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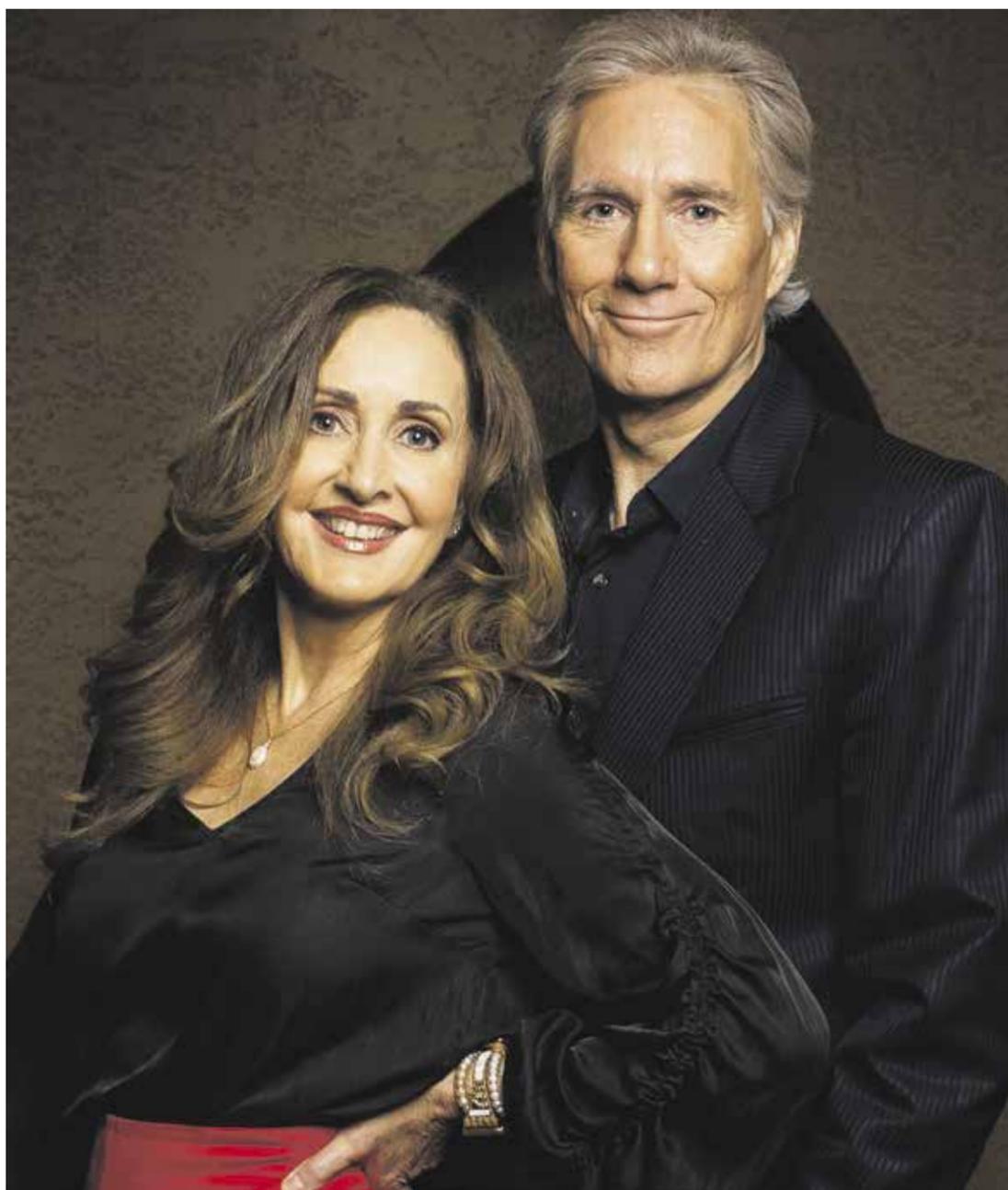
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The two of them...



Marina Prior and David Hobson look forward to touring WA

by Allen Newton

AUSTRALIA'S queen of musicals, Marina Prior, plans to still be working when she is 85 years old. About to turn 60 in October, Marina, who will be in Western Australia with *The 2 Of Us* tour, says even if she couldn't sing, she will pursue her acting career as long as there were roles for

her to play.

The 2 Of Us tour, travelling around Australia with Marina and operatic tenor David Hobson, hits WA at the Broome Civic Centre on Saturday, October 14, and then three days later will be at the other end of the state, at the Esperance Civic Centre on Tuesday, October 17, followed by the Albany Entertainment

Centre on Thursday, October 19, Mandurah Performing Arts Centre on Friday, October 20, Bunbury Entertainment Centre on October 21, and Astor Theatre in Perth on Sunday, October 22. The WA stint is her longest time away from home during the tour. Marina says she is particularly looking forward to

seeing Broome for the first time, but several of the other places the tour is visiting will be new to her. "I'm desperate to ride a camel on the beach," she says. "I've never been to Broome so I'm excited about that and never been to Esperance, but I have played in Perth and we've also played Albany and

Bunbury which both have terrific theatres and I think we might have done Mandurah."

While the touring group will fly from Broome to Esperance, the rest of the trip will be on the group's tour bus which Marina says gives them a chance to see something of the countryside.

"That's the beauty of what we do. I'm with some of my oldest friends doing what we love to do and what we feel like we're born to do and we get to see the whole country, going from Darwin to Broome, we've just been to Queensland, we're going through NSW, I feel like we're very privileged to do this.

"It's a beautiful way to earn a living."

She doesn't get particularly nervous before a show.

"I get more excited than nervous - and certainly with this show," Marina says.

"We're up to about 190 shows under our belt. If you were terrified every time there'd be something wrong. It would be exhausting if you were really nervous every time."

Her three children are now grown up, her youngest is 19, so Marina doesn't have to worry about leaving them at home and she's pretty comfortable with touring.

"I haven't got little kids and school pick-up and that sort of thing and the good thing with touring like this is we tend to work Thursday, Friday, Saturday and come home Sunday or Monday, so we get time on the ground at home every week.

"We also have factored in little breaks here and there which is really lovely.

Marina used to be heavily involved in the Christian church but not so much these days.

"I'm certainly a spiritual person, I have faith, but I'm not really involved."

continued on page 41

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From the managing editor's desk



L-R; Jen Merigan with Maggie Wilde West at the launch of the WA Women's Hall of Fame 2024 nominations at Parliament House - Sacha Mahboub is ready for his last Christmas show.

WA Women's Hall of Fame has opened nominations for the 2024 inductions. It's a wonderful way to recognise someone in your life whether they work in the community, business, arts, sport or science and technology. Having a record of women's achievements through the Hall of Fame is important for the state's history.

I was so thrilled that our founding editor Judith Treby was recognised posthumously in 2016 for her achievements with her work with this newspaper. At the launch of the event, which was held in the Aboriginal gallery at Parliament House, I had the opportunity to meet up with inductee Maggie Wilde West.

When I was a teenager I attended Maggie's theatrical classes which gave me great confidence and long lasting experiences. This inspirational women helped shape me at a

vulnerable age and I will be forever grateful for her input into my personal development. It has been wonderful for me to reconnect with her again. See page 22 for details on the nomination process.

★★★
The lovely Peter Keogh from Mandurah has been in touch to let us know that his husband Sacha Mahboub has decided to hang up his hat organising the Morning Melodies concerts at the Mandurah Performing Arts Centre. On Tuesday December 12, Sacha will be making his farewell appearance, after 13 years, hosting the Christmas morning concert. It will be a very special event with the 75-piece West Australian Youth Orchestra performing. Tickets are \$30 which includes morning tea at 10am and the concert from 11am to about 12.15pm. Bookings from www.manpac.com.au.

★★★
It was disappointing to see that seniors are being scammed online with a fake seniors card website. No wonder people still rely on our newspaper for trusted information. Be aware that the WA Seniors Card Centre have gone to great pains to get the fake site removed from the top listing on Google but it will still be online. Applying for a seniors' card is free so if you are on a site which is asking for your credit card details or a payment it is definitely not genuine. We have more details on page 23.

★★★
Every Friday night I join Tod Johnston on his Nightshift program on Radio 6PR for a regular entertainment spot listing a variety of events around town. It airs around 8.40pm and we have a lot of fun, so please tune in.

★★★
We have a lot of fun too on the *Have a Go News* Facebook page and it provides us with the opportunity to interact with readers on a regular basis. We don't do hard

news, we post a variety of entertainment, giveaways, jokes, art and information. Join us by following our page at www.facebook.com/HaveaGonews/.

★★★
Our online edition is released on the morning of publication day. Join the many readers who receive the electronic version of the newspaper direct to their inbox. Unlike other publications we don't send any advertising material just the digital issue once a month. Sign up for free at readers@haveagonews.com.au.

★★★
Don't forget our website has back issues of the newspaper from 2012 along with listings of clubs and groups. Visit www.haveagonews.com.au.

★★★
Spring is here and it's joyous to have some warmer weather. We hope you enjoy this month's read.

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

Quote of the month

"THE trick is to age honestly and gracefully and make it look great so that everyone looks forward to it."

Emma Thompson

Have a Go News Quick Quiz

1. What was the last "great southern land" to be discovered?
 2. Which ocean current runs along WA's coast?
 3. Name Australia's fourth largest city
 4. Which movie actress portrayed Barbie?
 5. Which ABC program probes the media?
 6. Who is Joel Creasey?
 7. How long is the Channel 9 news?
 8. Frank N Furter is in which stage show?
 9. Which TV presenter called Olympics, horse racing and AFL?
 10. Which group runs soccer's Women's World Cup? (4 letters).
- See answers page 35.**

Noongar Words

Biyoo - Awake
Kaal - Fire

Noongar Season

Djilba - Late winter and early spring

Ageing Snippet: Six minutes a day can avoid serious oral side effects

TWO-thirds of Australians (65 per cent) aren't aware of the close link between mouth health and some serious medical conditions.

The Australian Dental Association's (ADA) latest Consumer Survey has uncovered confusion about people's understanding of neglected oral health and its knock-on effect of possible serious health issues like Type 2 diabetes, asthma and cardiovascular disease.

With three in four people (75 per

cent) rarely or never flossing daily, and almost one in five of us (18 per cent) brushing only once a day, both which are essential and easy elements of any healthy mouth routine, most Aussies have a way to go to get these basics right.

Six simple minutes a day brushing and flossing helps avoid the negative effects of poor oral hygiene on the rest of your body.

Not only will your mouth thank you, your whole body will too.

Great West Aussies - Did you know?

Ex-SAS commander, James McMahon, served in East Timor, Iraq and Afghanistan, awarded a Distinguished Service Medal and Distinguished Service Cross. West Australian of 2009, he became WA's Corrective Services Commissioner. McMahon was chief operating officer for Kerry Stokes company ACE and two major advisory firms.

Word of the month

Vicissitudes

noun plural vuh-SISS-uh-toodz
VICISSITUDES refers to events or situations which occur by chance. It may also apply specifically to the difficulties or hardships, usually beyond one's control, that are commonly encountered in life.

Example

Capricorns are often described as persistent, down-to-earth strivers, unlikely to be thrown off by the vicissitudes of life.

Vicissitude is a descendant of the Latin noun vicis, meaning "change" or "alternation," and it has been a part of the English language since the 16th century. In contemporary usage, it most often occurs in the plural.

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Patti Newton returns to the stage in memory of husband Bert



Patti Newton © Sam Tabone

by Allen Newton

PATTI Newton is honouring the memory of her late husband, television legend, Bert Newton, by getting back on the stage.

And she'll be doing just that when she reprises her role as the Bird Woman in the musical *Mary Poppins* which has its Perth season at the Crown Theatre from Saturday, September 9 to Sunday, October 22.

Bert died in October 2021. He was Patti's first love, the pair were married for 39 years and together for more than 50 years.

Because his nickname was Moonface, every time she looks up at the moon she sees him looking down

at her urging her to keep going.

She feels he is never far away.

Outside her *Mary Poppins* dressing room in Adelaide before the show heads to Perth was a big photograph of Bert alongside the many stars who had worked at the theatre.

"He just happened to be right outside my dressing room," Patti says. "Every night I'd say come on Bert, here we go, come on stage with me. I feel that he is very much a part of everything I'm still doing."

Patti is doing her best to carry on without the love of her life.

"When I go to the cemetery I always go with the

grandkids and my daughter and often people will come over and say hello and many times they say, 'my Mum lost her husband and she can't get out of bed, she's just letting herself go, how do you do it?'

"I think you just have to realise that life is for living and Bert looking down from heaven would be really, really cross if he thought that I was brooding and not doing anything and giving up on life.

"I'm lucky because I have grandchildren and kids and you have to be good around them.

"They have beautiful ways about them. My seven-year-old Monty – and I adore them all – likes to come and stay with me on the weekend when I'm home. She hops into bed, holds my hand and says, 'I don't want you to be lonely for Poppy Nan'.

"How lovely is that?"

"And when we look up and see the moon, particularly if it's a full moon, we always say 'hello Poppy' and the kids always say 'see, he is looking down on you Nan'.

"And I always say: 'I love you to the Moonface and back'.

"I think that is what has kept me going and if I had any advice for anyone who has lost a loved one it would be that you must continue to live, because if you don't, then you might as well go with them.

"We're only here for a short time and you have to make the most of every minute."

For Patti that means back to treading the boards.

She has already played the part of Bird Woman in *Mary Poppins* in Brisbane, Melbourne and Adelaide and steps back into the role which was being played by songstress Marina Prior.

The 78-year-old says she's not ready to give up performing and the role of Bird Woman was an ideal way to get working again.

She also says it would be pretty hard to turn down a role where the leading man's character was named Bert, played by Jack Chambers. *Mary Poppins* is played by Stefanie Jones.

"The whole *Mary Poppins* is a wonderful show, a beautiful show for kids, but it's lovely for adults as well. It has a great message."

The Bird Woman scene helps *Mary Poppins* to teach the children, Michael and Jane, not to see things as they are.

"That's what I love about this role and I know Nancye and Marina (Hayes and Prior who have also played the Bird Woman) feel the same.

"I think this role was sent to me from heaven because after Bert it was always going to be pretty tough for me, because we had a wonderful marriage and a great relationship.

"We had been together for more than 50 years – and you get to the stage that you know how one another breathes so it was always going to be very difficult.

"When this role came up, I felt that it was something special. Even though Bert had never done *Mary Poppins* I think he would have been very pleased that I was doing it because it gave me a bit of a purpose and it helped me focus on something."

With eight Perth shows each week, Patti is unsure if she will have much time to get out and about.

"I'm also not very social at the moment, or ever really, and I've become a bit of a social recluse, which at my age I think you can.

The schedule is gruelling even though Patti says her part is not major and more of a cameo role, but nonetheless is important to the show.

When Patti was playing the role in Brisbane she brought her daughter Lauren and son-in-law Matt and their six children up for a month over Christmas when she was finding it tough after losing Bert.

"We didn't want to be apart and all wanted to be together so I spent Christmas with them and new year and we had a lovely time."

Lauren and her two, four and seven-year-olds will also come to Perth for a week during the school holidays.

"It has done me good, but nothing will ever change, I'll grieve for Bert for the rest of my life. He was the love of my life, but life has to go on and you have to do things that are good for you and good for the family and this has

been one of them."

Patti has no plans to retire and has already signed up for another show when *Mary Poppins* finishes.

"Then I'll have to see how I go. I'll be heading for my 80th then and I think if this is what God meant me to do then I'll be doing it as long as my health stays okay.

I shared a Bert story of my own with Patti, about a time many years ago when I interviewed him on the set of his morning television show.

The next thing I knew the cameras were on me

and I was being introduced as Bert's long-lost brother, which I told Patti had given me quite a start.

"That was so Bert. He loved doing those sorts of things and pulling gags like that," she says.

Patti says people should bring their children and grandchildren to the show.

"It's a very special show and there is a great message in it for kids and a great message in it for all of us really."

Tickets for *Mary Poppins* are available at marypoppinsmusical.com.au/tickets.



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Long term paddler takes on the Avon Descent



L-R; Charlie Elliott at his first Avon Descent in 1973 - at this year's event

THIS year's 50th Avon Descent was a milestone for avid competitor Charlie Elliott. The sprightly 83-year-old took part having started in the first Descent in 1973, as well as taking part in many races in between.

The British-born, long-time Kwinana resident was the oldest competitor in this year's Avon Descent and finished the race comfortably, receiving a medal for his efforts. He competed in the inaugural event and went on to compete in the Descent in Canadian, slalom, DR boats, marathon K1s, single, double and triple surf skis, mostly his own designs.

"In January 2020 the Elliott family asked Charlie what he would like to do for his 80th birthday," daughter-in-law Phyllis said. "Naturally enough he said he would like to skydive over Rottnest from 15,000 feet.

"And with that, he jumped out of a plane. How else could you celebrate such an important milestone? Well, Charlie told his family that he would like to set his sights on competing again in the Avon Descent's

50th anniversary event in 2023 when he turned 83.

"It is believed Charlie was not only the oldest person in the race but probably the only person to have competed in the first and 50th Descents, a race that has been a huge part of Charlie's life."

Charlie's association (some might say obsession) with the Avon Descent started in 1973 in the inaugural event. With no paddling experience to speak of, and armed only with enthusiasm and a sense of adventure, he competed in the first event with his late wife Jean.

Charlie was bitten by the Avon bug, but not Jean. That was the end of her paddling career and she remained Charlie's trusty support crew in everything they did up until her passing in late 2022.

Charlie went on to compete in 35 Avon Descents, and has accumulated several class wins in single kayaks. He was the first to compete in a Marathon K1 of his own design, built in 1983, and helped the Avon Descent become registered as an international event.

He is an accomplished paddler outside the Avon Descent. In 1985 he was included in the Guinness Book of World Records for the longest solo distance paddled in 24 hours in flat water, a record that was set on the Swan River and again in a White-Water Racer class kayak of his own design and build.

Not long after that, seeking more adventure, Charlie took part in an expedition to paddle the Sun Kosi River in Nepal, becoming the first expedition to complete the distance without a portage.

Of all Charlie's achievements in his 83 years what ranks highest is being recognised by the Kwinana City Council in 1985 as their Sports Person of the Year. He proudly wears his award blazer to this day.

Son Tony and daughter-in-law Phyllis have followed Charlie into the Avon Descent, this year competing in a triple surf ski, again in his design. The team was appropriately named Triple Bypass.

Will Charlie compete in another Avon Descent? Time will tell for this committed, energetic octogenarian.



An interesting journey into the digitising of the John Forrest scrapbook



presents another community talk this month on the journey of digitising the John Forrest scrapbook.

Presenter Sally Anne Hasluck left, has worked in the museum world since 1975 and is constantly drawn to the power of original records. This began in the old Batty Library with research for the History of Claremont by Prof Geoff Bolton at a time when there was access to original documents.

Following board membership of the state and national museum she was president of the RWAHS 2013-16. She now serves as vice-president and chairs the History West Community Centre planning committee.

The scrapbook, closed for 150 years, is now open and digitised. It is a personal record kept by John Forrest of his 1869, 1870 and 1874 expeditions and reveals a young man

documenting his achievements not as a diary but in a collection of letters, telegrams and reports in newspapers — mostly accolades of his difficult desert journeys as leader of a team which included Aboriginal members.

The most arduous in 1874 was from Geraldton across to the north/south telegraph line and down to Adelaide. He valued his 'scraps' as keepsakes and pasted them into a leather-bound scrapbook. A

selection has been made for an online flip book while the whole can be accessed by researchers in the library. Come and explore the journey of the scrapbook and the man.

The talk will be held on Wednesday September 27, 10am for 10.30am cost \$10, bookings essential at the Royal WA Historical Society's Stirling House 49, Broadway Nedlands. Call 9386 3841 or Email: admin@histwest.org.au

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Journey of an artist who loves to share and show his work



Paul Moncrieff © Serena Kirby

by Serena Kirby

WA artist Paul Moncrieff never liked school and he certainly didn't study art at school. "School was crap and so were the teachers," Paul says.

"I went to a Catholic boys' school but I wasn't a Catholic. I went because my mother pulled some strings. Art wasn't part of Catholic education in the 1950s so I had no exposure to art as a kid."

Wanting to do a better job than his teachers Paul headed to university to train as a teacher and when it came to studying art as part of his degree, it unlocked something in him that he never knew was there. Paul then switched to study as an art teacher - then known as an Associateship in Art.

"We studied a lot of art history - you know - the Renaissance era, Ba-

roque and so on. When we got to 20th Century art it was such a relief. I found artists like Picasso and the Cubist artists really, really exciting. It gave me a sense of freedom to pursue my own direction but it's taken me decades to get to what I'm doing now."

With an interest in collage and assemblage and spurred on by the works of American artists like Jasper Johns and Robert

Rauschenberg, Paul decided to focus on the exploration of incorporating different materials. This was all while he worked as an art teacher, mentor and academic. He also spent 14 years as head of Edith Cowan University's painting and drawing department until he retired in 2007.

Paul has now been exhibiting his work for more than four decades and his art is included in a range of public and private collections both in Australia and overseas. The Art Gallery of WA, UWA, Artbank, Janet Holmes a Court Collection and the State's biggest collector of work by WA artists, Lloyd Horn, all have Paul's work in their collections.

Now in his mid 70s it's fair to say that most of Paul's pieces held in collections are more recent works as they were produced in the past 12 to 15 years. His work has also developed a highly distinctive and recognisable style with colour, patterns and geometric shapes

becoming a significant part of his art practice.

"I've always liked making my own things and I'm quite obsessed in that way. I'm very interested in architecture; I designed and built my own house, my studio and my workshop and there's definitely an element of architecture in my artwork. There's also an element of music. I play guitar and used to play drums so there's a kind of percussive, repetitive thing going on in my work."

Paul adds that he's also always been interested in composition, colour, shape, texture and form - the formal aspects of art practice - and he combines these with his love of making things.

While Paul has held dozens of exhibitions over the years, he says he's very picky about where he shows his work. This is

mainly because his work often needs large hanging spaces and there are often multiple pieces that come together to create a whole.

But Paul is okay with that as he predominantly creates for his own enjoyment and is more interested in showing and sharing his work than selling it.

"If you're simply creating because you want to sell stuff then I see that as a bit of an issue. Selling my work is not the driver for what I do. I don't re-

ally care if my work sells or not because I do it for myself and for people to see."

Find out more at www.Paulmoncrieff.com

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If you would be interested in 'having a go' at floral art, why not come to one of our meetings as a visitor? Check out the website for details www.wafloralart.org.au
We are in the process

of changing our website, so, if you experience any problems, do not be alarmed. The 'contact us' part it still operational.

We love having new members join and enjoy getting them started on their floral art journey. In fact, we have a workshop planned for October, but you do have to be a member to take part in this event. I look forward to meeting you.

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

Correction - date for ADSA Christmas picnic



LAST month the Asbestos Diseases Society of Australian listed the upcoming event of the annual Christmas picnic which will be held in Millet Park, Innaloo on December 5, the correct date for this event is Sunday November 5.

ADSA would love as many volunteers as possible to donate baked or bought treats to the jumbo fundraising bake stall or assist in setting up on the day.

For more information, please contact the ADSA office on 9344 4077.

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This beautiful puppy is called Jan. She was born in February 2023 in Perth as part of Guide Dogs WA's Breeding Program. At eight weeks of age she joined the Puppy Training Program, the first stage of a two year journey to become a Guide or Assistance Dog for a Western Australian with low vision, disability or illness.

During the Puppy Training Program Jan will develop her obedience skills and gradually be exposed to a wide range of environments. Did you know that Guide and Assistance Dogs in training have the same access rights as a working dog? This is to ensure that they learn how to navigate around and are confident in different environments.

She was named Jan after the loved one of a gentleman who left a generous gift in his Will to Guide Dogs WA.

If you would like to help provide the Guide and Assistance Dogs of the future please consider including a gift in your Will to Guide Dogs WA. Your gift, whether large or small, will help provide more of these life-changing dogs.



For information about including a gift in your Will to Guide Dogs WA, visit guidedogswa.com.au/gifts-in-will or call Kay on (08) 9311 8285.

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Seventy years later this couple fall in love all over again

by Allen Newton

BARBARA Jorgensen and Norman Ashworth's love story was 70 years in the making.

It began as a friendship formed at a senior Boy Scouts and Girl Guides retreat in the Perth Hills in September 1950 when the then Barbara Campbell and Norman Ashworth were 17 years old.

"We didn't know each other, but I recall on the Saturday night talking with this blonde, but I was 17 and girls were

a strange thing, but we had a conversation and that was all it was," Norm says.

"On the Sunday, late in the afternoon or evening, there was a bus going back to the city and we were getting on the bus which was over-full.

"I was sitting down, and Barb was looking for a seat and being a gentleman, I decided to offer my seat to the blonde I had been talking to the night before.

"She said, no, no, no, you sit there and I'll sit

on your knee. We were vaguely acquainted at that stage, so she sat on my knee and the next thing I know she was holding my hand."

Barb chips into the conversation here and says: "I was slipping off his legs, so I told him to put his arm around me so I didn't slip off."

It was Norm's final year at school, and Barb was working on the switchboard at an insurance company, but the pair arranged to meet up again over the next couple of months, going to see a musical at His Majestys Theatre and a trip to the beach.

What could have blossomed into a romance was thwarted when, in the January, Norm went off to join the Airforce to train at RAAF College at Point Cook, just outside Melbourne.

In his absence Barb met and fell in love with Jack Jorgensen. Together they had four boys and

Barb enjoyed a successful career in department and as a make-up artist at Channel 9 in Perth.

Norm went on to have a distinguished career as a pilot in the RAAF, and in 1961 met a young country primary school teacher, Margaret Stewart whom he married in 1962 and with whom he had a daughter and two sons.

While Norm and Marg spent time posted to Indonesia, Canberra, Townsville, Pearce and Sydney, both couples kept in touch and caught up from time to time when Norm and Marg came to Perth.

When the time came to hang up his flying helmet after 37 years in the RAAF Norm and Marg retired to Perth where the weather was warm, the frangipanis blossomed and two of their children lived.

Sadly, both Norm and Barb's spouses died some years ago, Marg

died in 2012 and Jack in 2016, but the pair kept in touch.

When Barb decided she wanted to do a river cruise and the friend she was planning to go with said she was unable to go, Barb's son, also called Norman, suggested she ask Norm.

"I looked at him and said 'what?'," Barb says.

But as it happened the pair were due to catch up for a lunch and while at lunch Barb asked Norm if he would like to go.

"I hadn't really thought about that extent of a relationship," Norm says.

"But I thought why not, so I took on the job of making all the bookings, but then I thought if we were going to go on a river cruise together we'd better get to know each other a little better."

