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SEPTEMBER 2022 VOLUME 32 NO.01 ISSUE NO.366

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Come along to the York Festival



Clockwise from left; Dadajaal Dance Company dancers - cubby house making - Kohesia Quartet - new exhibition painting by Dennis Kickett - take a day trip to the vibrant York and enjoy an array of activities and town festival events

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RUNNING over two weeks the York Festival 2022 will offer an incredible array of activities in WA's oldest inland town.

Coinciding with the school holidays from September 24 to October 9, people can experience arts and crafts, theatre, dance, music, storytelling, family workshops and nature activities every day.

Two Mountains Dreaming opens the festival and is one of the richest programs of Ballardong Noongar culture ever presented and it's free. It is a local dreamtime story about Mt Bakewell (Walling) and Mt Brown (Wongborel) told to Dr Marion Kickett by her father.

Gina Williams, Guy Ghouse and the Northam-based Dadajaal Dance Company are on board to help tell the story.

Opening night takes place in Avon Park, by the Avon River on Friday September 23 from 6.30pm.

Have a Go News spoke to York Festival's artistic director Will Yeoman who said that there is something for everyone at the regional community-based festival.

"I am excited about everything and I think the very substantial Ballardong Noongar series of workshops and cultural tours curated by Dr Marion Kickett is going to be incredible.

"I'm also looking for-

ward to seeing the contemporary dance work, *Julia*, the chamber music concerts by *Cygnus Arioso* and the jazz concerts," he said.

One of the highlight events is *Afternoon Tea Book Club* with Ros Thomas and Will Yeoman which has been designed especially for book clubs.

Other events which Will says *Have a Go News* readers will love include *Janet Millet: Life in Ballardong*, a performance by actor Sarah McNeill and cellist Anna Sarcich which brings to life 1800s York.

The *Library of Letters* and *Dead Letter Club* feature a lot of fun, old-school interaction and the

Jazz Weekend too.

"So many people lamented the demise of the famous York Jazz Festival that we thought it would be great to introduce jazz into program, which we did for the first time, last year.

"Under the curatorship of Mace Francis, it offers a substantial and varied program of free and paid sessions that will please newbies and jazz aficionados alike," said Will.

A drive to York from Perth takes around an hour and a half and the festival provides an opportunity for day trippers to soak up this vibrant town.

Will said there is so much to see and do in

York even when the festival isn't on.

"The history, the wildflowers at this time of the year, the great cafes and museums... it's just lovely to wander down Avon Terrace, checking out the galleries and shops.

"But bring the festival into the equation, and suddenly you have not just the shows and other events, some of which I've mentioned, but day-long exhibitions, regular history, architecture and nature tours, walks and terrific workshops."

For those who are looking at staying a few days Will says accommodation is being snapped up, so be quick.

continued on page 46

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From the Managing Editor's desk



THANK you to the many readers who took the time to complete our reader survey. It really does mean a lot to me and the team. We are keeping it open until the end of this month and you can do it online (see qr code below) or call the office on 9227 8283 and we will post one out to you.



★★★★
WA Seniors Week 2022 (November 6 – 13) is looming and in our next issue we include our annual Seniors Week Lift out. We welcome any community groups, local councils or organisations that are holding events to list them for free. For a copy of the form head to [www.haveagonews.com.au/media/SW2022EventRFormweb\(fillable\).pdf](http://www.haveagonews.com.au/media/SW2022EventRFormweb(fillable).pdf) or call the office on 9227 8283 for a hard copy.

★★★★
I always enjoy speaking to clubs and groups about the history of this newspaper and during the month I addressed the Associa-

tion of Independent Retirees in Mandurah. Not only is it nice to meet our readers, I was particularly chuffed when I met up with my dad's cousin's wife who shared some family history with me including a photo of my great grandfather which I had never seen before. You never know what the day is going to bring and I was certainly pleased about making this important connection from the talk.

★★★★
I am a very proud mother this month as I include one of my daughter Tahli's first stories from her posting as a public affairs officer for the Royal Australian Navy in Canberra on page 14. It has been an amazing journey seeing her develop in this role and it I was very happy to be able to spend a couple of days with her last month.

★★★★
Services Australia's Hank Jongen provides us with a column each month in relation to the age pension. We also offer a question and answer service for readers which is very well used. It is very pleasing for me to see that our readers' questions are responded to very quickly from Mr Jongen and his team. See page 11 for details if you would like to ask a question.

★★★★
Following the Jobs and Skills Summit in Canberra at the beginning of this month a decision has been made to add a \$4000 income credit for

Age Pensioners from December to be used this financial year.

It is a temporary top up which will increase the amount pensioners can earn from \$7800 to \$11800 this year before the pension is reduced.

The \$4000 credit is subject to the passage of legislation. The measure is to enable a boost to labour shortages. The government is also looking at legislation to ensure pensioners who are working are not unnecessarily removed from the social security system. Another change in the works is expediting legislation to ensure pensioners don't have to reapply for payments for up to two years if their employment exceeds the income limit. They will also retain access to their Pensioner Concession Card and associated benefits. This move will not only be beneficial to people who want to continue to work, but help with skills shortages in the workforce. I would love to hear your opinion about these changes, will this inspire you to return to the workforce?

★★★★
Age Pension, Disability Support Pension and Carer Payments are set to rise by \$38.90 for singles and \$58.80 for couples per fortnight from this month.

Jobkeeper and Parenting payments will also rise. Some asset and income limits will change as a result of the payment increase. These payments will increase from September 20.

★★★★
Apologies to readers who entered our Ad Words competition last month as we missed a letter in one of the adverts. We had a late change to one of the ads just minutes before going to press and this caused the error. Readers did advise us that it was easy to work out but it's always my biggest fear to get that wrong and we did.

★★★★
We have a lot of fun at the *Have a Go News* Facebook page offering a variety of entertainment, giveaways and information. Please join us by liking our page at www.facebook.com/Haveagonews/.

★★★★
If you would like to receive the digital version of this newspaper on publication day; we don't send you anything else, sign up for free at readers@haveagonews.com.au.

★★★★
This newspaper does not receive any government funding to produce the 80,000 hard copies we print each month and supply for free. It is funded from advertisers so please support them.

★★★★
It seems it's been a long cold winter and we now welcome spring. I hope you enjoy this month's edition and keep well.

Jennifer Merigan
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Phone 08 9227 8283

Ageing research snippet



WOMEN are generally thought to outlive men, but men actually have a pretty good chance of outliving women, especially married and degree educated men, according to Danish scientists writing in the *British Medical Journal*. They found between 25 and 50 per cent of men have outlived women in all continents over the past 200 years.

Great West Aussies - Did you know?

HOCKEY player Jamie Dwyer's 16-year career embraced four Olympic Games including Athens in 2004 as part of the drought-breaking gold-medal Kookaburras team. Jamie won with the Australian team in two World Cups, three Commonwealth Games and six Champions Trophies.

Quote of the month

"ALL the flowers of all the tomorrows are in the seeds of today."

Indian Proverb

Noongar Words

Barl - he/she
Djook - sisters

Noongar Season

Djilba - Late winter early spring season

Have a Go News Quick Quiz

- Questions
1. What is WA's fossil emblem?
 2. What WA rock is bigger than Uluru?
 3. Name the medical profession's three-letter association...
 4. In which country did WA cyclist Jai Hindley star in 2022?
 5. Zelensky is the president's name of which country?
 6. Who is Jill Biden?
 7. Name WA's oldest dairy company...
 8. WA's oldest dairy company is 135, 175 or 185 years old?
 9. The Rex airline name is short for what?
 10. Name WA's top employer group
- See answers on page 37.

Word of the month

Favonian
Adjective
OF or relating to the west wind: mild
Usage
Our guests relaxed on the patio watching the sunset and enjoying the favonian breezes.
Favonian derives from Latin favonianus and its first known usage was in 1681.

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New film delves into the spirit and soul of icon David Bowie



David Bowie as featured in the film Inset; Moonage Daydream filmmaker Brett Morgen



by Jennifer Merigan

MUSICIAN, actor and artist David Bowie died in January 2016 at the age of 69.

Regarded as one of the most influential artists of the 20th century, British-born Bowie had a stellar career working up until his death.

This month American biographical filmmaker Brett Morgen releases his feature length cinematic odyssey exploring Bowie's creative, musical and spiritual journey.

After the extravaganza biopics created for Elton John and Freddie Mercury; Morgen's *Moonage*

Daydream is a more serious look at Bowie's life and work.

The documentary style film features never-before-seen footage of performances, music and interviews with Bowie across his career.

Sanctioned by David Bowie's estate, which supplied the material for the film, *Moonage Daydream* delves deep into the psyche of the man, musician and artist.

Have a Go News spoke to Morgen during a recent visit to Australia to promote the film's release.

Morgen said that Bowie's estate shared five

million pieces of material on Bowie for the film.

After filing the material chronologically, which took about two years, he didn't know what story line he would find.

"Very quickly into the journey a through line started to emerge," said Morgen.

"David would often return to the same themes throughout his career; ideas of time, mortality, Döppel gangers, doubles and spirituality."

Bowie only granted interviews when he was promoting an album and Morgen said that as he churned through the material these various themes kept coming up.

"Every couple of years I would find a chunk of interviews with Bowie returning to the same themes of chaos, fragmentation and transience, it didn't matter if it was 1971 or 2005.

"Once I was able to establish and identify that, it became the laundry line to which everything would be attached," he said.

"I wanted to create something entirely exper-

iential – my thought was we have Wikipedia which can tell you all the facts of an artist's life, so let's give them everything other than that."

Morgen said he had been very blessed to collaborate with the Bowie estate which was unbelievably supportive and really loved the film.

One of the many positive themes which ran through the film was the celebration of ageing.

"So much of our culture is geared to celebrating youth and so many young adults have a nihilistic and cynical idea of ageing, thinking we only are relevant when we are young.

"This is not a message I tried to dictate on the film. What you experienced is what I experienced going through the film.

"I thought it was unbelievably inspiring to work on a film that would provide some hope and some inspiration about ageing," said Morgen.

"I'm 53 and my life is better today than it's ever been – I've mirrored David in that and in some respects, I was speaking

through David."

Morgen believes that life does get better as we age and thinks David got there too.

"It was really exciting to present that message and create a life-affirming movie which I was creating during the pandemic which was our darkest hours globally.

"I was in a shelter with David Bowie and it wasn't dark in there at all – it was full of life and joy," he said.

Brett Morgen had a massive heart attack at the beginning of making the film where he flatlined and was in a coma for a week.

He said it happened because his life was so out of control.

"Bowie arrived in my life when I was 12 and made me feel it was ok to be different, but at 47, I received a different message which was to let go and learn how to appreciate life.

"I lost 10 per cent of my heart that day – I really don't know how much time I have so I don't want to waste a second."

Morgen said that one of the things he learned from

Bowie is that; if you don't feel terrified going into a project that you probably shouldn't be doing it, and this has inspired to him to take a new direction in future film making.

And to quote a line from Bowie which should inspire us all to seize the

day more...

"All people, no matter who, they are all wish they appreciated life more."

Moonage Daydream received rave reviews at Cannes Film Festival. It opens in cinemas nationally on September 15. Don't miss it!

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The *Have a Go News* OCTOBER edition will be published on Friday 7/10/22



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

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Passing on his knowledge...



Mark Parre with Terran Ablett amongst the hundreds of native seedlings they are currently nurturing in the nursery Mark created for his local Shire. Inset; Mark Parre in his propagation hot house. © Serena Kirby

by Serena Kirby

WITH retirement on the horizon and after nearly 30 years with his local shire office in Denmark, Mark Parre is busy passing on his skills and knowledge to the next generation.

Mark began work at the Shire in 1993 as team leader for a group of workers contracted to create a nursery and seed bank. Originally only a six-month contract, Mark was then retained to plant the trees that he and his team had propagated.

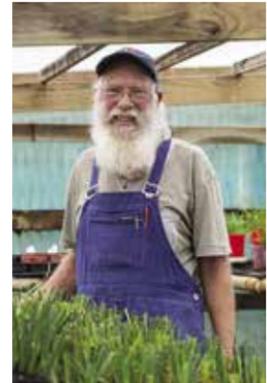
"Pardon the pun, but things just grew from there," Mark said.

As the local revegetation officer, Mark has been involved in the planting of more than 700,000 native seedlings. But now his focus has shifted to cultivating and nurturing his legacy via his apprentice and successor, 25-year-old Terran Ablett.

"What I do in my job is built on years and years

of experience," Mark said. "It's important to pass on my knowledge and the best way to do that is to take Terran out in the field as that is literally my classroom."

"I'm so lucky that my employer has provided this opportunity for continuity in this role. While much of what I do is skill-based, the deeper understanding and knowledge only comes from experience."



Mark said his teaching technique is one of working side by side with Terran.

"I'll explain something

then step back and watch to see how he interprets it. I'll then advise on adjustments. I can't totally transfer 30 years' experience but I can show him what has been successful and how to get the best results."

Terran, who has been volunteering with Mark on and off since he was 14, now works with Mark three days a week and will take over from him when he retires early next year.

"Terran has already done his Certificate IV in Conservation and Land Management but more importantly he has the interest and passion to carry the job forward. His position with me is a permanent one which is important as he has the security of knowing he'll continue in the role after I leave."

American-born Mark relocated to Australia in his early teens and spent years on a large property just south of the Stirling Range.

"I grew up exploring

the large areas of native bush where I lived and it was a magical wonderland, a place of discovery and it was here that my interest in native plants first began.

"While I'd been interested in native plants well before working with my local Shire I'd never actually been employed in this kind of role before.

"I did have a Certificate II in Horticulture and I later got involved in running a bush care course but it wasn't until much later that I went and got my Diploma in Conservation and Land Management."

Mark, who has taught students at TAFE and at schools, said the process of teaching his successor has created a unique learning experience for him as well.

"People say I'm a good communicator but it's very different when you're teaching one-on-one. It's more personal and very much a two-way exchange. When you have to explain what you do and why you do it in a particular way there's a crystallisation that occurs. It's so interesting for me to look at the reasons behind what I do and it's an incredibly satisfying process."

When reflecting on his long career Mark said the highlight has simply been the ability to do what he does.

"The work is the greatest reward and when I revisit a site I planted up years before and see the diversity of flora and fauna it really makes my heart sing. I know all my efforts will now be in Terran's safe hands and that will be the second great reward."

Grants available for volunteer organisations...

TO increase awareness and encourage the uptake of volunteering in Western Australia the McGowan Government announced a \$100,000 grants program to support volunteer service organisations.

Minister for Volunteering Stephen Dawson said funding of up to \$5,000 will be available to volunteer service organisations and local governments for projects which support local solutions focussed on boosting volunteer numbers.

Grants can be used for marketing and initiatives that promote the value of

volunteering to local communities. This can include the design and printing of resources, volunteer awareness raising activities and online information provision, such as promoting volunteerism via social media.

Funding can also be used to encourage greater diversity in volunteering roles, and the utilisation of partnerships with corporate volunteers and local community organisations.

Grant Applications are now open and can be made online at <https://www.volunteeringwa.org.au/resources/grants>



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



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

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Conversations with elders - preserving oral history for posterity



Left to right; Phil Walley-Stack with his Nan Theresa Walley - Uncle Albert and Aunt Irene McNamara © Cole Baxter

by Allen Newton

ABORIGINAL singer-songwriter Phil Walley-Stack recorded his final conversation with his grandmother, Auntie Theresa Walley, just days before her death.

Phil says it was a great privilege to be able to preserve the conversation for posterity.

"It's a beautiful moment of us being together," he says.

It is one of nine conversations Phil has recorded

with Noongar Elders living in Perth, or Boorloo as it is known in Noongar, for the series of podcasts.

Another two of the elders have died since Phil recorded conversations with them.

"Hearing when they've passed away there is a blessed feeling knowing that I got to sit with them and listen to their story," Phil says.

"Yes, they were being documented and recorded, but the interviews felt like me on a personal jour-

ney learning more about our people."

Phil recorded his conversations as part of the Ni! Means Listen Podcast and includes the stories of Albert McNamara, Ben Taylor Cuiermara, Doolann Leisha Eatts, Farley Garlett, Irene McNamara, Margaret Culbong, Muriel Bowie, Noel Nannup, Theresa Walley, and Walter Eatts.

Phil, a Noongar man raised in country WA around Northam and Wyalkatchem grew up

around lots of elders so was comfortable recording his conversations with them to provide some perspective on their life experiences.

"I learned how to walk on country and care for country, about my identity and culture back in the 80s before it was taught in schools.

"I had a blessed childhood, I'm thankful for the childhood I had and the people who were around me."

Phil took to performing early on and has become an accomplished performing artist, musician, dancer and author.

His ambition was to travel the world and share Aboriginal culture.

"I've been interested in our culture since I was a little fella.

"Since I was five years old, I was put in the dance troupes, painted up and performed our culture. It was natural to me. It wasn't anything that I had to chase or be forced into but growing up with my elders around it was always easy for me to communicate and have a yarn with our old people."

Putting the podcasts together was an emotional roller coaster for Phil.

"There were a lot of laughs the old people wanted to do, they didn't hold a lot of grudges for

the hardships they've been through, they were just focusing on a better life for our young people coming through today.

"A lot of our elders get into a bit of a routine when they talk about their life stories because they've been interviewed over and over and no one has really had a conversation with them on record.

"To break it down and have a conversation with them meant we could go deeper into memories and feelings."

Phil says many people are surprised by how many Aboriginal people are still around with similar upbringings who went through the same heartache and nightmares of the Stolen Generation.

It's a tragedy that's still in our recent past.

"We still have people today, younger people than our elders who weren't allowed in towns after six o'clock and there was still that segregation and that was only 50 to 60 years ago.

"I remember during my apprenticeship when I had just turned 18, there were a few country pubs that we went to where we weren't allowed in the front bar, we had to go the back bar, and that's just me and I'm 42 this year and still experiencing segregation."

Phil would like to do more of the podcasts be-

cause he believes Aboriginal people telling their stories in their way with their voice, is important.

"If you look back through Aboriginal history it's always been documented by a white person, so it's interpreted from a white person's perspective.

"What I love with this project is that it's the elder's voice that is being recorded and there's no questions, so you don't have to go back through all these different files and documents and piece together this puzzle of somebody's history.

"This is the elders history being told from them firsthand so you look down the track 50 years' time or 100 years' time and their great-great-grandchildren will be listening to these recordings and hearing their story firsthand."

While the podcasts are a great way of preserving Aboriginal histories Phil hopes all Australians can use the podcasts to take ownership of the history.

"It's the history of this place where we're living, it's not just blackfella history or whitefella history, it's Australian history and these stories need to be told and listened to with an open heart, so that we don't do these things again."

He wants people to listen to the podcasts and soak up the stories they tell.

"Don't judge or try and justify what happened in the past, just listen to a person telling their story and how they felt."

The podcasts can be found at www.can.org.au/community/ngaluk-waan/kiny/ni-listen-podcast.

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Specsavers

The art of renovating and downsizing to make a tree change

by Allen Newton

CO-HOST of Channel 9's *The Block* and serial renovator, Shelly Craft, knows a thing or two about renovating to sell and downsize or make a tree change.

The 46-year-old, who Aussies got to know on *The Great Outdoors* from 2002 to 2007 and from 2008 on the Nine Network as a presenter for a range of TV shows including *Australia's Funniest Home Videos*, lives in Byron in NSW, just south of the Queensland border, where she and her real estate

husband renovate and sell a house every couple of years.

Gisborne has been the setting for this year's *The Block - Tree Change* reality TV battle to renovate six houses, each set on a 10-acre block, including a renovation by Shelley's co-hosting partner Scott Cam.

Relocatable homes from other parts of Australia have been brought in for the five competing couples to renovate.

Shelley says it has been a challenge in more ways than one. There was the

weather for one thing.

"It wasn't just wet, it was the mud and I think most of the contestants went through about three pairs of work boots and I left a little trail of mud all the way through the airport, through the lounge, onto the plane and back to the Gold Coast every week. It was deadly, slippery, slimy, and filthy.

"Every time you cleaned one of the rooms, it was like 'everyone take your boots off' but somehow the mud just infiltrated everywhere."

And then there was the shortage of tradespeople and nightmare issues with access to materials.

"But it is a reality show and we're showing what the building industry and what home renovators and home builders are going through at the moment. This series is very much an indication of how the whole industry is feeling across the country.

"It's always a challenge on *The Block* to build a room in a week and this year it was virtually impossible, but our contestants, God bless them, they dig deep and nothing's going to stand in their way."

Shelley has been working on *The Block* for 12 years, which equates to 15 or 16 series, and she has never loved it more than now.

"If you've ever done any sort of renovation in your life, whether it's a small bathroom reno or you've



Clockwise; *The Block's* Scott Cam's farm house bedroom - Shelley Craft - *The Block's* Ankor and Sharon's house

undertaken a huge house, I think anyone who has put themselves in that position would have all those memories and experiences and emotions flooding up every time they watch *The Block*.

"Renovating and real estate is an Australian pastime, and I don't think there's a household in the country that doesn't get a rush and a little kick out of watching *The Block*, or have those feelings of horror come up as well, if they've been through a bad one."

Shelley and her family, daughters Milli Grace and Eadie Rose and husband Christian Sergiacomi have lived in Byron for around 14 years.

"My girls say they have had more houses than birthdays.

"We always renovate for ourselves, and we have around a two-year turnaround on most of our places.

"Crazily we live through

the renovations, reap the rewards of the beautiful build for a couple of months at the end, then move on to something else.

"It's a bad habit that was born long before we started on *The Block*.

"My husband was a cameraman on *The Block* for the first few series that I worked on as well and he's been a mad renovator all his life.

His parents are mad renovators and in the business long before he came along. My parents were the same."

Shelley says the biggest lesson she has learned from *The Block* when it comes to renovation is not to do it yourself, but to hire professionals.

"That is my greatest tip to anybody. Be very aware of your own skills, or lack thereof, and do what you do best and pay the money to the people to do what they do best."

Shelley and her husband have had a boutique real estate business in Byron - Pacifico Property - for two years and Shelley has also taken out real estate accreditation which she says has been helpful from an administrative perspective. She loves the marketing side of the business.

"I like being the meet and greet lady at the open homes even if it does give people a bit of a surprise when they see me out there handing out brochures."

For people renovating to sell, Shelley says they need to take the emotion out of the process.

"There's a very big difference from when you are styling for yourself and your family to if you are styling to sell.

"If you have lived in a home for 20 years and it's full of beautiful memories for you and your family with photos and lots of

personal effects, I would say be very clinical in your presentation, strip those things out first, lock them up and get them ready to move to your new home and let the incoming buyers imagine themselves in the home rather than imagining themselves as part of your family.

"It's very important to have it feel comfortable and welcoming, but without that really personal stamp of your individual family.

"The same goes if you are doing a renovation for yourself and you want to choose that crazy tile or radical finish. That's well and good for your family, but if it is for resale, I always think that something a little more pared back that creates a blank canvas is a lot more appealing to the buyer."

The Block continues Sundays 7pm, Mondays to Wednesdays 7.30pm on Channel 9.

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Congratulations to our July winners...
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Author Ann Cleeves talks about her latest Vera Stanhope murder mystery



Ann Cleeves © Marie Fitzgerald Photography
Inset: *The Rising Tide* is Cleeves' 10th book of the Vera series

by Josephine Allison

CELEBRATED bestselling crime writer Ann Cleeves says her latest Vera Stanhope novel *The Rising Tide* was partly a lockdown book because the pandemic was so scary.

"We were all facing our own mortality, so the book is about people who are getting a bit older, about what a group of people are doing with their lives and what they might do with the rest of them."

The Rising Tide tells the story starting 50 years ago when a group of teenagers spend a weekend on Holy Island, forging a bond that lasted a lifetime. Now they still return every five years to celebrate their friendship, and remember the friend they lost to the rising waters of the causeway at the first reunion.

When one of them is found hanged, Vera is called in. Learning that the dead man has recently been fired after misconduct allegations, Vera must discover what the friends are hiding.

Ann is speaking to *Have a Go News* from Brisbane during a hectic six-day tour of the eastern states for Pan Macmillan to promote her latest book (she has visited Australia previously for her books). She is the author of more than 35 critically acclaimed novels. In 2017 she was awarded the highest ac-

international sensations, capturing the minds of millions worldwide.

Ann Cleeves' books have been translated into 20 languages. She is a best seller in Scandinavia and Germany and her novels sell widely and to critical acclaim in the United States. Ann was awarded an honorary Doctorate of Letters by the University of Sunderland in 2014 in recognition of her outstanding achievements as a crime writer.

Ann worked as a probation officer, bird observatory cook and an auxiliary coastguard before she started writing. She is a member of 'Murder Squad', working with other British northern writers to promote crime fiction.

She also spends time advocating for reading to improve health and well-being, and supporting access to books. In 2021 her Reading for Wellbeing project launched with local authorities across England's north-east.

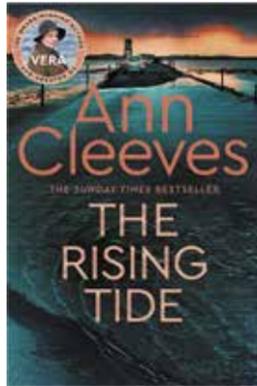
She lives in Northumberland where the Vera books are set.

Ann says shambolic detective Vera - in her fisherman's hat, macintosh and driving her trusty Landrover - is the same in the latest book as earlier except

that people know more about her.

"I knew her quite well at the start but I didn't know the details and now I have filled in some of the details and her background.

"I still have plenty of stories to tell about Vera, she is not ageing in real time so I think I will go on for quite a while. She is of a certain age who knows her own mind, so when I started writing her she was an antidote for those American detectives who wear high heels and have long hair and you think that would not be practical if you were a police officer."



Ann says there is one Vera book, *Telling Tales*, when she goes out of her own patch.

"I think Vera hates being patronised, she just wants

to get on with the job.

"But I don't think I will be writing a novel set in Australia because I don't know it well enough, perhaps a short story.

"I always wanted to write, always wanted to tell stories as a young child. For research, I go to the places I am writing about and I listen to people talking, otherwise it is all made up. If I am writing a first draft I pretty much write every day.

"I do book tours usually around publication; I have

two daughters and seven grandchildren who also take up a lot of my time."

Good friends with Vera actor Brenda Blethyn, Ann meets her on set when she can with filming of *Vera* series 12 just wrapping up. She caught up with Brenda early this month for a special event, *Viva Vera*, at the Playhouse, Whitley Bay with fellow *Vera* actor Kenny Doughty, celebrating Ann's 30 years of publication with Pan Macmillan, the 11th season of *Vera* and the 10th

Vera book.

What joy does Ann get from writing?

"It's an escape into a different world, sometimes we need to escape the everyday, don't you think? For relaxation, I try to walk every day and get some exercise."

Does she have a study where she writes?

"I sit at my kitchen table, write there and drink tea."

The Rising Tide by Ann Cleeves (Pan Macmillan, \$34.99), is available at good bookshops.

Look out for a copy of the City of Joondalup Libraries' Events and Programs booklet in selected local cafés and City facilities.

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

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Where opinions matter - long-time journo reflects on the mainstream media



by Lee Tate

WHAT'S become of the mainstream media? What is the media's responsibility to the community?

After 50 years reporting for the media, I am astounded by the degree of over-exposure of crime,

celebrity and, frankly – crap.

An entire half-a-page of a daily newspaper, with offender's photo, reports in detail the disgusting activities of a paedophile ex-cop who raped two boys.

While the public should know the names of serious offenders, the detail of how the evil man offended against young boys is unnecessary.

