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Have a Go Day - 30 years at Burswood Park



Have a Go Day at Burswood Park across 30 years has seen many activities to highlight healthy ageing through activity

by Jennifer Merigan

HEALTHY ageing through activity is the ethos of both *Have a Go News* and the Seniors Recreation Council of WA.

The synergy between our organisations has a more than 30-year history founded on this ethos with both working to deliver positive ageing outcomes for Western Australians.

Last year we marked the 30th anniversary of *Have a Go News* and this year *Have a Go Day* – a Livelighter event marks its 30th anniversary in the grounds of beautiful Burswood Park.

From little things big things grow. The first *Have a Go Day* in Burswood Park in 1993 attracted about 500 people. Now an average attendance is 15,000.

Have a Go Day is part of our vernacular. We look back on these events with pride as we acknowledge the founders who saw the importance of encouraging older adults to remain active.

Brian French, Vicki Harwood, Alan Tranter, Mary Fraser, Hugh Rogers OAM, Denis Martin, Laura Tolliday and *Have a Go News*' co-founder Quentin Smythe set the wheels into motion for a shift in community attitudes to ageing.

Seniors Recreation Council of WA's executive officer Dawn Yates has steered the day into its current format with her expertise along with current president Phil Paddon.

A huge team of volunteers has contributed and continue to bring the day into focus to encourage older adults to remain connected and active.

This mission to promote healthy ageing through activity remains as it did 30 years ago with *Have a Go Day* offering a plethora of activities for people to try, clubs to join, entertainment to enjoy and information to source.

Over the years I have seen and continue to see the results firsthand of the many people who have maintained physical activity

throughout their later years. (80 is the new 60!)

Following the pandemic years *Have a Go Day 2022* offers more activities to have a go at, and this year we see the return of Prime Movers, new activities to try including seated volleyball and walking football along with many others.

Take the opportunity to be adventurous and canoe on the river or traverse the climbing wall.

The very popular Trishaws for Seniors will be on the grounds offering rides around the park.

Minister for Seniors and Ageing Don Punch MLA will officially launch the event at 10.30am. Then the WA Police Pipe Band will lead the Over 55 Walking Association for the annual walk around the park.

For those who want to become savvier with technology, Tech Savvy Seniors will be on hand with information, advice and electronic activities to try. This year NBN offers attendees free WIFI on the

grounds and you can visit them at site 62.

Health checks are also available including hearing tests, blood pressure and blood sugar testing.

Have a Go News will be running the hospitality tents which serve free tea, coffee and water in a café style with tables and chairs to stop and relax. The chocolate wheel will be spinning at the main tent every hour with great prizes available.

The entertainment stage sponsored by Ingenia Gardens offers a fabulous line-up including the WA Police Pipe Band, duo *Klassworks* and Moira J Scott along with a variety of other artists.

There are loads of food and drink outlets on site or bring a picnic and enjoy all that beautiful Burswood Park has to offer.

Age is no barrier to getting out and about and *Have a Go Day* – a LiveLighter event runs from 9am to 3pm on Wednesday November 9. See the Seniors Week Liftout inside for your comprehensive guide to this free event.



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From the Managing Editor's desk



L-R; The dance floor was full all afternoon at the Seniors Ball - People dressed beautifully for the event

WE have a bumper edition this month with the inclusion of our annual Seniors Week Event Guide. This 24-page lift-out lists many of the events happening across Seniors Week which runs from November 6 to 13. Every year we like to offer interesting opportunities for people across the week and this year we have exclusive tours of Channel 9 studios, the inaugural WA Comedy Festival which we have sponsored offering seniors special price tickets and our annual movie afternoon at Palace Cinemas Raine Square.

Included is your guide to *Have a Go Day* - which celebrates its 30th anniversary at Burswood Park. It's hard to believe that it's 30 years since the first *Have a Go Day* was held there. I think I have been at almost all of them and it makes me reflect back on the huge work that the founders of this newspaper Judith and Quentin and the team from Seniors Recreation Council of WA have done to help encourage healthy ageing through activity.

★★★

Last month I attended the annual Seniors Ball organised by Seniors Recreation Council of WA at Crown Perth. It normally is held in June but due to disruptions from Covid was postponed until September. This year's theme was Candyland and the tables were filled with sweets and Dawn, Martin and the team of volunteers worked hard to ensure it was a very enjoyable afternoon. More than 277 people filled the ballroom and danced the afternoon away. Seniors Minister Don Punch MLA attended and I was touched with his kind comments about *Have a Go News*.

It's always such a pleasure to chat to many of our readers there and of course watch the highly skilled dancers. The large dance floor was filled all afternoon. A special mention of this year's floorshow from *Klassworks* who are such a talented duo and had everyone dancing and singing. People will have the opportunity to see *Klassworks* perform this year at *Have a Go Day*.

Have a Go News is always proud to sponsor the Ball and of course work hand-in-glove with SRC as their major media partner.

★★★

I was saddened when I heard of the death of Queen Elizabeth II, I had hoped she might live until she was 100. The commemoration of her life was a fitting tribute to a woman who had reigned for 70 years. This month I have used one of her inspiring quotes on this page.

★★★

It's always pleasing to see so many readers take advantage of our question and answer service which we provide with Services Australia's general manager Hank Jongen. The queries are answered quickly and we are always happy to help people out with anything of a general nature regarding Centrelink payments. See page 11 for details.