What started out as a river cruise with two separate cabins ended up with one shared cabin and their romantic bond was rekindled.



Norman Ashworth and Barbara Jorgensen

The pair recently celebrated their joint 90th birthdays with family and friends and are now planning a round-the-world cruise together.

Norm says it has been

easy falling into the new relationship, perhaps because they had known each other for so many years.

"It just seems to work," he says.

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Free ballroom dancing lessons running in Karrinyup

OVER 50s Ballroom Dancing Club had a huge response to their free ballroom dancing lesson advertised in this paper earlier in the year.

They are continuing the classes in Karrinyup until the end of the year and look forward to welcoming more

people to attend.

The free beginners lessons are for those who are aged over 50 and interested in ballroom/New Vogue dancing. The classes run from 10.30 am to 11am and will be available on September 14 and 28, October 12 and 26 at the Stir-

ling Leisure Centre on the corner of Nerita Way and Newborough Street in Karrinyup.

On Thursday September 14, the club will hold a spring ball at the Stirling Leisure Centre with dancing from 11.30am to 3.30pm. Tickets are \$20 members and \$25 for visitors. BYO

lunch and there are free tea, coffee and biscuits with door and spot prizes. For bookings call Ann on 9388 9049.

Find out more about the club or free lessons at www.ofbdc.org.au or contact the president Ian on 0414 808 491.



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The stories behind the story: journalist Gary Adshead tells it all



Gary Adshead

by Josephine Allison

WELL known Perth journalist Gary Adshead has covered the big stories across WA in the past 25 years as one of the state's top investigative reporters. Now a podcast series takes a new audience behind the scenes of some of the big stories he has covered from the momentous rescue of British sailor Tony Bullimore to the strange case of State MP Barry Urban which took five years to uncover.

A multi-award-winning journalist and broadcaster, Adshead has delved deep

into his archives to deliver a compelling cross-platform series, recounting some of Australia's biggest cases in the Nine eight-part *Reporter: True Stories*.

Launched with weekly feature articles on *WAtoday.com.au* and weekly podcast episodes, the series recounts notable cases where Adshead either broke the news or made the news, and delivers raw, personal insight into the life of a reporter and what really happened behind the headlines.

Each podcast sees Channel Nine colleague

Michael Thomson set the theme and then brings in Adshead to tell the behind-the-scenes story.

"Michael and I are of a similar vintage so he and I are a natural fit to tell these stories," Gary says.

A hoarder of files, tapes and film accumulated down the years and used for stories, Gary says he has kept it all in ratty old manila folders in old filing cabinets in his garage.

"When I started at radio 6PR (hosting the 9am-morning Mornings Show) I was told if I had an idea for a podcast there was a production team in the eastern states that could do it through the Nine Entertainment brand.

"I really thought I had an idea and this is a trip down memory lane of some of the major stories I have worked on. Once they got excited about it, I literally went into the garage and pulled out ten folders and tapes on stories I thought were big enough, but I also knew they were behind the scenes elements to the stories that a lot of people didn't know.

"I'm back on radio now talking for a living again, so it is a good chance to put that into a podcast but I also write for *WA Today*. Every time I do a podcast, there are 2500-3000 words attached to it as a

piece which goes onto the website as well."

Gary started the series with the Tony Bullimore rescue.

"It was more than 25 years ago but I remember how big it was, I didn't think it would be as big but once he was found alive it became this global story about how this guy survived down in the ocean almost halfway to the Antarctic.

"I didn't realise how big it was going to be until that moment when he popped up in the water. I'll never forget when the ship's captain came to me and said: 'You are the only television journo on this thing and we have got call, upon call, upon call from the media wanting grabs and someone to speak to, can you do some, we can't keep up.'

"There was the BBC, CNN and many other media giants who wanted coverage so I started with that in the podcast because it would reach more people in terms of their memory."

Gary says the podcast already has received a great reception, ranking number seven in the news category on Spotify and 19 on its Apple equivalent. In terms of charting, the *Head in a Bag* podcast about a washed-up head

on Rottnest received 2000 downloads in 36 hours.

"I am a person who lives each day but doesn't think too much about the future so the fact that I am looking back over 40 years is something. My first job as a journalist was in 1984 and I can now look back on those stories, what I did and how lucky I was to be involved.

"A good example is the rescues of Tony Bullimore in the ocean and Robert Bogucki in the Great Sandy Desert, organised crime, politics, the big political stories and a cross section of stories I've done. After 40 years I can look back and say that was a memorable story. I never look back or have any regrets about deciding to be a journalist, that's for sure."

"Hand on heart, with my head down I favour being a police reporter on organised crime and corruption, I really get a buzz out of that. If I can blend crime into politics that's certainly an amazing area for a reporter.

"A story I started towards the end of 2017 and went on for five years was the Barry Urban saga, that was politics turned into crime. Urban recently got out of prison after being inside for all manner of frauds.

"That story had so many

twists and turns, I would think I could run the story, then something would happen, I'd have to go back and research further. It was quite an exercise from the moment the information came that Urban might be a bloke wearing fake medals to the point where we could write a front-page story, saying the Labor Party might have a problem with this guy.

"Sadly, for Barry Urban everything did come off and he paid the price by being sent to prison."

Gary says he has a naturally inquisitive mind.

"If I hear something I want to find out more if I believe it can lead to a story. I never hear something that might make a story without making at least one phone call.

"When I see something as not being true, being purported, spun or

twisted, I have perhaps an over-the-top desire to prove them wrong when I know they are wrong. It has never really left me in all the years I have been a reporter. I guess I'm lucky that hunger is still there."

And Gary says the podcasts are a great opportunity for a younger generation to learn about some of the big stories of the day.

The remaining stories in Gary Adshead's podcasts *The Reporter: True Stories:*

Monday, September 11: Spy Base Echelon. How The Reporter unearthed one of the world's most secret spy bases in WA, and the 10 questions he was permitted to ask.

Monday, September 18: Barry Urban (two articles). The photo and the phone call. How a tip-off and a five-year investigation landed its subject in jail.

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Where Opinions Matter - let's promote local products to Western Australians



by Lee Tate

WESTERN Australia has every reason to get serious – truly serious – about promoting and selling WA products to West Australians. It is timely to crank-up a fresh, long-term campaign.

A sustained project would involve state and local government, producers, businesses, employers, unions, advertising and marketing, media and social media plus regional organisations.

Western Australia, undeniably, has the entrepre-

neurial spirit, the produce, the producers, and a proven willingness to excel.

Every sector of the State has a vested interest in promoting home-grown products: profits, jobs, growth, security and futures for our kids and grandkids.

Key issues are prices, labelling and supermarket involvement but it seems a “crime” to be buying butter from Ireland, milk from Victoria and jars of fruit from Europe.

At the supermarket, prices rule over State loyalty and nationalism. What taxes and levies on WA's production and distribution process could be eased?

How and where can we upgrade machinery and equipment to improve production and transport and lower prices?

What super-profits and taxes from the bountiful resources and financial sec-

tors could help underwrite our struggling producers. Western Australia has the people, the land and the incentives to expand.

Our primary industry sectors produce and export seafood, dairy, fruit, vegetables, meat, livestock, aquaculture, grains, pulses, oilseeds, honey, processed foods, wines and beverages.

How many of these top-quality WA products have you bought in the past year? Do you look at labels to see where they are sourced?

Our trade boffins proclaim: “WA produces some of the finest, most sought after and ecologically sustainable seafood in the world, offering a wide range of fish, western rock lobster, prawns, abalone, octopus and seaweed.”

We supply 30 countries with cereal grains, edible oil seeds and plant

oil, pulses, wheat, barley, oats, canola and other grains.

WA is a world leader in animal exports and producer of premium fresh meat products, including beef, lamb, pork, poultry and goat, as well as some of Australia's highest quality milk and dairy products including cheeses.

Overseas markets snap-up our processed meats, olive oils, native honey varieties, preserves, dips, bush and indigenous foods, craft beers, gin and spirits and kombucha (fermented tea).

WA, with 71 million hectares of agricultural land and five diverse climate zones, is one of the most pest-free and disease-free agricultural production areas in the world.

WA exports of agriculture and food products are worth about \$10 billion with top products includ-

ing wheat, canola and

barley. Our state exports around 80 per cent of its agricultural production.

About 70 per cent of the State's agrifood exports went to Asia, with China, Indonesia and Vietnam among our largest markets.

WA's near-independence stance during the pandemic proved we can stand on our feet (if there were any doubts). The mood is right for a parochial push.

Last year, the State Government launched its Buy Local Policy “designed to ensure that businesses and workers in regional WA benefit from the State Government's significant annual spend on goods, services and works.”

The government spends \$27 billion yearly on goods, services and works.

The policy was “all about ensuring that local



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businesses are given every opportunity to carry out work for the State Government in their local area.” The primary focus was on small and medium enterprises which make up at least 97 per cent of WA businesses.

A far wider public campaign, along the lines of “Look Local” or “Buy

Local” would slot-in well. Powerful, prominent and colourful “Buy WA” labelling is required.

Buying imported goods is not a crime but it makes sense on all fronts to choose home-grown.

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Going wild at Joondalup Libraries

DID you grow up reading *Where The Wild Things Are* by Maurice Sendak? Max and his night forest, the wild things he meets on his adventure and how he tames them with his magic trick.

This classic picture book turns 60 in November and to celebrate, Joondalup Libraries have a *Wild Things* extravaganza planned for the Spring school holidays.

Maybe it is authors that light up your event space. Locals Brodie Whitburn, John Hollywood and the ever-popular Natasha Lester will be visiting.

If Discovery Sessions are more your scene, topics range from learning about nut milks and visible mending to wreath making and all about Quendas.

And of course, all the regular programs such as Story Time, Stories in the Park, Rhyme Time, Lego, knitting, jigsaws and games groups.

Check out the Libraries Spring Event Guide for event details and booking information or go online at www.joondalup.wa.gov.au.

Let's get the Spring Wild Rumpus started.

Book Review: Local author looks at life

Landscapes of a Life: It is not always at it seems
by Brian Easton
Reviewed by Pat Paleeya

DURING his 30-year career in the public service

Brian Easton has worn many hats. He was a chief executive of Perth Zoo, a director of Melbourne Zoo and while he was there he managed to negotiate the importation of elephants from Thailand. He is also

an environmentalist and conservationist and was recognised for his dedication in 2016 being awarded an Order of Australia.

In her forward to this book Susan Hunt PSM writes he moved from

portfolio to portfolio with ease. No doubt Brian Easton would have faced many bureaucratic challenges along the way. He dealt with these challenges with honesty and great respect for others.

The beginning of the book deals with his childhood in the time after WWII growing up in Perth and his coming of age and career thereafter. This is a very interesting snapshot of a much simpler life in Perth at that time.

I must mention that Brian's father was one of a few Australian cameleers in the Murchison, non-Afghan cameleers were a scarcity and the story of his father working with them is fascinating.

Lots of stories and anecdotes concerning government departments are all told with great humour and respect.

Landscapes of a Life: It is not always how it seems
by Brian Easton AO

Landscapes of a Life: It is not always how it seems by Brian Easton AO can be purchased by emailing Chrissie Easton at c.easton@iinet.net.au with name and address for free postage. The cost per book is \$29.95.

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Family history research uncovers exotic tale of a long lost relative



L-R; Glenys Hatch and cousin Sherrin on Prince of Wales island, Torres Strait Islands - Sherrin and Kaurareg Tribe elder, Enid - Glenys and Enid

by Allen Newton

PERTH woman, Glenys Hatch struggled for years to tie down one of the arms of her family history, but what she eventually uncovered was amazing. She and her cousin Sherrin discovered that her great, great grand-aunt and Sherrin's great, great grand-aunt had been the only survivor of a shipwreck in the Torres Strait in 1844, had been rescued by Kaurareg people, living with them for five years before being rescued. Barbara Crawford had arrived in Sydney from Scotland on the *John*

Barry in 1837 with her mother and father, Charles and Jane Crawford and their children Alexander, Charles, Mary, Anne, Jane, Andrew and the baby of the family Margaret, who was born on the voyage, as part of the Immigrant Bounty Scheme. Times were tough for the family. Baby Margaret had died while the family was in quarantine, Charles had turned to drink and was violent at times. They were partly relying on charity for food and the two youngest children had been taken out of school because the family couldn't afford the school fees.

In 1844, when Barbara was only 15, she met a William Thompson and eloped with him to Moreton Bay in Queensland. There, he procured a cutter and with Barbara and two crewmen, sailed along the Queensland coast and into the Torres Strait searching for the wreckage of a whaling ship which they thought would enable them to make a fortune selling the whale oil they thought they would find. Instead, they hit a reef and sank and all on board except Barbara died. She was rescued by Kaurareg people and tak-

en to Muralug Island, now called Prince of Wales Island, and spent five years living with them before she was found by a British survey ship, HMS *Rattlesnake*. The chief on Muralug Island had recently lost his daughter and believed Barbara was the ghost of his daughter and called her Giom after her. In her time with the Kaurareg people Barbara adapted to their way of life and followed their customs, moving around according to the season and trading with other islanders including the head-hunters of Papua New Guinea.

Reports began to circulate in Sydney that a white woman had been seen living on the islands and Charles Crawford raised a petition asking for help to find his daughter. Eventually the authorities sent ticket of leave man, John Davies, who had lived with Aboriginals, to find her, but when the Kaurareg people saw him they hid Barbara and his mission was a failure. But in October 1849 the *Rattlesnake* was surveying the area and when some crew members went ashore to find fresh water they came across Barbara who ran towards them asking for help. Barbara returned to her family in Sydney in February 1850 and married twice but had no children of her own. She did though help to raise the

young family of her sister Jane after she died. Barbara lived in Balmain with her niece and her family until she died in 1916 at the aged of 82. Glenys and Sherrin have spent 15 years tracking down Barbara's amazing story and last year were able to visit the Torres Strait Islands to meet the elders of the Kaurareg Tribe. "We were warmly welcomed because Barbara is a legend in the Torres Strait and is loved and respected. People would come up to us to touch us as we shared her blood," Glenys says. "Her story has been passed down the generations through oral history since she was rescued." Glenys says the elders had asked them to bring any information they had

about Barbara, both from before and after her time on the island. "We took a photo book and a folder of documents and records that we had gathered over the years. "Sherrin took a Sherrin football so they wouldn't forget her name and I took a framed photo of Barbara with two of her sisters. This is the only known photograph of Barbara, taken in her later years. Barbara's story was recorded at the time of her rescue which enabled the Kaurareg people to learn about their own culture after the colonisation of the area. "Without her story, a lot of their culture would have been lost. "You never know what you'll find once you start doing family history," Glenys says.



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Everyone's a winner - we all came a *Waltzing Matilda* with the girls!



by Rick Steele

CRIKEY... global warming rages with uncontrollable fire in several countries. California suffers floods in the land of the endless summer. The war that has no future continues creat-

ing misery unlimited, but in Australia; "Who'll come waltzing 'the Matildas' with me, you, and the whole 'flaming' country?"

They may have not won the big flag, but fourth in the world sure is a magnificent achievement.

When the Lord spoke firmly to Moses and commanded him.

"Moses, Moses come forth (fourth)."

Hallelujah, Moses slipped on a banana skin and came fifth! You can't win them all. But now, with the thousands of new Matilda fans and the

huge elevation of women's sport, and some of its stars, soccer is almost bigger than Gina Rinehart's bank balance.

In an interview with Sam Kerr recently, the reporter remarked.

"I've heard you are now earning more than prime minister, Albanese!" Kerr replied.

"Well, I play much better than him!" Boom boom.

A proud grandfather, on hearing his granddaughter has made the school team, asked what position she plays.

"I'm not sure yet Poppy, but I heard the coach say I was the main draw-back."

Meanwhile on a crowded train heading to the MCG, a Collingwood supporter sat resplendent in his gear with a large duck under his arm. Sitting directly opposite, at eye level to the duck, sat an old bloke with a large Bulldogs scarf wrapped around his person.

"They won't let you take a pig into the ground you know," he said loudly.

"It's not a pig, it's a duck you dim witted, brain

damaged moron," said Mr. Collingwood.

"I wasn't talking to you," replied the doggy fan!

To AFL fans September has always been finals and nothing but the finals. Father's Day comes and goes and I didn't get a vacuum cleaner. I'm not surprised cause I saw the price of stick ones and robot self-drive. Anyway, I'm waiting till Harvey 'Wall banger' brings out a ride on.

I've said it once and I'll say it again: "housework won't kill you, but why take the risk?"

Besides, there won't be time. I'll be watching the rugby World Cup starring the Wallabies, All Blacks, those pesky English, François and all the other wannabes.

Switch channels and you too could be watching AFLW. To be sure, to be sure the amazing success of the young ladies kicking the round ball, will force Eddie McGuire and the whole Ozzy game to go hard. They'll be throwing everything, including the kitchen sink at the last Saturday in September.

Seen in the classified

column of *The Age* this week...

"Young AFL football supporter of good appearance and sound health offers hand in marriage to any young lady with two tickets to the grand final MCG. Please send photograph of the tickets."

He sang and he danced as he waited till his billy boiled, You'll come a *Waltzing Matilda* with me.

PS: The Matildas are playing in Perth in October... (it's already sold out.)

Cheers Dears.

Tolerance and empathy - essentials in this fast paced world



by Jon Lewis

I LOVE seeing examples of empathy and kindness. Especially when you might suspect a busy world would not have the time to do so.

This considered action displays to me there is still a golden essence deep within, it shines still and only requires a crack in this busy world to grow. Just like a flower in the pavement, it offers nothing, but the weight of the world carried at least for a little while.

I've seen this beauty in a queue at the wood cutting section on a busy Saturday morning in a Bunnings, a gentleman beckoned a man with worry in his eyes ahead of his own. In

the Aldi queue with a dear pensioner ahead of a sprightly teenager, "nah, after you, I'm not in a hurry", were her words and even diffusing a perceived queue jump at the theatre "I think you were first."

I saw a most delightful invitation to the front of the queue by a jolly gentleman who spied a lady in an electric wheelchair with her kind helper, saying: "Come over here and be first in the queue" as he gave up his position... the rest of us all

silently applauded the young gentleman.

Empathy, as I'm sure you can imagine, not only exists in a queue, gratefully, it can be found in the kind help from someone who could never profit from the kindness too. I recall the Jetstar concierge at the Canberra airport did this for my darling wife.

We had called the phone service, applied to the online service, and tried the phone service again. You see we had entered the wrong return flight date, and were scheduled to leave back to Perth in 2024... a shock to say the least.

In a 'you never know'

moment my darling wife spoke to the gentleman there. His first words were "I'm sure we can do something", then he promptly did so.

In my mind empathy is kindness with dignity and quite a lot different to something we hear a lot about... tolerance. I am asked, on rare occasions, how do I tolerate some of the callers to my radio show on 6PR? I say "I don't... I love them all and some require... even more love and empathy". This may not be obvious to anyone but me and yet there it is.

I could also sum it up this way, 'thank you'.

All the best.



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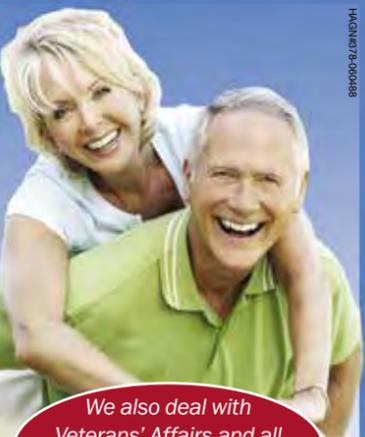
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by Hank Jongen,
General Manager
Services Australia

Centrelink update - information about Age Pension or Carer Payments

CARER Payment and Carer Allowance are the main payments to claim if you're caring for someone with disability, med-

ical conditions, or a frail aged adult. Carer Payment is an income support payment, like a pension. Carer Allowance is a fortnightly supplement, which can be paid on top of your regular payment, or it can be paid on its own.

If you're approaching, or are over, Age Pension age and caring for someone, you may want to consider whether Age Pension or Carer Payment is most appropriate

for you. There are a few things to help you work out which would be best.

Paid at the same rate

Age Pension and Carer Payment are both the same fortnightly rate and both subject to the same income and asset test. They both give you the same Pensioner Concession Card as well. If you're Age Pension age, we take the same things into consideration no matter what payment you're on. This is especially important

to remember if you have any superannuation as your rate of payment may change when you reach Age Pension age. That's because super in accumulation becomes assessable at Age Pension age.

Carer Supplement

If you get a Carer Payment and Carer Allowance, you'll currently be paid an annual Carer Supplement per payment, that is, one payment for the Carer Pay-

ment, and one payment for each person you get Carer Allowance for.

If you transfer to the Age Pension, you'll only be eligible to receive the Carer Supplement for each person you get Carer Allowance for.

Death of the person you are caring for

If you're getting Carer Payment this can continue for up to 14 weeks from the date the person you care for passes away and then you'll have to

consider transferring to another payment like Age Pension. If you're getting Carer Allowance this will simply stop. If you are already getting the Age Pension, you don't need to do anything else.

Go to our website to find a complete list differences between Carer Payment and Age Pension. Search 'Choosing between Carer Payment and Age Pension'.

Remember, you can always talk with our Finan-

cial Information Service (or FIS) if you're still unsure. To speak with a FIS officer, call 132 300 and say "financial information service" when asked why you're calling.

Until next time.

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



by Mike Goodall

All the updates for expats on British pension entitlements

pay tax on any overseas income in Australia.

The double taxation agreement between the UK and Australia specifies that a person is only to be taxed in either the UK or Australia on income earned in the UK. Therefore, they should not be paying tax on the same income in both countries.

If a UK state pensioner is paying tax in the UK they will receive an annual tax coding letter (usually each March or April). These coding letters set out your various incomes for the next financial years commencing on April 6 that year.

Often these coding letters assume the UK State Pension increases each year and year on year. Consequently, since a UK pension paid in Australia is not indexed, you are effectively being taxed in the UK

on income that you have not received.

In recent years when the UK State Pension has been increasing at a faster rate than previously. This can result in a significant amount in additional tax. For example, after 20 years (age 85 for men and age 80 for women) you could be paying tax on twice the pension that you are actually receiving.

So how do you correct this and claim back overpaid tax? The first action is to contact the HM Revenue and Customs (HMRC). Use this link on how to update your tax code: www.gov.uk/tax-codes/how-to-update-your-tax-code

To prevent the same problem occurring the following year, ask HMRC to mark your tax code record to ensure that your UK State pension figure used

is the same as when you first started receiving your pension because you live in Australia. HMRC can be contacted from Australia on +44 191 203 7010 after 15.00 hrs in the winter and after 16.00 hrs during the summer.

When visiting the UK for a holiday you are entitled to claim your full pension entitlement for the time that you are there. You should call them, do not write as it can trigger a complicated system of paperwork, less than four weeks before you arrive in the UK or from the UK less than four weeks after your arrival date. It might take them some time to pay the increase but with the huge increase in the UK State Pension of 10 per cent this year and a possible largish increase next year it is well worth claiming. It is your

money that they are stealing.

Am I UK State Pension Age?

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

Pensions from their 66th birthday.

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

ject to a UK Government review.

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

MANY older UK State Pensioners have asked about making additional contributions towards increasing a frozen UK State Pension. Unfortunately, these new rules only apply to men born after April 5 1951 and women born after April 5, 1953.

People who have an occupational pension from the UK as well as their State Pension may be paying tax in the UK as well as in Australia. However, if you are an Australian permanent resident or Australian citizen, you are liable to

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Retirees Club News & Recreation



Retirement village living discussed in detail at retirees meeting

INCREASING numbers of the older generation choose to downsize their homes in favour of a retirement village lifestyle. The large number of retirement village facilities now available can make choosing difficult and perplexing for the individual, for couples and often

for their families. Many factors require consideration, such as location and how they operate on a day-to-day basis, the social and community atmosphere, what sort of features they offer e.g. swimming pool and bowling green and their organised club activities

such as knitting, bridge and men's shed.

Among other important and desirable features associated with retirement village living are access to medical facilities and the availability of restaurants, shops and proximity to public transport.

The all-important legal

aspects of knowing what one is signing up for, can include contractual matters and awareness of the affordability of the venture, including expenses such as entry, exit and service fees.

A great deal of thought therefore is necessary before decisions are made.

The guest speaker at the October meeting of the Western Australian Self-Funded Retirees Association (WASFR), Deborah Searle, senior sales manager of Parklands Villas, Woodlands will discuss all of these factors and endeavour to provide answers to ques-

tions that emerge from her presentation.

The meeting will be held at 10am on Friday October 13 at the usual venue, the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

Entry to the function is free and free parking is

also available on site.

The presentation by the guest speaker will commence at 11am following the Association's general meeting and morning tea.

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

Find some vintage treasures at the Nollamara Autumn Club



HAVE a Go News was recently contacted by Michelina Field, president of the Nollamara Autumn Club who wants to alert readers to her not-for-profit vintage shop and

activities held at the club. "I buy and sell and use all profits to enhance the experiences of our senior citizens such as free lunches, movies, special morning and afternoon

teas," said Michelina.

The Nollamara Autumn Club provides activities and companionship for people aged 50 plus who are looking to meet and make friends with people in the local community.

On Mondays they have indoor bowls at 12noon; Tuesday Tai Chi at 9.30am, cards at 10am and yoga at 11am; Wednesday indoor bowls at 9am; Thursday Mahjong for 12noon and Friday they offer line dancing at 9.30am and indoor bowls at 12noon.

Saturday is line dancing or cards at 10am and exercise class at 12.30pm.

The club and shop are located at the Nollamara Community Centre at 72, Sylvia Street, Nollamara and the shop is open Monday 12 - 3pm, Tuesday 9.30am - 12pm, Wednesday 8.30am - 12pm, Friday 9.30am to 3.15pm and Saturday's 10am - 12noon.

Want to find out more call 0409 677 337 or visit www.nollamaraautumnclub.org.au

125 years of the Perth Zoo - free lecture



Perth Zoo's acting executive director, Claire Wright

DID you know the Perth Zoo will celebrate its 125th birthday in October this year? To mark the occasion the U3A Perth October Lecture will be presented by the acting executive director of the Zoo, Claire Wright.

What started as a menagerie set up by early colonists to make them feel more at home, has today evolved into a conservation powerhouse which has been responsible for bringing species back from the brink of extinction.

Hear more from the Zoo's leader, about the evolution of one of the State's most well-known destinations and the exciting future as the first projects in the Zoo's 20-year redevelopment master plan are delivered.

Claire Wright is inspirational. Her career has been focused on guiding some of WA's most iconic natural destinations, including the Rottnest Island Authority, as CEO of one

of Perth's most important green spaces, Burwood Park and now, the Perth Zoo.