We know that bad publicity can influence potential, unbalanced readers with some seeing the publicity as a badge. It gives them the opportu-

nity of becoming 'somebody', lifting their lives from obscurity.

What possible benefits or positives to any community can be gained from reporting detailed criminal activities? None.

Medicos and psychologists advise the public, in the interest of community health, not to indulge in constant negative news. Society is bombarded daily by it, in print, on airwaves and on screens.

Shallow, unchecked sensationalism flourishes abundantly in mainstream media. Whoever would have believed in the birth

of social media influencers – people who influence others.

Untested allegations, false claims, criticism and crass comments run freely through social media's ranks.

Western Australia's remoteness from the world entertainment hubs, especially in America, doesn't shield us from highly-detailed, courtroom divorce case allegations and accusations among well-padded stars.

Half-a-page of intimate mud-slinging in "he-said, she-said" courtroom dramas is never enough for mainstream media. And the following days and weeks will yield more juicy showbiz overkill.

A movie star has a massive tattoo on his arm or face, let's get one. A TV beauty takes a bath in tomatoes or uses a scent marketed with her name, it must be good.

Quirky, humorous, silly ways of life by celebrities, royalty or other big-names may be worthy of a media report. But let's keep it in perspective.

News, whether on

newsprint, over radio airwaves or on TV screens, needs balance.

Television and new media via computer screens have created a flurry of photo-dominated happenings. A violent scene in Los Angeles, a bloodied victim, a crashed car and a bomb explosion in Istanbul all dominate the news when more relevant news, without pictures, is overshadowed or ignored by news editors.

A violent crime in Northbridge does not qualify it to lead the nightly news bulletin. A single, local crime affects only a small number of people directly.

But its prominence adds to the compost of nightly and daily negative news that impacts badly on society.

News outlets that tried specialising in good news didn't survive, perhaps because they ignored the big picture of news presentation. News must include the bad with the good – in balance.

Overblown headlines and beat-up news promos only reduce the impact of genuine, major news. And massive,



screaming headlines and over-emphasised telecasts only undermine the media itself. Few people take the media seriously (with some exceptions).

Performers are too quickly identified as stars; a teenage soapie star is headline news if she has a personal issue – or romantic break-up. A Hollywood movie is spruiked as a blockbuster before it is released (eg *Top Gun*, mark 2). Somebody performing a helpful act is a hero.

Standout objects – even people – become icons.

Unqualified, microphone-wielding, media types yell out silly ques-

tions in the street to public figures emerging from meetings or courtrooms. TV and radio operatives don't really care what the response is, as long as there's a response and the wilder, the better.

Mainstream media has been struggling against magazines and new media. The result? Soaring sensationalism.

Since a government-controlled media would never work or be accepted in a democracy, the media needs to be self-policed but what are the chances?

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



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Ayrton's adventurous life from art to motor cycles



Ayrton Campbell-Henderson and wife Isobell with their Triumph Tiger 1050cc

by Josephine Allison

THE brightly painted tiger faces on Ayrton Campbell-Henderson and wife Isobell's motor cycles are

testimony to this versatile man who has made art his life, inspired by the many countries he has lived in.

"The motor cycle is a

Triumph Tiger 1050cc and I painted the faces," Ayrton explains. "We like nothing better than hitting the road, in good weather, of course."

Now living in Bayswater, Ayrton moved to WA from NSW almost 35 years ago, working as a professional artist in Perth as well as in other jobs.

Born in Bombay (now Mumbai) 76 years ago, Ayrton's family was part of the British Raj, his mother was Welsh and has father Scottish with ancestors coming from Edinburgh Castle. The family moved to the UK when Ayrton was 14 and he attended night college at the City of Guilds London Institute to learn welding. His first job was working building cars in the city of Dagenham.

"When I was 25 I came to Australia on my own," Ayrton said. "I couldn't stand living in England and I've never been back.

I came to Perth and the first company I worked for was as a first class welder for a company in Fremantle. When it was sold the new company offered me a job in Sydney."

Ayrton lived in Leura in the Blue Mountains which gave him a chance to draw the local flora and fauna; some of these works are displayed on the walls inside his current home. He paints in oils, acrylic, watercolour, enamels and various other mediums doing copperwork, vehicle art and oils on fabric.

He recalls painting a multi-millionaire in NSW named Charlie, choosing colours he believes reflects the aura of people, something which fascinates him.

Ayrton's talent for painting started in the UK but his first art exhibition was in Parramatta in 1972 while working for a company which built the first

hydraulic wool presses in Australia. He moved back to WA in 1987 and was asked by Telecom (now Telstra) to curate an annual exhibition for WA artists and also an acquisition exhibition at Burswood, something he did for six years.

He ran a business promoting WA artists.

In 1991 he was commissioned to paint 34 murals at Club Capricorn (now demolished) at Yanchep. The murals, each about 2.75 metres square, had an Australian theme and Ayrton was given a free hand in the choice of subjects. At the time, the commission was considered one of the largest number of murals undertaken by one artist in WA.

Later, he curated an exhibition of 200 works for Aboriginal artist Mingi May Barnes at Burswood. He also took up martial arts and qualified for the

brown belt. Ayrton was lucky not to suffer a broken neck when his sparring partner for the night forgot to release his lock on Ayrton's neck, thus ending Ayrton's vision of achieving a black belt.

After such an adventurous life, Ayrton was keen to settle down, meeting wife Isobell in Perth in September 2001.

The couple have shared a rewarding life since, travelling to Bali on numerous occasions and

enjoying cruises.

The couple moved to Mertome Aged Care and Retirement Village 2½ years ago and Ayrton is still busy, currently painting murals on a series of pots near the village. A big abstract art work, *Tune Into Life*, dominates the couple's lounge room with a smaller one a profile of Ned Kelly.

His philosophy on life? "Keep it simple," he says. For arts enquiries, call Ayrton on 0491 175 741.

Volunteers creating a positive impact in the City of Swan

FOR the first time since 2019 due to the pandemic, the City of Swan is proud to present and welcome back the Volunteer Expo.

The free event will have more than 70 different organisations

and community groups, including stalls, activities and presentations designed to provide information, educate and encourage volunteering in the community. The event will be held at Mandoon Estate, 10

Harris Road, Caversham on Wednesday, October 5 from 2pm - 5pm.

Come along to learn about the benefits of volunteering, opportunities and chat with the organisations and local

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Beer and trains... crossing the continent and hereby hangs a tale



by Rick Steele

I READ recently that Swan draught beer is once again to be brewed in the West. Along with other discerning beer drinking quokka lovers, I am well pleased to hear this important news. You may remember it was the late Alan 'Bondy's' fault that we lost our special black duck beer.

My association with Swan lager goes back to 1971, and hereby hangs a tale.

In 1969 standard gauge railway tracks were completed between Adelaide and Perth. The soon to be renamed Trans Continental rail service was ready and a new era of travel across the country was about to begin.

February 23, 1970, and the inaugural Indian Pacific left Sydney on the 4,352km journey via Melbourne, Adelaide and the mighty Nullarbor.

Just 13 months later, after spending three months working in a car wash in Melbourne, I decided in the privacy of my own

pants, to follow my restless spirit and made the decision to train it to Perth. In those days it was far cheaper than flying and I would see some country.

However, the desert scenery of the Nullarbor, as we transverse the longest railway straight tracks in the world, (297 miles, 478km) may well have contributed to the mass gravitation to the bar.

I was pleasantly surprised to find, in the carriage deemed for thirst quenching, there was almost a majority of blokes and sheilas about my age. I was 23 and I distinctly remember there were a couple of fellas returning from

duty in Vietnam, some nurses, schoolteachers and a general assortment of thirsty people from several nationalities.

Not backward in coming forward, the singing syrup encouraged me to "go get the guitar" and before you knew it, the longest sing-a-long in the world began. Elvis, the Beatles, Everly Bros. *Credence C.R.* and all parts in between were given the treatment. Mammoth! Epic! Monumental, but probably not magnificent.

Sometime after the sun had disappeared, we were informed that we were approaching Kalgoolie and that the weary Adelaide staff would be

disembarking to be replaced in Kal for the last part of journey, by local Kalgoolians. We were also told that the bar would be closed.

After the stunning initial shock was absorbed, it was revealed that we could buy takeaway refreshments from the Railway Hotel to sustain our voices and keep the mighty thirst at bay. Unlike today, with the massive and seemingly unending scope of boutique beers, Swan, Emu and the local Hannan's was the total sum of choice.

And so it came to pass, that on March 31, 1971 I made my first purchase of a carton of Swan draught.

Later on in life, as my blues music career progressed and I became involved with the children's charity Variety, I developed a taste for the sister brew, Emu bitter.

With reference to the 'Greats'; BB, Albert and Freddy King and my father's profession, my travelling nickname became... the reverend EB King. Consumption of amber fluids when one is a passenger in the outback, has been known to exceed mother's recommended level.

So, maketh thy choice on a hot WA. day... and it's 40° in the shade.

The breakfast of champions!

Swan or Emu? King Arthur was about to embark on what could be a long crusade. He feared for Guinevere's moral compass. He had the strongest possible chastity belt made and after much thought entrusted the key to his most faithful and loyal knight, Sir Lancelot.

Forsooth, two hours after riding off into the sunset, behold the said knight could be seen galloping at breakneck speed trying to make contact.

"Gadzooks," cried the king; "What aileth thee Sir Lancelot?"

"Sire, Sire, you've given me the wrong key!" Cheers dears.



by Jon Lewis

These days it's important to destress so you're not left in distress

WHILE preparing my early morning show for broadcast, I heard my friend and colleague share a most valuable piece of guidance.

Tod Johnston was interviewing a gentleman regarding stress and how

to reduce it via laughter. Sounds funny, right?

However, this was not the magic that caught my attention. It was a progression of logic that profoundly affected me. I have condensed it to a simple quote.

"There is good stress and there is bad stress, it is important to de-stress or you will be left in distress."

The power of this quote is stronger when we understand a few helpful ideas.

Good stress or eustress, is helpful when getting things done. It helps us complete these things to the best of our ability. It could be preparing a wonderful dinner with guests, getting ready to win a race, even prepar-

ing a fun radio show.

Good stress is very good for the time it is needed, but it is still stress.

Bad stress is of course unhelpful all the time. It prevents our best and even vastly diminishes

any possible pleasure in the task being completed.

You see, the stress artificially pumps up stress chemical levels. For a long lasting healthy body the stress needs to go - de-stress.

It is like driving a car hard all the time, it needs to return to normal running temperature, or even the engine will be... stressed.

You might think that good stress might not require the same attention of the bad? Both require a helpful return to normal merry operations.

The guest professed laughing as his choice of de-stressing. I also like the idea. While he offered laughing for no reason as the path, I would prefer something of the simplicity of a well-worn 'cracker joke' left over from last Christmas.

"Why was Cinderella no good at basketball? Because her coach was a pumpkin!"

I conclude my radio show each morning in the same fashion at 5.30am.

It's a path to de-stress. I hope this made you laugh!

All the best.

Volunteer Expo 2022 **FREE EVENT**

www.swan.wa.gov.au
/cityofswan /cityofswanwa

Volunteers creating a positive impact in the City of Swan and beyond.

For the first time since 2019 due to the pandemic, the City of Swan is proud to present and welcome back the Volunteer Expo.

The free event will have over 70 different organisations and community groups, including stalls, activities and presentations designed to provide information, educate and encourage volunteering in the community.

Come along to learn about the benefits of volunteering, opportunities and chat with the organisations and local community working groups.

Wednesday, 5 October 2022 | 2 - 5pm

Mandoon Estate, 10 Harris Rd, Caversham

This event is proudly hosted by the Swan Volunteer Resource Centre (SVRC). To find out more about SVRC, visit www.swan.wa.gov.au/volunteer.

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Fellowship and friendship in retirement in Mandurah

THE PROBUS Club of Mandurah (Inc) is a combined group of active and sociable retirees who meet on the first Tuesday of the month at the RAAFA Estate, Meadow Springs.

The club has a very busy social program and inspiring guest speakers, with many outings to interesting places.

Registration is at 9.30am and the meetings run from 10am to 12 noon.

For more information please contact Richard Drain on 0404 827 419.

Retrain your brain and make a new start in later life



by Ken Marston

IF you damage part of your body and cannot use it for a period of time, the body learns to compensate, often using the other side. So, if we have our left arm

in plaster for a few weeks, we compensate by using our right arm more than we did before.

If part of us is incapacitated for a long time, it becomes very difficult to regain use of it even when it is fully recovered from the trauma or whatever caused its disuse. It appears, from recent research, that the area of the brain responsible for the disused part of the body shrinks, and this is why it is difficult to recover full use of part of our body when it is not used for a long time

– the use it or lose it syndrome.

The good news is that we can relearn to use parts of the body that have been disused, and much of physiotherapy consists of doing just that. The extra good news is that the area of our brain mapped to that part of our body also increases in size if we reuse the injured part of our body, due to the magic of brain plasticity.

If you would like to learn more about how that works, please refer to the books and internet works

of Norman Doidge.

Unfortunately, as we age, those parts of us that have fallen into disuse have often been disused for quite a long time. Limbs take longer to heal as we age, so periods of disuse are longer, for example, when we break a leg or arm. Repairing the damage to the limb, and restoring the area of the brain devoted to that limb, may take a bit longer than it would if we were younger. But, don't despair! Body and brain can still recover, whatever our age.

Similarly, parts of our brain left disused for lengthy periods shrink from prolonged disuse, but never fear, they can be revitalised with some attention, hard work and persistence. People who have suffered a stroke can recover use of their limbs and their brain capacity with the right treatment (see Norman Doidge's book, *The Brain that Changes Itself*).

And the idea that we are too old to... (finish the sentence with whatever fits in your case) is defied

by brain plasticity. We can, and do, continue to learn throughout life. We can, if we choose to do the work, learn new things, whatever our age.

Learned disuse, much like learned helplessness, can be overcome! Yes, you can lose it through not using it, but you can also restore it by using it. And the biggest factor in doing so? Motivation and belief that you can do it. Believe me, you can.

Sometimes, our thoughts get too much for us and we can't cope.

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

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



by Hank Jongen, General Manager, Services Australia

WHEN Services Australia considers your eligibility for a payment, most real estate you own is included in the assets test. That includes property you rent out, leave vacant, have as a holiday home, or let someone live in for free.

The only real estate we don't include is your principal home, which we define as the home you live in, as well as the first two hectares of land it's on.

We assess your real estate based on the current market value, but we don't count any mortgage

Centrelink updates - real estate and your payments

amount that is secured against the property. So for example, if you own a holiday home worth \$350,000, but have a mortgage secured against the holiday home for \$200,000, then the assessable value of the asset is \$150,000. However, if the mortgage is secured against the family home to purchase the property, then the full value of the property will be assessed.

When you claim a payment, we'll ask you to estimate what the present market value of the property is. We can also request an independent

valuation of the property at no cost to you.

Over time, real estate values change. With that in mind, we index the value of a residential property each year to keep them up to date. If the new valuation affects your rate of payment, we'll let you know.

Of course, if you don't agree with a valuation, you can ask for a review and we will arrange a formal valuation. This may require an independent professional property valuer coming to assess the property in person. We'll organise this at no cost

to you and the property valuer will arrange a time that is convenient for you to complete the valuation assessment.

myGov is changing
If you use myGov, you may have noticed it's changing. While the homepage and layout may look a little different, many things are still the same. You don't need to download anything, create a new account, change your password, or set up your linked services again.

All your personal information remains safe and secure. Just sign in

as you normally would to start accessing government services. You can also explore information on payments and services relevant to where you're at in life. These updates

are the first step towards a simpler way to connect with government online services.

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.

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Letters to the Editor

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



Dear Editor,
I LOVED the letter by Daryl Binning and I can assure him my political leanings are only towards whichever politician appears to be telling the fewest porky pies (lies) when it comes to needing our vote or when they are talking about what they will do for us between elections.

Now to the other letters: David Grace – your suggestion of shopping centres having a place for blokes to wait while

us females are shopping – if my husband was still alive (he died in 2005) he would agree wholeheartedly with you. He hated coming shopping with me and waited in whichever coffee shop was the most convenient downing several cappuccinos until I came back.

The letter by Mitzi Neuzerling, talked about the great information in the paper. I also like the competitions and try and enter at least some, if not all, each month.

I hope everyone does the reader survey as it is important because neither the editor nor the other regular columnists are mind readers. The only way they can keep things we like appearing in the paper is if we advise them of those facts in surveys like the one in the August edition of the paper.

Have a good year everyone, take care.

Mrs Margaret Anne Ryan Ballajura

Dear Editor,
I HAVE only just read Lee Tate's article on the state of current movies (July edition). In a word it is brilliant.

I could not agree more. Keep up the good work.

Chris Tollis Dianella

Dear Editor,
I WAS nine years old when the *Beatles* came to Adelaide and my sister who was 15, won a trip to Adelaide to see them.

It seems like yesterday, but time does fly by and now I am 69 years young!

Lena McKenna Carine

Dear Editor,
RE – Karen Majer's article in August *Have a Go News*. Peter Newman, professor of sustainability, whom is he kidding?

No amount of innovation is going to save the planet unless we have a sustainable population. The population explosion we are experiencing will demand more energy, more resources, more water, more food – it is inevitable.

But it takes a lot of courage to say the planet needs population and birth control if we are to survive. Unfortunately, very few people have this courage.

Let us get real and not pretend that technology and innovation is going to save us.

Karl Kelers Alfred Cove

Dear Editor,
THE press is often called the fourth estate. This means it, in its purest form, that it investigates and informs the community.

This ensures open and accountable government.

It is important for our democracy that they vigorously pursue the truth without fear of favour. There will be times they exaggerate or even get it wrong but in general they do a good job.

Like politicians, the vast majority of journalists have the best interests of their communities at heart and will do their honest best.

As media consumers we need to be vigilant and at times question what is being presented, but let's not fall into the trap that many conspiracy mer-

chants pedal and become cynical and disenchanted.

Generally, democracy in Australia is healthy and full of good intents. You may disagree with some policies or the methods used to achieve a fairer Australia but I trust the protections in place are doing a good job.

Benedict Hodsdon Nedlands

Dear Editor,
AUSTRALIA has a huge water shortage and we're paying for it. All new homes should have water catchment devices built in and older homes can use simpler methods.

Just put a hole in the gutter, dangle a chain (\$5) into a barrel/drum (\$25) and use the water to flush toilets by adding to cistern, or put it on the garden. I save 10,000L/year. For info/help con-

tact me through this paper.

PS. Can we please have a cheap classified ad section to buy/sell etc?

Phil Rebe Mt Lawley

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

Win a \$200 shopping voucher

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

There are 11 advertisements in this issue which contain a blue circled letter for the Ad Words promotion.

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

Look out for these advertisements in sequential order to discover the blue circled letter to make up the Ad Word.

1. The Wonder Sheet
2. City of Swan
3. Acacia Living Group
4. Perth Homeguard
5. Kings Tours & Travel
6. Easy Access Kitchens
7. Kalbarri Palm Resort
8. Helena Valley
9. Summerlin Audiology
10. Air Liquide Healthcare

11. West Australian Opera Entrants can enter via email with Adwords in the subject line at win@haveagonews.com.au or write to Ad Words Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/9/22.

Congratulations to Sylvia Tzortzis, of Dianella our July Ad Words winner.

A feast of entertainment for free on a Tuesday...

HOLLY Wood Tuesday Morning show continues to provide a great place for people to congregate in the city.

Each week enjoy the camaraderie with a variety of entertainment compered by local entertainer Bernard Carney OAM.

September 13 - Jennifer Merigan from *Have a Go News* will update you on the news, events and competitions this month's issue. *Stringy Bach* play anything that takes their fancy from the Renaissance to Ragtime, Baroque to the *Beatles*. They specialise in 'music for wrong instruments' and play mandolins and guitars. They have

been performing for more than 30 years.

September 20 - *Tall Timber Tales* created by Iris Jones is a celebration of the development of the timber industry and the early European settlement in the Kalamunda hills. This premiere performance comprises poetry, yarns, original music and narrative. The work paints a vivid picture of the trials tribulations and sense of humour of these early settlers.

September 27 - Prior to the performance there will be a chat about the global resurgence of shanty singing. Ahoy there! The *Fo'c's'le Firkins* are WA's oldest

sea shanty team that have been performing since the Fremantle America's Cup days. Now, three decades later, they are still roaring out their salty songs and guesting at shanty festivals around the country. Bring your sea legs!

The free community service from the City of Perth runs at the Perth Town Hall every Tuesday morning from 10.30am.

After the show, head to the Citiplace Community Centre situated on the upper level of the Perth City Railway Station which offers seniors a range of low cost refreshments in a warm and friendly environment.

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Breaking the stigma of asthma during Covid times



Parents need to make sure their children are taking their asthma medication

by Allen Newton

"NO, it's not Covid, it's just my asthma."

It's an oft-heard cry from many who experience asthma or chronic obstructive pulmonary disease (COPD).

Rael Rivers, learning and development manager for Asthma WA, has had asthma since she was a teenager and has also been watching her three children battle the condition and the stigma that goes with it.

The theme for September's National Asthma Week is countering the stigma associated with asthma and COPD.

On the day we chatted over the phone Rael said she had been at the gym that morning and was anxious that her coughing wasn't bothering any of the other people in the

gym.

On her way to the spin class, she normally takes her Ventolin, an inhaler with a spacer, in the car on her way, but had forgotten.

At the gym she had the bike all set up before she remembered and instead of taking her inhaler there before the class, actually went to the toilet to take it.

"I didn't want to draw attention to myself because there is a stigma there."

It's something that hasn't been made any easier during the pandemic.

"You get a few looks," Rael says. "You are more aware because people look at you and you feel like saying I don't have Covid, it's just my asthma."

Rael was diagnosed with asthma as a teenager and put on a preventer, but

wasn't affected too badly, even though she couldn't keep up with her peers at school sport.

The 43-year-old says at the time her symptoms went away, but came back as an adult, putting her in hospital.

While a good management plan enables her to keep the condition under control, that hasn't been the end of the asthma impact on Rael's family. All three of her children, aged 18, 15 and nine have asthma.

Her eldest child, a girl, started showing signs of breathless episodes when she was a 12-month-old baby.

"We were living in the country at the time and it was a pretty cold place down south. I noticed on those cold nights and early mornings that she would have this cough and we ended up having to take her into hospital.

"Because asthma is so changeable and sporadic, it can be good on one day and on another day can be really bad.

Rael took her daughter to the park one day and noticed her daughter's lips were blue and even though she had a winter jacket on, she thought it must have been because it was cold.

That night she went to a netball windup where there were some health professionals she was talking to about her daughter. They told her to go home im-

mediately and take her daughter to hospital.

"I did, and we ended up spending over a week in hospital. She had bad asthma and pneumonia, a collapsed lung and the works, and that really began my journey to get on top of this asthma and what to do as a parent and how to manage it."

Rael doesn't believe her own experience with asthma helped her manage her daughter's issue because her own run-in with asthma hadn't been as bad.

"They were so young when they started showing symptoms, but I felt I wasn't really showing symptoms until I was a teenager and you second guess yourself, you get used to breathing, or not breathing properly.

"You always have a cough and you know you won't be able to do the cross country well and you just think it's you and that you are unfit, but for kids it's very hard and it can be difficult to see the symptoms.

"Two of my children have a silent wheeze, so the doctors would say to me 'can you hear them wheeze?' and I would say no.

"Definitely having the experience with my first child as a baby I was on to it with the next two."

Rael says she believes doctors are improving in their attitudes to asthma,

but it is a difficult condition in children because doctors, rightly, are hesitant to start a child on inhaled steroids at a young age.

"They don't want to diagnose a child with asthma until the age of six because at that age they can do lung function testing which assists with proper diagnosis. They don't want to miss any other respiratory conditions.

"They are hesitant to say, 'you definitely have asthma, we're going to stick you on this inhaled steroid' because kids' lungs are still growing and airways are changing. As their bodies grow so do their lungs and they change as they grow."

According to Rael support for people with asthma is sometimes a bit short in coming.

"Sometimes growing up with asthma as a teenager you were looked at as

though you were being a bit of wuss or a sook because you need your puffer, or you are just unfit, so there was a stigma growing up.

As a youngster playing sport, netball, basketball and swimming, in those days there was definitely a lack of understanding about asthma from coaches and others around her.

"When I was young there was definitely a stigma attached to having asthma and to be honest it's still there even now."

While Rael's eldest daughter says she hasn't really felt stigmatised by asthma, her now 15-year-old son went through a time when he was 13 or 14 when he wasn't taking his medication in front of his friends because he didn't want to be teased.

At school though Rael says teachers really seem

to be tackling the stigma associated with asthma.

Asthma WA is helping to raise funds to provide families fighting asthma with free education and clinical support with its Wheezy Walk for the month of October.

Participants are being challenged to walk 237,000 steps throughout the month, which represents one step for every person living with asthma in Western Australia.

Asthma WA wants more than 400 people to walk in October and raise funds to go towards improving children's health and keeping them out of hospital.

The 2022 Wheezy Walk starts on Saturday, October 1 with participants counting their steps for four weeks until Monday, October 31.

More information is available from www.wheezywalk.org.au/.

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DONNA FARAGHER JP MLC
MEMBER FOR EAST METROPOLITAN REGION

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

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ADVERTORIAL

Alternatives to Hearing Aids Take Off: New TV Soundbar Speaker Beats Expensive Hearing Aids.

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

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

"Hearing TV dialogue clearly is a significant problem for those with hearing loss. The problem starts with the clarity of the TV audio itself which is highly variable, as many channels differ dramatically in the clarity of the dialogue, and the volume is often changing between programs and advertisements too. We know as hearing specialists that hearing aids struggle to correct this problem, as the problem originates with how the audio has been mixed for each TV program."

Unlike traditional hearing aids, the *TV Voice Pro Soundbar* accesses the TV audio directly, and utilises a speech enhancement formula based on the analysis of thousands of audiograms (hearing tests results) of those with hearing loss, and automatically reconfigures the TV audio to a speech enhanced sound quality, suitable for those with mild to severe hearing loss.

"We found that one of the significant factors preventing regular TV speakers and soundbars from clarifying TV audio for those with hearing loss is that they focus on surround sound and music/sound effects to such an extent that it is often equal in volume or even louder than the dialogue.

Unfortunately for someone with even a mild degree of hearing loss, these effects will often mask the dialogue out completely, particularly for movies, and also for shows where various accents are involved. With the *TV Voice Pro Soundbar*, although sound effects and music are still audible, the soundbar makes speech and dialogue enhancement the priority for all TV audio, and this is how we have solved the problem."

Users of the *TV Voice Pro Soundbar* can select from three speech clarifying sound settings via the soundbar remote control, and have further access to clarify TV dialogue to suit their hearing needs if they wish, by simply increasing or decreasing the treble or bass. The soundbar will automatically remember the user's preference for TV sound clarity.

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

"A really unique benefit is that the new *TV Voice Pro Soundbar* can operate in unison with any of the TV Voice Pro wireless earphone options. This offers TV listeners the best of both worlds, allowing them to either listen to TV in private with lightweight earphones that clarify TV dialogue, or instead with the soundbar turned on when others are in the room. We have designed the products so that they can be used in unison on the same TV, or alternatively, many of our customers choose to use the *TV Voice Pro Soundbar* in their main living room for TV listening, and the TV Voice Pro wireless earphones on a separate TV in the household, such as in the bedroom. This guarantees they will hear TV speech and dialogue clearly no matter which TV they are using."