★★★

Thank you to the hundreds of people who completed our reader survey over the last few months. It's heartening for me and the team to see that so

many readers took the time to do this. Each month we work to provide opportunities for mature Western Australians to keep you active and engaged in the community. I look forward to sharing some information from the survey next month and announcing the winners of the prizes.

★★★

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

★★★

Have a Go News can be sent directly to your inbox each month; we don't send you any advertising material, just the digital version on publication day, sign up for free at readers@haveagonews.com.au

★★★

I hope you enjoy this month's edition.

Jennifer Merigan
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Phone 08 9227 8283

Ageing research snippet: Age is no burden...

INTERNATIONAL Longevity Centre says: "We believe living longer can bring benefits for individuals, society and the economy. We want to shift the narrative away from ageing as a burden and longer lives seen in terms of frailty and decline, towards recognising the opportunities of ageing for our economy and society."

Great West Aussies - Did you know?

YARLALU Thomas, a Nyangumarta Pitjikirli man from Warralong, near Port Hedland, was first in his community to complete high school. He enrolled in a Bachelor of Medical Science and Doctor of Medicine at the University of Sydney and then worked on the Pilbara Faces project to provide better access for children with rare and genetic diseases through facial imaging. Yarlalu also launched UNESCO-endorsed Life Languages to translate medical terminology into Aboriginal languages and Indigenous languages internationally.

Noongar Season

Kambarang - Decreasing rains from October to November

Noongar Words

Beelier - river
Beerit - daylight

Have a Go News Quick Quiz

1. What industry is AGL in?
 2. Crown Resorts in Victoria was fined how much in 2022?
 3. Bitcoin is what sort of currency company? (C...)
 4. Which WA dairy produce was rushed to America in 2022?
 5. WA's theatre company is named after which animal?
 6. Which US superstar took her father to court and won?
 7. What does RAFDS stand for?
 8. Which commission sets minimum wages?
 9. Federal elections are held every how many years?
 10. WA elections are held every how many years?
- See answers on page 40.

Quote of the month

"GOOD memories are our second chance at happiness."

Queen Elizabeth II

Word of the month

Anthropomorphic
Adjective pronounced an-thruh-puh-MOR-fik
Anthropomorphic means "described or thought of as being like humans in appearance and behaviour. Or ascribing human characteristics to nonhuman things."

Example
The story chronicles the adventures of a group of anthropomorphic forest critters.

First known use of the word was in 1802 with its etymology from Greek *anthrōpōmorphos* "having human form".

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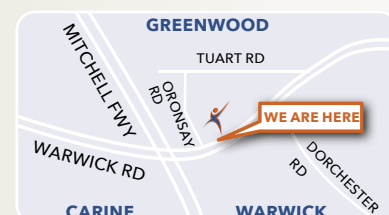
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Local artworks telling the story of country improve the outback



Left to right; Vivienne Robertson and Kado Muir with some of the rugs that will make up Reclaim the Void - a workshop of rug weavers

by Allen Newton

A SIX-year-old girl handed her grandmother her favourite dress and asked her to turn it into a rug that will be used to cover a disused mine site in Western Australia's Northern Goldfields.

The grandma is one of around 500 rug weavers from Australia and around the world who are contributing to a massive Reclaim the Void art project.

A 100 square metre circular rug, made up of thousands of individual hand-woven rugs will be joined together in a dot artwork.

It is the brainchild of Denmark artist Vivienne Robertson who has received a \$100,000 grant from philanthropic community group Arts Impact

WA, to partly fund the project.

The project was conceived in 2013 when Vivienne was invited by Ngaliya Aboriginal Elders to discuss art projects with them.

The Elders in Leonora talked to her about their pain at the gaping holes left in their country by disused mines. It prompted Vivienne to think about covering one of the holes with a huge artwork that tells the story of the country.

Cultural custodian Kado Muir and Vivienne talked about the project over the years, until late in 2020 when Kado told her it was time for the project to begin.

"We were successful with an Arts Impact WA grant this year which is

fantastic. When that came through it was an affirmation that somehow collectively, we the people of the unseen world, however those things are, is saying 'yes' that they want this project to happen," Vivienne says.

She was grateful for the funding, which she says is all too hard for artists to come by.

"It's frustrating that as a society we don't realise the importance of the arts to the soul of the people for all aspects of being, whether that's about connection or mental health, emotional wellbeing and spiritual wellbeing.

"We know it's really critical and yet constantly it reminds me a little bit of hens where you have to dig around in the ground for a few grains here and there

and sadly we're competing against other people with awesome art projects for those little bits of funds.

"It's a hard one, but we're also fortunate to live in a country where there is some support for the arts."

Vivienne also believes Australia is moving into a new era and Prime Minister Anthony Albanese's comments about the Uluru Statement from the Heart will have a critical impact on the arts.

"We need to understand how to balance the over-reliance on the rational with the other side of life, the soulful metaphoric way and the arts is a leader in that.

"It's really important that we feel what the arts can offer, it's not just some entertainment on the side and I guess for me arts

has never been about entertainment, it has always been about deep meaning.

"It's lovely to have art that is entertainment as well, but at its heart and in its soul and for all cultures, especially First Nations cultures, the arts have been central in establishing what a society is."