She has extensive experience in planning, environment and sustainability, community engagement and visitor experience. U3A very much look forward to hearing from her and you are all invited.

The U3A Perth October Lecture, 125 Years of Perth Zoo - From Attraction to Conservation Powerhouse presented by Claire Wright will be held at the State Library Theatre, Perth Cultural Centre, on Sunday October 15 at 1.30pm for a 2pm start.

Entry is free, but bookings are essential, register on the website www.U3Auwa.org

Information about investing in these uncertain times

IN these times of uncertainty, it is wise to go for secure investments. For many this means putting cash in term deposits in banks. Another option is to invest in bonds.

FIIG Securities specialises in

the corporate bonds market.

Jude Bogust of FIIG Securities will present a talk to Mandurah regional branch of the Association of Independent Retirees (AIR) for attendees to gain some valuable insights into the bond market.

The meeting will be at the Halls Head Bowling Club, 2 Sticks Boulevard, Halls Head. It starts at 9.30am on Monday September 18.

For further information contact Norm on 9527 2383.

Learn more about the Guide Dogs WA

KAY McIntyre from Guide Dogs WA will be the speaker at the Association of Independent Retirees (AIR) northern suburbs branch meeting on September 21.

Originally from the UK, Kay lived and worked in Singapore before moving to Perth 16 years ago. She has been with Guide Dogs WA for four years and loves to talk to people about their amazing dogs and what they can do.

The meeting on October 19 will feature Valerie Scott who will be talking about her personal reminiscences of India.

There are restrictions to the number the group can host in the meeting room, if you are interested in at-

tending as a guest, please reserve a seat by registering your interest with Mike Goodall.

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

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

Cost \$4 per person including raffle and refreshments.

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

Find out about managing investments

ROWAN Jones and Mat Reece from Entrust Wealth Management, a Division of Euroz Hartleys Limited are independent wealth management advisors. They will be speaking at the next meeting for the Association of Independent Retirees Perth branch on Friday September 15 at 10am.

The aim of the Association is to protect and advance the interests of retirees who wholly or partly fund their own retirement. They meet on the third

Friday of each month from 10am to noon at the Cambridge Bowling Club, Chandler Avenue West, Floreat.

Besides the meeting and morning tea there is a guest speaker, and over the year embrace many interesting topics related to finance, travel, health, community and special interests of members. Members (\$2) and visitors (\$5) are encouraged to bring the correct money and their own coffee mug. Visitors are welcome. Enquiries can

be addressed to Margaret (marghw@inet.net.au).

On Friday October 20 they will be hearing from Peter Ewers speaking about Raymond Ewers the official war artist who has many sculptures to

his name.

An AIR Investors sub group will meet on Wednesday September 13 at the same venue. Enquiries can be addressed to John (john.wellis@gmail.com).

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Dr. Dinara Markhabullina is available for appointments Monday to Thursday 9am to 5pm

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Our appointment times are available on our Facebook page, website, Health Engine, and Hotdoc, or call us on 9521 6666

For your convenience, Muchea Pharmacy is located next door and is open Monday to Friday, from 9am to 5pm

Wellbeing versus GDP (Gross Domestic Product) in guiding policies



by Karen Majer

“GROSS National Happiness is more important than Gross Domestic Product.” So said the fourth King of Bhutan, King Jigme Singye Wangchuck, in the late 1970s. Bhutan developed a Gross National Happiness (GNH) Index to guide government, NGO and business policy.

The Index includes traditional socio-economic

measures such as living standards, health and education and also takes into account culture, community vitality and psychological wellbeing. It's a reflection of the general wellbeing of the Bhutanese population rather than 'happiness' alone.

Back then, that idea would have been fairly novel to many western governments who measure progress largely in economic terms.

By measuring 33 indicators across nine categories that add such things as cultural diversity and ecological diversity and resilience to the mix, the Bhutanese government was able to develop an index of wellbeing.

A person's 'happiness' is indicated by his or her

'sufficiency' in relation to the measures. The good news is that the results of the 2022 GNH Index, based on over 11,000 people from every Dzongkhag (administrative area), show a significant improvement in the overall wellbeing and happiness.

The results enable the Government to focus on policies to improve life for the 'not yet happy' people and to allocate resources according to criteria that include poverty rates and geographic isolation.

If only we could do that in Australia! Maybe we can. In July, Australia joined several other countries including New Zealand, Iceland and Scotland in implementing wellbeing measurements.

Treasurer Jim Chalmers released Australia's first national "wellbeing framework". Measuring What Matters "will track our progress towards a more healthy, secure, sustainable, cohesive and prosperous Australia".

The framework broadens our measures of success beyond the traditional ones of Gross Domestic Product (GDP), inflation and unemployment. Its themes – healthy, secure, sustainable, cohesive, prosperous – are supported by 50 indicators to monitor progress. How well this represents our wellbeing, and how effectively it influences policy and resource allocation, are yet to be seen, but it's a

start towards a more holistic approach to judging the success of government policies.

Other places are adopting a so-called 'doughnut' approach to create an economy that goes beyond industry growth and profitability. The idea is guaranteeing food, education, health, housing, water, energy, work, as well as other basic needs of people, without further harming the environment.

The upwelling of these conversations in governments and communities offers hope. That's where we come in. A key concept in the Bhutanese happiness index is 'sufficiency'. It's worth considering what that means to each of us.

Rising consumption



Bhutanese people - Photo by Pema Gyamtsho on Unsplash

is driving activities that damage society and the environment for short-term gain, including forest destruction, industrial pollution, plastic use and CO2 emissions from fossil fuels.

Our individual decisions, as well as government initiatives such as

Measuring What Matters, have an influence. Hopefully, like the Bhutanese, we can improve wellbeing for society overall and for the 'not yet happy' people.

More information: Measuring What Matters <https://treasury.gov.au/publication/p2023-mwm#>

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

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

There are 11 advertisements in this issue which contain a

blue circled letter for the Ad Words promotion.

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

Look out for these advertise-

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

1. Playgroup WA
2. Curtin University
3. Foothills Denture
4. Seniors and Carers Expo

5. Mobile Denture Care/SK Dental
6. Audika
7. The Drakesbrook Hotel
8. Elite Tours
9. Kalbarri Edge Resort
10. Complete Care

11. CO3 Contemporary Dance
- 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 30/09/23.

Congratulations to Françoise Purdue, of Noranda our July Ad Words winner.

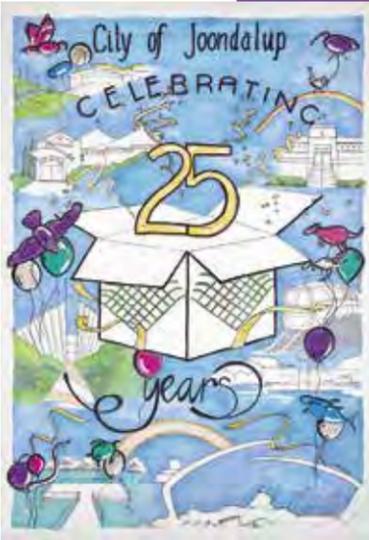
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Spring 2023

September | October | November



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.

Celebrate Joondalup - Showcase in Pixels
Winning artwork: Taj Eaton - Prendiville Catholic College



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joondalup.wa.gov.au

Try getting 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 com-

plete with sea creatures and treasure, past iconic landmarks of Australia and face to face with super-heros.

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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A life well lived.

For Jennifer, it's catching up with Judy.



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As it Happened - beyond the stories - rollup, rollup, it's show time!



Children with Cadbury, Mills & Ware and Weet Bix show bags 1936
© State Library of Western Australia 046346PD

by Lee Tate

LITTLE-acknowledged, November 1834 is one of the most significant dates in Western Australian history.

It saw the birth of a yearly event that draws enough fans to make Taylor Swift, Ed Sheeran and even Aussies Rules' supermos envious. Perth Royal Show is

easily WA's most popular outing, attracting nearly 400,000 people of all ages. Guildford settlers declared-open the State's first annual agricultural event, the Fair and Cattle



Show, 189 years ago. At that time in the entire Swan River colony, there were only 307 cows, 96 working cattle, 97 bulls and steers, 3,545 sheep, 492 goats and 374 pigs.

The Royal Agricultural Society of Western Australia was founded just three years earlier, in 1831, with enough foresight to raise the relevance and respect for the rural sector that has endured until today.

Every September, a 13-hectare suburban expanse flourishes with farmers and farm animals, city folk and sideshows, food displays and art shows, exhibits, games, sustenance and showbags.

In 1902, the society broke ground - meta-

phorically and physically - swapping its Guildford land for the Claremont site with the first show held at the new ground in 1905.

Seemingly, everybody has been to a Perth Royal Show, even Queen Elizabeth and Prince Philip.

The late prince opened the 1979 show before presiding over the Royal Agricultural Society of the Commonwealth Conference, held here for the first time. And, as part of the State's 150-year celebrations, the show was extended to 16 days.

Seniors will remember having a day off school to marvel at all the animals, grab free samples of food and drinks, ride rides and snap-up showbags.

Naughty schoolboys could get the Commonwealth Bank showbag, not so much for the tin money-box, but for the wooden, foot-long ruler to poke the pigs in their stalls to make them move.

Free showbags held chocolate samples or biscuit mini-packs, courtesy of Mills & Ware. Today,

more than 300 showbags are offered, costing up to \$280 each.

When the showgrounds copped a Spring downfall, we sloshed through the muddy streets, laughing and splashing anyone who got close.

From loud-speakers we heard about parade colour and characters, upcoming events, VIPs, and the latest kids awaiting collection from the lost children's tent.

Exhausted families left the show weighed-down with armfuls of showbags, whizzy things on sticks, half-eaten chocolates and biscuits, whole farm-made cakes, jars of South-West jams and perhaps fairy-floss stuck in their teeth.

Daring sideshow rides challenged delicate bellies and emptied loose change from riders' pockets to be collected by daring kids running underneath.

Year-on-year, the show grew bigger and brighter. Today's show involves more than 400 entertainers and 300 performances. The landmark pavilion,

built in 1929, provides room for tonnes of bush-based produce, exhibits and useful cover for patrons in downpours.

By 2015, 10,000 prizes were awarded for farm animals, cookery, chocolate, craft, eggs, cats, dogs, beer, wine and cheese.

The showgrounds station opened in 1995, now with nearly 300 extra trips every day at five-minute intervals with up to 1,100 passengers on each train.

An Agricultural Hall of Fame was established in 1999 to honour "the men and women who have significantly contributed to Western Australian agriculture and pastoral life."

The Royal Agricultural Society is non-profit, member-based to promote primary industries and encouraging regional and agricultural students with educational scholarships and competitions.

"The show brings the country to the city by celebrating our agricultural industries and the work done by our WA farmers," says the RAS, proudly.

Jackson Pollock, Gough Whitlam, me... blue and coloured poles



by John Rando Lawyer, musician, existential philosopher

AS AN eleven-year-old kid, I figured on becoming

a romantic, classical artist, like Michelangelo. Born in Italy, like me, he painted the ceiling of the Sistine Chapel, lying on his back.

To me, lying on my back painting ceilings, seemed uncomfortable, so I gave Michelangelo up.

Then my life changed. I stumbled across the American painter Jackson Pollock, the cool, eccentric, Bohemian abstract artist.

Using a variety of instruments from sticks to syringes, and old hardened brushes, he splashed paint across canvasses strewn across the floor. He rejected convention and sourced his ideas from Picasso and others.

A volatile, reclusive man struggling with alcoholism, he was killed in a car crash at the age of 44. A compelling celebrity icon and artistic pioneer. Wild at heart.

Pollock, the rebel hero of abstract expressionism, lived his wild life across the American art landscape.

Modern art is often valued by the dollar. His style has been described as volcanic, undisciplined, lavish, explosive and

untidy. Seemingly disregarding what the critic or spectator may feel.

Some scoffed that Pollock's pictures looked like 'baked macaroni', and that his art may be ugly but most original art can look ugly at first.

Pollock was a suicidal alcoholic, said to have demons within him and had inexplicable rage and depression. He fought and peed in public. An artist who could not draw, but could utilise paint.

Abstract painting appeared to appease his inner demons.

The power of originality of his paintings created a sensation in art worlds and controversy in traditional circles. He achieved prominence and recognition as a major artist whose work embodied the power and interest of America. He created dynamic and revolutionary abstract paintings.

Deliberation and freedom that Pollock got from drinking and other substances may have

contributed to his abstract, iconic style.

In the 70s, Australian Prime Minister Gough Whitlam (a lawyer like myself), impressed me as a man of vision, artistic taste and culture. In a bold, controversial decision he authorised the purchase of the painting Blue Poles, by Pollock, for \$2 million, (now said to be worth about \$250 million).

A controversial decision at the time.

I am not sure what Blue Poles means. Perhaps it is the task of the audience to figure this out.

Years ago, I gave up drinking alcohol, but still like painting in the Pollock style. Abstract art may be for the curious and/or brave. Rather than paint on a flat surface as Pollock did, I have evolved (or devolved) creating abstract art using toilet rolls and Glad Wrap rolls - objects which would otherwise be recycled into paper or thrown into the bin. I form them into sculptures called Rando



John's Blue and Coloured Poles

Existential Blue and Coloured Poles.

Fun, low cost and no need to lie on my back or paint on ceilings like Michelangelo.

Pollock has inspired me to become an abstract artist and I have founded "The Rando Jacksonian Pollockian Existential Art Academy." I'm the president, secretary and the only member.



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Department of Communities

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

WA Seniors Awards 2023
Nominations
now open

Nominations can be made by organisations or members of the public and close 5pm, Friday 29 September 2023.

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

Seniors Week 2023 12-19 November

For more information on awards or grants, visit the COTA WA website or call the Council on the Ageing WA on (08) 9472 0104.

www.cotawa.org.au

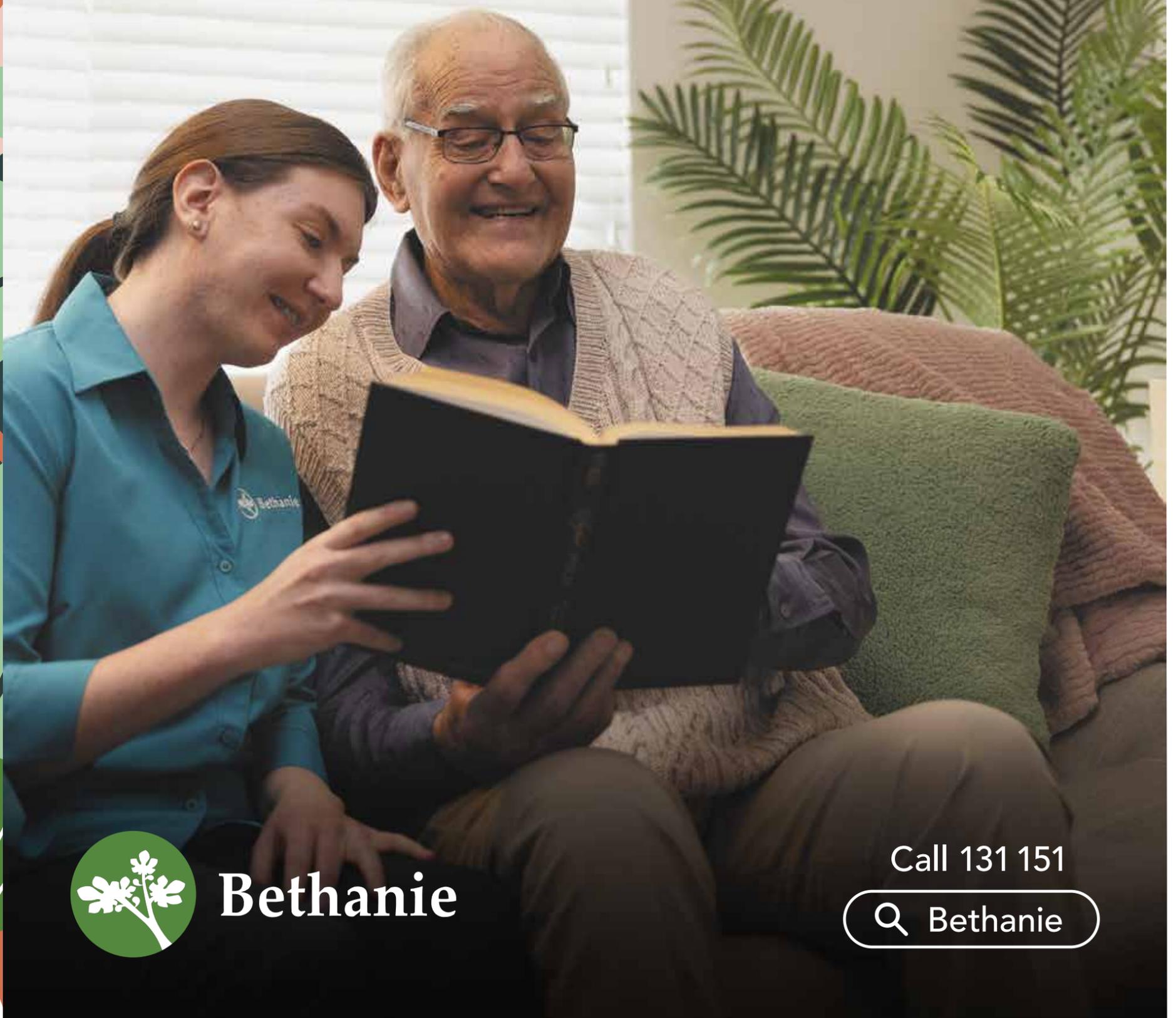


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I wrote a book. But its contents had become foreign to me. Like the life I had before I came here. But hearing you read my words, took me back. And as I sat in your presence, I felt more present than I had in years.

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Seniors Recreation Council Jottings



LiveLighter Aged Care Games Belmont

FOURTEEN teams from Perth's Metropolitan Aged Care facilities took part in the annual Metro LiveLighter Aged Care Games at the Belmont Oasis on August 10. SRCWA executive officer Dawn Yates kicked off the event with the City of Belmont, deputy mayor, Cr Robert ROSSI, JP officially opening the LiveLighter Aged Care Games for 2023. SRCWA state president Phil Paddon addressed the participants and was the MC for the games.

The teams competed in a range of games which were organised and facilitated by staff and volunteers from SRCWA. 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.

During the lunch break we were treated to entertainment by Kevin Bennett, with participants singing along.

First place went to *Umbrella Farmers*, *Umbrella Fishermen* were second closely followed in third place by *AGH Premiers Catholic Homes*. Our oldest competitor at the games was 100-year-old Dulcie Cox from the *St Vincent's Vignerons - Catholic Homes*. Best presented team was *Ningana Knights* who went to a lot of trouble theming the whole team in green with swords and shields.

Thank you Martin Yates and Richard Demody for capturing the event on video and photographs.

Thank you to our naming rights partner LiveLighter Healthway and the Government of WA for sponsorship.

Participants in attendance voiced thanks to SRCWA for facilitating the LiveLighter Aged Care Games with one participant saying: "We wish we could do this more often!"

Our thanks go out to the many volunteers from Woorlooloo, Telstra, Over 55 Walking Association and family and friends who helped officiate at these games. Thank you to the team from Woorlooloo who helped with the set up and pack down at the end of the day. A special thank you to participating centres staff who train and support participants.

Water Aerobics instructor required for Seniors Group

SRCWA Peel Branch are seeking a "Self Employed Water Aerobics Instructor" for a one-hour water aerobic session that commences with a warm-up on the beach, followed by a gentle aerobic session in the ocean. Run twice weekly, early mornings, during the months of January to March each year. The program is supervised by qualified lifeguards and conducted in the water at Town Beach in Mandurah. The successful applicant, preferably residing in the Peel region, will be remunerated on invoice. Applicants to provide evidence of the appropriate experience and qualifications to lead group sessions of up to 100 people.

Please send expressions of interest and resume to: Jan McGlenn OAM, SRCWA Peel branch president, Email: dmc56456@bigpond.net.au

"Be Connected" Seniors Tech Expo Get online Week

People are invited to register to attend the **Be Connected Seniors Tech Expo on Friday October 20, from 10am - 12.30pm** which includes a light lunch in Leederville. There will be guest speakers and a small number of static displays on hand to advise seniors on technological questions. Registration is essential, call 6118 2717, call early as places fill fast.

Notice of Meeting

Seniors Recreation Council of WA is holding its AGM at 10am on September 27 in Leederville. The meeting will include election of officers, reports from SRCWA branches and project officers and a guest speaker. It gives SRCWA accredited volunteers the opportunity to share information and anecdotal evidence regarding the programs SRCWA is conducting in metropolitan and regional WA. For further information or to register to attend call 6118 2716.

Have a Go Day 2023, a LiveLighter Event Burswood Park

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

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

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

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

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

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

Looking back at the early days of the Over 55 Canoe Club



Ted and Thelma on the water

by Janet Gatt

GRAHAM Edwards, MLA, and the Ministry of Sport and Recreation launched the Have a Go program and the Over 55 Canoe Club in 1986. Prospective members met at Riverton Bridge in May for the first of eight free paddling lessons. A young Terry Bolland was the instructor.

Paddlers were taught basic support strokes and frequently capsized while training between Riverton Bridge and Kent Street Weir. An enthusiastic committee was then elected with John House as president, and he competently took over the training at Kent

Street Weir.

John, an interesting character, had served as a Sergeant in the British Army Special Boat Service during WWII. These units carried out stealth operations in canoes and kayaks, attaching bombs to enemy targets, ship hulls etc. John was wounded and met his wife Angela, a nurse, while convalescing in hospital. When Angela persuaded him to sign up for the Over 55 Club his paddling skills were revived.

His briefings before each paddle were delivered in a loud bellow, as to a platoon, and equally loudly you were brusquely reprimanded for an in-

adequate technique. His insistence on a correctly performed 'J' stroke was legendary.

The club in the early days used two-person, single paddle Canadian Canoes, either very heavy aluminium canoes or Wobbegongs hired from Swan and Canning shires. These canoes were difficult to control and the usually heavier person at the back controlled the steering and the usually heavier person at the back controlled the steering and direction, passing instruction to the front paddler.

John dictated who paddled with whom and front or back.

Ted and Thelma were an equitable couple until Thelma was instructed to paddle at back. Irritated by Ted's constant advice from the front she told him to refrain, or 'get out and walk'. Huffily he did so, expecting her to come to grief. She handled the canoe with dexterity and collected him 100 metres up along the riverbank.

In the early days paddles were usually on flat water, but after Stan Wallin (later president) and Ian Ferguson assisted in the acquisition of canoe-trailers in 1990, and members were more confident on white-water. Annual camps took

place at Dwellingup, Albany, Augusta, Icy Creek, Molloy Island and Ravenswood. Over this period many paddlers purchased their own single minnow kayaks.

On excursions paddlers always help one-another if encountering difficulties. This camaraderie is cemented back at camp when the group enjoy a meal before settling around a wood-fire on cold nights. Warm and dry after a hard paddle and maybe a capsizing on fast-moving water or rapids, the odour of drying-out paddling boots permeating the air, people relax and engage in conversation over a glass or two of red wine.

On one memorable 18km excursion from Coolup Bridge to Pinjarra multiple capsizes delayed the group and they paddled slowly through river obstacles for two hours in the pitch dark before arriving at Pinjarra after 8pm. Then soaked car-keys had to be replaced with a spare-set collected from Ravenswood campsite.

These early members were a hardy bunch and their shared experiences have led to life-long bonds of friendship.

After Jean Warren, mother of current mem-

ber Ken Westover, died in her 90s having paddled white water until 86, Club members met at Point Reserve. They formed a circle on the water, listened to a short eulogy, and after a one-minute silence each threw a red rose onto the water. A fitting farewell.

The late John House's considerable legacy to the club is remembered with gratitude.

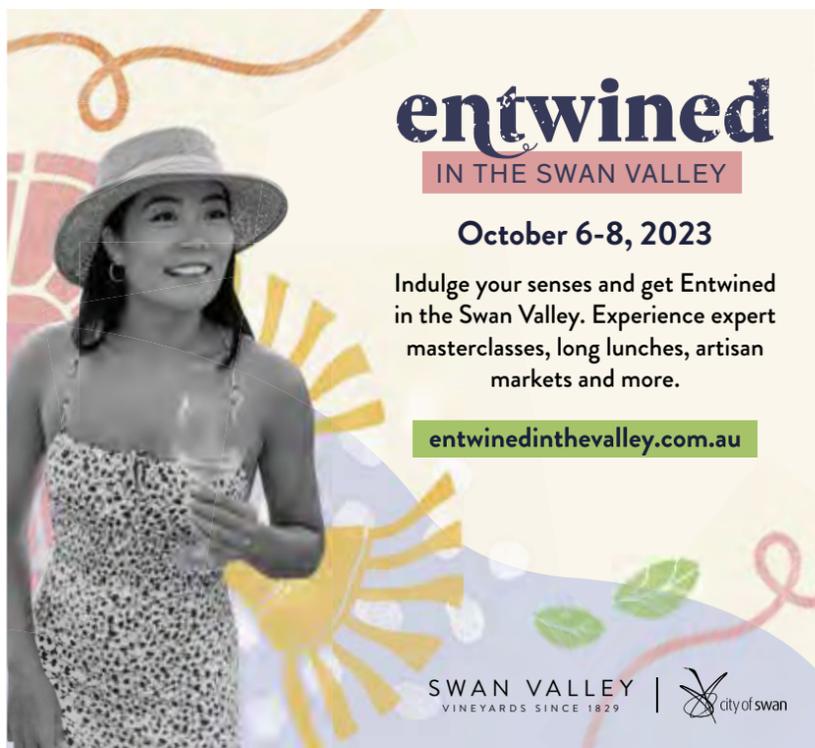
"He taught us all we knew" a life-member advised. "He wanted us all to learn to paddle and be safe."

The club, nowadays, provides friendship, training, camps, and paddles for adventurous paddlers, and for those who prefer flat-water.

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

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





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Scottish dancing classes



Scottish dancers at St Stephen's Uniting Church Hall, Applecross

JOIN the friendly group for social dancing to great music with no partner needed.

Scottish dancing is suitable for all ages, male and female and is a low impact exercise which is good for the body and good for the brain.

Classes last an hour and a half, cost is \$8 per class and the first class is free - try it first, see if you like it. South of the River: St Stephen's Uniting Church Hall - Applecross. Mondays at 1pm and Thursdays at 7.30pm. Contact Carol (by text): 0408 629 571.

North of the River: St Peter & Emmaus Uniting Church Hall - Joondanna. Mondays at 8pm. Contact Dawn on: 0414 859 393.

Be like a phoenix...and rise up

PHOENIX Friendship Club is for people aged 55 and over. It has been operating for more than 10 years.