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

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

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



99-year-old World War II veteran reflects on *HMAS Canberra* sinking



WW II veteran Des Jones with Sub-Lieutenant Tahlia Merigan © Bradley Darvill

by Sub-Lieutenant Tahlia Merigan

THE last surviving crew member of *HMAS*

Canberra, 99-year-old Des Jones, remembers how he narrowly escaped death when his ship was sunk in the Battle of Savo Island.

August 8 marked the 80th anniversary of the battle, which claimed four allied ships and more than 1000 casualties, including 84 on *Canberra*.

Mr Jones, who joined the navy as a stoker at 17, recounted events from 80 years ago as if it was yesterday.

"I came off watch at midnight and was very lucky. This all happened at 2am," he said.

The boiler room where Mr Jones was working just hours before was hit by a massive explosion, a torpedo, killing at least eight people.

With the ship at action sta-

tions, Mr Jones and some of his shipmates were stationed near the sickbay as a fire party.

"I remember hearing a noise and the bloke standing next to me, Georgie, took the shrapnel."

George's hand was blown off and he asked Des to perform a grim task.

"Des will you get the rings off my finger?" George said.

"I said, 'No, George,' and grabbed him and dragged him to the sickbay which was right next door. Didn't see him for six years but he did survive," Mr Jones said.

They took all the wounded up to the upper decks to be transferred to US destroyers. They were ordered to see if

they could get steam up again but the boiler rooms had been destroyed. The order to abandon ship came in.

"Some of us went into the water. I did and swam out to a Carley float [life raft], and got in that," Mr Jones said.

"We paddled to the starboard side of *Canberra* and were lucky we didn't go down as the small arms ammo went up. When dawn came the Japanese were gone."

The aftermath of battle included the loss of US cruisers *Quincy*, *Vincennes* and *Astoria* as well as *Canberra*.

US ships *Ralph Talbot*, *Patterson* and *Chicago* were also badly damaged.

More than 1000 allied lives

were lost that night and 700 were wounded, including 109 from *Canberra*. The Japanese forces lost 58 crew in the battle.

Mr Jones encouraged Australians to consider a navy career.

"I think it's a good life in the navy. I think it's a good chance to do other things with so many different options. Go for it, it's a good life," he said.

Around the world commemorations have been held, including in Australia, the Solomon Islands and on board the latest *HMAS Canberra* to remember the battle and the lives lost.

Reproduced by kind permission from www.news.defence.gov.au.

Josephine celebrates her 100th birthday and a long and interesting life



Left R-L; Josephine Winstone with carer and fellow resident at Joseph Cooke House nursing home - Josephine Winstone in Air Force circa 1940s

by Josephine Allison

JOSEPHINE (Jo) Winstone has had a long and interesting life but when it came to celebrating her 100th birthday she asked for something simple, a bacon and eggs breakfast at a local restaurant,

followed by a family celebration.

Josephine, who moved into Southern Cross Care's nursing home, Joseph Cooke House in Shelley, in August last year, is enjoying her new life in the recently built wing of the facility.

Born Josephine Rhone in Subiaco on July 26 1922, Jo's parents Albert and Daisy came from Wales, meeting in WA just before World War I. Albert joined the 10th Light Horse Brigade and spent the following five years overseas, including Gallipoli.

After the war ended, Albert and Daisy married and the couple established a dairy farm at Forrestdale with their three children Violet, Alexander and Josephine.

"The children all had tasks, and helped in the house and about the farm," Jo recalls in her family history. "I milked the cows each morning before walking 21/2 miles to Westfield School and back in the evening."

In the early 1930s the effects of the Great Depression were keenly felt and Jo recalls her father finding work building Canning dam, part of a government scheme to create employment.

Jo and brother Alexander trapped rabbits and sold them for sixpence each. They also climbed trees looking for banksia nuts which burnt well in a

wood stove, fetching sixpence a bag.

When World War II started, Jo joined the Armadale Emergency Corps, learning first aid, home nursing and working as a stretcher bearer. Darwin was bombed and Jo decided to join the air force and get paid for her war effort.

She was posted to Mallalala Hospital as a sick-quarters attendant, a place she described as a "godforsaken hole between Adelaide and Port Pirie where I endured six months of hell. At the time I was too young to stand up for myself against cruel fun from the nurses."

After postings to Adelaide and Ascot Vale in Melbourne, Jo went to Kalgoorlie where she met her future husband Leslie Edward Winstone. When the war ended Jo worked

as a packer at the Weeties factory in North Fremantle and Les at Westralia Soaps. They married at St John's Church in Fremantle, in July 1946, building their first home in East Fremantle after buying the block for £65.

Jo belonged to Legacy and ran their bring-and-buy shop to raise money, offering some of her fine cooking and knitting items for sale. She also became a trolley lady at Fremantle Hospital.

The couple had four children, Suzanne, Cheryl, Leslie and Joanne, Les passing away in January 2003. Jo now has nine grandchildren and 14 great-grandchildren.

Up until last year, Jo remained at the family home with family help, growing vegetables (she loves broad beans) and enjoying

life there. "I don't drink or smoke and have always tried to help people if I can," Jo says.

Her attitude to life? "Take each day as it comes; there are always some good days and some bad days, but you make the most of all of them."

For her birthday at Joseph Cooke House, family, friends and residents enjoyed afternoon tea with Jo wearing a 'birthday princess' tiara and every staff member signing a big card which she proudly displays.

Of course, there was a beautiful signed 100th birthday card and photo from the Queen

"I read a lot, do word puzzles, play cards and barrack for the Eagles," Jo said.

Law reform will make retirement village life fairer and easier

A REVAMP of laws regulating retirement villages in Western Australia is planned with the State Government aiming to make the process of entering, living in and leaving a

village fairer and easier for seniors, while supporting the industry's longer-term viability.

Major proposed amendments to the Retirement Villages Act 1992 address

issues that have arisen between operators and future, current and past residents and their families.

From the start of the retirement villa advertising and sales process,

operators will be required to clearly and accurately describe the product, including detailing the amenities, services and type of tenure.

Key details of village contracts will be provided earlier, so prospective residents can make accurate comparisons and understand the commitments they are making. Supporting this will be the establishment of a publicly available database managed by the Consumer Protection Department that will provide basic information about retirement villages in WA.

Major disputes can arise between residents, their families and the village operator when the resident wants, or needs to leave the village. A maximum time limit of 12 months will be placed on the operator to pay exit entitlements to the resident after they leave. Currently former residents can wait several years before receiving exit entitlements, often causing distress and financial hardship.

To assess the financial impact the exit entitlement reform will have on the industry, the Western Australian Treasury was commissioned to conduct extensive industry consul-

tation, analysis and modelling. The results were taken into consideration when setting the 12-month time limit.

Reform recommendations arising from the consultation process are contained in a Decision Regulatory Impact Statement (D-RIS) now available for viewing on the Consumer Protection website. The WA Treasury financial modelling has also been published with the D-RIS.

Further consultation will occur on the implementation with key stakeholders before the new legislation is introduced into State Parliament.

Operators will have 24 months to adapt to the new laws once they pass through Parliament. They will then be provided with a 12-month transition period to prepare for the new exit entitlement requirements. After which, the resident will wait a maximum of 12 months from departing a village to receive their exit entitlements.

If requested, the operator will pay the daily accommodation payment of residents who move to residential aged care until they receive their exit entitlement, under the proposed rules. These payments will then be deducted from the



balance of the resident's exit entitlement.

The new laws will also clarify obligations around operator and resident behaviour, dispute resolution processes, capital works plans and reserve fund levels that ensure adequate money is set aside for village upkeep.

A new, clearer process will be introduced to manage significant changes which need to occur in a village, providing a fair consultation and management process for both village residents and operators. This will allow operators to make changes necessary to upgrade village amenities and ensure ongoing viability, while protecting residents' contractual rights.

A four-stage wide-ranging public and industry consultation period began

in December 2019 with a total of 156 submissions and 283 survey responses received by Consumer Protection. A survey and several workshops were also conducted to get community and industry feedback.

A community education campaign focusing on retirement villages, residents, industry peak bodies and independent operators will occur when the new laws come into effect.

The campaign will highlight the rights and responsibilities of both operators and residents under the new laws. It will also focus on educating the stakeholders about the need to plan for key transitional dates, such as when the new laws for payment of exit entitlements come into effect.

Looking for the right level of care?

Whether you want support to remain in your home, are looking for the community that a retirement village offers or need the security of round the clock care that a residential aged care facility provides — Southern Cross Care WA has been providing excellent health, wellness and accommodation services to WA's seniors for over 50 years.

To learn more: visit www.scrosswa.org.au or call our team on 1300 669 189



What can we do to restore and renew our natural environment?



Nannas at the blockade... Neroli Carlton, Pam Hoyne and Pam Townshend at the Gelorup blockade site



by Karen Majer

AUSTRALIA'S latest State of the Environment

Report released in July, 2022 made confronting reading, hard on the heels of the challenging International Panel on Climate Change (IPCC) report in April.

The State of the Environment Report is a comprehensive, independent and evidence-based review produced every five years by the Australian Government. This snapshot shows that Australia's environment is facing

significant challenges. Our changing climate, including increasing intensity and frequency of extreme weather events such as floods, droughts, wildfires, storms and heatwaves, is exacerbating the impacts of land clearing, urban expansion, habitat loss, invasive species and pollution.

Environment and Water Minister Tanya Pliberseck said it was "a shocking document" that told "a

story of crisis and decline in Australia's environment."

That's the bad news and it's a wake-up call. There is also some good news. Recognition and empowerment of Indigenous land management practices, including traditional fire management, is increasingly understood to be vital. Significant tracts of land are now being managed by traditional owners and in partnerships. For example the Australian Wildlife Conservancy jointly manages some 6.5 million hectares, conserving many threatened species.

The environment is no longer a 'green' issue, with the report acknowledging that a declining environment affects us all.

Our environment holds the key to our survival and wellbeing. The natural world is not separate from the human world – it is the source of our food, water, air and raw materials. Our culture and wellbeing are interwoven with the places where we live and walk. Ongoing environmental decline also

has negative economic impacts on industries, businesses, regions and individuals.

Australia has come out of the shadows to increase action on climate. Although progress in replacing fossil fuels is slower than many would like, there are hopeful signs that our government will step forward to stand alongside the many industries, local governments and communities that are showing leadership.

A cultural shift is seeing regeneration as the future for farming, urban development, tourism, resource use and natural resource management. The thesaurus tells us that regeneration is renewal, revival, rejuvenation and restoration. So how do we in the general community contribute to this hopeful change in perspective?

There are myriad ways we can make small changes in our own lives. Most of us live in city or regional townships where we need to not only address sustainability issues, for example

through lower energy use, avoiding single-use plastics and installing solar panels, but also seek to maintain and restore biodiversity in our expanding urban environments by setting aside wildlife corridors and creating fauna habitat in our parks, gardens and street verges.

Community groups are doing amazing work in dune restoration, tree planting, weed eradication and beach clean-ups. Conservation projects are in constant need of practical and financial support.

One of the most effective ways to create change is to use your voice and your vote. Staying informed and supporting innovation based on the latest scientific knowledge will boost societal demand for change in some entrenched practices such as prescribed burning, forest clearing and unsustainable urban development.

Nannas for Native Forests are demonstrating the power of passionate people to force change. Braving the wild weather at the beginning of Au-

gust, a committed group of older women supported action by the WA Forest Alliance, SW Forest Defenders and residents of Gelorup and Bunbury to try to stop the clearing of a section of the Bunbury Outer Ring Road in the Gelorup Corridor.

The road passes through dense bushland including endangered Banksia and Tuart woodlands. Armed with placards, umbrellas, shared pumpkin soup and, for a few brave souls, lock-on equipment, they helped to achieve significant media coverage and a groundswell of support.

Whether it's writing a letter to a politician or joining a movement aimed at raising the profile of an issue that you feel passionate about, you can be part of civil society creating change for the better. I am hopeful that we are at a point in history when those in power, the politicians, the business leaders, are striving to do better and are receptive to community views.

Find out more: State of the Environment Report soe.dceew.gov.au/

Motor into the Joondalup libraries for action packed events

REV up this spring and motor in to Joondalup Libraries for another action packed season of events and programs.

The spring cover of the library newsletter represents three exciting themes: they welcome and support students during their ATAR and Uni exams; race around

the suburbs at the Festival of Motoring; and celebrate Things That Go at Little Feet 2022.

The books though, are always there and Joondalup Libraries are excited to bring you a new initiative. Look out for Quick Reads, bringing popular new release and

bestseller items to people in a flash.

Pick up a print copy at one of the libraries in – Duncraig, Whitford, Woodvale or Joondalup or selected cafés in the northern suburbs. They also have a flipbook online at www.joondalup.wa.gov.au.

Any questions call 9400 4751.

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www.hillarysyachtclub.com.au/event/discover-sailing-day-2022

Life after death - Chinese burials at the East Perth Cemeteries



L-R; Kaylene Poon - archaeologists and research help keep Chinese burials, and customs topical



KAYLENE Poon is a third generation Chinese Australian. She has been involved with documenting the early Chinese history in WA since 1986.

Initially she was the co-ordinator of the Chung Wah history group. Since retiring as the local history officer at the City of Melville she has spent much of her time researching and assisting other Chinese-related projects in WA and interstate.

In 1994, the Chung Wah Association erected a monument dedicated to all Chinese burials

in Western Australia at the East Perth Cemetery and the Royal WA Historical Society (RWAHS) placed a plaque closer to the burials' site in Bronte Street.

Interest by the Chinese in the cemetery waned until 2019 when the new owners of the Bronte Street site contacted Kaylene to discuss the existence of Chinese records.

Working with the Metropolitan Cemetery Board the local Chinese community rallied to ensure Chinese burials were re-interred with traditional

customs observed.

The findings of the exhumation process and of the archaeologists have revealed new details previously unknown, and now research is ongoing to solve some of these anomalies.

Join Kaylene at Stirling House at 49 Broadway, Nedlands on Thursday September 29, 10am for 10.30am start for another interesting talk from the Royal Historical Society of WA.

Tickets \$10 – bookings essential. Call 9386 3841 or email admin@histwest.org.au

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Retirees Club News & Recreation



Dr Anne Aly MP will deliver lecture to U3A Perth

U3A Perth is delighted to announce that Dr Anne Aly MP will deliver their next Perth lecture.

This is not a talk about politics – although Dr Aly has recently been elected to her third term in Parliament as Labor Member for Cowan.

This talk will cover the extraordinary story of Anne's life, covering the highs and lows from the time she migrated to Australia with her parents from Egypt in 1969 when she was two years old, to

becoming the first Australian Muslim woman to be elected to Federal Parliament in 2016 and now, Minister for Early Childhood and Minister for Youth.

After graduating from high school, she returned to Egypt to attend the American University of Cairo. The late 80s in Cairo was a dangerous time, consequently, Anne and her young family moved back to Australia.

Family violence, divorce and life as a single

mother did not defeat her. Anne continued working and studying to build a career becoming an academic and internationally renowned expert in counter-terrorism and counter-radicalisation as well as founder of youth and community organisations.

In 2015 Anne Aly was the only Australian invited to address Barack Obama's Countering Violent Extremism summit at the White House. Prominent people are

invited to come and hear Anne's remarkable life story.

U3A regularly presents thought-provoking talks, activities and social events across the Perth metropolitan area.

The Dr Anne Aly lecture is a public event to be held at 2pm Sunday October 9 at the State Library Theatre, Perth Cultural Centre. Entry is free but bookings are essential. Visit U3Auwa.org or call Jean 0417 184 924 for more information.

Travel in the golden age of ocean liners

GUEST speaker at the October meeting of the Western Australian Self-funded Retirees Association (WASFR) will be History West artist Wendy Lugg. She will speak on those far off days of travel on-board ocean-going liners that were the main means of travel between the continents.

As the 20th century unfolded, fast and purpose-built liners emerged designed not only to transport migrants and mail but to make travel itself highly pleasurable. Regular scheduling and lavish and legendary onboard facilities and entertainment enticed the rich and famous to venture out from their varied locations, including Western Australia, and explore the world.

Wendy's own shipboard exploits occurred much later, when the less wealthy were also catered for. This was not long after golden age of luxurious ocean travel had faded away to be replaced by reg-

ularly scheduled and very fast air travel.

She has travelled the world to exhibit, teach and explore the history and culture of other peoples. Her endeavours have taken her down many unfamiliar pathways that never failed to intrigue and excite.

Although widely travelled and deeply impressed by her experiences, she proudly lets it be known that she remains firmly attached to her Western Australian heritage.

The meeting will be held at 10am on Friday October 14 at the usual venue, Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

Visitors are always welcome, there is ample free parking at the Sporting precinct and no entry fee is required to gain entry to the function.

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

Are you retired or about to retire in the Bunbury area?

ASSOCIATION of Independent Retirees (AIR) Limited (Bunbury WA Branch) is a volunteer not-for-profit organisation which represents fully and partially self-funded pensioners and advocates on their behalf on issues that affect retirees.

The group meet at the Girl Guides Hall, 33 Mary Street, South Bunbury on the fourth Tuesday of each month at 2pm.

The meetings include interesting guest speakers, followed by a delicious afternoon tea in friendly

company.

If this interests you, call/SMS for further information: John Kalbfell (president): 0412 705 822, David Bolt (treasurer): 0427 092 459 or Alfred Leigh (vice-president): 0413 656 812.

Find out about the health of the Peel waterways

ASSOCIATION of Independent Retirees (AIR) Mandurah Branch has a special guest speaker at the next meeting – Jennie Beeson, who is the Peel-Harvey Catchment

Council's waterways research officer.

The title of her talk is Peel Harvey Catchment Council – Working Together for the Health of Our Estuary.

This presentation will be held at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine on September 19 commencing at 9.30am. Everyone is welcome.

The cost is only \$3 and a morning tea will be included.

For further information on this event please contact Sylvia Hodgkinson on 9527 2383.

Stroke - one of Australia's biggest killers

ONE Australian suffered a stroke every 19 minutes in 2020. The effects on survivors' lives and the cost to health budgets is astounding.

What are the factors leading to stroke and what preventative measures can be taken?

How can people be assisted with living with the after effects?

These and other questions will be answered by Henry Ng, representing the Stroke Foundation, at the next meeting of the Association of Independent

Retirees (AIR) Perth Branch on Friday September 16 from 10am to noon.

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 at the Cambridge Bowling Club, Chandler Avenue West, Floreat.

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

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@iinet.net.au).

On Friday October 21, financial advisor Nick Bruining will speak. This will be a registered event with details to follow next month.

An AIR sub group will meet on Wednesday September 14 at the same venue to listen to Jonathon Davidson from Market Index speaking about investing in renewables. Enquiries can be addressed to John (johnkwellis@gmail.com).

Year-round activity in friendly environment

ALSTONE Park Social Carpet Bowlers meet every Wednesday at Swan Active Leisure Centre, Benara Road Beechboro at 9am for three hours of fun and companionship and a little competition.

All the equipment, except for your flat soled shoes, is provided so

you can join in immediately and meet new people with ages ranging from the 50s up to the oldest member who is 99 years of age.

Instruction, if you require it, is available to get you started, but there aren't any pre-requisites for you to get involved in this vibrant

club, except to get out of the house and turn up.

The president Joss can be contacted on 0438 281 461 to answer your questions as to why you should grab this opportunity to enjoy an all-year-round activity in a friendly and welcoming environment.

Eyes are the windows to good health

THE speaker at the next meeting of the Association of Independent Retirees (AIR) northern suburbs branch will be Dr Kures Pather.

Dr Pather is a Master of Optometry and a clinical pharmacist specialising in eye health. The eyes are a window to many aspects of good health and Dr Pather will be hopefully, 'opening our eyes' on the whole subject.

The group is restricted to the number they are able to have in the meeting room, if people are interested in attending as a guest, please reserve a seat.

The meeting is on 15 September. All meetings are held at the Penistone Park Community Sporting Facility, 27, Penistone Street, Greenwood, on the third Thursday each month commencing at 9.30am.

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

Cost \$4 per person including raffle and refreshments.

To reserve a seat or for further information please contact Mike Goodall on 08 6364 0859, e-mail mikecgoodall@btconnect.com for further details.

Volleyball good for fitness

JOHN Sewell is 78 years old and still playing volleyball at the Joondalup Indoor Beach Volleyball Centre.

Indoor Beach Volleyball is played on sand indoors and is very good for fitness with

low impact on the body and out of the sun and inclement weather.

People are invited to come and have a go with a modified ball and different playing rules to volleyball played out of doors.

The planned time is from 10 am to 12 noon every Wednesday, depending on community interest.

Contact 0400 228 814 or email jsewell.allsport@gmail.com for more information.



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COMMUNITY NOTEBOOK

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

MOSMAN PARK COMMUNITY MENS SHED CRAFT MARKET
 Sunday November 9, 9.30am- 2.30pm
 Tom Perrott Reserve.
 Craft and food stalls, cafe, children's entertainment, pony rides, classic motorcycles, Holden cars and EVs.
 Entry \$2
 18 years and over.

ANNUAL CHURCH FETE
 St Michael & All Angels. Saturday October 8, 9am-1pm
 Cnr George and James St North Beach.
 For info ring 9447 0897.

YOKINE CAR BOOT SALE
 Sunday September 18, 7.30am-11am
 \$2 entry, children under 12 free.
 Crafts, plants, clothing, bric-a-brac, household items, toys, books etc.

Yokine Districts Bowling Club.
 10 Wordsworth Ave Yokine.

RAVENSTHORPE WILDFLOWER SHOW AND SPRING FESTIVAL
 Celebrating 40 years.
 September 12-24, 9am-4pm daily.
 Town Hall and Herbarium
 35 Dunn Street
 Contact Sue Leighton 0407 981 301
www.wildflowersravensthorpe.com.au

THE YORK FESTIVAL
 September 24 to October 9, three weekends of arts, crafts, jazz, writers, comedy and theatre across multiple venues in York.
 Phone 0493 149 887

THE ROSE SOCIETY OF WA SPRING SHOW
 October 8-9, 1pm-5pm
 South Perth Community Centre

Sandgate Street, South Perth
www.horticulturalcouncil.com.au

LORNA MITCHELL SPRING FESTIVAL
 Sunday October 9. 9.30am-3.30pm
 Hammond Park. Memorial Dve.
 Kalgoorlie. A fantastic event with more than 150 stalls. Art and craft, live entertainment, and activities for the whole family.
 9021 2466

CHAIN REACTION SIX-PIECE BAND
 AFL Grand Final After Party.
 Saturday September 24.
 The Cut Golf Course.
 69 Country Dve. Dawsville
 To book a table 9582 4444
 For info Phil 0413 726 857

NOT IN THE MOOD
 Sunday September 18. 2-4pm

Performed by a crazy group of singers known as *Secret Womens Business*
 Tickets standard \$39.50, concession \$35.
 Kalamunda Performing Arts Centre
 Go to www.trybooking.com/CARBD

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CELEBRATE LAKE CLAREMONT
 Sunday September 18. 11am-2pm
 A free family event with games, workshops, children's activities, food trucks etc.
 This is a plastic free event bring your own bottles and cups.
 Lapsley Rd. Lake Claremont.

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- ★ Guided tour of Regensburg
- ★ Guided tour of Nuremberg
- ★ Guided tour of Bamberg
- ★ Walking tour of Würzburg and a visit to the Bishops Residence
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- ★ Explore Jasper National Park with a guided walk through Maligne Canyon
- ★ Ride the Ice Explorer onto Athabasca Glacier
- ★ Discover Vancouver's famous sights
- ★ Enjoy a guided nature walk through the forest at Capilano Suspension Bridge Park
- ★ Wander the world famous Butchart Gardens
- ★ Experience Alaska's number one glacier viewing attraction, Glacier Bay National Park
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TRAVEL LOUNGE SESSION

Our Travel Lounge session is designed to provide you with insights and knowledge, to help plan your 2023 or 2024 journey of a lifetime.

Learn more about our exciting range of destinations, products, enriching experiences and all-inclusive luxury journeys.

Our expert representatives will also share practical tips for navigating travelling, including an overview of the steps we will take to safeguard your health and wellbeing.

RSVP TO JOIN US ON THE UPCOMING SESSION.

WHEN

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WHERE

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Seniors Recreation Council Jottings



LiveLighter Aged Care Games – Belmont

EIGHT teams from Perth's Metropolitan Aged Care facilities took part in the annual metro LiveLighter Aged Care Games at the Belmont Oasis in early August. SRCWA executive officer Dawn Yates welcomed everyone and City of Belmont Deputy Mayor Cr Robert Rossi, JP officially opened the event. SRCWA state president Phil Paddon was the emcee with all teams competing in a range of games. It was amazing to see people well into their 90s willing to have a go at seated hockey, pass ball, bean bag toss and skittles.

Umbrella Speedy Turtles took our first place, *Umbrella Clever Mice* were second and was closely followed in third by AGH Premiers Catholic Homes. Our oldest competitor at the games was 94-year-old Gina from the *Umbrella Brave Chickens*. Best presented team was *Catholic Homes St Vincent's Anglers* who themed the whole team in fishing outfits.

Our thanks go out to the many volunteers who helped set up and officiate at these games. Thank you to the team from Woorlooloo who helped throughout the day. A special thank you to participating centres staff who train and support teams throughout the year.

During the lunch break we were treated to an exhibition of seated volleyball for seniors thank you to Michelle Hilbrand from Volleyball WA.

Many thanks to Kevin Bennett for entertaining everyone at the games.

If you would like to see photographs taken by Martin Yates from the event visit www.srcwa.asn.au.

Thanks to LiveLighter Healthway and to Dept of Local Government, Sport & Cultural Industries & Dept of Communities for sponsoring the LiveLighter Aged Care Games events.

Healthy Lifestyles Event

Experience the Southwest Through Food

70 enthusiastic seniors were treated to A Taste of the Southwest Through Food at our Healthy Lifestyles event held in August at the Vincent Community Centre in Leederville.

SRCWA partnered with the Southern Forests Food Council and the City of Vincent to showcase the produce and activities on offer for seniors in the southwest. The aim of this event was to encourage people to venture out, eat healthy and get some activity into their daily routine.

State president Phil Paddon and Southern Forests Food Councils' Leah Vogel kicked off the event along with a presentation from SRCWA's Danni on Pole Walking's benefits and technique. There was also a cooking demonstration using fresh produce from the southwest region.

The event was supported by *Have a Go News*, *Trails WA* and *Travel With Me*.

Feedback has been extremely positive with people commenting on the high quality of the presentations, speakers and food on offer.

SRCWA thanks its valued staff member Danni McMahon, volunteers and Leah who stepped up to present this event after key people were unable to attend due to Covid. SRCWA also thanks event partners the Southern Forests Food Council, City of Vincent and Department of Local Government, Sport and Cultural Industries who made this outstanding event possible.

SRCWA Annual General Meeting Wednesday September 28

Seniors Recreation Council of WA is holding its annual general meeting at 10am on September 28 at the Dept of Local Government, Sport & Cultural Industries building. The meeting will include election of officers, reports from SRCWA branches and project officers and a guest speaker. The meeting gives SRCWA accredited volunteers the opportunity to share information and anecdotal evidence regarding the programs SRCWA is conducting in metropolitan and regional WA and how they impact on the senior demographic. For further information or to register to attend call 9492 9773.

Have a Go Day 2022, a LiveLighter Event

Celebrating the 30th anniversary in the beautiful grounds of Burswood Park

November 9, 9am to 3pm

Expressions of Interest – Registrations Open!

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

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

Forms are now available, for further information call 9492 9773 or email dawn.yates@srcwa.asn.au.