Reclaim the Void makes a statement about healing the land with the hand-made circular rag rugs being woven from some of the 500,000 tonnes of fabric and clothing discarded in Australia every year.

Vivienne is in the final stages of finalising a site for the artwork which she hopes to unveil in spring next year, or more likely in early 2024.

Already 25 schools are involved and more are joining each week.

There have been 50 rug making workshops held around Australia and others in the United States and New Zealand. A shipment of rugs from Illinois has already arrived from America.

An exhibition of example pieces of the rug creations along with photographs and film, cultural material and other exhibits and stories in partnership with the WA Museum, Boola Bardip, will be held in late 2023 or early 2024.

A digital version will allow people to zoom in on a rug and hear the stories from some of the people making the rugs.

These stories are being compiled in a 'rugalogue', cataloguing the stories, poems, images and words that makers may choose to accompany their rug.

Vivienne says the final artwork will include the tapestry of stories of all the people who have con-

tributed to it, and will be a story of the collective love, respect, and wish to care for country.

People wanting to contribute to the project by making a rug are welcome to do so.

Vivienne says the process is simple and the rugs are not hard to make, even for children.

All the details for rug making are on the website.

Arts Impact WA will be opening a new round of grants of up to \$100,000 for WA artists in December. More information is available at www.artsimpactwa.org/.

Anybody wishing to donate to provide funding for ambitious, talented, local independent artists can join through Arts Impact WA.

More information on Reclaim the Void is available at www.reclaimthevoid.com.au.

It's time for the Back to Norseman reunion in Perth

THE annual Back to Norseman reunion will be held on Sunday November 6 in Kings Park on the grassed area between the Vietnam War Memorial and the Zamia Café.

Starting time is 9am. Bring the usual BYO picnic, chair, drinks and any memorabilia that you may wish to share. Any queries please contact Bill King on 08 9534 9913 or email newbill13@bigpond.com.

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Artist does hard yards to fulfil career



Artist Peter Usher - Gallows Gallery, Mosman Park will be exhibiting Peter's work from October 13-30 © Serena Kirby

by Serena Kirby

PETER Usher is one of those fortunate artists who's been able to make a career out of painting. So popular is his work that he's usually booked up at least 12 months in advance with commissions and exhibitions. But being able to put brush to canvas and then have the business acumen to sell the resulting art is a difficult combination to achieve for many artists. "It's my job, so I treat it like a job," Peter explains. "I work in my studio eight hours a day. I never sit in front of a blank canvas

waiting for inspiration. I have a visual diary and sketch out every piece beforehand so I know exactly what the goal is before I pick up a brush." Peter adds that the process can be very addictive and while the sketching and final finishing are the stages he enjoys the most, 90 per cent is simply a hard slog. He also enjoys the construction process of building frames and stretching canvas; a skill he learnt from his years as a picture framer at one of Perth's leading framing companies. While he holds a degree in fine art from

Curtin University, he considers his time as a framer as his real apprenticeship. "I would spend all day, every day, doing the colour matching and hand finishing of frames. I just loved it," he says. "Being able to match colours and textures requires skill and practice and it's now totally automatic for me." "I also learnt that it was the artists that worked really hard that were actually selling their work. For me, that's the secret of my success."

With prices for Peter's work ranging from \$2500 to \$5500 and a lot of the demand coming from private commissions, he has built an enviable clientele of repeat customers with Janet Holmes à Court amongst his high profile list. But in contrast to what you may expect, his private studio is not packed wall to wall with unsold work. Sure, there are some pieces on display, but most are awaiting finishing touches, an exhibition or are ready for shipping to an eager buyer. Peter exhibits in the premier galleries in Perth as well as Gonyulgup Gallery in Yallingup and even Singapore, preferring large art spaces. There's good reasons for his exhibition locations; it gives him access to his extensive city-based clients and a larger market of well-heeled buyers. There's a practical rea-

son too; Peter paints big – very big – so any exhibition requires an extremely large area. "I feel that if I create work to 'human size' it becomes an object, not just a picture," he says. "You have a physical engagement with the work when it's large scale. It plays with the eye, making you scan across it to take it all in. Most of my pieces span more than a metre wide; some are much, much larger. I'm now tending towards creating works that are three dimensional by including painted timber features." Inspiration for his works comes from the natural environment. He admits he does have a few favourite subjects such as Elephant Rocks at William Bay and the amazing graduated colours found in sunsets as they merge with the horizon over water or land. His own large bush block just outside of Denmark also inspires him and he'll proudly tell anyone that he's recorded 26 different native orchids within his boundaries. With jarrah giants towering overhead, Peter can spend hours in the bush clearing his mind before or after painting and admiring the ever-changing light on the ever-changing undergrowth. Peter will be exhibiting his work at Gallows Gallery, Mosman Park from October 13-30. Find out more at www.peterusher.com.au

Royal Australian Artillery Gunners Day in Guildford

THIS year the Royal Australian Artillery mark 150 years of service in Western Australia. Since 1928 they have been marking Gunners Day to remember past and current serving personnel. This year's Gunners Day will be

held on Sunday November 6 with a short service which includes a march and wreath laying at Stirling Square in Guildford at 10.15am. Following the service at the memorial, there will be a church

service in St Matthew's Church, then a light luncheon in the church hall. All interested are most welcome. For further information please contact Mr John Blylevens (hon sec) on 0438 695 711.