The club was formed so that people who were looking for a social life without complications could enjoy nights out, coffee mornings and other activities such as Christmas in July, an annual Christmas lunch, Australia Day barbecue as well as bingo on a fortnightly basis. They also play canasta on a monthly basis and offer tuition for those interested.

The club also has an annual bus trip to a variety of destinations around Perth

such as the Swan Valley, Mandurah Canals and other places of interest.

A club night is held once a month at the Hensman Park Tennis Club in South Perth, on the third Sunday of the month from 6.30pm. Visitors are welcome to turn up - it's free and it's BYO. A superb supper is provided along with live entertainment.

The membership consists of singles and couples aged 55 and over. They welcome people to join them at this happy and friendly club.

For further information phone 0403 319 820 or 0417 907 408.

Water Aerobics Instructor Required for Seniors Group



A one-hour water aerobic session that commences with a warm-up on the beach, followed by a gentle aerobic session in the ocean. Run twice weekly Tuesday & Thursday, early morning, during the months of January to March each year. The program is supervised by qualified lifeguards. Lessons are conducted in the water at Town Beach in Mandurah.

We are seeking a "Self Employed Water Aerobics Instructor". The successful applicant preferably residing in the Peel Region, will be remunerated on invoice. Applicants to provide evidence of the appropriate experience and qualifications to lead group sessions of up to 100 people.

Please Send Expressions of Interest and Resume to:

Jan McGlenn OAM.
SRCWA Peel Branch President.
Email: dmc56456@bigpond.net.au



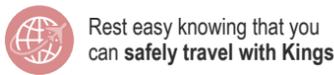
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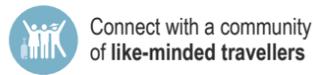
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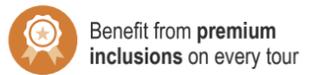
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14 to 17 October 2023 EXMOUTH GETAWAY

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

4 DAYS



Tour Highlights <ul style="list-style-type: none"> Sunset Dinner at Mantaray's Resort Enjoy a boat cruise through Yardie Creek Visit Turquoise Bay and take a dip! Enjoy morning Tea at Bullara Station Take a glass bottom boat cruise in Coral Bay & snorkel Visit the Ningaloo centre and enjoy lunch 	Tour Inclusions <ul style="list-style-type: none"> Home pick-up and return by Private Car Fully Escorted by a Kings Tour Manager Return Economy Airfares and taxes 3 nights' accommodation at the Potshot Hotel Breakfast daily, 3 lunches and 3 dinners Transfers throughout with professional driver All sightseeing and entry fees as per itinerary 	Tour Cost \$2890* Per Person Twin Share \$3290* Single
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18 to 24 November 2023 KANGAROO ISLAND & ADELAIDE

7 DAYS



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

Tour Inclusions <ul style="list-style-type: none"> Home pick-up and return by Private Car Fully Escorted by a Kings Tour Manager Return economy airfares and taxes Private Coach Charter throughout & ferry transfers to/from Kangaroo Island 1-night in Victor Harbor at the McCracken Country Club 	<ul style="list-style-type: none"> 3-nights in Kangaroo Island at the Aurora Ozone Hotel Kangaroo Island 2-nights in Adelaide at the Stamford Grand Glenelg, Adelaide Breakfast daily, 4 Lunches and 5 Dinners Sightseeing and Entry Fees as per the itinerary 	Tour Cost \$4590* Per Person Twin Share \$5490* Single
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10 to 18 February 2024 HIGHLIGHTS OF TASMANIA

Embark on our Highlights of Tasmania tour and explore the vibrant cities of Hobart and Launceston, visit iconic landmarks like Port Arthur and Cradle Mountain, and indulge in delightful culinary experiences. Immerse yourself in Tasmania's natural wonders and rich history for an unforgettable journey.

9 DAYS



Tour Inclusions <ul style="list-style-type: none"> Home pick-up and return by Private Car Fully escorted by a Kings Tour Manager Return Economy Airfares and taxes 8 nights' specially selected accommodation 	<ul style="list-style-type: none"> Breakfast daily, 1 lunch, 1 high tea and 7 dinners Luxury Coach with a professional driver Sightseeing and entry fees as per the itinerary 	Tour Cost \$4990* Per Person Twin Share \$5990* Single
Tour Highlights <ul style="list-style-type: none"> Enjoy guided tours of Hobart and Cradle Mountain Enjoy afternoon tea at Hadleys Orient Hotel Walking tour at Port Arthur Historic Site Explore the town of Richmond Indulge in dinner at the Point Revolving Restaurant Hobart View the 'Wall in the Wilderness' 	<ul style="list-style-type: none"> Day Keeper Tour at Devils @ Cradle Explore Emu Valley Rhododendron Gardens Discover the range of award-winning cheeses at the Ashgrove Cheese Factory Visit Cataract Gorge Launceston Morning cruise along the Tamar River including morning tea 	

Tour Highlights <ul style="list-style-type: none"> Tour and tasting at Clifford's Honey Farm Tour and Lunch at Emu Ridge Eucalyptus Distillery, famous for its 100% pure eucalyptus oil Explore the Flinders Chase National Park, taking in such sights as the Remarkable Rocks, Cape du Couedic and Admirals Arch with local guide See a wonderful Birds of Prey demonstration in a natural setting 	<ul style="list-style-type: none"> Visit the Lavender Farm and taste Lavender Ice-Cream Visit the small seaside village of Normanville Enjoy lunch at Serafino's, a lovely lakeside winery in the McLaren Vale Wine District Enjoy two-nights in the beachside suburb, Glenelg Take a high's scenes Tour of Adelaide Oval Visit Haigh's Chocolates, a must-do whilst in Adelaide
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28 February to 14 March 2024 NEW ZEALAND CRUISE

Embark on a captivating journey with our exclusive New Zealand Cruise tour, designed to immerse you in the breathtaking beauty and rich cultural heritage of this enchanting destination. Begin your adventure as you are whisked away from home to vibrant Sydney, where a two-night stay at the Grace Hotel awaits. Indulge in a delightful welcome dinner before boarding the majestic Majestic Princess for a 13-night voyage. Explore the captivating Bay of Islands and vibrant Auckland, with their stunning landscapes and vibrant city life. Marvel at the grandeur of Fiordland National Park, uncover the history of Dunedin and Christchurch, and return to Sydney with cherished memories. Join us for an immersive, stress-free journey that combines luxury, exploration, and unforgettable experiences.

16 DAYS



Tour Inclusions <ul style="list-style-type: none"> Home pick-up and return by Private Car Fully Escorted by a Kings Tours Manager Return Economy Airfares including taxes 2 nights' accommodation at Sir Stamford Circular Quay 13 nights' on-board the Majestic Princess All Meals and Entertainment on-board the Cruise Transfers throughout 	Tour Highlights <ul style="list-style-type: none"> See the spectacular land and cliffs of New Zealand from sea Never go hungry on the Majestic Princess with endless options for dining Enjoy every moment with a range of on-board activities and entertainment from musicals, dazzling magic shows, feature films, top comedians and dance floors. 	Tour Cost \$5550* Per Person Twin Share \$7890* Single	Tour Cost \$6290* Per Person Twin Share \$9290* Single
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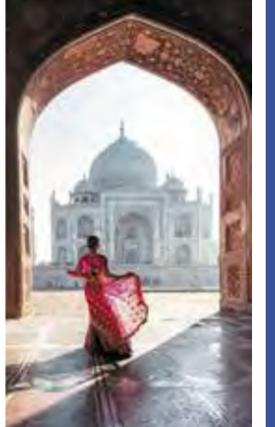
11 to 23 February 2024 ENCHANTING INDIA - A JOURNEY THROUGH HISTORY & MAJESTY

13 DAYS



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

Tour Inclusions <ul style="list-style-type: none"> Home pick-up and return Private Car Fully escorted by a Kings Tour Manager Return economy airfares including taxes Internal economy flight from Udaipur to Delhi 	<ul style="list-style-type: none"> 11 nights' specially selected accommodation Breakfast daily, 1 lunch, 1 High Tea and 9 dinners Local English-speaking guide throughout All sightseeing and entry fees as per the itinerary 	Tour Cost \$6790* Per Person Twin Share \$8990* Single
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Tour Highlights <ul style="list-style-type: none"> Exploring the captivating city of Delhi, with its blend of ancient and modern attractions Witnessing the awe-inspiring Taj Mahal at sunrise in Agra, one of the world's most iconic and romantic architectural masterpieces. Immersing yourself in the vibrant atmosphere of Jaipur, known as the Pink City Discovering the rich history and architectural wonders of Jodhpur Experiencing the timeless beauty of Udaipur, often called the Venice of the East, with its majestic City Palace and scenic Lake Visiting the enchanting Ranakpur Jain Temples, renowned for their exquisite marble carvings and intricate architecture. Enjoying luxurious accommodations in well-appointed hotels such as The Lalit, Jaypee Palace, The Hilton, and The Trident. Indulging in delicious cuisine, from traditional Indian dishes to international delights, and savouring a farewell dinner with a scenic lake view. Enjoying leisure time to explore and immerse yourself in the unique culture, vibrant markets, and local experiences of each destination. Having a hassle-free travel experience with private transfers, knowledgeable local guides, and the expertise of a dedicated tour manager throughout the journey. 	
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12 to 21 March 2024 NORFOLK ISLAND

Uncover the captivating beauty and rich history of Norfolk Island on our exclusive tour. Immerse yourself in its vibrant past, from intriguing convict heritage to the fascinating Pitcairn Settlers' culture. Explore breathtaking landscapes, indulge in delightful culinary experiences, and be enchanted by immersive cultural performances. With expert guides and comfortable accommodations, our Norfolk Island Tour promises an unforgettable adventure of discovery and relaxation.

10 DAYS



Tour Inclusions <ul style="list-style-type: none"> Home pick-up and return by Private Car Fully escorted by a Kings Tour Manager Return economy airfares including taxes 2 nights' accommodation at the The View, Brisbane 7 nights' accommodation at the Paradise Hotel and Resort, Norfolk Island Breakfast daily, 1 Lunch, 1 High Tea and 8 dinners All sightseeing and entry fees as per the itinerary 	Tour Highlights <ul style="list-style-type: none"> Locally guided tour of Brisbane Tour and lunch at Meigunyah House Museum Ride on the Brisbane Wheel Visit the home of Fletchers Mutiny Cyclorama Experience the Sound and Light Show Visit the Sunday Markets Embark on an indulgence tour including wine and cheese on Mount Pitt Experience Wonderland by Night Dress-up as a Convict and enjoy dinner Enjoy high tea overlooking Cascade Bay Embark on a breakfast bush walk Enjoy a high tea overlooking Cascade Bay 	Tour Cost \$5290* Per Person Twin Share \$6090* Single
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28 March to 5 April 2024 EASTER MURRAY PRINCESS

9 DAYS



Cruise aboard the renowned PS Murray Princess, indulging in luxurious comfort as you explore picturesque towns, visit renowned wineries, and savour mouth-watering cuisine. From the charming city of Adelaide to the scenic wonders of Swan Reach and the cultural significance of Ngaut Ngaut Aboriginal Reserve, each day brings new adventures and discoveries.

Tour Inclusions <ul style="list-style-type: none"> Home pick-up and return by Private Car Fully escorted by a Kings Tour Manager Return Economy Airfares and taxes 1 nights' accommodation at the Hilton, Adelaide 	<ul style="list-style-type: none"> 7 nights' onboard the Murray Princess in an outside twin cabin Breakfast daily, 7 lunches and 8 dinners Sightseeing and entry fees as per the itinerary Luxury coach transfers with a professional driver 	Tour Cost \$5190* Per Person Twin Share \$6650* Single
Tour Highlights <ul style="list-style-type: none"> Experience the beauty of the Murray River Visit Murray Bridge, a historic town known for its iconic bridge Indulge in a visit to the famous Barossa Valley Visit Burk Salter Boutique Winery for wine tasting Experience the exciting "Murray River Cup" entertainment 	<ul style="list-style-type: none"> Take a walking tour, visit the Swan Reach Museum, and enjoy a delicious Aussie BBQ cooked in a scenic bush setting Step back in time as you explore Ngaut Spend time in the quaint German village of Hahndorf 	



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Back to the future in driving - TMac test drives Genesis's SUV and sedan



L-R; Genesis is the luxury arm of Hyundai - Genesis GV60 AWD Inset; The 'next gen' will only ever know electric vehicles



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

THE 'Next Gen' will want to drive a Genesis at some time in the future, but before I get to that, one of the enduring topics on the 6PR talkback radio is the question of how poor we are as drivers in Perth. The phones go into meltdown; everyone has a strong view.

It was while research-

ing and driving a couple of outstanding new offerings from Genesis, I read a wonderful article in the *Weekend Australian Magazine* by their superb motoring writer, Stephen Corby.

I quote: "Why are some men such irredeemable huffing assholes and why do those ones all drive Utes? Honestly, I lost large portions of faith in mankind when a bloke with a stupid beard drove his idiotic BWU (Big White Ute) into the rear of my previously perfect \$668,146 Ferrari 296 GTS.

It is my honest fear that if my son had not been in the car with me, I would've killed this dull eyed moron, with my bare hands, possibly by feeding him his own beard. My body was vibrating with fury, like a

tuning fork balanced on the purposes of an erupting volcano.

No, it probably wouldn't have mattered if he did apologise, but when instead, he mounted the defence that he didn't see an incandescently bright Ferrari that's about eight feet wide and more eye-catching than a crocodile dancing Gangnam Style because it was "to load down", steam actually exploded out of my eyeballs."

Corby went on, "All this horror illustrated the problem with driving in a country like ours. Many people behave like Italians or Americans would - they smile and make encouraging gestures - but some Australians find cars, such displays of wealth and tall poppy tottering offensive.

"These men, like the ute-loving, glass-licking neander-bogan I encountered, feel it is necessary to try and cut off anyone who is in a Ferrari (or other nice car) to block their lane, to intimidate, harass and look - how-manly-I-am to them. And then when they misjudge their negligent driving quite badly and ram one, they jut out their chins and pretend to have gone blind."

I've read Corby's analysis 400 times; simply brilliant. I will use it on the radio when next talking about stupidity on our WA roads. I'm sure many will identify.

Now back to the future. Genesis is the luxury arm of Hyundai and I'm an unapologetic fanboy.

Nearly 10 years ago, I was asked to emcee the

launch of the Genesis brand into WA by the Di Virgilio Family. (Dominic, I still have your tie!) To watch the models evolve as they have, is akin to watching a child grow to an adult.

I embrace each test drive of an electric car by forgoing (nearly) everything I know about any other previous drive experiences.

Recently I've been driving the Genesis GV60 AWD, with many familiar functions but with a ton of cool, funky futuristic stuff that makes this one a great driving moment and certainly fun.

GV60 is a stylish, ultra-modern, medium sized - electric vehicle and certainly good to look at; people stopped, stared and even took photos. It

may have been the pop out door hands that mesmerised both young and old. All variations have a fixed panoramic roof and as you'd expect, heated and cooled seats.

Genesis is a luxury brand, the Omega watch of South Korean cars.

Priced from around \$100,000 delivering 234kW and 605Nm, she

surges quickly to 100km in a touch over five seconds but feels quicker.

Moving on up to the "Performance" AWD model at \$110,000 those times drop to four seconds and evoke Ferrari-like thrills.

Just don't tell Perth neander-bogans, they may have to wait some time to get one.



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

9 MUST WATCH PROGRAMS THIS SEPTEMBER



TODAY PERTH
Wake up with Karl Stefanovic and Sarah Abo for Australia's most talked about breakfast show! Includes the latest news, sport, weather, opinion and analysis.
WEEKDAYS FROM 5.30AM



9NEWS WA FIRST
Weekday afternoons, WA viewers have the unique opportunity to ask the questions you need answered via the 9News Perth Facebook page or email wafirst@nine.com.au. Hosted by Monika Kos.
WEEKDAYS 5.00PM



9NEWS
Join Michael Thomson and the 9News team for the full story. Perth's comprehensive live one-hour bulletin covering the latest in news, sport, and weather.
NIGHTLY 6.00PM



A CURRENT AFFAIR
Covering the realms of politics, crime, human rights, science, technology, celebrities and entertainment. Hosted by Ally Langdon.
WEEKNIGHTS 7.00PM



THE BLOCK
Returning for its 19th season and hosted by Scott Cam. Set in the family-friendly Melbourne suburb of Hampton East, five couples will renovate homes direct from the '50s.
SUN 7.00PM MON - WED 7.30PM



MISSING PERSONS INVESTIGATION
Go behind the scenes with investigators across the country as they battle the clock to find lost loved ones in this emotional new series.
MONDAYS 8.40PM



THE HUNDRED WITH ANDY LEE
Host Andy Lee is joined in the studio by a panel of Australia's funniest comedians and 100 regular Aussies via Zoom to explore the facts that make us tick as a nation.
TUESDAYS 8.40PM



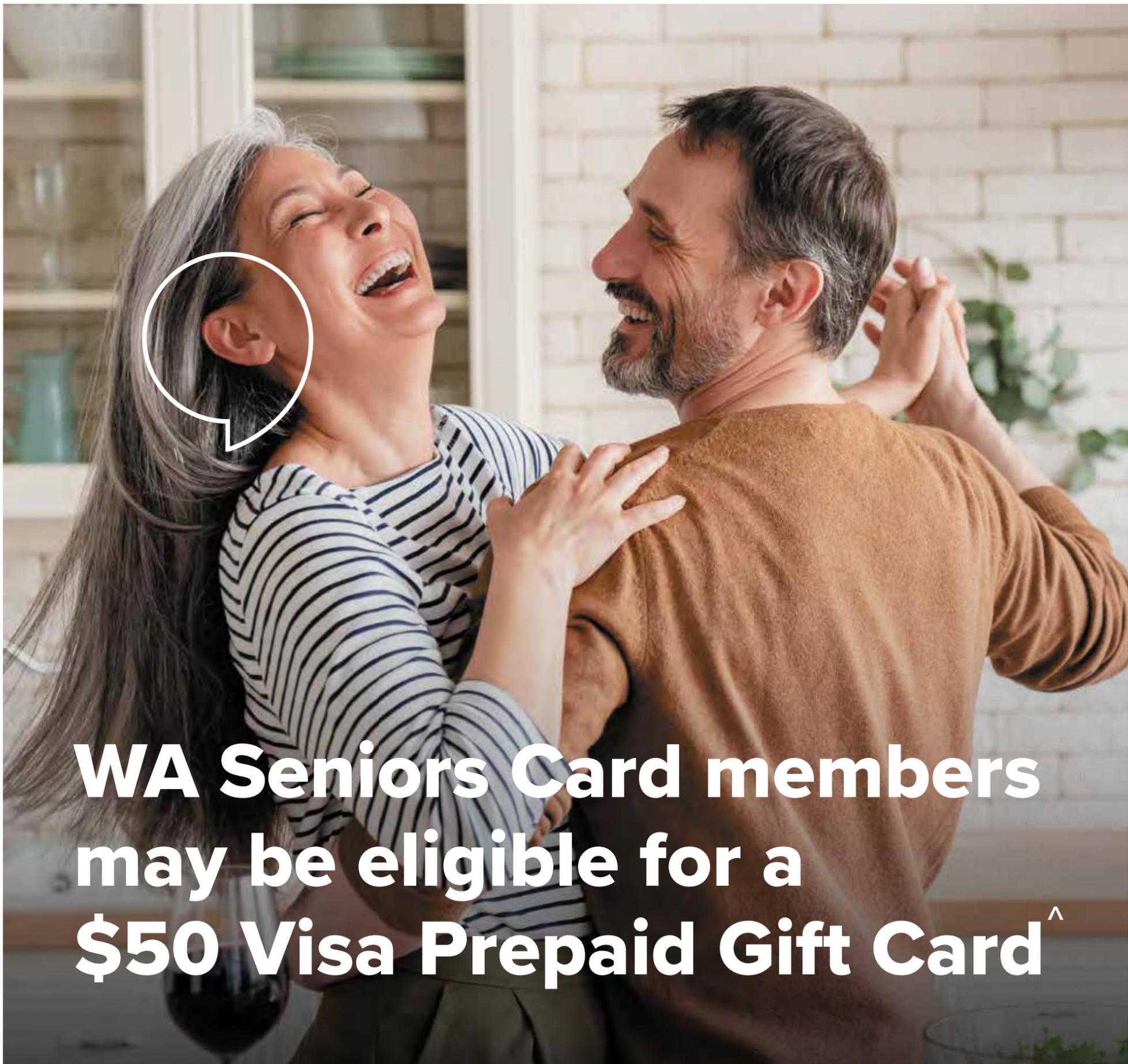
LUXE LISTINGS SYDNEY
The Sydney real estate market is hotter than ever, with demand for exclusive properties far outweighing the supply. Money never sleeps, and these real estate agents will stop at nothing to deliver the best results for their clients.
WEDNESDAYS 8.40PM



RUGBY WORLD CUP
Wide World Of Sports presents the 2023 Rugby World Cup. Watch the Wallabies take on the world, live from France.
STARTS SEPTEMBER 9

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

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WA Seniors Card members may be eligible for a \$50 Visa Prepaid Gift Card[^]

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[^]This offer is available to Seniors Card members who are new Audika clients during the promotional period of 1 April 2022 to 31 December 2023. Visa Gift Cards are delivered by a 3rd party provider and may take up to 60 days to be delivered. For full terms and conditions, visit www.audika.com.au/seniors-card.
*Free hearing check is available for adults 26 years and over.



Nominate a remarkable woman in your life for the WA Women's Hall of Fame 2024

WA Women's Hall of Fame call for nominations 2024, was officially launched in Parliament House late last month by the Honourable Sue Ellery MLC, Minister for Women's Interests, and Leader of the Government Legislative Council.

Welcome to Country was conducted by proud Whadjuk Noon-gar Elder and 2016 Inductee Glenda Kickett.

Fiona Reid, chairperson WA Women's Hall of Fame, announced an exciting addition to the nomination categories, and the 2024

call for nomination champions.

"Whilst we have long recognised the inspiring achievements of women in science, technology and mathematics (STEM), it is hoped that by expanding the category to incorporate technical trades, it will inspire more nominations of women working in traditionally male-dominated industries.

"By acknowledging women in this expanded field, it offers an opportunity to present role models, and thus support, for younger women considering these areas

of endeavour."

Officially launching the 2024 call for nominations Ms Ellery said: "As the Minister for Women's Interests, I'm proud to support the WA Women's Hall of Fame and its work to acknowledge and celebrate the achievements of local women.

"This year, the STEM nomination category has been expanded to include technical trades. This is a positive step forward as we recognise and profile women who are breaking down barriers in tra-

ditionally male-dominated occupations.

"I know there is no shortage of incredible WA women to be recognised, so I encourage you to nominate the amazing women you know - who continue to inspire the next generation."

Nominations will be accepted in the categories of: Health, Community, STEM and Technical Trades, Culture, Education, Arts, Sport, and Business. Nominations are also welcome for the 'Roll of Honour', to be inducted posthumously.

The Hall of Fame is an incredible record of the diversity in life for women around our State. It celebrates the social, economic, cultural, and political achievements of women, reflecting on how far we have come, and how far we still must go to realise gender equality. *Have a Go News'* founding editor Judith Treby was nominated posthumously in 2016.

Nominations are now open online. They close December 3. www.wawomenshalloffame.com.au.

Dandelions WA - spreading kindness, growing hope in the community

DANDELIONS WA's new 'Kindness Klubb' in Malaga is providing some much-needed space for the preparation of thousands of essential kits delivered throughout Western Australia to those in our community who need a helping hand.

Local Member for East Metropolitan Region and Shadow Minister for Community Services Donna Faragher recently visited Dandelions WA's new home with some donations for kits being prepared by the charity for children at Perth Children's Hospital.

"Dandelions WA is a wonderful organisation making a difference every day and are very worthy winners of the 2023 7News RAC Local Champions Award," Ms Faragher said.

"This 100 per cent volunteer-based charity supports West Australia-

lians in many ways including the preparation and delivery of hospital kits for members of the community who arrive at hospital without essential items, Christmas gift packs and 'Kindness Kits' for children and their families.

"Their 'Back to School' backpacks have now become a significant part of their work throughout the year and their upcoming 'Back to School 2024' campaign is expected to exceed previous years."

Mrs Faragher said the charity's aim was to ensure every child at the start of the school year had all the stationery and other necessary items needed to enable them to enter their classroom with confidence.

"In 2021, Dandelions WA produced 220 school backpacks containing

new stationery, a library bag, lunch box and water bottle. In 2023, nearly 7,000 backpacks were delivered ahead of the school year and in 2024 the charity is expecting to prepare and deliver more than 10,000 backpacks across the State.

"The 'Back to School' campaign is a really important initiative and has enabled many students to receive, for the first-time, items that are brand-new and especially for them," Mrs Faragher said.

Dandelions WA 'Kindness Klubb' co-founder Vicky Young said the power of a backpack should not be underestimated.

"Dandelions WA believes every child should have the opportunity to start the school year equal to their fellow students by having the ma-



L-R; Vicky Young and Donna Faragher

terials needed to enter the classroom with confidence and excitement to learn," Ms Young said.

"Feedback from the schools involved is that student attendance has improved, students are motivated to learn and their confidence has increased."

Dandelions WA is al-

ways looking for assistance, whether that be the donation of goods, volunteering, or monetary support.

If community members would like to support their 2024 'Back to-School' campaign or provide assistance for any other request, please visit - www.dandelionswa.org.au/.

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at
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19 DAYS

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Wills, Legal & Finance

Elders Rights WA marks milestone after a busy year

A STATE-WIDE service which provides legal support and advocates for the rights of older Western Australians experiencing abuse has marked one year of operation.

Elder Rights WA was established in 2022 by Legal Aid WA, in partnership with the Department of Communities, with \$4 million in funding over four years from the State Government, to respond to a greater awareness of elder abuse

and an increased demand for services.

Over the past year, Elder Rights WA has delivered 1729 services to 386 clients across WA. People aged over 80 were the largest cohort of people seeking assistance, comprising 25 per cent of clients. The most common client concerns were guardianship and administration matters, financial abuse, and other property claims.

Elder Rights WA provides equitable access to justice and holistic, wrap-around legal services for older people, which also include access to social workers.

According to a recent National Elder Abuse Prevalence Study, nearly two thirds of older people do not seek help when they are abused, women are more likely than men to experience elder abuse, and perpetrators are often family mem-

bers, mostly adult children.

Seniors and Ageing Minister Don Punch said: "Elder abuse is a significant issue in our community that too often remains hidden or goes unreported."

"Thankfully, with services like Elder Rights WA, that is starting to change, and older people experiencing elder abuse can come forward and seek information, support, legal advice and representa-

tion should they need it.

