oam-all-about-wa-494859](http://www.eventbrite.com.au/cc/donald-james-waters-oam-all-about-wa-494859).

# Rock and roll show...



PERTH entertainer Andrew Simpson will perform his popular rock 'n' roll show at Koorliny Arts Centre Kwinana on August 12.

The audience will be taken on a journey through some of the greatest rock 'n' roll songs of our time, with a rock 'n' roll quiz and plenty of rock trivia adding to the fun.

Morning Melodies is a popular and long-running program at the centre and includes morning tea and a show. The popular monthly line-up will continue with *What a Wonderful World* featuring Clay Darius on September 9.

Tickets cost \$15 and Companion Cards are welcome. Morning tea is at 10am and the show starts at 11am.

Bookings are essential.

Koorliny Arts Centre is on Sulphur Road, Kwinana.

For more information about upcoming performances visit [www.koorliny.com.au](http://www.koorliny.com.au) or call 9467 7118.

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Race, madness & medical ethics collide in this Oliver award-winning, exquisitely sharp modern classic.

THEATRE 180 PRESENTS **BLUE/ORANGE**  
BY JOE PENHALL

# Theatre 180's Blue/Orange production inspires

RACE, madness and medical ethics collide in this Olivier award-winning and exquisitely sharp modern classic by Joe Penhall.

With stinging satire, burning writing and vibrant humour, *Blue/Orange* in its WA Premiere opening at Burt Memorial Hall on August 20, asks important questions about mental health, ethnic prejudice and the stigmas

around schizophrenia.

*Blue/Orange* was first performed in the Cottesloe Auditorium of the Royal National Theatre, London, on April 7, 2000.

Christopher stands on the cusp of release from a psychiatric ward. The problem is he still thinks oranges are blue. Psychiatrists Robert and Bruce are juggling the moral compass between their

own personal and professional gain as they argue over whether Christopher should be released back into society.

Bruce believes he still needs professional help whereas Robert, his senior, feels he would be better placed amongst his community... and besides he'll be less of a drain on resources.

Stuart Halusz, Artistic Director Theatre 180,

says: "I am thrilled to be directing a stellar cast in this compelling modern classic which challenges our notion of ethnic prejudice and mental wellness in society."

Running from August 20 to September 3 at the Burt Memorial Hall, 38 St Georges Terrace, Perth. Don't miss this opportunity to support local theatre.

Tickets: [www.theatre180.com.au](http://www.theatre180.com.au)

# The life and times of icon David Bowie



*MOONAGE Daydream* illuminates the life and genius of David Bowie, one of the most prolific and influential artists of our time. The motion picture reveals the celebrated icon through his own voice and features 48 musical tracks, mixed from their original stems.

Brett Morgen's feature length experimental cinematic odyssey explores David Bowie's creative, musical and spiritual journey. Told through sublime, kaleidoscopic, never-before-seen footage, performance and music, the film is guided by Bowie's narration and is the first film to be officially sanctioned by his estate.

*Moonage Daydream* premiered as an official selection at Cannes where it re-

ceived rapturous reviews.

Peter Bradshaw of *The Guardian* gave the film five stars, calling it a: "Glorious shape shifting eulogy to the man."

Owen Gleiberman of *Variety* wrote, "Evoke[s] the most legendary landmarks of film."

In cinemas September 15.

**WIN WIN WIN**

We have some double in-season passes for some lucky readers to win. To be in the draw simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with *Moonage* in the subject line or write to *Moonage* c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/8/22.

WA PREMIER EVENTS PRESENTS  
**Wendy Matthews & Grace Knight in**  
**We're Going to Graceland**  
**- the songbook of PAUL SIMON**

OPENING ACT: Chris Murphy - World-class performer and showman, Chris Murphy has performed alongside legendary artists such as *Creedence Clearwater Revisited*, *Richard Marx*, *Leo Sayer*, *Little River Band*, *The Easybeats*' Stevie Wright and many more...

These legends of Aussie music present the songs of one of the world's greatest living songwriters. Don't miss gems like *Sounds Of Silence*, *The Boxer*, *Homeward Bound* and *Bridge Over Trouble Water*, to his solo classics like, *You Can Call Me Al*, *Late In The Evening*, *Diamonds On The Soles Of Her Shoes* and *Graceland*.

ALONG WITH AN ALL-STAR BAND WENDY & GRACE WILL TAKE YOU ON AN UNFORGETTABLE JOURNEY ACROSS THE HITS AND CROWD FAVOURITES.

Friday August 26  
Astor Theatre Perth  
659 Beaufort St, Mt Lawley  
Tickets: <https://bit.ly/GracelandAstorPerth2022>

Saturday August 27  
Mandurah Performing Arts Centre  
Ormsby Terrace, Mandurah  
Tickets: <https://bit.ly/GracelandMandurahWA2022>

HAMA PRODUCTIONS PRESENTS

**Seussical The Musical**

Based on the Works of DR. SEUSS

Music by STEPHEN FLAHERTY Lyrics by LYNN AHRENS

Book by LYNN AHRENS and STEPHEN FLAHERTY  
Co-Conceived by LYNN AHRENS, STEPHEN FLAHERTY and ERIC IDLE

at the Regal Theatre  
from 23rd September 2022

TICKETEX

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City Of South Perth Historical Society Inc  
**ART MUSEUM AND LOCAL HISTORY**