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

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

Swimming adventure like no other in the south west



Masters Swimmers brave the water

by Kareena Preston Coach and Swimmer Development Coordinator – Masters Swimming WA

WHO knew that on an average winters day in Yallingup, 14 Masters Swimmers would come together and create a weekend to remember. The first ever Masters

Swimming WA Swim-Venture Retreat was held over the weekend of July 22 to 25 in the gorgeous south west.

There were a few anxious faces as they descended on the Crooked Carrot café, the first stop on the journey before heading to the pool. After a coffee and a chat

about the schedule, the swimmers began to relax, chat, ask questions and get excited.

They headed to the South-West Sport Centre for the first in-water session. After a brief activation routine, the swimmers all took the plunge to get their freestyle technique filmed by

coach Kareena.

A quick bite to eat and they eagerly drove to their stunning luxury holiday house accommodation for the weekend.

Friday night was all about getting to know each other, so the conversation was flowing along with a glass or two of red and a cold beer. Coach Kareena was guiding the swimmers through their video analysis to set them up with feedback for the weekend ahead.

Saturday and Sunday were a mix of cold dipping, open water swimming and pool sessions, designed to put into practice the feedback received from the underwater video analysis. Some great Dunsborough and Yallingup coffee spots were frequented amongst the wonderful home-made soups and salads, pastas and more. They certainly did not go

hungry or thirsty.

A night at Caves House was the classic dinner location needed to finish off the weekend adventures. Monday was the last pool session followed by some tired bodies tucking into a delicious lunch at Shelter Brewery in Busselton.

Even though the weather was intense (with 15ft waves) interrupting some of the activities, it was never enough to dampen the enthusiasm of the swimmers.

If you would like to join in on a Masters Swim-Venture Retreat, go to mswa.asn.au.



Living like a river... carried by the surprise of its own unfolding



Canoeist Jan cherishing a paddle

by Karen Finlayson

"WELL, that'd be the fifth time today the handsome guy in the safari suit has passed my desk," thought Jan. "Working here at the Perth Royal Show is even better than I imagined!"

She'd been asked to set up a travel desk promoting holidays. The handsome guy worked for a livestock company and was busy auctioning cattle. Several days later when the crowds were depleted, he plucked up courage to invite Jan for a drink, and

to explore side-show-alley and the other pavilions.

Jan has since understood the significance of this meeting, realising how it changed her life in so many ways.

Thirty years earlier, when wirelenses boomed out Nat King Cole singing *Straighten Up and Fly Right*, and Ella Fitzgerald's hit, *Cow-Cow Boogie*, her father drove a fellow doctor to Kalgoorlie to deliver Jan, her fourth child. After becoming a doctor at 20, studying surgery in Scotland and marrying an Ad-

elaide girl her father had returned home to set up practice in Boulder.

Jan's mother decorated their Boulder home with great flair, warmth and lovely antique furniture. With a beautiful reception area and extensions built where needed, there was plenty of room for fun and games. Playing at a primary school friend's house, which had only one tap throughout, led Jan to realise not everyone lived her family's affluent lifestyle.

After they moved to Perth, Jan remembers with great delight their regular Friday night dinners. Her parents encouraged all five children ranging between the ages of 10 and 22, to air their views and join in the robust debates about anything and everything, developing opinions of their own.

At UWA, Jan found herself more interested in politics than concentrating on her study. With poor results and a long-held dream of visiting Europe, she left uni and sought a job to acquire the

needed funds.

Travelling on \$5 a day and working two seasons in London, Jan enjoyed her first taste of independence after quite a sheltered upbringing. Returning home to Perth she joined the travel industry before moving east to spend four years with Burns Philp Travel in Sydney, which involved working around the South Pacific in New Zealand, Papua New Guinea and Vanuatu.

On her return to Perth, she met the guy in the safari suit, marrying him a year later. Jan was active on school committees, door-knocked for her husband's Perth City Council seat and returned to uni to study journalism – as if four children in four years didn't keep her busy enough. Her two step-daughters completed her family of five daughters and one son. Eventually, building house extensions led to financial dictates. So, she returned to work to complete a 39 year career in travel consultancy.

Having loved scuba diving and snorkelling, it seemed natural to try a sport on top of the water. After joining an Avon Descent Training group, she was feeling exhilarated after surviving several rapids until she came around a bend finding her path blocked by a paddler jammed sideways into a t-tree. Jan herself became jammed and fell in with the strong current pulling her under. Urgent assistance was delivered by her vigilant trainer who dragged her to safety by her life jacket. Twenty years later she still paddles with the Ascot Kayak Club as well as the Over Fifty Five Canoe Club.

Jan's initial love of water may have begun at Whimical Lodge, the family's holiday home in Esperance purchased by her father 82 years ago. Providing childhood holidays for three generations, it is from a past era with modern comforts including an enclosed outdoor shower Jan has always loved.

Her family built one for her in Perth in which she revels throughout the year – in the presence of moving clouds, singing birds and swaying trees.

Jan's ability to cherish each moment has brought her much delight. Sharing life with the guy in the safari suit has been her greatest treasure of all.

If you are interested in paddling with the O55CC contact: club president Chris Cocker on 0410 479 024 or club secretary Dale Winn on 0420 733 024.

For extra information please view our website at www.over55canoeclub.org.au



Seniors Recreation Council of WA Inc.

PATRON:
The Honourable Kim Beazley AC,
Governor of Western Australia

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30TH ANNIVERSARY

HAVE A GO DAY 2022

A LiveLighter Event

Have a Go Day

A LiveLighter Event

Wednesday 9th November 2022 9.00am to 3.00pm

In the Beautiful Grounds of Burswood Park, Great Eastern Highway

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As it happened - beyond the stories... traditional ownership of land in WA



by Lee Tate

A REMARKABLE, 30-year milestone in law, culture and society has just passed quietly with Western Australia central to the momentous task of welding together Australia's two systems of law.

What developed in WA is nothing short of astounding.

Native Title arrived in June, 1992, with the High

Court's landmark decision (Mabo v Queensland). Brought by Eddie Mabo, the case recognised the pre-colonial land interests of Indigenous Australians within Australia's common law. The Keating Government introduced the Native Title Act 1993.

Eventually, in WA came the \$1.3 billion South-West Native Title Settlement - Australia's largest, described as Australia's first treaty.

The treaty affects 30,000 Noongar people, encompassing 200,000km² of the South-West. In 2016, Noongar people and elders were celebrated in State Parliament as the traditional owners of South-West WA.

A package of benefits (from the Barnett government) include:

Recognition through an Act of Parliament and a perpetual trust, receiving yearly instalments of \$50 million for 12 years.

Establishment of six Noongar Regional Corporations and one Central Services Corporation, with \$10m a year for 12 years and \$6.5m to establish the offices.

Up to 320,000ha of development and cultural land and joint management of national parks and the South-West Conservation Estate. Land Access to certain crown lands for customary activities.

Standard processes for determining heritage sur-

veys on Noongar Lands and a framework for protecting and managing Noongar heritage values and sites.

A housing program to transfer, develop and refurbish 121 properties with \$10m funding.

Framework to assist Noongar businesses and improve Government service delivery to the Noongar community.

Up to \$46,850,000 over 10 years for land-related projects, office space for Noongar corporations and \$5.3m and up to two hectares of land for a Noongar Cultural Centre.

The settlement is made up of six Indigenous Land Use Agreements: Yued People (Jurien, Moora, Lancelin, Gingin), Gnaala

Karla Boodja (Mandurah, Bunbury, Donnybrook), South-West Boorah (Busselton, Dunsborough, Margaret River, Pemberton, Nannup), Wagyl Kaip and Southern Noongar (Katanning, Gnowangerup, Albany), Ballardong People (York, Northam, Hyden, Kondinin) and Whadjuk People (Perth metro). Registered on January 27, 2021, they commenced on February 25, 2021.

In Australia by 2011, 160 registered Native Title determinations covered 1,228,373km² (16 per cent) of Australia's land mass. Indigenous land use agreements also covered 16 per cent of the land mass and 5,435km² of sea.

The first attempts at a treaty in Australia failed.

In 1835, John Batman forged a treaty with Aboriginal elders in Melbourne. But Governor Bourke declared it: "void and of no effect as against the rights of the Crown". Any person on vacant land of the Crown without Crown authorisation would be trespassing.

The Colonial Office approved because the British did not recognise Aboriginal people as having any claim to lands in Australia.

After Mabo, there was uncertainty, even fear, over whether native title claims would extinguish pastoral leases.

The Wik decision in 1996 found that statuto-

ry pastoral leases (40 per cent of Australia's land mass) did not bestow rights of exclusive possession on the leaseholder. Native Title rights could co-exist.

Where there was conflict, pastoral lease rights would extinguish the remaining native title right.

Over the past 30 years much has been done: recognition, land rights, compensation, an apology and groundwork for an Indigenous voice to government and constitutional recognition.

As Federal Court judge Katrina Banks-Smith says: "There is much work still to be done. But there have been many successes and they should not be overlooked."

British expat pensioners need to keep their personal details up to date...



by Mike Goodall

RECENTLY many pensioners found their pensions were suddenly no longer being paid into their bank accounts.

The most likely reason is that the UK International Pension Centre

(IPC) sent a Life Certificate letter to them and this was never received because they had not told the IPC of their latest address.

Life Certificates are to ensure that the pensioner is still alive.

The IPC stopped sending out Life Certificates during 2020 and 2021 because of staff shortages due to the Covid-19 pandemic. This year they have resumed and posted thousands to Canada, many of which did not reach their intended recipients.

As a result, thousands of pension payments

to expats in Canada stopped. Many, who hadn't even moved home were also stopped.

The UK Government uses different mailing organisations to keep the costs down. Somewhere between these mailing systems and the intended recipients those letters disappeared.

While the IPC are blaming Canada Post for many of the lost letters others are also due to pension recipients not notifying the IPC when they move home.

The IPC say that they've implemented measures to clear life

certificates by phone and they encourage those impacted to contact them. All stopped payments will be honoured.

More letters are being sent to Australia now, so if you have not notified the IPC of your current address do it now.

The UK Ombudsman's investigation into the way the Department of Work and Pensions (DWP) communicated changes in women's State Pension Age (SPA) and related issues has begun. However, the Ombudsman's office has been inundated with

thousands of pages of evidence. Due to this, there is no indication as to how long it will take to reach a conclusion.

To conclude the investigation as efficiently as possible they are considering what action the DWP should take to remedy the apparent injustice. They will therefore publish their findings and the recommended remedy.

This will not include reinstatement of the SPA to 60 years or compensation for the pension they would have received had their SPA not changed, nor can they change

the date that a person reached SPA, unless they find that an injustice has been suffered as a result of maladministration.

The Ombudsman can only make recommendations which might include compensation. Historically, these payments have not been substantial.

Am I UK State Pension Age?

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

Pensions from their 66th birthday.

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

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



York Medieval Fayre returns this spring and is bigger and better than ever

COME ye, come ye, to the York Medieval Fayre on Sunday September 25.

Held once again in York's beautiful

Avon Park. This year's event is set to be the best one yet, with something for the whole family to enjoy.

The fayre is hosted by the York

Friendship Club incorporated (a small group of ladies who do big things). Part of the fayre's proceeds go to Perth's homeless.

There will be heaps of stalls, delicious food, live music, medieval warfare demonstrations and free kids activities.

Get a hole in one with this great outing

HOW many times have you scratched your head and thought I just want to find something different to go to as a family?

Well scratch no more - we have the answer and it's a real hole in one!

Glowing Rooms, near Fremantle, is Perth and Australia's first 3D mini golf experience and it's got to be seen to be believed.

From the minute you arrive, you are transported on a vibrant journey of colour, taking you (thanks to the power of magical 3D glasses) from an asteroid field in outer space to an underwater world complete with sea creatures and treasure, past iconic landmarks of Australia and face to face with superheroes.

These amazing worlds and creations are all thanks to incredible lighting and special effects combined with stunning hand-painted wall and floor art, which play host to the golf holes, as well as sneaky hidden obstacles.

Travelling through each room sees the difficulty of the shots increase, with many having ramps, tunnels and trenches to navigate as well as animals

that appear to come to life and golf balls that hover in front of you, but this makes it even more of a fun and unique experience for all ages and abilities.

It really is a one of a kind of experience, just don't forget your camera.

Glowing Rooms are open from 2pm to 9pm on

Tuesdays, Wednesdays and Thursdays, 2pm to 10pm on Fridays, 10am to 10pm on Saturdays and 10am to 9pm on Sundays.

On most public holidays Glowing Rooms is open from 10am to 6pm, but that can change from time to time. The opening

hours will be updated on the website: www.glowingrooms.com.au.

For the school holidays they are open every day from 10am including Mondays. Last tee occurs one hour before closing.

There is a café on site and they also do incredible parties.



3D Mini golf at GLOWING ROOMS just 5 minutes South of Fremantle

Escape the everyday as you navigate your way around hidden obstacles in the extraordinary COVID SAFE settings of Glowing Rooms Australia. Australia's first hand-painted 3D mini golf course. The magical glasses bring everything to life transforming a game of Mini Golf into a glow in the dark out of this world experience. 3D Mini Golf is fun and suitable for the young and seasoned. More than 800sqm of indoor space and never exceeding more than 60 customers on site at any one time it is safe to say that Glowing Rooms is one of the safest places for your school holiday activities. Surprise your partner and grandchildren with a mind boggling activity. For the school holidays they are open every day from 10am including Mondays. It is super easy to book your tickets on the website www.glowingrooms.com.au or call 6244 5590.



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Taking a spin in the Haval H6 Hybrid and an old favourite - the Mazda 3



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

SOMETHING new. Then something reassuringly familiar.

It was with a hearty dollop of indifference that

I recently drove the new Haval H6 Hybrid. In all likelihood I was not going to enjoy it. Wrong.

In WA we love our Toyotas, Kias, Mazdas, Mitsubishis and Hyundais. We know those brands and the quality of the service backup. We purchase thousands of them every month.

So enter the Great Wall owned, Haval H6 Hybrid, at around \$47,000 drive away. This is an SUV, but not as you know it.

The premium feel and finish is surprisingly good, with the large entertain-

ment and communication screen more than fit for purpose.

Haval H6 Hybrid is also attractive, with the white paint (as tested) curiously shining in our late winter sunshine. The hefty grille is commanding and lets the world know you've arrived but remains strangely understated at the same time.

The premium seats are smart and suitably comfortable; the driving position is what you'd expect from an SUV of this dimension; think Toyota Rav4, but for fewer dollars.

The driving experience is good, but you're constantly aware this is not a Kia Sorrento or Mazda 9. The steering wheel is strangely thin and feels wooden at slow speed. Less so at freeway speeds.

I'd hope Haval spends time and money making their cars more fit for our West Australian roads. Because when they do, they will take it right up to (possibly beyond) the competitors. Watch this space.

So from one extreme to the other; jumping into the wonderfully famil-

iar Mazda 3. These now come in around eight different spec levels, sedans or hatch, manual or auto transmission. And they are available with different four-cylinder 2.0 and 2.5 litre petrol engines; some of which can be a little noisy at low speed.

On a drive up the Mitchell to Red Cross at Edgewater, (so as to donate blood) I was left wishing for a little burst of turbo grunt; but to no avail.

It's the interior where the Mazda wins out. It is simple and done so well. With the usual mix of hard plas-

tics and soft leathery soft spots it drips in an understated sense of luxury with a starting price of around \$32,000, plus driveway.

The 8.8-inch infotainment screen is familiar and easy to use; the phone setup was a piece of pelican. As it should be these days.

Driving a small but comfortable sedan around Perth and suburbs makes great sense; parking and fuel economy if nothing else.

Most would say small sedans/hatch vehicles are no longer top of

the charts. They deserve to be.

P.S: If you would like to help save lives, may I recommend you donate blood at the Red Cross.

You'll love the experience and it helps in unimaginable ways.

Contact: Red Cross 13 14 95.

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



Preserve history and convert old films to digital...

BEFORE the days of smart phones and social media, the act of recording on ciné film was reserved for life's most precious moments.

As time passes, old film footage slowly degrades.

Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already be-

gun to break down and lose quality. Now is the time to take action and ensure your priceless recordings aren't lost forever.

One of the best ways to preserve your footage is to take it to DiskBank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert

historic films, videos, images and audio recordings into modern, digital formats.

If the film has already begun to decay or develop mould growth, DiskBank can take steps to revive your footage if the damage has not spread too far.

DiskBank can transfer your re-

cordings to DVD, Blu-Ray, USB or digital files, with the latter being the recommended format.

Have a Go News readers are entitled to an additional 20 per cent off. Simply mention the Have a Go name to claim your bonus discount.

Visit DiskBank at 4/73 Troy Terrace, Jolimont or call 9388 0800.

9 MUST WATCH PROGRAMS THIS SEPTEMBER



TODAY PERTH

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

WEEKDAYS FROM 5.30AM



9NEWS WA FIRST

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

WEEKDAYS 5.00PM



9NEWS

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

NIGHTLY 6.00PM



A CURRENT AFFAIR

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

WEEKNIGHTS 7.00PM



DESTINATION WA

The Destination WA team have traversed the great expanses of the state to bring viewers the best places and hidden gems WA can offer.

SUNDAYS 5.30PM



THE BLOCK

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

SUN 7.00PM, MON TUE WED 7.30PM



US OPEN TENNIS

Wide World of Sports presents the 2022 US Open live from Flushing Meadows. Join your hosts Todd Woodbridge, Jelena Dokic and Brett Phillips for all the action.

FROM AUG 29 TO SEP 12 ON 9GEM



WALLABIES RUGBY WORLD CHAMPIONSHIP

One of Rugby's greatest international rivalries begins. Catch the Wallabies take on South Africa in Sydney during the exciting two-month Rugby Championship series.

SEP 3 5PM 9GO, SEP 15 5.30PM 9GEM



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Liz Hayes leads a gripping landmark investigative series, which seeks to solve crimes, uncover new evidence, hear from people who have never spoken publicly, while harnessing great knowledge and skill with exciting and innovative storytelling techniques.

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food & WINE *...eat, drink and be merry...*

ADVERTISING FEATURE

Knife and fork talk as the Dining Divas visit East Perth



by Judith Cohen and Pat Paleeya

AFTER all the rain and cold winds we were blessed with beautiful weather when dining out this month. You can catch the yellow Cat bus that goes along Royal Street, but we chose to have some exercise and walked from the Bus Port to Claisebrook Cove to dine at The Royal Cambodia, which offers a \$16 and under lunch menu.

We chose from the stir fry selection that included steamed rice which can be substituted for veggies. Kymer spicy lamb and barbecue pork caught our eye and taunted our taste buds.

A very generous sized Kymer spicy lamb arrived looking delicious and brimming with crunchy broccoli, podded peas and cauliflower together with onion, bamboo shoots, lots of thinly

sliced tender lamb and sliced chilli. The homemade sauce was absolutely divine with a hint of chilli and lemongrass. Mouth watering!

The barbecue pork didn't disappoint. It can be dry if not cooked properly, but this was perfectly cooked, large pieces that were very moist and well flavoured. Vegetables were substituted for rice and consisted of pak choy, broccoli, cauliflower, snow peas and a scat-

tering of toasted sesame seeds. The sweet and savoury sauce married well with the vegetables and pork. In all a very satisfying dish.

Now, not to forget where the restaurant is situated; Claisebrook Cove is a most peaceful place away from the madding crowd, lots of trees, birds and within coo-ee from the water fountains and the brook which according to some sources, originated from

a freshwater stream from Lake Monger.

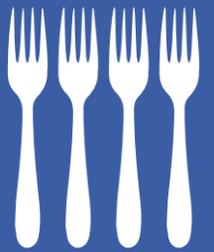
Lovely wait staff very attentive with a happy manner.

Four forks
Royal Cambodia,
Shop 37/82 Royal Street, East Perth.
9221 8884

Open Monday to Friday 11am to 2pm and 5pm to 10pm, Saturday and Sunday 5pm to 10pm.

Knife and fork talk ratings

- Five forks** – excellent food and service
- Four forks** – overall good food and service
- Three forks** – reasonably good food and service but could make some improvements
- Two forks** – food and service needs improvement
- One fork** – would not recommend



WEEK DAY LUNCH SPECIALS

Information correct at going to press

| | | | |
|---|--|---|---|
| <p>7 MILE BAR AND BISTRO \$15 seniors lunch Everyday 11am-3pm 501 Wanneroo Rd Balcatta 9440 0099</p> | <p>BENTLEY HOTEL \$17 and under seniors lunch menu 11.30am-2.30pm every day. Present senior card 1120/24 Albany Hwy 9460 9928</p> | <p>PINK DUCK BEACH BAR AND BISTRO Under \$20 lunch 11am-9pm every day 59 Rockingham Beach Rd 9529 3053</p> | <p>ROYAL CAMBODIA Under \$20 lunch menu. Mon-Fri 11.30am-2pm Shop 37/82 Royal St, East Perth 9221 8884</p> |
| <p>BAYSWATER HOTEL \$21.99 seniors lunch buffet Mon- Fri 12md-2.30pm Railway Pde Bayswater 9271 7111</p> | <p>KINGSWAY BAR AND BISTRO \$18 seniors lunch deal Mon-Thur 11-3pm 211 Kingsway. Darch. 9303 9144</p> | <p>ROSE HOTEL \$18 express lunch 11am-2pm weekdays 27 Wellington St. Bunbury 9721 4533</p> | <p>THE ASHBY BAR AND BISTRO \$15 seniors lunch menu Mon-Fri 11.30am-2.30pm 131 Pinjar Rd Ashby 9206 1966</p> |



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Mondos recipe of the month - chicken, bacon and onion quiche



recipe created by Vince Garreffa

EVERYONE loves a quiche – even those that are too manly to admit

it. It's easy and tasty and bragging that you did it all yourself from scratch is so rewarding. Serve as a light lunch but watch out if it is in the fridge as snack food because I snacked my way through a whole one by myself. Today I am not trusted with homemade quiche.

Ingredients for four
140g diced bacon (use the eye of the bacon leaving three tails for decoration)
350g brown onions,

thinly sliced
8 free range eggs
250ml cream
500g chicken thighs, diced
50g spring onion, thinly sliced
80g shredded cheddar cheese
3 bacon tail rashers (approx. 100g)
3 cherry tomatoes
1 25cm x 5cm loose bottomed cake tin
Extra virgin olive oil VOO
Organic lake salt
Cracked black pepper
Ingredients for pastry
125g butter
250g plain flour
½ beaten egg
90ml refrigerated cold water

Method
Season the chicken with salt and pepper and fry in a little EVOO until just cooked. Don't overcook, set it aside to cool.
Make the pastry by mixing all the ingredients in a blender or processor

then shape into a ball and flatten before wrapping in plastic wrap and rest in fridge for 30 minutes.

During this time heat a frypan and cook the diced bacon on its own until a little coloured then drain on kitchen paper to cool. Cook the sliced onion in the bacon fat residue in the dirty frypan stirring well. If bacon was too lean add one tablespoon of EVOO and cook till onion is soft. then drain as well on kitchen paper.

Beat the eggs with the cream and season with salt and pepper.

Line your loose bottomed tin with baking paper, flatten the pastry with a rolling pin and line the prepared tin with the pastry, trimming the edges; refrigerate the tin and pastry for 10minutes.

Mix all the cooled bacon, onions, chicken and the other ingredi-

ents; spring onions and cheese into the beaten egg mixture. Pour the mix into the pastry lined tin and crisscross the top of the quiche with the bacon tails and decorate with halved cherry tomatoes in between the bacon.

Now bake in a preheated oven at 180°C for 40 minutes until coloured on top then cover the quiche with baking paper and cook for an extra 20 minutes. Rest for 15 minutes on the bench then serve hot, or cool in the fridge and serve cold, or reheated within three days.

Serve it with salad anytime of the day, or night. Yummy!

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



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food & WINE

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

Take a trip to Bickley - that other wine valley close to Perth



by Frank Smith

VISIT Bickley Valley for wine, food and fresh local produce. The picturesque valley is just east of Kalamunda and a 30-minute drive from the Perth CBD.

Boutique wineries, cideries and eateries are dotted throughout the valley. The Bickley Valley is characterised by charming

cellar doors owned and operated by local families, with several progressive winemakers passionate about creating boutique wines and ciders. Many venues offer food options ranging from simple vineyard platters to à la carte dining.

Hainault is the highest vineyard in Western Australia and is in one of the

coldest parts of the State. All of their wines are made from estate grown, hand harvested fruit, using minimal interventions. The owners are offering *Have a Go News* readers a 10 per cent discount on wine purchases during September.

Hainault Bickley Valley Semillon 2022. This dry white wine is pale green in colour. It is made from 100

per cent estate grown Semillon fruit. It displays aromas of fresh grass, quince and citrus with pear and green apple flavours on the palate. Fermentation in oak has softened and broadened the palate and added a touch of star anise. The finish is long, fresh and dry. Drink now or cellar for up to 10 years. RRP \$25.

Kenbrook Orchard and Herbs is owned by Frank and Barbara McKenzie. In addition to their Shiraz, they sell delicious home-grown seasonal fruits, macadamia nuts, herbs, home-made preserves and chutneys.

Kenbrook Shiraz has won bronze, silver and gold at recent Hills Wine shows. Their 2020 Shiraz is deep red with raspberry,

dark fruit and violet aromas and dark fruits and medium tannins with a spicy flavour on the palate. The finish is dry. RRP \$25 with a 20 per cent discount for a case.

Ask about their sparkling Shiraz due for release next year.



Plume Estate is a family owned and operated boutique winery in the

Bickley Valley with a tapas style café menu. It makes a great location to enjoy a relaxing afternoon against a backdrop of vines growing on the hill side slopes.

Plume Estate Verdejo 2022. Plume is one of the very few growers of Verdejo in Australia. Verdejo is a light bodied white Spanish wine not to be confused with the Portuguese variety, Verdelho. It displays aromas of lime, lemon, grapefruit, fennel, and citrus blossom. The palate has high acidity with a touch of grass and fennel. When aged it acquires flavours of toasted almonds. Drink Verhejo with food, it pairs with a wide variety of cuisines. RRP \$25.

Brookside is one of Western Australia's small-

est boutique wineries. Vines are tended by owners and operators Michael and Jocelyn Biddle. Their rustic cellar door offers a range of wines including Cabernet and Chardonnay and some less usual varieties. There is also a restaurant.

Brookside Longueville Petit Verdot 2021. The 2021 Petit Verdot was hand harvested and matured for 10 months. It is a lighter style petit Verdot with intense black fruit aromas. The palate has berry flavours, a touch of sage and other herbs and a flowery scent including violet, lilac and lavender. With no oak, it is a medium bodied, fruit driven wine. Ready to drink now, or after up to five years cellaring. RRP \$30.

Busting brunch all over Perth - visiting a Fremantle classic on the High Street



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.

by Buster the Bruncher

FREMANTLE'S D'Angelo Café may be off the cappuccino strip's beaten track, but it has its own well-worn path down High Street.

Just a stone's throw from the swank, new admin HQ of the council, tourist bureau and public library, the eatery roars

with trade at brunch and lunch times.

Judging by the number of high-viz jackets, the café's white-collar trade is healthily boosted by workers from nearby sites, queuing for takeaways.

The establishment's blurb boasts about "passionately providing the best coffee, delicious unique Italian street food,

authentic wood fired pizza, an array of alcoholic beverages and cuisine to satisfy all customers' tastes."

We were keen to test it.

The street aura is about busy, bustling, passing foot and vehicle traffic and there are tables aplenty inside where a wall-length, character mural grabs the attention.



Buster's brunch buddy, Professor Ken, reckons the bustle is beaut, reflecting the working port city.