"Services like Elder Rights WA are critical in advocating for the rights of our seniors and supporting them to be protected and safe."

Elder Rights WA is aligned to the key priority areas of the WA Strategy to Respond to the Abuse of Older People (Elder Abuse) 2019-2029.

For more information about the service call 1300 650 579 or visit www.legalaid.wa.gov.au

Do you need to protect your estate?



UNLIKE standard wills, where a beneficiary receives their entitlement directly, a will containing a testamentary trust (TT) essentially establishes a discretionary

trust within your will, which comes into effect upon your death. The advantages include:

1. Income streaming: The trustee of a TT can stream different types of income to different beneficiaries, thus making it more tax effective.
2. Minor beneficiary concessions: TTs can potentially utilise the tax-free threshold for minors.
3. Potential protection from bankruptcy, creditors and family court property claims.
4. Flexibility and control: The will-maker can set specific terms and conditions for the TT, providing flexibility and control over how the assets are managed and distributed.

Whilst TT wills offer various advantages, they may not be suitable for everyone. The establishment and management of a TT can be complex, and it's crucial to seek advice from experienced professionals to ensure that the TT aligns with your specific goals and circumstances.

*This document contains general information only and does not constitute legal advice.

Liability limited by a scheme approved under Professional Standards Legislation

Seniors warned of Seniors Card scam site



WESTERN Australian seniors are being urged to be wary of a scam WA Seniors Card website which attempts to charge applicants a fee in exchange for a Seniors Card.

Seniors and Ageing Minister Don Punch and Commerce Minister Sue Ellery have warned seniors of the existence of the bogus portal, www.seniorsportal.au, which claims to be officially approved and charges applicants a fee of \$29 per card.

Seniors should be aware that the legitimate WA Seniors Card is always

free of charge and applicants are never requested to pay a fee or disclose their bank or credit card details in exchange for membership.

The official WA Seniors Card is www.seniorscard.wa.gov.au. Applicants should look for the official State crest to ensure they are accessing a trusted and secure website before proceeding with an application for membership.

The bogus website has been reported to the Australian Cyber Security Centre. If you have provided your information or payment to an unofficial website, please contact WA Consumer Protection on 1300 304 054 or email consumer@dmirs.wa.gov.au.

For further assistance contact the WA Seniors Card team on 1800 671 233 or email info@seniorscard.wa.gov.au

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9 NEWS PERTH

WA FIRST 5.00 NIGHTLY 6.00

food & WINE

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

Busting brunch (and high teas) all over Perth - glorious dining high in the sky



by Buster the Bruncher

HIGH in the sky over St Georges Terrace, we're on a "high" with high tea. High tea is the highlight at C Restaurant as the world keeps spinning, viewed through floor-to-ceiling windows. Perth's only revolving restaurant counters European tradition of high tea in early evenings. It's high tea at lunch time. This, we reckon, is a civilised way to present and admire food, dis-

playing sandwich slivers, scones and tasty treats, all tiered on your table's mini-tower. "Our high tea caters for all tastes, with a selection of finger sandwiches, petit fours and freshly baked scones available daily, alongside freshly percolated coffee and a selection of nine exquisite tea blends," says the all-inclusive eatery blurb. Here's what's ahead of you, as you spend 90 minutes twirling 360 degrees back to where

you started. (First-timers fearing motion sickness won't feel movement and can sit away from the windows). We ordered the "ba-

sic" high tea and fearing an overload of food, requested to share it. This wasn't an option but as it eventuated, C Restaurant exercised "Restraint" with a capital "R". Along with flavour, freshness and innovation. Our menu: Mini croissant, chicken breast, garlic mayo, capers, prawn tart, crème fraiche yuzu, dill, salmon roe, egg and cucumber sandwich, waygu sausage roll, relish. Chocolate and blueberry cake, lemon tart and strawberry macaron. Every dish was professionally-prepared and tenderly-presented. "Home-made" jam, with scones and fresh cream, had a strawberry flavour-some punch. Prof Ken gave his coffee a high mark after adding hot water to reduce a perceived slight bitterness, but I liked it. We couldn't tackle a high

tea without tea. I chose ginger and lemon tea - exquisite and served in a china teapot with real tea-cups and saucers. C Restaurant is ideal for entertaining loved ones, for special events, marriages, milestones, birthdays and achievements. Visiting guests enjoy a rare, city and river birds-eye view. The vista is breathtaking, day and night, and window seats are a preference for most. Says management: "To ensure fairness for all our guests, our window seats are allocated based on the booking date. "However, if you wish to secure a window seat and bypass the queue of guests who have booked further in advance, we offer a window seat guarantee for an additional \$30 or regular days and \$40 for event days (such as Christmas

and Easter)." Professor Ken and I booked a Monday in expectation of low numbers and were escorted to a front-window seat. Our bill for the fixed menu including coffees and tea was \$124. There was a "tip" space provided on the bill so we added \$6 to total \$130. We didn't think \$65-a-head was excessive for high-class, high-quality, high-rise, high tea. That includes scrumptious food, drinks, sensational service and glorious outlook. We'd do it again and who needs a special occasion? There's also a five-course degustation offering (\$135) with matching wines for \$75-a-bottle and a two-course dinner (\$99 with additional courses \$21 each). A children's menu is available for lunch or dinner (\$45, up to 12-years-old).

Wines include WA drops, a Margaret River jete brut (\$17 a glass) and a brut rose (\$20). A French champagne is also listed (\$29 a glass). **5 Spoons Level 33, 44 St Georges Terrace, Perth.** Opening hours: Lunch every day, 12pm-1.45pm. Dinner 6pm, Fridays 5pm. High tea: Monday to Friday, 12.30pm-2.30pm. Weekends 1pm-2pm. Bookings essential, recommended at least 24 hours in advance. Email: general@www.crestaurant.com.au Phone: 9220 8333



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.



The weather is warming up and it's time to spring into some lovely wine



by Frank Smith

IT is always a pleasure to meet with varieties of grape that are new on the Australian scene. More than 60 years ago I spent a month at a University of Vienna summer school

brushing up my school-boy German and acquiring a Viennese Austrian accent. I also met and fell in love with Grüner Veltliner, the iconic wine grape of Austria, which comprises some 30 per cent of all wine grapes

in the country. So it was a pleasure to find Stockman's Ridge winery in Orange, NSW offering what is probably the first Australian Grüner. **Stockman's Ridge 'Signature' Grüner Veltliner 2022.** This wine, grown on the north-west facing slopes of Mt Canobolas (NSW), late picked and barrel fermented in French oak, is quite different from its Austrian namesake, but none-the-less enjoyable. It is light yellow in colour with aromas of pear, cinnamon and other spices. The palate is complex with flavours of nectarine and citrus and a long finish. Serve with Asian dishes,

especially those with a bit of spice. RRP \$40. Chardonnay is the workhorse of most white wine growers. Here is an above average example. **Angullong Fossil Hill Chardonnay 2022.** This wine is pale green with a gold hue. It has aromas of citrus, limes, flowers, lemongrass and freshly picked garden herbs. The palate has flavours mainly of white nectarine. Other fruit flavours are balanced with ginger spice, lemon rind and lemon juice with an understated touch of oak. The long lasting finish includes a touch of cashews and a tang of red grapefruit juice. This is a good ex-

pression of cool climate Chardonnay. RRP \$30. Sauvignon Blanc is the signature white wine of New Zealand. Those of us who prefer a more restrained style will enjoy this wine variety grown in the Great Southern. **Oranje Tractor Farm Sauvignon Blanc 2021** is pale green in colour. It has grassy and aromas of kiwi and other fruity aromas. The palate flavour are predominantly tropical fruits. The finish is long lasting. Oranje Tractor farm uses sustainable and organically viticultural practises. The wine was made by Diletti - Winemaker of the Year in 2014. RRP \$34.

No wine list is complete without a Shiraz. Carillion Winery in the southern part of the Hunter Valley, NSW, offers this winner. **Carillion Origins 'Fenestella' Shiraz 2019** is deep purple-red in colour with aromas of blackberry, black cherry and plum with a touch of salami. The palate has earthy and dried plum flavours with dark chocolate and contrasting spices. The finish is long with plum and savoury notes. RRP \$50. To complete a decadent multi-course meal a dessert wine is essential. This delicious liqueur Muscat comes from the Ferguson Valley

near Bunbury. **Zena Liqueur Muscat** This Liqueur Muscat is made from Muscat à Petit Gris grapes which are left to hang for about a month after the other varieties have been picked. The grapes become shrivelled and super sweet. The juice is fortified after minimal fermentation. The final product is a blend of eight to 10 years-old liquors after storage in oak barrels. The wine is sweet and alcoholic with aromas of over ripe fruit, nuts and butter. The palate has flavours of Christmas Cake spice and cardamon. Serve cold with a rich dessert course. RRP \$43.

COMMUNITY NOTEBOOK

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

RAVENSTHORPE WILDFLOWER SHOW AND FESTIVAL
September 11-23
Approximately 700 different flower species are featured. A tribute to the rugged and natural beauty of the region.
www.wildflowersravensthorpe.org.au
Info Sue Leighton 0407 981 302

CELEBRATE LAKE CLAREMONT
September 17, 11am-2pm
Free kids activities, hands on workshops, food stalls, Entertainment. Family friendly day.

KALAMUNDA PERFORMING ARTS CENTRE MORNING MUSIC:
Lisa Woodbrook
October 4, 10am-12pm

10am morning tea 11am show. \$16 or \$13 per ticket if in a group of 10 plus people.
Be captivated by Lisa's powerhouse vocals and hilarious wit.
2 Railway Road, Kalamunda 9257 2558

KULIN BUSH RACES
Friday October 6
This weekend offers a wide range of activities starting on Friday afternoon and finishing with a hearty breakfast Sunday morning.
Live music, entertainment, races and great country hospitality.
Jilakin Lake. Kulin.
Cost various.
Contact: kulinbushraces.com.au

SPRING IN THE FOREST
Sunday October 8, 10am-3pm
Enjoy a landscape themed art display and experience sculptures in an outdoor setting.
Displays include environmental themes, lost trades, handcrafted items etc.
Food vans and cafe. There is something for all the family.
21 Ludlow Road North.
www.ludlowtuartforrest.org.au/

HILLS FABRIC AND CRAFT DE-STASH
October 8, 9.30am-2pm
The best de-stash/swap meet of craft, paper, art and sewing supplies in WA, with a 100 stalls available de-stashers to fill.

Cannington Exhibition Centre
0410 204 693

PARKINSON'S SUPPORT GROUP
Meetings last Thursday of the month.
1.30pm for a 2pm start
Masonic Lodge Hall
3a Moolanda Blvd Kingsley
Rear of Shell garage.
Afternoon tea provided.
Guest speakers invited.
Contact Bev 0428 053 324

SPRING FEVER EVENT & WILD n' WHIMS
Open for the month of September
Thursday to Sunday 10-4pm
Discover a delightful fusion of nature and nostalgia bringing a touch of whimsical, charm to your space.

912 Albany Highway,
East Victoria Park

MERTOME RETIREMENT VILLAGE ANNUAL GARAGE SALE/SAUSAGE SIZZLE
Saturday October 14, 8am - 12noon
30 Winifred Road, Bayswater
Garry Carr 0423 754 250

MATURE ADULT LEARNING ASSOCIATION
Has new interesting lectures on various, topics, commencing October 13 and consecutive Fridays at Karawara / Bentley.
No pre-knowledge required, just learn and have fun.
Enrolments and information at www.mala.org.au

food & WINE

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

Mondo Recipe of the Month - Bob's ginger beer beef



by Vince Garreffa

YOU will never cook corned beef any other way again. This is the best recipe by 'Bob the

Queensland Butcher' who is as talented in the kitchen as he is in the butcher shop.

Back in 1983 I won the Beaut Butcher Award for

WA and Bob won the Queensland award. The seven winning butchers from across the country and their wives were sent for a holiday in Thailand as part of the prize. I sent all the other win-

ners a telegram congratulating them. My wife and I arrived first in Thailand because of our proximity to the country, but Bob arrived at 2am in the morning and was too scared to knock on my door.

We had a great time in Thailand together, we have been the best of friends since and both of us are grandfathers now.

When Bob shared this recipe with me he used dry ginger ale but I forget that he used that and used ginger beer instead, arghh... the development

of recipes...

Ingredients for 4
1.5kg piece of corned silverside - rump end if possible; you pay more but it is the best.
2 litres of ginger beer (in a bottle from the shops)
250ml marmalade with rind in it
500g carrots cut into chunky pieces
500g cabbage cut into chunky pieces

Method

Simmer your beef in ginger beer for two to two and a half hours until it is tender to the fork. Only

ginger beer is required - nothing else, it is so easy. Make sure the meat is under the ginger beer and not sitting out of it. If necessary add more ginger beer or use a smaller deeper pot.

Take the meat out of the ginger beer when cooked and dry the fat on the meat with a paper towel. Now cover the fat with half a centimetre of marmalade and bake for 10 minutes at 200°C. In the meantime, add the carrots and cabbage to the remaining ginger beer juice

and cook for 20 minutes. Slice and serve with mashed potato, carrots and cabbage on the side and a tablespoon of ginger beer juice over the sliced meat to wet it and more marmalade.

Thanks Bob, buon appetito!

Mondo Butcher and Grocer is located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am - 5.30pm Saturday 8am to 2pm. Phone 9371 6350 or visit www.mondo.net.au

Knife and fork talk with the Dining Divas - a trip to Guildford



Knife and fork talk ratings

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



by Pat Paleya and Judith Cohen

HOW could anyone not revisit the historic Woodie in Guildford. We were last there in 2016 and found it still retains its old-world charm. At 11.30am the place was filling up fast and we were lucky to find a table as many were reserved.

They offer a 12 choice seniors' menu for \$19 and under. We chose the calamari salad and the salmon, potato and dill fish cakes.

A very generous serve of salt and pepper baby squid rings arrived at our table looking delicious, accompanied by a mixed mesclun salad with quarters of tomato, sliced onions, cucum-

ber and aioli. The salad was harvest fresh and the squid as tender as you could wish for.

The fish cakes came with a mixed mesclun salad and pea puree. There was a little drizzle of a mint and yoghurt dressing atop each fish cake. They had a very light crispy coating, not at all oily, which gave them a lovely crunch. The filling of potato and salmon was fine, how-

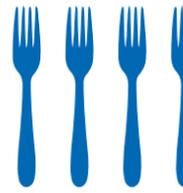
ever there could have been a tad more salmon in the fish cakes which was a little disappointing.

Nevertheless, a good meal for the price.

Both dining rooms were full by midday and the atmosphere was warm and friendly as were the staff, even though they were under the pump. It is still a pleasure to dine at Woodies.



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ADVERTISING FEATURE



Spring into oranges and celebrate the local citrus scene...

by Noelene Swain

CITRUS, apples and pears certainly dominate the winter fruit scene. The local citrus season is in full swing with an abundance of delightfully scented mandarins, navel oranges, grapefruit, lemons and limes at their absolute best. Yet as winter gives way to spring, we are treated to new and exciting varieties of oranges to lift our mood.

A new addition to the orange world is the Rosy Red navel or Cara Cara. These have beautiful salmon pink coloured flesh, a difference that you will notice as soon as you slice one open.

Being named Cara Cara – which means “Dear One” in Italian – is truly fitting. Don’t confuse these gems with blood oranges which have a red blush to the skin and a variegated red flesh inside.

The bright orange skin of the Cara Cara covers a deep, rich pink pulp, which is super sweet, with few or no seeds. The pink flesh is especially juicy and packed with more natural nutrition and minerals to power a healthy immune system. An excellent source of vitamin C, A and fibre; a good source of foliate and potassium, and a natural source of lycopene, the disease-fighting antioxidant, they

will certainly help put a spring in your step. This power-citrus is gaining in popularity and with its lower acidity; it is a great treat for kids.

Being very sweet oranges, they are most commonly used for desserts, sweet sauces, and for pretty displays. They work well in citrus salads with other citrus colours such as its friend the blood orange and fragrant mandarins.

Shoppers have come to expect access to any fruit or vegetable they may desire at any time of the year. With this comes a loss of understanding of the true season of locally produced food. Thankfully, over re-

cent years, shoppers have become more interested in the provenance of their food and are demanding the information to be able to buy local seasonal produce.

Research regularly reiterates that local shoppers definitively want fruit which is: locally grown, great tasting, premium quality, fresh and healthy.

Local fresh fruit growers have stepped up their effort to ensure consumers can easily spot local fruit with the use of branding stickers showing its West Australian origin.

When shopping for your citrus be sure to pause a moment and look at the branding sticker and in-store

signs. Choose fruit heavy for its size, as weight gives a good indication of high juice content. Don't be too concerned with outer beauty; any markings seen on citrus are generally insignificant branch scratchings and have no effect on the flavour or quality but avoid fruit with bruises or cuts.

Once home, keep in a cool dry place if eating within a day or two, or in the refrigerator if you choose to keep longer.

So, get cracking on putting a spring into your step with plenty of WA Citrus.

Prepared by Fresh Finesse Food Promotions www.freshf.com.au

What's fresh in the markets

Afourer mandarins: Local mandarin varieties continue to evolve through the winter seasons. The Afourer variety are 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 kumquats in vodka or another clear spirit for an unusual, citrusy twist.

Rosy red oranges (Cara Cara): 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 its 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 leaves 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. They 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.

Orange custard tarts

Preparation: 12 mins; cooking: 15 mins; serves: 6

100g butter
1½ cups plain flour
1½ tablespoons sugar
⅓ cup ground almonds
2 tablespoons water
Filling:
3 eggs
⅓ cup sugar
150ml thickened cream
2 teaspoon grated lemon rind
2 oranges, peeled, cut into slices

For the pastry:

PRE-HEAT oven to 200°C. Rub butter into the combined flour, sugar and almonds. Add water, mix well and knead together on a lightly floured surface until combined.

Divide into six portions and roll each out to fit the base and sides of 6 x 12cm loose-bottomed tart tins. Bake for 10 mins or until firm, gently pressing down the centre halfway through if the pastry rises up.

For the filling: whisk the eggs, sugar, cream and lemon rind until combined. Spoon into the pastry shells. Bake for 15 minutes or until just set. Stand five minutes before turning out to cool. Arrange the orange slices on top of the tarts to serve.



Orange and fennel salad

Preparation: 5 mins; cooking: nil; serves: 4



THIS classic flavour combination makes a wonderful spring salad – especially with pink flesh navels or even blood oranges. Get creative!

1 tablespoon white-wine vinegar
2 tablespoons olive oil
Coarse salt and ground pepper
5 navel oranges
3 fennel bulbs ends trimmed, quartered lengthwise, cored, and thinly sliced,
¼ cup roughly chopped fennel fronds (optional)
3 radishes, ends trimmed, finely sliced

In a large bowl, whisk together vinegar and oil; season with salt and pepper. Using a sharp knife, slice off both ends of each orange. Following the curve of the fruit, cut away the peel and white pith. Halve orange from top to bottom; thinly slice crosswise.

Transfer oranges, along with any juices that have accumulated on the work surface, to bowl with dressing. Add fennel and, if desired, fronds. Toss to combine. Serve

Get entwined in the Swan Valley and celebrate spring



Food, beverage and cultural offerings on offer at Entwined in the Swan Valley

SPRING is in the air, so it's time to get the family and friends together to plan how you will get Entwined in the Swan Valley from October 6-8.

This year's bumper program of 40 events, proudly supported by the City of Swan, showcases the diversity of the Swan Valley's food, beverage and cultural offerings.

Blend your own wine, make your own gin, get arty, indulge in a degustation dinner or combine

a masterclass with a long lunch.

Sip and savour your way through new and returning activities only available over the Entwined weekend. Here are just some of the ways you can get Entwined:

Unleash your inner artist at all new events:

Aboriginal Art and Bush Tucker Sundowner, Mandoon Estate, October 7. Create your own small masterpiece inspired by Aboriginal art and savour delicious

bush tucker snacks with Mandoon Estate wines and the Swan River as your backdrop.

Pinch Pottery Clay Workshop, Twin Hill Wines, October 8. Spend an afternoon designing your own pinch pottery trinket bowl, accompanied by wine tasting and grazing boards.

Paint and Sip, Black Swan Winery and Restaurant, October 6-8. Indulge in an afternoon or evening of themed paint and sip

events; choose from still life, vines and vistas, or canines and fine wine.

Toast to high tea:

Champagne and Gumboots High Tea, October 7. Cheers to the inaugural 100 per cent gluten-free, Coeliac Australia-accredited high tea, including a glass of Sittella sparkling.

Mulberry Afternoon Delights High Tea, Mulberry Estate, October 8. Experience a three-tiered feast of sweet and savoury treats, ac-

companied by sparkling wine, tea and coffee, overlooking the Swan River.

David Lucas, City of Swan mayor, says this year's bumper Entwined program offers a smorgasbord of options to help entice people to plan a day or night out in the Swan Valley.

"We have so many wonderful indoor and outdoor dining options that make the ideal location for a spring get-together," he said.

"With 40 unique events to choose from that aren't available every day, the Swan Valley will be buzzing over the Entwined weekend.

"Learn how to be a beekeeper, browse the artisan markets, try new release wines, or create something memorable to take home."

Tickets for Entwined in the Swan Valley are on sale today at www.entwinedinthevalley.com.au.

Orange cardamom polenta cake

Preparation: 20 mins; cooking: 45 mins; serves: 12

Fragrant moist cake with middle eastern origins

250g unsalted butter
250g raw sugar
4 large eggs
140g polenta
200g self-raising flour
zest and juice two oranges
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 reserve 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.



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ADVERTISING FEATURE



travel options for the mature west australian



The Merusaka, Nusa Dua in Bali was a lovely spot



IT certainly was a lot of fun heading back to Bali last month. It is a fantastic spot for Western Australians to visit, with no time change and a short flight. Bali is reasonably priced, offers good hotels, friendly people, good shopping and a huge array of quality bars and restaurants. Our five-day trip, which was to mark our marriage earlier in the year, did not disappoint. We stayed at the Merusaka in Nusa Dua and they made a lot of effort to celebrate our honeymoon trip.

A few tips if you haven't been before or visited since the pandemic, on arrival be prepared for a long wait to get through customs. Purchasing the 30-day visa online (be careful you go to the correct site as there are fake ones which cost

extra), can save time but it still took us about an hour to clear customs. Always be vigilant when walking in Bali – there are often pot holes on roads and footpaths which are easy to trip and fall in and yes, I did and ended up with a very sore ankle. On departure allow extra time at the airport to get through the long queues in immigration.

My last tip is stay longer; five days is not enough!

★★★★

The Australian Health Protection Principal Committee (AHPPC) has rescinded the health guidelines in place for the cruising industry which required all travellers 12 years and older to be fully vaccinated against Covid and to wear masks while in indoor areas onboard.

★★★★

Virgin Australia has introduced bag tracking on its mobile phone app for luggage. This innovative service is being rolled out across the eastern states and should be available for Perth flights in coming months. It allows passengers to see where

their checked bag is at all stages of the journey.

★★★★

The full-service Vietnam Airlines will be flying a three-times weekly route between Ho Chi Minh City and Perth from December 7, following the announcement of low cost Vietjet, which commences a twice weekly service from November 21. Vietnam is growing in popularity as a tourist destination for West Australians and direct flights make it easier to visit.

★★★★

Qantas has been in the news a lot recently, firstly for its huge profit announcement of more than 2 billion dollars and then for the lawsuit which has been launched by the Australian Competition and Consumer Commission (ACCC) against the airline for selling seats on cancelled flights. The ACCC said it continues to receive more complaints about Qantas than any other business. In the last year they have received more than 1,300 from travellers.

The airline's reputa-

tion has certainly taken a beating and I must say that after a few flights last year I felt it wasn't at the same standard as it was prior to the pandemic. This bad publicity has seen the airline remove the former expiry date of December 31, 2023 for customers to claim refunds from previously cancelled bookings.

★★★★

Seating classes are selling out for the next day trip flight to Antarctica, so don't delay if you are going to join on this unique experience. See page 32 for details on the flight which departs 26, January 2024. If you would like a copy of the brochure which outlines conditions and seating classes and the booking form, please email jen@haveagonews.com.au or call the office on (08) 9227 8283.

★★★★

Happy trails

Jennifer Merigan



Celebrate Yorkshire Day with Joe Lunn

REGULAR reader Joe Lunn is a Yorkshire boy through and through. He is a Yorkshire born Australian, having emigrated from his village, Rothwell, near Leeds in the late sixties with three young boys.

Joe said It took him 20 years to settle, but he thought moving to Australia was best for his family.

Joe said: "I loved my roots so much, I returned home to Yorkshire more than 40 times, in 54 years, my connection to my birth place is in the blood.

"Several times I have paraded on the Yorkshire Day parade, and want to take anyone who reads this article, in Australia on a trip to the UK in 2025 and experience the event.

Joe says that with help his intentions are for Yorkshire Day to be as popular as the worldwide celebration of St Patrick's Day.

"York, is one of the best destinations on offer for visitors, so I am hoping we get a good response from all



Joe Lunn and wife Diane

those interested, Australia wide. I realize I have a lot of work, and a mountain to climb, but it will be achievable, and successful,"

said Joe. Anyone wanting to assist in his quest with help or suggestions, are welcome to email joelunn7@gmail.com.

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Although not a travel club, Friendship Force facilitates travel between clubs all over the world and clubs host ambassadors from other countries and participate in exchanges both international and domestic.

Friendship Force is a non profit, non religious, non political organisation and the Perth club always welcomes new members who are happy to host just for one week.

Apart from hosting visitors from afar, the Perth club meets once a month and also has a monthly social event.

Please check out the display at this year's Have a Go Day.

For more information contact membership officer on 0438 943 033 or visit the website www.friendshipforceperth.net

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Visiting Bulgaria - taking an Eastern European adventure



L-R; Fresco interior of the Church of the Nativity at Arbanasi - Stronghold of Tsarevets at Veliko Tarnovo the former capital of Bulgaria

by Mary Carroll

MY first impression of Bulgaria was of endless green early spring fields, no visible farm machinery, few people, and no livestock, except for a small flock of sheep on the move. In the

villages, abandoned block-like Soviet factories, now forlorn, dilapidated buildings, empty, once hives of industry but like the many houses, also derelict. Disturbing to see broken windows and peeling paint on some quite stylish houses.

The Soviet Union pulled out in 1989 after occupying the country since 1944. The factory closures meant no other employment for many workers who then left to seek work in other countries, hoping to eventually return to sell their

properties in better times. However, Bulgaria remains a poor country with a low cost of living and mostly, a cash economy. Their currency is the Lev.