Do you like to dance? No partner? No problem!

JOIN a social group of mature folk, who do circle dances to a lovely variety of mostly Eastern European music, as the villagers danced in their villages. They meet in Dalkeith, Saturday afternoons, where the beginners six-week course starts on October 15. Do come and bring your friends! For more info and to book contact Pam 0402 495 273. Maria: secretary@perthinternationaldance.org.au

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5. When My Dreams Come True
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8. Smiling Irish Eyes
9. Love Is A Dreamer
10. Heart O' Mine
11. March Of The Grenadiers
12. You're Always In My Arms
13. West Wind
14. Violets
15. Heavenly Night
16. One Hour With You
17. We Will Always Be Sweethearts
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Neuroscientist believes that people should keep singing and dancing



UWA Emeritus Professor Alan Harvey

by Allen Newton

LIFE should be an all-singing, all-dancing affair, according to UWA Emeritus Professor Alan Harvey.

The retired neuroscientist and musician, who performs with local group *Stringybach* believes a connection to dance and music is invaluable in helping people to age well.

"There's a lot of evidence that when you sing together you foster positive relationships with the people you sing with, which is important for things like loneliness. I think it's important for mental health wellbeing," Alan says.

"If you can combine that with some movement stuff it's all good for both healthy body and healthy mind ageing."

That three-and-a-half hours of doing the twist won't be good for those with a physical disability or medical issues, but for people in reasonable health there are plenty of benefits.

"And for people with dementia if you sing with them or play music that they like, it unlocks an interaction between the person with their caregivers which is all beneficial."

"In nursing homes, for example, piped music can be relaxing, but the real benefits are indi-

vidual. Music therapists need to find what music their patients used to like, what were their favourite songs, who was their favourite artist, it's a very personalised thing.

"Music affects the limbic system which is involved in memory, arousal and reward. I think there are strong evolutionary reasons why that is the case, because it helps to facilitate social interaction.

"Some people have described music as a sort of a safe communal space where you are participating in a group activity, but you are not necessarily revealing everything about yourself in that activity.

"We don't know how long that leaves them in a better place in terms of memory. Once the music and the singing has stopped, they retreat back a little. But the caregivers have had five or 10 minutes where they've seen that their loved one seems to be acting normally and they remember that for the whole day.

"Those moments where their partner, mother or father is behaving normally with them can be tremendously positive for the care giver - as much as it can be for the person who has the dementia."

This communal music making, or communal dance activities should

start in school.

There's an increasing push for children to get some music education, because there is evidence that some music training changes the structure of the brain which helps to develop inhibitory controls.

This means children learn to think before they act in school and helps develop an ability to hear in noisy environments, something that continues into later life.

"There's also some research that suggests if you have had some musical training it acts as a buffer, helping to retain memory."

Musical training in younger years can also be helpful when you get older and experience issues like a stroke or develop Parkinson's, in that music therapy is more effective for people with a musical background.

"It's an emerging area because music is always thought of as a relaxing thing, a leisure time activity that you do when you are not busy making a living, but if you look back at Aboriginal populations or other indigenous populations music is intrinsic to their life," he said.

"There's the beginning of a realisation that music and dance has a very powerful effect both on the body, bringing benefits to cardiovascular, respiratory, and immune system and to the brain itself."

We should maintain musical connections throughout our lives. That doesn't mean we need to be technically proficient.

"This notion that people aren't musical because they can't play an instrument or they never had a chance is just rubbish. My view is that everyone has

musicality in them.

"Each person must find their own path.

"I remember when I was growing up in the 60s that if you wanted to be a musician or if you spent time in music, you were wasting time a bit, it wasn't a real job.

Alan says the connection between all societies and music and dance goes back to the very beginnings of human communication and plays a greater part in our well-being than many realise.

He has been an amateur musician all his life and started to get interested in the connection between neuroscience and music around 20 years ago, wondering why people universally respond to music, particularly given that we use language as our main means of communication.

Alan took early retirement to work on a book *Music, Evolution and the Harmony of Souls* which combines Alan's neuroscience and music interests published by Oxford University Press in 2017.

"It was all part of why I got interested in why, in the 21st Century music training seems to be thought of as not being

very important. Because of my neuroscience background I started to look more closely at musical therapy and the role that music can have in things like the rehabilitation of stroke or being used in kids with spectrum disorders.

"I have done some research into Alzheimer's and dementia and the impact that music has on certain parts of the brain that are known to be affected by dementia.

"There's a lot of work now being done on playing music that's autobiographically relevant to the individual. It unlocks them and they start interacting and maybe even singing songs with all the words and the tunes they know, where otherwise their memories are not really there.

"The other aspect is I've been gathering information on the impact of exercise on the health of the brain and it's clear that exercise is incredibly important in helping to maintain brain health for all sorts of reasons.

"If you combine that with music and dance then you have an aerobic and neurological kind of benefit that benefits not just the brain, but the

body as well.

"When you get 250 people in their 60s or 70s dancing to Elvis and their old rock'n'roll favourites from the 60s, in a communal atmosphere, you are ticking all the boxes.

"You are ticking the exercise, the beneficial impact the music had on them in terms of their sense of well-being and

you also have this communal, social thing that also has both mental and physical benefits."

Alan's research into the impact of music and dance, particularly on older people and those with dementia or Parkinson's shows real benefits in the way music helps the brain make connections.