GALLERY & SHOP OPEN: Friday 10am-4pm  
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Original village green and built heritage

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May Gibbs Gum Nut  
Bush Babies activities  
Devonshire Teas · White Elephant Stall  
Village Green Games and much more

Heritage House, 111 Mill Point Rd, South Perth  
9367 9243 [southperthhistoricalsociety.org](http://southperthhistoricalsociety.org)

City of South Perth's May & Herbert Gibbs Art Collection © The Northcott Society & Cerebral Palsy Alliance 2019

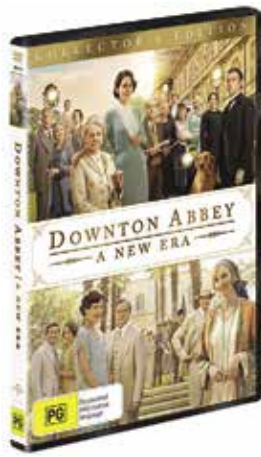




# Elizabeth McGovern chats about her long running role in *Downton Abbey*



L-R; Elizabeth McGovern stars as Cora Grantham and Laura Carmichael as Lady Edith Hexhamin - *Downton Abbey: A New Era*, a Focus Features release. Credit: Ben Blackall/ © 2022 Focus Features



compare ourselves to, so to play a character who looks at everything and says that it was enough and that she is pleased and happy, is quite inspiring.

**Did you enjoy getting to work again with your husband, director Simon Curtis, on this movie?**

First, it is such a joy for me because he is so good at what he does, and I don't think I'm saying that because I love him and I am married to him; he has been by far our best director. I think a lot of people in the cast feel that way. I don't mind saying it. It is about the way he is very clear, keeps everybody happy, really listens and really establishes a direct line of communication with all of the actors.

Simon, I think, has re-oxygenated it. For the producers and for all the creative team, it is the most difficult thing in the world because you have to give the people what they want; they depend on the consistency of *Downton Abbey*. It is a thing in life that they can depend on. It is consistent. You know what Carson (Jim

Carter) is going to say and you know what Violet (Maggie Smith) is going to say, and to take that and make it fresh is a very difficult thing to do and I feel that Simon managed to do it, helped by a very good script.

**Did you feel that Julian Fellowes' writing and Simon's direction did a good job of juggling all the different emotions that come through in the film?**

Oh, yes, I did and I have been in the business for so long that I know just how difficult that is to do. It is like orchestrating a piece of music. And to tell all those stories so economically and so clearly and to control the rhythm of the sadness and the happiness, and the pace, takes a very deft hand. Simon has really earned it. He has worked so hard in every capacity in the business and he is at the top of his game, so it is a lucky thing that we got him when we did.

**Has it been rewarding to see the younger actors grow up alongside their characters over the 12 years of *Downton*?**

Absolutely. It is so huge for me. I remember when we were shooting the scene where Violet says to the two girls that they have been good granddaughters. I almost cry just thinking about it now. I almost lost it because I feel as though they have grown so much from the day I first met them, and I feel so proud of them both and that is when things get confused. I feel that that relationship is like being their mother and it doesn't happen to me very much. Usually, I have a very distinct line between the part and real life, but it all gets confused in this instance.

**What is a particularly treasured memory from making this film?**

One of the most incredible days was on Maggie's last day when the family came into the trailer and we decided to give her the silver pepper pot which had sat in the middle of the dining room table for the 12 years of doing dining room scenes. In that pepper pot were all these little slips of paper. We had amused ourselves by playing this game called Wink Murder in which we passed around the pep-

per pot and the person who drew the paper that had an X on it then tried to murder by winking everybody else round the table — while we were shooting a scene — without letting the camera or anybody else know. Maggie would just jump into this and play it every single time. So the family — which was Hugh, Laura (Carmichael), Michelle (Dockery) and I — on our last day went into her trailer and gave her this pepper pot with all the pieces of paper and it was incredible. It makes me cry even now. It was a very beautiful moment.

*Downton Abbey: A New Era* is now available on Digital, Blu-ray™ and DVD — RRP \$39.95.

**WIN WIN WIN**

*Downton Abbey: A New Era* is now available on Digital, Blu-ray™ and DVD and to celebrate we have some DVDs for some lucky readers to win. To be in the draw simply email [win@haveagone.ws.com.au](mailto:win@haveagone.ws.com.au) with *Downton* in the subject line or write to *Downton Abbey* c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 1/9/22.

WITH the release of *Downton Abbey: A New Era* on DVD we speak to award winning actor Elizabeth McGovern about her role of Cora Crawley, Countess of Grantham, which she has played from the outset of *Downton Abbey* and reprises the role in the second film in the series, *Downton Abbey: A New Era*.

**Is it easy to get back into the character of Cora, like slipping on a pair of comfortable shoes, or is it more complex than that?**

It is easy. It is an interesting thing because really the work is already done and is not something that you can fake. There are no short cuts to it. It is literally a question of spending years with the character in the trenches with other people and you have won the right to just have it there. It's in your bones, your DNA, and it is quite a nice feeling.