Framed by Romania, the other side of the vital Danube River, the Black Sea and some impressive resorts to its east, Serbia and Macedonia to its west, and Greece and Turkey, to the south, Bulgaria is a country of wonder and surprise; mountains, lakes, plains, and historic monuments make it a great off-the-beaten track country, to visit.

Considered a second world country like Hungary; Bulgaria has had an extremely long and torrid history of brutal conflicts, invasions, bitter battles, treaties, occupation, uprisings, and division. In 395AD, the Roman Empire split in two and Bulgaria became part of the Eastern Empire. Great Bulgaria was formed in 632AD, making it the oldest country in Europe. Its founding tribe was the Bulgars lead by Khan Kubrat, their Turkic tribesman leader from the Asian Steppes.

Tsar Boris 1 introduced Eastern Orthodox Christianity to Bulgaria in 863AD. During his rule, the Cyrillic script was developed and is still used today in Eastern Europe. Orthodox Christianity remains the main religion today.

The Vikings also came to Bulgaria, no doubt traversing the Danube, as ancient weapons and tools relating

to Scandinavian warfare have been carbon dated. There are even older relics dating to 455BC from a much earlier and ancient civilization.

Three significant invasions include the Byzantine Empire for 150 years until 1185, then the Ottoman Empire for nearly 500 years when finally in 1908, Bulgaria declared its independence from the Ottomans and finally, the Soviet Union in 1989.

However, this little-known country retains a charm all its own with its proud traditions of dance and costumes, food, art, music and its heady Rakija fruit brandy liqueur, popular with locals and tourists alike. Its exports include manufactured goods such as clothing and footwear, mechanical appliances, engine parts, wheat, and cereals.

Back to the present now with sight-seeing in mind and a visit to the ancient city of Veliko Tarnovo in North Central Bulgaria. Once the capital of Bulgaria (now Sofia) and the home of kings, it was settled as far back as 5000 years ago. Its pretty winding cobbled streets and artisan walk, make it a popular tourist destination. Local pottery, textiles, gold jewellery, wooden items and rose products are sold. Bulgaria is famed for its rose growing industry and mainly exquisite pink petals are magically turned into delightful perfumes, soaps, and oil. A short walk will take you to the sight of

Tsarevets an old 13th century stronghold of the city.

Not far from Veliko Tarnovo, is Arbanasi with many paths leading around historic houses and churches. It is the most scenic of all ancient places in Bulgaria and was founded in the 15th century by Orthodox Greeks. One particularly barn-like, nondescript church opens into the most amazing five galleries of Old and New Testament frescoes covering the interior, a simply breathtaking sight. Named the Church of the Nativity, its cross was removed as it offended the Ottoman occupiers. A full day trip can be made from Sofia to Veliko Tarnovo and Arbanasi.

Belogradchik fortress, high in the West Balkan Mountain range in N.W Bulgaria is a geological wonder. The rocks are largely limestone plus red sandstone and hold hundreds of caves, prehistoric remains and cave paintings. This bizarrely-shaped rock formation some 210m in height was formed on the sea floor, compressed, and then eroded over the last 45 million years. The Romans first used it as a fort during their occupation and succeeding conquerors added towers, tunnels, gates and walls. It is a challenging walk along its elevated path.

Other places to see are Vidin, one of the poorest regions of Bulgaria but a stroll through this town on the Danube is worthwhile. The population is very proud of

its cultural heritage, shopping or cycling are activities to enjoy here. A visit to the Baba Vida fortress is the town's primary landmark. It is considered the best-preserved medieval castle in the country and was built on top of Roman ruins as far back at the 10th century.

Vitosha Mountain is famous for plant diversity, chalets, ski-runs and hiking. It is a UNESCO biosphere reserve and so too is Srebarna. a fresh water lake renowned for its birds.

Bulgaria, with a population of around seven million, is now a parliamentary democracy. It was admitted to NATO in 2004 and became a member of the EU in 2007. It was one of very few countries that successfully withstood the demands to deport their ethnic Jewish population in WW II and in 1988, Bulgaria established a permanent research base in Antarctica.

Despite its many setbacks over the centuries, it is a brave country, making its way in the world with political upheavals at times and a less than perfect human rights record.

Accommodation varies between hotels, apartments, B&Bs, hostels and homes. An interesting thing to note with Bulgarians is that when they shake their heads from side to side, it means 'yes' and up and down, means 'no'.

The modern-day Bulgarians are made up of Slavic-Serbs, Tatars and Turks with genetic similarities to Croats and Poles.

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ADVERTISING FEATURE

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Enjoy some springtime stargazing

by Donna Vanzetti and Carol Redford

SPRING is the perfect time to get out under dark country skies and be in awe of the sparkling stars and planets overhead. But that's not all, let's throw in a close encounter between Saturn and the Moon, the Spring Equinox and Scorpio.

The Spring Equinox is on September 23 and marks the transition from winter in the southern hemisphere, when the number of hours of daylight will almost equal hours

of darkness.

Spring is a great time to find the constellation Scorpio. It's a large constellation that forms the shape of a scorpion. It is currently visible throughout the evening, lying directly overhead at around 8pm. Look for a reddish star called Antares that lies in the centre of the constellation. See if you can find the curve of Scorpio's body and the sting in its tail stretching across the sky.

Something interesting: Antares is a super-giant red star several hundred times the diameter of our

Sun and is about 600 light-years from Earth.

When to look: after 8pm during spring.

Which direction to look: directly overhead.

For some fun stargazing, the full Moon makes a close approach to brilliant Saturn on September 27 and the pair will look stunning together. For those with telescopes or high-powered binoculars, check out the beautiful ring system of Saturn.

Find out more at www.astrotourismwa.com.au.

Enjoy golf and more on Christmas Island

WHILE most people know Christmas Island for its annual red crab migration and the stunning nature on display, they may not be aware that it's home to a vibrant multi-cultural community.

European settlers used Chinese, Malaysian and Indonesian labourers to dig, process and export rock phosphate. Today, these communities mix during work, celebrations and play.

The Christmas Island Golf Course is well maintained by local volunteers and the club is very welcoming to visitors. You can play any time of the day during your stay or join the locals for our annual Acker Christmas Island Golf Open May 14-21, 2024.

Contact sue@indianoceanexperiences.com.au or phone: 1300 484 515.

Cape York, Gibb River, Savannah Way and more...



with them next year on the tours mentioned above. Some of their 2024 tours are already almost full.

If you've been thinking of booking something for next year, head straight to the Extended Tours page on their website for more immediate information, including dates, prices, day to day itinerary, and of course – how to book.

Aussie Redback Tours are also right in the middle of putting their 2024 brochure to-

gether and very soon it will be printed and sent to people on their mailing list. If you're not on their mailing list, please contact them and they'll be happy to add you to their growing mailing list and send you a brochure as soon as it's available.

Contact Aussie Redback Tours on 1300 662 026 or info@aussieredbacktours.com.au for more information about any of our tours, or read more on their website – www.aussieredbacktours.com.au.

169th Toodyay Agricultural Show



agricultural heritage and vibrant community spirit, evident in the diverse displays and exhibits. Timeless classic country markets, engaging interactive stalls and the thrills of sideshow alley ensure there's something for everyone.

Savour an array of refreshing delights from the food vans throughout the day and head to the family-friendly Terrace Bar as the sun sets. The spectacular Bendigo fireworks are the perfect festivity finale. Ticket prices Adults \$15, concession/children \$5, under 6 free.

Consider catching the train. Plan your AvonLink Show Special journey at www.transwa.wa.gov.au/plan-your-journey/train-lines/avonlink.

For more information: www.toodyayagshow.com.au.

Stay in touch: www.facebook.com/toodyayagriculturalsociety.

PREPARE to weave wonderful memories in the charming embrace of WA's most picturesque showground (in our humble opinion), with an all-day live music soundtrack to add to the atmosphere when gates open 9am, Saturday October 7.

The event proudly reflects the town's rich

DID you miss out on Aussie Redback Tours' Cape York and Thursday Island tour this year? Or their Savannah Way tour? Have you always wanted to take part in a Gibb River Road tour but can't see yourself attempting it on your own?

Or perhaps you've been thinking of travelling from Cairns to Perth through the middle of Australia and wondered if there's a company that will take you down that route? Well, Aussie Redback Tours are offering all of those trips

and more next year.

They recently asked for an expression of interest from people who are keen to travel

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*Prices & Itinerary Subject to Change. Prices are based on per person twin/double share unless advised, subject to availability. All prices quoted are in AUD and include applicable airline taxes. Accommodation upgrades and extra tours may be added to maximise your stay. We highly recommend all guests take travel insurance for this journey.
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Making art from scrap - the Australian Rustic Farm Art Awards return



Left; Gidgegannup Agricultural Society volunteer, Hugh Burges
Inset; Rustic Farm Awards 2022' overall winner, Forward by Heather Barrett

by Frank Smith

GET out your angle grinder and welding goggles. Now is the time to prepare your entry for the second annual Australia Rustic Farm Art Awards.

The awards were started at Gidgegannup last year following disastrous fires in which 14 houses were lost.

Gidgegannup Agricultural Society volunteer, Hugh Burges, said the event was first of its kind in Australia, the awards encourage creative excellence within the popular artistic genre known as Farm Art or Junk Art – artworks made from recycled scrap metal, broken-up machinery, timber and other farm-related materials.

"After the fire we wondered what we could do to help victims. There were loads of burnt-out tractors and other farm machinery so we decided to set an outdoor display of sculptures at the Gidgegannup Show last year.

"The City of Swan and Shire of Mundaring agreed to sponsor the competition and Bendigo Bank provide the first prize of \$3500."

The overall winner, Heather Barrett, sculpted a horse from chicken wire and the ashes of her burnt down house. Other entries included a horse head carved from wood with a chain-

saw, wire sculpture and mosaics using scrap metal

"Both the first and second prize winners had lost their homes in the fire," said Mr Burges.

The Agricultural Society decided to make the award an annual event.

"We had 40 entries last year and expect to get more this year. The competition is open to anyone. Most competitors were local but we had entries from as far away as Rockingham," he said.

The Gidgegannup Men's Shed arranged to teach potential entrants (both men and women) how to use of power tools and weld; and the City of Swan sponsored a sculpture workshop for eight people tutored by Glen Forrest painter and sculptor Neil Elliot.

The competition sent a message to fire victims of on-going support and that they had not been forgotten.

"We remember the victims and never forget that some are doing it tough. I hope the competition will help build up confidence in the community to keep making art.

"Another aim of the competition is to encourage recycling," Mr Burges said.

In spite of his involvement in the art competition Mr Bures says he is no artist.

A FIFO trainer he raises miniature goats

which he sells as therapy goats. They help their owners when stressed. He also has a miniature pig, llama, dogs and cats.

"I have a farm background, when I was small, I used to play on the farm scrap heap which my older brothers used to make sculptures using oxy-acetylene cutting and welding.

"Now I grow everlastings, that's my idea of art."

Entries to this year's Rustic Farm Art Awards close on October 1.

The Gidgegannup Agricultural Show is held on the last Saturday in October. This year it will be held on October 28. The show attracts local and city people who have an affinity for rural lifestyles.



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CLUB 55 have some great tours coming up for the spring months and it is shaping up to be a great season with the countryside looking absolutely magnificent with lots of wildflowers.

Come join in on one of the many exciting day tours or enjoy a week-end away on the two-day whale watching tour staying at the Abbey Beach Resort for only \$450. The tour includes most meals and a great cruise of the coast of Dunsborough where you will be treated

to seeing lots of whales.

Coming up in November is the seven-day Kalgoorlie, Esperance and Wave Rock tour and for those looking to getaway at Christmas, come and join the five five-day Albany and Walpole Tour.

Visit the web page www.club55.com.au where people can view and download the full itineraries and pay for tours online.

Club 55 Travel Club has several convenient departure locations around Perth and membership

is free. It's a great way to meet and make new friends.

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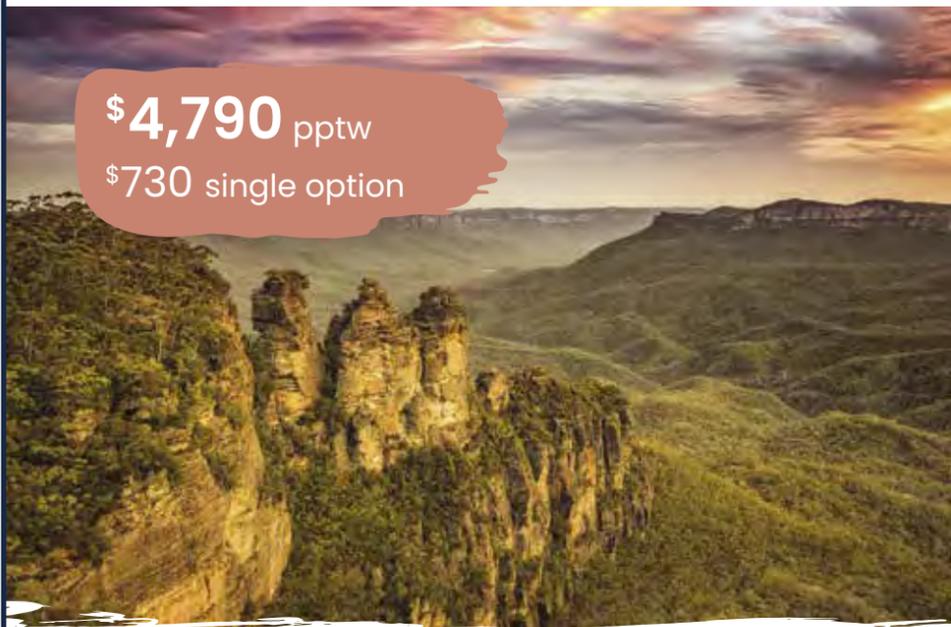
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- Museum of Sydney
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- The Royal Botanic Gardens Sydney

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ADVERTISING FEATURE



travel options for the mature west australian

The rise and rise of the amberjack and yellowtail kingfish in local waters



A small amberjack, not quite a Samson and not quite a king

by Mike Roennfeldt

ONE of the more interesting things to happen

to Perth metro offshore fishing in recent years is the rise and rise of a couple of really cool species

that were once considered something of a rarity around here.

I'm talking about amberjack and yellowtail kingfish, a pair of interesting characters that are high on the list of anglers' favourites in many places around the world.

The rise of kings and amberjack has coincided with what seems to be a decline in Samson fish catches around Perth over the same period. Given that Sambos, kings and amberjack are superficially very similar fish, you have to wonder if that is more than just coincidence.

Has the apparent de-

cline in Sambo numbers simply made room for the other two species in the ecosystem?

It struck me that the increasing incidence of amberjack and king catches might just be a result of a move to a more sport oriented recreational fishing bent over the past couple of decades but that doesn't really stand up.

I've even caught a couple of small amberjack while King George whiting fishing in recent years and that never used to happen. Similarly, I can't remember seeing big schools of small kings up on the surface along the south side of Rottnest

years ago when I was looking for other surface species such as salmon, mackerel or tuna.

I've always thought that Sambos were under appreciated, by local anglers.

Dedicated dhuie or snapper fishermen were known to grumble about hooking a Sambo, complaining that the fight was too hard on them and their gear and too much time was wasted on a fish that was only good enough for berley or neighbours.

On top of that, the reputation of the species on the plate suffered because the flesh of occasional fish that were infected with a

harmless parasite turned mushy during the cooking process.

The vast majority of Samsons have firm, white flesh that comes up a treat when thinly filleted and fried in batter or egg and breadcrumbs. The same firmness means they are also perfect as the basis of a fish curry. The downside was that you couldn't tell whether you had a good one or not until after you had cooked a piece.

Both amberjack and kings are of similar eating quality to Sambos. They all possess great fighting qualities although the Sambo probably just

shades the amberjack in terms of power and stamina. Kings are probably the toughest of the three. They can power off a fair distance and have a secret dirty weapon that sees them heading for reefs or reef holes like they know exactly how to wear through a line.

We may never know why this change in the mix of species has come about and while the Sambo decline is a little worrying, at least the hole has been filled by a couple of very capable substitutes.

Sort of like subbing off Luke Shuey and bringing on Tim Kelly and Dom Sheed.



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ADVERTISING FEATURE



Spring is here - it's time to inject some brightness into your surroundings



L-R; Bring the outdoors in this spring with some inspirational colour; avoid overcrowding a room with dark toned furniture - Bed Bath N' Table's beautiful bedding - spring has sprung - orchids



by Zofia St James

SPRING has arrived. We are indeed again at the pointy end of yet another year and I am already thinking about Christmas. Last month I was talking colour; this month

I thought I would take inspiration from this new season, its colour palette and life and bringing some of that beauty indoors to brighten and cheer up your rooms. If you have a sunny spot near a window, a Fiddle Fig will absolutely thrive. I was a bit afraid of this finicky plant but I recently purchased one from Bunnings and so far it is flourishing. Another plant I love and have had great success with for indoors is a Peace Lily, with its lush greenery and white lily elegance. It needs light but

it can receive it from a distance and still thrive. My all-time favourite though are orchids, especially white or deep fuchsia ones. I love to give one as a gift or treat myself to one. They last for a few months and bring so much beauty to a room and are a joy to look at. Spring is also the season I change my bedding. Off comes the dramatic deep burgundy quilted velvet cover set swapped for an oasis of all white. Bed Bath N' Table stock the most beautiful coverlets in white or pastel

tones and are the perfect weight for those hot summer nights. If your home has sufficient natural light or north facing windows, that's a wonderful asset. For those who don't then the tip I offer is that the walls need a great shade of white paint. My favourite tone is Lexicon by Dulux as its not stark, but still offers depth and will reflect any light on offer. Don't overcrowd a room and especially not with large bookshelves or TV units, dark wood tones or heavy upholstery. This

will only add to darkening the space, so cull where possible. Hanging a mirror opposite a window or in a nook, acts like an extra window. It reflects and creates light as I have done with success. What window treatments do you have? Are they heavy or patterned drapes? Consider replacing them. Continuing on our mission to makeover our apartment we decided on replacing the vertical blinds with Sheers and a white roller blind behind. This is to be hung from the cornice to give the illusion

and grandeur of height to the otherwise fairly small living/dining area. I am looking forward to the gauzy filtered light they create instead of the stark grey verticals. The shade we have chosen blends perfectly with the paint shade which happens to be Lexicon for that seamless look. By the way, after some quotes we went with Curtain World for their amazing service and price. Spring is such a beautiful season and one that is exciting to embrace after winter. I hope the season

and sunshine inspire you to let in more light and life into your home. There is no time like now to begin. Have a very happy month ahead!

Zofia x
Zofia offers a free over the phone or video interior style consultation for readers. She can assist with de-cluttering, restyling, choosing furniture and personal styling. Interested in a free styling opportunity, contact Zofia on 0406 336 607 or email zofiajames@hotmail.com



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GREAT HOME and GARDENING



Get out and make a fresh start for the garden this spring



L-R; Time to combat the snails in your garden (© Adobe Stock) - rejuvenate your lawn with a mower - beautiful wildflowers will be on display in Kings Park as well as in regional Western Australia
Inset; Trap and banish citrus leafminer and citrus gall wasp from your citrus plants



by Colin Barlow

SPRING has finally arrived, bringing a breath of fresh air to rejuvenate our spirits. So, it's time for us to dive into the wonderful world of gardening once more. As we welcome the blooming plants and flourishing gardens that spring has to offer, new challenges and opportunities arise to revitalise

and invigorate our gardens to prepare them for the seasons ahead.

Bountiful Vegetable Patch

- Combat snails and slugs drawn out of hiding by the warmer, moist conditions. Employ methods such as handpicking, copper sprays, or creative solutions like beer traps and coffee grounds.
- Feed rapid-growing salad crops like lettuce and spinach with a nitrogen-rich liquid fertiliser and seaweed solution fortnightly for robust growth and a steady harvest.
- It's time to sow and plant vegetables, including tomatoes, chillies, zucchini, cucumber, eggplants, pumpkins,

melons and corn.

- Use organic sprays like Dipel or Success Ultra in a rotational manner to fend off caterpillars and other pests, especially on your brassica crops.

Fruitful Rewards

- Enrich your soil with organic fertilisers to feed the soil microorganisms and enhance the availability of soil nutrients.
- Mulch with organic soil conditioners, manure, lupin, pea hay, or sugarcane mulch for moisture retention and soil improvement.
- Spring is prime time to nourish fruiting plants with controlled-release fertilisers as they move into active growth.
- Apply liquid potassium sulfate every two weeks to encourage flower and

fruit development and for the sweetest strawberries.

- Shield citrus plants from Citrus leafminer and Citrus gall wasp using the eco-CLM trap and the Go Natural insect trap.



- Guard against Mediterranean fruit fly infestations on early crops with traps or netting. If baiting a combination of the Ceratrap, eco-naturale or Nature's Way Fruit Fly Control methods are best.

Reviving Your Lawn

- September and October offer the perfect window to rejuvenate your lawn. Begin by mowing it as low as possible, followed by raking out the dead grass and thatch. For a professional touch use a vertimower, crisscrossing the area in two directions for optimal results. Tidy up by raking the area and giving it a final mow to collect remaining debris.
- Improve soil aeration with a garden fork, hollow tine corer, or mechanised

corer for larger spaces.

- Gradually lower your mowing height to eliminate winter grass seed heads and other weeds. Regular mowing, every one to two weeks, keeps your lawn at its best.
- Apply a wetting agent to the entire lawn and thoroughly water it in, ensuring optimal moisture penetration and retention.
- Tackle weeds or prickly bindii issues by applying a selective herbicide. For buffalo lawns, always opt for products with bromoxynil as the active ingredient is safe to use on them.
- Nourish your lawn with a slow-release lawn food rich in nitrogen and potassium, with minimal phosphorus. Add a boost

of iron for a deep green colour.

- Inspect, clean, flush-out and replace pop-up sprinklers as needed.

Nurturing Your Garden

- Mulch exposed garden soil for improved soil quality and moisture conservation.
- Trim Hydrangeas and use aluminum sulfate to adjust bloom colours in alkaline soils.
- Lightly trim late winter and spring shrubs or hedges like azaleas and Camellias after flowering.
- Improve water penetration and soil health with wetting agents before fertilising or planting.

Flower Garden

- Revitalise spring-flowering bulbs and annuals with potash-rich liquid fertiliser every two weeks to ensure abundant blooms from your bulbs next year.
- Plant annuals such as petunias, sunflowers, Cosmos and Zinnias in empty spots and pots ready for summer.

Caring for Indoor Greenery

- Repot indoor plants using premium quality potting mixes specifically for indoor plants.
- Feed indoor plants with controlled-release indoor plant fertilizers as the weather begins to warm up.

Don't miss the WA Wildflower Extravaganza

- For a wild adventure, explore Western Australia's breathtaking wildflower displays.
- Immerse yourself in the Kings Park Festival, celebrating the region's natural beauty with a plethora of activities, exhibitions, and guided walks throughout September. Discover more at www.kingsparkfestival.com.au.
- Experience the Ravenshorpe Wildflower Show and Spring Festival from September 11-23. Dive into the rugged allure of Fitzgerald National Park while exploring the region's floral diversity and local events. Learn more at www.wildflowersravensthorpe.org.au
- I will be heading out to some of the wildflower hotspots around Perth and the south of our state from September 11 for two weeks. So follow me on Instagram and Gardens from Eden on Facebook for my daily Ross Garden Tour wildflower updates and photos.

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GREAT HOME and GARDENING



Get your home protection in order this spring



SPRING is definitely here, and what better way to protect you and your family at home this season than to invest in sun and security protection – roller shutters.

Adding roller shutters to your windows significantly reduces the flow of hot air that is able to

enter your home during summer.

Acting as a barrier between the window glass and sunlight, high-quality, custom roller shutters not only block up to 80 per cent of heat, but they also eliminate the annoying glare of bright sunlight.

Not only that, they protect the interior of your home by blocking out damaging UV rays.

Additionally, roller shutters have effective insulation properties which will also keep your home cooler in summer and warmer in winter.

Nu-Style Shutters offer RAC members a 10 per cent discount on roller shutters and other products like security doors and window screens. Plus an additional discount if you are a WA Seniors Card holder.

There really is no better time to have that added security from both intruders, and the sun. For year-round climate control in your home, get a quote for roller shutters from Nu-Style Shutters today.

For more information go to nustyleshutters.com.au or call 1300 717 907.

Preserve history and convert old films to digital...



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

As time passes, old

film footage slowly degrades.

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

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

One of the best ways to preserve your footage is to take it to DiskBank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films, videos, images and audio recordings into modern, digital formats.

If the film has already begun to decay or develop mould growth, Disk-

Bank can take steps to revive your footage if the damage has not spread too far.

DiskBank can transfer your recordings to DVD, Blu-Ray, USB or digital files, with the latter being the recommended format.

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.

Unplug and de-stress

JIGSAW puzzles are great for mental health and will reduce screen time – that's no secret.

The Purrfect Exhibition, is the fifth framed jigsaw puzzle exhibition Phil and Sarah Harris from Born Free Craft have mounted, in the beautiful, oval, public space owned by the City of Cockburn.

The exhibition will run for 12 days from Friday September 15 to Tuesday September 26 inclusively from 10am – 3pm.

"We find a real joy in

bringing order out of chaos when we open a new puzzle and work towards a completed picture," said Phil and Sarah.

"After building the puzzles, we glue, back and frame them in a bespoke manner that enhances the picture.

"The framing is quite unique in itself. We use a variety of different mediums including natural tree branches, denim, wool and other materials."

This year's exhibition theme focuses on the

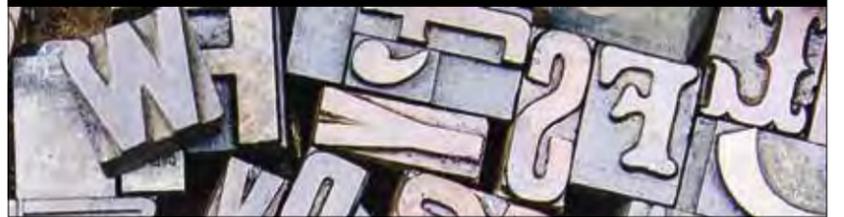
domestic cat. Phil and Sarah have been able to showcase how important these animals are as artists' subjects.

They have also brought attention to the big cats such as lions and tigers. Lions are suffering through the worst drought in Kenya in 40 years.

Phil and Sarah look forward to welcoming people to their creative world with a product that has been around since 1760.

Call 0448 800 428 or see details on page 22.

