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Cup legend - 40 years on...



John Longley next to the history winning Australia II yacht which is on permanent display at the WA Maritime Museum

est - physical or mental. I guess we all know that... just need to do it."

On the famous cup win's 40th anniversary, John told *Have a Go News*: "I am amazed and humbled by the continuing interest, even from people who were not born at the time."

Were the crew truly confident of beating the Americans?

"Yes, because we came back from one - three down and two of our losses were from breakages. We felt we had an edge in several areas but of course we were fighting history and a very smart crew of sailors on *Liberty*."

"What we did not know was that the Americans had one last roll of the dice. They lightened their boat by taking out all their internal ballast and spare sails and added sail area to the one genoa they took to sea."

"As a result, they were faster than us in the light conditions of race seven. If they had sailed a more conservative race I think they would have beaten us."

John Longley, AM, is a veteran of five America's Cup campaigns. He was key to *Australia II's* design, strategies and, with skipper John Bertrand, selecting the winning crew.

John is also remembered for bringing the *Endeavour* replica to fruition after five years. He circumnavigated the world on her over six years through 149 ports.

John said the America's Cup win was a unifying moment for Australia.

"We were in a recession, interest rates were 12.5 per cent, inflation was booming and we were in the middle of a Cold War. All-in-all things were pretty grim. To have such a good news story really lifted the whole country, even those who had never set foot on a sailing boat."

continued on page 7

by Lee Tate

JOHN Longley, 78, catches the wind on the Swan River, 40 years after helping to master-

mind Australia's sensational America's Cup win.

"I still sail, swim and row - I like the water," said John who sniffed sea

breezes and the sailing life as a schoolboy, 65 years ago.

For a full life, John offered this: "Simply find some sort of physical

activity you like and keep doing it as long as you can."

"It is also important to engage with groups who share a common inter-

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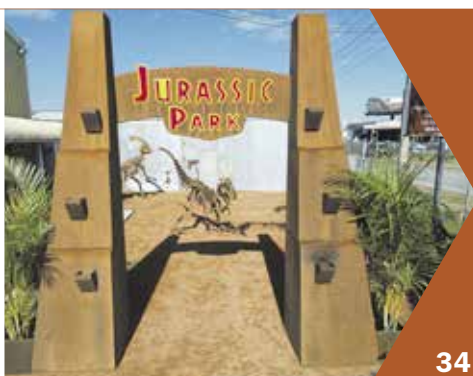
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From the managing editor's desk



L-R; At the Korean War Memorial lunch - Jen Merigan with veteran Harry Webster - Peter Heeney was recognised for his tireless work getting the Korean War Memorial to fruition in Kings Park.

ONE of the things I enjoy most about my job is meeting so many people in the community. One such man who I have immense respect for is Peter Heeney who, among other roles, is the secretary of the Perth Korean War Memorial Committee. Peter and his chairman Bill Munro along with the team had their dream realised when the stunning memorial in Kings Park was unveiled last month at a moving ceremony. Following the unveiling they celebrated the occasion with a lunch at the State Reception Centre and there I had the opportunity to catch up with the committee and

the darling Harry Webster who is a veteran of both WWII and the Korean War and who we featured in our pages in our June issue. You can read more about this event on page 20.

Over the last few months I have enjoyed getting out and talking to many clubs and groups about the history of *Have a Go News*. Last month we marked our 32nd birthday. Apart from producing the monthly newspaper we have done much in the Western Australian community to improve the lives of older adults I enjoy sharing the story as it marks the lives of me and my family.

Last month I spoke to a group from Alchera retirement community and was thrilled with the feedback I received from them about the newspaper. They all said they enjoyed the story even more knowing that *Have a Go News* has been a family affair.

I spotted a great little concept I wanted to share with readers called *The Tearoom Diaries*. It's an Australian concept which offers an immersive and unique storytelling experience of nostalgic Australian stories from the 1920s. What most attracted me to this was that when you subscribe to the service you receive beautiful letters and vintage postcards hand-delivered to your letterbox every month for an entire year. It makes a beautiful gift and they offer free shipping within Australia. Find out more at www.thetearoomdiaries.com.au or email them at contact@thetearoomdiaries.com.au

Each month our *Have a Go News* Facebook page grows, reaching hundreds of thousands of people. It provides us with the opportunity to interact with readers on a regular basis.

We don't do hard news, we post a variety of entertainment, giveaways, jokes, art and information. Join us by following our page at www.facebook.com/Haveagonews/

If you're happy to read the edition online we offer a service where we send you the digital copy on the morning of publication day. We don't send any advertising material just the digital issue once a month. Sign up for free at readers@haveagonews.com.au

If you are looking for a copy of a story from a previous edition - we have back issues of the newspaper on our website.

Don't forget to support our advertisers - they are the reason we supply this newspaper free each month.

It's the last month of winter and I hope you find a warming feeling from reading this month's content.

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

Have a Go News Quick Quiz

Questions

1. HOW many Little Penguins live on Penguin Island (350, 450 or 1,000)?
2. Marble Bar's marble is actually what rock?
3. WA beekeepers operate how many beehives (1,400, 2,900 or 29,000)?
4. The world's biggest-ever animals, seen in WA, are ...?
5. The world's most valuable gold coin was minted in which city?

6. WA's Beagle Island is occupied by the world's rarest ...?
 7. World-unique WA product, Bravo, are what fruit?
 8. Sir John Forrest opened the trans-Australian rail link in Perth in ...?
 9. Perth introduced parking meters in ... 1958, 1959 or 1960?
 10. Subiaco Oval opened in ... 1908, 1912 or 1914?
- See page 44 for answers.

Great West Aussies - Did you know?

COUNTRY music singer, Ernie Bridge (1936-2013), was the first Indigenous person elected to WA's Parliament (1980-2001), Australia's first Indigenous minister and first Indigenous member of an Australian cabinet. His successors in the seat of Kimberley were Indigenous women Carol Martin, Josie Farrer and Divina D'Anna.

Noongar Words

Mirda - Red
Wooyan - Blue

Noongar Season

Djilba - Late winter and early spring

Ageing Snippet

The Mediterranean Diet: Good for health and hip pocket

NEW research from the University of South Australia shows that the Mediterranean diet is not only good for your health but also the weekly budget.

Researchers found the Mediterranean diet cost \$78 per week for a single person household, \$135 for a household of two, \$211 for a family of three, and \$285 for a family of four.

UniSA researcher and PhD candidate Ella Bracci says the research shows that a Mediterranean diet can be a viable and healthy option for cost-conscious families.

"Diet is one of the leading modifiable risks factors for chronic disease. Yet a significant number of Australians are still not consuming a balanced healthy diet," Bracci says.

"Australians tend to eat a fair amount of food that's high in fat, salt, and sugar, which reflects the Western diet. Unfortunately, this is also contributing to increased rates of type two diabetes, heart disease, obesity, and osteoporosis.

"The Mediterranean diet encourages eating fruits and veggies, whole grains, nuts, extra virgin olive oil, seeds and seafood, and there is a view that these foods are more expensive. And with cost of living being so high in Australia, it's no surprise that people are being careful about where their hard-earned dollars go."

Word of the month

loquacious
adjective | loh-KWAY-shus
PEOPLE described as loquacious may also be called wordy (prone to

using more words than considered necessary when talking) or garrulous (tending to talking a lot).

Example

He is the loquacious host of a weekly news broadcast.

Loquacious first made its appearance in English in the 17th

century and, with poetic license, some writers extended its meaning beyond "excessively talkative," to describe various things such as the chattering of birds and the babbling of brooks. The main source of the word is loqu, a Latin verb meaning "to talk, speak."

Quote of the month

LIFE is like riding a bicycle. To keep your balance, you must keep moving.

Albert Einstein

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Theatre icon brings an intimate style of musical to Perth



Drew Anthony

by Jennifer Merigan

IT was a lucky day for Perth theatre lovers when world renowned actor and producer Drew Anthony fell in love and relocated to our sunny shores.

Perth gained a huge talent whose passion for live theatre sees him producing and directing three shows a year at the intimate Theatre Royale in Northbridge.

With a resumé a mile long, *Have a Go News* wanted to know more about Drew Anthony and invited him to our office

to share his story.

"I just knew I was going to be in showbusiness – I just knew it," said Drew.

"At 12, 13 years old I'd be performing wherever I could around the Gold Coast, doing tap numbers and singing. I had the opportunity to join a theatre restaurant production in Brisbane when I was 14 and that was a great experience," he said.

That led to his first role in the Australian production of *Me and My Girl*.

"I didn't even audition for it, the producer rang and said we heard you

were a really good dancer and the next minute I was on a plane to Melbourne," he said.

At not quite 16 years old, *Me and My Girl* provided the springboard for Drew to go from musical to musical for the next 15 years.

"I starred in *Me and My Girl*, the original production of *Cats*, *42nd Street*, and had a long association with *Hot Shoe Shuffle*.

"I owe a lot of my career to David Atkins giving me terrific opportunities, I was Mr Musicals for a long time," said Drew.

In 2000 Drew took on the role of associate director for the closing ceremony of the Sydney Olympics taking his career on a different path for the next 15 years.

"After Sydney, we did the ceremonies for the Asian Games, the winter Olympics in Vancouver, World Cup Rugby for New Zealand and more.

"The fundamental job when you are on the creative team for an international ceremony is to represent the culture of the country in a theatrical way which engages the world."

Drew transitioned from ceremonies into festivals working on Sydney's *Vivid Festival* along with *White Night* in Melbourne.

When he decided to

move to Perth for love, he came here not having any idea of the creative and cultural landscape. Working on the light and illumination festival *Kaleidoscope* for two years gave him the opportunity to engage with artists and creatives and get a sense of the city.

"Then Covid hit and, for WA, it was such an interesting time, because we were kind of in our own little world and unlike the eastern states it opened up a lot of opportunities in the arts," said Drew.

"Theatres like Crown, His Majesty's, Subiaco Arts Centre and Regal, all of those theatres went dark and had no product and they started to give opportunities to local companies that would not normally be given that space.

"I had the opportunity to help develop a musical theatre production of *The Boy from Oz* which I was thrilled about because I had worked with Peter Allen and Todd McKenny is a great friend and I was very much around when the show did its first couple of productions in 2007/8.

Drew said this was the catalyst which reminded him how much he loved musical theatre.

"I knew by then I was going to stay in Perth long term and my thinking became what is my

contribution going to be."

He wanted to give Perth a musical theatre heartbeat of its own and serendipitously discovered Planet Royale in Northbridge.

"I chatted to the owners, and I spent about six months creating a model that was sustainable and decided to put on *Grease* which sold out. "The owners came to me and said it went really well and can you do it again."

Drew has now committed to doing three shows a year across the cooler months opening this year's season with *Strictly Ballroom* which played to full houses and rave reviews.

This month he brings the classic Broadway musical, *A Chorus Line* to the stage. It held the mantle of Broadway's longest running show for a long time.

"It's a very human story and it's a bare stage with 16 amazing performers singing and dancing and telling incredible stories about who they are and why they want to be in show business."

To finish off this year's season, the final show is *Gypsy*, the true story of burlesque stripper Gypsy Rose Lee, last seen in Perth in 1976.

Drew says the central character is the mother and all the great women across history have

played the role including Ethel Merman, Bette Midler and Tyne Daly. More recently there was a very famous revival with Rose played by Imelda Staunton who readers would know from *Downton Abbey* and *The Crown*.

"I have gone into this knowing my Rose is going to be Lucy Williamson, she is an absolute jaw-dropping performer, a West End actress who was in the original cast of *We Will Rock You*."

Drew said he has long thought that Perth deserves an unshamed first-class musical theatre company and that is exactly what he has dedicated his broad range of skills and talent to.

A Chorus Line plays at Theatre Royale, 12 Lake Street, Northbridge until August 20. *Gypsy* opens in October. Matinees available. Disability access – ensure to advise on booking. Tickets available from www.drewanthonycreative.com.au/

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The City of Perth aims to embrace seniors



Lord Mayor Basil Zempilas welcomes seniors among city volunteers

by Lee Tate

PERTH city has open arms for seniors, Lord Mayor Basil Zempilas told *Have a Go News*.

"Our seniors are an important part of the fabric of our city and an integral part of our community," he said.

"The City of Perth aims to create a safe, inclusive and supportive city for a range of people with different needs."

Mr Zempilas points to extensive, free and discounted services and special considerations for seniors.

The Citiplace Community Centre, above Perth Central Railway Station has low-cost meals, themed lunches, podiatry

appointments and technology tutoring for individuals and groups up to four people.

There's also an op shop, crafts and bookstore, tax help, fitness classes with chair yoga, zumba and tai chi as well as social clubs, scrabble and mahjong.

"The community hub is a welcoming and communal space that provides a range of services, community events and volunteer opportunities of interest to seniors, residents and visitors to the city," a council spokesperson told us.

The City of Perth library was another community hub, offering a book-delivery service to people who are unable to come

in. This was a service often accessed by seniors.

Perth City Council offers 'in-kind' venue support grants to clubs and organisations, primarily aimed at seniors in the bridge club and Royal Historical Society.

Sponsorship is given to organisations and events for older audiences, including recent GRAI (barn dance Perth), GLBTI Rights in Ageing Inc and a 63rd Regiment Memorial Service - Royal Western Australian Regiment.

Among ANZAC Day events is the inclusive Sunset Service for those who find the traditional dawn service a challenge to attend.

"Many of our own events also cater to se-

niors with inclusive and accessible options including the Boorloo Heritage Festival and Tree Month," said the spokesperson.

The council focused on ways for people to get around the city safely and easily.

"We recently identified some areas where we could improve access as part of our Disability, Access and Inclusion Plan. These areas for improvement will inform capital works projects over the next 10 years, ensuring our city remains inclusive of people of all abilities," the spokesperson said.

CAT buses allowed for an easy and free mode of transport to get around the city and the City of Perth prided itself on being safe and clean.

"We have a nation-leading surveillance centre with almost 700 cameras, staffed by a team of security experts, including WA Police, around the clock.

"We also have a physical presence on our streets with a dedicated team of rangers, cleaners and mobile parking patrols working hand-in-hand with our surveillance centre.

"We are a 24/7 operation and we are here to help seniors when they visit our city," said the spokesperson.

Did you attend Baysie Primary School between 1963 -1969?



ARE you wondering where everyone ended up? Who did what? A year group is organising a Bayswater Primary School reunion on September 23 from 1pm - 3.30pm.

The reunion will take place at Halliday House (Bayswater Historical Society), 114 King William Street Bayswater. Bring a plate to share and your favourite drink, pictures and school uniform to share memories and laughs in the garden. Partners welcome, please register as below.

Register on the Eventbrite event by Thursday September 21- www.eventbrite.com/e/bayswater-primary-school-reunion-year-1-in-1963-year-7-in-1969-tickets-667474824167?aff=oddttdcreator.

If you have questions, contact Lynn Deering email lyn.deering@jobtactics.com.au or Barry Dux duxproductions07@gmail.com.

An interesting, joyous social life with Just Friends...

JUST Friends is a Claremont based social group for people aged 60 or over who are unattached and want to expand their social lives.

In its 25 years of operation many long term friendships have been made at its regular functions.

On the second and

fourth Tuesday of each month the group meets at the Claremont Yacht Club from 7.30pm.

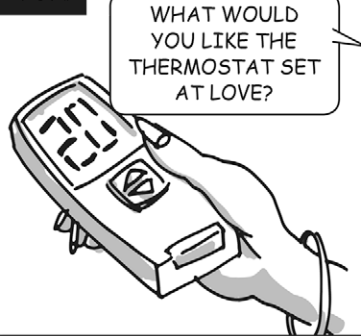
Every week they are a variety of events including dinners, outings, house parties, dinner dancing, river cruises, coffee mornings and twilight sailing.

Membership is \$80 per annum which also gives associate membership to the yacht club.

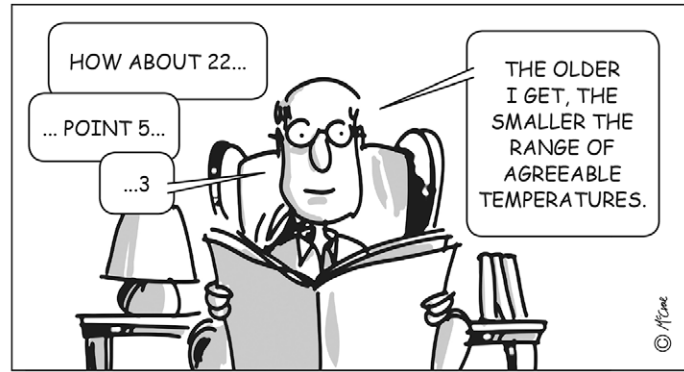
Attendance is \$10 for visitors and \$5 for members. Visitors can attend three times before joining.

Call 0417 174 811 or email helenjbedell@gmail.com for details.

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... POINT 5...

...3

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Evergreen entertainer Ed Storm gladdens people's hearts with his songs



Eddie Storm

by Josephine Allison

EDDIE Storm had been a singer for many years when he was invited to entertain in Vietnam. "I was in Perth and things changed in 1969 when I passed an audition to entertain the troops there," he tells *Have a Go News*.

"I visited there in 1969 and 1970. We went there for three weeks at a time, entertaining at Da Nang,

Nui Dat and other places. We were also asked to entertain the US troops which we did.

"I received three plaques and medals for performing, it changed my life. I met terribly injured young men in field hospitals where we went to play the guitar and sing.

"One young man said he had stepped on a land mine and both his legs were blown off. He

thought he would die until he heard a helicopter overhead and he knew he would be safe.

"I cried, I was among heroes, that's what these kids were. They didn't want to go to war but they were so brave. I went to Vietnam as a singer and came back an entertainer."

British born Eddie Storm, now 91, is a familiar face on the Perth scene, entertaining Perth's senior citizens for many years. He gave his final show at the Mandurah Seniors Centre earlier this month but says he won't be retiring completely.

"I'll still be doing stuff like nursing homes, perhaps the Perth Town Hall," he says. "I'll try and keep going but the short term memory loss is kicking in, so this will probably be my last year."

Eddie Storm has been singing and performing for more than 70 years. He started singing aged 20 after an early career working in various jobs including a butcher's shop, pastry shop and on building sites.

Born in Plymouth, Devonshire in 1932, his mother and grandmother were both singers who loved Vera Lynn songs. When

World War II broke out, Ed was aged seven. A year later the Devonport dockyard was bombed and the house the family was living in was destroyed.

Ed left school at 14 and joined the army at 18. He married young and the couple had four children. "I had a feeling I could sing when I was in the army and was asked on stage to sing.

"To my amazement, the troops really applauded and I decided that was what I would do when I left the army."

Ed started singing at bingo centres and was even applauded when he made a mistake in one of his songs. He met a retired marine who had several dance bands and became a dance band singer for 15 years.

In 1967 Ed and his family emigrated to Australia and he obtained a job singing in a Perth nightclub. "Max Kay was my mentor, he was huge in those days, he could fill any room with Scots people. He heard me singing in the band and brought me onto the floor which was the start of my professional career.

Later, Ed was invited to Melbourne where he became heavily in-

involved in the entertainment scene, winning the 1971 *New Faces* show. He performed with the likes of Matt Monro and the Seekers, Little Pattie, Normie Rowe and Patsy Ann Noble, appearing on the *Tonight* show, at the Sidney Myer Music Bowl and alongside comedian the late Mary Hardy in the *Penthouse* show.

Twenty six years later he returned to Perth and was asked by Jan McGlenn OAM to do a show at a seniors club in Mandurah. He went on to perform at

nursing homes and has never looked back. What songs does he enjoy singing? "Anything from Elvis Presley, Matt Monro, Tom Jones, the Platters and Roy Orbison.

"I do *Phantom of the Opera* complete with cape and mask and audiences just love it. People see me and can't believe I'm 91.

"I have a lovely wife Vee, wonderful friends and a big following in Mandurah. I have been so lucky to come to this country...I would probably be the oldest band singer in En-

gland if I had stayed!

In 2016 Ed was awarded an OAM for his services to the music industry, a proud moment for this versatile entertainer who sings everything from classics to pop and engages audiences with his lively repartee.

Outside entertaining, Ed enjoys playing darts, dining out with friends and enjoying the Mandurah life. Culture and Arts Minister David Templeman is a fan.

Life is good for this evergreen entertainer.

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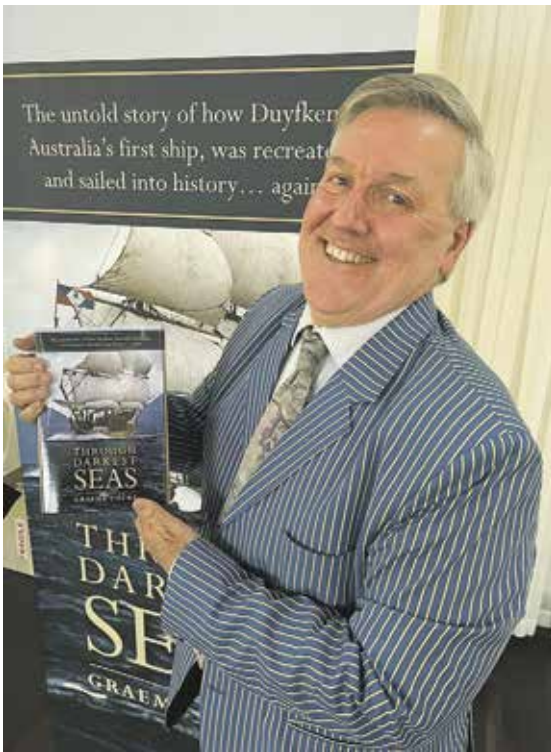


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A grand story of the little ship *Duyfken* and the inspiring team behind it



Graeme Cocks

"So I started writing and, two or three years later, this is the result, *Through Darkest Seas*, the untold story of how *Duyfken*, Australia's first ship, was recreated and sailed into history... again.

"What I wanted to do was pay tribute to everyone who had been involved in the early days of the ship and to make sure the true history of the ship was recorded as people start telling stories about things as time goes on.

"I was right from the start so I know what actually happened so I thought, 'let's write about that and it's there, it exists now. The early beginnings were with Michael Young when we sat down at his home after he wrote a letter to the *Fremantle Herald* newspaper and said *Duyfken* should be built as *Endeavour* was leaving Fremantle.

"*Duyfken* was a small ship and inexpensive to build compared with the *Endeavour* and should be built in Fremantle. Michael was flooded with people saying it was a good idea and I heard about it through *Endeavour* and John Longley.

"I used to help *Endeavour* and it was suggested I talk to Michael and I did and I just got wound up with the *Duyfken* story

which took years of my life basically. I ended up running it and the voyages.

"These were the memories I had in my head for the book. Fortunately, I had a bundle of archive boxes in the ceiling of my house which I hadn't looked at for 20 years, so I dragged them out and started going through them. I had kept pretty detailed diaries as well so I could put things into the sequence of events and compare them with my memories of things that happened at the time.

"I gradually assembled the story as accurately as I could and put a lot of myself into the book. Because I did so much with the ship and saw things that happened I have interpreted what I saw and put it into context."

A self-confessed landlubber who usually writes books on motoring, Graeme describes himself as useless on sailing ships. "You should always realise that sea sickness is horrible and I could never beat that. When I went out on the *Duyfken* beyond the horizon I would get seasick."

But Graeme says he quickly saw the best contribution he could make to the *Duyfken* was to organise its completion, promote the ship and or-

ganise the voyages.

Against all odds, a magnificent 16th century Dutch sailing ship was conceived and constructed in Fremantle. Hailed as the finest "Age of Discovery" replica ship ever built, *Duyfken* was sailed on two momentous voyages across to Indonesia and then to Europe.

Duyfken was built by the *Duyfken* 1606 Replica Foundation, jointly with the Maritime Museum of WA, and launched on January 24 1999 in Fremantle. Construction of the vessel was made possible by the generous support of the Kailis family. The long road to its completion was one of pain and hardship but also dedication and optimism.

Graeme says when he looks back he believes such a project will never happen again. "It was a combination of a number of factors; Michael Young's idea in the first place and Michael Kailis, the fisherman made good who contributed the drive and enterprise.

"Thirty years later we live in a risk adverse world. The things we did, people would think we were crazy to tackle some of them such as sailing to Indonesia in a civil war and to sail a ship

from Sydney to the Netherlands alone and unassisted and do it successfully. These things now would be considered too risky.

"The great thing about the *Duyfken* was the enormous network of people around the world I could speak to: A crew member now living in Micronesia, another in Bali, another in Hawaii, the foundation leader in the Netherlands and tracking people down in the US and Australia.

"They were such great friends during the *Duyfken* period and a great help with the book. If the story wasn't told, people would see the ship in Sydney and say, 'isn't that a great ship as it does day sails."

"We took the *Duyfken* on a sail which lasted a year. We went to Indonesia, a major accomplishment. People will look at the ship and say she's tiny but she's a mighty little ship which did WA proud and we should never forget."

Graeme says the *Duyfken* ran out of steam in WA and the fact it is now based in Sydney raises the biggest question of all. The National Maritime Museum put out a lifeline to save the ship and the then state government

passed on an enormous opportunity to provide a long-term asset for the state.

"The state government failed to see that. It's up to the government to recognise the support of a community project like this. These ships are expensive and gain the support of volunteers and visitors who contribute their \$10 and put in their time for nothing.

"It's a great shame the previous government failed to support it. *Duyfken* will never come back here, she is now a national asset owned by the federal government but I do hope she returns one day, I certainly will go down to Fremantle to welcome her back."

Graeme will head to the Netherlands in November to launch his book at the National Maritime Museum in Amsterdam, a big honour. In 1995 the then Dutch Crown Prince Willem-Alexander (now King Willem-Alexander) laid the keel for the *Duyfken* while on a visit to Perth.

Through Darkest Seas (\$40, Motoring Past Vintage Publishing hardcover), is also available in softcover and as an ebook. It can also be found on Amazon and from New Edition bookshop in Fremantle.

by Josephine Allison

PERTH author and *Duyfken* devotee Graeme Cocks thought he had moved on with the little ship which captured the hearts of Western Australians until Covid struck.

"It wasn't a natural progression to write a book about the *Duyfken*," Graeme tells *Have a Go News*. "I left my involve-

ment with the ship after 20 years and, I guess, in a sense I thought I had got the ship out of my system.

"But then I realised as people started passing away and, as the ship left Fremantle and relocated to Sydney, I thought it was time to sit down and write a book. A lot of my work I was doing had dried up so I thought, 'this is the time'.

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Cup legend - 40 years on... by Lee Tate

continued from front cover



L-R; Wind in their sails: Skipper John Longley and Socks on the Swan River - The crew of Australia II - Longley on the bow - John Longley and Warren Jones at the America's Cup victory parade

"For WA it had people all over the world reaching for their atlases (remember them) trying to find out where Perth and Fremantle were. It bought \$450 million investment into Fremantle.

"For me the freedom to live my life with the relief that we had not lost. Also, it led to the Endeavour project that was the other great professional joy of my life."

John said the whole team remains close.

"We went through a lot. We have got together as a team for a reunion every 10 years and, individually, often in between. All of us look after ourselves pretty well and keep as fit as we can," he said.

Are there any untold Cup secrets?

"Maybe just different emphasis on some of the things we did that made such a difference. It was easy for people to grasp that Australia II had a very radical keel and put our

success down to that. But the keel was only one area that we excelled.

"Our sails, designed by Tom Schnackenberg, were superb. Our mast and rigging, instrumentation, hull form, deck layout and so on were first class and if I may say so, so was our crew.

"We had a wonderful blend of experienced campaigners and younger very smart sailors. We were there for only one reason - to win."

John remains interested in Amer-

ica's Cup challenges "but I prefer the more traditional boats where the difference in speed is so minute.

"The ferocious pre-start, the tacking duels, the chaos of the leeward mark, the crew being sailors not just athletes and the closer interaction of the boat with the subtlety of the wind changes is what interests me.

"That doesn't mean I am not amazed by the technology of the new boats and the extraordinary

speed they can produce. It's a bit like cricket. You can enjoy T20 and Test Match cricket at the same time. It's just that I prefer Test cricket."

John continues to build State and national interest in St Ayles skiffs, attracting seniors into their 80s who like gentle river rowing.

"I would like to finish the book I started in 1995 but rarely get around to as the sun keeps shining and the Fremantle Doctor keeps blowing," said the celebrated sailor.

Maritime Museum celebrates 40th anniversary of Australia II winning the America's Cup

IT put Australia and, more importantly, Western Australia on the world map when Alan Bond's syndicate took out the America's Cup in Newport in September 1983.

Along with Bob Hawke saying: "any boss who sacks anyone was a bum" from his vantage point at the Royal Perth Yacht Club while sporting the colourful Australia blazer.

Now the WA Maritime Museum at Victoria Quay in Fremantle has put together a special exhibition to mark 40 years since Australia II won the America's Cup from September 9.

The exhibition titled Australia II: 40 Years On will include a brand-new film featuring untold stories by the 1983 winning team members.

WA-based crew members John Longley and Skip Lissiman are among those who have been filmed sharing their memories of the historic victory in 1983, and Australia II Captain John Bertrand AO, will also feature in the exhibition video. Eileen Bond makes a rare media appearance in the film, revealing her experiences on the New York Yacht Club social scene and what it was like on tender Black Swan during

the race.

The film, featuring archive footage and photography, digital animation and soundscapes, will be screened inside the exhibition on an eight-metre curved screen at the WA Maritime Museum. Visitors to the Victoria Quay venue will be able to inspect Australia II and its famous winged keel, designed by Ben Lexcen AM.

The exhibition will also include two rarely seen original Boxing Kangaroo flags flown at Newport, Rhode Island, site of the victory, as well as model yachts and sailing-themed interactive exhibits.

The Western Australian Museum has been collaborating with the State Library, State Records Office, and Royal Perth Yacht Club ahead of the exhibition which will run until February 4, 2024.