**How rewarding was it as an actor to play Cora's very personal storyline in this film?**

In a way, it is really an

opportunity to open the window to Cora's inner soul because when someone is at the end of their life and is forced to look at what it all meant, you really do see who they are, their essence. And it was nice for me to play a character who could look at what she had done in her life and feel happy about it and feel contented with it.

I think so much of life today is a feeling of anxiety, that we haven't done enough, and we don't own enough, and there is always someone to

**CHICAGO**  
 A MUSICAL VAUDEVILLE  
 The Royale Theatre at Planet Royale  
 September 2022 - Book now at Ticketmaster

ROYALE THEATRE

Drew Anthony Creative





# A gripping story: *Leeman's Rescue* - from the great southern land of 1658...

Reviewed by Pat Paleeya

MANY Dutch ships were wrecked along the coast of Western Australia in the 17th and 18th century and one of those ill-fated ships was the *Vergulde Draeck* in 1656.

Abraham Leeman's services were required as a first officer and navigator to lead a rescue expedition to search for survivors and to salvage valuable cargo such as silks, tea, tobacco and opium, plus eight chests

of silver coin that the *Vergulde Draeck* was carrying.

Leeman was sent shore with a small boat and search crews from the *Waeckende Boey* but returned to the ship after only finding debris. The captain sent them back once more which was a dire decision that cost lives.

This book covers Leeman's log from March 29 to September 23, 1658. He and his crew were marooned by the captain

of the *Waeckende Boey* who failed to pick them up and his account of his action is quite suspect. Their small craft was patched with seal skins, blankets were sails, food was sea celery and dried seal meat. When water became scarce, they drank their own urine. Three of the crew died of thirst but Leeman's belief and faith in God and his calm demeanour saved the rest of the crew.

The journey of survival ended in Java where they trekked through the jungle for weeks eventually being handed back to the Dutch by locals who had captured them.

In the foreword of this book the author writes that 'he (Leeman) displayed unique skills while his faith ultimately tested his ability to comprehend his situation during a tormented journey of abandonment'.

There is quite a comprehensive and interesting account of the history of the Dutch ships at that

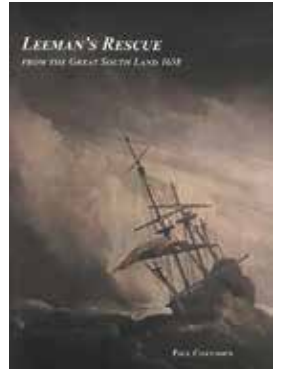
time and of the Dutch East Indies Trading Companies. This book sheds light on a remarkable man, one I've heard of but one I now know.

*Leeman's Rescue - from the great southern land 1658.*

Author Paul Cozymsen Published by Hesperian Press. RRP \$35 with \$10 postage and handling

Copies are available from New Edition Bookshop in Fremantle or Star bookstore in Victoria

Park or direct from the author paulcozymsen@gmail.com



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*Hallelujah*

LEONARD COHEN, A JOURNEY, A SONG

A film by DAYNA GOLDFINE and DAN GELLER

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LUNA PALACE CINEMAS Tickets and Sessions at www.lunapalace.com.au

## The Railway Children Return - win a ticket to a Have a Go News screening



The Railway Children Return in cinemas September 15

INSPIRED by one of the most beloved British family films of all time, *The Railway Children Return* is an enchanting, moving, and heart-warming adventure

for a new generation. In 1944, as life in Britain's cities becomes increasingly perilous, three evacuee children - Lily (Beau Gadsdon), Pattie

(Eden Hamilton) and Ted (Zac Cudby) Watts - are sent by their mother from Salford to the Yorkshire village of Oakworth.

There to meet them on the train station platform are Bobbie Waterbury (Jenny Agutter, reprising her iconic role in the original film), her daughter, Annie (Sheridan Smith), and grandson Thomas (Austin Haynes). With their help the evacuees are soon settling into their new life in the countryside. When the children discover injured American soldier Abe (KJ Aikens) hiding out in the railyard at Oakworth Station, they are thrust into a dangerous quest to assist

their new friend who, like them, is a long way from home.

In Cinemas September 15.



WIN WIN WIN We have some double

passes for some lucky readers to win to see *The Railway Children Return* and enjoy an exclusive preview. Held at The Backlot Cinema in Leederville, on Friday September 9, winners will enjoy morning tea at 10.30am and the movie screening at 11am.

To be in the draw simply email win@haveagonews.com.au with *Railway* in the subject line or write to *Railway Children C/- Have a Go News PO Box 1042 West Leederville 6901. Closes 1/9/22. Winners must be available to attend this session.*

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# SILVER LININGS VARIETY SHOW

WEDNESDAY, 21 SEPTEMBER 10AM-12.30PM

SHOW includes tribute artists... Elvis Presley, Andrews Sisters and Dame Edna Everage

BOOKINGS ESSENTIAL - PHONE 9207 8555

BOOK ONLINE - [www.swanactive.com.au/silver-linings-variety-show/](http://www.swanactive.com.au/silver-linings-variety-show/)

Swan Active Beechboro 332 Benara Rd, Beechboro

Free community event sponsored by City of Swan

## Enjoy the purity of pastels with like-minded artists

PASTEL Society of Western Australia is holding its annual exhibition weekend this month

The exhibition displays a very high quality of art and presentation. Pastels are a pure pigment medium with the most beautiful range of vibrant colours, made most famous by Edgar Degas and other Impressionists in the 19th century.