Have a Go News PUZZLES SOLUTIONS



Solution for BIG Crossword page 46

B	L	A	B		A	C	C	U	S	E	D		I	B	I	S		
A		H	A	C	K	S		A		E		I	N	A	L	L	U	
S	C	E	N	E		I		C	A	P		V		S	K	A	T	E
E	R	A		L	E	A	N	T		T	O	A	S	T		N	A	Y
	I	D	O	L	S		A	U	D	I	T		Y	O	L	K	S	
	M		A	S	S	E	T	S		C	H	U	R	N	S		K	
D	E	C	K		A	I			E		I		D	I	S	C		
R			T	A	Y	L	O	R		U	R	B	A	N		N		R
I		A	R	T	S		N	A	I	L	S		N	A	G	S		A
V	I	D	E	O			B	C			S	E	E	D	Y			
I		D	E	L	I		W	I	P	E	D		S	H	O	T		O
N		E		L	O	P	E	D		R	E	T	A	I	L			N
G	A	R	B		D	A			C	T		O	R	B	S			
	B		A	L	I	G	N	S		F	A	Z	I	N	G			A
	B	R	Y	A	N		E	L	T	O	N		R	O	Y	A	L	
J	O	E		W	E	E	D	Y		S	T	R	E	W		F	E	E
U	T	U	R	N		M		E	N	T		O		A	L	I	S	T
D		S	U	S	H	I		S		E		B	U	Y	E	R		O
I	T	E	M			R	E	T	I	R	E	E			D	E	A	N

Solution for Crossword page 47

E	S	C	O	R	T		S	H	A	N	G	H	A	I
P	T		O		L		E		M					
L	I	G	H	T	W	E	I	G	H	T		D	A	B
N	E				P		A		K		T			
E	N	O	R	M	O	U	S		N	O	I	S	E	S
E					R	O		G	P		U			
F	R	A	C	T	I	O	N		E	X	P	O	R	T
	H		G			R		E						
A	S	S	I	S	I		M	I	S	E	R	I	E	S
H	S		N		A		O				K			
E	U	R	E	K	A		N	I	N	E	T	I	E	S
D	D	L	T		N		I				S			
A	D	D		R	E	S	E	R	V	A	T	I	O	N
E		A		R	O	L		U						
T	R	A	M	P	L	E	S		W	R	E	A	T	H

Solution for Sudoku page 47

6	8	9	4	3	5	2	1	7
2	3	4	7	1	6	5	9	8
1	7	5	2	9	8	3	6	4
8	9	7	6	4	3	1	5	2
5	2	6	1	7	9	4	8	3
3	4	1	8	5	2	6	7	9
4	6	2	9	8	1	7	3	5
7	5	8	3	6	4	9	2	1
9	1	3	5	2	7	8	4	6

Solution for Wheel Words page 47:

Aced, Acne, Cane, Cape, Case, Clad, Clan, Clap, Dace, Lace, Pace, Scan, Apace, Canal, Caned, Caped, Cased, Clasp, Clean, Dance, Decal, Laced, Lance, Paced, Pecan, Place, Scald, Scale, Scalp, Scape, Scena, Scend, Space, Anlace, Ascend, Candle, Lanced, Palace, Placed, Scaled, Spaced, Candela, Clasped, Decanal, Scalped, Scandal.

9-letter word: LANDSCAPE.

Solution for Quiz Quest page 47:

Mark Twain, Pack, Dollar, Bureau, Asimov, Lecter, Newton, Pumpkin, Kilogram, Blaine, Lectern, Copperfield, Body, Pound.
Mystery keyword: POTATO

Answers for Have a Go News Quiz page 2:

1. Antarctica 2. Leeuwin Current 3. Perth 4. Margot Robbie 5. Media Watch 6. A comedian 7. An hour 8. Rocky Horror Show 9. Bruce McAvaney 10. FIFA

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SENIORS WEEK FOCUS



Seniors Week is coming - don't forget to list your event



SENIORS Week 2023 is coming up soon and this year the week will be held from November 12-19.

In the October issue we will be presenting the annual Seniors Week Events Guide.

With our huge readership along with our well utilised 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 27.

Please visit our website to download a form, call the office on 9227 8283 or email seniorsweek@haveagonews.com.au to ensure your event is included in this exclusive Events Guide.

Do you want to expand your social life?

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

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

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

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

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

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

Helpful information about selecting your home care provider



RECEIVING the letter telling you that funding for your Home Care Package has become available is exciting – your home support is about to begin.

It also means there is only one month left to notify My Aged Care which

Home Care Provider you have chosen, or you run the risk of your funding becoming unavailable and having to go through the waiting period again.

If you haven't already done so, this is the time to select two or three of your preferred providers

and ask them to your home to discuss how they would manage your package and take care of you.

The person who visits you will most likely be one of their care managers so this is when you ask all the questions, such as will you be involved in selecting your support workers and can you choose the time and day they will visit.

They should listen and acknowledge what is most important to you as well as discussing your needs. Then together you can consider a Care Plan that would be right for you and is within the boundaries of what is

permitted by My Aged Care and the funding available to you.

It's a good idea to have a support person to take notes which you can discuss later.

During the meeting you should be able to feel in control and comfortable right from the start. This is their opportunity to demonstrate how well they can take care of you. They should be empathetic and kind, including both you and your support person in the discussions. You need to feel they are approachable and on your side so you will be able to develop a relationship built on mutual trust

and respect.

You should not feel you have to sign anything on the spot. At the end of the interview, it's alright to tell them you would like to think about what has been said and will get back to them as soon as you can.

If you would like more information on how to choose your provider and which questions you may want to ask, please call one of our friendly team at CPE Group Home Care on 1300 665 082, email them at info@cpegroup.biz and ask for their brochure Finding The Care Provider Who Is Right For You or contact them through their website www.cpegroup.biz



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SENIORS WEEK FOCUS

Sunday November 12 to Sunday November 19

Volunteer leaders required for program...

SENIORS Recreation Council of WA Inc. a non-government, volunteer driven organisation have coordinated special exercises for seniors who have mobility issues.

The Strong on Your Feet Program has been highly successful, running since 2012, with 10 classes now held weekly for seniors over the age of 50 years, at various venues within the Peel Region.

Up to 20 seniors participate in each class with two volunteer peer leaders. If you are reasonably fit and healthy and would like a satisfying volunteer role as a peer leader of an Exercise Mobil-

ty Falls Prevention Program, SRC Peel branch would like to hear from you.

Peer Leader Training is provided by Mandurah Community Health physiotherapist and mentoring by the current volunteer peer leaders. Mandatory assessments are done either six or 12 monthly for all volunteer peer leaders and social events organised for volunteers to get together throughout the year.

Please email Jan McGlenn OAM, Peel branch president SRCWA for more information on dmc56456@bigpond.net.au or telephone 0427 088 615.

Ikebana workshop at popular aged care home



ART and creativity were in abundance as residents from a popular western suburbs aged care home attended an Ikebana workshop.

Twenty-three residents from Regis Nedlands participated in the centuries-old Japanese art of arranging flowers. The practice, which roughly translates to 'making flowers come alive', uses carefully selected blossoms, greenery and other flora to convey a specific feeling or emotion to an observer — just as a painting or sculpture might.

The activity was suggested by one of Regis Nedlands' residents, Aurora, and was brought to life through the organisation of the aged care home's lifestyle team and external Ikebana facilitator Et-suko Nakamura.

Regis Nedlands general manager Kim Stevenson said the activity offered a meditative environment

for residents and was a huge hit with everyone who participated.

"The Ikebana workshop provided a space for our residents to come together and get creative, as well as share and celebrate the richness of a wonderful cultural experience," she said.

"We pride ourselves in celebrating cultural diversity, inclusivity, respect and creativity."

Residents from Regis Nedlands said some of the highlights of the workshop included working with fresh flowers and arranging the tulips.

Regis Nedlands is welcoming respite and permanent residents to its caring and vibrant community. Find out more by calling 1300 998 100 or by visiting regis.com.au.

Volunteers wanted for Have a Go Day



HAVE a Go News and Seniors Recreation Council are seeking volunteers to help on this fun and

enjoyable day.

Volunteers will be required to work in the hospitality tents where we serve free teas and coffees to attendees.

We have a lot of fun and shifts can be for one or two hours during the day.

If you're interested in being a part of this unique day which is held at Burswood Park on Wednesday November 15 from 9am to 3pm please contact us on 9227 8283 or email info@haveagone.ws.com.au

When was the last time you had your eyes checked?



SIGHT is the most valued of our senses. Many eye diseases can cause permanent damage before the onset of symptoms, which is why regular eye checks, every one to two years, are so important.

At the Lions Eye Institute vision means everything and they are there to help. Specialists at the Lions Eye Institute can treat the full range of eye diseases and disorders including cataract, glaucoma, diabetic retinopathy and macular degeneration.

With clinics in Nedlands, Murdoch and Midland, the team works together to provide you with the latest sight saving treatments, and the best possible care for your eyes.

For more information call (08) 9381 0777, email carecentre@lei.org.au or visit www.lei.org.au.

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Videos give guidance for aged care

- How do I access aged care?
- What is the difference between all the services offered?
- What to expect when going into aged care.
- What to expect when moving to a retirement village.

BETHANIE is pleased to have launched the first four videos in an animated series, designed to break down some of the difficult concepts in the aged care sector and make accessing support more user-friendly.

The videos were produced in collaboration with subject matter experts across the organisation, with the videos covering the following topics:

There are many more videos in the planning phase, including community and home care. Check out the videos at tinyurl.com/4f8a5huy.

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SENIORS WEEK FOCUS

Sunday November 12 to Sunday November 19

Retired sportsmen lunch in Merredin



A GROUP of retired sportsmen from city and country sports' organisations got together for a lunch in the Merredin district recently. The lads who lunched included Sandover medalists, test cricketers and long-term volunteer workers. One of the members, Doug Jones, said that the lunch encapsulates the have-a-go spirit and he wanted to share the importance of preserving historical sporting achievements for future generations.

Love your ears - you may get a \$50 gift card



AUDIKA Hearing Clinic is partnering with WA Seniors Card in 2023 to offer eligible members a reward for prioritising their

hearing health. New clients who complete an in-clinic hearing check are eligible for a \$50 Visa prepaid gift card.

Offer ends December 31 2023.

So, what better excuse do you have to book an appointment at Audika?

To check your eligibility, or to book a free* hearing check, call 1800 855 646.

Has your hearing changed? It's important to have a routine hearing test every year because your hearing may gradually change over time. Often, it can be difficult for you to notice these changes.

Are you experienc-

ing difficulty in hearing conversations or missing out on the sweet sounds of life?

Your hearing health is essential for overall well-being, and we understand the impact untreated hearing loss can have on your daily life.

Improve your hearing health. Book today, call 1800 855 646.

*Free hearing check is available for adults 26 years and over. For full Terms and Conditions, visit audika.com.au/seniors-card.



Maintain your independence with Home Care support

MARGARET Pilgrim has lived at Bethanie Geneff for 12 months with the ideal combination of independent living and Bethanie Home Care services to support her needs.

She enjoys the freedom of living in her own home with the convenience of accessing home care assistance through regular visits from a variety of health-care professionals who come to her at home.

"I have a nurse come to my home regularly and check on my health and my medications, someone helps me with household tasks and I have a therapy assistant

and a podiatrist too," said Margaret.

"The therapy assistant visits each week and guides me through some exercises, designed to keep me mobile and independent, and I follow her program throughout the week."

At age 88 Margaret was concerned she may not find her place in a village, but she absolutely loves her neighbours and has found many ways to stay active and engaged in the community.

"I knit and chat with a group of about 15 ladies on Mondays and I enjoy pottering a

little in the garden too," Margaret added.

When asked about any concerns in living independently, Margaret was vehement.

"If you're able to get around and walk a little, the village life is ideal.

"Combined with some support from the Home Care services and their lovely staff, I can live in my gorgeous home and have my own space."

It is an ideal combination for those living in villages.

Call 131 151 to explore Home Care options for you.

9 NEWS

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Personalised vaccines - a disruptive new technology to treat cancers



UWA School of Molecular Sciences' associate professor, Dr Archa Fox

by Frank Smith

FORTY per cent of Australians will be diagnosed with cancer before their 85th birthday.

A cancer diagnosis normally leads to surgery to remove the tumour, followed by chemotherapy

and/or radiation therapy to destroy any cancer cells missed by surgery.

Most cancers start as a small tumour somewhere in the body. Many of these don't grow, or grow so slowly that the patient dies of something else first. Others grow more

aggressively. Eventually metastasis may occur – cancer cells migrate from the tumour and start other tumours elsewhere in the body.

When metastasis occurs, the chance that surgery will be effective is much reduced. Therefore, early detection is the key to successful conventional cancer treatment.

Most vaccines are designed to prevent disease. However, messenger ribonucleic acid (mRNA) vaccines may be designed to combat an existing disease.

Dr Archa Fox, associate professor at UWA School of Molecular Sciences, explained that mRNA takes information from DNA and uses it to make specific proteins,

including those involved in immune mechanisms.

"Cancer cells have different DNA to normal body cells," she said.

mRNA vaccines are made by culturing tissue biopsies taken from cancer tumours and identifying protein fragments on the surface of cancer cells that are not present on healthy cells.

"When the mRNA is returned to the donor it trains their immune system to recognise that the cancer is not a normal part of body and it therefore attacks and destroys it."

Personal vaccines can be manufactured for individual patients. A sample of the patient's tumour and healthy tissue is taken. These samples are DNA-sequenced to com-

pare differences between the DNA in the cancerous cells and the healthy cells, thus identifying mutations that drive the disease. These mutations become antigen targets in a bespoke mRNA vaccine.

Targeting multiple antigens decreases the odds that cancer cells will become resistant to the vaccine, because the immune system attacks on multiple fronts.

Ability to treat cancers no longer depends on early diagnosis; mRNA vaccines can initiate an attack on cancer cells wherever they are in the body.

"Lots of applications of mRNA vaccines are being researched. The simplest application is cancer vaccines that train the patient's own immune

system to find and destroy tumour cells," said Dr Fox.

Once researchers have set up the mRNA manufacturing technology, they can potentially produce mRNA against any target. Manufacturing mRNA vaccines does not need living cells, making them easier to produce than most other vaccines, such as 'flu vaccine that is incubated in eggs. However, it takes around two months to produce a mRNA vaccine.

These personalised vaccines are expensive because they must be made anew for each cancer. However, some costs involved, such as genome sequencing, are becoming cheaper.

"These mRNA vaccines are easier to design

and manufacture than conventional vaccines," said Dr Fox.

"Clinical trials of cancer mRNA vaccines are already taking place in Perth.

"However, cancer vaccines are not registered for general use yet. They first must be shown to be safe and effective in large-scale human clinical trials."

However, regulatory bodies have already approved several mRNA COVID-19 vaccines, so there are far fewer regulatory hurdles than for other novel treatments.

mRNA cancer vaccines are not a silver bullet for all cancers, but they do offer a way of treating the disease more successfully and at later stages of the condition.



Keep on top of your hearing loss with regular hearing checks at Specsavers

ONE in six Australians are currently living with hearing loss. If left untreated, it can have a significant impact on your physical and mental health. Despite this, only one in three people will take control of their hearing. That's why the qualified audiology professionals at Specsavers are prompting everyone over 50 to have their hearing checked every two years.

Hearing loss often occurs gradually, making it difficult to notice, although regular hearing checks can help identify any changes. You might be due for a hearing check if you notice you are increasing the TV volume louder than comfortable for others. Other signs might include asking others to repeat themselves or having trouble following a conversation in noisy environments.

Taking that first step and having a hearing check can be daunting for many, but the team at Specsavers Audiology are trained to help you through your hearing journey.

It all starts with a free* 15-minute hearing check where you can discuss any difficulties you may be experiencing, and we can determine whether further diagnostic testing is required. A

hearing check does not automatically mean hearing aids are needed but when done regularly, they may help uncover any changes to ensure hearing loss is detected and treated earlier.

To book an appointment or find out the cost of hearing aids upfront visit www.specsavers.com.au/hearing.

*If further testing is required, a fee may apply.



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Get ready to laugh as Cockburn becomes Comedy Central



Dave Thornton

THE hugely popular Side Splitter Comedy festival returns for its eighth massive year of laughter at the iconic Memorial Hall in Hamilton Hill (aka Hami Hill-arious), October 6, 7, 13 and 14.

Presented by the City of Cockburn, the 2023 program features a whopping 16 events, including a variety of side-splitting comedy galas, showcases, split bills and solo shows that are guaranteed to leave you in stitches.

Festival highlights include:

Dave Thornton – Live on opening night, Friday 6 October 8.30–9.30pm

Dave Thornton has built a reputation for being one of the best live stand-up comedians in the country. You may have seen him on *The Project* and *Would I Lie to You Australia* on Network Ten, Fox Sport's *The Back Page* or *Upper Middle Bogan* on ABC and Netflix.

Fresh from a sell-out season at this year's *Melbourne Comedy Festival*, his engaging and whip-smart comedy is a must-see.

Tom Ballard – Live, Friday 13 October 8.30–9.30pm
Ivan Aristeguieta – Citizen, Saturday 14 October 7.00–8.00pm

Rounding out the program includes festival favourites: Famous Sharron, Rove McManus, Janelle Koenig, Peter Rowsthorn, The Motherhood and heaps more.

Side Splitter also features a pop-up garden bar and food truck for you to enjoy a deep and meaningful snack before or after a show.

Tickets and information is available at www.side-splitter.com.au. Early Bird priced tickets available until 9pm 13/9/23. Group bookings of 4+ also available. Two AUSLAN friendly performances.

New crime drama set in Tasmania out on DVD



ACORN Media is excited about the release of highly anticipated crime drama *Bay of Fires*.

Co-created by Marta Dusseldorp, Max Dann and Andrew Knight and filmed in Tasmania, the series follows Stella

(Dusseldorp) who is unexpectedly dropped into a small community with her children. It's the kind of place where feuds, crime and murder are rife.

Anika Van Cleef is the last person you would expect to find living in a remote community in Tasmania. Betrayed and in danger, she has no other option but to trust a stranger who claims to be on her side, accept a new name she hates (Stella Heikkinen), and move her family to Mystery Bay - a town so remote it eludes GPS.

Mystery Bay isn't the kind of place they put on postcards. There are no

waterfalls, murals, or floral clocks, and the natural beauty that is there (a dense, primordial forest) – the town does its very best to hide.

Released on September 13 with a RRP \$34.95.

WIN WIN WIN

Have a Go News along with Acorn Media is pleased to offer readers the opportunity to win one of 10 DVDs of Bay of Fires. To be in the draw simply email win@haveagone.ws.com.au with DVD in the subject line or write to DVD c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 1/10/23.

Come along and join the throng at Holly Wood Tuesday Morning Show

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

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

in 2009.

Morning tea kicks off for a gold coin donation from 10.30am and the free show starts at 11am. All are welcome.

September 12 – Jennifer Merigan from *Have a Go News* will update people on the news, events, and competitions in this month's issue.

Pianist George Boyer was classically trained in Hungary and at the

Sydney Conservatorium. He will present a kaleidoscope of keyboard classics, from Winifred Atwell's ragtime to raunchy rock and roll favourites. George is joined by one of our favourite acts – Eddie Storm.

September 19 – Moira Jo Scott, a wonderful singer, will present a tribute to the great female entertainers of the fifties and sixties.

September 26 – Graeme Henderson went on to become the di-

rector of the Maritime Museum after discovering the wreck of the Gilt Dragon in 1963 as a 16-year-old. He also conducted excavations on HMS *Sirius* and HMS *Pandora*, of the *Bounty* mutiny story. Graeme is full of stories of the Indian Ocean Islands, giant birds and tiny people.

The Fo'c's'le Firkins are Western Australia's longest running sea shanty team. They 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.

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



West Australian Symphony Orchestra

BIG BOLD SOUND

SEASON 2024





Lots of great music in store in 2024 from Western Australian Symphony Orchestra



WASO's principal conductor and artistic adviser, Asher Fisch

WESTERN Australian Symphony Orchestra (WASO)'s 2024 season sees the orchestra perform some of classical music's most iconic works; a gala concert of Mahler's *Symphony of a Thousand*, and the addition of a new mini-series, *Spring Fest*.

Season highlights include Beethoven's *Symphony No.9 Choral* and *Symphony No.3 Eroica*, Mozart's *Requiem*, Vivaldi's *Gloria*, Berlioz's *Symphonie Fantastique*, Elgar's *Violin Concerto*, Dvořák's *Cello Concerto* and selections from Wagner's *Ring cycle*, among many other perennial symphonies, concertos, overtures and new works.

WASO also welcomes a host of talented con-

ductors and guest artists across the year. Principal conductor and artistic adviser, Asher Fisch commences his 11th year at the helm, making his relationship with WA's State Orchestra the most enduring of any principal conductor in the company's history. International conductors Alpesh Chauhan, Dalia Stasevska and Dmitry Matvienko make their WASO debuts, while audience favourites Umberto Clerici, Fabien Gabel and Vasily Petrenko make welcome returns to Perth.

WASO 2022-23 assistant conductor Jen Winley continues her rise in the conducting world, making her mainstage series debut in the MACA Classics series celebrat-

ing legendary women.

WASO also presents a landmark opening to the season in March, with Noongar musician Aaron Wyatt conducting his work, *The Coming Dawn*, presented in a new arrangement for chamber orchestra.

Guest soloists include pianists Lukáš Vondráček, Yeol Eum Son, Alexander Gavrylyuk, Alexandra Dariescu and Konstantin Shamray; violinists Francesca DeGo, Karen Gomyo and Clara Jumi-Kang; cellist Alban Gerhardt; and vocal soloists from Western Australia and around the world.

Continuing WASO's commitment to highlighting talent within the orchestra, concertmaster

Laurence Jackson, principal flute Andrew Nicholson, principal clarinet Allan Meyer and associate principal trumpet Jenna Smith appear as soloists across the season. Renowned local artists Richard Walley and Matthew Styles also feature as soloists in the Masters series.

Wild Animals marks the next addition to WASO's family concert series, *Classic Adventures*, following the series' successful premiere in 2023 with *Nature's Symphony* and *Outer Space*.

New in 2024 is mini-series *Spring Fest*, highlighting the works of Mozart and Brahms. This bespoke series is set to be performed at Winthrop Hall due to planned redevelopment works at Perth Concert Hall. The celebration of two of history's greatest composers has been specially designed to create a premier experience in the venue, and will be brought to life with a line-up of exceptional conductors and soloists.

To mark the Orchestra's final performance in the Hall before *Spring Fest*, WASO perform Mahler's iconic *Eighth, the Symphony of a Thousand*, in an experience never before seen in Western Australia. This monumental gala event brings together a massed choir featuring the WASO Chorus, UWA Symphon-

ic Chorus, St George's Cathedral Consort, Voices, and Aquinas College Schola Cantorum, eight soloists and a 100-piece orchestra with musicians of the Australian National Academy of Music performing side-by-side with WASO under the baton of Asher Fisch.

Rounding out the season of epic works is a selection of iconic film scores. Each year the WASO at the Movies series sees the orchestra play some of the world's greatest film soundtracks live as the movies play overhead at Riverside Theatre. Next year also sees the Orchestra continue its journey through Daniel Craig's James

Bond films with *Spectre in Concert*, commence the latest trilogy in the *Star Wars* universe with *The Force Awakens in Concert*, and bring Disney's family favourite *Frozen* to life with *Frozen in Concert*.

Movie music fans can also enjoy *The Music of Hans Zimmer* in May, a concert experience paying tribute to one of the world's most influential film composers.

WASO's artist development and community programs also continue in 2024, alongside regional engagement activities, set to be announced later in the year.

As the State Orchestra, Perth's first and finest,

WASO is the largest employer of performing artists in Western Australia and reaches more than two million people with musical experiences each year on stage, in the community, and online, from the centre of Perth to the furthest corners of the state, providing the soundtrack to life in WA since 1928.

From concert halls to classrooms, hospitals to aged care, WASO brings joy, inspires learning, and nurtures participation in the community, because everybody deserves the opportunity to experience live music.

Bookings are now open at www.waso.com.au.

See the young artists in concert to celebrate spring



MetSO Young Artist – sensational violinist and composer Ellie Malonzo will take centre stage in this captivating concert that will leave you spellbound in *Suites and Dances* the third Young Artist Concert for 2023.

On Sunday, September 17 from 3pm-5pm Ellie will showcase her exceptional virtuosity and masterful interpretation of Norwegian composer Christian Sinding's charming *Suite Im alten Stil* (in the Old Style). Ellie will then stand alongside world-renowned violinist Ronald Thomas AM as soloists, to bring to life her breath-taking original composition for two violins and orchestra.

Under the baton of accomplished conductor Sara Duhig, this concert promises to be an afternoon of pure magic, with a diverse program that blends classical artistry with the spirit and energy of festive folk dances.

All concerts in the 2023 series are held in the Taryn Fiebig Concert Hall, Churchlands Senior High School; one of WA's finest live performance venues.

This family friendly concert is suitable for all ages and has good disability access.

Tickets are limited, and this event is expected to sell out. Don't miss this chance to witness one of WA's most promising young musicians in action.

For information about our free tickets program for eligible schools, and community and youth organisations, please visit the website's news page or Email info@metso Perth.org.

Tickets from \$12-\$27 (online) and can be booked at metso Perth.org/tickets, or by Googling metso tickets.
WIN WIN WIN

We have five double passes to give away to some lucky readers for the concert on Metso Gala on Sunday September 17 at 3pm. To be in the draw simply email win@haveagonews.com.au or call the office on 9227 8283 during business hours. Closes 13/9/23.

Agatha Christie's Hercule Poirot returns with an all-star cast.

STARTS SEPT 14 at WINDSOR CINEMA, LUNA LEEDERVILLE and LUNA ON SX

A HAUNTING IN VENICE
DEATH WAS ONLY THE BEGINNING

LUNA PALACE CINEMAS Tickets and Sessions at www.lunapalace.com.au

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MOTOWN

THE SOUND OF YOUNG AMERICA & THE SOUL OF MODERN MUSIC
FEATURING INTERNATIONALLY ACCLAIMED ARTISTS

NEW LOOK SHOW WITH EVEN MORE MOTOWN HITS

10 PIECE POWERHOUSE BAND PLAYING MANY CLASSIC HITS FROM:
THE TEMPTATIONS, THE SUPREMES, MARTHA AND THE VANDELLAS, MARVIN GAYE, THE FOUR TOPS, THE JACKSON 5, STEVIE WONDER...AND MANY MORE MOTOWN LEGENDS.

THE ASTOR THEATRE PERTH Sat 11th Nov
MANDURAH PERFORMING ARTS CENTRE Sun 12th Nov - 4pm start
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NEED A LITTLE CHRISTMAS

Haul out the holly! It's that time of year again where we celebrate the joys that the holiday season can bring!

So, if you need a little music need a little laughter need a little singing ringing through the rafters, come join us!