Culture and the Arts Minister David Templeman said he is proud to confirm the State Government's support of this momentous anniversary through the WA Maritime Museum exhibition and additional celebrations planned for the Victoria Quay precinct.

"Australia II's legendary victory over Liberty in Newport, Rhode Island, is still firmly in the hearts and

minds of many Australians forty years on. The Boxing Kangaroo emblem; Men at Work's unforgettable anthem Down Under: there are so many vivid memories from this time.

"The seven-part race seemed unwinnable at 1-3 down and with New York Yacht Club having held the America's Cup since 1851, but we won - and in the most dramatic fashion!

"It's wonderful to have a

WA Maritime Museum exhibition to revisit historic moments that made this such a stand-out event for Australia. I am also looking forward to marking the anniversary at Victoria Quay for all to enjoy."

Western Australian Museum CEO Alec Coles added: "The WA Maritime Museum opened in 2002 to showcase Western Australia's rich maritime history, and it was designed specifi-

cally to house Australia II.

"This special exhibition will explore the history of the competition and, of course, the amazing story of the design and build of Australia II, and the campaign to win the Cup.

"The Western Australian story did not end in 1983 because the opportunity to host the Cup in 1987 put Western Australia on the global map and transformed Fremantle. Whilst the Americans

won the Cup back, the positive impact for Western Australia was enormous."

The museum is located at Victoria Quay Road, Fremantle and is open daily from 9.30am to 5pm.

General Museum entry fees - standard-\$15 - concession - \$10 and

juniors (15 years and under) - Free.

On the second Tuesday of every month, entry to the WA Maritime Museum is by gold coin donation.

The exhibition runs from September 9 until February 4 and tickets can be bought at the door, booked online or by calling 1300 134 081.



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Where opinions matter - the changing global landscape...should we worry?



given a rare interview with a West Australian intelligence insider and former federal ministerial advisor.

Have a Go News: The world looks worryingly unstable. What's the good news?

Advisor: It is unfolding but we are moving on in a healthy way. We are getting to know to not be wary of fellow members of the human family or their national governments because of who they are or where they come from, or what they

have done in the distant past.

It is what they do, or what say they will do, that counts. And even then, we know that many national governments do not represent their people very well or at all.

We have moved on from tribalism and fanatical nationalism and are evolving towards a global identity while recognising the importance of diversity of peoples and sane patriotism.

That's good because only global solutions can solve the nuclear threat, the climate threat, deadly pandemics, the artificial intelligence threat and the terrorism threat.

Have a Go News: Commercial interests seem to be a double-edged sword, fostering rivalry but ensur-

ing peaceful trading partnerships.

Advisor: There sure is a lot of commercialism in the irresistible force that is globalisation. Look at Meta (Facebook, Instagram and Threads) and Twitter, for example.

Nation states find it hard to control commercial interests. There are quite a few commercial interests which try to frighten people about globalisation. You see in the US that a main target of the far right are "globalists".

There are a lot of globalised organisations that work for good, including some United Nations agencies that govern air transport and so on. Plus, international development and aid agencies and doctors without borders.

The huge rise in international travel, together with

social media, is making global friendships much easier than before and most people realise that citizens of other countries are usually peaceful.

Have a Go News: What would you say about the prospects for the next generation?

Advisor: We cannot predict accurately what will happen in, say, the next 50 years except to say that we will see globalisation progress, and that there is bound to be fanatically nationalistic resistance to its irresistible rise.

Australians should be proud of the work being done by our political parties and the foreign affairs public servants to advance the cause of a rules-based international order.

With agreed international laws we can resolve in-

ternational disputes but if some parties refuse to participate, there will be great danger, whether of the nuclear, climate, pandemic or artificial intelligence kind.

Naturally, the fear of a global dictatorship will be voiced, so the priority for the next generation is to ensure they commit to the truth that all humanity is part of the one human family.

The logical consequence of that is to work towards the formation of a federal global society built on justice for all, one that honours the cultural diversity of its constituent parts and abides by over-arching international laws on global matters.

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

by Lee Tate

WESTERN Australia's isolation from shaky world affairs gives us consider-

able comfort but what to make of the current turmoil and changing global landscape?

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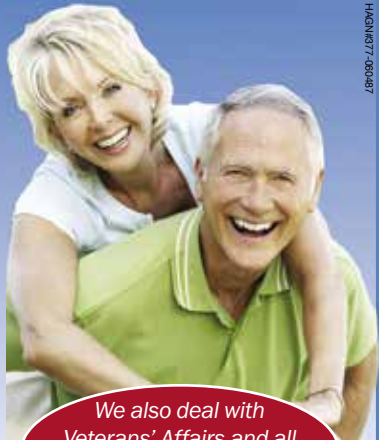


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Sikhs from India began moving to Dongara towards the end of 19th century. Most of them came from a military background in India, which might have paved their way to Australia.

But they were not allowed to bring their families and neither were they allowed to marry any Australian woman.

Sikhs mainly ventured into two occupations – hawking (but they were not allowed hawking licences in the metropolitan area so were forced to move to the countryside) or transport (as camel drivers, mainly in desert areas).

Some of the hawkers eventually opened stores while others tried their luck at farming. Sikhs were involved in various social activities – sports, mainly wrestling, and volunteering for the defence forces. They also demanded fair and equal treatment, a prominent example being the Sikh petition signed by 100 Sikhs in Kalgoorlie in 1898.

The WA State Cremation Act 1929 is a historical landmark associated with Sikh community, specifically with the cremation of Pola Singh in 1922, though he had died in 1920. This cremation was one of the major reasons for the 1929 Act. In all, three or four Sikh cremations took place in Dongara.

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Celebrated local author focuses on working with older people in her writing



Karen Herbert

by Allen Newton

WHILE blood and gore and fit, good-looking protagonists are the stock in trade of many of today's crime writers, Perth author Karen Herbert has taken a different approach.

The crime busters in her novel *The Castaways of Harewood Hall*, are the residents of a retirement home and Karen says she deliberately avoided the use of gratuitous violence as she was telling her story.

Published in 2022 *Castaways* is Karen's second crime novel, following on from *The Rivermouth* pub-

lished the previous year.

Her next book, *Vertigo*, is set for publication later this year and her fourth book, to be released in 2025 are also crime novels.

Karen says while each of her books revolves around crime, they are all quite different.

"*The River Mouth* has an Australian rural, almost gothic feel. *Castaways* is a cosy crime. My next book, *Vertigo*, has a corporate setting. My fourth book, which will be released in 2025, is a murder mystery and a love story," Karen says.

"The differences haven't

been part of a grand plan to write different types of crime novels. It's more like trying on different clothes each time, seeing what they look like, and how well I carry them off."

Karen grew up and went to school in Geraldton before studying at the University of Western Australia where she attained a Bachelor of Commerce and Master of Science in Applied Psychology and went on to work in aged care, disability services, higher education, Indigenous land management, social housing and the public sector.

She is a graduate member of the Australian Institute of Company Directors and a board member of The Intelife Group and Advocate, and president of the Fellowship of Australian Writers (WA).

The experience Karen had in the aged care industry has been a big influence in the writing of *Castaways*.

"I loved working in retirement living and aged care. There are some wonderful people working in those industries; people who are dedicated to caring for older people and do it with grace and generosity.

"And I met so many residents who were living interesting, full, enviable lives. *Castaways* gave me the opportunity to create characters that, I think,

are a little bit of everyone

I worked with. I guess you could say it is almost a love letter."

And featuring older characters in *Castaways* also adds a breadth of experience to the novel.

"As we get older, we amass such a huge range of knowledge and experience. When you get a bunch of older people together around a problem you can't help but see the expertise at the table. That comes into play in all sorts of situations in real life retirement villages.

"I wanted to bring that out at Harewood Hall. It's not just about saying older people have a contribution to make. It's also about exploring how we live together in communities, how we come together to make decisions, and how we look after each other.

"I also wanted to create a cast of older characters who weren't stereotypes. I didn't want little old ladies who can only bake biscuits or old men who can only talk about their diabetes.

"I wanted to show people as engineers, nurses, small businesspeople, people who had travelled, raised children, volunteered on committees and coached hockey. I wanted that because that is who we are, not one-dimensional tropes."

Karen completed the first draft of *Castaways* when she was 49 years old and believes the novel

benefits from years of experience.

"For me at this point in my writing career, lived experience is the most obvious starting point.

"I can draw from settings and characters that I know. That has been great fun and surprisingly satisfying to give life to people and places that mean a lot to me."

Castaways would have been very different if Karen had written it when she was 29.

"I was having this conversation with the poet Thuy On at the Margaret River Readers and Writers Festival. We were talking about how we were too caught up in living life – having babies and making a living – to write when we were younger, and even if we did, we suspect we wouldn't have had much to say.

"So, I think if I even got around to writing *Castaways* when I was 29, it wouldn't have been much of a book.

"That's not to say that younger writers don't have anything to say. We have some excellent younger writers in Western Australia – Emma Young, Rebecca Higgin, Brooke Durnell – who write beautiful, thoughtful stories."

Karen is now 54 and hopes her novels will evolve as the years go by.

"I hope my writing improves with practice. I can already feel my knowl-

edge of the tools of the trade improving as I write each book."

Karen also believes that having time and space to write is important.

"My husband and I are at that time in our lives that we all long for. We are financially secure, our children are grown, we can sleep in on a Saturday without having to drive to hockey games on the other side of the city.

"And even though my writing time came about because my job was made redundant, I feel very privileged to have this time in my life.

"I can work part-time and have the time and the brain space to write. And it seems that I now have something to write about too.

"My books to date have drawn on different parts of my life – childhood, aged care, motherhood, corporate life – and I keep finding new stories. I only hope I can keep writing to get them all onto paper."

Karen also doesn't see the need to include blood

and gore across the pages of her novels.

When she was writing *The River Mouth* she was determined not to sensationalise any violence.

"I bookmarked the violent scenes when they appeared and wrote around them at first.

"When I came back to them, I started with a clear picture of what was going to happen, who was involved, what the setting looked like, and whose eyes I was watching it through. Then I described the scene on the page as that character saw it. That meant that what I wrote was there for a reason, and not a gratuitous depiction of violence.

"I think, in the end, that approach opened up space for the book to look more at the impact of violence than the violence itself. The ripple effect. Readers have commented on that and it makes me wonder if there is more of an appetite that I first thought for stories that don't dwell on the blood and gore."



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Confessions of a sinner - the speakers really never stood a chance



by Rick Steele

GROWING up as the son of a C of E (Church of England) Anglican preacher, I remember thinking it was good fortune not being a Roman Candle (Catholic) 'cause we didn't have to go to Confession. Being locked into a kind of toilet block with the priest and blab-

bing about your sins seemed to me something I could do without. We just got down on our knees, said we were sorry, got up and sang, "All things bright and bewdiful, the Lord God made 'em all!"

Not that I remember cutting that many sins anyway. I think I was about twelve when I raided the "communion wine" from the vestry some dull arvo in the school holidays. Bloody awful it was too! Put me off drinking wine for a few years. Crikey, he could have saved himself a miracle. Turning water into wine...? Bar-

cardi I could understand, or Captain Morgan rum with Coca Cola.

Owen Kendal was a vestry man and also owned and operated the local electrical store. About 1964 it was decided, due to hearing difficulties some of the older parishioners were having, that a microphone would be installed in the pulpit and at the lectern.

"Reverend, we are having trouble hearing your wonderful sermons." A series of small speakers were strategically placed for the hard of hearing and Robert is your uncle.

Coincidentally, about

this same time, an enthusiastic young performer, home from boarding school, was dead keen to practice his mike technique and rehearse the new song he was learning. "She was just seventeen, you know what I mean." Bob Dylan famously upset the 'folkies', including Pete Seeger at Newport on July 25 1965 by playing an electric guitar with the launching of the magnificent *Like a Rolling Stone*.

Our fraternity was also beginning to experiment and, on discovering a spare channel in the church amplifier, I fitted a

pickup to my guitar, and like Bob Zimmerman, I was going electric. The next Sunday service and "Houston, we have a problem." Owen Kendal was called in Monday and indeed it was confirmed several of the speakers appeared to be blown and would need to be replaced. No explanation could be found, but at the church's expense, the speakers would be replaced and God's word would be heard again.

The next Saturday night, as father carved the lamb roast, I remained silent and tight lipped as he said to my

mother." Owen Kendal is at a loss as to what happened and they're not under warranty; it's a mystery!" Sixty years later, with my papa deceased for forty five and Owen for forty, I confess it was moi going electric with something like; "*I Can't Get no Satisfaction*," that blew up the speakers. Sorry!

Bloke is down the local watering hole banging on about the great party he went to the night before... "Maaate, cobber, pal, youse shoulda been there, party was sensational. Mind you, can't remember much about it, I was so sozzled, plas-

tered, inebriated, legless but I do remember they had this fantabulous golden toilet!"

Immediately the lady sitting at the next table jumped up and ran to the bar.

"Phred, Fred, Freddy, I've just found the dirty bastard so and so who took a dump in your tuba!"

Cheers dears!

PS. *Legacy Week starts Friday September 1 and the Perth Blues Club is running a special Legacy Blues Night" on the Tuesday night before, August 29, for our favourite charity. Would love to see you there.*

Does the old adage... 'if it ain't broke don't fix it' apply to yourself?



by Jon Lewis

THE best time to take a holiday is when you don't need one. Well, that makes perfect sense,

doesn't it? Apparently the idea is... if you were to wait until you really need a break you are already broken. Likely by now you are running on almost pure stress.

Stress is quite useful when you need a fight or flight response, a burst for a short time. It is not advised for a long time. The reason is once you stop and the stress chemistry subsides, any bugs running at low levels in the background and propa-

gating now have the opportunity to kick in and it's likely at this time you can fall ill. It seems that is why some people who lead high stress jobs claim they only get sick on holidays.

Does this seem correct to you?

With this in mind when things are going well, I enjoy making time for a break.

Maybe this philosophy could work in other areas? Exercise? When you are feeling good and healthy, step up the

health and grow. When in the healthy presence of spare time, take some advanced study, especially when you don't feel you require it. Make someone happy when they seem to be happy enough? Service your car when it's running fine.

Do think this how it should work? What do you think? How about, Controversially, eat when you are not hungry. This one is a specially interesting to me.

You see, during my

great six pack adventure, I was eating around six meals a day. I was losing body fat like you can't believe. I needed to eat before I became hungry so my metabolism would stay active and keep burning up the calories. As a result, I was never hungry, so I never 'felt' like eating snacks or making 'wrong' food choices.

It's an interesting idea, philosophy or just a good enough reason to take a break and have a holiday. All the best.



Jon Lewis and wife Gloria in Canberra



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Centrelink update - a close look at deeming and how it affects payments



by **Hank Jongen**
General Manager
Services Australia

IF you get a payment from Services Australia,

you may be affected by deeming. Understanding how deeming works can be helpful in understanding your payment and can help you decide how to invest your money.

What is deeming?

Deeming is the set of rules we use to work out income from financial assets. Financial assets include bank accounts, shares, managed investments, loans, some gifts, some income streams, and, if people are over the Age Pension age, this can

include their superannuation.

Deeming assumes that a person receives a set rate of income from these investments, whether they actually get that income or not. It means they don't have to keep telling us when their income from these investments change. Plus, any interest they receive that is higher than the deeming rate won't affect their payment.

It also means we don't use the chosen level of

pension a person receives from their account based pension to work out your payment rate. Instead, the entire balance of their account based pension is deemed.

Although all the financial assets are deemed, it may not impact people's payments. Deeming is part of the income test. If they are getting the full rate of payment, or their pension is affected by the assets test, deemed income isn't impacting their fortnightly rate.

July 1 changes

On July 1, the deeming thresholds changed. If you're single, the first \$60,400 of your financial assets has the deemed rate of 0.25 per cent. Anything over \$60,400 is deemed to earn 2.25 per cent. If you're a member of a couple and at least one of you get a pension, the first \$100,200 of your combined financial assets is deemed at the rate of 0.25 per cent. Anything over \$100,200 is deemed to earn 2.25 per cent.

Funds from the sale of the family home.

If you receive an income support payment from us, special rules apply if you sell your home.

Since January 1, 2023, the money you get from the sale of your home may be treated differently to your other financial assets. The portion of the proceeds from your sale that you plan to use to purchase or build your new home will be deemed at the lower interest rate of 0.25 per cent for up to two

years from the date of sale. This can be extended to a total of three years under special circumstances.

To find out more about deeming, go to www.servicesaustralia.gov.au/deeming

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



by **Mike Goodall**

THERE are changes ahead for UK expats regarding their pensions with a time extension making the matter easier.

This means that many UK expats who might not have sufficient years to qualify for a UK State pension and UK expat pensioners who reached State Pension Age after April 5, 2016 can now apply to pay back for over 16 shortfall years. This new deadline means applications can now reach the UK up to April 5, 2025.

Before the original deadline of April 5, 2023, the UK departments were being inundated with requests and an extension was given until July 31, 2023. During the extension period from April to July 2023 the volumes of applications increased. Hence the recently announced further extension until April 5, 2025.

In Australia the situation was worsened by the media making announcements of the April 5, 2023 date during March, when it was virtually impossible to mail applications to the UK in less than three weeks. So the last three months have been very hectic.

Hopefully, with more time available possible applicants will be able to relax and assess whether it is worth them making applications or not rather than panicking.

I know of many people who have reached UK State Pension Age and did not qualify for the minimum of 10 years. They just paid for a few years to make up the shortfall and made themselves a very nice profit in the first year and for the rest of their lives.

Currently response time for applications is taking over 11 months, plus postage to arrive in Australia, as the HMRC have removed the Case Workers from processing the Rest of the World applications (including Australia) to work on European applications which had extended to over one and half years.

When the decision to transfer them to Europe was made in April this year, responses to Aus-

British pensions update - changes to deadlines for UK pensions

tralia were only taking five months (plus postage). However, the HMRC received more than 9000 applications mainly from Europe and had to take drastic action.

This means Australian applications will be stretching out to one and half to two years. We are still awaiting confirmation from HMRC as to when the rest of the world case workers will be back working on Australian application.

Home Responsibilities Protection (HRP) was a scheme to help protect parents' and carers' State

Pension. (The credits were replaced by National Insurance Credits HRP on April 6, 2010.)

The amount of State Pension a person receives is based on their National Insurance record and the number of 'qualifying years' they have. A qualifying year is a year when a person was working and paid National Insurance, were in receipt of National Insurance credits, i.e. If you were unemployed, ill or a parent or carer or were paying voluntary National Insurance Contributions. (NIC's)

Parents of children under 16 and carers on Income support because they were looking after a sick or disabled person and were not available for work should have received HRP automatically between April 6, 1978 and April 5, 2010.

However, it appears that many of these credits were not added to peoples NIC's Records which were not then included into their UK State Pension. If someone thinks that their UK State Pension should be considerably higher, because they do not have the number of (NIC's) recorded, that they expect-

ed to have, they should apply for HRP if they think it is missing from your NIC's record.

There is an official HMRC application to send to them to obtain your full NIC's record and this can be obtained from: www.tax.service.gov.uk/short-forms/form/NISstatement

Am I UK State Pension Age?

UK expats and Australian citizens born between

October 6, 1954 and April 5, 1960, who have worked for a minimum of 10 years in the UK, will be eligible to claim their UK State Pensions from their 66th birthday.

Those born after April 6, 1960 will discover that the age that they 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 due in January 2026.

Anyone who would like to discuss the above in greater detail or require to understand their options on any other aspects regarding their UK State Pensions, is welcome to contact Mike Goodall on 0403 909 865 or via e-mail mikecgoodall@btconnect.com

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guidedogswa.com.au/gifts-in-will

Letters to the Editor

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



Dear Editor,
IN December 2022, WA Seniors Card T/Cs Security Rebate did not stipulate a person was required to be a card holder "at time of purchase". It stipulated a person needed to be a card holder "at time of application".

None of the hard copy information received from a local member nor the Department stated this requirement. All information I researched and accessed online did not state "at time of purchase".

My application was declined because I did not have a WA Seniors Card at time of purchase in December 2022. The wheels of progress grind very slowly at the best of times but it was Christmas. My new age

pension card for proof of residency and the WA Seniors Card took weeks to arrive as according to them "the demand for services is currently very high".

When I took the matter up with WA Seniors Card I was informed that "at time of purchase", was in fact assessable for reading on their site. When I requested in writing where it could be found I wasn't informed. I was however sent a copy of the Terms and Conditions which suddenly included a new sentence tacked onto the end of T/Cs item 2. "Applicants must be a WA Seniors Card member at the time of purchase"

On further inspection I found this

document had been rewritten in January 2023 in the midst of my complaint process. I found the young man I spoke to very condescending, suggesting I could apply again later assuming I could find another \$4500 to spend on security. I was told many other people had been confused by the Terms and Conditions. Obviously others had correctly interpreted the T/Cs as I had prior to the updated ones in January 2023.

Legally WA Seniors should have accepted my application but they chose a coverup to hoodwink an aged pensioner out of a \$400 rebate. Disgusting.

**Jeanette Bellany
Mandurah**

Dear Editor,
I COMPLETELY agree with Ken Purnell (*Have-a-Go News* letters July). We who have installed roof top solar panels are being shafted. I believe that we are relied upon to provide

a large amount of power used by the community with a very poor return for the investment made.

Synergy needs to be made aware of what the situation would be if they didn't have our systems to

depend on.

How about we all strategically pick a suitable day and turn our systems off for a day.

**Colin Hadfield
Gingin**

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

Dear Editor,
THE article by Lee Tate raised some interesting points, but why has the craze for low fat food lead to so much obesity over the past 50 years?

Avoiding the ubiquitous processed foods and the sweet, yet ever so deadly sugar products should be the first steps for any potentially healthy eater.

Furthermore, checking out Mediterranean diets and intermittent fasting regimes may also be of benefit.

I always start the day with organic green tea and fast until noon, black coffee permitted. Grueling? Yes, but keeps the weight down. I'm the same weight now as I was at sixteen!

Digressing slightly, though still on the health topic, an interesting article in *The British Medical Journal* did a large study in 2016 involving 68,000 people, over the age of 60 and it clearly showed that there is no link between LDL cholesterol (the so called bad cholesterol) and cardiovascular disease but interestingly

those with the higher LDLs tended to live longer, have less cancer, gastrointestinal disease and infectious disease.

Food for thought, pardon the pun, but makes one wonder if the much demonised fat was ever the real culprit in the first place.

**David Rudman
Port Kennedy**

Dear Editor,

IT would be very interesting to discover how many readers of *Have a Go* have food allergies like my wife and I. We try to find a café, diner or restaurant that does not have a gourmet menu but a good selection menu of choices like grandma used to make. They are around but you have to look for them.

Very few cafes, lunch bars have sandwiches made to order, the ingredients in gourmet meals is enough to turn anyone away. Many café bars have what you see, take it or leave it and it is quite surprising just how many shopping centres which do not have a kiosk or stall that sell hot dogs.

**Frank Cherry
Southlake**

Dear Editor,
RE Lyn and Kim Mackie's letter in the July edition of *Have a Go News*:

I AGREE that the pension age should be dropped back to 65. God help those seniors who lose their jobs and have to exist on Job Seeker, simply

because at their age they can't find another.

Also many people who have been working at hard manual labour since 15 years of age are burnt out.

I would also like to remind those who groan "we the taxpayer can't

afford it", that the seniors referred to have paid their taxes and that we all pay tax. Ever heard of the GST and stamp duty if purchasing a house other than a retirement village?

**Rose Hope
North Beach**



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Retirees Club News & Recreation



Minister for Ageing to answer questions at special WASFR meeting

A RARE opportunity for association members and visitors to meet with the Hon Don Punch MLA to discuss matters of concern and importance to the ageing population will be provided at the September meeting of the Western Australian Self Funded Retirees Association (WASFR).

Mr Punch has been a member of the Western Australian Legislative Assembly since 2017. He represents the seat of Bunbury and holds a ministerial position in the present Labor government with responsibility for Regional Devel-

opment, Disability Services, Fisheries, Seniors and Ageing.

He is well placed to provide assurance and insight into government attitude, plans and policies where the ageing population is concerned. He will open his presentation with a brief address then concentrate on answering questions and engaging in discussion.

Recently surveyed information obtained from the WASFR membership shows particular concern for issues such as the future of hard pressed aged care facilities in Western Australia, the var-

ied cost of aged care, home care packages and stamp duty exemption when seniors consider downsizing their home accommodation.

Mr Punch has been made aware of these concerns previously so that members and visitors can ask further questions. If answers are not readily forthcoming on the day then they can be researched and answered in due course.

This meeting will be held at 10am on Thursday September 7 rather than the usual second Friday of the month. This change was necessary to accommodate Mr Punch's busy

weekly schedule.

It should also be noted that the presentation is expected to begin at 11am following the main meeting.

The Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat remains the venue and visitors are always welcome. Entry to the function is free of charge and free parking is also available on site.

For further information, please contact Ron de Gruchy on 9447 1313 or Margaret Harris on 0417 991 947.

Probus club member Vin takes action on recycling...



Vin Nairn

RUBBISH bins at the Victoria Park Bowling Club can show people a thing or two.

Following a recent presentation by Cleanaway at the Victoria Park Probus Club about the many and varied types of items that are recycled, often in the wrong bin, Probus member Vin Nairn took action.

"I approached the Victoria Park Town Council and they were positive about the idea of clear-sided bins at the markets," he said. "They provided us with two

as a trial."

Vin volunteers as a member of Rotary to clear up after events. He saw the benefit of placing clear-sided bins at the Sunday markets so that people could dispose of, and see, their batteries, mobile phones and the like in a dedicated bin. No written signs required.

The clear-sided bins have been installed for members to use at the Victoria Park Bowling Club, thanks to Vin's actions.

Journalist and author looks back...

REMEMBER when you were told to "just be home before tea time"? Or the week's household rubbish would be buried in the back yard or burnt in the incinerator? Or getting a Hills Hoist washing line was a step up?

Ron Banks, former journalist with *The West Australian*, certainly does. Come along to hear some nostalgic tales of growing up in the 50s at the next meeting of the Association of Independent Retirees (Perth branch) on Friday, August 18 at 10am.

The aim of the Association is to protect and advance the interests of retirees who wholly or partly fund their own retirement. They meet on the third Friday of each month from 10am to noon at the Cam-

bridge Bowling Club, Chandler Avenue West, Floreat.

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

Members (\$2) and visitors (\$5) are encouraged to bring the correct money and their own coffee mug. Visitors are welcome. Enquiries can be addressed to Margaret (marghw@inet.net.au).

On Friday September 15, the association hopes to hear from a financial advisor.

An AIR investors sub group will meet on Wednesday August 16 at the same venue. Enquiries can be addressed to John (johnkwellis@gmail.com).

Age is no hindrance when it comes to creativity



LOCAL gym members and members of the community let their creativity flow and let their inner artist out at Roar Active in Bibra Lake on Wednesday July 19. They swapped their joggers for paintbrushes!

Lead by a talented artist, everyone relaxed, unwound, and let their imaginations run wild.

With a warm cuppa in hand, everyone had everything they needed to create their very own masterpiece to take home.

With the eldest in attendance being 82 years young, age is no certainly no barrier.

Animals big and small on the agenda at next AIR meetings

THE speaker for the Perth northern suburbs Association of Independent Retirees on August 17, will be Liz Baldwin.

Liz has been an elephant lover since a very early age. Her fascination has led to increasing her knowledge and she has just returned from her third trip to Kenya which has the largest elephant population so research is ongoing.

It will be fascinating to see into the lives of these magnificent animals

The meeting on September 21 meeting will feature Kay McIntyre from Guide Dogs WA who will be giving a talk on assistance dogs for the blind and disabled.

The group is restricted to the number they are able to have in the meeting room, so if people are 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 9.30 am.

All AIR members and any interested guests are most welcome and they look forward to seeing people there.

Cost \$4 per person including raffle and refreshments.

For further information please contact Mike Goodall on 0403 909

865, e-mail mikecgoodall@btconnect.com for further details.

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Aged care reform in the spotlight as expo of care and ageing opens



Aged and Community Care Providers (ACCPA) CEO Tom Symondson

ON the eve of the ACCPA Care & Ageing well Expo to be held at the Perth Convention and Exhibition Centre on August 12 and 13, Aged and Community Care Providers (ACCPA) CEO

Tom Symondson writes about aged care reform.

AGED care is in the middle of substantial reform in Australia, which poses both tough challenges and exciting opportunities for the sector.

ACCPA worked tirelessly with the Federal Government to bring about a fully funded 15 per cent pay rise for aged care workers from July 1 this year. It's overdue recognition for the workers, who are the backbone of aged care. They're the ones caring at the coal face, making the lives of older Australians better.

Additionally, from July 1 the Government's mandate to have a nurse on duty 24/7 in aged care facilities kicked in. While this initiative will be hard to achieve for some providers, particularly those in remote communities, ACCPA supports the move to bring more, high-quality care to aged care residents.

A shortage of nurses, particularly in regional and remote Australia, is impacting on the ability of some providers, but it's broadly estimated that more than 80 per cent are already meeting the new requirements.

Reform to the way aged care is funded is also well and truly underway.

ACCPA recently hosted an Aged Care Summit at Old Parliament House in Canberra, bringing together experts, economists and stakeholders to discuss how aged care is funded now and in the future.

More than half of residential aged care providers are currently losing money on each and every resident, which is unsustainable. In 10 years, demand will double as more and more baby boomers enter aged care.

Ideas from the aged care summit will be brought together in a White Paper, which will be presented to the Federal Government's Aged

Care Taskforce, which I'm proud to be a part of.

The Taskforce promises to answer the most important question left unanswered by the Aged Care Royal Commission – how is Australia going to pay for the care older people need and deserve, with an ageing population?

It's been 20 years since Australia had a serious conversation about aged care funding. There are a number of funding options available, including consumer co-contributions, the introduction of levies, and a social insurance scheme, among others. There are many factors to consider and it will be up to the Australian people to decide.