For those interested in joining the society, which was founded in 1983, they meet every Monday evening from 7.30-9.30pm at Mildren Hall, Duncraig.

Current membership exceeds 100 with many multi award winning artists. They invite all levels of artists to join their warm friendly supportive group.

Don't miss their Annual Art Awards exhibition and sale at the Sorrento Surf Lifesaving Club from August 12 (7-9pm) and 9am to 5pm on Saturday 13 and Sunday August 14.

To find out more visit [www.pastel.societywa.org.au](http://www.pastel.societywa.org.au) or call committee member Annis on 0434 972 771.



# Friend to Friend



### Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

**Friend to Friend**  
**PO Box 1042**  
**West Leederville WA 6901**

*Each person may submit one entry every month.*

### Abbreviations used in Friend to Friend

ALA: All letters answered	DTE: Down to earth
GSOH: Good sense of humour	ND: Non drinker
SD: Social drinker	NG: Non gambler
NS: Non smoker	NOR: North of River
SOR: South of River	TLC: Tender loving care
WLTM: Would like to meet	


**Please nominate a category for your advertisement.**

*Tick one box only.*

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| <input type="checkbox"/> Travel companion | <input type="checkbox"/> Wishing to contact |
| <input type="checkbox"/> Seeking a friend | <input type="checkbox"/> Seeking a partner  |

**Name** .....

**Address** .....

**Phone** ..... **Email** .....

**I am over 45 years of age** ..... **(Signature)** .....

**Obtaining replies to your Friend to Friend Reply Box entry:**

Please include two stamped (\$2.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

## Seeking a Friend

**A SLIM** Aussie lady 70+, NS, SD, fin sec, likes a bit of everything in life. WLTM gent approx. late 70s, SOR, Fremantle, Melville area. Let's meet for coffee.  
**Reply Box 9146**

**ATTRACTIVE** Aust lady, 70+, Peel area, genuine, kind, loving, widow, WLTM unattached, well presented, genuine, kind, loving, fin secure, gentleman, 70s with old fashioned values, love caravanning and overseas cruises, share expenses.  
**Reply Box 9133**

**CATCH** of the day. Pisces, lady, GSOH, intuitive, creative, enjoys markets, cafes, country drives, movies, would like to go out more than I do. WLTM a DTE man. Meet up for coffee or walk in a park, see what transpires. NOR or SOR. ALA.  
**Reply Box 9147**

**EURO** Aussie lady slim, loyal, honest, healthy, DTE, GSOH, NS, enjoys nature, swimming, dancing, travelling. WLTM gentleman, 55-63, caring, honest, fin secure with Christian values, unattached for companionship. Genuine replies. ALA.  
**Reply Box 9140**

**FILLER** free 52, musical, tradie, handy, kelpie, friendly, outdoorsy, beachy, healthy, tidy, guitar, traveller, financial, active, forgiving, mechanical, kind, philosophical, reliable, punctual, dances, smart, hair, artistic, cards, warm nature, DTE, NS, SOR. Please find us.  
**Reply Box 9153**

**GENT** 78, 5'8", 80kg, seeking lady around same age, living around Melville, Fremantle or around Melville area. I am Australian born. Interest in carpet bowls, country and western music, and 70s & 80s music. I'm honest, sincere, trustworthy.  
**Reply Box 9150**

**GENTLEMAN** 1940s, fit, slim, NS, Leo, monkey, SOR, has weeding wand with fertiliser. WLTM slim, beautiful rose without thorns, dancing, laughter, romance, long term intimacy. Not you? Perhaps someone you know needing TLC. Phone number please.  
**Reply Box 9135**

**INTERESTING** lady, writer, Christian nature lover, movie buff, 80s, good communicator and listener, WLTM 1-2 days a week for coffee, walks and talks.  
**Reply Box 9141**

**IS THERE** a gent about late 70s who WLTM slim lady, 70+, similar attributes ie fin sec, GSOH, dancing, cooking, gardening, life in general, NOR.  
**Reply Box 9136**

**LADIES** and gentlemen 65+ searching for friendship, companion, soul mate or their half. We are a group of singles gathering every three weeks, have lunch together, mingle around and have fun, and a good time. If you are interested about and want to be contacted please send a mobile phone number only. No email.  
**Reply Box 9144**

**LADY** 70+, NS. Interests include music, reading and languages. Seeking male friend, postcode 6210.  
**Reply Box 9148**

**LADY** 82, October 2022, it's now or never, needs dance partner 75-82, experienced in Old Time, New Vogue Ballroom dancing to partner me for Albany Dance Festival in late September, first week of October. Please phone Mary 0421 061 538 for more details. Thank you.  
**Reply Box 9151**

**LADY** WLTM 68-75, fin sec guy interested in travel in/out Australia, open to explore future possibilities with tall/slim, fin sec lady. Enjoys reading, gardening, walks, movies etc most social activities, missing companionship, special friend to share above. Postcode 6107.  
**Reply Box 9143**

**LADY** young 70, enjoys socialising, beach, music, travelling, GSOH, financially secure, WLTM genuine man for friendship, possible relationship, NS, enjoy similar activities, fin sec, honest, genuine.  
**Reply Box 9138**