The brunch menu is a manageable 16 items from fruit toast (\$6.50) up to Vegorama with mushrooms, roasted tomatoes, avocado, baked beans and eggs your way (\$20.50).

The big breaky (\$20.50) will blow away any starving

tradie. Chorizo is blended in with eggs, mushrooms, hash browns and roasted tomatoes.

The top prices (\$17-\$20.50) looked to us over-the-top by a couple of dollars but seeing the café's serves we judged that it was worth the money. And punters won't need to eat for a month.

Professor Ken liked

the look of grilled potato rösti (\$18). Out of the kitchen came a beautifully-prepared dish of wilted spinach, avocado, two poached eggs and hollandaise sauce.

Again, we thought a \$16 price would be more appropriate but after a taste test, we dismissed it from our judging minds.

Buster's eyes lit-up at the prospect of a dish dubbed Egyptian happy eggs (\$18.50), hoping it wasn't a mini pyramid. Thankfully, it wasn't.

Each dish could satisfy two normally healthy, working adults and Professor Ken rang his wife to cancel lunch and dinner.

Service was super-quick, despite the lengthening line at the counter for takeaway coffees and pastries.

We kick-started with fruit juices (\$8): The cleanser – beetroot, carrot, celery, ginger, apple and lemon – and the ginger zinger with pineapple, orange and ginger. Fabulously fresh.

Coffee is well-priced: Flat white and cappuccino at \$3.80 and long macchiato at \$4.20. A pot of tea for two is \$6.50.

Smoothies include mango crush, green smoothie (\$9) and protein smoothies (\$10.50).

Beer is on-tap and in bottles and cans. There's a modest choice of wines as well as cocktails with one dubbed spiced mojito (rum, mint, lime, watermelon). Teetotalers can opt for alcohol-free mocktails.

Main courses (11am-2pm) include cajun salad (\$19) and grilled barramundi (\$21) with chips and salad.

Pizza-lovers can choose from 12 types – margherita (\$18) to porchetta (\$21). Not the cheapest pizza in town but judging by the café's freshness and service, worth a top ranking.

4 spoons
D'Angelo Café, 7/177 High Street, Fremantle.
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food & WINE *...eat, drink and be merry...*

ADVERTISING FEATURE

Spring has sprung and it's time for some picnic pleasure

by Noelene Swain

WITH good weather and holidays ahead for many, it's time to take things easy for a while. A picnic with family or friends is the perfect way of catching up without too much effort for anyone and takes full advantage of our blue WA skies and fantastic landscapes.

Dust off your picnic essentials, such as rugs and chairs or large floor cushions, a big basket and some unbreakable plates and cups to give your picnic authentic flair. Simple foods with lots of flavour and plenty of liquid refreshments will ensure a spread that will be the envy of the park and keep

everyone's appetite satisfied.

Picnics can range from a full-on barbecue feast, to a basket of gourmet goodies from the continental deli, to sandwiches and rolls prepared at home with ingredients such as avocado, semi-dried tomato, ham and salad. Aim for foods which can be eaten easily with minimal preparation and little rubbish.

Quiche or frittatas can be served cold and are always popular. There are some fabulous recipes around at the moment (especially with asparagus in season). Try pancetta, cheese and spring onion or mushroom, corn and asparagus.

Antipasti are also always a good bet for

picnics. Think salty prosciutto, roasted tomatoes, char-grilled eggplant, marinated oocy, artichokes, avocado dressed with garlic oil and loaves of crusty bread to mop up the juices.

Be sure to include fresh fruit to finish – deliciously refreshing navel oranges, mandarins or pears will compliment cheeses. These will combine well with fresh and dried fruits and nuts. Try a platter featuring a soft goat's cheese and quality parmesan with dried muscatels, roasted walnuts, quince paste and fresh strawberries, pear and mandarin.

For the energetic, yummy little cakes or

biscuits are easier to deal with than a large cake and, if time (and inclination) is on your side, a bundle of fresh-baked muffins will certainly go down a treat.

Pack your footy ball, your picnic rug and a large floppy hat, then hightail it to your nearest park and enjoy the true beauty of this marvellous state.

A fresh seafood platter pairs delightfully with these avocado based dips; one Mediterranean and one with the spice of the 'ol southwest.

These tasty treats will get you started... Brought to you by Fresh Finesse Fresh Food Promotions – www.freshf.com.au

Creamy avocado and lime dip

Preparation: 10 mins; cooking: nil; serves: 4

1 avocado, roughly chopped
2 limes, rind finely grated, juiced
1 teaspoon fresh red chilli, finely chopped
1 tub sour light cream
Pinch cayenne pepper
Salt to taste
MASH avocado, lime rind and juice, sour cream, cayenne and salt together until smooth and creamy. Serve with as a snack with crackers or as an accompaniment to nachos or curry.

Avocado salsa

Preparation: 10 mins; cooking: nil; serves: 4

2 avocados, diced
1 punnet cherry tomatoes, chopped
1 red onion, finely diced
2 tablespoon olive oil
1 tablespoon fresh oregano or marjoram
Salt and pepper to taste
PLACE all ingredients into a bowl. Season and toss lightly. Ideal served with chicken or seafood or as a dip with warm Turkish bread.



Image courtesy of Australian Avocados

Vegetable picnic loaf

Preparation: 20 mins; cooking 5 mins; serves 4



Image courtesy of Australian Avocados

400g cup mushrooms, sliced
2 tablespoon olive oil
1 tablespoon balsamic vinegar
375g reduced fat ricotta
2 tablespoon fruit chutney
2/3 cup semi-dried tomatoes, finely chopped
1 avocado, sliced
1 large loaf sour dough bread
200g shaved ham



400g bought chargrilled vegetables
75g baby spinach leaves, trimmed
6 slices tasty cheese
PREHEAT a non-stick frying pan over high heat. Add mushrooms, drizzle with oil and vinegar. Cook for four minutes, or until tender. Transfer to a plate lined with paper towel. Beat the ricotta, chutney and tomatoes until combined. Cut 1cm top off the loaf and put to one side. Remove 3/4 of the soft white bread from inside the loaf, forming a shell. Spread half the ricotta mixture inside the loaf. Top with half of the ham, half the chargrilled vegetables, avocados, half the mushrooms, half the spinach and half the tasty cheese.

Repeat layers with remaining ingredients. Spread the remaining ricotta mixture over the cheese, place the bread top on the filled loaf, pressing down firmly. Wrap tightly in a plastic wrap then foil. Refrigerate for four hours or overnight if time permits. Slice with a serrated knife.

Orange cardamom polenta cake

Preparation: 20 mins; cooking: 45 mins; serves 12



A FRAGRANT moist cake with middle eastern origins perfect for a spring picnic

250g unsalted butter
250g raw sugar
4 large eggs
140g polenta
200g self raising flour
zest and juice 2 oranges (hold 100ml juice for the glaze)
For orange glaze
100ml orange juice
100g caster sugar
3 cardamom pods, (bruised)

Heat oven to 160°C. Line the base and sides of a round 23cm cake tin with baking parchment. Cream the butter and sugar together until light and fluffy. Add the eggs one at a time and mix thoroughly. Once the mixture is combined, add all the dry ingredients and the zest and juice (remember to reserved 100ml for the glaze).

Transfer the mixture to the tin, spread evenly. Cook for 45 mins or until a skewer inserted into the centre of the cake comes out clean. Remove from the oven and turn out onto a wire rack to cool.

To make the glaze, put the juice, cardamom and sugar in a medium saucepan and bring to the boil. Let it simmer for five minutes, then remove from the heat and allow to cool. Remove the cardamom pods. Drizzle the orange glaze over the top of the cooled cake. Sprinkle with icing sugar to serve.

What's fresh in the markets this month

Afourer mandarins: Local mandarin varieties continue to evolve through the winter seasons. The Afourer variety is now in season, giving citrus lovers a fresh new variety to look out for. The medium/large-sized fruit has a highly attractive deep orange-red colour and is easy to peel. Like most mandarins, they are usually seedless or contain few seeds and lots of fresh flavoursome 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!

Cumquats: Marmalade lovers, listen up. Cumquats are ripening up and are waiting for you at your local produce store, ready to be turned into all sorts of lovely preserves. The cumquat tree is a particularly pretty, not to mention useful, addition to a backyard. Try the fruits whole for their sweet rind and sharp juice or macerate cumquats in vodka or another clear spirit for an unusual, citrusy twist.

Rosy red oranges: This new member of the navel orange family has a beautiful rosy pink glow to the skin and flesh, which is very sweet and, best of all, seedless. It's grown right here in WA – spot the local branding stickers for your reassurance you're buying local – as it's WAaay fresher. Perfect to enjoy as a snack or add to a salad for a refreshing touch.

Globe artichokes: Do they look bit daunting? Fear not, they're easy to handle once you know how. To prepare whole artichokes for cooking, slice off the stem to form a flat base. Snap off the tough outer leaves closest to the stem. Trim about 3cm off the pointed top, and then

use scissors to snip off the prickly tips of the outer leaves. Rub all cut edges with lemon to prevent discoloration. It's easier to remove the fuzzy choke (use a teaspoon) after cooking, but it can also be done beforehand. Anchors away to boil, steam, roast or braise – you'll know they are cooked when the outer eaves pull away easily and the bottom can be easily pierced with a knife. You eat artichokes with your fingers, pulling out the leaves and scraping the fleshy side against your teeth. The heart itself is entirely edible, as is the inner part of the stem and are often served with sauces such as a hollandaise, vinaigrette or melted butter to

dip the leaves in.

Red and green chillies: These fiery bursts of flavour from Carnarvon are utterly delicious, mildly addictive and a lynchpin of a huge range of cuisines worldwide. A ripe red chilli has a different flavour to an under-ripe green chilli, just

as we recognise the difference in flavour between a tart green and a sweet red capsicum. There are no rules, however, regarding difference in heat, so proceed with caution. Always taste for pungency and adapt recipes according to just how hot you like it.

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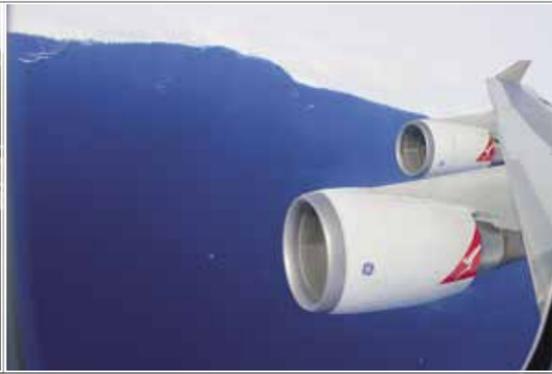
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ADVERTISING FEATURE

travel options for the mature west australian



Jen Merigan and Ron Reddingius at Mount Ainslie - last chance to book for Antarctica day trip



I MADE another visit east last month to Canberra to visit my daughter and help her get settled in her new abode. We were only there for four days and three of them were taken up with unpacking and sorting. On our final day we managed to do a few touristy things, including a visit to Mount Ainslie to

see the stunning views of the bush capital. I was also thrilled to visit the Australian War Memorial which is surprisingly free for visitors although you must book a ticket. Canberra is a lovely little city and easy to get around. If you are making a visit there ensure you book at restaurants and cafés be-

cause otherwise you will not get a table.

We had a great time getting to know the capital and I look forward to my next trip to discover

more of our national treasures.

I do hope we may be coming to the end of the pandemic with the news

that masks are no longer required on domestic flights unless by personal choice. I must say after taking quite a few long flights this year I will be quite pleased not to have to wear one.

★★★

WA is set to welcome back large cruise ships to Fremantle with more than 10,000 passengers set to sail into the state before Christmas. From October cruise ships with a capacity for more than 350 guests will be able to visit WA. The first ship will be *Coral Princess* which will visit Perth on October 28 as part of its circumnavigation of Australia.

Cunard's *Queen Elizabeth* will visit on November 2 and return on December 2.

It will be exciting to see the big ships back in Fremantle again. Upgrades have also been made at the passenger terminal with escalators and lifts being replaced.

★★★

It's your last chance to secure a seat on what I consider the world's best day tour flying to Antarctica and back which departs on November 27. The last trip left in January, and we had wonderful feedback from our travellers who were impressed with the de-

tails and effort we took to ensure their trip was seamless.

There are a few seats left in premium economy (\$3999) and superior economy (\$3199).

If you would like to make a last-minute booking email info@haveagonews.com.au or call the office on 9227 8283.

★★★

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Happy trails

Jennifer Merigan

The travel industry and readers are welcome to contact the Managing Editor:
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Try saving thousands while living it up in secret

MARGARET Stewart, as a pensioner, used to see a holiday as a luxury item, but now she has found the secret to living it up and saving thousands, and she's not the only one.

Hundreds of Western

Australians, like Margaret, have recently found Australian Post-Tel Institute (APIWA), a not-for-profit membership club that uses bulk membership power to provide wholesale discounts to members. APIWA

owns apartments in key beachside locations, and members can access them up to 60 per cent cheaper than other advertised accommodation in the area.

APIWA CEO Linda Ross said: "When

people must decide between buying food and paying bills, a holiday is the last thing they consider. But we know that we can help them to do all three. Many of our senior members, are on very tight budgets and literally save hundreds or even thousands with the APIWA My Reward Club.

"They save up to 60 per cent off international, national, and local holiday accommodation, shopping and retail, roadside assistance, and even of their weekly

grocery shop."

"It's Perth's best kept savings secret and I encourage people to look at it and start to save. I've saved over \$2000 on holidays to Albany, opposite Middleton beach, which we otherwise couldn't have afforded, and now I'm starting to use the shopping discounts to save more," Margaret said.

Visit www.apiwa.com.au or call 08 9325 7425 for more information and see some of the rewards at www.MyRewardClub.com.au

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Can travel improve quality of life for people with dementia?



L-R; Edith Cowan University's Centre for Precision Health and School of Business and Law's Dr Jun Wen - consider taking a holiday to improve your mental health

by Frank Smith

YOU have heard of retail therapy and probably music and art therapy but a group from Edith Cowan

University (ECU) is now suggesting travel therapy.

A collaboration between ECU's Centre for Precision Health and School of Business and

Law suggests we should consider tourism, not just as recreation but as an industry that can provide real health benefits. They found many aspects of

going on holiday could have a positive impact on those with mental health issues.

The study took dementia as an example to explore the possible intersection between tourism experience and well-being.

Travelling offers one possible way to improve well-being of people with dementia. They could enjoy quality time amongst families and friends and undertake activities linked to personal growth and fulfilment.

One particular aspect of dementia, apathy, tends to decline with sensory stimulation while engagement with reality increases and enhances patients' life quality.

Lead researcher Dr Jun Wen said the diverse team of tourism, public health and marketing experts investigated how tourism could benefit those living with dementia.

"Medical experts recommend dementia treatments such as music therapy, exercise, cognitive stimulation, reminiscence therapy, sensory stimulation and adapta-

tions to a patient's mealtimes and environment," he said. "These are all also often found when on holidays.

"This research discusses how these tourism experiences could potentially work as dementia-interventions."

"There is a need for more empirical research and evidence to see if tourism can become one of the medical interventions for different conditions like dementia or depression.

The group said there was a clear knowledge gap between tourism and dementia studies in both the tourism and medical science literature. The varied nature of tourism meant there were many opportunities to incorporate treatments for conditions such as dementia.

For example, being in new environments and having new experiences could provide cognitive and sensory stimulation.

"Exercise has been linked to mental wellbeing and travelling often involves enhanced physical activity, such as more walking," Dr Wen said.

"Mealtimes are often different on holiday: they're usually more social affairs with multiple people and family-style meals have been found to positively influence dementia patients' eating behaviour.

"And then there's the basics like fresh air and sunshine increasing vitamin D and serotonin levels.

"Everything that comes together to represent a holistic tourism experience, makes it easy to see how patients with dementia may benefit from tourism as an intervention."

Positive psychology highlights the positive aspects of emotions, personal traits and relationships and seeks to explore what makes life worth living. Travel can also evoke emotional outcomes such as enjoyment, happiness, satisfaction and increase consumer's well-being.

However, travellers with dementia may face trip-related challenges and not all dementia patients will be eligible to travel.

Dr Wen said Covid-19's impact on travel in recent years had raised

questions about tourism's value beyond lifestyle and economic factors.

"Tourism has been found to boost physical and psychological wellbeing," he said.

"So, after Covid, it's a good time to identify tourism's place in public health and not just for healthy tourists, but vulnerable groups."

Dr Wen said he hoped a new line of collaborative research could begin to examine how tourism can enhance the lives of people with various conditions.

"We're trying to do something new in bridging tourism and health science," he said.

"Tourism is not just about travelling and having fun; we need to rethink the role tourism plays in modern society."

The group also said travel therapy offered another business opportunity to the tourism industry. Some tourism destinations could be developed to be vulnerability-friendly. Another neglected potential travel populations was the caregivers to disabled and vulnerable travellers.

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Stargazing - the big three

by Donna Vanzetti

THIS month, stargazers are in for a treat as the two gas giants, Saturn and Jupiter, appear together in the skies and are joined by the Moon, to make for a stargazing spectacle. All three are bright and brilliant in the night sky and worth noting in the diary for a sneaky stargazing binge.

On September 11, brilliant Jupiter will be just below the full Moon so easy to spot, and on the 26th, Jupiter will reach opposition, becoming it's biggest and brightest all year.

To see Jupiter and the Moon: The conjunction when Jupiter and the Moon appear close together is on the 11th and opposition is on the 26th, in the east at sunset, through to west at sunrise.

What is Opposition? In astronomy, opposition means a planet is opposite the sun. So, for example, the planets with orbits inside Earth's orbit (Mercury and Venus) can't be at opposition. But the planets orbiting outside Earth's orbit, can. At opposition, a planet is easiest to observe because it's generally closest to Earth and visible throughout the night.

Enjoy a giant month of sparkling views. Find more stargazing tips and country events at www.astrotourismwa.com.au.

If you're a budding "astro-enthusiast", check out... Stargazers Club WA's telescope classes & astronomy events for beginners at: www.stargazersclubwa.com.au.

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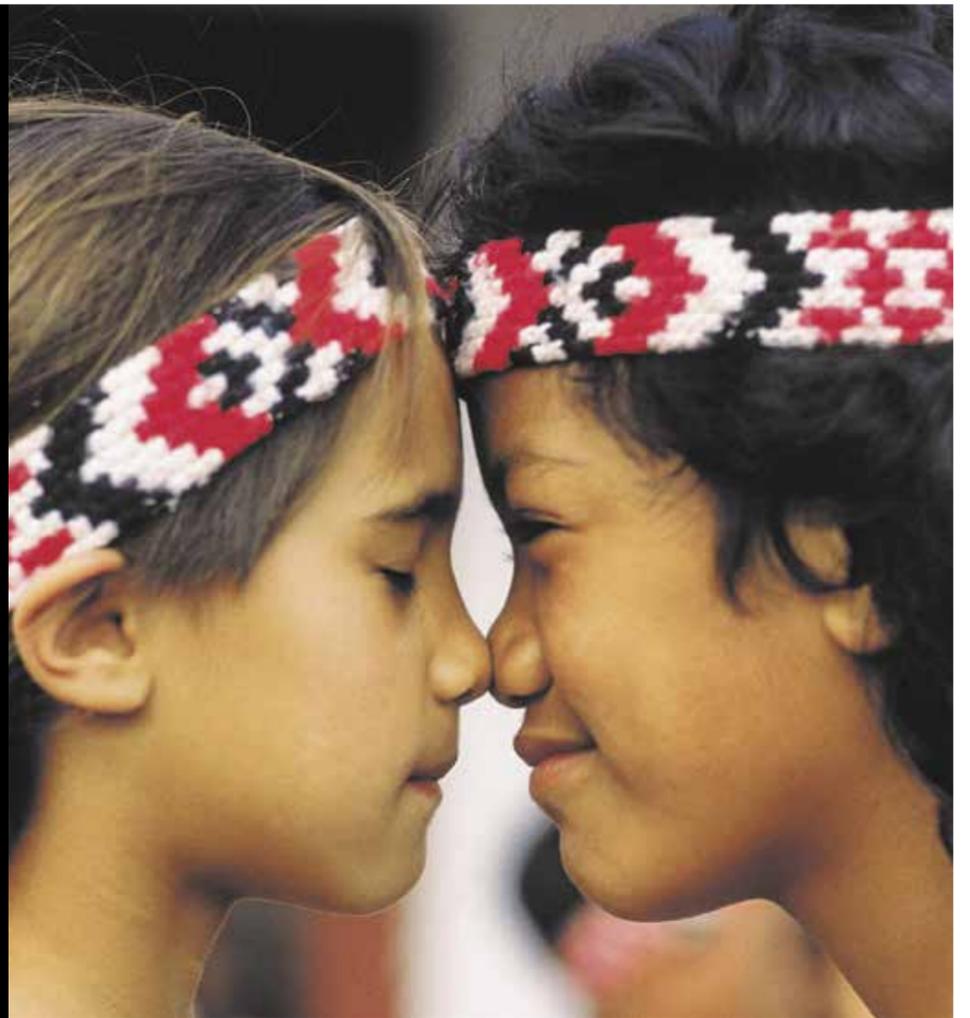
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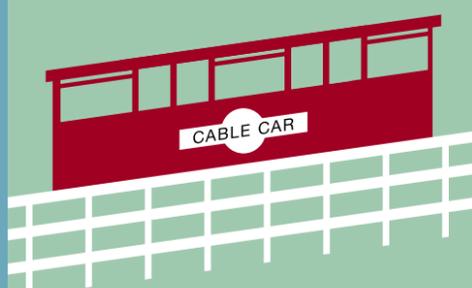


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Hunting for the elusive numbat in Dryandra Woodlands



Chris captures the elusive numbat with his camera - one of the cottages at Dryandra

by Chris Tate

ALTHOUGH I have visited Dryandra Woodlands National Park near Narrogin many times over the last 25-30 years, I have only managed to glimpse a numbat on two occasions.

They are small, very fast and extremely timid little animals. Just blink and they will race to the nearest hollow log and not re-emerge until the coast is clear. This is possibly why you never see them when walking along the trails or through the

bush. They would spot you well before you ever got anywhere near them and scoot for cover. If you want to see a numbat, drive very slowly along the tracks and if you are lucky, one will cross the road or be seen running for cover.

I recently spent three days at Dryandra to photograph some of the 100 species of birds. Driving very slowly along a sand track with the windows down to hear the bird calls, I suddenly saw a numbat sitting on a big, old dead log staring at me. I quickly grabbed my camera and started snapping away. It started to descend the log and began searching for termites on the ground. It then ran across the track and disappeared into a stack of fallen logs about 50 metres away.

Not long after, I returned

just in case it reappeared and went for a stroll. Within 100 metres of the car I saw a quail, a rufous tree creeper, a red-capped parrot, two western yellow robins and an echidna.

On the second day I was driving along another track and found another numbat on a log basking in the morning sun. I quietly got out of the car and slowly moved closer. The sun was directly behind me which could have helped as I managed to get within four metres. I fired off 300 images - of which 295 will probably be deleted. It was an incredible experience to follow her around while she scratched about in the leaf litter and logs for termites. She was quite unperturbed by my presence although I did move very slowly

and cautiously.

Numbats used to be found right across the southern part of Australia, they are now restricted to two isolated pockets of south-west Dryandra and Perup Reserve near Manjimup.

Numbat is WA's animal emblem. One of its closest relatives is the now-extinct Thylacine (Tasmanian Tiger). Let's hope it doesn't suffer the same fate. I think they are such lovable little creatures because they are not a threat to humans. In fact, they don't even have proper teeth as they feed exclusively on termites. They are quite small, have amazing white stripes on a reddish fur and a large bushy tail. With a total population of only 1,000 they could easily become extinct in the wild.

rabbits in WA. Fortunately, WA native animals have a high tolerance to the toxin.

The lack of clearing also allowed wildflowers to flourish and Dryandra was established as a nature reserve. The wildflowers in spring attract many honeyeaters and other birds.

Dryandra Woodland National Park is only 180km from Perth. It began as a Forests Department settlement for the men and their families harvesting mallet bark for the tanning industry. Accommodation is available at Lions Dryandra Woodland Village, first established by several Lions clubs in 1972 as a holiday camp for disadvantaged children. Accommodation is managed by the Narrogin Lions Club.

There are six large and two small wooden cottages originally established in the 1920s which have been renovated. There is no Wi-Fi, TV, radio or phone service. You need to take all your own food supplies, bedding, towels and bottled water. To book ring Les Westerlund 9884 5231.

There are also two camp grounds suitable for tents, camper-trailers and caravans.

Barna Mia is an interpretive centre in Dryandra with a feral-proof enclosure where visitors can book a night tour to see woylies, chuditch, quenda, bilby and malleefowl at close quarters. Call Parks and Wildlife 9881 2064 to book.

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Here's the best spots to fish for skippy around Perth waters



Big skippy like this are usually caught offshore and they taste great even at this size

by Mike Roennfeldt

IT'S hard to go past skippy as one of the most enjoyable bread and butter species we can catch in waters close to Perth. Maybe they aren't quite as plentiful as herring but they put up a much more challenging fight and, in my opinion at least, taste a whole lot better, especially when cooked fresh.

Most of the shore-caught fish close to Perth are a little on the small side but you don't have to travel too far offshore to get into much better specimens, often in the 500g to 1kg range. Just look for a sand hole among the offshore reefs such as the Stragglers, Five Fathom Bank or Three-Mile, and start to berley. Skippy

are school fish and if there are any about, a handful of mashed up old bait or even a few chook pellets scattered over the water every 20 minutes or so will bring them around.

They are great fun on light spin tackle loaded up with 4 to 8kg line. I like to use a hook around size No.2 for skippy and add as little weight as is practical for the location. Bait is usually shelled prawn or squid, but these fish will take whitebait, sardines or even chunks of mulie if they are offered.

Deeper water or strong current movement calls for heavier sinkers, around 10-15g, but if you find yourself fishing in 10m or less and there's not much water movement, try running a tiny ball sinker

or two right down to the hook.

Slow sinking baits certainly attract better bites from these often finicky fish. They can be extremely wary feeders at times and it has been suggested that they smack the bait with their tail as some sort of testing manoeuvre, but I'm not sure I'm sold on that one.

A skippy bite is usually quite subtle, often feeling like weight coming off the line rather than being pulled away. In this situation it doesn't feel right that you should strike, but that's just what you have to do, and the power of the resulting fight will come as something of a surprise after such a timid enquiry.

The advantage of using a bit more weight and fishing closer to

the bottom is that skippy country is often King George whiting country and even fluking a couple of nice King George down deep can turn an ordinary day into a memorable one.

As for cooking skippy, I believe they are one of the species that is best eaten on the day of capture or within a couple of days, rather than after freezing. I tend to fillet out all the dark red meat and roll the fillets in egg and breadcrumbs before shallow frying in oil and serving with a squeeze of lemon juice.

And if you're a fan of sashimi, it's worth noting that in Japan, the home of sashimi, skippy are highly regarded by those who enjoy the taste and texture of raw fish.

Blooming wild Boyup Brook

COME "Walk on the wild side" in Boyup Brook during the Blooming Wild Weekend Friday 7 to Sunday 9 October.

Be intrigued by the quirky collections' trail featuring Boyup Brook's beetle/butterflies, birds' eggs, dolls, quilts and spinning, garden ornaments and plants. Take a walk down memory lane at the museum, Flax Mill's iconic scaled models, or do the sculpture stalk and visit *What's your Angle?* photo exhibition.

Highlights include Boyup Brook Classic cars. Many local classic vehicles are on show on Saturday October 8. This year fea-

tures the auctioning of a 1994 Yamaha Virago 1100cc motorbike for charity.