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Reforms needed for in-home aged care



Ageing in place is what most people want

by Frank Smith

NEARLY everyone wants to age in their own homes. That suits the government fine as residential care costs the taxpayer over \$45,000 per year, compared to \$19,500 average for people on home care packages and \$3000 each for those on the entry level Commonwealth Home Support Program (CHSP). Total government expenditure last year was \$23.6 billion. By June this year 235,000 people had been allocated a home care package ranging from level 1 (\$9,180/an) to 4 (\$53,270). Around 50,000 people are waiting at the moment. A further 825,00 people are receiving CHSP support. The amount of unspent funds in Home Care Packages – the amount received that has not been spent on a person's care – has risen

to in excess of \$9,906 of unspent funds per package, a total of \$1.7 billion, according to the Stewart-Brown report. The packages are administered by more than 900 providers, 52 per cent of them not-for-profit. Providers charge from 15 to 40 per cent of the package value for their services. But how good is the support at home system? Have a Go News asked four seniors with home care packages. Their experiences differed widely. **Beverley who lives in Sydney's western suburbs had this to say:** "When my mother needed home care in 1992, I contacted the local area health service. They sent an assessor within a week and immediately approved a package. Even though the package was presented to my father as care for my mum, it was really

about care and support for him as he was not really coping. "The carer who came for eight hours a week, bathed my mum, changed her dressings, vacuumed the house, did the laundry, made my parents cups of tea, chatted with them and gently gave them the services they needed." This support was not extended to her father on her mother's death after the local area health service was privatised. The new provider... "sent someone to help him shower three days per week and later took him shopping once a fortnight. "The person showering him would stand outside the shower to make sure he didn't fall and made it clear that if he did, she was not allowed to pick him up. The person taking him shopping would drive him to the shopping centre, arrange to meet him after an hour and drive him home. They would either walk him into the house and help him put away the groceries or drop him at his door and drive off. "I found the home care providers to be disinterested, uncaring, negligent and overpriced." **Danijela in Queensland wrote:** "Ten years ago, I was

caring for my mother – dementia, and my father – disability. I had a couple of hours of help per week, to shower them once a week and clean the house. I was alone for everything else. "Now, we have additional help in place, but it is still far from enough. Caring for a relative on level 4, the highest assistance we get is 16 hours, per week, plus incontinence pads. The family carer still works over 150 hours per week to keep the loved one at home. And the carer gets minimum recognition, support and respite." Other care recipients were more positive. **Lesley Forster,* a feisty 76-year-old lives near Donnybrook in south-western WA.** She has a level four package and muscle wasting disease but is mentally on the ball. "My first provider had a lot of hidden charges and hoops I had to jump through. His monthly statement was difficult to understand. "So now I self-manage and have done for two years. I pay my support workers and my provider reimburses me. "I'm part of an informal group that share workers according to our needs, giving us flexibility. "I have a cleaner once a week. A local lady drives me to the supermarket to get ready-to-eat meals as there no deliveries in the country. "I can employ family members as support workers." Lesley has managed to get some plumbing repairs on her package but has not been able to find a gardener. **Helen Walne lives in Tasmania** Helen (82) has a level 2 package which she self manages. She gets domestic and garden-

ing assistance and some transport. She recently got her bathroom renovated through her package, after an occupational therapist agreed she needed a walk-in shower. "Self-management gives me control and freedom to choose my own pathway. I know my financial position and I can make my own decisions. "I have a separate bank account which I use to pay for transport and other support. I send receipts and invoices to the provider who reimburses me. "Since becoming self-managed, my administrative costs have fallen from \$500 per month to \$130. "Once a system is set up self-management is easy," she said. "Anyone is a good candidate for self-management."



Advocacy

Have a Go News spoke to advocates Shawnee van Poeteren and Kate Thomson (pictured above). Advocare – WA's advocacy organisation provides free confidential advice* and advocacy for older people to enable them to make informed choices that best suit them. Advocare assists older Western Australians to understand their rights, resolve any issues with aged and community care service provision, and access the right supports and protections available to them. "We get lots of queries about individual issues,

packages and assessments. One of the main problems is understanding the inclusions and exclusions within the HCP Operational Guidelines. "The operation manual does not have a comprehensive list of what items are permissible and what cannot to be paid for from the package, every provider has their own interpretation as well as internal policies and risk assessments." "Many clients can't understand their monthly statement. Although the government has produced a template for providers, it is not always easy for a provider to implement due to different computer systems requirements; this can have an effect on how long it may take for a statement to be sent to a client. "It is important for clients to report any incorrect amount charged. "If you need help you can contact Advocare for a confidential and informal chat. We will help you self-advocate or we will advocate for you," said Ms Thomson. Support workers are another source of concern. Many clients complain that they get a different person every week. "Staff are hard to get and retain due to Covid and the vaccine mandate. "All support workers should have Certificate III in Aged Care as a minimum and providers should have an internal training system. "It is risky for the provider to employ unqualified people," she said.