The important thing now is that we're focused on fixing a sector that's already strained and will reach breaking point if nothing is done. But despite the challenges, we know that the potential for aged care to do good is limitless if we are brave enough to grasp it.

Those shoes are made for walking at Westfield Walkers Innaloo



AN initiative made possible by a partnership between Westfield Innaloo and City of Stirling, the Westfield Walkers is a twice-weekly mall walking group at Westfield Innaloo Shopping Centre.

Participants are invited to meet at the Food Court at 7.45am on Mondays and Thursdays to be welcomed by warm and friendly volunteers, then join together to walk the loop of the mall a number of times before finishing up with a delicious coffee and a chat at one of our local cafes.

Westfield Walkers is a free community program to support healthy ageing for our seniors by providing a safe, all-weather venue to walk and connecting

like-minded locals to share regular smiles, stories and laughs. Whether it's a brisk walk or a slow meander, anyone is welcome to join the group and enjoy at their own pace and comfort.

Since the launch on July 3, the program has seen about 50 walkers so far with new faces every week.

Registration is free and regular participants receive a red Westfield Walkers shirt as part of the club.

Further details available online here <https://www.westfield.com.au/innaloo/news/3QuMEVvsNbrnAguj8tVPN9/westfield-walkers> or by calling the Westfield Innaloo concierge on 08 6466 2701.

You're invited to get involved in...

Intergenerational Activities at Playgroup



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

Intergenerational activities connect people in a unique way!

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

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



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

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



Going online in later life can halve your risk of dementia...



Director, Murdoch University Centre for Healthy Ageing, Professor Hamid Sohrabi

by Frank Smith

RESEARCH published in the *Journal of the American Geriatrics Society* recently found a link between regular use of the internet and a lower risk of dementia.

"Online engagement may help to develop and maintain cognitive reserve, which can in turn

compensate for brain ageing and reduce the risk of dementia," said corresponding author Virginia W. Chang of New York University.

For the study, investigators followed more than 18,000 dementia-free adults aged 50 to 65 years for from eight years to 17 years. During follow-up, nearly five per

cent of participants were diagnosed with dementia.

Professor Chang and colleagues wrote that being a regular internet user for longer periods in late adulthood is associated with delayed cognitive impairment.

"Our findings show evidence of a digital divide in the cognitive health of older-age adults. Specifically, adults who regularly used the internet experienced approximately half the risk of dementia than adults who did not.

"Online engagement can develop and maintain cognitive reserve. That is resiliency against physiological damage to the brain. Increased cognitive reserve can, in turn, compensate for brain ageing and reduce the risk of dementia."

Daily hours of online engagement had a U-shaped association with the risk of dementia. This was consistent, although not statistically significance, due to the small sample size. It suggests that excessive time spent online may have adverse cognitive effects on older adults. It may lead to reduced opportunities for in-person social interactions and disengagements from the real-world in favour of virtual settings, which may in turn adversely affect cognitive health.

They also found an additional wave of regular internet usage in late adulthood was associated with reduced dementia risk.

An important limitation to the study is that measures of internet usage

examined did not distinguish between different online activities. Since a person's online engagement may include a wide range of activities including research, reading, You-tube viewing, TV watching, and gambling which all may have different effects and consequences on user's brains.

Professor Hamid Sohrabi, director, Murdoch University Centre for Healthy Ageing, has some reservations about the research.

"The paper implies increased cognitive abilities lead to decreased risk of dementia. Use of the internet could increase cognitive reserve and therefore reduce the risk of dementia, however I would be cautious [HS1]about 50 per cent risk reduction.

"These are only observed relationships and the relationship may not be causal .

"There are several important factors that have not been included in this study including genetic risk factors for dementia, baseline cognitive reserve, computer skills, and generation cohort.

"People of different generations show differential rate of access to internet, with younger individuals being more proactive in going online. And, the dementia risk for younger people (aged below 65 years), is far different.

"Another problem is that use of the Internet was self-reported. People tend to self-report more Internet use than is found using objective measures. The same

problem occurs when they self-report diets or the amount of exercise they take. People don't intend to report inaccurately but their memory is selective and their self-reported estimates are not accurate.

"The downside to Internet use may be when people use it passively like a TV. There is evidence that watching TV passively may increase the risk of dementia.

"Using of the Internet to actively search for health and lifestyle information can benefit users, leading to improved lifestyle choices, such as better dietary choices, more physical activity, lower alcohol consumption, leading to improved quality of life and longer lifespan," Professor Sohrabi said.



Holiday guide Chris Power with Mum Linda Kennedy and Aiden and Caitlin during the July school holidays.

Popular Round House in Fremantle calls for more volunteer guides

FOLLOWING an increase in visitor numbers, the Fremantle Heritage Voluntary Guides Association is looking for new members to act as guides at The Round House. The Round House in Fremantle is one of the State's iconic attractions. WA's oldest public building, it was built by public tender in 1831, and provides a unique glimpse into life for the early settlers.

"During the July school holidays we have been very pleasantly surprised at the level of renewed interest in the Round House, particularly in view of the rainy weather" says FHVGA spokesperson Frank Duffy.

"We always see a rise in numbers during the school holidays but a doubling of numbers was unexpected".

"We have seen particularly large numbers of

children with their grandparents, many of whom have never been to the Roundhouse before or last visited as children. Visitors to the State have also swelled numbers, encouraged to start their exploration of our Port City at the Roundhouse."

"Following a drop off in numbers during Covid, we struggle to find enough guides, committed as we are to keeping the building open 363 days a year between the hours of 10.30am and 3.30pm weather permitting; flying the mast flags; firing the cannon and lowering the "on the ball" black time ball at 1pm each day. During holidays we are in even more need of enthusiastic folk to join our guiding team.

"The Round House does not receive regular government funding and relies on grants and public donations. The building itself is owned by

the City of Fremantle, to whom we are grateful for support. Our guides are all voluntary and their time and expertise is highly valued. Indeed without them, the building would be classified as a standing monument and closed to the public."

The Round House will be holding a recruiting drive in the near future. In the meantime, they encourage anyone interested in meeting people and keeping our history alive, to apply. The organisation is flexible and encourage anyone with any amount of time – even half a day a week especially during the school holidays – to contact them.

Contact: Robyn Littlewood at the Fremantle Volunteer Heritage Guides Association Incorporated on (08) 9336 6897 E: enquiries@fremantleroundhouse.com.au

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Now is a good time to change single-use plastic habits



by Karen Majer

PLASTIC Free July rolled around again and we were all invited to join people around the world reducing their plastic waste. The simple message was 'take steps to beat plastic pollution by choosing to

refuse single-use plastic'.

The movement began in 2011 and has grown to an estimated 140 million participants in 190 countries taking part in 2022. If you believe your small contribution by reducing your use of single use plastics won't make much difference, think about this: the global social movement stops around 300 million kilograms of plastic polluting the world each year. That's a big step towards less waste and a cleaner environment. And it all started with the passion of one

woman, Rebecca Prince-Ruiz, in a local government in Western Australia! Rebecca was recognised as a WA Local Hero in the 2021 Australian of the Year awards.

The need to avoid these hazardous plastics has become widely accepted in recent years. We're used to taking a bag to the supermarket since plastic shopping bags were banned in 2018 and the use of reusable 'keep cups' is commonplace. A container deposit scheme was introduced in 2020. Most

plastic drink containers that are 150ml to three litres are accepted. From July 1 2022 the WA Government added disposable plastic utensils, straws, disposable plastic foodware and containers without lids, as well as expanded polystyrene take-away food containers, to the banned list. Balloon releases are also banned but balloons are not outlawed and remain a danger to wildlife.

Further bans will apply from September 1, 2023 including expanded polystyrene packaging, de-

gradable plastics, the expanded plastic cups and trays used for raw meat and seafood, microbeads and cotton buds.

Now is a good time to prepare for the changes that will follow the September ban by getting into the habit of replacing single-use plastic items with reusable alternatives wherever possible. Many shops including butchers will happily place your items in your own take-away container and there are some great cleaning and personal care products on the market

that offer refills. My son gave me a handy gift last year – a voucher to buy eco-friendly products that helped me to stock my kitchen with reusable bowl covers in a range of sizes to replace plastic wrap, a bread bag and net bags for buying fruit and veg. I added soap-bar hair shampoo and a pretty water bottle. The Plastic Free July website offers lots of ideas to help you to reduce single-use plastic waste at home, work, school and at your local café, as well as a 'shop' for

reusable products.

Changing our habits can be challenging but it's rewarding to know that you are doing your bit to reduce litter and landfill and to protect our precious environment and wildlife.

More information:

Plastic Free July hints <https://www.plasticfreejuly.org/>

WA Plastic ban from September <https://www.wa.gov.au/government/document-collections/stage-2-single-use-plastics-ban-fact-sheets-and-faqs>

My first big gig playing the Adelphi Hotel aged eight and half



by John Rando, Lawyer, musician, existential philosopher

IT'S where the rich and famous rubbed shoulders in the early sixties. It's where the not-so-famous came to

work on their upward mobility. For those old enough to remember, I'm talking about the Adelphi Hotel on the corner of St George's Terrace and Mill Street.

Here under the huge chandeliers, Perth's elite dined nightly to the romantic music played by Ozzi Sanderson on the grand piano.

My old man, Salvatore, a direct descendant of Emperor Julius Augustus of Italy over 2,000 years ago, worked in the hotel kitchen washing dishes. Proudly, he spoke

of being the 'dish pig' of the Adelphi, a vital cog in the machine. Without him the place would fall apart.

Dad came from a peasant, humble working class background, but that did not hold him back. He was quick on his feet. Proudly he declared "I've got god on my right shoulder and the devil on my left, both looking after me."

Nightly as Dad scrubbed and cleaned the dishes in the kitchen, he listened to Ozzie's music coming from the dining area of

the hotel. Dad always looked for opportunities. He figured that I should come along one evening and play a couple of romantic Italian songs that I had just learnt from my accordion teacher Mr Stefanoni. Dad had just bought me a new piano accordion for one hundred and eighty-five pounds, two-thirds of the average male wage then. He now wanted a return on his investment. I was about to become a pivotal role changing both his and my future.

Dad spoke broken English, but was able to negotiate with Ozzie to let me play a few songs in the Adelphi lounge one evening. At that stage I was able to fumble a few melodies on my over-sized, heavy accordion.

As a part of my grand plan for my appearance at the Adelphi, a strategy was put in place. If I couldn't play the instrument that well, at least I should look good. Up until then I had never worn long trousers or a long-sleeved shirt. Mum played a major

part in my appearance and bought my first pair of long dark trousers and a long-sleeved white shirt. Rather than wear sandals or thongs, Mum bought me a pair of black shiny shoes. All of my clothes were three or four sizes too large as they were to be handed on to my younger brother after I had out-worn them. My hair was cut very short, to save costs on haircuts.

For weeks I carefully practised songs I would play. *On Top of Old Smokey*, and *O' Sole Mio*. Major hits at the

time. Sure to impress a captive audience.

Finally, on the night, Ozzie introduced me as "a young, and up-and-coming performer."

I came out on stage a bundle of nerves. My hands slipped across the keyboard. I played my first song. And then, the audience erupted. Clapping and cheering, as I recall.

I felt a rush up my spine, a tremble, a burst of endorphins. That was enough to launch my rocket into the music business.

My first big gig.



Re-live the win!

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I needed flour, butter, sugar. And a helping hand. You guided me through my grandmother's recipe, with as much love and devotion as she'd shown.

With genuine support comes greater independence. At Bethanie, we take a more personal approach to home care.

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Seniors Recreation Council Jottings



Join the Pole Walking revolution...

POLE Walking uses two specially designed poles, similar to hiking or trekking poles, to add a new dimension to walking as an exercise.

It is an easy, efficient and low stress activity that engages the whole body in a total body workout.

There is a greater increase in muscle endurance and toning in shoulders, back, chest, upper arms and abdominals.

The poles also provide stability and add more "spring" into the step pushing the user along along while reducing stress in the knees and other joints.

Pole Walking loosens up tensions in neck and shoulders which is beneficial if you have a job where you sit in one position most of the day.

Posture improves with correct technique and arm motion and it is up to 40 per cent more effective as an exercise than regular walking.

Oxygen intake increases significantly, increasing heart rate by five-17 beats more per minute, compared to regular walking.

SRCWA provides presentations and demonstrations on pole walking to groups or individuals, if you would like to book a demonstration call the SRCWA office on 6118 2716.

Join the Annual Camp in Quaranup February 5-10, 2024

SRCWA organises an annual Seniors Camp in Albany at the DLGSC Camp Quaranup grounds. In 2024 it will be held from February 5 to 10, with a cost of \$460. Camp Quaranup is held the first week of February each year in a Class A nature reserve on the Princess Royal Harbour, with panoramic views across to Albany. The natural coastal bushland and the pristine beach environment present a fantastic venue for a variety of fun recreational activities for seniors. If you would like to register to attend this camp please call 6118 2716 for further details and a registration form.

LiveLighter Aged Care Games Belmont Oasis, Thursday August 10

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

LiveLighter Aged Care Games - Joondalup, Bouncer Sports, Monday September 4

SRCWA is conducting a LiveLighter Aged Care Games at Bouncer Sports Joondalup on Thursday August 10. This event is for seniors in care to come together for adapted games. We are in need of volunteers to assist at the event. If you would like to help with the games from 9am to 1.30pm, please call 6118 2718 to register and ask any questions.

Have a Go Day 2023, a LiveLighter Event Burswood Park

Wednesday November 15, 9am to 3pm
REGISTRATIONS NOW OPEN

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

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

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

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

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

Terry Bolland continues the history of the Avon Descent



Terry Bolland competing in a previous Avon Descent

by Janet Gatt

ALTHOUGH the Arctic tribes of North America and Russia used kayaks for food hunting and transport 4000 years ago, kayaks were not introduced into Western Europe until the mid/late 1880s.

John MacGregor was a renowned British travel writer and adventurer who popularised recreational kayaking in the 19th century with books on his paddling expeditions into European waterways, the Balkans, and the Middle East. He also founded the British "Royal Canoe Club", the first ever kayaking club, in 1886.

I had coffee recently with Terry Bolland, a modern-day 'MacGregor', also an adventurer and pad-

dling icon. Terry's kayaking expeditions in Europe, Canada, USA, Alaska, and the Kimberley equal that of his forbear. He has paddled over 150,000km, and has also written books about his explorations.

Terry, who settled in Perth in 1977, has nurtured competitive and recreational kayaking in Western Australia. He has received Gold in national and state competitions, countless awards including the Avon Descent Legend, and is a member of the Paddle WA Hall of Fame. His paddling courses, under the auspices of his business Canoeing Down Under (CDU), trained thousands of WA paddlers. He is the longest continual member of Ascot Kayak Club, which he joined in 1978, and is

about to compete in his 30th Avon Descent.

When Terry joined Ascot there were four clubs in WA. The Swan Club which started in 1965, originally in Perth waters, moved to Mosman Park in 1970; Ascot Kayak Club was started in 1972 by a Swan member who lived in that area; The Tertiary Education Canoe Club eventually became Canning Club, and the Darling Range Club is now defunct. The clubs each had about 150 members who paddled fibreglass kayaks. Plastic kayaks became available in the 1980s and were a major boost to the sport.

Currently Paddle WA lists 12 Clubs on its books and boasts 1560 members. There are also many smaller incorporated and

non-incorporated clubs and regular social groups who meet regularly to paddle. There are hundreds of paddlers on local waters most weeks.

The Over 55 Canoe Club (Inc), current membership 60 paddlers, was formed by the Department of Sport and Recreation in 1986 to introduce kayaking to men and women over 55.

In 1973 the first Avon Descent, the brainchild of the Northam Tourist Council, took place with 54 entrants, 23 finished the race. This powerboat/kayak event covered 134km.

Over the years entry numbers swelled to more than 800 with elite international paddlers taking part. In recent years numbers have decreased. Once a bucket-list achievement for paddlers, the race is facing stiff competition from other non-paddling marathon events. Twenty years ago, the race used to attract more than 150 novices, (CDU used train over 100 paddlers). Nowadays new entrants' number 40 plus.

In 1994 Terry published a book of maps of the Avon River. He researched the Avon on his bike, using the adjacent railway roads, over a period of 18 months. He named all but seven rapids, and daunting titles such as The Terminator (which claimed many fibreglass boats), Bone

Breaker, Deadly Mistake and Heart Stopper were to warn that 'these rapids command respect'.

Kayaking became an Olympic sport back in 1936. Currently WA produces a disproportionate number of elite paddlers and has 13 Olympians in Slalom and Sprint. Seven WA paddlers, including Terry, will represent Australia in the World Masters and World Marathon Championships in Denmark (EU) next month (September). Australia's best marathon paddler is from WA.

Many local kayakers are recreational paddlers who enjoy the inherent physical exercise, socialising with friends, and the incredible commune with nature. If you are not a paddler, and can swim, why not give this addictive activity a try?

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

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



LGBTI+ intergenerational life history project...

GRAI (LGBTI Rights in Ageing Inc) has been funded by Department of Communities: Seniors and Ageing to undertake an intergenerational LGBTIQ+ life story project.

They will be training and supporting LGBTIQ+ volunteers 25years plus to interview older LGBTI people who are willing to

share their life story.

The project will run from July to December to gather stories, with a booklet available in June 2024.

Are you an older LGBTI person who has seen some things, celebrated well, been through some challenges and had some

unique experiences?

GRAI would love to have one of their LGBTI volunteers visit, hear and collect stories.

People should email Rowan at villagehub@grai.org.au if they are keen to participate.

The WACBA' Pairs tournament was stiff competition

YORK AGRICULTURAL SOCIETY INC. PRESENTS
YORK SHOW
2023 theme: DRAYS TO DRONES
SAT. 2ND SEPT.
Rides / Entertainment / Food & Drinks / Market Stalls / Music
Animal Attractions / Agricultural Displays / Equestrian Events / Fireworks
FORREST OVAL, YORK
GATES OPEN 9AM NO DOGS ALLOWED




Clockwise; First place, Gladys and Colin Shepley from Falcon - Second place, Bridget Lo and Rex Mac from Armadale and third place, Nick Defilippos and David Langley from Scarborough


THE Western Australian Carpet Bowls Association ran their pairs competition at Swan Active last month proudly sponsored by Have a Go News.


Teams from across the metropolitan area came to play off with stiff competition from all competitors.

Editor Jennifer Merigan was on hand to present the trophies to the winning teams and said she is proud that Have a Go News continues to support active ageing in the community.


Congratulations to Falcon 31's Gladys and Colin Shepley Cliff who took out first place. Bridget Lo and Rex Mac from Armadale took out second and David Langley and Nick Defilippos from Scarborough were placed third.

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6 to 12 October 2023

FLORIADE GARDENS & MISS SAIGON AT THE SYDNEY OPERA HOUSE

Explore the cultural treasures of Canberra, from the renowned National Portrait Gallery to the enchanting miniature world of Cockington Green Gardens. Immerse yourself in the vibrant Floriade Festival and pay tribute at the solemn Australian War Memorial. Indulge in farm life experiences, discover Sydney's iconic landmarks, and be mesmerised by the world-class performance of Miss Saigon at the Sydney Opera House. With luxurious accommodations, knowledgeable guides, and unforgettable experiences, this tour promises an unforgettable journey through history, culture, and natural beauty.

7 DAYS



Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares and taxes
- ✓ 3 nights' accommodation at Canberra Rex Hotel
- ✓ 3 nights' accommodation at Sir Stamford at Circular Quay
- ✓ Breakfast daily, 4 lunches and 4 dinners
- ✓ Luxury Coach with a Professional Driver
- ✓ Sightseeing and entry fees as per itinerary

Tour Cost
\$5390*
Per Person
Twin Share
\$6350* Single

Tour Highlights

- ★ Locally guided tour of Canberra
- ★ Entry and Self-Guided Tour at the National Portrait Gallery
- ★ Lunch at The George Harcourt Inn
- ★ Entry to Cockington Green Gardens
- ★ Guided tour of the National Arboretum Canberra
- ★ Visit the Canberra Floriade Festival
- ★ Visit Australian War Memorial
- ★ Sheep demonstration and lunch at Gold Creek Station
- ★ Sydney Opera House Tour and Dine @ Opera Kitchen at Sydney Opera House
- ★ Garden Walking Tour at the Royal Botanic Gardens Sydney
- ★ Premium seats for the performance of Miss Saigon at the Opera House
- ★ Lunch at Botanic House
- ★ State-of-the-Art Tour at the Art Gallery NSW
- ★ Dinner at Sydney Tower Restaurant

4 to 9 December 2023

SYDNEY & THE HUNTER VALLEY CHRISTMAS LIGHTS

Embark on a holiday filled with gourmet delights, and stunning sights. Enjoy a harbour cruise, indulge in gourmet tastings of chocolate, cheese, and locally produced delicacies in the Hunter Valley, experience the magical Christmas Lights Spectacular, and more. Stay at acclaimed hotels like Sir Stamford at Circular Quay and Mercure Resort Hunter Valley. With a hassle-free private vehicle transfer to the airport, all you need to do is unwind and enjoy the journey.

6 DAYS



Tour Highlights

- ★ Enjoy a Sydney Harbour cruise
- ★ Chocolate and fudge tastings including a talk at Twenty 3 Twenty
- ★ Cheese Tastings at Hunter Valley Cheese Company
- ★ Olive Tastings at The Hunter Olive Centre
- ★ Lunch at the Marthaville Arts and Cultural Centre
- ★ Dinner at Harrigan's in the Hunter Valley
- ★ Entry to the Christmas lights in Hunter Valley Gardens
- ★ Tour of the Denman area including lunch
- ★ Explore the Hunter Valley Gardens
- ★ Tastings and lunch at Peterson Champagne House & Restaurant Cuvee

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ 2 nights' accommodation at Sir Stamford at Circular Quay
- ✓ 3 nights' accommodation at Mercure Resort Hunter Valley
- ✓ Breakfast daily, 3 Lunches and 5 dinners
- ✓ All sightseeing and entry fees as per the itinerary

Tour Cost
\$4250*
Per Person
Twin Share
\$4990* Single

11 to 23 February 2024 ENCHANTING INDIA - A JOURNEY THROUGH HISTORY & MAJESTY

Embark on an enchanting journey through India's Golden Triangle and beyond. Discover the captivating blend of ancient and modern in Delhi, visit iconic landmarks such as the Taj Mahal in Agra, and explore the vibrant Pink City of Jaipur. Immerse yourself in the regal heritage of Jodhpur and experience the picturesque beauty of Udaipur. Stay in luxurious hotels, indulge in delicious cuisine, and witness breathtaking sights, from majestic forts to serene lakes. This tour offers a seamless blend of comfort, cultural immersion, and unforgettable moments, creating an incredible adventure through India's most captivating destinations.

13 DAYS



Tour Inclusions

- ✓ Home pick-up and return Private Car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ Internal economy flight from Udaipur to Delhi
- ✓ 11 nights' specially selected accommodation
- ✓ Breakfast daily, 1 lunch, 1 High Tea and 9 dinners
- ✓ Local English-speaking guide throughout
- ✓ All sightseeing and entry fees as per the itinerary

Tour Cost
\$6790*
Per Person
Twin Share
\$8990* Single

Tour Highlights

- ★ Exploring the captivating city of Delhi, with its blend of ancient and modern attractions
- ★ Witnessing the awe-inspiring Taj Mahal at sunrise in Agra, one of the world's most iconic and romantic architectural masterpieces.
- ★ Immersing yourself in the vibrant atmosphere of Jaipur, known as the Pink City. Discovering the rich history and architectural wonders of Jodhpur
- ★ Experiencing the timeless beauty of Udaipur, often called the Venice of the East, with its majestic City Palace and scenic Lake
- ★ Visiting the enchanting Ranakpur Jain Temples, renowned for their exquisite marble carvings and intricate architecture.
- ★ Enjoying luxurious accommodations in well-appointed hotels such as The Lalit, Jaypee Palace, The Hilton, and The Trident.
- ★ Indulging in delicious cuisine, from traditional Indian dishes to international delights, and savouring a farewell dinner with a scenic lake view.
- ★ Enjoying leisure time to explore and immerse yourself in the unique culture, vibrant markets, and local experiences of each destination.
- ★ Having a hassle-free travel experience with private transfers, knowledgeable local guides, and the expertise of a dedicated tour manager throughout the journey.



9 to 12 October 2023

MISS SAIGON AT THE SYDNEY OPERA HOUSE

Discover the iconic city of Sydney with our 4-day Tour with the highlight, 'Miss Saigon' at the Sydney Opera House! This tour offers a perfect blend of sightseeing, entertainment, and relaxation, making it an ideal holiday.

4 DAYS



Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares and taxes
- ✓ 3 nights' accommodation at Sir Stamford at Circular Quay
- ✓ Breakfast daily, 2 lunches and 2 dinners
- ✓ Luxury Coach with a Professional Driver
- ✓ Sightseeing and entry fees as per itinerary

Tour Cost
\$3590*
Per Person
Twin Share
\$4290* Single

Tour Highlights

- ★ Sydney Opera House Tour and Dine @ Opera Kitchen at Sydney Opera House
- ★ Garden Walking Tour at the Royal Botanic Gardens Sydney
- ★ Take your premium seats for the performance of Miss Saigon at the Opera House
- ★ Lunch at Botanic House
- ★ State-of-the-Art Tour at the Art Gallery NSW
- ★ Dinner at Sydney Tower Restaurant



4 DAYS

14 to 17 October 2023 EXMOUTH GETAWAY

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

Tour Highlights

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

Tour Inclusions

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

Tour Cost
\$2890*
Per Person
Twin Share
\$3290* Single



7 DAYS

18 to 24 November 2023 KANGAROO ISLAND & ADELAIDE

Embark on an unforgettable journey with us as we explore the ruggedly beautiful and wildlife-rich state of South Australia. With time immersed in the natural wonderland that is Kangaroo Island, this seven-day tour promises to be a feast for the senses, with stunning landscapes, unique wildlife encounters, and delicious food and wine around every corner.

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares and taxes
- ✓ Private Coach Charter throughout & ferry transfers to/ from Kangaroo Island
- ✓ 1-night in Victor Harbor at the McCracken Country Club

- ✓ 3-nights in Kangaroo Island at the Aurora Ozone Hotel Kangaroo Island
- ✓ 2-nights in Adelaide at the Stamford Grand Glenelg, Adelaide
- ✓ Breakfast daily, 4 Lunches and 5 Dinners
- ✓ Sightseeing and Entry Fees as per the itinerary

Tour Cost
\$4590*
Per Person
Twin Share
\$5490* Single

Tour Highlights

- ★ Tour and tasting at Clifford's Honey Farm
- ★ Tour and Lunch at Emu Ridge Eucalyptus Distillery, famous for its 100% pure eucalyptus oil
- ★ Explore the Flinders Chase National Park, taking in such sights as the Remarkable Rocks, Cape du Couedic and Admirals Arch with local guide
- ★ See a wonderful Birds of Prey demonstration in a natural setting
- ★ Visit the Lavender Farm and taste Lavender Ice-Cream
- ★ Visit the small seaside village of Normanville
- ★ Enjoy lunch at Serafino's, a lovely lakeside winery in the McLaren Vale Wine District
- ★ Enjoy two-nights in the beachside suburb, Glenelg
- ★ Take a behind the scenes Tour of Adelaide Oval
- ★ Visit Haigh's Chocolates, a must-do whilst in Adelaide



11 DAYS

22 December 2023 to 1 January 2024 CHRISTMAS NORFOLK ISLAND & NEW YEARS EVE IN BRISBANE

Embark on a captivating journey to Norfolk Island and Brisbane, where history, culture, and breathtaking scenery await. Immerse yourself in the unique heritage of Norfolk Island, visiting historic settlements and indulging in delightful culinary experiences. Marvel at the panoramic views of Brisbane from the Wheel of Brisbane and Mount Coot-tha lookout. Experience the joy of festive celebrations during Christmas and New Year's Eve.

Tour Highlights

- ★ Immerse yourself in the unique history and culture of Norfolk Island, including visits to historic settlements, convict sites, and museums. Enjoy activities such as the Wonderland by Night tour, where you can stroll through an enchanted forest and listen to captivating stories.
- ★ Enjoy panoramic views of Brisbane from the Wheel of Brisbane and Mount Coot-tha lookout. Explore Meigunyah House Museum and learn about the intriguing stories behind its displays.
- ★ Celebrate Christmas and New Year's Eve during the tour, with special meals and opportunities to enjoy fireworks and festivities.

- ★ Indulge in delicious meals throughout the tour, including a welcome dinner, Christmas lunch with all the trimmings, High Tea in the gardens of an old Island Home, and a progressive dinner exploring different Island homes.
- ★ Enjoy leisurely breakfasts and free time to relax and explore at your own pace, both on Norfolk Island and in Brisbane.
- ★ Benefit from private transfers to and from airports, comfortable accommodation, and the expertise of a knowledgeable tour manager throughout the journey.

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ 3 nights' accommodation at the Grand Chancellor Hotel Brisbane

- ✓ 7 nights' accommodation at the Paradise Hotel and Resort, Norfolk Island
- ✓ Breakfast daily, 2 Lunches, 1 High Tea and 9 dinners
- ✓ All sightseeing and entry fees as per the itinerary

Tour Cost
\$6190*
Per Person Twin Share
\$7150* Single

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Support Local WA OWNED & OPERATED SINCE 1986 | PERTH OFFICE LOCATED AT 110D CAMBRIDGE ST, WEST LEEDERVILLE

TERMS & CONDITIONS: Prices and information is correct at the time of printing. Tours are based on reaching a minimum number. Home pick-up and return is included based on a set radius - surcharges will apply outside these areas. Other special conditions may apply to each individual tour, please contact the office for further details. A&OE.