Pop into the Visitor Centre, the old stone building in the heart of the town, which is filled with locally made goodies, to pick up a booklet featuring each collection and where to find it.

Art on Abel spills out of the Little Art Gallery in the Visitor Centre and into Abel Park, showcasing original artworks by local artists.

Friday October 7 wander amongst the wildflowers in bushland and enjoy a picnic lunch.

Booking is essential. Call the Visitor Centre on 97651 444 to book the Blooming Wildflower bus tour - just \$30.

Be tempted by Entwined in the Valley



Case buyers lunch at Harris Organic Wine and Spirits

SWAN VALLEY is one of Perth's favourite destinations for a long lunch but for one weekend this spring, select businesses will come alive at night for the return of Entwined in the Valley. Don't miss the celebrations across the Valley from October 7-9.

The bumper program of new and returning favourites offers visitors the opportunity to sip, sample, wine and dine at several venues that don't ordinarily open after dark, or only for functions and special events.

Not a night owl? From brunches and long lunches to hands-on masterclasses and market days, there are plenty of daytime activities to ignite the senses and tempt the tastebuds, no matter

your budget.

For a weekend of delicious experiences not available every day, mark your calendar and get ready to get Entwined in all the Swan Valley has to offer.

City of Swan Mayor David Lucas said it was great to see so many new venues taking part in Entwined in the Valley.

"The Swan Valley is WA's oldest wine region and the second oldest in Australia but it is also home to many acclaimed breweries and distilleries," Mayor Lucas said.

"It's great to see Old Young's Kitchen, the recently opened Limeburners and Giniversity in the Valley, and new brewery Valley Social, as well as the stunning Estate at Chapel Farm, in the event program alongside stalwarts such as Sittella Winery, Garbin Estate Wines, Swan Valley Sisters and The House of Honey.

"We also have a diverse program of supporting events this year, including market days, a Croatian food experience at Holy Mary Cellars and the return of Vivaldi in the Vines at Faber Vineyard."

Mayor Lucas said Entwined in the Valley again coincides with the end of the October school holidays: "making it the perfect time to visit with the family."

Tickets and full details of Entwined in the Valley events are now available at www.entwinedinthevalley.com.au.

Celebrating 30 years of holidays



JIM and Jane Cummins purchased Villa Carlotta Hotel in Busselton, in 1979. In 1985 they began connecting people from the Australind train in Bunbury to Busselton, showing Perth people the stunning South West of WA.

Their daughter Margaret, started leading tours in 1992 and 30 years on, Villa Carlotta Travel continues to operate out of Busselton, still owned by Margaret and managing director Matt Walker and his family in 2022.

The more travellers suggested new holiday destinations in the late nineties, the more Villa's tours grew. Having started exploring the South West and staying

at Villa Carlotta Hotel, Villa quickly began connecting loyal customers to every state in Australia. Next, they were off to Singapore, Europe, China, Canada and the rest of the world.

If you have travelled with Villa over the last 30 years, they invite people to write a reflection, video yourself sharing your experiences or scan a photo or souvenir to mark this occasion and share it with the Villa community.

If you wish to contribute to the 30 years reflection, please email your attachment to travel@villa.com.au, or post your memories to Locked Bag 5 Busselton WA, 6280.

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- Margaret River produce
- Anniebrook Wine & Flower Emporium
- The Berry Farm
- Nannup produce
- Kilogram of cherries

Price: **\$1,375** pptw
\$210 single option



Image: WA Tourism

New Year in Pemberton

4 DAYS > 30 Dec 2022 - 2 Jan 2023

Highlights

- New Year's Eve celebrations
- Walpole wilderness cruise
- Valley of the Giants Treetop Walk
- Windy Harbour scenic tour
- Pemberton Tram Co ride
- Beedelup Falls & The Bicentennial Tree

Price: **\$1,615** pptw
\$240 single option



Image: WA Tourism

New Year in Busselton

4 DAYS > 31 Dec 2022 to 3 Jan 2023

Highlights

- New Year's Eve celebrations
- Edenvale Heritage Precinct
- New Year's Day cruise
- Anniebrook Wine & Flower Emporium
- Eagles Heritage Centre & Wildlife Park
- Margaret River Nuts & Cereals

Price: **\$1,295** pptw
\$155 single option



Australia Day in Bunbury

4 DAYS > 24 to 27 Jan 2023

Highlights

- Mandurah Dolphin Cruise
- Australia Day celebrations & fireworks
- Australia Day evening dinner cruise
- Dolphin Discovery Centre & Dolphinarium
- Bunbury Wildlife Park
- King's Cottage Museum
- Dardanup Heritage Park
- Farewell lunch

Price: **\$1,415** pptw
\$250 single option



Image: WA Tourism

Esperance & Bremer Bay

7 DAYS > 30 Jan - 5 Feb 2023

Highlights

- Bremer Bay & Wellstead Homestead
- Cape Le Grand National Park
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Melbourne retirees soak up a visit to Karijini National Park



by Lee Tate
MELBOURNE visitors Liz and Russell emerged from three days soaking-up Karijini National Park and

delivered their verdicts: sensational, educational and very challenging.

The earlier hours of the day, rather than after sunset when you can't see anything and don't know where you are going," Russell said.

said it was the best way to stay in the national park.

The retreat boasts affordable accommodation with a touch of luxury and taste of genuine mateship and hospitality in outback Western Australia.

Food choices, joked Russell, "included dishes shaped from the animals appearing on our Coat of Arms, kangaroo and emu."

They also supped on barramundi and something called crocodile balls.

The region's freezing nights, despite warm, sunny days, also came as a surprise to Liz and Russell, but being Victorians, they soon adjusted.

The park's extensive signage was appreciated, as well as the hand-rails and rope rails leading into some gorges. In their 70s, they said they didn't feel sure-footed enough delving into the deep gorges, especially those without hand-rail support.

The couple appreciated trail classifications, ranging from the easiest, class 1, to class 5 with difficult sections – you may encounter natural hazards

such as long, steep sections and climbs, water crossings and unstable or slippery surfaces.

They noted the generous supply of water in and around their accommodation and around other buildings including the visitors' centre.

Liz and Russell expected to see more wildlife in the national park, having spotted a part-dingo wild dog, large flock of green budgerigars and a goanna when driving from Hedland.

Around Broome they observed huge flocks of hawks, as well as wallabies and abundant cattle bodies along the road.

The eco retreat, they noted, offered a range of nature-based tours with welcome, professional and lively Indigenous park guides.

While much of the 627,000-hectare park is inaccessible in the south, there is a wide variety of plants and animals around the ridges and hills with the deep gorges protecting unique plant life.

Eucalypts, spinifex and low mulga woodlands provide changing land-

scapes and the visitors were surprised at patches of colourful wildflowers deep down some rock gorges.

"The rare and unique flowers, plants and animals obviously evolved from such an ancient, remote land," Russell said.

"We were treading on some of the world's oldest ground, apparently with rocks 2,000 million years old."

The retired union official admired the honorary system for paying visitor fees with a fee box at each entrance to the park where visitors provide their vehicle details and put cash in envelopes provided for each day of their stay.

Hammersley Gorge, with its amazing colours, nearby waterfall and spa pool came as a pleasant surprise to the desert-weary travellers.

"Karijini National Park has so many surprises and delights. It's like another country inside Australia. Everybody should see it," said Liz.

Further information: E: karijini-national-park@dbca.wa.gov.au. Phone: 9189 8121.

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Connect with nature this spring

NATIONAL parks and reserves across Western Australia will be showcased in the WA Parks Foundation's Spring into Parks campaign 2022.

This initiative, now in its fourth year, focuses on the benefits of spending time in nature for improved mental health and wellbeing.

It also promotes WA's incredible biodiversity, the importance of conserving our magnificent parks and reserves for present and future generations and the cultural significance of these areas.

"The Spring into Parks program the Foundation has put together in partnership with community groups is a special opportunity for people to reset, reboot and recharge," said Kerry Sanderson,

WA Parks Foundation chair.

"Spring into Parks celebrates our spectacular wilderness and access to nature through a diverse range of events and activities – from forest bathing to stargazing, hut building to flag making, nature journaling, and even yoga in an ancient cave," she said.

Another element of the program is a Memorable Moments in Nature photo competition with prizes from RAC Parks & Resorts, the Matagarup Zip and Climb, Camera Electronic, Two Feet and a Heartbeat, Mindful in Nature, and Naturally WA – Department of Biodiversity, Conservation and Attractions.

"Magical moments are made when you 'wander out yonder'. There are hidden corners to find, secret places to explore, unique plants and animals to spot, with always more to discover.

"It is wonderful to capture a moment in time when the light is just right and the scene is perfect. It becomes a precious memento of an outdoor experience," said Mrs Sanderson.

Linking with government, tourism and community-based organisations, Spring into Parks has previously featured more than 600 activities, across 200 parks and attractions state-wide and created more than two million social media impressions.

The 2022 campaign is supported by Lotterywest. It will run from September to November.

Visit ourwarparks.org.au for all the details.

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Downsizing

ADVERTISING FEATURE



Firsthand tips and advice for downsizing to a smaller abode



style provides the security and company that allows us to travel and pursue hobbies. Also do ask friends and family to help you as that provides comfort while making these big decisions. Trust the process beyond the unknown and unlock the door to a new you.

Have a wonderful month ahead.

Zofia offers a free over the phone or video call interior style consultation for readers. She can assist with de-cluttering, restyling, choosing furniture and personal styling. For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email zofia@stjames.com.

Downsizing can create new looks for your home - new towel colours available



by Zofia St James

I LOVE this time of the year when all is new... new season, new motivation, new opportunities and for some, new chapters about to be lived.

In the years that I have been writing this column about downsizing and moving into that so called

'new chapter' I have experienced firsthand the process, pain, bewilderment and final arrival at joy of becoming an empty nester only to then decide to tree change in order to assist and support my mother in her downsizing process.

We are yet to get to the joy part but I see it on the horizon.

Aim to have plenty of time to really assess where you are going in terms of size and storage and what you are taking. It's a savage process. You will need to be brutal. In other words, for your own sanity the cull must take place first.

I recently worked with a client who took everything from the family home into something a quarter of the size, it was beyond distressing as walls do not expand. You must have a realistic expectation. For instance, six dinner plates not 12, more appropriate sized furniture to complement the new dimensions of rooms, not huge pieces that were housed perfectly in the big family home.

Downsizing is living life more streamlined and simply, less work and more lifestyle.

I understand those who struggle with the

emotional attachment to furniture and items that were the very life and soul of a large family home. To remedy this do try to have family members 'inherit' pieces of value to you. Excess can be sold via Marketplace or Gumtree.

In life I always look for the positives and there really are some amazing opportunities and the freedom it can bring for those who are in this position.

It's also an opportunity to refresh and decorate a new abode that you are moving into. The linens and towels that a bit beyond their use-by date

can be donated to animal shelters, allowing you to buy a set of new linens in colours that complement your new bedroom and bathroom.

A fresh start is part of a new chapter and that's always so much fun to plan and achieve when going into a new property. Plan a big garage sale, you will be amazed at the dollars which come from selling the funny old unwanted things you have.

Time and planning for a downsize is crucial, so the transition can be as seamless as possible. Aim to feel excited about what lies ahead. It really is a wonderful thing to

shed, feel lighter and the most important thing is to live and experience this part of our lives with less to look after.

A lock-and-leave apartment or villa life-

shed, feel lighter and the most important thing is to live and experience this part of our lives with less to look after.

A lock-and-leave apartment or villa life-



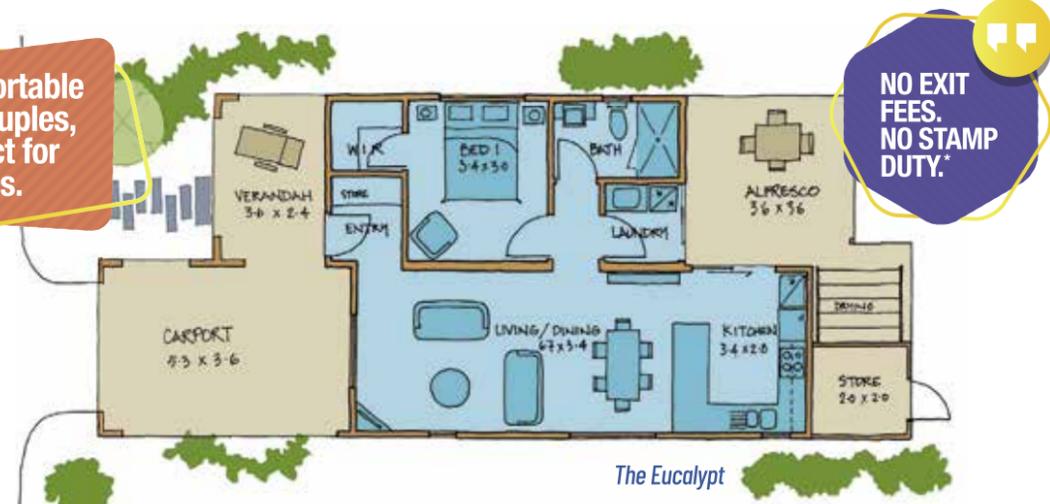
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Wills, Legal & Finance

ADVERTISING FEATURE



My early years of Italian cucina povera (poor kitchen)

genre Cucina Povera, was growing up with my Australian/Sicilian family in Perth.

Mum and Dad migrated came from a desperately poor Sicilian village where I was born. Our everyday meals were Cucina Povera, long before the phrase was used in Perth.

Simple, tasty, healthy, low-cost, unpretentious meals. Cucina Povera

may be a meal for current times of rising food prices and obesity.

The food was good enough for southern Italians before migrating to Australia. It was good enough then and good enough for Aussies now.

It took a while to cotton on to cucina povera, which I had for my daily school lunch. My Aussie mates usually had vegemite or polony sandwiches. I had thick slabs of bread with octopus legs hanging out of the edges of my sandwich, with a layer of tasty, smelly Romano or Pecorino cheese or anchovies. Smelly, but very tasty. Delectable.

Mates told me their dads used calamari as fish bait on weekends, as it was tough, and stayed on fishing hooks.

My family was eating

calamari and octopus long before it became trendy and expensive.

School friends and teachers squirmed, laughed and ridiculed me, especially when Mum added smelly, stinky cheese to my lunch box. My brave mates would swap their polony or vegemite sandwiches for my hot, chilli, salami ones, with capsicum or eggplant hanging from the sides. In return I was formally inducted into the vegemite circle. Australian and Italian cosmopolitan food evolved at my Mt Hawthorn Primary School.

Simple, ordinary thick bread is the core of early peasant Italian meals. A handful of bread, cheese and salami was enough to survive a hard day's work back then, and probably enough to get you through

today if you had to hoe a field to plant potatoes or pick grapes in the hot Italian or Australian sun.

Back in the 70s, I visited the Sicilian Island of Filicudi where I was born. Visiting my aunty for a Sunday meal, she would cook a local rabbit with spaghetti. There was no electricity on the Island in those days. The rabbit was kept alive in a cage on the veranda and ended up in the main meal while we were eating the entrée.

Very fresh and quite tasty, with salad and cheese. Quite cucina povera.

Dad usually grew most of our cucina povera food in our back garden, once he ripped out our useless (in his opinion) lawn.

"We can't eat the lawn,"

he complained. "We need real food." Broad beans, lettuce, potatoes, tomatoes and, of course, heaps of garlic. Very economical and very tasty.

Every now and again, Dad would knock off (kill) a couple of my pet homing pigeons I kept in the back yard, which we ate for the evening meal. Quite delicious.

With the onset of winter, it was my task to round up ordinary, garden variety snails, roaming around our garden and neighbourhood. They were placed in a container with a bed of flour for a few days to clean them out. Mum would then cook them, adding oil, garlic and herbs.

The snails then evolved into delicate, tasty, expensive 'escargot' which the French would

have loved.

Mum made fresh tasty feta cheese daily from our Jersey cow which Dad tethered on the edge of Lake Monger near where we lived.

The Italians came, they saw, they conquered, ripped up lawns, concreted, planted garlic and vegetables. And did a little more concreting, especially on the weekends wearing a handkerchief to keep the sun off their heads.

They brought along cucina povera, which we have fondly embraced.

So, consider pulling up unused lawn area and planting vegetables instead. It may lower the cost of living.

Trust me, I'm an Australian/Sicilian lawyer and grew up on cucina povera.

by John Rando, lawyer, musician, existential philosopher

MY very early experience of the current trendy food



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into childhood cancer research, so that more children can live a long and healthier life. Will you become one of their legacy gifts in wills? Visit the website childcancerresearch.com.au or contact them today on 9363 7400 or via admin@childcancerresearch.com.au to find out more.



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ADVERTISING FEATURE



More than 72,000 complaints taken to financial ombudsman last year



David Locke, chief Ombudsman and chief executive officer, Australian Financial Complaints Authority

AUSTRALIAN Financial Complaints Authority (AFCA) is a non-government ombudsman service providing free, fair and independent help with financial disputes. It is a one-stop-shop for consumers and small businesses who have a dispute with their financial firm, over things such as banking, credit, insurance, advice, investments or superannuation.

Where an agreement cannot be reached between parties, AFCA can issue decisions that are binding on financial firms.

Australians lodged over 72,000 complaints with the AFCA in the past 12 months, a rise of three per cent on the previous financial year.

One of the biggest increases was generated by natural disasters like floods, with nearly 1,600 complaints, more than double the number of complaints from the previous year.

Among the largest financial firms, the top four banks together accounted for nearly 20,000 complaints, a rise of 10 per

cent, while the top four insurers together accounted for about 9,400 complaints, up 19 per cent. But overall, the number of licensed financial firms with a complaint lodged against them was five per cent lower than in the previous 12 months.

AFCA's chief Ombudsman, David Locke, said the national financial ombudsman service had seen a sharp rise in complaints about general insurance in a period that included an earthquake in Victoria last September, then the catastrophic storms and flooding across southern states last October and in south-east Queensland/northern NSW at the start of this year.

Complaints about delays in claims handling were a key issue in home building, home contents and motor vehicle insurance disputes.

"We acknowledge that insurers face challenges as they try to manage claims and get people back on their feet," Mr Locke said. "We know there are significant issues with the supply of

things like building materials, parts and labour because of national and global events outside their control.

"Notwithstanding this, we are concerned at the rise in complaints being escalated to AFCA. We want to better understand the causes of complaints and we're eager to work with insurers to help them resolve disputes more quickly and, ultimately, to prevent them."

Mr Locke said half of all the complaints that reached AFCA were resolved quickly, at the earliest stage of its process. Two-thirds were resolved by agreement between the parties.

Credit cards were the most complained about financial product in 2021-22, accounting for 13 per cent of all complaints. But, despite topping the list for another year, complaints were down eight per cent on the previous year.

Personal transaction accounts, home loans, home building insurance and motor vehicle insurance rounded out the top five most commonly complained about products

or services.

Financial difficulty-related complaints fell 14 per cent to 4,400, from more than 5,000 the previous year.

"We continued to see lower levels of hardship complaints in 2021-22, reflecting the work that the banking sector has done to support consumers in recent years," Mr Locke said. "That's really positive. However, we'll be working with industry and consumer groups as we monitor the impact of cost-of-living pressures and higher interest rates on consumers in the coming year."

Successful complainants last year secured more than \$200 million in compensation and refunds. In addition, AFCA's investigations into a range of systemic issues resulted in payments to consumers of more than

\$18 million.

AFCA continued to register complaints about Youlpa Group (formerly Aboriginal Community Benefit Fund, ACBF), although it had to pause work after the four member companies of its external dispute resolution service went into liquidation. The number of complaints against the group now exceeds 1,000. Altogether 1,400 com-

plaints about 14 companies totalling \$195 million were paused due to insolvency issues.

AFCA has now helped to secure more than \$820 million in compensation and refunds since starting operation on November 1, 2018. It has registered more than 270,000 complaints in that time.

Call 1800 931 678 or visit www.afca.org.au for more information.

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GREAT HOME and GARDENING



Spring is here and our wildflower wonderland awakens!



by Colin Barlow

SEPTEMBER is the time when Western Australia really lives up to its title as the Wildflower State. The

bushland, parks and country areas come alive with masses of wildflowers. Over the last few years of covid induced travel restrictions only locals have been able to explore our wonderful state and take in this spring spectacular. Now with open borders and easier interstate travel (as long as your luggage arrives with you) we will be welcoming interstate and overseas travellers keen to explore the extensive areas of WA. The bountiful

winter rains have provided a much needed impetus for another great wildflower season ahead. I will be leading a tour of primarily Eastern State travellers to some of the wildflower hotspots around Perth and in the south of our state from mid-September for two weeks. So why not follow me on Instagram and Gardens from Eden on Facebook for my daily Ross Garden Tour updates and wildflower photos? First up, I will be heading to Wireless Hill Park, Bold Park and Kings Park around Perth with more than 750 different species of wildflowers between them. So, if you haven't yet visited any of these local hot spots recently,

put them on your must see list. Throughout September, the Kings Park Festival is a highly recommended event for all wildflower lovers and enthusiasts. I will be following the wildflower trail southwards towards Albany exploring the Stirling Ranges and Porongurup National Park to view their unique and spectacular flora. The Stirling Ranges is a world biodiversity hotspot with over 1500 different species of plants recorded there, of which around 87 are unique to the area. From Albany I will be travelling towards Ravensthorpe and Hope-toun taking in the Ravens-thorpe Wildflower Festival and Spring Show and the

awe inspiring Fitzgerald National Park. The park is another distinct world biodiversity hotspot with about 15 per cent of the state's plant species growing within the park. Current records state that there are 1883 different species identified within the park and 75 are found nowhere else. From there we will head further eastward taking in the coastal flora and beaches around Esperance to hunt for rare and elusive wildflowers before returning to Perth. Closer to Perth the rare black kangaroo paw and dramatic Kingia tree can be located near Badging-arra National Park. A little further afield The Lesueur National Park, just north of Jurien Bay, is yet an-

other biodiversity hotspot boasting over 900 different species of plants with 200 of them having special conservation significance. Heading northward blankets of everlastings await in the Coalseam Conservation Park and Mingenew. But try to go early in season as they finish earlier due to the warmer weather. The must see elusive wreath flowers are on most wildflower spotters' bucket list and can be found around Mullewa and Pindar with Geraldton a good base from which to go hunting. The Kalbarri National Park is worth a visit just for the Skywalk alone with dramatic views over the gorge. The spectacu-

lar walks and wildflowers make this a top wildflower spot for tourists. The spring shows have sprung up with lots of gardening inspiration for gardeners throughout WA. **1. The Kings Park Festival** celebrates the extraordinary beauty and different varieties of Western Australia's famous wildflowers throughout the month of September. Get involved in the numerous workshops, tours, guided walks or just take in the fascinating displays and exhibitions of photography and art throughout the magnificent park. For information on the festival go to www.kingsparkfestival.com.au. **2. The Ravensthorpe Wildflower Show and Spring Festival** is celebrating its 40th year anniversary from the September 12-24 and is worth the long trip. The region's impressive floral diversity will be on display throughout the festival along with fascinating events and tours of the local flora and bushland.

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While you are there be sure to head into the world class Fitzgerald National Park to experience the rugged and natural beauty of the region. Call Sue Leighton on 0407 981 301 for more information on the festival or go to www.wildflowersravensthorpe.org.au. **3. Don't miss the annual Rose Society of Western Australia Spring Show** from October 7 and 8 at the South Perth Community Centre, on the corner of Sandgate Street and South Terrace, in South Perth. The show includes the State Championship of twelve distinct blooms, floral art, and floral displays filling the air with the captivating scents of hundreds of delightful roses. There will be gifts, jams and preserves, a cake stall, a raffle plus potted roses and plants on offer, so you can pick up an ideal gift for your loved ones. With rose experts on hand to answer your thorny questions it's the ideal opportunity to find out more about how to grow them. The show will be open from 1pm until 5pm on Saturday and from 10am until 4pm on Sunday, with entry \$5. For further information contact Robyn Cooper on 9361 3409 or 0435 914 446. Alternatively go to www.wa.rose.org.au.

Have a Go News PUZZLES SOLUTIONS

Solution for BIG Crossword page 46

| | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| O | R | B | S | | | N | I | A | G | A | R | A | | | Y | M | C | A |
| A | | U | L | T | R | A | | C | | W | | R | O | D | E | O | | U |
| K | A | N | Y | E | | V | | T | E | A | | I | | I | N | A | L | L |
| S | E | C | | R | E | E | D | S | | K | O | A | L | A | | N | E | D |
| | S | H | A | N | K | | O | U | T | E | R | | E | R | A | S | E | |
| | O | | U | S | E | S | U | P | | S | P | R | A | Y | S | | R | |
| E | P | I | C | | O | | B | | H | R | | S | A | S | H | | | |
| G | | | T | A | U | T | L | Y | | Y | A | W | N | S | | M | | O |
| G | | | K | I | L | T | | E | A | T | E | N | | S | A | A | B | V |
| Y | A | H | O | O | | | | C | | S | | | | G | E | E | S | E |
| O | | A | N | N | A | | | C | H | I | E | F | | K | E | R | R | R |
| L | | K | | E | G | R | E | T | | S | A | M | O | S | A | | | E |
| K | N | I | T | | H | | R | | | C | | R | | T | O | A | D | |
| | O | | A | B | A | T | E | D | | C | A | M | E | T | O | | W | |
| | D | A | N | E | S | | A | I | L | E | D | | A | O | R | T | A | |
| T | E | L | | A | T | I | L | T | | L | E | A | N | T | | S | I | M |
| I | S | L | A | M | | | | H | O | I | | R | | E | L | A | T | E |
| E | | A | R | S | O | N | | E | | N | | C | I | D | E | R | | G |
| S | T | Y | E | | | | S | C | R | E | E | C | H | | A | S | I | A |

Solution for Crossword page 47

| | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|--|--|--|--|--|--|--|--|
| D | E | S | C | R | I | B | E | | E | | | | | | | | | |
| I | | C | | E | | L | | J | A | B | | | | | | | | |
| S | C | O | T | S | M | A | N | | S | | | | | | | | | |
| C | | O | | T | | S | | G | E | M | | | | | | | | |
| I | M | P | A | S | S | E | S | | | | | | | | | | | |
| P | | S | | | U | | | C | | M | | | | | | | | |
| L | | | A | N | E | C | D | O | T | E | | | | | | | | |
| E | L | I | | E | | A | | S | | N | | | | | | | | |
| | I | | T | R | A | N | S | M | I | T | | | | | | | | |
| E | A | R | | V | | A | | I | | O | | | | | | | | |
| | R | | R | E | F | L | E | C | T | S | | | | | | | | |

Solution for Wheel Words page 47:

Deer, Deni, Dent, Diet, Dine, Dint, Dire, Dirt, Edit, Heed, Herd, Hide, Hind, Need, Nerd, Reed, Rend, Ride, Rind, Teed, Tend, Tide, Tied, Deter, Diene, Diner, Eider, Hired, Third, Tined, Tired, Treed, Trend, Tried, Denier, Dieter, Dither, Hinder, Hint-ed, Reined, Rented, Retied, Tender, Tidier, Tiered, Tinder, Tineid, Inhered, Nitride.
9-letter word: INHERITED.

Answers for Have a Go News Quiz page 2:

- Gogo fish
- Mt Augustus
- AMA
- Italy
- Ukraine
- Wife of the US President
- Browne's
- 135 years
- Regional Express
- Chamber of Commerce & Industry

Answers for PRISM page 47:

Taxi, tram, toboggan, monorail, carriage, rickshaw.