**NICE** gent 63, med build, active, considerate and financially comfortable, WLTM a nice lady.  
**Reply Box 9137**

**PRESENTABLE** European gent, late 70s, medium build, 176cm, active, adventurous spirit, many interests especially travel, NS, NG, SD, financially comfortable, sincere, tactile, NOR, WLTM European lady till 75 for friendship, possible relationship if compatible.  
**Reply Box 9132**

**RECENTLY** moved to Perth, WLTM gent, share what life offers, 75+, social, travel, family, presentable, fit, independent lady. Country hospital volunteer background. Enjoys theatre, music, art, equestrienne, gardens, down to earth, hob nob with the best!  
**Reply Box 9142**

## Seeking a Partner

**ATTRACTIVE** lady 70+, originally from UK, happy nature, 160cm tall, med build, NG, ND. My interests: music, reading, walking, gardening, socialising, WLTM single or widowed, genuine, fin secure gentleman, 67-75 for long term permanent relationship, who lives SOR, Hill area or country. Genuine replies only. ALA.  
**Reply Box 9139**

**ENERGETIC** virile, mature aged gentleman who loves people, adventure and travel. Ex race car driver and commercial pilot hoping to meet an energetic, outgoing woman who loves life and loves having fun.  
**Reply Box 9152**

**FUN** loving friendly woman. Loves to live life. Learning to draw and write. Avid reader. Relaxes with Tai Chi, theatre and friends. Well groomed lady looking for a kindred male spirit to spend quality time with.  
**Reply Box 9134**

**GOOD** hearted gentleman, 70. Happy, smart, different, cheeky, thought provoking, quite handsome, 174cms tall, 60kgs, grey hair, fit, slim but well built. WLTM loving, confident, inspiring lady similar age, build, be herself. Embrace life together.  
**Reply Box 9149**

**MALE** 56, NS, SD, GSOH, educated, active, enjoys swimming, reading, outdoors, movies, travel, art, theatre. WLTM funloving lady, 60-80. Meet for coffee.  
**Reply Box 9145**

**WIDOWER** early 80s. fit, healthy, NS, ND, own home, fin sec, WLTM nice lady NOR, possible relationship if suitable. Meet for coffee and a chat. ALA.  
**Reply Box 9154**

## When replying to a Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only) Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.

No greeting cards, bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not opened. Replies must be in response to reply boxes no older than three months.

## NEWS UPDATED DAILY

[www.haveagonews.com.au](http://www.haveagonews.com.au)

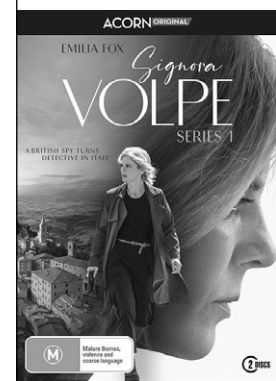
Seniors Recreation Council of WA Inc. PRESENTS THE

# Candy Land Ball

Wednesday 14th September 2022  
 1pm to 4.30pm  
**Astral Ballroom, Crown Perth**  
**\$45.00pp**  
 Includes Afternoon Tea and Floorshow  
 Entertainment:  
 Live Band "Satin Doll"  
 Floorshow by "KlassWorks"  
 For further information & ticket sales:  
**Phone: 9492 9772**  
 Book early to avoid disappointment.  
COVID protocols may be in effect at the time of this event.

Supported by:

## A British spy turns detective...



TOP British spy Sylvia Fox (Emilia Fox; *Silent Witness*, *The Trial of Christine Keeler*) is in Italy for her niece's wedding when the groom goes missing, leaving a dead body behind him.

Sylvia solves the mystery and falls in love - with Italy, and with a crumbling old house on a hillside. Disillusioned with her job and longing to reconnect with her family, Sylvia decides to stay on and start

a new life in the little town of Panicale. But trouble has a habit of seeking Sylvia out and she finds herself tackling a fresh mystery every week - and in the process, becoming increasingly close to handsome local cop Giovanni Riva.

Featuring three feature length episodes, the DVD is released on August 17. RRP \$34.95.

**WIN WIN WIN**  
 We have a stack of copies of this series to give away to some lucky readers. To be in the draw simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with Signora in the subject line or write to DVD Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/9/22.

## SOLUTIONS

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 Matching mature singles since 1995

**SOLUTIONS MATCHMAKING AUGUST SPECIAL**  
 Join for 3 months and receive an extra 3 months FREE (conditions apply)  
**9371 0380**

**LANDSDALE LADY 70** very pretty green-eyed brunette, slim, petite, young looks, happy nature, well-travelled, creative, social. Sk get 68-78.

**JOONDALUP LADY 69** intelligent, attr, blonde, retired from career, div, artistic, funloving, sk gent 65-73 who is happy within.

**FLOREAT LADY 74** elegant, refined, English, blue-eyed blonde, educated, active, loves opera, ballet, the arts & visits to the country. Sk gent similar 68-77.

**WANNEROO LADY 77** outgoing, youthful, full of happiness, energetic, widow, no ties, loves old cars, sk honest, d.t.earth gent 75-82.

**FREMANTLE LADY 78** kind, warm hearted widow, beautifully groomed, loves sport, travel, family & living life to the fullest. Would love to share w/ outgoing gent 76-82.