Memorial to honour those who served in Korean War unveiled in Kings Park



L-R; the memorial stone was donated by the Korean government and forms the centrepiece of the memorial - Members of the Australian Defence Force laid wreaths at the unveiling ceremony - David Scott ably performed *The Last Post* - Wreaths were laid to mark those who served during the conflict

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by Jennifer Merigan

THE 70th armistice of the Korean War was marked on Thursday, July 27 with the unveiling of the Korean War Memorial in Kings Park at a special ceremony which we were honoured to attend.

Korean War veterans, their families, dignitaries from government and industry, members of the Korean community and defence personnel all came together to pay tribute to the more than 1900 Western Australians who served during the Korean War from 1951 to 1953.

Often referred to as the forgotten war, the conflict took place from June 25, 1950 until July 27 1953, with 17,000 Australians from the Army, Navy and Air Force part of the United Nations (UN) multinational force, defending South Korea from communist North Korea.

In 2018 a small group began campaigning for an official memorial and went on to form the Perth Korean War Memorial committee

made up of representatives from the Korean community in WA, the Honorary Consul for the Republic of Korea and Australian veterans.

The committee consulted with the Botanic Gardens and Parks Authority (BGPA) to establish the memorial at the Tobruk Memorial Precinct located at the intersection of Saw Avenue and May Drive in Kings Park.

The memorial stone was donated by the Gapyeong County in Korea and represents one of the areas Australians protected Koreans during the conflict.

The memorial lists all members of the Australian Defence Force who served in Korea.

It was a moving ceremony which saw serving members from the Royal Australian Navy, Army and Airforce and sub wardens form a catafalque guard of honour during the service and the Royal Australian Airforce execute a flyover with three planes marking the event.

Korean and Australian pastors blessed the memorial and there

were addresses from the Western Australian premier and Korean ambassador.

Wreaths were laid by the WA State Premier Roger Cook MLA, members of the ADF, veterans, Korean government officials and members of the public.

The service culminated with the *Ode of Remembrance* and the *Last Post*.

The memorial provides recognition of the Australians who served during the conflict and promotes the friendship that has formed between Korea and Australia following.

Perth Korean War Memorial Committee, Vietnam veteran and Legatee Peter Heeney said that Kings Park is a fit and proper place for a memorial to be erected to honour veterans of the Korean War, to commemorate those who served and those who lost their lives and to provide a quiet, contemplative space for their families and future generations.

Lest We Forget.

Expo aims to enable you to live your best life



JOIN Home Instead for a one-of-a-kind expo designed to provide older adults with the knowledge, resources, and support they need to age with confidence.

The team of experts and professionals will share valuable information on topics such as navigating aged care, healthy living, financial planning, community resources,

and more.

This event is the perfect opportunity to connect with other seniors, explore various services and resources available in your community, and learn new skills and strategies to help them age gracefully.

The Navigating Aged Care Lounge provides a cosy atmosphere where people can join small sessions and get detailed information on My Aged Care. The day will consist of interactive sessions and valuable insights on how to navigate aged care.

They will have the chance to participate in fun exercise classes specially designed for older people. Plus, don't miss out on the chance to win amazing prizes in the raffle, and sample some fantastic goods.

With all this and more, the Ageing Information Expo is the must-attend event for anyone interested in ageing well.

Mark August 23 in your diary from 10am-3pm at the Iluka Sports Complex, 6 Miami Beach Promenade, Iluka. For more information contact Tel: 08 6310 0400 or Perth@homeinstead.com.au

Website: <https://tinyurl.com/ztn6bwkc>

COMMUNITY NOTEBOOK

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

RETIREES WA INC

Golden Oldies meet at the Seville Grove Library meeting room. 78 Champion Drive Seville Grove on the third Monday of each month at 10am for coffee and a chat plus regular outings. See their Facebook page or contact Candessa on 0460 407 243

CARPET BOWLS

Each Monday at 1-3pm
After being closed due to Covid, carpet bowls is making a comeback with the Darling Range Hub. Jack Healey Centre 21 Mead Street, Kalamunda. Cost \$5 per person includes afternoon tea. Contact Hub Coordinator Yvonne 0492 807 603

INTERESTED IN PLAYING CHESS

New chess players are welcome to join the group every Tuesday after-

noon between 1-3pm. Fremantle Park Sport & Community Centre. Free parking available. Contact Margaret 0400 523 874 or Stephen 0423 493 632, stephen776@gmail.com

CLUB ROCKINGHAM SOUND DAY VIEW CLUB

Meets every first Thursday of the month at Port Kennedy Tavern. New members welcome. Contact Jan Gray 0400 998 514

PERTH ORCHID FAIR

September 2, 9am-5pm and September 3, 10am-2pm
John Septimus Roe School, Mirrabooka Ave, Mirrabooka.

PLAY UKELELE WITH US

Established group located in the North West Coastal suburbs. Meets weekly (Wednesday evenings) in Merriwa. A social and happy group in a safe and

secure environment. Beginners and experienced players are welcome. Low cost. Jenolan Community Centre, Merriwa. Contact Ken 0417 950 742 for information.

TASTE OF CHITTERING RETURNS TO BINDOON

Sunday August 27, 10am-3pm.
A true showcase of the talent and uniqueness of the region. Exhibitors from food, wine and produce to history, science, lifestyle, wildlife and the arts. Free entry Binda Place (outside 29 Binda Place Bindoon.) Contact Chittering Visitors Centre 9576 4664

KALAMUNDA GARDEN FESTIVAL

Sunday September 3, 10am-3pm
Stirk Park Kalamunda. No dogs allowed. For ticket prices www.tinyurl.com/KGF-HappyGardening

THE PIRATES OF PENZANCE

Thursday 7 & Sunday 10, September
Bunbury Regional Entertainment Centre. For tickets phone 1300 661 272.

YORK ANTIQUES & COLLECTABLES FAIR

Saturday August 26 and Sunday August 27
Saturday 9.30am-4pm
Sunday 9.30am-3pm
Adults \$5 accompanied kids free. York Town Hall, 81 Avon Terrace York. For enquiries contact event coordinator Ron 0409 680 982

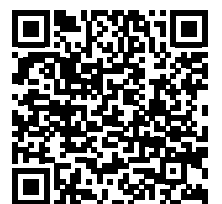
YORK MOTOR SHOW - Motoring Through the Ages

Sunday, September 10, 9am-4pm
The York Motor Show displays all things motoring throughout the centre of the town of York. This is a family free day out. Lots of events including live

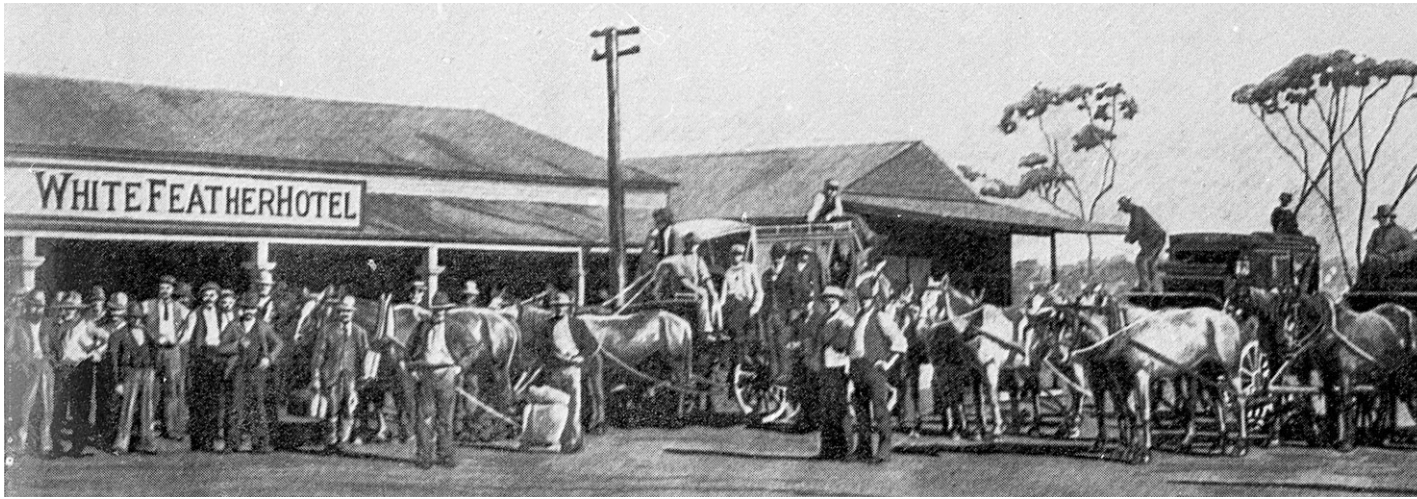
music, vintage bus rides, RC model cars and trucks plus loads of family friendly kids' activities.

CONSERVATION FILM SCREENING OF ELEPHANT MOTHER

August 27 & 28
Windsor Cinema Nedlands
Elephant Mother follows Lek's quest to rescue elephants from the abusive Thai tourist industry. Screening is followed by Q&A session with founder of Save Elephant Foundation, Lek Chialert. Tickets from Eventbrite



As it happened - beyond the stories... Australia's biggest ghost town



The arrival of miners at Kanowna during the gold rush to that place in 1897 Pic supplied by Eastern Goldfields Historical Society



by Lee Tate

WESTERN Australia's forgotten, overshadowed hero showed his hand in 1895 at a Goldfields meeting of mining minds

with Premier John Forrest in the audience.

Nathaniel White Harper, town mayor and mine manager was scheduled to simply give a tribute to local mining.

But he went way beyond his brief. Men urged him to sit down and not embarrass himself. Someone tugged at his coat.

John Forrest, who travelled up from Perth, sat silently but after the meeting called on Harper to join him. Harper happily

expanded on his vision for an overland water pipeline to support mining and quench the thirst of the region's burgeoning population.

Forrest also invited two Kalgoorlie engineers, Jonathon Bray and John Woolcock, to the little summit and they were impressed with Harper's vision and detail.

He had complete plans with full costings (2.5 million pounds) which he produced with his mining accountant, T.C. Faulkner.

The seed was planted for the world-breaking engineering system with its unique pipeline design to pump fresh water a challenging 400 uphill miles (644 kms) across harsh desert to 1,000 ft (305m) above sea level.

While credit continues to be heaped on C.Y. O'Connor, he spent years stating the pipeline design was not his but Nathaniel White Harper's.

O'Connor was a full supporter of the project and, as chief engineer,

worked closely with the premier to bring it to fruition despite enormous political and newspaper opposition.

Harper is rarely-known today although due recognition came from author Stan Gervas in his self-published *Pipedream to Pipeline*.

Irish-born from Scottish stock, Nat Harper is a self-made legend, a battler and migrant whose world-class concept and lifetime's achievements soared.

At 18, Harper left his father's potato fields in Ballymena, Northern Ireland, for a New Zealand gold mine and a job in hydraulic sluicing.

He progressed to Broken Hill as mine foreman, then to Zeehan, Tasmania, as mine manager and miners' union vice-president.

As his family grew, with wife Margaret (nee Thomas), Harper was lured to remote outpost White Feather which became Kanowna, 20 kms east of Kalgoorlie (Maduwongga tribal lands). Kanowna is now Australia's biggest ghost town.

After 1893 gold discoveries, the townsite was gazetted in 1894. The population of 2,500 in 1897 leapt to 12,500 by 1899. Alluvial gold didn't run out till 1953 when the town was abandoned. (Mining restarted in 1986 and went into the 2000s).

Kanowna mayor from 1897 to 1901, Harper (grandfather of politicians Bill and David Grayden), was in WA's Legislative Assembly from 1910 to 1914, in the seats of Beverley and Pingelly.

An astute businessman who grew his wealth in Australia and overseas without ever borrowing, built Perth city's grandest hotel, the Esplanade (not the Fremantle Esplanade).

He invested in mining in South Africa and Russia (where he handed over 20,000 gold sovereigns as a warranty demanded at the border and never got back. He was given a suitcase full of rouble notes that became worthless).

He was a pioneering motorist and car dealer, establishing WA's first vehicle outlets with Wentworth Winterbottom.

Investigations into the Golden Pipeline concept continued over the decades. But, in the words of Forrest: "A man named Harper was the father of the scheme. I was the mother."

Nathaniel White Harper died in 1954.

To raise awareness of the region's rich history, the Eastern Goldfields Historical Society promoted the Kanowna Heritage Trail. <https://kalgoorliehistory.org.au/75-years/kanowna-heritage-trail/>

Find the secret word in the adverts to win a \$200 shopping voucher

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

There are 11 advertisements in this issue which contain a

blue circled letter for the Ad Words promotion.

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

Look out for these advertise-

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

1. The Bidet Shop
2. Ikon Mobility
3. Curtin University
4. Emprise Mobility

5. CPE Group
6. Brightwater
7. Heal Yourself Hypnotherapy
8. City of South Perth Historical Society Inc
9. Amana Living
10. Kings Tours & Travel

11. Nu-Style Roller Shutters

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

6901. Don't forget to include the word, your name, address and phone number. Closes 31/08/23.

Congratulations to Eleanor Parnell, of South Bunbury our June Ad Words winner.



The importance of Wills

Around 50% of Australians do not have a valid Will.

A valid Will ensures that your assets are distributed according to your wishes when you pass away. Regardless of age, wealth or family situation, a properly executed Will provides peace of mind and helps avoid potential legal complications for loved ones.

A valid Will:

- States who manages your estate (your Executor) after you pass away
- Details how your estate is distributed to others (Beneficiaries)
- Reduces legal claims against the estate
- Considers your complete circumstances including business interests, superannuation, blended families and may other complexities of modern situations

St John WA offers two different ways to get your Will prepared:

Online	Solicitor Appointment
By visiting our website, you can prepare a fully legal Will online in minutes at home.	Qualified Solicitors volunteer their time to help St John WA supporters prepare a Simple Will for free.

Whenever you write your Will, you should firstly consider family and friends with the gifts from your estate. Then if you are able, you may leave a charitable gift.

For more information, chat with Paul on 08 9334 1493, or <https://giving.stjohnwa.com.au/wills>

Scan here



Kia EV6 GT offers a great drive and be excited... it's electric!



The Kia EV6 GT is stylish and electric



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

IT feels the world is divided by those who get the idea of electric cars and the others.

I muse about Mr. Rolls and Mr. Royce who, in the early 1900s, declared (to anyone who would listen) electric vehicles will be the future, sooner the

better for Rolls Royce; this week it happened...

I read an AFR review about the stunning Rolls Royce Spector. A fully electric, astonishing car. And it only took 123 years. (For those wondering they cost around one million dollars.)

When a heritage brand like Rolls-Royce grips the idea, one imagines (rightly or wrongly) fully electric cars are here to stay.

Over the past four weeks I've had the pleasure of driving two of the finest from Kia. One would be the latest Saltos; the second and one of the best cars I have driven all year, the amazing Kia EV6 GT.

Super quick, as I ex-

plained to a very interested police officer! Good to look at and stunning to drive.

Unfortunately not cheap, but like large screen televisions they will come down. Range starts from about \$72,590 through to top of the range, GT all-wheel drive at \$99,590 plus on the road costs. Many will say and therein inlays the problem. However the driving experience more than compensates.

For the idea of owning and driving an electric car to thrive we need to suspend everything that we've known during our lifetime. The much loved V8 Holdens and Fords with which we all grew

up are merely (although much loved) dinosaurs.

Certainly for Kia it's a time of change. South Koreans are doing things with cars that are exciting and beautiful designs.

The EV6 GT being a case in point; an extraordinary beast. My friend GD made the comment when seeing it for the first time, "What's with those callipers? Why are they green?" I didn't answer.

LED headlights, indicators, great alloy wheels, very low profile, Michelin on sports wheels; very funky.

Talking to a lot of people while spending a week with the EV6 proved yet again that advertising clearly works!

Seems many had noticed the campaign for the EV6 on the telly. Simple, straightforward and very exciting ads.

While driving the GT for a week or so, the full power is really amazing, switching from a so-called eco-style to a normal style. But then click the GT mode on the steering wheel it reconfigures the whole car and if you were on a track would be equally as quick as some of the most exciting from Ferrari.

For those that wonder whether or not you're able to charge easily? Heading down South? Well things are changing quickly. The EV6 has a range of around 500kms,

depending how hard you drive.

The battery supports fast charging. And if you're not too sure where to charge, the car will direct you clearly and efficiently to the nearest charging station.

If you're only driving around Perth as most do, charge it overnight at home and move to 80 per cent easily.

Charging at a power station may cost something like \$8 to \$20. Great warranties from Kia, unlimited kilometres, seven-year new car warranty.

The drive thrill as mentioned is exquisite. Comfortable, quiet, smooth with a wonderfully balanced steering wheel feel.

Cornering feels like a swift Volkswagen Golf.

Sure, arguments will continue for the foreseeable future about the merits of electric vehicles. But if you were looking for one and spending close to \$100,000, you'd have one in your garage for sure, but it may take three to four months for delivery.

I say don't knock it until you've driven it. Have a drive of a wonderful Kia EV6 GT, then tell me I'm wrong.

Footnote: my great friend Jimmy mentioned in this column last month passed away late July. We argued about the merits or otherwise of electric cars; he was not a fan.

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

9 MUST WATCH PROGRAMS THIS AUGUST



TODAY PERTH

Wake up with Karl Stefanovic and Sarah Abo for Australia's most talked about breakfast show! Includes the latest news, sport, weather, opinion and analysis.

WEEKDAYS FROM 5.30AM



9NEWS WA FIRST

Weekday afternoons, WA viewers have the unique opportunity to ask the questions you need answered via the 9News Perth Facebook page or email wafirst@nine.com.au. Hosted by Monika Kos.

WEEKDAYS 5.00PM



9NEWS

Join Michael Thomson and the 9News team for the full story. Perth's comprehensive live one-hour bulletin covering the latest in news, sport, and weather.

NIGHTLY 6.00PM



A CURRENT AFFAIR

Covering the realms of politics, crime, human rights, science, technology, celebrities and entertainment. Hosted by Ally Langdon.

WEEKNIGHTS 7.00PM



THE BLOCK

WA Blockheads Kyle and Leslie and four other couples, will make over five homes built and designed in the 1950s. With the original furnishings and structures still in place, they'll be confronted and challenged by all sorts of unexpected twists, which come with renovating 70 year old homes.

SUN 7.00PM MON TUES WED 7.30PM



MISSING PERSONS INVESTIGATION

For the first time, we go behind the scenes with Missing Person investigators across the country as they battle against the clock to find missing loved ones and bring them home.

MONDAYS 8.40PM



THE HUNDRED WITH ANDY LEE

Everyday Aussies and some of the funniest comedians are getting together to find out what the country is really thinking. Hosted by Andy Lee.

TUESDAYS 8.40PM



OUR STATE ON A PLATE

Western Australia, where culinary wonders await at every turn. Immerse yourself in the vibrant dining hot-spots, meet the primary producers and be inspired by mouth-watering recipes.

SUNDAYS 5.30PM



THE GARDEN GURUS

Trevor Cochrane and the team return for the springtime series of The Garden Gurus! The team share their gardening, horticultural and landscaping expertise to help make gardening and our relationship with fresh produce at home more successful and so much easier.

SATURDAYS 4.30PM

* Broadcast times subject to change. Please check local guides.

@9NewsPerth | @Channel9



let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian



years, you may remember that I would be off to a new destination every few months but due to taking over the managing editor position and, of course, nearly three years of closed borders my travelling days came to an abrupt halt. So this month I am returning to one of my favourite desti-

nations for a five-day visit to Bali. It's also an opportunity for me and my husband Ron to celebrate our nuptials which happened earlier in the year. Unlike Gary Coleman who you can read about climbing Mount Agung in this section I will be taking a more sedate approach in Bali.

Citilink have announced they are recommencing daily direct flights to Bali departing at 7.30am from Perth Airport on their A320 planes. They have some good prices available too, with airfares starting from \$214. Check their website for specials at www.citilink.co.id/en

Speaking of flying, a new study has been released revealing Europe's most stressful and busiest airports. The three most stressful airports for travellers are Charles de Gaulle in Paris with London's Heathrow and Gatwick coming in second and third respectively. Barcelona Airport was named the least stressful. After the pandemic years I think a little airport stress is worth being able to travel!

If you are planning a trip to Italy, a new high speed direct train service has opened between Rome

and Pompeii operating every Sunday and taking around two hours. The train will leave Roma Termini every Sunday morning at 8.53am and reach Pompeii at 10.40am. During the journey, passengers can learn about the history of the ancient city of Pompeii from a video clip streamed on the on-board monitors. When the Frecciarossa reaches its destination, a Pompeii Link shuttle bus will be waiting to take passengers to the archaeological site. The return journey leaves at 18.40pm and gets into Roma Termini at 20.55pm.

Join us on our next day trip flight to Antarctica. See page 26 for details on the flight which departs January 26, 2024. If you would like a copy of the brochure which outlines conditions and seating classes and the booking form, please email jen@haveagonews.com.au or call the office on (08) 9227 8283.

Happy trails

Jennifer Merigan



IT'S happened...after five or more years I have dusted off the passport and finally booked a little overseas break. I was a

little nervous about the process as the last time I departed Australia was in 2017. If you have followed this newspaper for many

Letters to the Editor

Dear Editor,
I WISH to echo the views of Rose Hope's letter from *Have a Go News* No 376 regarding the single supplement.

Consider these irrefutable facts, a single person only uses half of what a couple uses, we only eat half, drink half on average, we only use one seat on a bus or any other form of transport. We only need one bed, one seat at a table in a restaurant, we only use one lot of bed linen, one towel, less soap, water.

The list goes on and on. As Rose states, a tour may look good until we come to the ubiquitous 'single supplement' where we are told we will have to pay, in some cases, up to a quarter extra. For what I ask? Tour companies are losing out on many fronts, Rose, I speak for all us grandads and grannies when we consider travelling.

From one less travelled.

Ken Hedstrom
Capel

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

Stargazing in August - A meteor shower and a super blue moon



Blue Moon © NASA

by Donna Vanzetti,
Astrotourism WA

STARGAZERS have plenty to see this month, starting with the Perseids Meteor Shower. It is generated from comet Swift-Tuttle and renowned for producing bright meteors. The

shower peaks on the night of 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.

Meteor showers occur as planet Earth crosses the orbital path of a comet. As comets pass by the sun, the extreme temperatures heat up the nucleus causing debris particles to spread out creating a comet tail. As Earth passes through this debris cloud, we see the fiery spectacle of a meteor shower.

When to look: From midnight to early morning, August 12/13.

Which direction to look: Low on the northern horizon.

At month's end we will be treated to a super blue moon. The moon's orbit around Earth is slightly oval shaped or elliptical. So, every month there's a time when the moon is at its closest distance to Earth (at perigee) and another time when it is at its furthest distance from Earth (at apogee).

When perigee coincides with the full moon, it's popularly called a "Supermoon". This 'super' phenomenon will occur

on August 31. To add more cosmic excitement to the mix, it will also be a blue moon! This is the popular term for a second full moon in a calendar month. While the moon won't actually turn blue, it's still worth going out and observing the moon, as blue moons only occur once every two or

three years.

Does a Supermoon look bigger to the naked eye? Find out at <https://astrotourismwa.com.au/supermoon/>

Enjoy a super month of cosmic viewing.

Find more stargazing tips and country events at www.astrotourismwa.com.au.

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Ravensthorpe Wildflowers Extended Tour
Tuesday 19 September - Sunday 24 September 2023
Cost \$2,450 per person, \$471 single supplement
Call now to register your interest.

Araluen Tulips
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Cost \$90
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Wheat Silo Art Works Extended Tour
Wednesday 1 November - Saturday 4 November 2023
Cost TBA

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ADVERTISING FEATURE



travel options for the mature west australian

Death defying climb of Bali's highest point for a very special cause



L-R; Mount Agung - Gary Coleman - Gary's climb of Mount Agung was in memory of his sister Pauline who died of bowel cancer

by Gary Coleman

RECENTLY I travelled to Bali and climbed Mount Agung, an active volcano, Bali's highest point at 3,140m. It is the most holiest place in Bali and the location of the holiest and highest temple Besakif, the mother temple.

After a setback of two volcanic eruptions, a pandemic and an overzealous Australian border security officer, I finally made it to

the top of Mount Agung. What an achievement!

The trek was in memory of my sister Pauline who died from bowel cancer aged 55. In 2015, myself (then 55) and my 21-year-old son Ben decided to train hard in an effort to conquer our first mountain together, dubbed "the lava challenge".

In the process, we aimed to raise awareness for bowel cancer and funds for the WA Cancer

Council through family and friends' donations. The added challenge for us was the fact we both have a fear of heights. Mine is a healthy fear whereas Ben's is almost a phobia. This was reiterated last year when we both raised funds for the Multiple Sclerosis Society of WA as a family friend suffers from the debilitating disease. We abseiled down the side of Perth's tallest building Central

Park which was petrifying and another story for another day.

In 2015 the Bali volcano erupted and wreaked havoc with Bali's tourism industry and thwarted our plans to conquer the sleeping giant as it awoke, spewing ash everywhere. As we were unable to fly to Bali, our airline carrier offered us a compromise to fly to Darwin or Hawaii. We chose the latter and we did a few treks there which were not especially challenging.

The following year, as a family we decided to try Bali again as the mountain was sleeping and booked an Easter holiday break when myself and Ben would attempt the challenge. But Australian border security had other ideas when Ben's boarding pass was found to be

incorrectly printed with my name.

After many problems, Ben was forced to remain at home and the climb didn't happen. We next thought of climbing in 2017 but the volcano erupted again causing worldwide chaos, then the pandemic happened.

Fast forward to June 2023 when myself and wife Julie decided to go to Bali for most of the month where we would celebrate her birthday and our wedding anniversary and explore the real Bali.

At 63, I still had climbing Mount Agung in the back of my mind or had I left it too late? I usually keep myself reasonably fit doing Perth fun runs which had been postponed during the pandemic. I did do the HBF run for a reason on its return this year but injured a calf muscle.

On arrival in Bali, we discovered the governor had decreed a sweeping ban on all climbing and hiking on the island's 22 mountains, effective immediately. But not many locals knew of the ban and I saw a window of opportunity and booked a trekking guide for the climb, seeing it as the last chance to honour my sister and donate to such a worthy charity.

Unfortunately, son Ben, who had committed himself to climb with me previously, was unable to join me as he was moving to Thailand to train and compete as a Muay Thai fighter. I was picked up at my guesthouse by my driver at 11pm and driven to Besakihat at the foot of Mount Agung. Yes, the climb is in the dark.

Because I had no real intention of climbing on

the trip to Bali, I was ill equipped with no proper climbing shoes and had to buy a cheap pair of track pants as it was cold in the highlands.

Guides take a minimum of two climbers up the mountain; I paid double and was greeted in the car park by my guide, a fresh-faced 15-year-old who could not speak English. I was handed a trekking pole, a head lamp and a pair of gloves and off we went without a word of induction on our six-hour climb.

What could go wrong, my first 3000m mountain climb with a non-English speaking teenager, dodgy calf muscles and in the dark?

To reach the starting point of the ascent, we first had to climb 150 steps to the mother temple where my guide lit some incense and said a few prayers, hopefully for us both. The climb started behind the temple with a narrow steep track through the jungle, my guide taking off like a rabbit, setting a cracking pace.

People are advised to wear a jumper, long pants and a rain jacket as the weather can change quickly but I soon discovered that you sweat a lot. At the halfway point, we stopped for a rest and I was down to my tee-shirt but I was soon shivering in the cold atmosphere so on went the jumper and jacket again.

This was the main rest spot on the ascent and where my young fire-loving guide built a big bonfire to dry the wet clothes on our back which was a godsend, also allowing other guides and climbers to catch us up.

I turned around and looked into the darkness across Bali, all the way to the twinkling lights of the city and towns and said: "holy sh...t" It was a terrifying moment and a reminder of how high we were climbing.

After about 20 minutes, we set off again with the terrain getting steeper at

about 70 degrees, more arduous with smooth rock and solidified lava. It was tough going with rough and steep terrain, steeping over crevasses and navigating like a mountain goat knowing that one slight deviation off the path and it was over crevasses and a ravine to a certain death.

After six grueling hours we made it to the summit which was the scariest bit of all, perched on rocks in about a three square metre area with seven guides and thirteen climbers. As the sun rose I could now see and realised the precariousness of our location with sheer drops all around and a volcanic crater.

Now for the bit I was dreading, the four-hour climb down the mountain in hot daylight, seeing the dangerous hazards and extreme height. It was very slippery with climbers losing their footing which I did on many occasions, suffering bruising or cracking my lower ribs.

Luckily, my guide caught me as I was falling forward, almost face-planting the side of the mountain. I did enjoy the celebratory, hard-earned Bintang beer at the bottom after ten hours of so many emotions, nervous anxiety, fear, adrenalin rush, adulation and physical challenges.

I would not recommend this climb to family or friends as it is dangerous with no safety provisions at all. Climbers need to be fit, tuned in, disciplined and a little crazy. Many climbers don't make it to the top but simply turn around after realising the degree of difficulty and they are the wise ones.

Unfortunately, many people have died over the years during the climb, usually on the way down, veering off the designated track. This happened as recently as February this year and two people perished last year.

But I'm delighted to have completed the challenge safely. And oh, what a buzz!



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Unsafe travel adaptors sparks warning from energy safety regulator



L-R; The exposed pins of this travel adaptor become electrified when other part is plugged in – examples of non-compliant travel adaptors that have all metal-pins without insulation – consumers should check that their electrical appliances have a regulatory compliance mark (above right) and insulated pins

A RISE in electric shock reports has prompted a warning from WA's energy safety regulator about dangerous travel adaptors that are not approved for use in Australia.

Building and Energy is urging consumers to only purchase electrical appliances from reputable re-

tailers after noting unsafe adaptors for sale through some local online marketplaces and international sellers.

"These products do not meet stringent Australian safety standards and can put users at risk of electric shock from live, uninsulated metal parts," Building and

Energy acting executive director Nabil Yazdani said.