The Provider's view

Rise Director of Aged Care, Chris Minchin (pictured above), said the role of home care package providers was to help clients achieve their goals. "The case manager should work with the client to help them stay at home as long as possible," he said. "Some clients feel that spending their package funds decreases their in-

dependence, while others believed the money should be saved up for a rainy day. Some even plan to save unspent funds as an inheritance for their family. "But any money not spent when they die goes back to the government." Rise is addressing the shortage of aged care staff by employing entry level staff and providing training for them. Mr Minchin also advocates for higher wages for aged care support workers. Royal Commission into Aged Care Quality and Safety made 148 recommendations for reform of the aged care system. The Australian Government is addressing this report by developing a new support-at-home program to replace the Commonwealth Home Support Programme (CHSP), Home Care Packages and a number of other less used programs. The Government also plans to make aged care assessment more accurate and consistent between the states. The reform includes a new funding system designed to ensure the support senior Australians receive aligns with their assessed care needs. Packages will be assigned to individuals rather than providers. Self-management will be encouraged by a new payments platform that will allow senior Australians and providers to view the person's entitlements and book and pay for services at the point of delivery. It also aims to provide support for informal carers, such as family members who often provide older people's care needs for no reward. The new program is slated to begin in July 2024. Clearly not all providers are meeting the needs of their clients, in some cases because sufficient funding is not available. Advocare's advice is in the first instance to discuss any problems with your provider, you can also call Advocare (08) 9479 7566, however, if still not satisfied you could change to another provider. There are nearly 900 to choose from. "I would not need advocacy if they got the program right," Ms Forster commented.

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MetSO orchestras hit the right note for performers, young and old



MetSO president, webmaster and violinist, Ann Bray with Murray Phillips

by Josephine Allison

THE glorious sound of music resounds through the Taryn Fiebig Concert Hall at Churchlands Senior High School as the Metropolitan Symphony Orchestra presents one of its concerts. Established in 1977 as the Karrinyup Symphony, the MetSO is one of the state's oldest continually operating

arts groups.

From a young musician aged 16 to the oldest at 86, the MetSO's members range from students to a 70-year-old stockbroker, a long distance train driver, a vet and people from all walks of life, says MetSO president, webmaster and violinist Ann Bray.

Ann, who settled in Perth from Adelaide, with her husband and two

sons, grew up as a young girl taking violin lessons, developing a life-long love of music. She joined the MetSO in 2018 after playing in another Perth community orchestra, the South Side Symphony.

She attributes her late mother, her sister and her husband with being the big supporters of her musical life.

"And my dad with his happy whistling instilled a love of life and music."

Orchestra member and former accountant Murray Phillips, 83, who plays the cello (previously the double bass), says he picks up the cello and plays almost every day.

"We do it all for the love and there is so much goodwill."

The MetSO was established by the late Valerie (Margeurite) Hinwood in the community centre behind the Karrinyup Shopping Centre.

In the early 1990s the orchestra was invited to relocate to Churchlands Senior High School and changed its name to the Metropolitan Symphony

Orchestra in 1993. It has grown from one small ensemble to three orchestras with around 120 members with concerts attracting up to 2000 people a year.

The MetSO (senior ensemble), MetSO Intermediate String Orchestra (MISO) and MISO Avanti (for beginners) all rehearse weekly at the Mount Hawthorn Community Centre. A highlight this year was a Young Artist Showcase at Government House with plans for future performances. When Covid hit, a conductor had to pull out from a concert and a replacement conductor stepped in with just three days' notice.

MetSO's former patron was Sir Charles Court, 21st premier of WA, who was also an excellent musician and conductor. The patron from 2021 was Kim Beazley AC, 33rd governor of WA who has since stepped down. Renowned pianist David Helfgott was a regular soloist with the orchestra in its early years, alongside his teacher Frank Arndt (founding conductor) and

younger brother, Les Helfgott, on violin.

This year, the MetSO is celebrating its 45th anniversary and the 10th anniversary of the MetSO Young Artist program, which provides talented local artists with performance opportunities and global online exposure. Many big names of WA music have performed with the MetSO including Taryn Fiebig, David Helfgott, Sarah Macliver, Ronald Thomas, Christopher Dragon and Jessica Gethin. The MYA program in 2023 will also support emerging local composers aged under 30 and present new WA works.

MetSO is a not-for-profit charity and community organisation and relies on donors and community support. Its 2022 outreach program, funded by Lotterywest, helps improve youth access to music, offering 100 free tickets per concert to local schools and community groups. The MetSO is also grateful for the support of the City of Stirling, Zenith Music, Snadens Pianos, the City

of Vincent, WA Association of Mental Health (WAAMH) and the Rotary Club of Dalkeith.

"The one thing better than listening to music is playing music," Anne says. "Playing music has so many preservative benefits including diminishing age-related illness. Taking up an instrument is great for you at any age."

MetSO proudly partners with Act-Belong-Commit-Mentally Healthy WA.

MetSO concerts are held at Taryn Fiebig Concert Hall (wheelchair access) with the next concert on December 4. Anyone who would like to join the

MetSO email: info@metso Perth. org.

The MetSO 2023 Young Artist program has begun auditions for instrumentalists, vocalists and composers. Visit metso Perth. org/auditions to find out more.

Old valve amplifiers, vintage valve radios and valves wanted by hobbyist.
Contact NEIL 0407 448 331

Enjoy a literary lunch with a taste of Bali this month

As a very special event within the Ubud Readers' and Writers' Festival Perth 2022, Writing WA will host an unforgettable fusion of food and literature – the 'Paon' Literary Lunch.

'Paon' is the Balinese word for kitchen and no-one knows his way around a kitchen better than internationally renowned chef Wayan Kresna Yasa.