**MANDURAH GENT 75** widower, 180cm, friendly, d.t.earth Aussie, heart of gold, loves sport, travel, outdoors, sk easygoing lady 70-77.

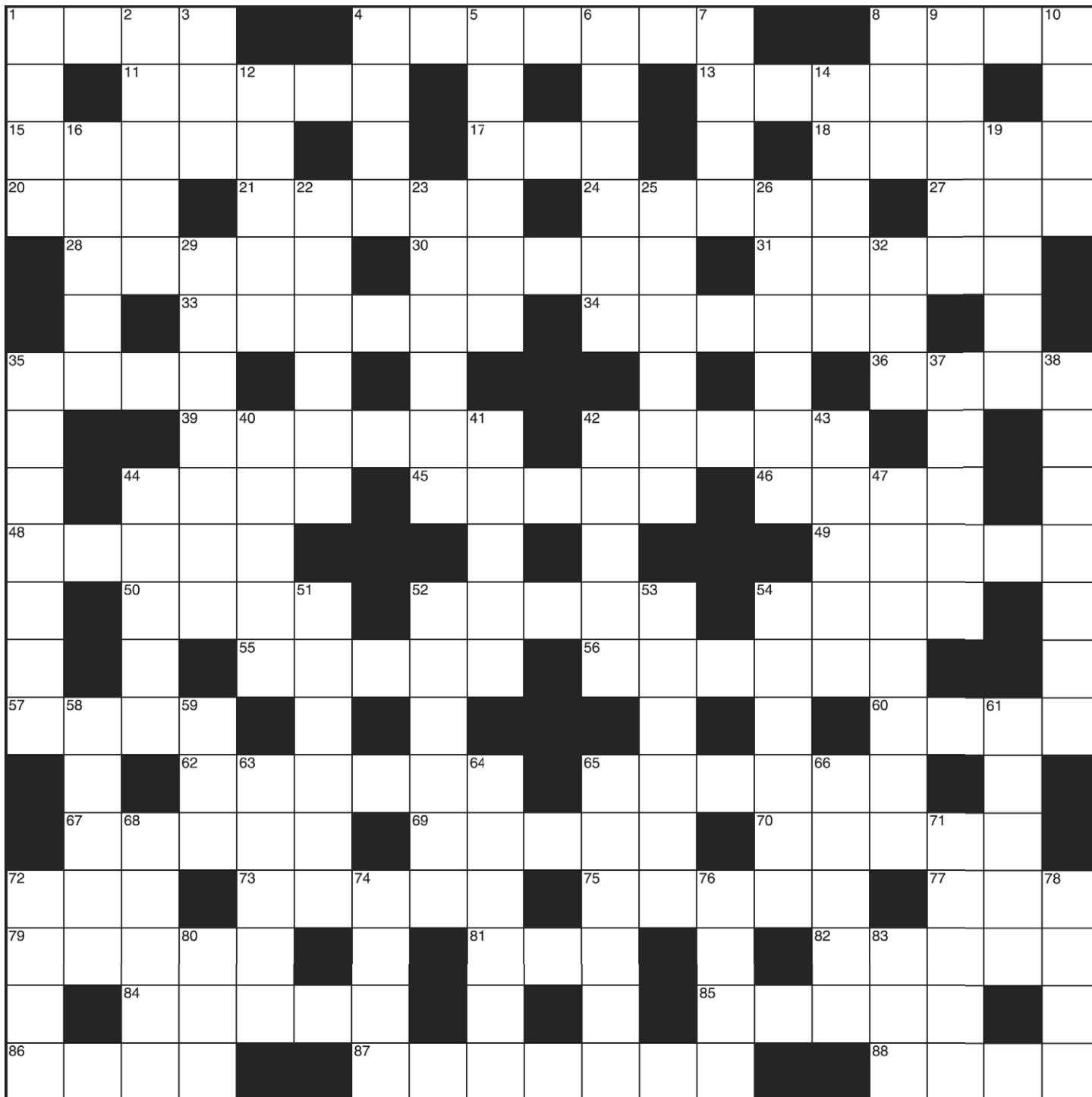
**SUBIACO GENT 78** extremely young & fit, 175cm, trim, academic, interesting, warm, good listener, spiritual, authentic. Sk lady similar to 75yrs.

**DARLINGTON GENT 72** sincere, active, well presented, sociable, widower, 178cm, enj dancing, dining out, exercise, cooking nice meals. Sk lady 66-74.

[SOLUTIONSMATCHMAKING.COM.AU](http://SOLUTIONSMATCHMAKING.COM.AU)