"Consumers should check that their electrical equipment has a regulatory compliance mark – a tick inside a triangle – showing it has been independently approved for use in Australia."

One type of dangerous travel adaptor has multiple

pins that can all become electrified with 240 volts when one section is plugged into a socket outlet. A user could be electrocuted or seriously injured if they touch the live pins, even in a recessed position.

Other models of dangerous travel adaptors have all-metal pins, with no in-

sulation, or pins with holes. Insulation must cover at least half the pin to protect against contact with live parts if the plug is not fully pushed into the socket outlet. Incidents and even fatalities have occurred when thin metallic items, such as blind slats, have touched the active pins of loose plugs.

"The adaptor should also be robust and in good condition," Mr Yazdani said. "If you have any doubts about the safety or compliance of your electrical equipment, dispose of it responsibly or have it checked by a licensed electrical contractor. It's simply not worth the risk."



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Diane travelled on explorer economy class and shared some photos.

The next trip is scheduled for Australia Day January 26, 2024 and we have seats available.

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Channel Nine news anchor Michael Thomson with a very solid King George off Rottnest

King George Whiting - good eating and tall tales of fishing...

by Mike Roennfeldt

ASK any ten people their favourite eating fish and chances are at least three of them will answer King George whiting. Almost everybody will include these great fish in their top ten and if they grew to 10kg I doubt I'd ever fish for anything else. They really are that good.

In terms of size, the biggest KG I've caught was not much over 1kg. I've seen photos of fish to 1.5kg and could well believe they grow to 2kg. The Australian Anglers Association record for the species is 1.856kg, caught by Mick Cruikshank at Two Rocks on May 30, 1976. But you do hear some extravagant

claims of fish in excess of 3kg. Mind you, the next time someone tells me they know of a place where the KGs grow as big as gummy sharks, the grain of salt I was going to take with the story will probably turn into a handful.

I used to think of KGs in terms of anchoring or drifting over broken weed and sandy bottom in 7-12m of water, because that's where I'd always caught them. But, like just about everyone else who fishes for King George, I came to learn over the years that there is good fishing for them over a much wider depth range than that. I'm talking about quality fish here, not the little pencils that can be

prolific in some southern estuaries. People target them from depths as great as 35-45m right through to 50cm shallows.

At the deep end of things, several offshore anglers I've known have had secret spots where they could regularly find schools of big fish. These spots were quite finite from the sound of things and accurate anchoring was apparently critical, but when they returned with bag limits of 45-55cm fish almost whenever they wanted, it had to be worth the trouble. Most of the spots were in around 35m and they were scattered between Mindarie and Rockingham. I can understand why people who find one of these moth-

er lodes of King George keep the location pretty secret.

The opportunities for fishing the shallows for KGs are becoming better known. One example is the Dawesville Cut at Mandurah. Yellowfin whiting were once the darlings of the winter fishing brigade in the Cut but KGs now share the limelight. Some years the fish are size and not much more but my neighbour did well on them one winter a few years back, catching as many as he wanted around 40-45cm each.

The bays at Rottnest have long been known to turn up a King George or two, but I don't know of many who specifically target them from shore over

there, perhaps because the fish appear to only be in limited numbers. The Rottnest KGs are often of decent size around 40-50cm, but catching just a couple during a morning's fishing would be considered a pretty fair session.

A piece of shelled prawn on a No.2 hook works well, although the prawn can be subject to the ravages of other small reef species. A running sinker is a good idea and use the lightest weight that is practical.

Super fish those King George, and if anyone really does know of a spot where they grow as big as gummy sharks, I'm prepared to swallow my scepticism for a chance to be in on the action.

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is not expected to be ready for service for another two years.

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ADVERTISING FEATURE



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Alaska Calling - why an Alaskan cruise should be on your bucket list



L-R; Relaxing and being spoilt on an Alaska cruise - Leaving Discovery Princess and heading for Dawes Glacier on a smaller vessel - Getting up close to Dawes Glacier - Totem poles in Ketchikan

by Johanna Castro

ALASKA! The very name evokes images of pristine landscapes, towering glaciers, and untamed wilderness. If you're yearning for adventure, then an Alaska cruise could be just the ticket.

Known as the Last Frontier, Alaska is remote. You'll soon discover that Alaska's small towns and awe-inspiring attractions are pretty difficult to get to, unless you arrive by sea or float plane.

But you can experience the wonderful scenery of snowy mountains and glaciers on a cruise ship vacation, as well as getting off to explore historic towns and isolated sights.

Certain cruise itineraries take you into Glacier Bay National Park (a UNESCO World Heritage Site) or you might choose to book a glacier excursion, as we did, to Dawes Glacier. The cruise ship stopped in the middle of apparently nowhere, from where we were whisked away on a small catamaran, dodging icebergs, until we came close to the glacier at the crook of what's known as the Endicott Arm.

Cruise ports of call along the Alaskan coast-

line offer cultural encounters and outdoor adventures, not to mention beautiful scenery and wildlife. Some of the enormous lakes we stopped at during a coach tour in the Yukon were mesmeric. During other excursions we spotted humpback whales, sea otters and bald eagles. If you're lucky you may even encounter Orcas.

During one shore excursion we followed in the footsteps of Klondike Gold Rush miners and prospectors, travelling their precarious and precipitous route on the White Pass and Yukon Route Railway from Skagway to the Yukon. Built in 1898 this narrow gauge railroad takes you through a panorama of mountains and waterfalls, through tunnels and over trestle bridges in the cosy comfort of vintage rail cars. Standing outside at the back of the carriage with the wind in my hair and snowy scenery all around reminded me of how lucky I was to experience this trail by rail, and not on foot as the gold seekers once did.

Then there was the experience of the Great Alaskan Lumberjack

Show in Ketchikan. The players, aka the athletic lumberjacks, were not only strong, skilful and talented but also just so funny! It was an hour of action, excitement, rowdiness and laughs.

But that's not all. We learnt so much about Ketchikan which is known variously for its salmon, its scenery, a rich Alaska native culture, and for a quirky fact - Ketchikan is home to the world's largest collection of Native American totem poles.

Have you heard of mushing? Mushers are experienced dogsledders in charge of a team of huskies, and dog mushing is Alaska's state sport.

During an onshore experience we found out about mushing, as well as enjoying an exciting introductory ride on a dog sled, and we were then introduced to some lively and lovely husky dogs and puppies. For a more in depth experience, you may have the opportunity to book a ship's shore excursion to try snow dog-sledding in the mountains.

Shore excursions are many and varied: Gardeners will be as delighted as I was with a visit to the

incredible Butchart Gardens a must-see oasis in Victoria BC. Nature enthusiasts will enjoy a whale watching excursion from Juneau or Victoria. Foodies will love being whisked off to a lakeside restaurant to dine on freshly cooked Dungeness crabs near Ketchikan.

Apart from the interesting ports of call, and the engaging shore excursions, an Alaska cruise with Princess Cruises is also about luxury and indulgence. How can anyone not enjoy the opulent amenities, the world-class dining options, and the top-notch service?

After a long day sight-seeing you can wallow in a hot tub or relax at the spa. *Discovery Princess* boasts a thermal suite, that includes a hydro-therapy pool with a cascading rain shower and therapeutic air jets. There are also heated stone beds, soothing water beds, steam baths and nature inspired showers.

Try not to eat your weight in food because the gourmet culinary experiences featuring regional specialities are exceptional, and the entertainment, especially the lavish production shows,

are world class. Or you can just sit back and gaze out of a window while sipping a coffee or cocktail and take in the tranquility that comes with being surrounded by the Alaskan wilderness - such are the comforts of a luxury cruise to Alaska.

One American passenger told me: "We've done this cruise several times with friends. Sometimes we don't even get off the ship much, but we treat it

as a five star hotel, with a choice of entertainment, and restaurants that offer the most magnificent scenery - which just happens to change daily!"

Having witnessed this rugged and magnificent destination from a cruise ship perspective I believe cruising in Alaska offers a treasure trove of natural wonders, along with some serene and scenic cruising. Add on to that unforgettable onshore

experiences and it's a perfect mix for seniors wanting to have an immersive vacation in an otherwise hard to access location.

So, engage your spirit of adventure, and get ready for an epic cruise through the heart of the Last Frontier.

Jo Castro was hosted by Princess Cruises on The Discovery Princess cruising the Inside Passage from Seattle to Skagway.

FAST FACT FILE

The Alaska cruise season is generally from April to September. What to Pack? Think layers. The weather is unpredictable.

Princess Cruises offer cruises from seven to 11 days departing from San Francisco, Seattle, Vancouver, B.C. and Anchorage (Whittier).

Some Alaska ports of call include: College Ford, Endicott Arm, Glacier Bay National Park, Hubbard Glacier, Icy Strait Point, Juneau, Ketchikan, Sitka, Skagway and Victoria B.C.

For the best chance of warm, sunny, long days go in July or August; for best chance to see snow go in April or May.

If you want a balcony but don't want to pay the full price, then request a partially obstructed balcony view. You get the benefits of a balcony, just without the full panoramic views.

The sail-away from Skagway is exceptionally beautiful - make sure you're on deck.

About Jo

Jo Castro is a veteran travel writer and blogger who's lived in 11 different countries. For the last 14 years she's called south west Australia home. She's worked for magazines and newspapers in England, South Africa and Namibia, and had freelance articles published in more than 35 publications worldwide. She wrote and published a children's book while in the Philippines in support of an orphanage, and then created her blog Lifestyle Fifty in 2013 to encourage women over 50 to look good, feel good, do good and have adventures!

Add these Western Australian books to your collection...



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

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

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

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Blooming banksias theme of this year's festival



THE 2023 Esperance Wildflower Festival will take place from September 19 to 23.

This year's theme is Banksias so the event will feature presentations, workshops and exhibitions showcasing some of the 29 species occurring within the Shire of Esperance.

This five-day event incorporates activities for children and adults, including environmental displays, guest speakers, visual arts, music and food. Esperance Tjaltjraak Native Title Aboriginal Corporation will also showcase some of their powerful cultural and environmental projects.

Featuring more than 600 local species meticulously collected by passionate botanists and volunteers, this festival is an event that shouldn't be missed. Immerse yourself in a week dedicated to celebrating nature while exploring breathtaking coastal environments of Kapa Kurl.

For the most current information, please visit www.esperancewildflowerfestival.com.au

Take time out to explore and enjoy a day tour

SUNSHINE and spring flowers are finally here! What a great opportunity to come out of hibernation and enjoy the countryside with a group of fellow travellers.

If you've been looking for something to do on your own, with a family member, or with a group of friends, then Aussie Redback Tours have a variety of one-day tours on offer over the next few months.

Each tour costs \$110 for seniors and tours include morning tea, lunch, and extras such as entry fees, cruise tickets etc where applicable. Pick-up points are at Rockingham, East Perth and Joondalup.

For a lovely day out in the countryside in their com-

fortable air-conditioned bus, why not join Aussie Redback Tours on one of the following:

Sunday August 27 - Wave Rock, one of WA's most iconic tourist attractions which looks just like a giant surf wave, rises 15 m from the ground and is more than 100 metres long. Seats filling fast!

Sunday September 17 - Araluen Tulip Festival. Spend time at this annual festival in Roleystone, wandering around the gorgeous tulip displays and enjoying lunch at one of the cafes in the park. Price reduced to \$100 per person to enable people to purchase their own lunch at leisure and spend extra time among the flowers.

Sunday October 15 - Wellington Dam. Visit the massive mural on the side of a dam wall in Collie in the south-west of WA, followed by a restaurant lunch.

Saturday October 28 - Reynoldson Reserve Festival. Market stalls, wildflower displays, art exhibition, vintage car display, botanical talks, books and more. Price reduced to \$100 per person so you can enjoy time wandering around and purchasing your own lunch from one of the stalls.

Sunday November 5 - Collie River cruise. Travel down to Eaton to board the Elandra for a cruise on the Collie River where the dolphins, birdlife, and many forms of wildlife

unique to south-western Australia are abundant.

Sunday November 26 - Toodyay, Gingin, Yanche Lavender Farm. Enjoy a wonderful round trip in the east and north countryside, finishing with a delightful visit to the Yanche Lavender Farm where you will have time to purchase various gifts to take home.

Sunday December 17 - Christmas Lunch Mystery Tour. A great day out to end the year, complete with a two-course roast meal with all the trimmings and a gift from Santa.

Contact Aussie Redback Tours today to book on. 1300 662 026 or info@aussieredbacktours.com.au or www.aussieredbacktours.com.au.

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Enjoy a slice of island life



LYING a short 45-minute hop by boat off the coast of Onslow, the Mackerel Islands conjure up memories of simpler times, sandy feet and sunshine.

Spacious beachfront cabins stretch along the main bay with two, three or five bedroom configurations. Each cabin features a kitchen, lounge and dining area, plus an alfresco patio with a barbecue and hammock, perfect for relaxing, reading a good book and watching the ocean.

Home to a fringing reef, a range of tours and activities is available, including snorkelling, kayaking, stand up paddle boarding, beach fishing, boat hire, sunset 4WD bus tours and *Dinner Under The Stars* events. Extra kids activities are put on during the school holidays.

The wildlife is nothing short of amazing, visitors can spot sea turtles, dolphins, dugongs, stingrays, wobbegongs, crayfish, gropers, colourful tropical fish and beautiful coral formations. Whales visit the islands during their migration and calving season in July and August. Bird watching is also a popular activity, and at night the sky lights up with millions of stars.

A ferry service operates on Tuesdays and Fridays from Onslow, or visitors can take their own boat across and hire a mooring. A minimum two-night stay applies.

To find out more or book, call 9184 6444, email bookings@mackerelislands.com.au or jump on their website www.mackerelislands.com.au.



It's time to take an epic road trip through WA's Golden Outback



Hoover House, Gwalia

THE road trips in WA's Golden Outback are spectacular, ranging from short one-hour

routes to multi-day adventures through a diverse range of landscapes and experiences.

The network of self-drive trails range from fully sealed roads, to firm gravel tracks all the way

through to long, isolated 4WD tracks in rough terrain. It is recommended that people do research and check in with the local visitor centre for updated road conditions.

Here's a selection of road trips available in the region...

Esperance & The Southern Coast road trips take travellers through pristine coastal landscapes and bushland, including the Fitzgerald Biosphere coast, which is classed as one of the world's 'biodiversity hotspots'.

The Wheatbelt, located in the southwest

corner of WA, features road trips through quirky towns, silo art trails and huge towering granite outcrops.

Kalgoorlie Boulder and the Goldfields road trips offer a real Australian outback adventure with a fascinating insight into the region's colourful gold rush history. Featuring historic buildings, character pubs, otherworldly art installations and eerie ghost towns.

The Gascoyne Murchison region, located features the biggest rock (monolith) in Australia, Mount Augustus (twice the size of Uluru) and

plenty of unique Station Stay accommodation for that true outback hospitality experience.

Many road trips through the Golden Outback allow the travellers to become immersed in a storytelling journey. Whether that be about culture and history, nature and wildlife, contemporary art or huge outdoor galleries. Golden Outback road trips have iconic landmarks all along their fascinating trails.

A wildflower road trip is the perfect way to experience the seasonal spectacle, with

most of WA's wildflower hotspots accessible by 2WD - however, you might want to check with the local Visitor Centre beforehand, just in case.

To see the best of the best you'll want to stay at least one night too - wildflower country is also dark sky country, and wildflower season is also the Milkyway season, so you can see the most amazing flowers by day and stellar stars by night.

Find out more about the Golden Outback region at www.australiasgoldenoutback.com/road-trips



Karijini Eco Retreat © Base Imagery

Throw off the winter blues and discover the incredible Karijini

KARIJINI is an incredible place everyone needs to experience at least once in their lifetime. It's WA's second largest national park, coming in at 627,422 hectares, and also features WA's second tallest peak, Mt Bruce (Punurrunha).

Deep gorges and canyons cut through the landscape making it an adventure lover's dream, with hiking trails, towering rocky walls, wild swimming spots, plunging waterfalls and bushland to explore.

Winter days are warm and clear, averaging 25°C, perfect for hiking the gorges and exploring the Karijini National Park. Winter nights can drop to freezing

though, so remember to bring your thermals and jumpers.

Wildflowers bloom around June to September, and the land will be covered in yellow flowering sennas/cassias and acacias/wattles, northern bluebells and purple mulla mullas. You'll also be able to spot the bright red Sturt's desert peas and Wickham's grevillea, the gorgeous pink-purple-blue Ashburton peas and the blue bachelor's buttons.

Take advantage of Karijini Eco Retreat's three Night Glamping Package - you'll save up to \$199 with this deal. Valid for stays until October 31, it includes

three nights' accommodation in a Deluxe Eco Tent with ensuite bathroom for two adults, continental breakfast each morning, one packed picnic lunch for two in your own Karijini insulated quality backpack, a \$50 credit towards your evening meal in the restaurant, a bottle of WA wine and a stunning photographic book of Karijini National Park. You can also add extra nights for a special discounted rate.

To book, contact Karijini Eco Retreat on 9286 1731, email reservations@karijiniecoretreat.com.au or visit www.karijiniecoretreat.com.au.

Make a visit to the mother of the Goldfields



COOLGARDIE, "Mother of the Goldfields" was founded in 1892 after the discovery of gold. Once the third largest town in WA,

today Coolgardie proudly displays grand old buildings of yesteryear.

The Warden's Court houses Coolgardie's Gold-

fields Exhibition Museum, displaying the Waghorn Bottle Collection, the 1907 Entombed Miner Rescue and many more pioneer

exhibits of Coolgardie's history. Visit us here to find the newly relocated, Coolgardie Visitors Centre.

While in Coolgardie a visit to Warden Finnelly's residence is a must. Take a step back in time and wander through this beautiful homestead museum. Relax with a Devonshire tea and imagine life here in pioneering days.

Take your time and spend a few days enjoying everything this historic town has to offer.

Coolgardie Visitors Centre, 62 Bayley Street, Coolgardie, call 08 9026 6090 or email visitors.centre@coolgardie.wa.gov.au



3 Night Glamping Package \$1,158 for 2 people*

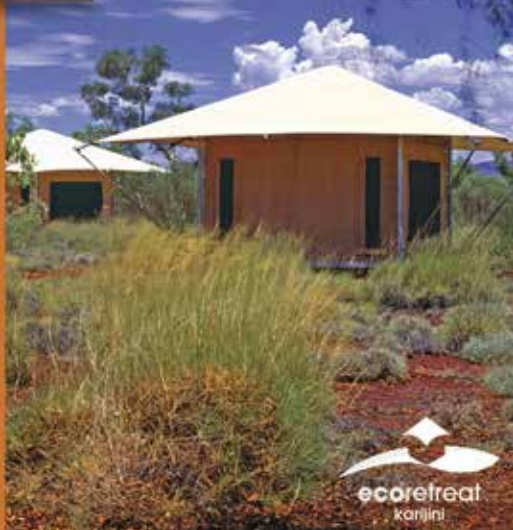
Includes 3 night's accommodation in a Deluxe Eco Tent with ensuite, daily continental breakfast, a picnic lunch, \$50 restaurant credit, bottle of wine + photo book.

Karijini Eco Retreat is one of Australia's leading eco-tourism attractions, situated in WA's second largest national park. Nestled at the edge of Joffre Gorge, stay in luxury or deluxe eco tents, eco cabins or campsites, and dine at the outback style restaurant. Spend your days fuelled by adventure, exploring breathtaking gorges, swimming under waterfalls, marvelling at colourful wildflowers and indulging in delicious food and wine.

(08) 9286 1731

www.karijiniecoretreat.com.au

*T&C's apply, valid for stays April-October 2023, see website for details.



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Looking for road trip inspiration? Welcome to Road Trip Country. Many of our trails start in Perth and explore the amazingly varied and rugged Golden Outback. From the ancient gorges of the Gascoyne Murchison to the wildflowers and countryside of the Wheatbelt, to the outback charm of the Goldfields and the wonderous coastal locations like the Fitzgerald River National Park and Esperance. From 2-day trails that you can enjoy on a weekend, to epic 14-day itineraries that will take you through some of the most breathtaking natural attractions Australia has to offer.

Scan the QR code below to download your FREE Road Trip Guide or visit australiasgoldenoutback.com/road-trips





Discover the Golden Outback's diverse and unique flora and fauna



The scenery is sparse and beautiful

THE animal and plant life of Western Australia's Golden Outback is

incredibly diverse. In the national parks, reserves and wood-

lands people can encounter everything from the iconic kangaroo to

tiny, endangered marsupials.

Crossing the vast outback plains there are birds and lizards thriving in harsh desert conditions.

Throughout the region, spectacular wildflowers bloom from July to November.

Meet the friendly resident kangaroos of Lucky Bay, near Esperance, or watch the sea lions and dolphins at play in the waters around the Recherche Archipelago.

Discover the fish species of the southern reefs, and in late winter and spring, see humpback whales on their annual migration along the coast.

On the sweeping red plains in the north of the region, you'll find small, versatile marsupials that have adapted perfectly to the dry outback environment.

It's not unusual to see emus, kangaroos, wallabies, possums, dingoes and galahs roaming the wide-open spaces of the outback.

And if you're passing through the Wheatbelt region, pay a visit to Barna Mia Animal Sanctuary near Narrogin, where you'll find some of the rare and unusual native marsupials, including the bilby, boodie and woylie.

Explore the depths of the Dryandra Woodland in the Wheatbelt region

- a tranquil sanctuary for some of the most endangered and unique wild animals of the outback.

In contrast, the farm stays of the Wheatbelt region offer a very different animal experience. Here, people can pet and cuddle cute farmyard animals and learn about rural life on a working farm.

The Goldfields and Gascoyne-Murchison regions are famous for their profusion of birds and unique species of reptile.

Be sure to look to the skies while travelling through the Northern Goldfields for a glimpse of the majestic wedge-tailed eagle. Tiny zebra

finches flock in clouds of colour.

At dawn and dusk, the bush is alive with the chitter-chatter of budgerigars, the raucous calls of galahs and the coo of doves.

To help preserve these pristine environments for future generations, follow the principles of Leave no Trace.

For further information about where you can spot kangaroos and encounter the wild animals of Western Australia's Golden Outback, visit www.dryandra.tourism.org.au or www.dpaw.wa.gov.au

For more information about the region visit www.australiasgoldenoutback.com

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Explore the Midwest wildflowers and Kalbarri



JOIN Club 55 Travel for a fun five-day tour as they explore the

magnificent Midwest, spending four comfortable nights staying

at the Hospitality Motel in Geraldton.

The countryside is starting to explode into colour with masses of wildflowers. The tour includes a day visit to the new Kalbarri Skywalk and the gorges, Coal Seam Conservation Park with its carpets of everlasting.

Enjoy this great tour with good company. Book early, limited seats available. Departs: Thursday September 7, and only

\$1,250 twin share.

Club 55 Travel Club caters for individuals, couples and small groups. There are some great tours coming up and people can have a great day out from as little as only \$50. There are several convenient departure locations around Perth, including Belmont, Booragoon, Bassendean, Innaloo, Whitfords, Perth City and River-ton Leisureplex.

Large groups such

as Probus clubs, bowling clubs and retirement villages are also very well looked after and have a choice from more than 80 specially designed outings that they can choose from only \$50.

Phone 0434 439 983 or visit the web page www.club55.com.au where you can get the latest brochure and view full itineraries for both the day and extended tours and sign up for free membership.



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ACTIVE Ageing ADVERTISING FEATURE



Seniors hit the garden and improve your mental and physical wellbeing



by Frank Smith

SENIORS are not all gym junkies, but most of us are aware of the benefits of regular exercise

for our health and longevity, however many of us lack the motivation to exercise regularly.

But if gardening is considered as a form of exercise, lack of motivation is much less of a problem. Home gardens are also a key part of Australian culture and nearly 90 per cent of Australians have a private domestic garden. For many, particularly those over 50 years of age, gardening is their main form of exercise.

Gardening encompasses balance, muscle strengthening, and aerobic exercise obtained through a range of activities and intensities.

A study of nearly 150,000 Americans over the age of 65 found that gardening is associated with better mental and physical health and lower risk of death within 10 years.

Gardening for fruits and vegetables has the additional benefit of providing access to low-cost food. Surveys have shown that food gardeners consume more fruits and vegetables than nongardeners.

Moreover, exposure to nature in a variety of forms, such as gardens, parks, or forests, may have anti-inflammatory benefits and improve immune function.

Professor Susan Veldheer of Penn State College of Medicine and lead author of the study said: "It seems to me that gardening has

many benefits as a physical activity, access to healthy food, and interaction with nature."

When study participants were asked how they exercised, gardening was the second most commonly reported form of activity, after walking.

Gardeners had a better cardiovascular disease health status than non-exercisers, they were more likely to consume fruits and vegetables five or more times per day, and they had lower 10-year mortality risk.

Professor Veldheer says this suggests gardening could be an effective way to reduce cardiovascular disease related risk factors and improve the health of older adults.

Most gardeners in the study were female. Compared to participants who took other forms of exercise, they were less likely than other exercisers to report stroke, diabetes or poor physical health. They also had a lower 10-year mortality risk. Male gardeners were less likely to report cardio-vascular disease and diabetes.

Although gardening is considered physical activity by public health professionals, for gardeners, it is motivated primarily by non-physical activity related reasons.

Studies of what motivates people to garden

found that more than half gardeners rated the activity as giving them pleasure and enjoyment, while one third nominated health benefits. Other frequent responses included seeing plants/flowers grow; expression and self-identity and love the activity.

Another study found that gardeners describe the activity as personally fulfilling, satisfying, calming, and creative, which suggests that gardening is a uniquely holistic physical activity that encompasses several aspects of mental, physical, and spiritual wellbeing.

Professor Susan Veldheer and her team wrote that gardening is associated with better outcomes for the following three critical health problems in older adults: cardiovascular disease risk, diabetes, and mental health.

The findings for diabetes are particularly striking. The odds of reporting diabetes were lower for gardeners, even compared with those who engage in other exercises. Nearly 30 per cent of older adults are at risk of diabetes, and there is compelling evidence that dietary intake and physical activity can improve or prevent diabetes.

The research was published last month in the *Journal of the Academy of Nutrition and Dietetics*.

Stem cell nutrition-a new paradigm in health and wellness

WHY do we age, and why do children heal so quickly? The answer is stem cells.

From birth to 30, we were almost unstoppable, with radiant skin and flexible bodies. After 30, a large percentage of our adult stem cells are no longer avail-

able. After 50, the natural stem cell migration slows by 50 per cent, and by the time we're 65 there's a 90 per cent loss of circulating stem cells. That is why the signs of ageing increase so dramatically then.

Science has just recently discovered that

the only system known that actually rebuilds the body is your own stem cells. Ageing is characterised by a progressive loss of muscular strength and mobility that is a high-risk factor for falls and a decreased quality of life. Adult Stem Cells can become

bone, muscle and cartilage (and virtually every other cell type) which counteracts normal loss of strength as we age.

A clinically proven and patented product is now available that triggers the release of millions of new stem cells - which then re-

place damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better.

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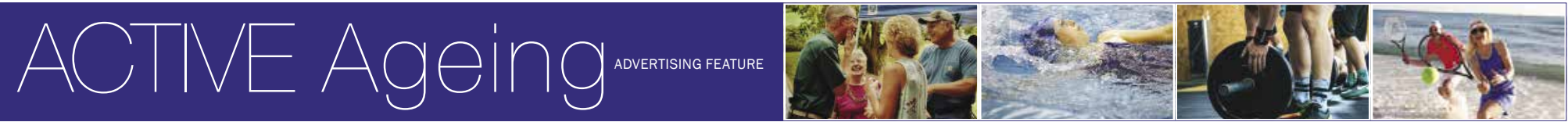


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Over 55 and having trouble sleeping? UWA researchers need you

by Frank Smith

RESEARCHERS at the University of Western Australia are looking for adults aged over 55 with insomnia to take part in a new study. There is no upper age limit.

Research supervisor, Dr Melissa Ree said effective insomnia treat-

ment can help with a range of conditions.

"We know that poor sleep often leads to problems with mood, anxiety, stress, quality of life and functional impairment. The study will examine how insomnia treatment can improve mood," she said.

"Participants need to

be willing and able to engage in group therapy for poor sleep, using the recommended first line treatment CBT-I (Cognitive behavioural therapy for insomnia)."

Participants' sleep patterns will be assessed via questionnaires, an interview and a sleep watch. They will also receive four sessions of free treatment at UWA's Robin Winkler clinic.

Dr Ree said insomnia is a huge problem across the lifespan and its prevalence increases with age. Up to 20 per cent older adults have insomnia disorder, and up to half have symptoms of insomnia.

"Insomnia is not only unpleasant to live with but

it can also have a large impact on daytime productivity, relationships, activity levels, moodiness and anxiety and can make people more prone to developing poor mental health."

Sleep disorders are estimated to cost the Australian economy over \$5 billion annual through associated medical conditions and reduced productivity.

"Insomnia is often treatable, with 70-80 per cent of people obtaining good benefit from Cognitive Behaviour Therapy," said Dr Ree.

"Most people either don't seek treatment, or take sleeping tablets such as temazepam

which have several potential side-effects and questionable long-term efficacy."

Dr Ree said this research isn't testing a new treatment. Cognitive behavioural therapy is the recommended first-line treatment and has been shown to improve mental health outcomes in older people.

"In this study, we're specifically looking at how CBT-I treatment can improve the mood of older adults. We're hoping that by gaining a better understanding of how it has a positive impact on mood, that we can better understand how to improve therapies for depression."

Have a Go News recently reported a trial by Dr Alex Sweetman and colleagues of Adelaide Institute for Sleep Health at Flinders University of Sleepio, an app for treating insomnia by self-administered Cognitive Behaviour Therapy.

"Our study is an in-person format rather than online - participants physically attend the treatment in a group of three to eight people. They will also have their sleep assessed before treatment, after treatment and at three-month follow-up."

"We're not looking so much at whether CBT-I is effective, but rather the mechanisms that are at play in the way that treat-



Dr Melissa Ree

ing insomnia improves mood," said Dr Ree.