Solution for Sudoku page 47

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 4 | 3 | 9 | 1 | 2 | 7 | 8 | 5 |
| 1 | 7 | 8 | 4 | 3 | 5 | 9 | 6 | 2 |
| 5 | 2 | 9 | 8 | 7 | 6 | 3 | 4 | 1 |
| 9 | 1 | 4 | 2 | 8 | 7 | 6 | 5 | 3 |
| 7 | 6 | 2 | 3 | 5 | 4 | 1 | 9 | 8 |
| 8 | 3 | 5 | 1 | 6 | 9 | 4 | 2 | 7 |
| 4 | 8 | 6 | 7 | 2 | 1 | 5 | 3 | 9 |
| 3 | 5 | 7 | 6 | 9 | 8 | 2 | 1 | 4 |
| 2 | 9 | 1 | 5 | 4 | 3 | 8 | 7 | 6 |

Put some spring in your step



SPRING is here and it's time get off the couch, dust off your most comfortable walking shoes and walk with us.

Discover new and interesting places along the Swan River, marvel at the beauty of Ellis Brook Valley and Wellington National Park wildflowers and enjoy the company of your guide and fellow walkers for a few hours or a few days.

All walks are conducted at a pace which allows you to enjoy your surroundings and are scheduled to operate on selected dates September - November 2022.

Send an email to christina@greatwesterncoachtours or call 9490 2455 for more information.



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SENIORS WEEK FOCUS

Sunday November 6 to Sunday November 13



What's happening during Western Australia's Seniors Week 2022

SENIORS Week 2022 will take place between November 6 and 13 with many events planned to celebrate the hundreds of thousands of seniors who call WA home.

The premier event of the week will be the free and fun *Have a Go Day* – a Livelighter event on Wednesday

November 9.

Mark your diary to come down to beautiful Burswood Park which comes alive from 9am to 3pm with myriad activities, entertainment and information specifically for older adults.

Organised by the Seniors Recreation Council of WA this free event is the highlight

of the calendar during Seniors Week and is a great opportunity to inspire people to join a club or a group and meet new friends.

The day provides an opportunity for people to have a go at many different activities including the climbing wall, canoeing on the river, petanque, dancing, disc golf, tai chi, boomerang throwing, yoga and lots more.

Enjoy fabulous performances on the entertainment stage from some of WA's best acts along with a variety of dance demonstrations.

There will be lots of

static displays offering a variety of information from clubs and groups that would love to entice people to join them.

Have a health check at various stalls and find out lots of information and giveaways from many of our advertisers.

Have a Go News continues to run the hospitality tents and we look forward to welcoming people to come and enjoy a free cuppa tea or water and to win a prize on the chocolate wheel.

There will be loads of food stalls around the grounds with a variety

catering for all tastes or you can bring along a picnic lunch.

There is so much to see and do – don't miss the opportunity to celebrate later life at this fabulous event.

Spots are still available for interested organisations to attend the day – call Seniors Recreation Council on 9492 9773 for more information.

Throughout there will be a host of events happening during Seniors Week and *Have a Go News* is encouraging many businesses to provide exclusive offers for seniors.

Tours will be held at Parliament House and the Public Trustee offers free information sessions.

Have a Go News will hold its annual free Seniors Week Movie Afternoon with Palace Cinemas Raine Square.

Look out for our exclusive Seniors Week event guide in next month's issue which offers a daily listing of events happening around the state.

It also includes an exclusive feature on *Have a Go Day* – a Livelighter event with maps, directory and the entry form for the major prizes.



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Feeling comfortable with your support worker



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fortable am I going to feel having a stranger coming into my home to assist me?

Well, with a little planning that stranger could become someone you look forward to seeing.

A support person needs to be someone you can trust, someone you can feel comfortable with and someone you look forward to welcoming into your home.

So, when choosing your Home Care Provider, one of the important questions to ask is whether you can be actively involved in selecting who this will be. Your Home Care Provider should be

happy for you to do this.

General manager of CPE Group Annie Carvel 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.

"Although all our support workers are selected for their ability to show understanding 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," she said. Ms Carvell said that by listen-

ing to their clients and working together, they build a team of three or four support workers that is right for them, so they can still feel comfortable with whoever is visiting, should one of the team be unwell or on holiday

By choosing a Home Care Provider who will support you in this, with just a little planning you may find you are looking forward to welcoming your support person into your home when you least expected that to happen.

If you would like to know more, please call CPE Group on 1300 665 082.

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Seniors Week is coming don't forget to list your event...



SENIORS Week 2022 is coming up soon and this year the week will be held from November 6 to 13.

In the October issue we will be presenting the annual Seniors Week Events Guide liftout.

With our massive print run of 80,000 hard copies along with our digital issue, this is a brilliant way to highlight a community event.

This handy guide, which has a long shelf life, lists day by day all the events happening around the state.

Celebrations to mark seniors and their contribution will take place throughout the week.

Organisations are invited to list events in the daily guide. The form needs to be received to our office by September 23.

Please visit our website to download a form, call the office on 9227 8283 or email seniorsweek@haveagone.ws.com.au to ensure your event is included in this exclusive liftout.

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Generous community help changes lives of people with cystic fibrosis



CF adults impacted by anxiety and depression. The Glenn Brown Memorial Fund was started by mums Janeine Thomas and Alison Guest in memory of Glenn Brown, a young boy from Kalgoorlie, who sadly died from CF when he was just 15 years old.

"I met Glenn when my daughter was undergoing CF treatment alongside him at Perth Children's Hospital in 2003," said Janeine.

"He told me that he wasn't ready to die and he didn't want to be forgotten.

"Alison and I wanted to make sure his memory would live on forever, so we started an event on Melbourne Cup day to raise funds for life-changing research to hopefully find a cure one day.

"After 14 years we decided to hand it over to the events team at the Institute for Respiratory Health.

"We're so grateful to everyone who's supported the event for 19 years. We had no idea it would raise this amount. We are pleased so many people are being helped through the ground-breaking projects funded by the Glenn Memorial Fund.

"But even more importantly Glenn's life is celebrated and honoured."

Geoff Stewart, director at the Institute for Respiratory Health, said every dollar raised funds CF research projects that are helping to improve the quality of life for people living with CF.

"I want to thank everyone who's supported this community event over the past 19 years and continue to do so," said Geoff.

"The community's generosity is overwhelming. Almost everything on the day is kindly donated, borrowed or gifted. We have countless volunteers who freely give their time to help run the event and then there are our charitable guests."

The event will be held on Melbourne Cup Day on Tuesday November 1. Tickets can be purchased by visiting: www.melbournecupperth.com.au.

CF causes a wide range of symptoms, but patients usually develop thick sticky mucus in the lungs, digestive system and other organs. This increases the risk of infections, especially in the lungs. Patients can become severely unwell from a simple cold.

A LONG-STANDING community fundraising event held at Fraser's Restaurant in King's Park every year since 2003 is improving the health and wellbeing of West Australians with cystic fibrosis through life-changing research.

With more than \$519,000 raised, the Glenn Brown Memorial Fund has supported nine essential cystic fibrosis (CF) research projects from stem-cell research looking at repairing the lungs of people with CF; evaluating the effectiveness of telehealth CF clinics in regional WA in enhancing the quality of life and lung function for those with CF and ways of improving the wellbeing of

Stay healthy this spring

IT'S still important to keep up the habits that protect us through the winter months. Get on the front foot with these healthy tips:

- **Visit your doctor** – keep any regular medical or health appointments you may have. If you're 65 or older, or have a complex health condition, talk with your GP about eligibility for Covid-19 antivirals and developing an individualised Covid-19 care plan.

- **Keep a mask handy** – all Western Australians are strongly encouraged to wear a face mask indoors where you cannot physically distance from others. Note, you're still required to mask up in certain settings such as hospitals, GP clinics and on public transport.

- **Travel prep** – if you're hitting the road, be sure to consider what to do if you get Covid-19 and need to isolate or return home. Be prepared for Covid-19 by packing masks, rapid antigen tests and pain relief medications.

- **Stay up to date with vaccinations** – the Covid-19 winter booster dose is recommended for those aged 50 and older, and adults aged 30 to 49 years are eligible to receive a winter booster dose of a Covid-19 vaccine, if they choose to do so. Despite the name, it can be given any time three months after having the first booster or, if you've had Covid-19, three months after recovery.

- **Stay home if unwell** – whatever the weather, if you've got sniffles, coughs or other Covid-19 symptoms, stay home and take a Covid-19 test.

Learn more on the HealthyWA website, www.healthywa.wa.gov.au.



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This is why they are continuing to bulk-bill out-patient Medicare rebateable services at all of 20 of their locations. Like anything, there are some exceptions that apply and the friendly staff are ready and willing to help patients book in the scans and procedures required.

SKG Radiology offers a comprehensive range of services including; magnetic resonance imaging (MRI), high-resolution, ultra-low dose CT scanners (delivering up to 90 per cent reduction in radiation), ultrasound, mammography, injections, procedures, bone densitometry, dental scanning and general x-ray, all utilising world-leading technology and providing first class patient care.

Patients can rest assured knowing that they are always in good hands at SKG Radiology.

As a proud partner of WA's elite sporting teams – people too can choose to go where the best go. For more information visit www.skg.com.au.

Support WA local...

IF you value service, innovation, new products and a vibrant local industry, support your local mobility and daily living products retailer.

Shoprider-Redgum Brand – is a Western Australian owned national mobility and daily living products wholesaler who has been operating for 30 years.

Western Australian businesses that operate currently are WA owned, WA focused and will always offer a better resolution for the local customers in the long run. However, the drive by the multinationals to consolidate and outcompete established local retailers is extreme, as we have seen in the hardware and supermarket sectors.

Invariably what this means once the local business succumbs, is a

reduction in innovation, choice, brands and higher prices as competition is reduced.

Others may argue differently, but history has shown a diverse industry with multiple producers and retailers always produces the best products at the most competitive prices.

In Western Australia, we are still blessed with a diverse range of specialist retailers in the mobility and daily living sector.

The consumer, with the help of their occupational therapists, can select from a wide range of options. One size does not fit all.

This will change when the multinationals finally arrive in WA later this year.

Find out more about this local supplier on page 6.



Director of the Australian Centre for Precision Health, Professor Elina Hyppönen

Vitamin D deficiency may be one cause of dementia

by Frank Smith

RESEARCH at the University of South Australia (UniSA) has established a link between vitamin D deficiency and the risk of developing dementia.

Professor Elina Hyppönen, director of the Australian Centre for Precision Health, and her team investigated the association between vitamin D, brain anatomy and the risk of dementia and stroke.

They found that low levels of vitamin D were associated with lower brain vol-

umes and an increased risk of dementia and stroke. People with blood levels of vitamin D, less than 25 nmol/L were at 54 per cent greater risk than those with higher levels.

The team say as many as 17 per cent of dementia cases might be prevented by increasing everyone to normal levels of vitamin D (50 nmol/L), but there was little advantage in increasing vitamin levels above this threshold.

"Vitamin D deficiency will not be good for anyone, and a prolonged exposure to very low concentrations is likely to have many other effects in addition to those on dementia risk," said Professor Hyppönen.

"Most of us in Australia are likely to be ok. We are lucky to have more sunlight that will allow our skin to synthesise vitamin D, which is why there are fewer Australians who fall in the highest risk categories.

"For the general population, vitamin D concentrations can fall lower than recommended especially during the winter

months. It is prudent to pay attention to outdoor sun exposure and consider supplementation if needed," she said.

"There is never any reason to sunbake or burn. During the summer in Australia, it is enough to be outdoors (during daytime) only for a few minutes most days, while during winter one needs to spend two to three hours each week outside in the sun.

"Diet is a poor source of vitamin D, and while some foods such as oily fish, eggs, and milk, contain some, it is practically impossible to get enough unless the diet also includes food fortified with vitamin D.

"For many of us, taking an over-the-counter supplement especially during the winter would help ensure that levels do not fall too low. However, if a person is bound indoors, wears a very modest cultural dress or otherwise avoids the sun, low levels can be a problem.

The study analysed the impact of low levels of vitamin D (25 nmol/L) and the risk of dementia and stroke of nearly

300,000 participants from the UK biobank.

Mendelian Randomisation – a method where gene variation is measured – was used to test for underlying causality for differences in brain anatomy, dementia, and stroke associated with vitamin D deficiency.

Professor Hyppönen says the findings are important for the prevention of dementia and appreciating the need to prevent vitamin D deficiency.

"Vitamin D is a hormone precursor that is increasingly recognised for widespread effects, including on brain health, but until now it has been very difficult to examine what would happen if we were able to prevent vitamin D deficiency," she says.

"Our study is the first to examine the effect of very low levels of vitamin D on the risks of dementia and stroke, using robust genetic analyses among a large population.

"There is no clear association between vitamin D and stroke but the causal re-

lationship between vitamin D deficiency and dementia risk provides an opportunity to prevent some disease.

"Dementia is a progressive and debilitating disease that can devastate individuals and families alike," Prof Hyppönen says.

"If we're able to change this reality through ensuring that none of us is severely vitamin D deficient, it would also have further benefits and we could change the health and wellbeing for thousands.

"These results show that the strongest adverse effects on brain health are likely to be seen in individuals who have very low vitamin D concentrations.

"It has been encouraging to see that exactly the type of active, healthy lifestyles that we have long heard being promoted as beneficial for heart health, also appears to be good for our brain.

"I believe the best way to avoid dementia is simply to live healthy, and try and enjoy life keeping active in the body and the mind," she said.



by Robert Vander Kraats, and Jeff Wong, physiotherapists

TENNIS elbow, otherwise known as lateral epicondylitis, can be a painful condi-

Physiotherapy update: a sore arm may mean tennis elbow

tion. Symptoms are often located over the outside of the elbow region and often results in pain when gripping and a decrease in grip strength.

The condition often occurs after the same activity is repeated several times. Research has found that tennis elbow occurs seven times more often than pain on the inside of the elbow (golfer's elbow). Despite the name, tennis causes only five per cent of cases.

The condition involves the muscles and tendons of your forearm that are responsible for the extension of the wrist and the fingers, particularly the third finger. The tendon usually involved in tennis elbow assists to stabilise the wrist when the elbow is straight.

Despite the terms of tendonitis and epicondylitis implying inflammation as the cause, current research suggests that no inflammation occurs. Rather the

condition an over-use injury leading to repetitive micro tearing and a decrease in blood supply.

Diagnosis can occur from the history and the assessment of the injury alone. X-ray imaging is seldom needed.

More than 40 different treatments have been suggested for tennis elbow. However clinical experience and current research, suggests that there should initially be a period of rel-

ative rest, followed by hands-on therapy and progressive strengthening exercises.

The majority of patients (up to 95 per cent) respond well to conservative management, therefore surgical intervention or injections are often not indicated.

Various preventative measures can reduce the chance of tennis elbow developing in the first place. Stretching of the fore-

arm muscles can assist, along with a progressive strengthening program. Exercise modification and load management are key aspects to the management of the condition.

Modification of activities is advised rather than complete rest and avoidance of any repetitive arm movements. Having someone examine your work station, repetitive movement or sports technique may help prevent



the injury.
If your symptoms seem to fit tennis elbow, phone 9203 7771 or visit www.ngp.net.au to make an appointment with Robert and Jeff today to see how evidence-based physiotherapy can assist you.
See advert on page 2.



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Meet Australia's splendid, tophatted king of steampunk jewellery



Mark George with his designs

WITH his signature top hat, waistcoat and 100-year-old pocket watch, Mark George is a familiar figure for design lovers who flock to the unique Perth Upmarket.

But what most people don't realise is this former industrial supply manager gave up a career forging multi-million-dollar mining contracts to create one-of-a-kind jewellery made from a variety of antique and modern finds.

Inspired by science fiction genre 'steampunk' Mark scours the globe for everything from coins, cogs, clockworks, jewellery and artifacts to bring an industrial revolution aesthetic to his bespoke creations.

His counter-culture designs incorporate Victorian era aspects

which give his stunning earrings, pendants and brooches their futuristic retro appeal.

It was a chance conversation with his then teenage son Lawrence and a mate during steampunk's emergence in the '90s that prompted Mark's lightbulb moment to start Marktime Jewellery.

"I had an amazing 100-year-old watch piece in my hand and asked the boys if they thought I could get \$15 for it," he said.

"While Lawrence said I had no chance, his friend said 'Mr George, I'd pay for that' and somehow, I just knew I had to quit my day job and start pursuing my jewellery design ideas."

Ten years on and Mark is still

as passionate as ever about his eclectic and meticulously created pieces, which can contain up to 30 repurposed items and can take three months to painstakingly create.

Objects – some 4,000 years old – are sourced from auctions and specialist dealers across Europe and the UK and sometimes Mark is not sure what he has bought until the goods are on his doorstep.

"They just send me the bill and three weeks later a shoebox arrives and it's Christmas all over again."

While Marktime Jewellery has become a cult favourite among steampunk enthusiasts all over Australia, Mark has built up a loy-

al following among Perth Upmarket goers, many of whom had never heard of the genre.

"I think it's because each piece is a one-off and they include unusual items that represent an important moment in history," he said.

"It's why the Upmarket environment is essential for me – I need to share the story each of my designs has to tell.

"I'm not just there to sell my products, I'm there to put on a performance," he said.

You can catch Mark at Perth Upmarket on Sunday September 18 at the University of Western Australia from 10am to 4pm.

To find out more visit: www.perthupmarket.com.au/.

The Metropolitan Symphony Orchestra showcases young talent



WAKE from your winter slumbers and join the Metropolitan Symphony Orchestra for the sec-

ond in the MetSO Young Artist (MYA) Concert Series 2022 – Spring on Sunday September 18

at 3pm.

This fabulous event features MetSO Young Artist 2022 performing one of the most adored showpieces in the violin repertoire by Camille Saint Saëns. This work was designed by Saint Saëns to show off the dazzling technique of 19th century violin virtuoso Pablo de Sarasate.

Perth's own rising violin super-star, Audrey Jarvis, will amaze and delight, as she brings this musical masterpiece to vivid life with all the rich textures of a full sym-

phonic soundscape.

Plus, experience all the drama and playful genius of the 'Father of the Symphony' Joseph Haydn at the height of his powers, as MetSO brings you one of his last London Symphonies – *Symphony No. 100 in G Major Military*. It had his appreciative London audience on their feet cheering at its premiere.

Fall in love again with the great Papa Haydn, as he transports people on a joyous musical adventure.

All concerts in the 2022

series will be held in the wonderful acoustics of the Taryn Fiebig Concert Hall, at Churchlands Senior High School.

Tickets: www.metsop.earth.org/tickets

WIN WIN WIN

We have five double passes to give away to Spring on Sunday performance on 18/9/22 at 3pm at Churchland's Senior High School. To be in the draw simply email win@haveagone.ws.com.au with Metso in the subject line or call the office on 9227 8283. Closes 14/9/22.

Have you always wanted to sing the Hallelujah Chorus?

NOW you can... join Churchlands Choral Society, currently rehearsing a wide repertoire of joyful music for their December concert.

Very helpful SATB (S for soprano, A for alto, T for tenor and B for bass) YouTube learning tracks are available with excellent tuition from the musical director, Rachel Martella and accompanist, Alex Wheeler. There are no auditions, only an initial fee of \$10 which will be deducted from subs on joining.

Some singers choose to wear masks. Seating is spaced. Hand sanitiser is available.

Come and join the friendly choir on Monday nights 7.30-9.30pm during school terms at the Uniting Church Hall, 50 Berkeley Crescent, Floreat. Wheelchair access via the church foyer.

For more information call Sandra 9341 5858 or registrar@churchlandschoralsociety.org.au.

West Australian Opera premieres *Our Little Inventor*



WEST Australian Opera will present the world premiere of *Our Little Inventor* during the October school holidays on Octo-

ber 1 and 2 at His Majesty's Theatre.

Based on author and illustrator Sher Rill Ng's 2019 children's book, the work has been adapted by Sher Rill Ng and co-librettist and composer Emma Jayakumar.

The story follows young Nell who creates a machine to solve the city's pollution problem. With intelligence, courage and the support of the right people, Nell improves the

health of her community and environment.

A work for people of all ages, *Our Little Inventor* incorporates themes of climate change, resilience, and friendship.

Presented in association with Awesome Festival, *Our Little Inventor* showcases West Australian Young Voices (WAYV) and Western Australian Youth Orchestra (WAYO).

West Australian Opera's artistic director Chris van Tuinen notes: "With music from Emma Jayakumar that lifts the spirits and opens up a world of possibilities, audiences will be humming

the tunes and clapping along to *Our Little Inventor's* journey."

An adventure for the whole family, follow *Our Little Inventor* as she changes the world with her kindness and brilliance; an empowering message for us all.

With four performances only these school holidays, don't miss *Our Little Inventor*.

Saturday October 1: 3pm, 6.30pm; Sunday October 2: 3pm (Relaxed Performance), 6.30pm.

Tickets: \$30 – \$45 (Concessions available) Bookings: www.waopera.asn.au

The Italian Film Festival returns for spring



Yesterday, Today and Tomorrow's Marcello Mastroianni and Sophia Loren

THE 2022 ST. ALI Italian Film Festival returns to Perth from September 22 – October 16 at Palace Cinemas, Raine Square; Luna Leederville; Luna on SX and Windsor Cinema.

Presented by Palace Cinemas in

association with Luna Palace Cinemas, the Festival presents contemporary dramas, comedies and documentaries plus a retrospective honouring one of Italy's greatest filmmakers; Pier Paolo Pasolini.

This year's rich programs will transport audiences on a cinematic escape to la bella Italia! Find out more at www.italianfilmfestival.com.au.

WIN WIN WIN – Email Only

Thanks to Palace we are giving away 10 double passes, valid for any film screening as part of the Festival at Palace Cinemas Raine Square (excluding special events). To be in the draw simply email win@haveagone.ws.com.au with Italian in the subject line. Closes 20/9/22.

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This 90s reprise honours a bold and uncompromising choreographer



Gloria performs live on stage

ARTISTIC director of Co3, Raewyn Hill, honours her New Zealand mentor, legendary dancer, and choreographer Douglas Wright, by programming his most iconic dance work *Gloria*, a keystone production in Co3's 2022 season.

Running at the Heath Ledger Theatre from September 14 -18, State Theatre Centre of WA, the production marks the first time the work has been presented since Douglas Wright's passing in 2018.

Accompanying an ensemble of ten Co3 dancers will be the West Australian Symphony Orchestra in their Heath Ledger Theatre debut, alongside a choir of angelic voices from the St George's Cathedral Consort, conducted by Dr Joseph Nolan. This collaboration is the perfect union, befitting the work and honouring the legacy of Douglas Wright with exemplary WA artists.

This beautiful, brave, and innovative work is a homecoming – to joy, to love and to dance. Set to Vivaldi's most famous sacred work *Gloria* performed live on stage, dancers will fly, twist and turn in a graceful airborne celebration of life.

Audiences will relish the cyclical movement and emotional arcs in the work taking them on a journey through serenity to euphoria, fear to calm. Movements full of ener-

gy and vigour that were ground-breaking at the time, that have now become the foundation of what has become the contemporary dance art form that we know today.

Gloria was previously presented in WA by Chrissie Parrott Dance Company in 1991 for Perth Festival at the Quarry Amphitheatre.

Bookings co3.org.au/show/gloria/.

City Of South Perth Historical Society Inc

ART MUSEUM AND LOCAL HISTORY

EXHIBITION
Out and About with May Gibbs

GALLERY & SHOP OPEN:
Friday 10am-4pm
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Heritage House, 111 Mill Point Rd, South Perth
9367 9243 southperthhistoricalsociety.org

An open microphone experience for writers...



Monique Mulligan

AN all-new open mic experience for writers begins at Koorliny Arts Centre Kwinana on

September 21.

Prose & Convos is an open mic reading event where people read brief excerpts of their prose and poetry, one voice at a time.

Host and author Monique Mulligan says the event complements the centre's existing *Stories on Stage* program, giving writers of all levels the opportunity to share their work-in-progress and listen to others' work.

"The idea is for writers to build self-confidence and gain experience presenting in front of a live

audience, all in a safe, relaxing, and convivial atmosphere," she said.

"Everyone 18+ is welcome, from beginners to well-published authors to just listeners. No judgement – whether you read as confidently as a bestseller or you're self-conscious with shaking hands and wobbly knees, your story matters."

"Register on the night for one of ten reading places or come along to socialise and make new friends with people who also love words

and storytelling."

"One random reading spot will be offered on the night."

Reader registration opens at 6.45pm, with readings from 7pm.

Tickets cost \$5 and Companion Cards are welcome. The bar will be open.

Bookings are essential. Koorliny Arts Centre is on Sulphur Road, Kwinana.

For more information about upcoming performances visit www.koorliny.com.au or call (08) 9467 7118.

Don't miss this year's *Silver Linings Variety Show*

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 our past, and a have wonderful morning of entertainment, the City of Swan presents *The Silver Linings Variety Show*.

This variety show turns back the clock and invites *The Andrews Sisters* and *Elvis Presley* back to the stage! Plus be enthralled by *Sax and the Single Girl*, and laugh with *Dame Edna Everage*. 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.

This will be held at Swan Active Beechboro Leisure Centre, 332 Benara Road, Beechboro, on Wednesday morning September 21 from 10am to 12.30, 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 essen-

tial. Book early as limited seats are available.
Phone 9207 8555 or

book online at www.swanactive.com.au/silver/

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November 18, 25; December 2, 9, 16

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November 13, 20; December 4, 11

Ticket Prices:
Adults \$20; Pensioners \$17;
Children \$10
(Price includes a chicken & chip meal)
BYO alcohol & glasses

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Exciting new WA Comedy Festival announces its inaugural lineup



WA COMEDY Week, the brand new seven-day comedy festival, has announced its inaugural

line-up, with more than 25 hilarious shows across

four iconic venues from Monday November 7 to Sunday November 13.

The week-long festivities will provide a platform for Western Australia comedy talent across all its funny forms (stand-up, improv, variety, musical and more) to share their unique sense of humour with local audiences.

The Rechabite, located in the heart of Northbridge will function as the WA Comedy Week's main hub, utilising its hall and goodwill club as performing spaces. While iconic

comedy venues such as Oasis Comedy Club (upstairs at the Brisbane Hotel), Fremantle Comedy Factory (Federal Hotel) and the Rosemount Hotel's Bar 459 (North Perth) will also host shows.

For decades WA Comedy has played a pivotal role in the Australian Comedy industry, developing some of its biggest names such as Jim Jeffries, Rove McManus, Tim Minchin, Peter Rowsthorn, Claire Hooper, Dave Hughes, Joel Creasey, and Ozzy Man.

Comedy acts confirmed for this year's WA Comedy Week include Rove McManus (*Rove Live*), Peter Rowsthorn (*Kath & Kim*), Janelle Koening, as well as the best of our homegrown talent. Show highlights include The WA Comedy Q&A, ABC Comedy Debate, and TOD Talks.

WA Comedy Week is the brainchild of leading WA comedy producers Ronan Freeburn (Rottofest, Freo Royale, Crushers Comedy Gala) and Colin Ebsworth

(Ebsworth Tonight and Underground Comedy).

"WA Comedy Week is all about celebrating our fantastic local comedy scene. We do some things really well in WA such as live music, craft beer and footy. Comedy is something else that we do really well and we want WA locals to own it," said festival director Ronan Freeburn.

In addition to shows, WA Comedy Week will also feature a variety of free comedy workshops and industry networking

events to help develop WA comedy talent and forge a stronger local industry.

Plus special offers from Northbridge businesses to give attendees an extra incentive to head out during WA Comedy Week.