In Bali, chef Wayan is known for the nuanced genius of his cooking, his deep respect for the environment and his drive to put the flavours of Indonesia on the global culinary map. As the Global executive chef for the Potato Head family, he has opened numerous award-winning restaurants.

His book, *Paon: Real Balinese Cooking*, was published earlier this year.

Our 'Paon' Literary Lunch guests will enjoy three delectable courses

prepared by chef Wayan, as well as hearing from some of the special pre-

senters at this year's festival.

This exclusive event

will be held on Saturday, October 22, in the Double Rainbow Restaurant,

Rechabite Hall in Northbridge uwr Perth. writing wa. org.

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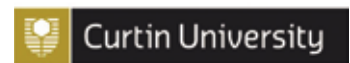
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Where Opinions Matter - turning the tide by cutting back in everyday life



by Lee Tate

NEVER do things by halves is a well-worn expression. But maybe we should be doing things by halves.

The world is busting at the seams, with people and waste. On the home-

front, we've taken tentative steps, sorting our weekly rubbish and cutting back plastic shopping bags.

I've also been conducting a personal micro-management project. The mini-trial made a significant difference in reducing waste and slashing bills.

The key to its success was being constantly aware of the intention and breaking life-long habits. I put just one-third of the usual amount of toothpaste on the brush, for example. I used less soap in the shower and cut the showering time, long ago

recommended by the Water Authority with considerable success.

I bought smaller amounts at the supermarket and divided fridge products into small, sealed containers to reduce waste. I did the same for teabags so half of them were in a sealed container and not constantly exposed to the air.

I slashed meal serving sizes. Years ago, in New York, I relished their 'half-soup-and-salad' lunch-time eateries (half-serves of soup and salad and for about half the price). In America, of course, all meal serves are huge. They even call New York the Big Apple.

At home, I followed the habit by our parents and grandparents of turning off lights when leaving a room and turning on the television only for each program to be watched.

These efforts are hardly ground-breaking but were done in light of the follow-

ing recent reports:

Every year, Australians spend more than \$10 billion on things they will never use and that end-up in landfill. Aussies are among the world's-worst in needless buying, according to a Macquarie University report.

When shoppers see a perceived bargain, they jump at it and often treat shopping as a social outing. When shopping with friends, we buy more.

Around the world, buyers spend \$US2.5 trillion dollars keeping-up with fashion. Just to show their wares in a 10-15 minute fashion show, fashion folk splash out anywhere from \$US200,000 to more than \$US1 million.

Fashion production not only makes up to 10 per cent of humanity's carbon emissions but it dries-up precious water sources and pollutes rivers and streams.

"Use your clothes for longer and choose to buy

clothes that support local manufacturers. Even better, visit your local op shop for a bargain," says Robbie Campbell of WA solar and battery storage company, Plico Energy.

Food waste, globally, costs \$US1 trillion. Australia generates 17.5 million tonnes of CO2-equivalent emissions a year, costing \$36.6 billion.

"With the race on to meet a net-zero greenhouse gas emissions target by 2050, attention is turning to other contributors apart from carbon dioxide," says Luke Wood of supply chain technology company, Escavox.

Food waste contributes 11 per cent of greenhouse emissions in a world with raging starvation.

"One-in-five Australians doesn't have access to enough food on a daily basis," says Luke.

During the past two years, food charities experienced 50 per cent increased demand for



Sorting your weekly rubbish is a step towards reducing waste on the home-front

their services.

"There is a clear social and economic argument to address the problem," Luke said.

The world is talking and moves are afoot on all of these issues with calls for more to be done across the board including the home-front. The mood is changing significantly.

Post Newspapers reports that staff at Hollywood Private Hospital have been recycling

masks, oxygen tubing and intravenous drip bags made from PVC to be turned into garden hoses, playmats and gumboots.

"Small changes by staff are making big wins in sustainability for the hospital overall," said Jonathon Reynolds, support services manager.

The tide has turned. What do you think? Email info@haveagonews.com.au with Opinion in the subject line.

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British pension updates for UK expats in Australia



by Mike Goodall

ONE of the first things on many expat pensioners minds will be the reduction in the value of the UK pound in terms of the Australian dollars.

On September 23 the pound dropped like a stone to \$1.65 following the UK mini budget.

Those of you who are on an Australian Pension can claim an extra 50c in the dollar for every reduction of payment from the UK, so it is not totally bad news.

The latest serious blunder from the UK pensions is that many people are not receiving their full pension entitlement because the

Department of Works and Pensions (DWP) have not included years of family responsibilities in the number of qualifying years towards a UK State Pension.

Some people - mostly mothers - were not getting this protection because of problems getting data from the Child Benefit Computer onto the National Insurance computer. DWP ran a correction exercise over a decade ago which identified around 36,000 parents who had wrongly missed out and it paid over £85m in state pension arrears, as well as increasing weekly state pensions for those affected by an average of £10 per week. Now DWP

thinks more people may be missing out.

So what can someone, in Australia, who thinks that they might have missed out do about it?

The important criteria is that a person should have been receiving the Child Benefits (before 2010 called HRP) in their own name for a child under age 16 (for the whole of the year) and not been paying a Married Women's (or reduced) Stamp.