To learn more or sign up for the study, visit bit.ly/UWA_SleepMood.

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Intergenerational activities creates fun for everyone...

PLAYGROUP WA supports intergenerational activities in local communities, which benefits everyone involved. When seniors, parents and children come together to socialise and play, it creates wonderful connections. This is especially beneficial for families who may not have grandparents close by and for seniors who have little contact with young children and babies.

Seniors who take part in intergenerational

activities enjoy sharing wisdom from their life experiences. Intergenerational events and playgroups are friendly and fun, and there is a shared delight in watching children play.

There are opportunities for active seniors to volunteer at playgroups. If anyone would like to know more about intergenerational activities or volunteering, contact Playgroup WA at 1800 171 882 or email hotline@playgroupwa.com.au.



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LEGACY ASBESTOS AND YOUR FAMILY

It's been said the hardest thing for a parent to do is to outlive their children. The ADSA is increasingly supporting patients with an asbestos related disease unrelated to a work exposure and often we are turning to their elderly parents to ask, "could this have occurred in your son/daughter's childhood?"

Sadly, we know that children exposed to asbestos have a greater chance of developing asbestos related cancers. According to The National Centre for Asbestos Related Diseases, "exposure to asbestos in children younger than 15 years of age at Wittenoom has also shown excessive cancer incidence and mortality rates. In the ex-residents, about 50% of mesothelioma cases occurred in those who were children (<15 years) when they were at Wittenoom."

The photos on the right were given to us by parents with an adult child suffering from an incurable asbestos cancer. They wanted to share their story regarding their asbestos holiday home, located outside Mandurah, with so many fond memories. Just like many thousands of WA families, the ease of working with asbestos made it possible for the family to undertake home renovations over the years, as the family grew up and needed more space.

As a child, if you helped with DIY or farm projects (quite common in the 60s-80s) like building or demolishing a shed or fence, please ask your parents if they recall any asbestos exposure. Some patients are presenting with asbestos diseases today, unaware of how or when they were exposed;



and their parents are no longer here to provide those details. Fortunately, this very brave family was able to fill in the blanks relating to their now-adult child's asbestos exposure.

We are always asked why, after all the ADSA court battles in the 1980s that established the dangers of asbestos exposure, is there no lifesaving treatments available for sufferers 43 years later? And why there is no dedicated research funding in WA? The Government ban of asbestos in Australia in 2003 continues to be seen as the answer to reducing asbestos disease. Great for future workers, but not for those of us who grew up, and are still working and living with **legacy asbestos** products in the built environment.

The reality for West Australians today:

The odds of dying in a car crash are **2.2%** of the annual fatality rate per 100,000 persons

The annual incidence of mesothelioma is **4.2%** per 100,000 persons



For more information or to make a health screening appointment, please contact the office on 9344-4077.

UPCOMING EVENTS

10am, Thu 23 November, Ecumenical Memorial Service (Kings Park)

The service is an opportunity to come together in remembrance of all those who have passed from asbestos-related diseases. If you have some time to spare on the day, or the weeks prior, we would welcome your assistance.

Sun 5 November, Annual Christmas Picnic (Millet Park, Innaloo)

Once again, we would love as many volunteers as possible to donate baked or bought treats to our jumbo fundraising bake stall or assist in setting up on the day.

MEET THE TEAM

We are delighted to welcome four new members to the ADSA team, to work alongside our beloved Dr Greg Deleuil. Pictured here with CEO Melita Markey (from left to right) - receptionist Olivia, Nurse Practitioner Deirdre Louw, pastoral care coordinator Calvin, and our new GP Dr Peter Brockhoff.

Health checks, pastoral care reviews and services are available Tuesday-Thursday.

If you've had some exposure in the home, on holiday or at work, please Book a health check on 9344-4077.



HOW YOU CAN HELP

DONATIONS: To assist us in advocating for dedicating research funding, fairer Compensation Laws in WA and improved consumer protection from legacy asbestos, please call the office or visit our website www.asbestosdiseases.org.au.



VOLUNTEERS: Please email info@asbestosdiseases.org.au to register your interest. We warmly welcome any assistance, especially for events and admin support.

Don't ignore persistent cold and flu symptoms

If you have symptoms and have been exposed to asbestos, call our office for a health check.





healthy living
ADVERTISING FEATURE

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australian

Winter's grip is a battle with Chronic Obstructive Pulmonary Disease



Gwyneth Garret

by Allen Newton

AS Perth shivers its way through winter, take pity on 85-year-old Gwyneth Garret for whom winter sends a chill up her spine in more ways than one.

Gwyneth, who lives in Armadale, was diagnosed with Chronic Obstructive Pulmonary Disease (COPD) when she was in her 70s, and each year winter brings with it an increased risk of the respiratory disease taking a foothold in her lungs and sending her

off to the hospital.

Born in Buckinghamshire, England, Gwyneth says it was a battle to get her illness diagnosed.

"Some moments are impregnated in your mind. I can see me in a previous house, sitting in the sunroom where we used to have a coffee and a cigarette and solve the world's problems, and all of a sudden, I couldn't get any breath," Gwyneth says.

"I was fighting to get breath and I didn't know what to do. I had no idea

what it was.

I was taken into hospital and from there I went three times in a fortnight to hospital and they still didn't know what was wrong with me.

"My heart rate was 166 and rising so I had to get my heart rate down before they could do anything and on the third time the specialist came in to see me and I said: 'if I'm back here and you haven't found out what's wrong with me I'll be gunning for you'.

"I was so angry that nobody seemed to know what was wrong with me and that was about 2005 or 2006."

Gwyneth says at the time the doctors thought it was something wrong with her heart rather than her lungs until she was eventually diagnosed with COPD. In 2004 a specialist had told her to give up smoking or she wouldn't be around for long, but she didn't think he knew what he was talking about and didn't give up until 2006.

"But it was too late then, I'd already developed COPD."

The illness has affected Gwyneth badly.

"You struggle with just about everything you do because any exertion just takes your breath away and you do deteriorate, believe you me.

"When I think what I was like a couple of years ago, I have a machine here that has three balls in it and I used to be able to get all three up, but now I can only get two up and the third one doesn't move at all so I know my lungs are not as good as they used to be. The machine is like an exercise for your lungs."

And the cold weather makes it worse, affecting her symptoms and leaving her with "lots of gold nuggets".

She does her best to keep away from people with colds.

"Everybody I know, knows not to get in touch with me if they have a cold or a cough

because that can send you into hospital straight away. Coming to terms with not being able to do things you were able to is harder than not being able to do them."

In 2015 Gwyneth was discharged from her specialist and told she was on her own.

She says she was fortunate to discover Asthma WA and has been able to rely on the organisation for help.

"I was on my own for years. But I feel happy now that someone else knows that I have COPD and is checking in on me. I'm not on my own anymore."

Gwyneth says the worst thing anyone with COPD can do is panic.

"It takes a long time to stop that panicking. If I find I'm losing my breath I sit and calm down and just wait until I'm normal once again."

The hospital recommended Gwyneth to Asthma WA, which came to see her in the hospital and keeps in touch with

her by phone.

And while Gwyneth says the winter weather is bad, summer is just around the corner which also brings its share of problems.

"The heat just takes your breath away."

And she keeps well away from dusty conditions.

"But I do have an air purifier in my lounge because I have a bird and she sheds her feathers sometimes. And when I go to the shopping centre I always wear a mask, especially this time of year, you have to be so careful."

Gwyneth warned anybody who found themselves coughing more or had a lot of mucous in their throat to go and see the doctor.

"I made the mistake of leaving it too long and you know if you catch a cold and you have COPD it's not just an inconvenience, it's a trip to hospital."

She says people should also check in with

Asthma WA.

CEO of Asthma WA, Anne Hallam says that in winter its essential respiratory conditions are well managed.

"People need to have an up-to-date asthma and/or COPD action plan and ensure they are taking their medication as prescribed," she says. It is important for people with asthma or COPD to get both the flu vaccination and COVID-19 vaccination when it's available.

Asthma WA is available on 9289 3600 to answer questions about asthma and COPD or patients should speak with their doctor for a review and to update their action plan.

Anne says the free services Asthma WA offers can make a difference, by continuing to help reduce the number of hospitalisations and improve quality of life through education and empowerment of people to take control of their respiratory health.

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Professional, reliable, and friendly home care podiatry service, covering the northern suburbs from Perth to Two-Rocks.

From the comfort of your own residence, all of your routine nail and skin care will be attended by our podiatrist to a high standard and satisfaction.

Our services also include corns and callous, diabetes assessment & management, footwear advice and ingrown toenails.

To book in an appointment, or contact Home Call Podiatry 0423 347 775 or email homecallpodiatry@gmail.com

Facing Parkinson's through partnership is easier in a village

BETHANIE Esprit resident Neil Bevis cares for his wife Janice with love and patience, and admiration for her courage, while acknowledging the positive impact their village community makes to them both.

In 1997 Janice was diagnosed with Parkinson's Disease following some back pain and a slight limp. Her GP sent her for testing with a neurologist who confirmed the diagnosis. It wasn't long before her gait changed and the tremors became

more pronounced, and Janice sadly had to retire from primary school teaching.

Nowadays, the couple have settled into a routine at their Bethanie home.

They both attend the social functions in the village and have found the community to be 'terribly welcoming' since arriving in August 2022.

"The village life is absolutely perfect for us," said Neil.

"People are always checking on us, asking after Janice and generally being supportive; we feel very lucky."

The couple walk around the village early in the morning before the heat of the day in summer, and alternate with swimming in the heated pool in the complex. They go to a 'Gentle Gym' class once a week and use the gym equipment on other days when they can.

It's the perfect place for this partnership.



Janice and Neil Bevis

An innovative new line of battery-powered mobility devices

THE new mobility scooter range Ikon Mobility by Redgumbrand has been created due to the consistent demand from supporters of the Redgumbrand range to bring an innovative line up of battery powered electric mobility devices to the market.

Redgumbrand has been servicing the needs of customers since 2010 with an ever-growing range of healthcare equipment. The Ikon Mobility range will allow the company to service and supply the needs of the Australian market

with the latest battery powered electric mobility products available.

Redgumbrand has been associated with electric mobility devices for nearly 30 years through its parent company For-De Group Pty Ltd. They have been distributing a leading mobility device brand exclusively during this period.

The experienced team are industry experts in battery powered mobility and have the resources to back up the Ikon Mobility range like no other mobility manufacturer in Australia

With warehouse locations in Perth and Sydney, a dedicated sales and service team, Ikon Mobility by Redgumbrand is ready to assist people with mobility needs.

If you value service, innovation, new products and a vibrant local industry, support your local mobility and daily living products retailers.

For-De Group is a Western Australian owned national wholesaler who have been supplying the market for 30 years. Find our more on page 5.

9 NEWS

WA FIRST 5.00

SEE THE FULL STORY 6.00

food & WINE

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

Busting brunch all over Perth - the tale of a purple goat



L-R; Purple Goat Cafe's breakfast board - freshly-baked cakes - happy diners with Pudu - boardwalk



by Buster the bruncher

BRUNCH on the water is hard to beat, adding vistas and atmosphere, but when it includes quality tucker and first-rate service...ahh! It's good to be alive.

Much water has passed under the boardwalk since we hauled ourselves to Hillarys Boat Harbour. The world has moved on, as we'll reveal below.

We selected lavender-decorated Purple Goat Café, entering the cosy, wharf establishment with no preconceptions.

The rather odd name, purple goat, perplexed us so brunch buddy, Professor Ken, dug deep into the files.

"The story goes that in ancient times Ethiopian

goat herder, Kaldi, noticed his goats getting excited after nibbling on the berries of a coffee bush - thereby discovering coffee beans," he said.

So we apparently salute the goat which perhaps acquired some purple colouring in its nibbling. We can't say but it's a distinctive name, not easily forgotten!

Professor Ken and I were impressed with the breakfast menu for having just seven listings (plus a long list of add-ons). It's brunch, we don't want to linger over endless choices and indecision! Quick perusal, quick ordering and snappy service is the hope.

But, after we ordered, came the big surprise. Artificial intelligence appeared at our table in the

form of "Pudu", a nimble robot.

Without warning and soundless, "Pudu" stopped and then urged us to take our plates, saying he/she had other customers who had to be served.

It was fun. "Pudu" is impressive, slick and non-threatening, becoming the talk of the café's grinning customers. Pudu, we discovered, was "born" in China's Shenzhen, a city with a mere 18 million people, classified as a Large-Port Megacity.

The Pudu Robotics company's stated objective is "to improve the efficiency of human production and living".

Yep, the tide has turned. Artificial intelligence has become a serious consideration for eateries, their owners and customers. And we're on the case. Round one goes to "Pudu".

Purple Goat Café looks out over bobbing boats and its prime, ocean-front position is reflected, as expected, in its prices. But not outrageously so.

So, we decided to

share the breakfast board and still battled and failed to eat all its magnificence: Grilled field mushrooms (in a mini frypan), scrambled eggs, organic sourdough toast, streaky bacon, smashed avo, chorizo and cherry tomatoes.

French butter was a delight (although your correspondent has a disparaging view about importing products that can be produced in WA).

Everything in this dish was a celebration of flavours and we praised our waiter generously (but was "Pudu" listening?). Priced at \$34 and there was enough for another diner!

We also opted for

"award-winning fruit & nut loaf", at \$14.50, but ordered it too soon and it lost its warmth. It was seriously the best loaf of its kind we'd ever tasted.

Coffee was top-rate and worth the extra price (\$5.50 and \$6.60).

The café is on the Hillarys deck between the amphitheatre and the Rottneest ferry terminal. There is limited seating outside for sun worshippers.

Cakes in a display cabinet are freshly-baked by the café's pastry chef. Prof Ken bagged a chocolate muffin for his wife who was walking their daughter's fido.

From the main menu, the prime choices at \$58

are a reef-and-beef with scotch fillet black Angus steak and prawns and another steak dish with pepper or mushroom sauce.

The seafood basket with fish, prawns, scallops and tempura squid, at \$38, would probably also suit a share-meal situation.

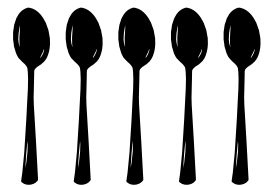
The café is licensed with wine reasonably priced at \$12 a glass and \$45 a bottle, beers for \$11.50, spirits around \$12 and cocktails at \$17.

We loved the menu footnote: "For separate billing, please come after your meal to the counter. The last person will need to pay the outstanding amount". Yes, and

"Pudu" might come looking for you!

5 Spoons
Purple Goat Café,
Shop 33/255
West Coast Drive,
Hillarys.
Phone: 9243 8920.
www.purplegoatcafe.com.au

Open: Monday-Thursday, 8am-4pm; Friday 8am-9pm; Saturday & Sunday 8am-9pm. Kids menu and highchairs, abundant parking.



Buster the bruncher spoon ratings

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



Enjoy wines for winter as we look forward to warmer weather



by Frank Smith

THIS month we have a mixed bag of delicious wines, ready for any occasion.

Drink a sparkling wine as an aperitif before hearty fare and for a lower alcohol starter consider sparkling perry - not to be confused with Babycham, a sweet sparkling drink made from perry and soda water and popular especially with young women in the 1960s

and 70s.

Rumour has it that Babycham is about to be relaunched by the original inventor, Francis Showering, a brewer in Somerset, England, complete with Bambi, the iconic baby deer, on the label, but that is another story.

Clover Hill Noir en Bois is designed to show the influence of oak and time on lees on classic sparkling grape varieties. With the higher proportion of Pinot Noir to

Chardonnay combined with time on light lees and oak provides a wine with greater palate weight and complexity, whilst the natural acid drives the length of the palate. This wine displays brioche and strawberry aroma with a creamy mid palate, natural crisp acidity and a persistent mousse. A drink for special occasions or as an aperitif RRP \$50.

Smallacres Cyder Sparkling Perry 2021 is an alcoholic beverage

made from pears. The colour is light straw in colour with a subtle green hue. It has aromas of fresh cut, ripe and juicy pears with a hint of snow pea and honeysuckle and a touch of brioche to add complexity. The palate is light to medium bodied, with balanced fruity sweetness and clean acidity. The effervescence is bright and sparkling with a fine persistent mousse. This perry can be drunk as an aperitif, a celebratory alternative to sparkling wine or an accompaniment to light dishes. RRP \$29.

Oranje Tractor Farm Riesling 2022 This 8ha farm is better than carbon neutral. The owners implement a range of organic and regenerative practices that allows natural ecosystems to flourish. They say nature will increase soil fertility and water retention, producing healthy plants that are more resilient against pests and diseases. Their 2022 Riesling is pale green in colour with aromas of mixed citrus and a delicate but per-

sistent dry crisp palate and great length. Made by Rob Diletti, Winemaker of the Year 2014. A versatile wine for all occasions. RRP \$33.

Dukes Single Vineyard Rosé 2022 from the Porongurup. Blended from Shiraz and Cabernet grapes the wine's colour is delicate pink with aromas of strawberry, raspberries

and cream, pink carnations and rose petals. The palate is dry with flavours of Satsuma plums, blood oranges and strawberry shortcake. Drink as an aperitif or to accompany fish, shell fish or poultry. RRP \$25.

Carillion Lovable Rogue Montepulciano 2022. The winemaker says this 'Full Monty'

Montepulciano celebrates Carillion's hand-off approach to winemaking. "It is all about letting the grapes shine". This is a medium-bodied wine, deep purple in colour that pairs well with food. The soft tannins help providing a slightly rustic sense and feel. A robust red to accompany meaty dishes. RRP \$35.

HILLVIEW
PUBLIC GOLF COURSE

Father's Day

Buffet Breakfast with a twist

@ Hillview Golf Course & Tavern

Adults \$28
Children (under 12) \$14

Each Dad automatically enters the RAFFLE for a LUCKY DOOR PRIZE!

Sunday, September 3, 7-11AM

BOOKINGS ESSENTIAL 9454 5554

350 Kalamunda Road, Maida Vale

www.hillviewgolfcourse.com.au

food & WINE

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

Knife and fork talk with the Dining Divas - a foray into Fremantle



by Pat Paleeya and Judith Cohen

WE took a trip to Fremantle this month to the Roasting Warehouse along South Terrace. Along that strip are plenty of cafes and restaurants to choose from but the all-day brunch offer at the Warehouse ticked all the boxes. Most dishes were \$25 and under with three exceptions.

We chose Eggs Benny Chan with a choice of either bacon or avocado. Green Goodness was our

other choice.

The Eggs Benny is a grilled roti, panko crumbed eggs, sriracha hollandaise, shallots and a zesty herby salad. The roti looked like a sculpture on plate, and deliciously edible.

The outer part of the roti was crispy but inside the fine layers were soft and chewy. Soft egg yolks oozed from both crunchy panko crumb cases (how did they do that?) and blended with the sriracha hollandaise perfectly. A mix of basil, chilli rounds,

black and white sesame seed and avocado made each mouthful hit the spot.

The Green Goodness bowl offered char grilled asparagus, broccolini, kale, mixed seeds and ancient grains, smashed avo, two poached eggs and tumeric hommus.

The smashed avocado mashed very well with the seeds and the grains (none were left behind). The combination was so good especially when this Diva dropped a big dollop of tumeric hommus

into the mix (classy innit!) but so tasty. Two poached eggs were perched on a nest of asparagus, broccolini and kale. The kale was very soft not tough at all, the char grilled aspar-

agus and broccolini were crunchy.

When the poached eggs were cut and the yolks spread over the above vegies the taste was sensational, the

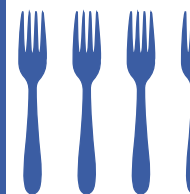
whole meal was a gastro-nomic delight.

Three and a half forks
Monday to Sunday
6am-3pm
Public holidays
6am-1pm

The Roasting Warehouse
312 South Terrace
South Fremantle
6219 5333
<https://roastingwarehouse.com.au>

Knife and fork talk ratings

- Five forks** – excellent food and service
- Four forks** – overall good food and service
- Three forks** – reasonably good food and service but could make some improvements
- Two forks** – food and service needs improvement
- One fork** – would not recommend



Mondo recipe of the month - Ma Tomania's goulash



by Vince Garreffa

THOSE of you with more than fifty thousand meals under your belt might also remember the Court Café on the corner of Barrack and James Street. I remember it as if it were yesterday, because you don't forget stomach

memories. Thank you Ma Tomania for sharing your recipe and feeding me and my brothers all those years ago.

Serves 8
2 kg beef chuck cubes (3 x 3cm)
350gm onions, finely diced
600gm red capsicums, seeded and diced 2cm
500gm onions, half-moons sliced ½ cm thick
150ml extra virgin olive oil
2 tbsp tomato paste
1 tbsp paprika (sweet)
250ml red wine (full-bodied)
WA lake salt

Method:
Wash the meat and drain it in a colander for two minutes. (Do not ask why, just do it, as it is part of the secret.)

Put the meat into a pot, no lid, and cook with a brisk flame on its own.

Add nothing, but stir occasionally for about 20 minutes until the meat looks cooked and is swimming in lots of juice. Now strain the juice and add the tomato paste to it. Give it a good stir and set aside to rest until later.

Cook the strained meat for a further two minutes or more until the bottom of the pot is dry of any juice. Add the oil and finely diced onion, then fry while stirring.

After 10 minutes, add the red capsicums and a generous serving of salt.

(Why now and why generous? Well, that is a secret too.) Stir well. After five minutes add the sliced onions, paprika, and red wine.

Stir well, then add the meat juice with tomato paste that was set aside earlier along with enough water to completely submerge all the meat. Lower the flame to a simmer and allow the goulash to cook slowly, without a lid, until the meat is tender to Ma's liking, about two hours.

Stir occasionally so that it doesn't stick to the bottom.

Serve the goulash with mashed potato. Buon appetito!

Mondo Butcher and Grocer is located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am - 5.30pm Saturday 8am to 2pm. Phone 9371 6350 or visit www.mondo.net.au

WEEK DAY LUNCH SPECIALS

Information correct at going to press

HYDE PARK HOTEL
\$20 lunch specials
Mon-Fri
12am-3pm
331 Bulwer St
North Perth
9328 6166

Shop 37/82
Royal St
East Perth
9221 8884

THE Highbury HOTEL
\$16 seniors menu
Mon-Fri.
Present Seniors card.
Lower North East Rd
Highbury 9885 9048

ROASTING WAREHOUSE
\$25 and under
all day brunch
Mon-Sun 6am-3pm
Public holidays
6am-1pm
312 South Tce
South Fremantle
6219 5333

SHARKYS
\$23 seniors lunch incl. drink
Mon- Fri
11am-3pm
Shop 1 Dolphin Quay
Ocean Marina.
Mandurah
9534 8825

THE MIGHTY QUINN TAVERN
\$18 seniors meal deal
12-3pm daily
112 Wanneroo Rd
Yokine 9349 9600

ROYAL CAMBODIA
Under \$20 lunch menu
Mon-Fri 11.30am-2pm

THE BEST DROP TAVERN
\$20 and under
11.30am-3pm
7 days
18 Haynes Rd
Kalamunda
9293 2993

THE WOODBRIDGE HOTEL
Under \$20 seniors menu
11.30am-3pm
7 days
East St Guildford
9377 1199

Winter fare...Rick Stein's easy steamed sponge pudding



100 gram light muscovado sugar
150 gram honey
150ml double cream

Grease a one litre pudding basin with butter. Cream the butter and sugar together until light and fluffy, beat in the honey and then eggs one at a time, adding a spoonful of flour with the last egg. Fold in the rest of the flour and pour into the pudding basin. Cover with a pleated sheet of greased foil and tie with a piece of string.

Steam for two hours, (you can use a steaming basket) over a pan of boiling water, top up steamer with boiling water if required.

To make the sauce place all ingredients bar the cream in a pan over a low heat stirring until all ingredients have melted and combined, stir in double cream and keep warm.

Serve pudding warm, layered in sauce and with a scoop of ice cream.

WE made this delicious and easy pudding perfect for winter from Rick Stein's Cornwall series.

Ingredients
175 gram butter softened
175 gram muscovado sugar
1 tbspn honey
3 large eggs
175 gram self raising flour
Sauce:
50 gram butter

Treat yourself, good food with views!

Bistro by the Dam is located at the Serpentine Dam off Kingsbury Drive in the Serpentine/Jarrahdale Hills. Open Wednesday to Friday 10am to 4pm and 8am to 4pm on weekends.

Walk in customers welcome

TREAT YOUR DAD FOR FATHER'S DAY SUNDAY SEPT 3

Breakfast | Lunch, Morning or Afternoon Tea | Drinks | Daily Specials Board
Takeaway | Fully Licensed | Gluten free / Vegan / Vegetarian / Group set menus

Bistro by the Dam has indoor and outdoor seating. The large verandah overlooks the glistening waters of the Serpentine Dam. Inside, you can still look out onto nature through the floor to ceiling windows. Live entertainment on the weekends. Come have a laugh with friends and the kookaburras!!

Who doesn't love a good breakfast?

Bistro BY THE Dam

Kingsbury Drive, Jarrahdale - 8km from Jarrahdale
Phone: 0491 948 889 contact@bistrobythedam.com.au



Mushroom soup - warming winter comfort food

by Noelene Swain

THE cold chill of winter seems to have lasted long this year. On these chilly evenings and damp days when you need to be warm inside, there's nothing better than a satisfying, nutritious and flavoursome soup.

Hearty traditional soups can be a meal in itself. Try minestrone, scotch broth, pea and

ham, chowder and more recent soups that have become popular in Australia such as laksa.

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

in check.

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

If it is a quick and easy soup you are after, these are just as tasty, especially when filled with fresh herbs and the clever

use of condiments and spices. Plus, it is well known that reducing the cooking time on your vegetables protects their vitamins and minerals.

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

Brought to you by Fresh Finest Fresh Food Promotions - www.freshf.com.au

A delicious and easy fish laksa

Preparation: 10 mins;
cooking: 20 mins; serves: 1

100ml coconut milk
1 cups fish or chicken stock
75g white fish fillets, skinned and cubed

5 snow peas, diagonally sliced
20g bean sprouts, trimmed
1 green shallots, sliced
½ lime, juiced

PLACE noodles into a large bowl and cover with warm water. Stand for 10 minutes or until tender. Drain. Meanwhile heat oil in a large saucepan or wok over high heat. Add mushrooms and cook, stirring often for three minutes or until tender. Add laksa paste and cook, stirring constantly for one minute. Stir in coconut milk and stock. Bring mixture to the boil over high heat then reduce heat to medium-low and simmer for five minutes. Add fish to the soup and cook for three minutes. Add snow peas and cook for one minute. Place noodles, bean sprouts and shallots into serving bowls. Ladle over soup mixture. Drizzle with lime juice and serve.

50g dried rice vermicelli noodles
1 teasprn peanut oil
100g Swiss brown mushrooms, sliced
1 Tblsprn laksa paste



Mushroom soup

Preparation: 15 mins;
cooking: 30 mins; serves: 4

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

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

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



What's fresh this month



© australianpears.com.au/recipes/chocolate-pear-olive-oil-cake/

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.

Leeks: Braised leeks with grilled pancetta, oven-baked leeks stuffed with mushrooms and breadcrumbs; 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.

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 3/4 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 crunchy apple every day is a joy when there is such a choice. WA's best known apple, Pink Lady, along with the spicy sweet Bravo and granny smiths are great eating through winter.

Enjoy home-cooked meals at heritage property



SUMMER Creek Estate is situated on a heritage property, only 40 minutes from Midland.

The family owned business do all their own cooking including bread and pizza bases, cooked in a wood fired pizza oven.

They make a great selection of treats onsite including pate, honey

ice cream from their own bees, desserts, mains and roast their own coffee. They also grow their own herbs and salads when possible.

Patrons can enjoy their meals with a beer from the brewery while admiring the view from the decking, overlooking the undulating paddocks and the

summer creek.

Come and support this fabulous family and heritage property business which is now threatened with the Main Roads Department proposing to build a highway through the property to the east.

See advert on page 28 for opening hours and details.

Maintaining optimal health through nutrition is important



Older Australians are increasingly recognising the importance of healthy eating

by Allen Newton

AS I get older, what food should I eat to keep me at my healthiest, how much should I eat and if I'm only cooking for me, how do I get motivated?

It is these kinds of questions that have become increasingly important to older Australians in a post-pandemic world.

Concern about food quality and nutrition was also highlighted by The Royal Commission into Aged Care.

In its *Cost of Health Report 2023*, Australian Seniors, reports the top concerns and health challenges identified by Australians over the age of 50 included loss of mobility and independent living.

But around one in five people surveyed agreed there was greater awareness and focus on maintaining or improving good health post-pandemic.

They suggested taking up exercising or walking outdoors more (20 per cent) and eating more healthy food in general (18 per cent) were significant issues.

The report also showed the key things over 50's are doing to help maintain and improve good health in their life include regular exercise (58 per cent), regular health check-ups (58 per cent), and eating healthier foods (56 per cent).

Healthy meal delivery company Lite n' Easy's senior dietitian Ashleigh Jones says while older Australians may be reporting a desire to eat more healthily, as we age, eating well can become

more difficult, especially for those aged over 50 who live alone.

It's not easy for everybody to get excited about cooking a meal for one, and for others mobility issues make it difficult to shop and to prepare their own meals.

This can make it hard to get the essential nutrients they need, which in turn can lead to health problems such as malnutrition, increased infection and falls.

And of course, enjoying a great meal is one of life's delights and a varied diet, as well as keeping things interesting, is also best for optimal nutrition.

"This is because when we eat a variety of different foods, we also consume a variety of different nutrients, which helps us to avoid deficiencies," she says.

This is something Ash-

leigh says Lite n' Easy tries to achieve with 235 different meals created by its chefs and dieticians and a range of quality, high protein dinners, soups and desserts developed specifically to help older Australians with small appetites meet their nutritional needs.