## BIG CROSSWORD - SEE PAGE 40 FOR SOLUTIONS



- ACROSS**
- 1. White House's ... Office
  - 4. Lagged behind
  - 8. Submissive
  - 11. Unfortunate
  - 13. Mad (dog)
  - 15. Tolerate
  - 17. Fashionable, ... mode (1,2)
  - 18. Banish
  - 20. Came first
  - 21. Is introduced to
  - 24. Even further delayed
  - 27. Coke or Pepsi container
  - 28. Criminal
  - 30. Small songbird
  - 31. Air ducts
  - 33. Lay hands on
  - 34. Prairie wolf
  - 35. Sicilian volcano
  - 36. Hospital dormitory
  - 39. Beauty treatment
  - 42. Heavenly spirit
  - 44. Stallion
  - 45. Reclined
  - 46. Kangaroo pouches
  - 48. Pride animals
  - 49. Corn bundle
  - 50. Eagerly expectant
  - 52. Doctrine
  - 54. Unchanged (2,2)
  - 55. Titles
  - 56. Haphazard
  - 57. Sunrise direction
  - 60. Not far
  - 62. Duck's walk
  - 65. Strike (match)
  - 67. Orb
  - 69. By oneself
  - 70. Played (with)
  - 72. ... de Cologne
  - 73. Violin virtuoso, ... Rieu
  - 75. Faith
  - 77. Alcoholic brew
  - 79. Tantalise
  - 81. Compete
  - 82. Go along (with)
  - 84. Fragment
  - 85. Wise bird's chick
  - 86. Stockings
  - 87. Garment's interior coverings
  - 88. ... & that

- DOWN**
- 1. Verbal
  - 2. Apart (from)
  - 3. Young chap
  - 4. Variety
  - 5. Logic
  - 6. Sloping (font)
  - 7. Bother!
  - 8. Intermingle
  - 9. Authoritative order
  - 10. Enthusiastic
  - 12. Disband (troops)
  - 14. Soft cap
  - 16. Be suitable
  - 19. Surgical light-ray instrument
  - 22. Lure
  - 23. Native leaders, ... elders
  - 25. Consecrate with oil
  - 26. Induces
  - 29. Sitting idly
  - 32. Recent
  - 35. Blow up
  - 37. Donkeys
  - 38. Vagrant
  - 40. Malicious fire-setting
  - 41. Looks sneeringly
  - 42. Ire
  - 43. Cowboy's noosed snare
  - 44. Washing bars
  - 47. Smoke stack
  - 51. Cultivated plot
  - 52. Underground storage room
  - 53. Double-edged knife
  - 54. Allows
  - 58. Pond surface growth
  - 59. One, ..., three
  - 61. Befuddle
  - 63. Diminish
  - 64. Cricket side
  - 65. Trainee doctor
  - 66. Whole
  - 68. Humps
  - 71. Third planet
  - 72. Inscribe
  - 74. Fight of honour
  - 76. Flying saucers (1,1,2)
  - 78. Snake-like fish
  - 80. Flan
  - 83. Attain



**CAN YOU HELP US SOLVE THIS PROBLEM?**

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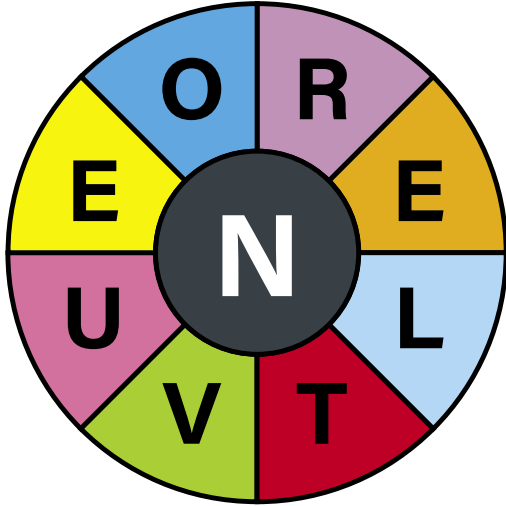


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Riding for childhood cancer research



## 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.



14 Good    21 Very Good    28+ Excellent

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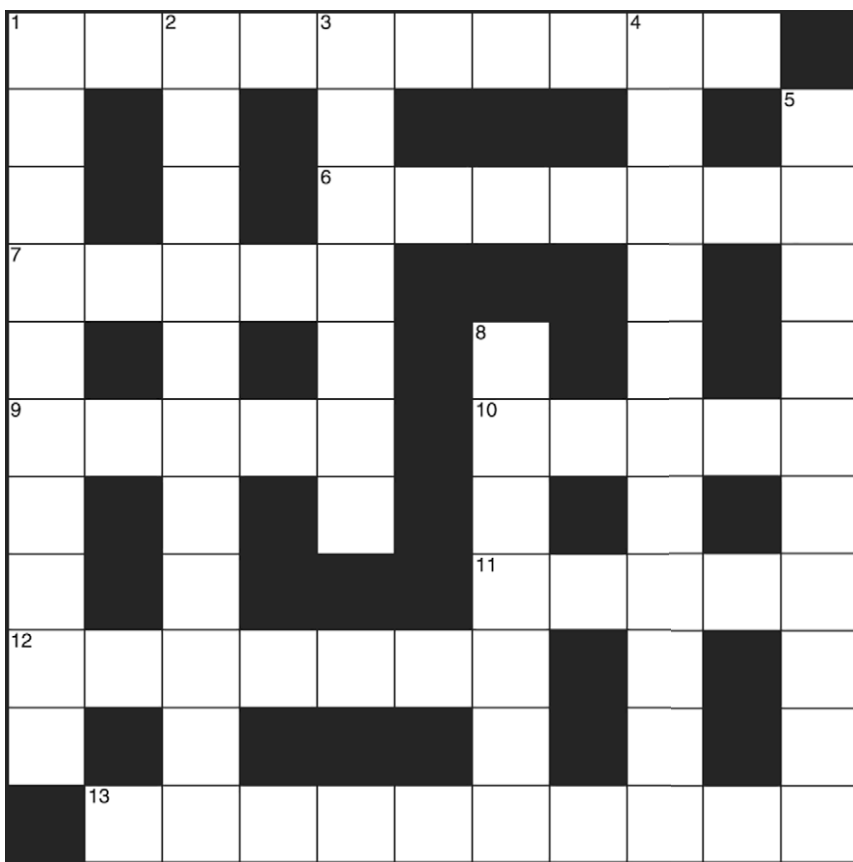
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## SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. RATING: ★★☆☆☆