SUNDAY MATINEES:
(DOORS OPEN 11.30AM)
NOV 12, 19; DEC 3, 17

FRIDAY NIGHTS:
(DOORS OPEN 7.30PM)
NOV 24; DEC 1, 8, 15

PRICES: Adults \$20
Pensioners \$17 Children \$10
(Price includes a chicken & chip meal at half time)
BYO alcohol and glasses

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Strumming along in Margaret River as *Guitar Festival* returns



West Australian Guitar Festival is bringing together players, makers and enthusiasts of the stringed-persuasion for a weekend of guitar-fuelled entertainment in Margaret River this October 6-8.

Featuring many of Australia's most prominent guitarists and luthiers, the 2023 festival will offer live performances, exhibitions and demos from guitar makers, retailers, gear manufacturers and distributors, plus workshops, masterclasses and panel Q&A's with artists and luthiers in what is set to be an enormous conversion of

guitar nuts and music lovers from around the country.

Initial artist announcements for the 2023 festival include Grammy Award winning Larry Mitchell (USA), Michael Fix (QLD) Golden Guitar winner, the distinctive sounds of Tracey Barnett, French jazz and swing virtuosos La Mauvaise Réputation (VIC), Duende Indalo, Victoria Palermo plus many, many more.

See www.stringsattachedfestival.com.au for more info and sign up to the mailing list to get first access to updates and ticket releases.

BACK for its highly anticipated fourth year, *Strings Attached: The*

Enjoy jazz in York this month



Libby Hammer © Ammon Creative

JAZZ has found a new home at the iconic Faversham House in York.

Sip champagne in the Secret Garden before enjoying an elegant soirée in the stone amphitheatre; marvel at the stars while watching a concert on the lawn

and revisit the golden days of jazz as the ballroom morphs into a late-night jazz club, where, needless to say... anything goes.

Running in late September don't miss some fabulous jazz acts. Saturday September 23 will see Kim Anning playing at 2pm, Ali Bodycoat at 4pm and enjoy a tribute to Cole Porter by *le Quintette de Cole* at 8pm.

Sunday September 24 will see a host of acts kicking off with harpist Michelle Smith at 2pm, Libby Hammer will take to the stage at 4pm. Double bassist Sam Anning will play at 7pm and at 7.30pm will be joined by Natasha Fearside. Enjoy some late-night jazz at 10pm with Anything Goes.

Monday September 25 will see Mrs M and the Dukes at 12noon playing songs of the silver screen, followed at 4pm by *The Manhattan* to round off the weekend of jazz.

For bookings visit www.favershamhouse.com.au or call 0433 368 676.

Opa - My Big Fat Greek Wedding 3



FROM writer and director Nia Vardalos, the worldwide phenomenon *My Big Fat Greek Wedding* is coming back to theatres with a brand-new adventure. Join the Portokalos family as they travel to a family reunion in Greece for a heartwarming and hilarious trip full of love, twists and turns. Opa!

Our favourite big fat Greek family is back. Don't miss the ultimate family reunion, only in cinemas now.

WIN WIN WIN – Email Only

We have 10 double passes to give away to some lucky readers to see *My Big Fat Greek Wedding 3*. To be in the draw simply email win@haveagonews.com.au with *Greek in the subject line*.

Closes 15/9/23.



169th
Toodyay
Agricultural
Show

SATURDAY 7 OCTOBER, 9AM - 9PM

Toodyay Showgrounds, Toodyay Street

ENTRY - Adults \$15 Concession/children \$5

children under 6 FREE

www.toodyayagshow.com.au

Ciao to the *Italian Film Festival*

ST. ALI
**ITALIAN
FILM
FESTIVAL**
2023 Presented by PALACE

THE 2023 ST. ALI Italian Film Festival presented by Palace returns to Perth from September 28 – October 25 at Palace Raine Square,

Luna Leederville, Luna on SX and Windsor Cinemas.

Transporting audiences to Italy with a stunning selection of the best in contemporary Italian cinema, this year's festival features award-winning drama, comedies and documentaries timed perfectly to celebrate the start of spring.

Find your la dolce vita at this showcase of all

things Italian.

Check out www.italianfilmfestival.com.au for the vast array of films **WIN WIN WIN – Email Only**

We have 10 double passes to give away to the Italian Film Festival screening at Palace Raine Square. To be in the draw simply email win@haveagonews.com.au with *Italian in the subject line*. Closes 25/9/23.



WEST AUSTRALIAN
BALLET



echoes of VAN GOGH

Live at His Majesty's Theatre

With West Australian Symphony Orchestra

8 - 23 September

Tickets on sale now

9214 0707 or waballet.com.au

SEASON PARTNER



Friend to Friend



Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

ALA: All letters answered	DTE: Down to earth
GSOH: Good sense of humour	ND: Non drinker
SD: Social drinker	NG: Non gambler
NS: Non smoker	NOR: North of River
SOR: South of River	TLC: Tender loving care
WLTM: Would like to meet	

Please nominate a category for your advertisement.

Tick one box only.

- Travel companion Wishing to contact
 Seeking a friend Seeking a partner

Name

Address

Phone Email

I am over 45 years of age (Signature)

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.40) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

78YO gent seeks female conversation companion. If interested in meeting to see if we can enjoy each others company over a cuppa. I would welcome the opportunity. House bound and lonely is fine. Please write to set up an initial meeting at a place of your choice.
Reply Box 9393

A NEW single friendship group for ladies and gents NOR, 64+ to share lunches, various outings. No fees. Don't be alone give it a go, Mobile numbers please. ALA.
Reply Box 9392

DO we want the same thing? Lady 74, looking for best friend/partner around same vintage. Not looking for a perfect match but maybe aiming to go in the same direction. NOR, likes theatre music, movies, travelling.
Reply Box 9386

EX COUNTRY lady SOR, NS, SD. Interests include art, music, theatre, museums and travel. Enjoys a quiet lifestyle with occasional outings. Seeks sincere gent 65+ for friendship and good conversation.
Reply Box 9397

GENT 55, enjoys movies, cafes, dining out, travel plus quiet times at home relaxing. WLTM DTE, NS, Asian lady with similar interests for friendship, outings and travel.
Reply Box 9388

GENT 72 seeks woman 52-65, NOR, SD, GSOH, DTE, want someone to show me to learn to dance. Love movies, cuddles, travel, dinners, spend time together. Please reply.
Reply Box 9401

GENT mid 70s seeks lady SOR inner suburbs for companionship to enjoy movies, walking, cafes, dancing and spending time together. Friendship first with view to a relationship if suitable. ALA.
Reply Box 9394

HAVE a Go Meet a Friend Group 65+ meets every three weeks on Saturdays only; have lunch together, make friends, mingle around and have FUN; no fees other than your own beverages; if you are interested about reply with a name and mobile phone number for more info.
Reply Box 9405

HELLO! Looking for a loyal, caring, loving lady, 60+, for friendship, companion, cuddles, coffee, ALA, GSOH, SD, NS, SOR. WLTM DTE TLC, lonely, very loyal single man, 70+.
Reply Box 9395

LADY 82 seeks companionable gent aged 75-82, NS, ND, GSOH. Hobbies; reading, gardening, walks, dancing, markets, garage sales, not into flying, terra firma person, likes short trips, maybe week-ends away, country side. Please no exes lurking in background, you must be a free person.
Reply Box 9387

LADY WLTM 70-75 guy for friendship, travel buddy. Must be fin/sec. I enjoy reading, gardening, walking, travel not cruising, no expectations, just two people socialising, enjoying each others company, missing trusted friend, travel buddy metro/only.
Reply Box 9391

MALE mid 50s, tall, SD. WLTM lady, prefer NOR. I enjoy country drives and motorcycle rides, music, coffee, wine. Please reply with mobile phone number.
Reply Box 9403

NEW singles group 65+, eastern hills to Perth, meet regularly for lunch, close to railway station. Come join us, have fun, meet a friend, companion, for a day out, an adventure. Please send phone or email contact.
Reply Box 9402

Do you need a companion or friend? Let Have a Go News help you through our Friend to Friend page.

SOCIAL coffee meet ups NOR, ladies, gentlemen, 70+, one morning fortnightly, enjoy coffee or lunch. Your own expense, fancy meeting up for a Saturday or Sunday social evening. We can do that when replying. Please enclose phone number and a day of the week suitable.
Reply Box 9409

TIME goes so quickly so let's not waste any. Lady 73 WLTM gent NS, SD, GSOH, SOR.
Reply Box 9384

Seeking a Partner

ATTRACTIVE lady 70+ UK/Australian, medium build, educated, VGSOH, ND, SOR. I enjoy reading, walking, music, country drives, socialising, current affairs. WLTM genuine unattached, fin secure, well presented gent, 67-75 with old country old fashioned values for permanent long-term relationship, hills, country or metro areas. Genuine replies only. ALA.
Reply Box 9396

CARING 74+ male, NS, SD, medium build, tall, looking for a nice lady to share life's travels with. NS, medium build, able to travel Australia in large caravan. No baggage please. Let's meet for coffee.
Reply Box 9390

CHRISTIAN gent 84, healthy, active, friendly, likes outdoors, travel, fun, loves to meet slim lady with same interests, TLC, sharing happy days and sorrow.
Reply Box 9406

GENT 66, active, well groomed, easy going, well mannered, sociable, good listener, SD, NG, various interests. WLTM lady 56-75, age not an issue. All replies welcome.
Reply Box 9400

GENT 80 takes pride in appearance, loves social movies, walking, looking for lady, sincere for friendship, relationship, SOR, SOR, meet for coffee.
Reply Box 9385

When replying to a Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number

located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)

Write your reply on a single sheet of paper

and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see example above.

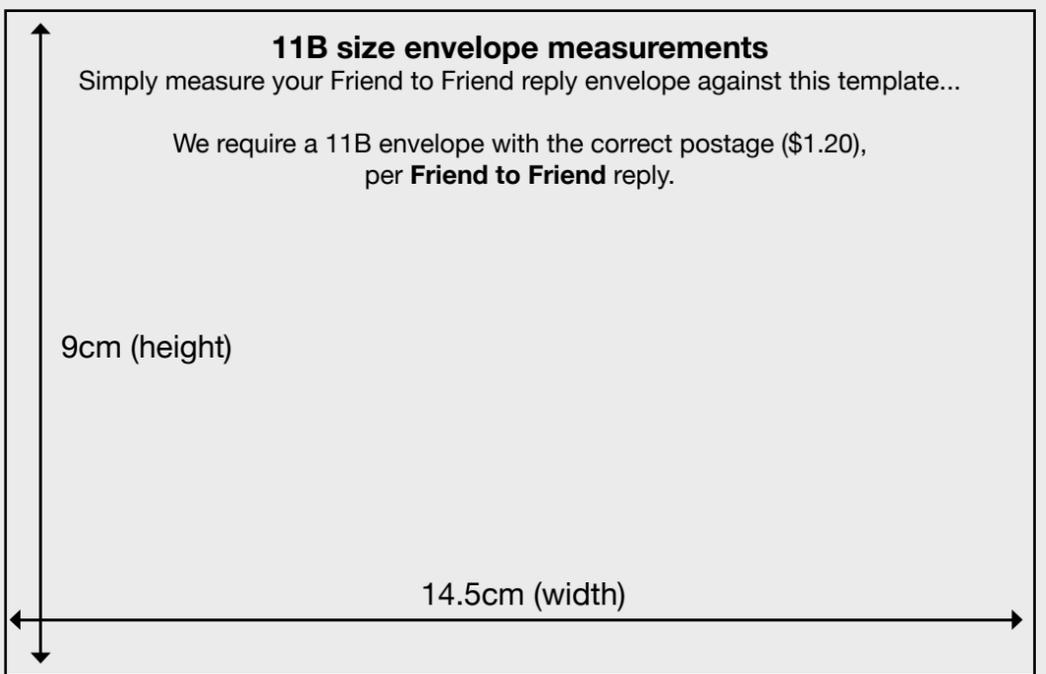
No greeting cards,

bulky items and photos. All replies will be forwarded early in the next month.

All replies are strictly confidential and are not opened.

Replies must be in response to reply boxes no older than three months.

Envelope size for Friend to Friend replies...



LADY Albany, 77, friendly, healthy. WLTM NS, SD, caravanning, boating, outdoors, quiet homelife, garden, reading, family, friends, music, ALA, TLC, share our beautiful country, beach, bush, some overseas travel, maybe music, dance, nature, magic happens.
Reply Box 9407



WANTED: elusive, attractive, petite female, 50-70, willing to be romanced and made love to. Must be fun to be with. Reward; fit, romantic retiree, younger than his years, willing to be a rogue or gentleman, which ever you desire. Satisfaction assured. SOR, NS, NG.
Reply Box 9398

YOUNGER looking European gent, still active at 82, widower, medium build, NS, NG, SD, fin sec, has various interests, would appreciate company of slim, charming lady up to 75 and accept what life is presenting. NOR.
Reply Box 9408

Seeking a Travel Companion

I'M seeking to meet a male or female with hopes to finding a travel companion. I live just NOR and would like to travel more around Australia, Tasmania and New Zealand. I'm DTE, honest and kind.
Reply Box 9399

PROF gent, history lover seeks similar to tour WWII and WWII sites in France and UK July to August 2024.
Reply Box 9383



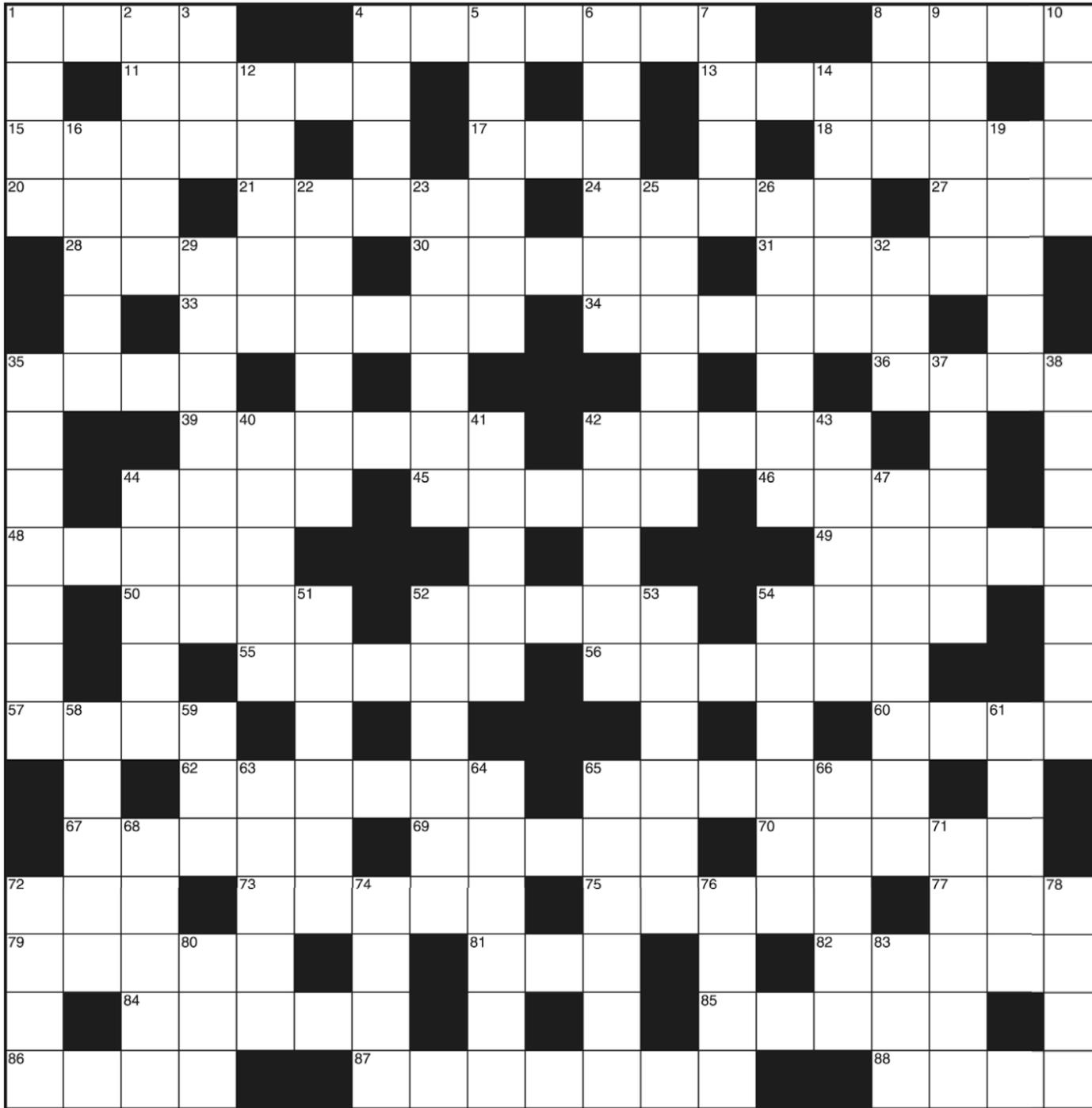
Join our online community READ US ONLINE

Wishing to Contact

I MET a gent in response to an advert placed for travel companion. I remember his name but unfortunately misplaced his telephone number. We met in Lawleys Cafe in North Beach late April early June.
Reply Box 9404

TAROT reader (female) would like to group together with other readers for infrastructure for new age growth for all good people. Written letters only. Spirituality only. Absolute truth and purity. NOR. Non romance. Seriousness only.
Reply Box 9389

BIG CROSSWORD - SEE PAGE 35 FOR SOLUTIONS



- ACROSS**
1. Tattle
 4. Blamed
 8. Curved-bill wading bird
 11. Overworked horses
 13. As a whole (2,3)
 15. Location
 17. Headgear
 18. Rollerblade
 20. Historical period
 21. Gravitated (towards)
 24. Salute with drink
 27. Negative vote
 28. Objects of worship
 30. Examine (accounts)
 31. Yellow egg parts
 33. Valuable possessions
 34. Makes (butter)
 35. Card set
 36. Gramophone record
 39. Actress, Elizabeth ...
 42. Built-up (zone)
 44. Cultural pursuits
 45. Fingertip covers
 46. Pestors
 48. YouTube clip
 49. Sleazy
 50. Supermarket section
 52. Erased (data)
 54. Wounded by gun
 55. Bounded along
 56. Binge shopping, ... therapy
 57. Apparel
 60. Spheres
 62. Adjusts
 65. Perturbing
 67. Please Forgive Me singer, ... Adams
 69. Flamboyant rocker, ... John
 70. Regal
 72. Baseballer, ... DiMaggio
 73. Undersized
 75. Scatter
 77. Charge
 79. Policy reversal (1-4)
 81. Ear, nose & throat (1,1,1)
 82. Most desired guests (1,4)
 84. Seaweed-wrapped rice roll
 85. Purchaser
 86. Single thing
 87. Pensioner
 88. College supervisor
- DOWN**
1. Headquarters
 2. Onward
 3. Prohibit
 4. Largest continent
 5. Prickly desert plant
 6. Infected
 7. Prima donna
 8. Sort
 9. Practice rifle cartridge
 10. Dish, chop ...
 12. Terrorist groups
 14. Luxury car, ... Martin
 16. Offence
 19. Jobs
 22. Compositions
 23. State
 25. Extra people
 26. Damascus inhabitant
 29. Acorn bearer (3,4)
 32. Psychedelic drug (1,1,1)
 35. Motivating
 37. Inserted piece
 38. Pastel sticks
 40. Ring-shaped coral reef
 41. Fanatical
 42. Mouth sore
 43. Japanese fruit, ... pear
 44. Snake, puff ...
 47. Rocks science
 51. Abrasion disinfectant
 52. Introduced to solid food
 53. Pour off
 54. Derisive humour
 58. Monastery head
 59. Cove
 61. Straw bundles
 63. Grassy areas
 64. Wiliest
 65. Support
 66. Definitely not (2,3)
 68. Utilise again
 71. Ablaze
 72. Film star, ... Dench
 74. Muslim leader
 76. Dressing gown
 78. Prestigious English school
 80. Cane spirit
 83. Preceded



Advertorial

Have a look at stem cell therapy which may relieve arthritis symptoms

ARTHRITIS is painful inflammation and stiffness of the joints.

Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection - but also to start the healing process. The most

common form of arthritis is Osteoarthritis. This is a degenerative disease and often leads to the need for joint replacement surgery.

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Provid-

ing they can get to the tissue, adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age our stem cells migration naturally declines.

By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent of the number of stem cells you had in your bloodstream when you were 25.

Stem cell nutrition encourages your body to naturally release millions of new stem

cells - which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better.

If you would like to find out more how stem cell nutrition can transform your life, phone Sandra Barnsley 0412 479 156.



You can be independent

- Use chair to recline or stand
- Choice of size in compact designs
- Adjustable head support
- Leather or fabric cover



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DELIVERY**

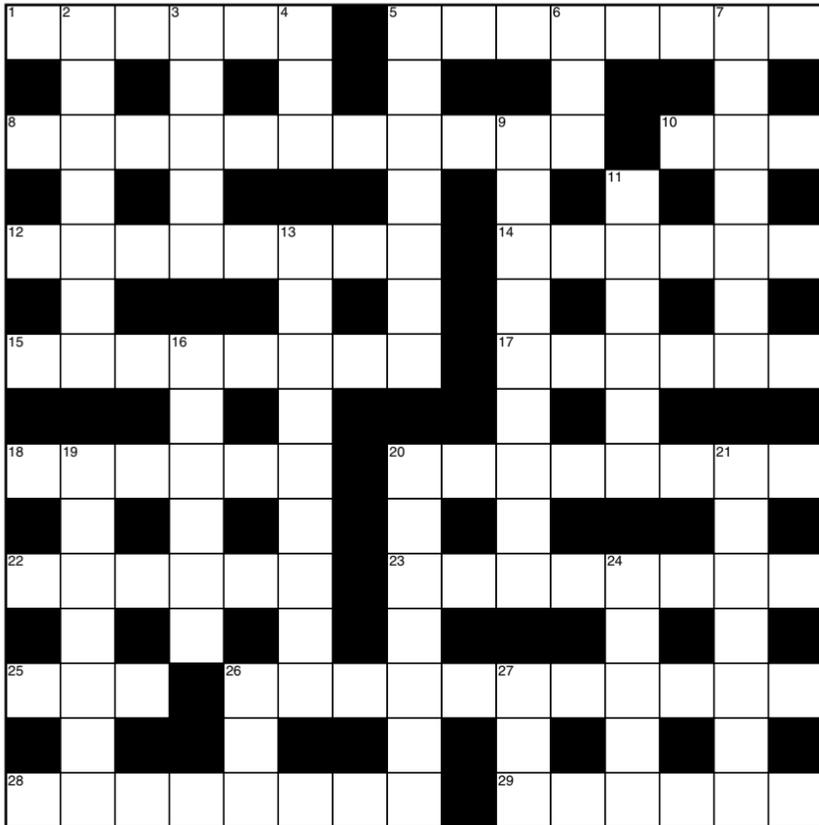


144 Stirling Hwy, (under Pet Barn)
NEDLANDS P: 9386 6311

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CRYPTIC CROSSWORD



ACROSS

- 1. Accompany to foreign sector (6)
- 5. Kidnap with a catapult (8)
- 8. Unimportant boxing category? (11)
- 10. Gentle stroke for a bad back (3)

DOWN

- 2. Fishing lure for bowler (7)
- 3. Mother loses her head or the alternative (5)
- 4. Pull along to west (3)
- 5. Dresses in petticoat, son? (5,2)
- 6. Some frenetic butterfly catcher (3)
- 7. "Am mature!" claimed hobbyist (7)
- 9. Parasites such as wardrobe support and offspring (7-2)
- 11. Forty winks for every herring (6)
- 13. Begin moving to Nigeria (9)
- 16. Tool in pouch is electric (6)
- 19. Be quiet! Milk supplier experiences violent shiver (7)
- 20. Manors dictated social behaviour (7)
- 21. Supplements reform to see UK (4,3)
- 24. Heading on property document (5)
- 26. What a scapegoat has to take in therapy (3)
- 27. Promise to start voting one way (3)

- 25. Combine to form total, even candid types (3)
- 26. Doubt about land set aside (11)
- 28. Vagrant with the French stamps (8)
- 29. Funeral garland transformed the war (6)

DOWN

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- 12. Senor mousy, though heart is large (8)
- 14. Sounds made when nose is broken (6)
- 15. Friction I change for a small amount (8)
- 17. Send goods abroad from harbour (6)
- 18. Yelled out, "A sea, see!" That's where St Francis comes from (6)
- 20. Miniseries not taking in woes (8)
- 22. You wreak a cry of discovery (6)
- 23. Decade in which there are more than eight items of neckwear (8)

SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9.

RATING: ★★☆☆☆

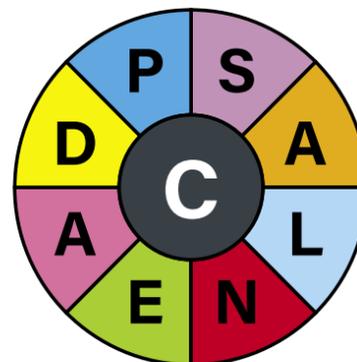
		9						
2							9	8
1			2	9	8			4
8	9		6	4			5	
	2	6		7		4	8	
	4			5	2		7	9
4			9	8	1			5
7	5							1
						8		

WHEEL WORDS

Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals ending with S. See if you can find the 9-letter word using all the letters.

Wheel Words

23 Good 30 Very Good 38+ Excellent



QUIZ QUEST

All the answers to the clues are in the boxes, either as a word or picture. Solve all the clues and cross off the boxes. One word will be left over. This is the mystery keyword.

CLUES

- 1. He wrote about Tom Sawyer and Huck Finn
- 2. Humphrey Bogart's group, the Rat ...
- 3. Hilary Swank boxing film, Million ... Baby
- 4. The B of FBI
- 5. Author of the Foundation trilogy, Isaac ...
- 6. Literary villain, Hannibal ...
- 7. Unit of force
- 8. Cinderella's carriage was made from this
- 9. Metric weight unit
- 10. New York-born street magician, David ...
- 11. Scripture support desk
- 12. Surname of a famous Dickens character
- 13. 2008 Russell Crowe thriller, ... Of Lies
- 14. Currency of the United Kingdom

Dollar	Newton	Bureau
Asimov	Pumpkin	Pound
Lectern	Body	Potato
Pack	Mark Twain	Lecter
Copperfield	Blaine	Kilogram

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WEST AUSTRALIAN OPERA 2023



LIFE IS TOO SHORT NOT TO RISK IT ALL.

LA BOHÈME

HIS MAJESTY'S THEATRE | 19 - 28 OCTOBER

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NO ONE PLANS



Q MAKE EVERY JOURNEY SAFE