"We use the best quality ingredients, with correct servings of protein and fibre, and appropriate levels of sodium and saturated fats," Ashleigh says.

Home Care Package recipients are also eligible for subsidised meals from Lite n' Easy with the provider covering 70 per cent of the cost.

To find out more visit the Lite n' Easy stand at the ACCPA Care & Ageing Well Expo on August 12 and 13 at the Perth Convention and Exhibition Centre.

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Safe and Secure

ADVERTISING FEATURE



Rescue dog Bane is out in the community helping kids feel safe and secure



by Allen Newton

BIG dogs can be intimidating for little kids which can make introducing the grandchildren to a new dog in the home tricky.

Hardly surprising for small folk to be anxious about a bouncing, enthusiastic dog wanting to say hello to them when the dog is taller than the child.

It was that kind of thinking that prompted the owners of rescue dog Bane, from the Dog's Refuge Home in Shenton Park to become involved in Bane going to pre-schools to help children come to terms with a big dog.

Bane's owner Shonaugh Farquhar says the dog is a Tibetan

Mastiff crossed with an English Mastiff and weighs 60kg.

Shonaugh's two daughters work as daycare teachers for two different centres and have both taken Bane on outings to their centres for the kindy children to learn how to act around big dogs and he also goes along at Christmas time.

"He is a big dog and big dogs can scare little children – and he is bigger than most little children," Shonaugh says.

"My husband used to do park running and take Bane with him and all the children would flock to him."

He was already called Bane when they adopted him and don't know anything about the

origin of the name, or much about Bane's history.

Shonaugh says she likes to think the name came from Batman's adversary, the very powerful supervillain Bane – but Bane the dog is far from a villain – and certainly not the bane of Shonaugh's life.

But he is a big powerful fellow. "He is wonderful," Shonaugh says.

"He was 18 months old when we got him and he will be four years old in June."

In spite of being a rescue dog, Shonaugh says apart from being a little bit aloof to begin with, which is apparently a mastiff trait, Bane was well-behaved from the start.

"We have another dog,

Ronan, and he's very attached to our other dog as well. They got on very well straight from the beginning."

Both dogs are adopted and Shonaugh says the process was very straightforward at the Dog's Refuge Home.

Bane showed off both his style and his temperament winning first prize of 10kg of meat from Mondo Butchers at this year's Inglewood on Beaufort Street Monday Night Markets Dog Show because of his background and his efforts to show young children that big dogs can be fun.

Shonaugh says she entered Bane because she thought it would be fun for him and they both loved the experience.



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Downsizing

ADVERTISING FEATURE



Use colour blocks for warmth and depth - and add some wallpaper...



L-R; Paint colours from Dulux, wallpaper from Trilogy and furniture and accessories from Natalie Jane Design Inset; Elle Design in Subiaco



by Zofia St James

HAVE you been suffering from a little cabin fever with the cold and rain this winter? Are you feeling like the four walls are a little on the dull side which seems to match the weather and your mood?

Have you downsized into a brand new apartment and although everything is lovely and modern it somehow seems to lack personality? These are but a few of the myriad of possible scenarios that you may fall into that have you pondering the 'what and how', so you just simply don't do anything.

This is the most common case as most people tend to lack confidence or don't know where to begin and that's ok.

Take the case of the new apartment for instance, it is designed as a blank canvas from which you can furnish as per your taste

and then add the colour which can pull everything together. A feature wall in a beautiful tone instantly can bring warmth and depth to a room. It could be one the colours featured in a beautiful painting that is currently hanging on the wall or part of the pattern of your rug. Adding colour and especially one that really sings can really set a whole a whole new tone and mood.

I am quite taken with rich jewel tones that suits an interior that needs more warmth or cosiness. You may require a colour that is more subtle to achieve a styled look but not make

the room appear smaller, which is also very important in a small space.

Another case is when everything you have is currently plain, the sofa, cushions, walls and window treatments and the like, in other words a complete blank canvas. If so this is easily remedied and you can achieve instant gratification...just ask me how.

Now before you choke on the word wallpaper from distant and bad memories and even worse patterns, a feature wall in a striking pattern in a room where the desired interior look is fairly minimalist can really be stunning.

Wallpaper has really made a comeback and some designs provide something of an artwork in a room that hasn't any. You can choose something as bold or incredibly subtle, even for smaller rooms I have seen wallpaper add the most beautiful difference.

It's definitely worth considering and even just a look through some stores that cater to any interior. The new Wall Candy boutique and Trilogy Furniture Homewares and Design both located on Stirling Highway Claremont, and Verve Collections Wallpaper Store in Nedlands all

stock the most beautiful array of designs that would suit any interior and it's certainly eye candy. Arm yourself with some pictures of the room and current furnishings to help you visualise the possibility.

The whole point of decorating and colouring your world is to have fun and be creative and if this unnerves you there is always plenty of help at hand with the consultants in store.

One important thing to consider before I go (in order for you to recover from the mention of wallpaper) is that colour is very important for a room that lacks enough natural light.

I might tackle this factor next month. Enjoy the rest of another wonderful winter as we look forward to an imminent spring and all the possibilities that a new season holds. Take care everyone. Zofia x

Zofia offers an interior style consultation for readers and she offer readers 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 zo fiastjames@hotmail.com

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Downsizing

ADVERTISING FEATURE



Shake, rattle and roll... *The Block* steps back to the 50s



Kyle and Leslie Cottone © Rift Photography

19th season. Back in the city, this season features five houses designed and built in the 1950s in Melbourne's family friendly suburb of Hampton East and located on Charming Street. Hosting for his 17th season Scott Cam promises it's a series like no other and, with co host Shelley Craft, who said that this year's time warp back to the '50s will provide plenty of surprises along the journey. There will be a few changes to the format with Scott Cam providing contestants with the full renovation schedule ahead of time. Stakes are high when the 48-hour house de-

cider challenge lets the five couples play for the choice of their choice. Stepping back into the 1950s is not all smooth sailing with contestants coming across structural issues, extreme weather events and a mountain of demolition. With prize money of \$100,000 for the overall winner on top of any profit the five couples can make on the auction day the stakes are high. This year's couples come from Queensland, New South Wales, Victoria and, finally, we see a Western Australian couple return to the competition following the pandemic years restricting entry due to border closures.

Have a Go News sat down with WA entrants 36-year-old firefighter Kyle Cottone and his 34-year-old wife and teaching aide Leslie Cottone. The couple have applied to be on the show five times and this season they finally succeeded. Kyle and Leslie said they had little renovating experience until they took possession of their newly built home in Caversham which was a shell. "We did all the painting and the deck out the back, we got a degree from the University of YouTube. We are just the type of people who think well what's the worst thing that can happen

and just have a go". The couple said that every entrant's journey on the show is different even though they all get the same money and are doing the same things - there's nothing set up or forced. "It was also very lucky because this season Scott Cam picked up the bill for the electrician and plumbers which gave us one less thing to worry about." Kyle and Leslie said the production of *The Block* is exceptionally well organised and run and that their secret to the tight schedule was to not take criticism too personally or overthink every decision. "We were really happy with our house in the

end, and we got a lot of great feedback which was rewarding to hear." Their favourite renovation weeks were the master bedroom and the backyard studio and they hope viewers enjoy those episodes too. "I think we represented WA well, in how we perceive pressure and stress and we reflected the laidback lifestyle of our state on screen," said Kyle and Leslie. *Have a Go News* wishes them the best of luck and hopes our WA couple can take out this year's *The Block*. Tune in for all the fun every Sunday, Monday, Tuesday and Wednesday nights on Channel 9 Perth and 9Now and follow their progress.

by Jennifer Merigan AUSTRALIA'S biggest renovation show, *The Block* returns to screens this month for its

Dog friends are the best friends and welcome at Bethanie Beachside...

JANN and Alan Page were unequivocal about their choice for a retirement village when they were looking 13 years ago. If it wasn't dog-friendly it wasn't an option.

Bethanie Beachside was the only provider that accepted furry companions, and the Pages were among the first dozen couples to move in. "A pet provides crucial interaction as you get out and about, putting you in

contact with other residents and encouraging socialising," said Jann. "We've seen couples lose a partner and their dogs are key to their mental wellbeing; we wouldn't be without them!"

Jann and Alan's two dachshunds Mabel and Frieda love to visit neighbours and trot about in the beautiful suburbs surrounding their Yanchee village. "Dog people generally seek each other out, and with more than 20 dogs here we have lots of wonderful friends," added Jann. "We used to visit the aged care home next door with our two orig-

inal dachshunds," said Jann. "The dogs and the residents got so much joy." "Bethanie is also unique in allowing residents to replace their dogs when they lose one, which again was a huge selling point for us." The newest stage of Bethanie Beachside has two-bedroom villas available from \$425,000. Call 131 151 for more information.



Jann and Mabel, her standard long-haired dachshund

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RAAFA Retirement Living

Older and younger age groups unite for special friendships

AN intergenerational partnership between students at Hollywood Primary School and residents at Regis Weston in Nedlands is resulting in some unlikely friendships between students and seniors, who are bonding over art, storytelling and reading.

Every second Friday, students and residents from the popular aged care home, many of them octogenarians and nonagenarians, spend time together as they take part in a range of activities, including discussing books, comparing favourite toys from past and present and chatting about different artists and their work.

General manager of Regis Weston Kate Tanoska, says the aged care home had partnered with Hollywood Primary School for around 12 months, with

students involved being of both primary school age, and pre-primary.

"Older people can sometimes be deprived of spending time with the next generation if their own families can't visit very often, so seeing bright, friendly young faces is something they really look forward to," she said.

"At the same time, the partnership is just as beneficial for the students themselves, because it's a chance for them to see our residents as individuals who are special and valuable in their own right, rather than just being 'older people'."

Regis Weston is also making plans for its seniors to visit the school in the near future, to enable residents to gain a feel for what school life is like in 2023.

Louise applies her special flair to make a house a home



Bethanie's interior design project manager, Louise Edwards

WHEN Louise Edwards is fitting out a Bethanie home, be it a new build or refurbishment, the people who will be living there are uppermost in her mind.

What colours would they find soothing? Is the artwork appealing? Would that chair be hard to get out

of? Is there plenty of space to move around easily? Are there comfortable places to enjoy the sunshine or sit with visitors?

For Bethanie's interior design project manager wants everyone to feel at home, whether they are living in their own apartment or supported aged care, and mostly she wants to create something special for everyone.

It's one of the reasons the new Bethanie Dalyellup, Louise's biggest project since she joined Bethanie seven years ago, has been so rewarding. The 120-bed aged care home in the South West, which opened in March, is divided into six separate 'houses', each with its own theme.

"It's like designing six different homes in one go," she says with a laugh.

Giving each house its own character involves real attention to detail, right down to the window treatments, fabrics, and type of artwork on the walls.

Louise will also find a way if she can't get what she needs for a

fitout. "Over time I've designed different chairs and pieces of furniture that are suitable for aged care that weren't on the market," she says.

"And I've worked with different companies to make sure that we have better products in terms of fabrics and things like that. It's allowed me to have a more homely approach."

Louise says the process ensures a better outcome not just for the residents, but for their families.

"Obviously our customers are our absolute focus, but you have to think about a customer's family as well, especially when it's dementia-based because they are the ones viewing a place and seeing if it's suitable and what it feels like for mum or dad," Louise says.

"I think for most of the people in Bethanie, and certainly one of the reasons I went into aged care, is that you do want to make a difference to a generation".

To see what Louise has created at Bethanie, visit bethanie.com.au for all of our locations and call 131 151 for an appointment.

GREAT HOME and GARDENING



Queen Camellia reigns splendidly over gardens big and small



Clockwise from left; Queen of the flowers, Camellia, currently reigning supreme in the garden through to Spring - Enjoy the tulips at Araluen Botanic Park Inset; Caerhays Estate in Cornwall, England



by Colin Barlow

FROM late autumn through winter and into spring, the Camellia reigns as one of the most beloved flowering plants in our gardens. With its exquisite beauty and an array of cultivars, the Camellia, often referred to as the 'Queen' of flowers, brings a splash of colour to cold and dreary days.

But did you know that the same plant that adds charm to your garden also contributes to your cosy cup of warm tea during the chilly winter months? Yes, that's right! The dried and cured young leaves of Camellia sinensis are the source of your delightful tea.

Among the various Camellia species, Camellia japonica stands out as the largest and most magnificent. Typically flowering from winter to early spring, its blooms display a rich palette of colours, ranging from reds, pinks, and bicolor to elegant whites, set against glossy evergreen foliage.

The roots of most Camellias can be traced back to the single species Camellia japonica, which was first cultivated more than 550 years ago. Native to Chinese, Taiwanese, Korean, and Japanese islands, this charming plant boasts mildly scented single red or pink flowers with a slightly funnel-shaped structure. In its natural habitat, it thrives as a tall shrub or small tree, reaching heights of six to nine meters.

The journey of Camellias into the Western world began over three centuries ago when breeding and hybridisation efforts took root in China and Japan. The Chinese preferred the double flowering types, while the single flowered forms found favour with the Japanese.

In the early eighteenth century, Camellias found their way to Europe, and by the nineteenth century, European horticulturalists were busy developing many new varieties. The wave of hybridisation eventually reached the United States, Australia, and New Zealand by the early

twentieth century. Now, it's estimated that more than 20,000 cultivars of Camellia japonica thrive worldwide.



Earlier this year I visited the famous Caerhays Estate in Cornwall, England home to the renowned Camellia x williamsii hybrids, a delightful result of crossing C. japonica with C. salu-

ensis back in 1923. The original plants are still there gracefully adorning the castle walls with their timeless beauty.

If you're planning to add Camellias to your garden, remember they prefer an acidic and well-drained soil. You can enrich the soil with organic matter like sphagnum peat, pine bark, cow manure, and decomposed pine needles. Alternatively, adding sulphur can lower the pH effectively.

Camellias thrive in partially shaded areas, basking in the gentle morning sun while sheltered from strong winds and the scorching afternoon sun. These versatile beauties can also grow under de-

ciduous trees or on the shady southern side of your house.

During summer, it's crucial to keep Camellias moist due to their surface root system. Mulching with pine bark, pine needles, jarrah sawdust, or peat will help retain moisture and acidify the soil. Once established, Camellias exhibit impressive drought tolerance and can survive in old, neglected gardens where other plants may have struggled.

For sunnier spots, consider Camellia sasanqua, an excellent alternative. It performs well in full sun and shade alike, making it perfect for evergreen flowering hedges.

If your garden soil isn't

ideal, don't worry! Camellias can thrive in containers and pots. Use a premium 'Azalea and Camellia' potting mix and plant them at the same level as the rootball.

With the right care, you can enjoy Camellias in pots for many years, and you can even underplant them with bulbs and flowers for additional spring interest. While pruning is generally unnecessary, you can shape most Camellias after flowering. For hedges, a trim two to three times a year keeps them neat and manageable. If you need to move or transplant a Camellia, the best time is when they are flowering, as they produce a flush of soft growth after this period.

The allure of Camellias extends beyond their breathtaking presence; they also attract birds and bees during the winter months. So, make some space in your garden for the 'Queen of flowers' and let her reign bring joy to your heart and beauty to your surroundings.

For more information and to delve deeper into the world of Camellias, you can visit the Camellia Society of Australia at <http://camelliasaustralia.com.au/>. If you want to witness more than 450

Camellia cultivars in full glory, take a short trip to Araluen Botanic Park. Find out more at <https://www.araluenbotanicpark.com.au/>. Happy gardening!

Tulip Time: A blooming adventure for garden lovers

Are you ready to embrace the vibrant colours of spring? Look no further than the upcoming Tulip Festivals, where nature's finest blooms will mesmerise you with their beauty. Whether you're a seasoned gardener or simply appreciate the wonders of nature, these festivals are not to be missed.

Yates Springtime at Araluen: A celebration of tulips and more! Mark your calendars for the highly anticipated Tulip Festival at Araluen Botanic Park, commencing on August 18 and continuing till the end of September. Set in the idyllic surroundings of Roleystone, this year's festival promises to be a spectacle like no other. More than 150,000 dazzling tulips will be on display, painting the landscape with a kaleidoscope of colours. But that's not all! Prepare to be enchanted by an additional 36,000 spring flowering bulbs and delightful annuals, transforming the park into a true horticultural wonder-

land. Araluen Botanic Park opens its gates daily from 9am to 6pm, offering you ample time to soak in the beauty of nature. The last entry is at 5pm, so be sure to arrive early to make the most of your visit. For further details, including ticket prices, feel free to contact 9234 2200 or visit www.araluenbotanicpark.com.au.

Nannup Flower and Garden Festival: Why not venture a little further down south to the enchanting Nannup Garden Village, where the Flower and Garden Festival awaits. Running over three delightful weekends, from Saturday August 11 to Sunday August 27, this festival is a paradise for gardening enthusiasts and families alike. Immerse yourself in informative gardening workshops, tantalise your taste buds with cooking demonstrations, and explore a plethora of captivating plants and adorable animals.

As you wander through the festival, be enchanted by the sight of countless tulips and spring bulbs in full bloom, adding a touch of magic to the already picturesque scenery. For the latest updates and to secure your spot, head to www.nannupgardens.org.au/.

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General manager of CPE Group Home Care Rhian Tamim, said people do have concerns about inviting someone into their home to assist, so they believe it's important to have the client involved in who this will be.

Ms Tamim said that although all their support workers are selected for their ability to show un-

derstanding and respect as well as for their experience and qualifications, each client has their own preferences and should be able to choose who will be coming to their home.

By listening to their clients and working together, they build a team of three or four support workers, so their client can still feel comfortable with whoever is visiting should one of the team be unwell or on holiday.

If people can choose a Home Care Provider who will support them in this, with just a little planning they may find you are looking forward to welcoming a support person into their home.

If people would like to know more, please call CPE Group Home Care on 1300 665 082, email them at info@cpegroup.biz or go to their website at www.cpegroup.biz

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Have a Go News PUZZLES SOLUTIONS

Solution for BIG Crossword page 50

I	V	A	N		G	R	A	N	D	P	A		P	A	I	D		
O		L	A	R	V	A		T		E		N	A	D	A	L	R	
W	A	I	V	E		G		O	R	B		T		R	S	P	C	A
A	V	E		A	R	S	O	N		A	L	I	K	E		H	O	W
	A	N	G	L	E		V	E	R	S	A		N	A	S	A	L	
	S		A	M	A	Z	E	D		E	S	K	I	M	O		I	
P	T	S	D		G		R			T		V		Y	M	C	A	
R			D	R	A	W	L	S		S	L	E	E	P		I	F	
E		V	A	I	N		Y	U	C	K	Y		S	O	B	S	F	
L	O	A	F	S			M		I				L	A	T	E	R	
U		L	I	E	S		Q	U	E	E	N		D	E	N	Y	O	
D		E		S	E	T	U	P		S	A	M	O	S	A		N	
E	A	T	S		N	O				P	U		N	E	A	T		
	L		I	C	O	N	I	C		B	A	R	B	R	A		V	
	O	W	N	E	R		T	O	W	E	L		T	A	S	E	R	
U	N	I		L	A	P	S	E		A	M	A	S	S		L	I	D
P	E	N	A	L	O		R	O	N		I		P	A	B	L	O	
O		K	N	O	L	L		C		I		D	I	S	C	O	N	
N	O	S	Y			O	P	E	N	E	R	S			T	W	E	E

Solution for Crossword page 51

P	B	W	B	L	C	P													
L	E	G	A	L	I	S	E		A	B	A	C	U	S					
R		R	D	A		D		T		T									
A	F	T		B	E	T	R	A	Y		B	A	I	T					
O		A		S	E					U	N								
T	R	A	N	S	P	O	R	T	S		R								
M		A		R		T		G		U									
Y	E	A	R	N	E	D		R	A	I	L	I	N	G					
D		C		A				G		A		D							
		H		D	I	S	H	E	A	R	T	E	N						
C		I						C		S		R							
D	O	T	S		B	O	O	B	O	O		O	F	F					
M		T		R		T	A		L		O								
D	E	S	I	R	E		C	O	C	K	A	T	O	O					
T		C		D		H		H		D		T							

Solution for Sudoku page 51

3	9	2	7	4	6	5	8	1
1	7	4	8	5	2	6	9	3
5	8	6	9	1	3	2	4	7
4	6	9	2	3	1	7	5	8
2	3	7	5	8	4	1	6	9
8	1	5	6	9	7	3	2	4
7	2	3	4	6	9	8	1	5
9	5	1	3	2	8	4	7	6
6	4	8	1	7	5	9	3	2

Solution for Wheel Words page 51:

Best, Beta, Bias, Bile, Bite, Slab, Stab, Basil, Basis, Baste, Bathe, Beast, Blast, Bleat, Bless, Bliss, Habit, Sable, Sahib, Table, Ablest, Abseil, Albeit, Basest, Basset, Blithe, Stable, Bestial.

9-letter word: ESTABLISH.

Solution for Quiz Quest page 51:

Carbon, Bengal, Pigs, Lemon, Sierra, England, Copper, White, Orange, Sheep, Gibb, Turkey, Smith, Sri Lanka.

Mystery keyword: STRAWBERRY

Answers for Have a Go News Quiz page 2:

1. 1,000 2. Jasper 3. 29,000 4. Blue whales 5. Perth 6. Sea lions 7. Apples 8. 1917 9. 1958 10. 1908

Come and enjoy the *Silver Linings Variety Show...*



lives the songs of Karen Carpenter, Roy Orbison and Jim Reeves. Also, be entertained by those familiar tunes from the swing era. "Hear the music you grew up with and put some joy in your heart and a smile on your face. Bring your friends for a wonderful morning out.

Comments from previous audiences at the *Silver Linings Variety Show* include ... "The best day out I have had for such a long time!" "So wonderful to hear those songs again. Real music from my youth." "So many great memories. Loved it! Loved it! Loved it!" "So great to share this with my Dad. It brought him back to life. Thank you so much." "What a delightful morning of song and music. I'll be back next year."

This will be held at Swan Active Beechboro Leisure Centre, 332 Benara Road, Beechboro, on Wednesday September 20 from 10am to 12.30pm, but be earlier to allow time to be seated. There is plenty of free parking and disabled access. This is a free community event supported by the City of Swan.

Bookings are ESSENTIAL. Book early as limited seats are available. Phone 9207 8555 or book online at www.swanactive.com.au/silver/

THE live entertainment style known as music hall in the United Kingdom and vaudeville in the United States can be considered a direct predecessor of the "variety show" format.

Variety in the UK evolved in theatres and music halls. British performers who honed their skills in music hall sketches include Charlie Chaplin and Stan Laurel. So to celebrate the past, and have a wonderful morning of entertainment, the City of Swan presents *The Silver Linings Variety Show*.

This variety show turns back the clock and re-

Take a journey to the Antarctic



A D5 tractor wedged in crevice during an ANARE field trip, 1973

Citation: *Antarctica*, 1973. NAA: A6135, K18/7/73/129

CHILLED: *Antarctic life*, inside and out, an exhibition developed by National Archives of Australia, has landed in Perth for the first time.

Chilled invites visitors into the daily lives of the extraordinary people who were stationed at one of the most remote places on earth. The

exhibition explores the incredible resilience of Antarctic expeditioners and the many creative ways they dealt with the dangers, isolation and responsibilities of living on the world's coldest continent.

Vesna Liso, state manager National Archives Western Australia office, said she is delighted to be hosting *Chilled*. *Chilled: Antarctic life*, inside and out. It is on display from Monday to Friday at National Archives' WA office (National Archives Western Australia Office, groundfloor, William Square, 45 Francis Street, Northbridge) until March 30 2024.

New singers wanted for a friendly choir...



at Floreat Uniting Church Hall, 50 Berkeley Crescent, Floreat.

This semester, the choir is looking forward to re-learning well-loved Australian songs as well as new music and songs from the world around us. The musical director is Rachel Martella, a UWA classical voice graduate and accompanist is Alex Wheeler, a piano graduate of Sydney Conservatorium.

There are no auditions. Online practice tracks are provided.

Further details: www.churchlandschoralsociety.org.au or call Sandra 9341 5858.

MEDICAL studies SHOW that singing in a choir is very beneficial for health and fitness, it is also great fun.

Churchlands Choral Society is seeking new singers to join their friendly Choir. They meet on Mondays at 7pm during school terms

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Bell Shakespeare's fresh retelling of Shakespeare's romantic comedy *Twelfth Night*



BELL Shakespeare is Australia's national theatre company specialising in the works of William Shakespeare and his contemporaries.

Founded in 1990 with the aim of sharing Shakespeare's plays in a way that was relevant and exciting to all Australians, the company has evolved further than its visionary founder, John Bell AO, could have hoped.

Today, Bell Shakespeare tours major theatre productions, education programs and outreach initiatives to every state and territory in Australia. Performing and teaching in theatres, schools, juvenile justice centres and regional and remote communities, the company enjoys unrivalled reach and impact, further extending its influence through innovative digital programs.

Bell Shakespeare is coming to Perth for its production of *Twelfth Night*. As part of Bell Shakespeare's major national tour to 25 venues across Australia from July – November 2023, *Twelfth Night* will travel to Heath Ledger Theatre

from August 16 – 19 and Mandurah Performing Arts Centre August 22, Bunbury Entertainment Centre August 24 and August 27 at the Albany Entertainment Centre.

To celebrate the 400th anniversary of the play's publication in 1623 as part of Shakespeare's First Folio, this new production of *Twelfth Night* is a fresh retelling of the romantic comedy, offering a dark collision of hidden identities and unrequited love which asks audiences to find light in the dark. The production will star film, television and theatre actor, Alfie Gledhill in the lead role of Viola, alongside Keith Agius, Isabel Burton, Amy Hack, Garth Holcombe, Tomás Kantor, Mae Lacanilao, Ursula Mills and Jane Montgomery Griffiths.

Directed by Heather Fairbairn, who has worked internationally with companies includ-

ing the Royal Opera House and the Royal Court Theatre in London, the production will feature original music from Aria Award winner Sarah Blasko, bringing a unique vision to Shakespeare's most musical play.

Director Heather Fairbairn said: "I'm fascinated by the enigmatic nature of *Twelfth Night*, which transcends time and place. In this production, there is no specified setting which, coupled with the haunting nature of Sarah Blasko's music, lends an otherworldly feel to the play."

Twelfth Night tells the story of the aristocratic Viola, who finds herself washed up in a strange new land and, determined to survive, disguises herself as a man to secure a position in the household of Duke Orsino, where passion, intrigue and mistaken identity ensue.

Throw off the winter blues for an afternoon with the WA Mandolin Orchestra

THE WA Mandolin Orchestra (WAMO) is a community-based group with members drawn from all parts of Perth. The ensemble is busy preparing for their winter concert, to take place at the Rhein Donau Club on August 27 at 4pm. The theme of this concert is music from all around the

word. It is a very tuneful program featuring pieces from the USA, Spain, Cuba, Germany, Australia and Italy.

Listeners will find some "old friends" in the program, which includes a performance of Mason Williams' hit *Classical Gas* and a medley of Italian favourites such as a *Santa Lu-*

cia, Arrivederci Roma and *Funicili Funicula*.

The lesser-known works on the program are equally enjoyable and very tuneful pieces. This concert will be the first under the baton of orchestra member Jana Buvari, while orchestra director Robert Schulz takes up a place in the mandola section. Jana will be in charge of a fine ensemble of mandolins, mandolas, guitars and basses.

Tickets are only \$20.



Bookings can be made at www.trybooking.com/CHXHH, or people can try their luck with a door sale ticket. A free after-

noon tea is included in the ticket price, and the bar at the Rhein Donau Club will be open after the concert.

Backstage tour dates...

THE public is welcome to discover the intriguing 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 until the end of the year include... Tuesday October 3 - 10am and 11.15am; Monday October 9 - 10am and 11.15am; Monday November 6 - 10am and 11.15am; Wednesday December 13 - 10am and 11.15am; Thursday December 14 - 10am and 11.15am and Friday December 15 - 10am and 11.15am.

Entry is by gold coin donation. To book, just email info@perthconcerthall.com.au stating what day and time you would like to attend.

The extraordinary, captivating and untold story of JOSEPH BOLOGNE.

Set in 18th Century Paris, he was a brilliant composer, the illegitimate son of an African slave and also had a love affair (and falling out) with Marie Antoinette.

The True Untold Story

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Kelvin Harrison Jr. Samara Weaving Lucy Boynton

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Get set to be thrilled by a spooktacular...



Belinda Butler (Mad Margaret) stars in *Ruggidore*

to escape his fate, consigning his younger brother Despard to a life of dastardly deeds.

When his true identity is revealed by a jealous rival, Robin / Ruthven is compelled to commit a crime every day – or face an agonising death. Will he be able to break free from the witch’s curse?

This production showcases marvellous music from Arthur Sullivan and WS Gilbert’s most witty and weird characters. Don’t miss this irreverent tale, featuring romantic rivalries, hidden identities, and a family of phantasms! *Ruddigore* is one of Gilbert and Sullivan’s funniest musicals, this time with a spirited topsy turvy twist!

Ruggidore plays from October 5-14 at Dolphin Theatre - 35 Stirling Highway, Crawley.

Tickets: \$19.90 - \$59.90. Book: www.gandswa.org.au

WIN WIN WIN

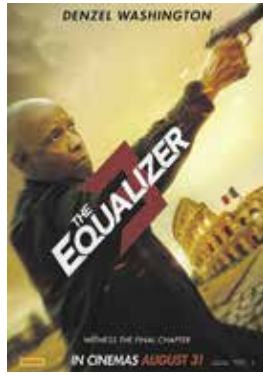
We have a double pass for a lucky reader to win for any performance (subject to availability) of the *Ruddigore* season. To be in the draw simply email win@haveagonews.com.au with *Ruddigore* in the subject line or write to *Ruddigore* c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 1/9/23.

G&S WA is thrilled (and chilled!) to present *Ruddigore*, a spellbinding seaside gothic by the masters of musical comedy.