								2
2		9			3		5	
	7	4			5	9		
9		3			7	6		8
5			8	1	9			7
7		1	2			4		5
		2	5			3	4	
	3		9			8		6
4								

## CRYPTIC CROSSWORD



### DOWN

- Given space, they go round in circles (10)
- Additional vagrant put right out for being recklessly wasteful (11)
- Hear about the Scottish shrub (7)
- How one's inheritance or food, controversially, might be modified? (11)
- Inside, just one hen gets ancient ring of stones (10)
- In fur? No, sounds hot as hell (7)

### STRAIGHT CLUES

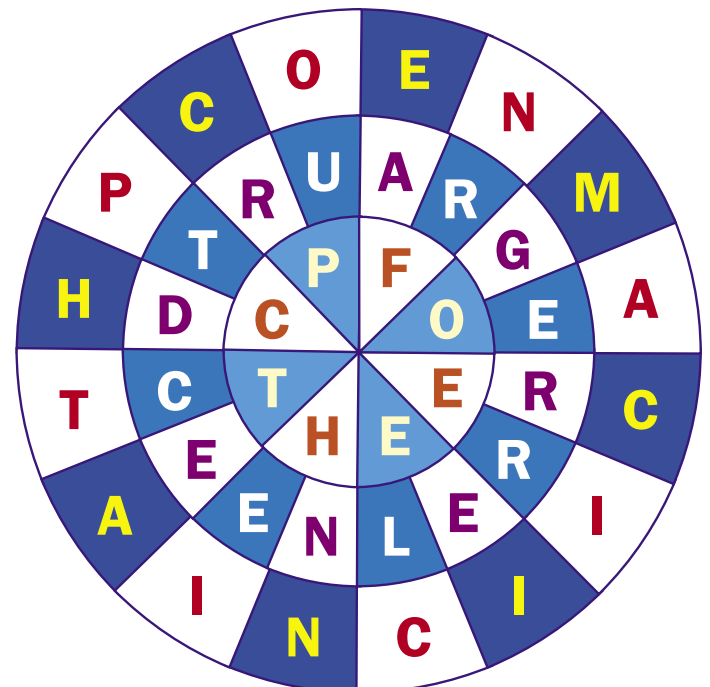
- ACROSS**
- Sheer (3-7)
  - Versus (7)
  - Wading bird (5)
  - Flood barrier (5)
  - Commotion (5)
  - Rub out (5)
  - Endear (7)
  - Standardised image (10)
- DOWN**
- Orbiting bodies (10)
  - Big-spending (11)
  - Actress, ... Locklear (7)
  - Hereditarily (11)
  - Salisbury Plain prehistoric monument (10)
  - Intense blaze (7)

### CRYPTIC CLUES

- ACROSS**
- Perceive the true nature of these rough changes that are transparent (3-7)
  - Opposed to silver satin creation (7)
  - Regret decapitation of heron (5)
  - Bank where the French kept Eve (5)
  - One is disturbed by sound (5)
  - Remove completely from camera sequence (5)
  - Make beloved hyena mourn a little (7)
  - Typical example of music system category (10)

## PRISM

TRACK down the six occupations hidden in our prism. The words appear either clockwise or anti-clockwise and are on alternate spaces.



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**IT'S GONNA GET DIRTY**

**THE NEW BLOCK**

**SUN MON TUE WED**





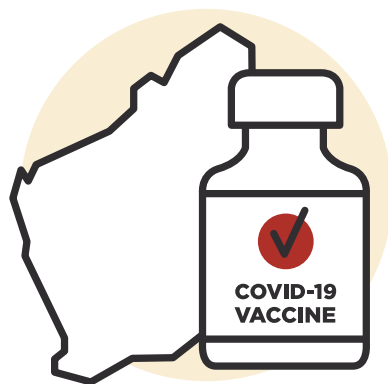
# COVID-19

# Stay safe WA

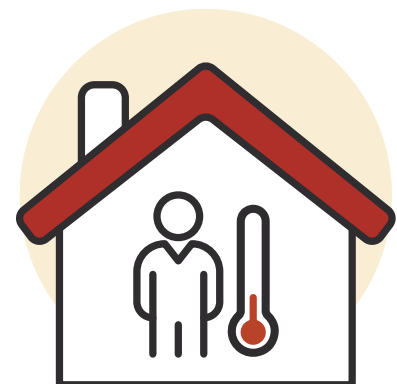


With more COVID-19 subvariants spreading in the community, there are things you can do to stay safe.

To minimise your risk, **wearing a mask indoors** is strongly encouraged.



Stay up to date with **COVID vaccines** and get your **fourth dose** if eligible



**Get tested and stay home** if you're feeling unwell



**Wearing a mask indoors** is strongly encouraged



Continue to **wash or sanitise your hands** regularly



**Talk to your GP** about antiviral treatments