Early bird tickets are on sale from September 5 until October 3, from www.wacomedyweek.com

Concession prices also available for seniors to coincide with WA Seniors Week.

Gidgestock returns for a weekend of music in the hills

INSPIRED by Woodstock, the first of the great music festivals, its themes of peace and love and its role in highlighting new and emerging talent. The weekend-long celebration of live music that is the annual Gidgestock Music Festival returns bigger and better this year.

Local charities are once again the beneficiaries of one of the most anticipated events on the local music calendar.

Flocks of campers and music fans are expected to descend on the Giddegannup hills for the seventh edition of the family-friendly event.

All profits are donated

to the Leukaemia Foundation and to the West Giddegannup Volunteer Fire Brigade.

Last year a profit of \$44,000 was donated. In the six years of the festival more than \$120,000 has been raised and donated.

Artists performing at the event donate their time. This year more than 95 bands applied for 27 available spots.

It's a family affair. Kids activities include cuddly animal farm, face painting, bush art, story-telling, fairy glen and giant sandpit. All included in entry fee.

With the usually quiet Giddegannup hills again the epicentre of the Perth

live music scene from October 14-16, it offers families and music lovers the chance to experience all that Gidgestock has to offer.

Ticket holders can pitch their tents and keep warm by the campfires during the festival, with a host of vendors offering food options and non-alcoholic drinks to purchase all weekend.

As the more laidback daytime vibe rolls into the high-energy nightly headline performances, the unique Gidgestock custom of kicking off the heels and dancing under the stars is one not to be missed.

Rustic camping, toilets provided but no showers. A cooked breakfast Sunday morning is included in camping price.

Gates open midday on Friday October 14 and then music from 6 - 10pm, Saturday from 10am to midnight and Sunday 8am to 12noon.

Tickets are available on Eventbrite or find out more at www.gidgestock.com.au.



Dancing in the shadows of Motown is coming...



DANCING in the shadows of Motown is the sound of young America and the soul of modern music.

Don't miss this 10-piece powerhouse band featuring internationally acclaimed artists who faithfully recreate the dynamic live performances of: *The Temptations*, *Stevie Wonder*, *The Supremes*, *Marvin*

Gaye, *Martha and The Vandellas*, *The Four Tops*, *Fontella Bass*, *The Jackson Five*, *Smokey Robinson* and many more Motown legends.

This amazing and uplifting show presents classic hits including: *Reach Out*, *Stop In The Name Of Love*, *Ain't Too Proud To Beg*, *Heatwave*, *Get Ready*, *I Heard It Through the*

Grapevine, *Dancing in The Streets*, *Uptight*, *Signed Sealed Delivered*, *You Can't Hurry Love*, *Ain't No Mountain High Enough*, *Standing On Shaky Ground*, *My Girl*, *Can You Feel It* and many more.

Dancing in the shadows of Motown, Saturday November 12, 7.15pm for 8pm start at The Astor Theatre, and Sunday November 13, 4pm at the Mandurah Performing Arts Centre.

The dynamic all-singing all-dancing band has performed at sold out shows at many major venues including the iconic Sydney Opera House Studio.

Watch the show videos and listen to the live recorded album on the website:

www.dancingintheshadowsofmotown.com.

Featuring West Australian Symphony Orchestra and St George's Cathedral Consort. Sponsors: EY, Wesfarmers Arts, Department of Local Government, Sport and Cultural Industries, Douglas Wright Estate Trust.

The Grand Duke comes to the stage

A BREEZY romp full of catchy tunes and imaginative absurdity, this rare theatrical treasure is a must-see for fans of light opera and musical theatre.

A theatrical troupe of actors comically conspires to take over the Grand Duchy of Pfen-

nig-Halbpennig but are caught out by the Grand Duke's detective.

To save the company, a statutory duel is suggested between Ernest, the troupe's manager and his leading comedian Ludwig. Drawing playing cards instead of weapons, whoever draws the lower card

is deemed the loser and will confess to the plot.

Things go awry when the unhappy Grand Duke Rudolph hears of the conspiracy (but not the details) and impulsively takes part in second statutory duel.

With four fiancées complicating matters but only one leading man - who really has the right to rule?

Featuring the quick wit and farce-talking humour of WS Gilbert with the infectious energy of Arthur Sullivan's music, make sure you take a spin on the roulette wheel for this can-can-can romantic comedy.

The Grand Duke plays at Dolphin Theatre from October 13 - 22. Bookings www.gandswa.org.au

WIN WIN WIN

We have one double pass to give away to a lucky reader to one of the performances of *The Grand Duke* at Dolphin Theatre. To be in the draw simply email win@haveagonews.com.au with Gilbert in the subject line or write to Gilbert & Sullivan c/ Have a Go News PO Box 1042 West Leederville 6901. Closes 30/9/22.

Friend to Friend



Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

| | |
|----------------------------|-------------------------|
| ALA: All letters answered | DTE: Down to earth |
| GSOH: Good sense of humour | ND: Non drinker |
| SD: Social drinker | NG: Non gambler |
| NS: Non smoker | NOR: North of River |
| SOR: South of River | TLC: Tender loving care |
| WLTM: Would like to meet | |

| | | | | | | |
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Please nominate a category for your advertisement.

Tick one box only.

- | | |
|---|---|
| <input type="checkbox"/> Travel companion | <input type="checkbox"/> Wishing to contact |
| <input type="checkbox"/> Seeking a friend | <input type="checkbox"/> Seeking a partner |

Name

Address

Phone Email

I am over 45 years of age (Signature)

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

A LADY 70, 152cm, slim, wrinkled but presentable, would like company to just go places with. Company maybe, as myself, socially deprived but must be 75 or less, fin sec, optimistic, healthy and happy, live NOR, 6030 or thereabouts.

Reply Box 9166

AUSSIE male 71, post-code 6163, interests: fishing, dining out, movies, fitness, massage, horse racing, SD, NS, WLTM slim lady with similar interests, SOR.

Reply Box 9159

CULTURED Aussie lady, 70s, yearns for intelligent conversation, shared interests, mutual caring. Me; two bachelor degrees, ex-teacher, DTE, NS, ND, GSOH, ALA.

Reply Box 9162

EUROPEAN lady, 81, young, look and feels 10 years younger. I'm fin sec, own home, travelled the world, will continue...

Reply Box 9170

GAY retired professional male seeks similar for morning coffee, wide interests, music, theatre etc. NOR. ALA.

Reply Box 9165

GENT loves dancing waltz, quickstep, samba, jive, WLTM lady who cannot live without dancing. Willing to learn New Vogue if you promise to be patient with me. Prefer meetup for dancing from Rockingham to Bunbury.

Reply Box 9158

ITALIAN gentleman, fin sec, 80, loves cooking, gardening, strolls with the dog, WLTM fin sec lady, 70+, NOR, NS for good conversation, friendship and casual outings. Would love to hear from you.

Reply Box 9156

MY vibrant and interesting elderly mother with a GSOH who manages independently misses interaction with gentlemen. Is there a kindly gent out there who may enjoy the occasional telephone chat with this delightful British ex-nurse? ALA.

Reply Box 9163

NICE gent, 63, med build, active, considerate and fin sec, WLTM a nice lady.

Reply Box 9160

PETITE Aussie lady, 81, WLTM GSOH, Aussie English male for company and outings. I like 60s and 70s music, playing cards, quizzes, having fun, have young outlook and quite fit. Life is very short. NS, ND, SOR.

Reply Box 9161

SLIM easygoing lady, 70s, GSOH, fin sec, genuine, WLTM gent companion, late 70s approx, similar Irish background to enjoy outings and friendship, hopefully lead to relationship, NOR, ALA.

Reply Box 9155

Seeking a Partner

ATTRACTIVE lady, 70+, originally from Singapore, happy nature, genuine, kind, loving, widow, full of happiness, warm hearted, beautifully groomed. WLTM gentleman who is caring, honest, sincere and trustworthy. Meet for coffee and a chat.

Reply Box 9167

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, Hills country or metro areas. Genuine replies only. ALA.

Reply Box 9164

HANDSOME gent, 61, world class pianist teacher, passionate, philosophical, metaphysical, spiritual, sensual, humour, Irish Aussie, witty, emotionally deep, stable, mildly adventurous, cooks, very moderate smoker, drinker, loves Asia, culture, food, travel, hot, spicy, horny, loving.

Reply Box 9169

THIS lady of 73 wants to miss you when you are not there. Share life's pleasures with a gentleman over 65. Looking for a best friend. Philosophical and spiritual. Enjoy family, socialising, reading and theatre.

Reply Box 9168

THIS will change your life. Self-made Hills man, 70, entertaining, wise, pragmatic, magnetic personality, 174cms, 60kgs, grey hair, fit, slim, seeking loving, petite, confident lady, 65-72. There are no ordinary moments. Go ahead write me.

Reply Box 9157

When replying to a Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to: eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)

Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.

No greeting cards, bulky items and photos. All replies will be forwarded early in the next month.

All replies are strictly confidential and are not opened.

Replies must be in response to reply boxes no older than three months.

Have you met your match?

We at *Have a Go News* are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you?

If you would like to share your story please email

helen@haveagonews.com.au or write to; Friend to Friend PO Box 1042, West Leederville WA 6901 Your privacy will be respected.

A picturesque location to enjoy the café culture



CANNING River Café (CRC) is located at the Kent Street Weir in Wilson, a picturesque park location that sits on the edge of the Canning Regional Park. This idyllic location means you get to enjoy fabulous food such as a brekky burger, shakshuka baked eggs, fish'n'chips, gnocchi or buckwheat pancakes while enjoying the parkland views, mother nature's sounds, kayakers, bike riders, walkers and many dogs.

The café is dog friendly with a fenced dog park

adjacent to the café.

There is something for everyone on and off the menu. Freshly baked friands and muffins, croissants, handmade tarts and rich chocolate brownies can be purchased from the cabinet. Dine in and eat before exploring the park or takeaway and enjoy the many things to do in the area from walking trails, kayaking, playground, dog park, skate park plus a miniature railway running from the Kent St station, on the third Sunday of every month and Wednesdays during school holidays.

Everyone gets to eat at CRC, as many of their menu items are gluten and dairy free with vegetarian and vegan options, including things like chicken pami, vegan lasagne, beef burger, smashed avo and their famous CRC rösti.

It is a fantastic place to settle into, have incredible conversations with family and friends, experience sensational service and enjoy good old-fashioned food and drink.

All Press coffee is served alongside rich smoothies and large sized iced coffee and chocolate drinks.

They look forward to serving you soon. See ad on page 21.

NEWS UPDATED DAILY

www.haveagonews.com.au

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



10.15am each Sunday

Regular services of Holy Communion

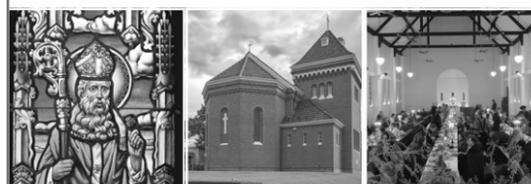
Kids Program

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



SOLUTIONS MATCHMAKING
 "The safest way to meet a genuine and suitable companion"
 9371 0380

ROCKINGHAM LADY 72 very attractive, lovely smile, brunette, slim, active, widow, gentle natured, warm, kind, ret. business. Sk sincere, charming man 68-75.

CLAREMONT LADY 69 tall, trim, well grmd blonde, ret. professional, happy, confident, positive, generous, sk honest, affectionate man 66-74.

SCARBOROUGH LADY 75 extremely youthful, vibrant, well read, attractive, slim, fit, well presented, personable, sociable, sound values, sk gent 68-78.

MORLEY LADY 66 petite, pretty, brunette, Asian heritage, a woman w/ integrity, considerate, affectionate, warm hearted, funloving, sk stable gent 66-73.

HILLARYS GENT 70s, tall, trim, well spoken, English gentleman, well grmd, sociable, generous, GSOH, loves overseas travel, home entertaining, being active, sk smart, attr, lady 65-70.

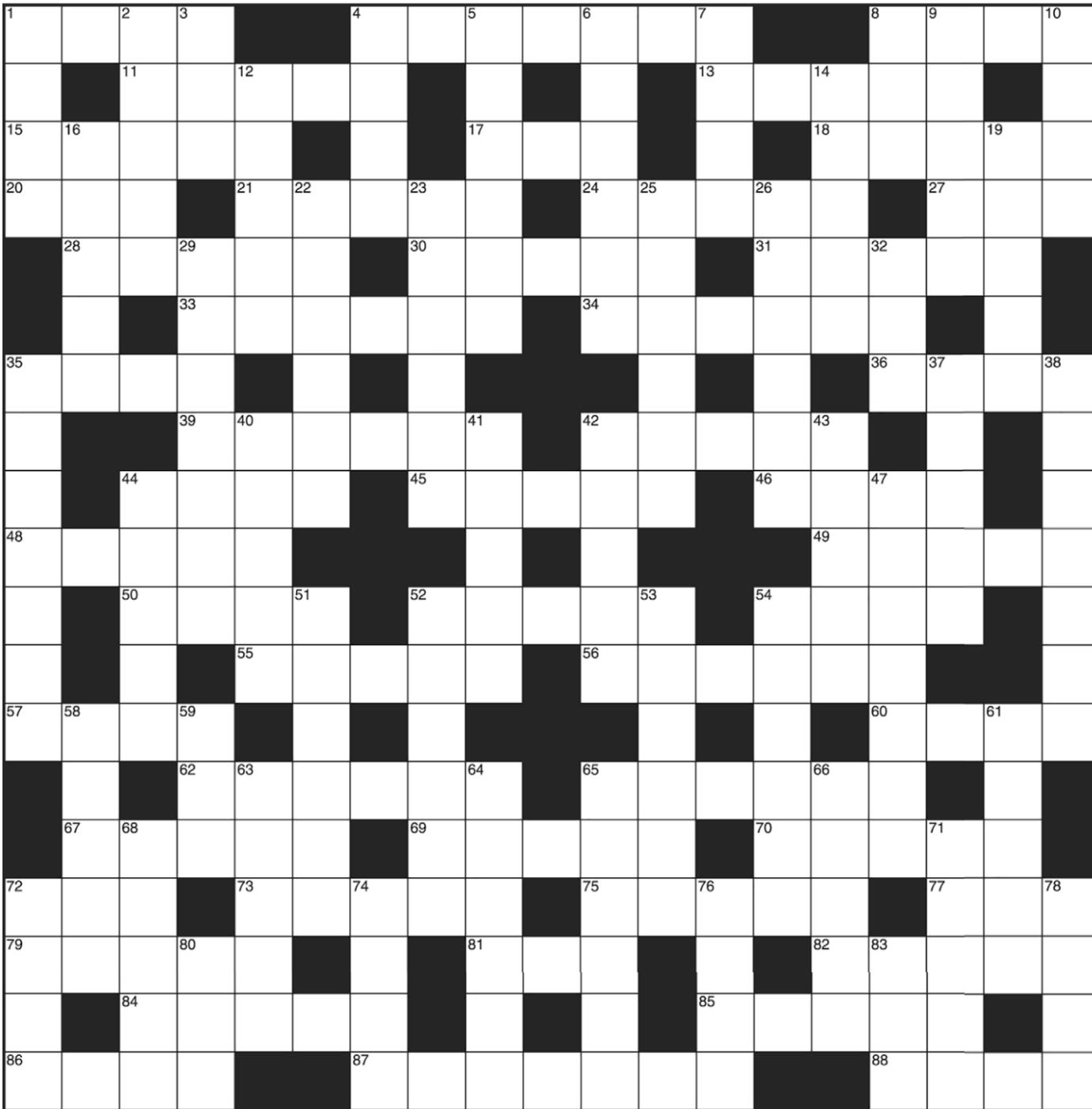
PINJARRA GENT mid 70s, healthy, trim, fit, active widower, relaxed, happy disposition, love travel, dancing, concerts, sk lady 68-76.

COUNTRY MID WEST GENT 62 educated, farmer/businessman, intell, d.t.earth, enj quality in life, appreciates simple pleasures, sk smart, city/country lady 55-65.

LESMURDIE GENT 72 ret. businessman, 183cm, trim, well grmd, friendly, country mindset, e/going, love travel, o/doors. Sk funloving lady 68-75.

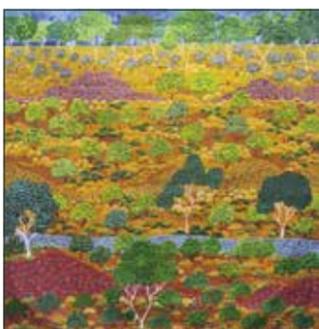
SOLUTIONSMATCHMAKING.COM.AU

BIG CROSSWORD - SEE PAGE 37 FOR SOLUTIONS



- ACROSS**
- 1. Spheres
 - 4. Romantic US falls
 - 8. International hostel group (1,1,1,1)
 - 11. Extremist
 - 13. Riding & roping show
 - 15. Hip-hop artist, ... West
 - 17. Hot brew
 - 18. As a whole (2,3)
 - 20. Mildly sweet (champagne)
 - 21. Marsh plants
 - 24. Gumtree marsupial
 - 27. Bushranger, ... Kelly
 - 28. Lamb leg cut
 - 30. External
 - 31. Wipe out
 - 33. Depletes (4,2)
 - 34. Fine jets of liquid
 - 35. Long movie
 - 36. Waist ribbon
 - 39. Tightly
 - 42. Tired reflexes
 - 44. Highland garment
 - 45. Devoured
 - 46. Swedish automobile manufacturer
 - 48. Holler of delight
 - 49. Flying fowls
 - 50. Actress, ... Paquin
 - 52. Warlord
 - 54. Aussie model, Miranda ...
 - 55. Heron-like bird
 - 56. Triangular savoury pastry
 - 57. Make (jumper)
 - 60. Warty creature
 - 62. Died down (of storm)
 - 65. Happened, ... pass (4,2)
 - 67. Denmark natives
 - 69. Afflicted
 - 70. Major artery
 - 72. Israeli city, ... Aviv
 - 73. At an angle
 - 75. Rested
 - 77. Cell phone's ... card
 - 79. Arab faith
 - 81. The masses, ... polli
 - 82. Excite
 - 84. Criminal fire-setting
 - 85. Apple drink
 - 86. Eyelid inflammation
 - 87. Shriek cry
 - 88. Vietnam/Mongolia continent

- DOWN**
- 1. Sturdy trees
 - 2. Cluster
 - 3. Cunning
 - 4. Cathedral's congregation area
 - 5. Is naughty (4,2)
 - 6. Comes to
 - 7. Soprano's solo
 - 8. Japanese money unit
 - 9. Grumbles
 - 10. Song, ... Lang Syne
 - 12. Gull relatives
 - 14. Personal account
 - 16. Fable writer
 - 19. Grins suggestively
 - 22. Supplement (3,3)
 - 23. ... or nothing
 - 25. Bereaved child
 - 26. Acquires (skill)
 - 29. Bidding war
 - 32. Donkey
 - 35. Custard ingredient (3,4)
 - 37. Fossil resin
 - 38. Lingered
 - 40. Unaccompanied
 - 41. Masted vessel
 - 42. Affirmative votes
 - 43. Wise people
 - 44. Dull brownish-yellow
 - 47. Soil oxygenation tool
 - 51. Shocked
 - 52. Muesli or porridge
 - 53. Shopfront
 - 54. From Seoul
 - 58. Nodules
 - 59. Go brown
 - 61. Wait for
 - 63. Broadcasts (signal)
 - 64. Hesitate
 - 65. Singer, ... Dion
 - 66. Carried
 - 68. Dispel (fears)
 - 71. Russian rulers
 - 72. Knots
 - 74. Charged particles
 - 76. Curved doorway
 - 78. Huge
 - 80. Exist
 - 83. Meadow (poetic)



Selina Teece Pwerle
Antarngeny - My Country

Come along to the York Festival

continued from front cover

"The great thing about the Avon Valley is there are lots of lovely towns a short drive away, and all of them have great accommodation options: think Beverley, Northam and Toodyay."

Will says they should be an essential part of your itinerary if you're planning a few days in

the Avon Valley.

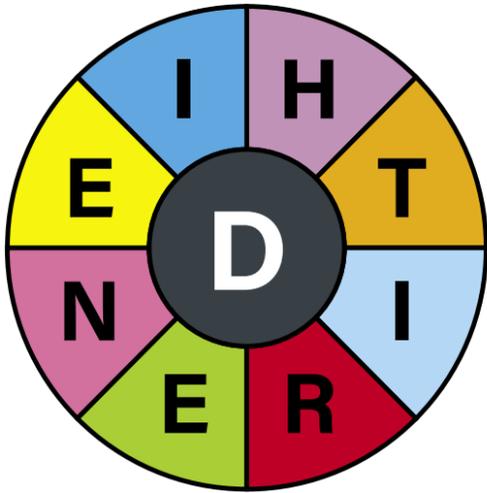
"And if you come stay a few days in and around York, sign up for some of the tours and workshops. It's such an interactive way to learn more about York's history."

"Swing by the Two Poets Paint exhibition at the Old Sandalwood Yards Gallery on a

Wednesday and you'll find me in residence. We can have a cuppa," he said.

Don't miss this fabulous festival from September 24 to October 9. Find out more or book one of the many events (free events require registration) and have an inland adventure at www.yorkfestival.com.au.

Wheel Words



Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals ending with S. See if you can find the 9-letter word using all the letters.

21 Good 26 Very Good 39+ Excellent

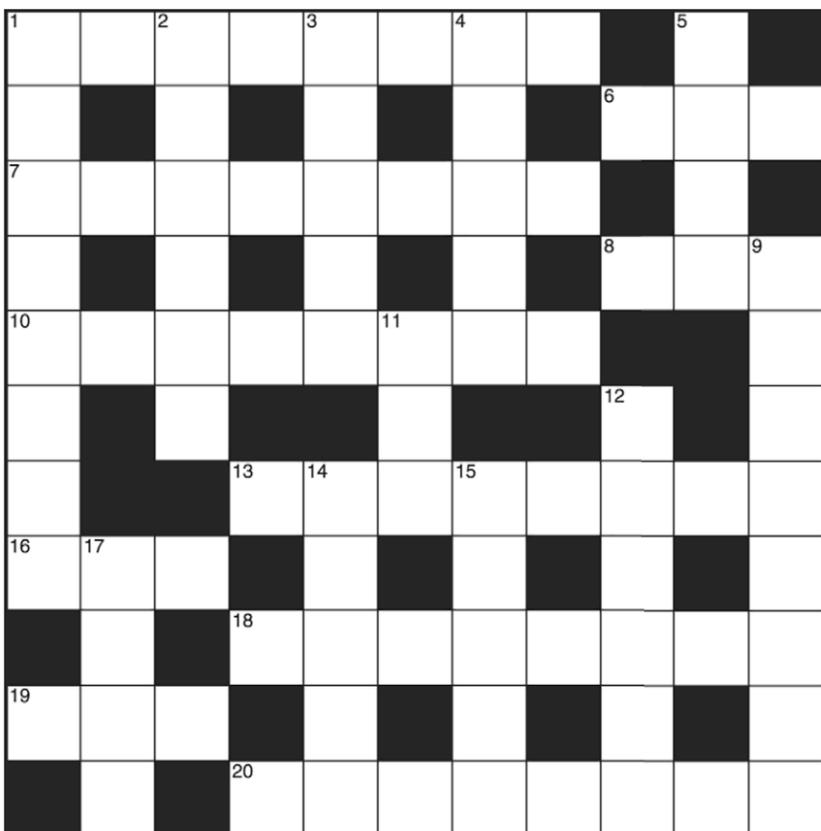
© Lovatts Puzzles

SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. RATING: ★★☆☆☆

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 3 | | | | | 8 | |
| | | | 4 | | 5 | 9 | | 2 |
| 5 | | | | 7 | | 3 | | 1 |
| | 1 | 4 | | | 7 | | | 3 |
| 7 | | 2 | | 5 | | 1 | | 8 |
| 8 | | | 1 | | | 4 | 2 | |
| 4 | | 6 | | 2 | | | | 9 |
| 3 | | 7 | 6 | | 8 | | | |
| | 9 | | | | | | 8 | |

CRYPTIC CROSSWORD



- Pauses give musicians a break (5)
- Offhand around sable (5)
- Alleviate the vowels for referee (4)
- Memo sent out with reminders of the past (8)
- A litigious woman? (3)
- Head of state in comic? That's great! (6)
- Courage shown when dentist hits one (5)
- Is AI able to make waterway? (5)
- Heard lyre has stories to tell (4)

STRAIGHT CLUES

- ACROSS**
- Give account of (8)
 - Swift punch (3)
 - London/Edinburgh rail express, Flying ... (8)
 - Diamond or ruby (3)
 - Dead ends (8)
 - Personal reminiscence (8)
 - Actor, ... Wallach (3)
 - Broadcast (8)
 - Head of wheat (3)
 - Ponders (8)

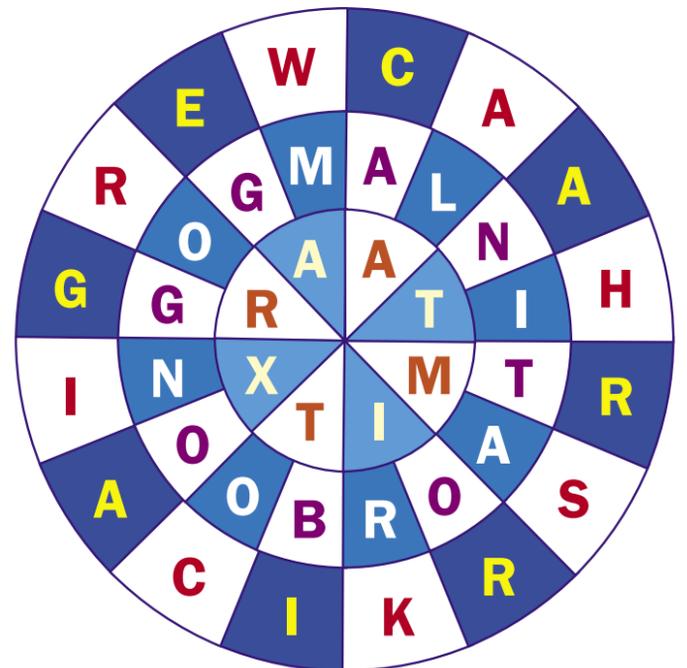
- DOWN**
- Apostle (8)
 - Serves of ice cream (6)
 - Relaxes (5)
 - Unenthusiastic (5)
 - Edgy, ill at ... (4)
 - Keepsakes (8)
 - Prosecute (3)
 - Intergalactic (6)
 - Skin sensor (5)
 - The Suez ... (5)
 - Untruthful person (4)

CRYPTIC CLUES

- ACROSS**
- Depict in words how Ed turned on writer (8)
 - Shot in Punjab (3)
 - Highlander? Most got mixed up in scan (8)
 - Jewel that can create green eyed monster, at first (3)
 - Naughty child and donkeys in blind alleys (8)
 - Rambling tale about one cadet (8)
 - Prophet known as eel? I say! (3)
 - Send out tin trams (8)
 - Sensitivity to music in your heart (3)
 - Thinks calmly about what a mirror does (8)

PRISM

TRACK down the six transport vehicles hidden in our prism. The words appear either clockwise or anti-clockwise and are on alternate spaces.



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The answer is finding you the right chair

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SAVE THE DATE

Saturday, Dec 31

2022 THE ULTIMATE NEW YEARS EVE CONCERT

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band - over 320million viewers on
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BLOOM

LUCY WILLIAMSON

NARELLE BELLE

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at the

HBF STADIUM

Tickets go on sale
Wednesday 21 September 9am