Shy and law-abiding, gentleman farmer Robin Oakapple is working up the courage to ask the virtuous Rose Maybud to marry him.

However, he holds a dark secret – he is actually Sir Ruthven Murgatroyd, the cursed Baronet of *Ruddigore* who fled

McCall takes on the mafia in this final chapter...



DENZEL Washington is back as Robert McCall in the final chapter of *The Equalizer*.

Since giving up his life as a government assassin, McCall has struggled to reconcile the horrific things he’s done in the past and finds a strange solace in serving justice on behalf of the oppressed.

Finding himself surprisingly at home in southern Italy, he discovers his new friends are under the control of local crime bosses. As events turn deadly, McCall knows what he has to do: be-

come his friends’ protector by taking on the mafia.

Starring Dakota Fanning, David Denman and directed by Antoine Fuqua.

In cinemas August 31.

#TheEqualizer3

WIN WIN WIN

To be in the draw to win a double pass to *The Equalizer 3*, simply email win@haveagonews.com.au with *Equal in the subject line* or write to *Equalizer 3* c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 25/8/23.

Heritage Country Choir chalks up 25 years of entertaining



Heritage Country Choir

THIS month, the Heritage Country Choir will celebrate 25 years of entertaining and engaging with the local community. In 1998 the idea of a choir came from the facilitators of the Byford Learning Centre.

Eileen Davis and Anne Dyer were brainstorming new activities to involve the community. Eileen recalls, “We thought a choir would be great, as I hadn’t sung since I was at school and I love singing. And that’s where it all

started 25 years ago and it’s still going strong”.

A great turnout at the initial meeting ensured a solid start for the choir which in the early years also included a children’s choir. Many members are enthusiastic attendees with three members of the original choir still attending.

The choir sings in four part harmony and has a large repertoire of songs varying from popular, folk, classical, spiritual, jazz and musical theatre. The choir’s director Jo Bennet, who has an extensive professional musical teaching background, joins with professional pianist Craig Skelton to make the rehearsals rigorous but fun.

The choir sings at Australia Day, Anzac Day, local markets, festivals, funerals and weddings. One of the wedding performances included singing the bride’s favourite song as a surprise. Some members recently joined in the 1,000 Voice Choir performance at the Perth Concert Hall.

A 25-year Celebration Concert will be held 2.30pm – 4.30pm, Sunday August 27, St Aidan’s Anglican Church 21 Clifton Street, Byford. With special guest performers, Wayne Pery and the Classic Sounds Orchestra Quartet. For further information, contact Eileen on 0449 019 700.

Mature age musician wanted...

MATURE age musician/some vocals are wanted, for a working trio, aged care and some charity work, as a regular member has health issues.

Gigs north and south of the river playing bright, happy, feel good music, mainly from the 60s, 70s, 80s to brighten up the lives of our older folk.

Very rewarding, lots of fun, need own transport and gear, easy going, sense of humour.

Contact Will phone/text on 0484 769 796.





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SEASON PARTNER





Ludovico Di Ulbaldo © Finlay McKay

Art comes to life in new season from Western Australian Ballet

FOR centuries artists have put paintbrush to canvas to capture ballet, but West Australian Ballet's upcoming season, *echoes of Van Gogh*, will go full circle as art comes to life through dance.

After picking up an award for Architecture of Hope as part of WA Ballet's 2020 Ballet at the Quarry, Dutch choreographer Wubkje Kuindersma is return-

ing to Perth with a world premiere.

The work is inspired by one of the most famous painters, Vincent van Gogh, and will immerse the audience in the master's vision, colour and genius.

"Before I even started to create this ballet there was already this feeling of 'I would love to transcribe these paintings to choreography'. That's actually where

it [inspiration] came from." Kuindersma says.

"The paintings... I find so strong, so beautiful, that I wanted to be part of it."

Echoes of Van Gogh is live at His Majesty's Theatre with West Australian Symphony Orchestra from September 8-23. Tickets from www.waballet.com.au.



Stellar lineup of well-known actors

lin marches to its own beat, rooted in traditions of loyalty, faith and togetherness. There's just one tantalising dream for the women of Ballyfermot to taste freedom and escape the gauntlet of domestic life: to win a pilgrimage to the sacred French town of Lourdes.

And with a little benevolent interference from their cheeky and rebellious priest, close friends Lily, Eileen, Dolly and Sheila

are the 'lucky' few to win this ticket of a lifetime at their riotous local raffle night. *The Miracle Club* is a heart-warming and hilarious story of working-class women from Dublin who embark on a pilgrimage to Lourdes.

Starring Academy Award® winners Maggie Smith and Kathy Bates, Academy Award® nominee Laura Linney, and rising talent Agnes O'Casey. The stories of these

women remind us that we are only as strong as the friends and family who stand by us.

IN CINEMAS AUGUST 3.

WIN WIN WIN
Email only

We have double in-season passes to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with *Miracle in the subject line*. Closes 14/7/23.

BALLYFERMOT, Ireland, 1960. A hard-knocks community in outer Dub-

Critically acclaimed movie hits screens



PAST Lives is a critically acclaimed movie that has garnered buzz around the world as the year's best movie. Nora and Hae Sung, two deeply connected childhood friends, are wrest apart after Nora's family emigrates from South Korea. Two decades later, they are reunited in New York for one fateful week as they confront notions of destiny, love, and the choices that make a life, in this heartrending modern romance.

In cinemas August 31.

WIN WIN WIN

We have five doubles to giveaway to some lucky readers. To be in the draw simply email

win@haveagonews.com.au with *Past in the subject line* or write to *Past Lives c/- Have a Go News PO Box 1042, West Leederville 6901*. Closes 25/8/23.



Chevalier: a dramatic true story of an 18th century composer

FEATURING a dynamic performance from Kelvin Harrison Jr. (Waves), this opulent historical drama, inspired by the true story of composer Joseph Bologne, brims with intrigue, romance, and sumptuous music — turning the spotlight on a brilliant Black artist whose legacy has been woefully obscured.

Chevalier opens with an audacious bang, as Joseph Bologne (Harrison) in-

terrupts a Paris concert conducted by Wolfgang Amadeus Mozart and makes a dramatic impression on the preening genius and his fancy, 18th-century audience.

From there we watch as Bologne, propelled by talent, ambition, and a drive to surmount the racist barriers all around him, climbs his way up from outcast to a place in Marie Antoinette's inner cir-

cle. Born in Guadeloupe as the illegitimate son of an enslaved African and a white French aristocrat, Bologne grew up in Paris as a privileged but stigmatised son. He was afforded the finest education and excelled in music and fencing. But he was still Black.

As a gifted, vital young man, Bologne cuts a dashing figure at court, attracting the attention of an older woman, La

Guimard (Minnie Driver). His attempts to manage her overtures, while his own desires lead him to the very married Marie-Josephine (Samara Weaving), complicating any hope he has of achieving his greatest ambition: becoming the next leader of the prestigious Paris Opera.

Now showing at Luna Palace cinemas.



UWA Choral Society

Experience the grandeur of Carmina Burana at the Perth Concert Hall

THE prestigious choral group the UWA Choral Society will take to the Perth Concert Hall on Sunday, August 13 at 2pm to present Carl Orff's monumental masterpiece, *Carmina Burana*.

One hundred of Perth's finest soprano, alto, tenor and bass choir singers, accompanied by exceptional soloists and musicians and the Aquinas student choir, will embark on a breathtaking musical journey under the masterful direction of conductor Kris Bowtell.

Carmina Burana is one of the most popular pieces of the classical music repertoire, that rings familiar to even an untrained classical ear. From the thunderous opening chorus 'O

Fortuna', ancient chants, exhilarating rhythms and hauntingly beautiful melodies collide in a display of choral grandeur. This popular piece has been used in films, television shows and advertisements.

The performance will include a captivating new work, *What would I give...* by trail-blazing Perth composer Lydia Gardiner. This enchanting meditation on time and the transience of life features Aquinas Schola Cantorum, with the children's choir adding a touch of innocence and wonder.

This performance brings the esteemed UWA Choral Society full circle, as they return to the very stage where they performed at the Perth

Concert Hall's grand opening in 1973. As the oldest and most distinguished choir in the state, the society boasts an impressive 92-year legacy of captivating audiences across WA, Australia, and the international stage.

Don't miss your chance to experience the sheer grandeur of *Carmina Burana* and the captivating voice of the next generation of composers in an unforgettable afternoon that will leave you exhilarated, inspired, and yearning for more.

Tickets range from \$16 to \$63, and are on sale now through Perth Concert Hall, on <https://perthconcerthall.com.au/events/event/ayo-in-concert>.

WAKE UP WITH
KARL & SARAH

Today

WEEKDAYS 5.30 AM

9 NOW

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.

- Travel companion Wishing to contact
 Seeking a friend Seeking a partner

Name
 Address
 Phone Email
 I am over 45 years of age (Signature)

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.40) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

A NEW singles friendship group, NOR for ladies/gents, 64+ to share lunches, various outings. Don't be alone. Give it a go. No fees. Reply with mobile number. ALA.
Reply Box 9380

FEMALE early 70s, dogs, family, nature, country drives, camping, fishing, sport, theatre, unpretentious, caring, educated, open minded, small 'i' liberal, minded. Loves to lunch. Seeks gentleman; reliable, communicative, honest, values, GSOH, healthy, NG, NS, 67-75, metro only.
Reply Box 9377

FILIPINA lady, 75, slim, attractive, young looking, long hair, affectionate, caring. WLTM caring, GSOH, gent for outings, travel, dancing, cinema, dining, quiet evenings for permanent long term relationship, coffee, chat to start.
Reply Box 9373

FUN-LOVING, friendly, 74, woman, loves to live life. Loves to write, avid reader, relaxes with tai chi, theatre and friends. Well-groomed lady looking for kindred male spirit to spend quality time with a best friend, perhaps more?
Reply Box 9371

GENT, 79, 5'8", 73kg, lives SOR, 6156 post-code, Australian born, WLTM lady around same age for dancing partner, RNR, having lesson weekday, social dancing Friday and Sunday am. I am sincere, honest, trustworthy and enjoy carpet bowls.
Reply Box 9372

GUY 53, fit, active, medium athletic build, DTE, GSOH, Perth hills. Seeks attractive, fit lady for fun times and friendship to get together, have fun and make life more exciting. Have a great day.
Reply Box 9381

HAVE a Go Meet a Friend Group 65+ meets every three weeks on Saturdays only; have lunch together, make friends, mingle around and have FUN; no fees other than your own beverages; if you are interested about reply with a name and mobile phone number for more info.
Reply Box 9382

LADY 82 looking for gent 78-83 who loves to be on the dance floor for New Vogue and Old Time dancing. There is nothing quite like the joy of dancing anywhere from Bunbury to Rockingham - travel not a problem.
Reply Box 9378

SOME time ago I was in Mindarie Keys' little shopping centre and a very tall, slim, long-haired, well dressed, good looking gentleman came out of the supermarket. He walked towards me and said a friendly hello. I said nothing, then after turning around, there was nobody! I made a huge mistake and would like to apologise. The gentleman was gone with big steps walking towards the ocean. I have returned many times since to the shopping centre and not seen him.
Reply Box 9375

Seeking a Partner

ATTRACTIVE well-presented English/Australian lady 70+, med build, educated, SOR, postcode 6107. I enjoy reading, walking, music, socialising, country drives. WLTM unattached, well-presented, genuine, kind loving, fin secure gentleman, 66-76 for permanent, long-term relationship from hills country or metro areas. Genuine replies only. ALA.
Reply Box 9376

HI everyone, you've probably tried the scams online, over priced match-makers, pubs, and clubs. Age 50-75? Presentable? Live Peel to Rockingham? Come and meet us for dinner. Send age, gender and phone number.
Reply Box 9379

WLTM a kind hearted Asian lady, DTE, enjoys country life for long term relationship, enjoys walks on beach, dinner or just being cared for with TLC, 66, gent, easygoing, DTE, NS, ND.
Reply Box 9374

Seeking a Travel Companion

ALA NOR, WLTM a male with GSOH, TLC, 60-65. My age 63, NS, hobbies; holidays, travel, shopping, dancing, WLTM, music, art, painting, sewing, walking, cooking, SD, and some sports, camping in tent or caravan.
Reply Box 9370

Do you need a companion or friend? Let Have a Go News help you through our Friend to Friend page. Get writing and send in your coupon.

When replying to a Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number

located at the right hand bottom corner of the ad) concerned and post to:

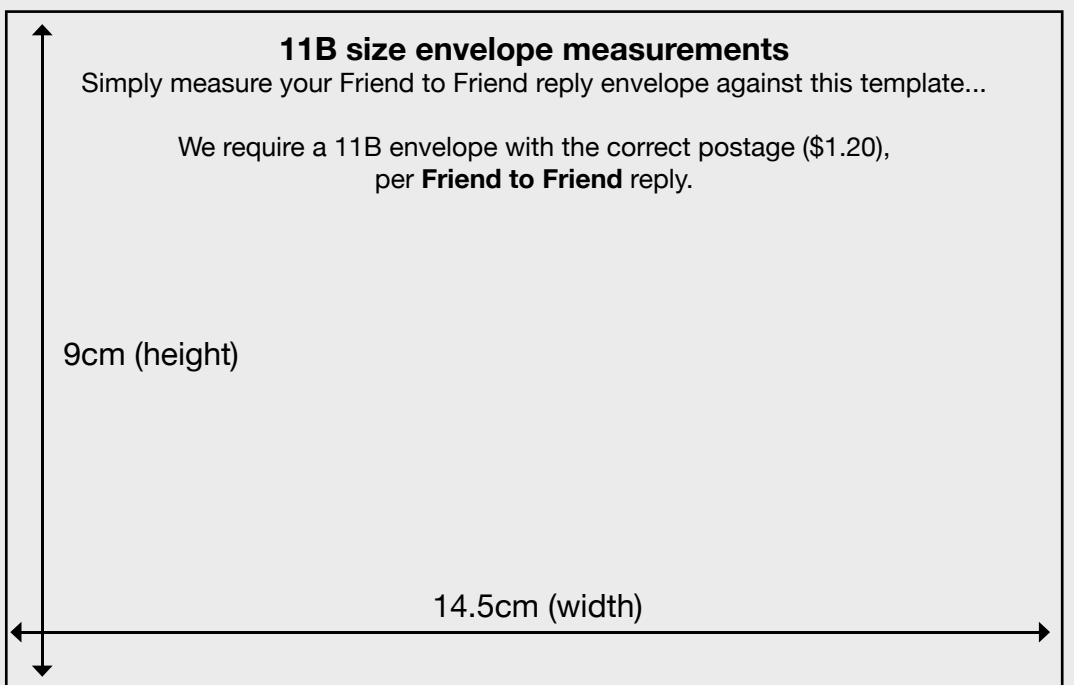
eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)

Write your reply on a single sheet of paper

and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see example above. No greeting cards,

bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not opened. Replies must be in response to reply boxes no older than three months.

Envelope size for Friend to Friend replies...



COMMUNITY PHONE NUMBERS



Police: 131 444
Crime Stoppers: 1800 333 000
Emergency: 000
 Poisons Information Line: 13 11 26

Lifeline WA: 13 11 14
Centrelink: 13 24 68
Medicare: 132 011
My Aged Care: 1800 200 422
ATO: 13 28 61
WA Senior Card: 6551 8800
Seniors Recreation Council: 6118 2716
Western Power: 13 13 51
Water Corporation: 13 13 75
MyGov: 13 23 07



Join our online community
READ US ONLINE

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



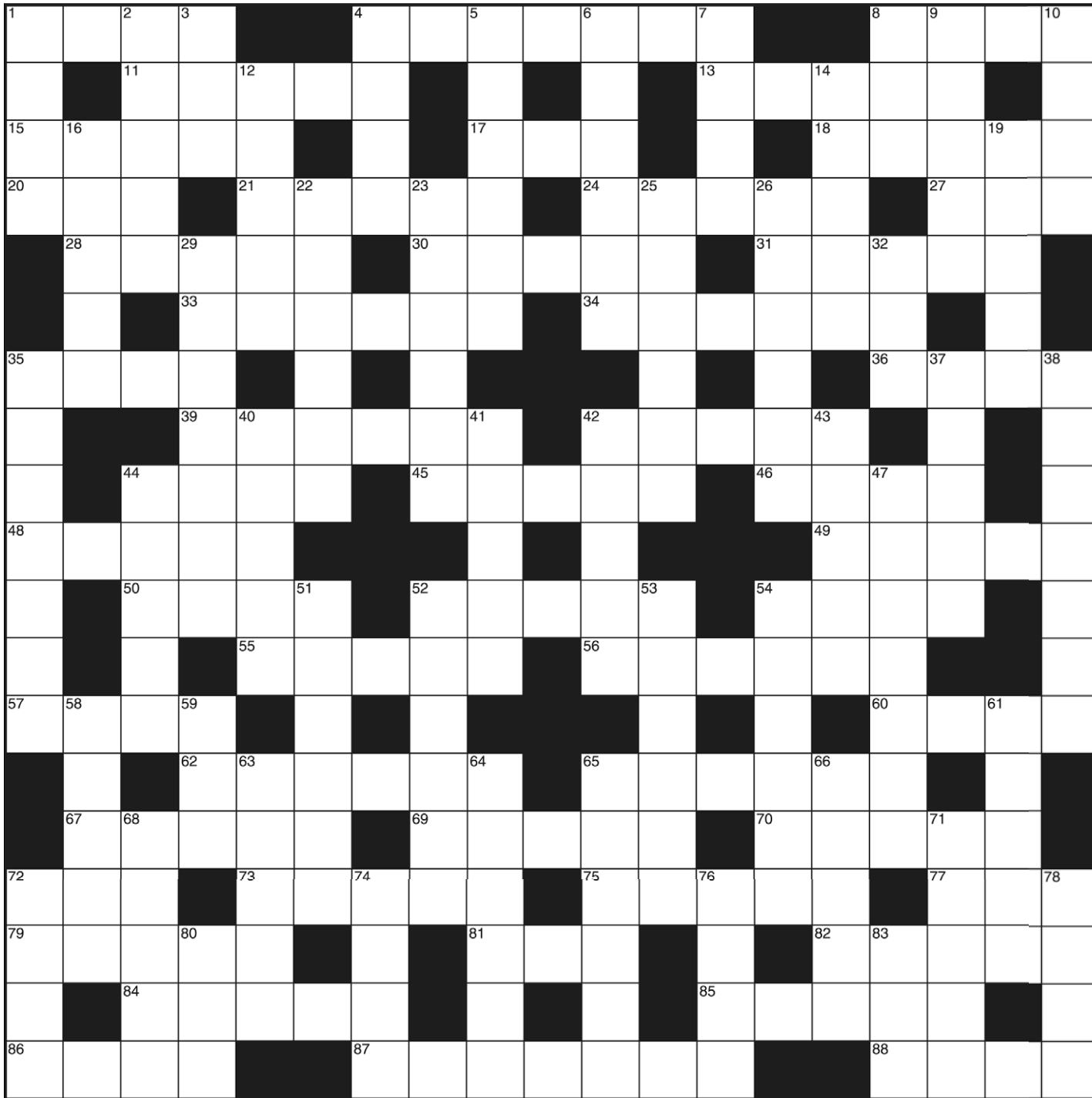
10.15am each Sunday
 Regular services of Holy Communion

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

Holy Honey
 Buy Father Steve's organic raw honey

www.stpatricksmtlawley.com
 Father Stephen Conway 0478 514 516

BIG CROSSWORD - SEE PAGE 44 FOR SOLUTIONS



ACROSS

- 1. Russian tsar, ... the Terrible
- 4. Grandma & ...
- 8. Outlaid money
- 11. Maggot or grub
- 13. Tennis ace, Rafael ...
- 15. Forgo
- 17. Monarch's sphere
- 18. Pet welfare society (1,1,1,1,1)
- 20. Hymn, ... Maria
- 21. Fire-lighting crime
- 24. Comparable
- 27. In what manner?
- 28. Use fishing rod
- 30. Other way round, vice ...
- 31. Of the nose
- 33. Surprised
- 34. Arctic native
- 35. Traumatic event malady (1,1,1,1)
- 36. Global hostel chain (1,1,1,1)
- 39. Speaks lazily
- 42. Doze
- 44. Self-regarding
- 45. Foul
- 46. Weeps
- 48. Lolls
- 49. Tardier
- 50. Fabrications
- 52. King's consort
- 54. Refuse to admit
- 55. Prearranged result (3-2)
- 56. Indian pastry
- 57. Devours
- 60. Orderly
- 62. Culturally symbolic
- 65. Actress/singer, ... Streisand
- 67. Freeholder
- 69. Drying cloth
- 70. Electroshock weapon
- 72. Tertiary education institution
- 73. Revert
- 75. Accrue
- 77. Frypan cover
- 79. Correctional
- 81. Actor/director, ... Howard
- 82. Artist, ... Picasso
- 84. Hillock
- 85. Music genre

- 86. Inquisitive
- 87. Corkscrews
- 88. Affectedly quaint

DOWN

- 1. US state
- 2. Strange
- 3. Electronic course-plotter, sat ...
- 4. Practical jokes
- 5. Did penance (for)
- 6. Degrade
- 7. Against
- 8. Blunder, faux ...
- 9. First Greek letter
- 10. Sketch
- 12. Domain
- 14. Fantasise
- 16. Stop! (nautical)
- 19. Baby's tummy trouble
- 22. President Ronald ...
- 23. Too
- 25. Finally
- 26. Daggers
- 29. Former Libyan leader, Colonel ...
- 32. Asian sauce
- 35. Overture
- 37. Foggy
- 38. Personal insult
- 40. Goes up
- 41. Summarise (3,2)
- 42. Heavens
- 43. Flag masts
- 44. Clean & detail (car)
- 47. Curved fruits
- 51. Spanish Mrs
- 52. Rope throwing-hoops
- 53. Jellied petrol
- 54. Suspicions
- 58. Unaccompanied
- 59. Misdeed
- 61. Singer, ... Lavigne
- 63. Large violin
- 64. Force
- 65. Woollen headwear
- 66. Irritates
- 68. Eye signals
- 71. Jostle
- 72. Knowledgeable about (2,2)
- 74. Horseback 'hockey'
- 76. Helps
- 78. Accomplished
- 80. Some
- 83. Government decree



Visit W.A.'s Favourite Little Tank Engine

Ashley & Friends Day

Whiteman Park Entry via Drumpelier Drive, Dulwich Street or Hepburn Avenue

Sunday 10th Sept. 2023 9.30am - 4.00pm

TICKET NUMBERS STRICTLY LIMITED

PRE BOOKED TICKETS FOR THIS EVENT \$20

(2 yrs and over) No further discounts apply

Book Online at trybooking.com/eventlist/bennettbrookrailway
Enquiries: 9534 3215 Bookings close 2.00pm Sunday 10th Sept.

INCLUDED FOR FREE

- All day train rides
- Entry to Revs museum
- Secure Pusher Storage

ALSO AVAILABLE FOR EXTRA COST

- Amusements / Displays
- Variety of food and drink stalls at both Stations.
- Buy Ashley's NEW BOOK!



Conditions apply.

Visit our website: www.bbr.org.au

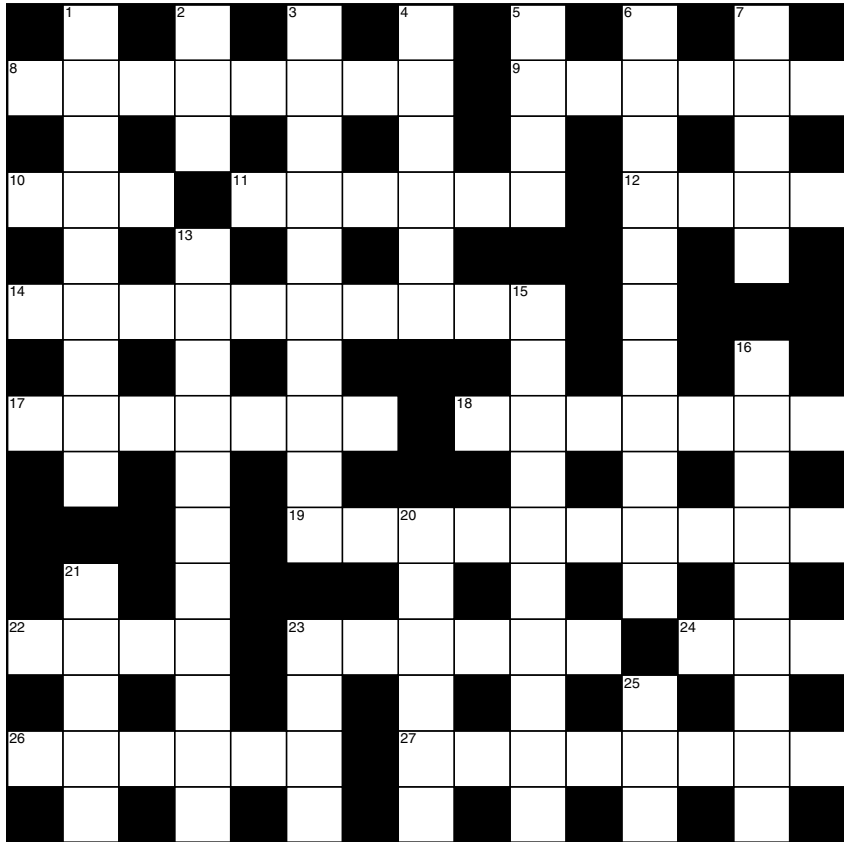
Follow us on Twitter:
@BBRailway



Find us on Facebook
@bennettbrookrailway



CRYPTIC CROSSWORD



ACROSS

- 8. Give lawful permission to call on league allies (8)
- 9. You can count on it (6)
- 10. Raft no longer right behind (3)

11. Be salver or be disloyal (6)

- 12. Temptation changed a bit (4)
- 14. I leave train games for ships (10)

17. Longed for Ned after 12 months (7)

- 18. Complaining bitterly about fence (7)
- 19. Depress some prudish ear? Tenacious! (10)

- 22. Dashes off other half of code (4)
- 23. Mistake made by Yogi's partner (3-3)
- 24. Cancelled producing child before spring (3)
- 26. Hope deer is let loose (6)
- 27. Cook taco mix for parrot (8)

DOWN

- 1. For each grade, journalist put on an act (9)
- 2. Beat a retreat, initially, to pub (3)
- 3. Weird spade adapted for use by many people (10)
- 4. One who carries grizzly animal and queen (6)
- 5. Lord's wife seen with Chatterley's lover! (4)
- 6. Do they break in to steal mice? (3,8)
- 7. Insert a leader in Russia (5)
- 13. Anna kissed Dick, said to be anti-government (11)
- 15. Horse-drawn transport for a theatre instructor (10)
- 16. Sole position in the way (9)
- 20. Foil what's often on the rocks (6)
- 21. Come before tea to see a heavenly body! (5)
- 23. Raised cattle, branded, and went (4)
- 25. Young chap started like a dream (3)

SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9.

RATING: ★★☆☆☆

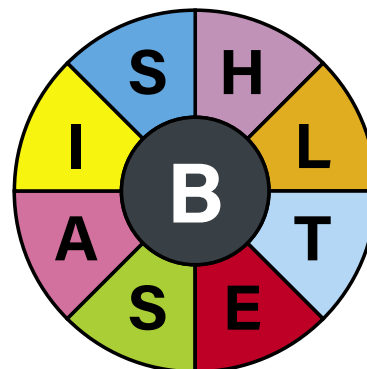
					6	5		1
	7				2			3
			9	1	3		4	7
4				3		7		8
	3			8			6	
8		5		9				4
7	2		4	6	9			
9			3				7	
6		8	1					

WHEEL WORDS

Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals ending with S. See if you can find the 9-letter word using all the letters.

Wheel Words

20 Good 25 Very Good 30+ Excellent



QUIZ QUEST

All the answers to the clues are in the boxes, either as a word or picture. Solve all the clues and cross off the boxes. One word will be left over. This is the mystery keyword.

CLUES

- 1. Gas, ... dioxide
- 2. Indian tiger region
- 3. Cuban inlet, Bay of ...
- 4. Dud car
- 5. Pilot's code for S
- 6. Birthplace of Arthur C Clarke
- 7. Metal with symbol Cu
- 8. US soul singer, Barry ...
- 9. Seville fruit
- 10. Ovine animals
- 11. Bee Gees brothers' surname
- 12. Thanksgiving centrepiece
- 13. Metal worker
- 14. Colombo is there

Turkey	Pigs	Orange
White	Sheep	Bengal
Lemon	England	Carbon
Smith	Strawberry	Gibb
Sri Lanka	Copper	Sierra

© Lovatts Puzzles



KIDS TRAVEL FREE TO ROTTNEST

⇒ FERRY & BUS ⇒



Laws to protect Aboriginal cultural heritage have been modernised

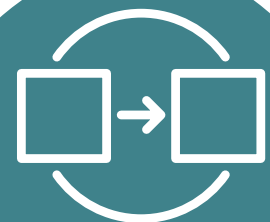
The new process makes it simpler and fairer, introducing practical exemptions for the first time. Everything that landowners are already doing now will be permitted under the new Act.



A **farmer** will not require approval to plant a crop, run livestock, replace a fence, or maintain infrastructure on their farms.



Homeowners do not require approval to install a pool, deck, or garage on their properties.



Activities that are **'like for like'** are also exempt.

Where new works are planned on large properties, landowners are required to check for Aboriginal cultural heritage before commencing works to keep protecting one of the oldest living cultures in the world.

If there is Aboriginal cultural heritage, some activities will require a permit, while others require consultations or an agreement with Aboriginal people.

It has been illegal to harm Aboriginal cultural heritage for more than 50 years.

This won't change.

If there is no impact to Aboriginal cultural heritage, no approval is required.

It's time to improve and streamline how we protect and manage Aboriginal cultural heritage in WA.



Find out what this means for you or check if there is Aboriginal cultural heritage on your site, visit WA.gov.au