Check your National Insurance record. You can ring the National Insurance Contributions helpline which from Australia is 00 11 44 191 203 7010 and ask to be put through

to 'National Insurance record or payments'. You will need your National Insurance Number and will be asked some security questions.

They can post you a copy of your full record for you to check whether the years that you were claiming Child Benefit are included as full contribution years.

If you are missing years, you can fill in a simple form that can be downloaded or filled in on the computer with details of your child or children and if you are entitled the UK government should update your record.

If a Child Benefit record is missing from your NI record because it was in your husband or partner's name and case and they don't need the Child Benefit, because they were in employment and paying NI, then you may be able to get it transferred to you, provided that you have reached UK State Pension Age being born after April 5, 1948.

N.B. if you are calling the UK the office opens at 15.00 hrs WA time and after October 29 16.00 hrs.

Am I UK State Pension Age?

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

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

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

21 YEARS HELPING YOU TO LIVE LIFE YOUR WAY

CommunityVision

In celebration of Community Vision's 21 years of helping seniors living with dementia and young and old living with a disability, we are hosting a meaningful customer based fundraising art exhibition, supported with a series of lectures designed to give you and your loved ones much needed help and support.

Woodvale Library 21 Years Art Exhibition

Monday 24 October - Friday 28 October
Woodvale Library, 5 Trappers Drive, Woodvale.
Available to view during library opening hours.

Free Woodvale Library Information Sessions

Aged Care and Disability expert Community Vision COO Yvonne Timson will be presenting beneficial talks. Free to attend, afternoon tea supplied.

11.30am - 12pm each session

- Wednesday 26 October - What is the NDIS and how to navigate the system.
- Thursday 27 October - What support is accessible when you or a loved one has dementia.
- Friday 28 October - What do we need to think about when we are getting older, for us and for our families, and accessing support to remain at home for longer.

Community Vision 21 Years Open Day & Art Exhibition

Sunday 30 October, 10am - 2pm
Woodvale Social Centre,
5 Trappers Drive, Woodvale.
FREE to attend - morning and afternoon tea supplied.

In addition to a meaningful art exhibition, bring family and friends along for Centre tours and to find out more on aged care, disability and family day care services, nutrition, how to navigate NDIS and more.



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Tap dancing and writing propel author Christine Sykes into a different world



L-R; Christine Sykes - *The Tap Cats of The Sunshine Coast*

by Josephine Allison

KEEN tap dancer and author Christine Sykes has drawn on her own experience donning the tap shoes and those of her aunt Peg as inspiration for her newly released book, *The Tap Cats of the Sunshine Coast*. The story features three different women who have known each other for a lifetime with all its ups and downs.

Set in the stunning landscape of the Sunshine Coast, meet Sofia, Carol and Bonnie. What could possibly come up that would threaten their friendship? Bonnie returns to Australia from America with a secret she has kept all her adult life.

It's a revelation that will profoundly rock the foundations of her friendships with Sofia and Carol, and even the destiny of the Tap Cats.

Christine sat down during a busy schedule to answer some questions supplied by *Have a Go News*.

Christine, your new book *The Tap Cats of the Sunshine Coast* is a delightful read. Can you tell me something about your aunt Peg taking up tap dancing when she retired? How did she inspire you to take up tap dancing?

Auntie Peg was the inspiration for my most recent novel, *The Tap Cats of the Sunshine Coast*. She was

when I retired. I also decided to write about a seniors' tap-dancing group and the friendship of three women. Auntie Peg read the draft manuscript, gave me some positive feedback and encouraged me to proceed.

Towards the end of 2016 aunt Peg died. She left behind a legacy document, titled *The Legacy of a Trailblazer* which she truly was, and I was honoured to be included in it.

Apart from writing, what joy does tap dancing bring to your life?

In the ten years since I followed in auntie Peg's footsteps and took up tap dancing, I have done classes with some wonderful teachers. Each of these took a different approach and taught different styles, which led me to research the history of tap dancing and provided a basis for my novel.

a role model for me during my early education and career. When she retired from her position as a private secretary, she took up tap dancing and that gave her a new lease of life.

She was a member of a senior tap-dancing group on the Sunshine Coast, which performed at nursing homes and community events and I saw her concerts and joined in some classes.

Encouraged by auntie Peg, I took up tap dancing

earlier career as a community worker and senior public servant? How did you get involved in writing?

While working full-time, my long-held desire to become a writer had been nurtured through doing short courses and writing short stories and children's stories. My journey to become a published writer of longer works started with a startling request.

In May 2012, I was summoned to a meeting by the head of my department, then the Department of Immigration and Citizenship. At the time I was the CEO of a quasi-independent office and had been a senior public servant for more than 30 years. I entered the meeting anticipating the offer of a new challenge.

Instead, I was asked to take a voluntary redundancy, as the public service needed to reduce the number of senior executive staff. I had thought I was indispensable and had much more to achieve. Many months of financial advice, negotiation and anxiety followed. Gradually my view of my future shifted and I could envisage a life beyond the public service.

The possibility of retirement created the possibility of writing longer works. When I discovered the novels of Perth writer Liz Byrski, I was inspired to write fiction about mature women.

My official retirement came at the end of December 2012. I signed for a course called Year of Novel Writing, with writer Emily Maguire. Classes were held once a week and gave me a structure that helped me transition out of full-time work.

My first book, a novel called *The Changing Room*, was released on my 70th birthday and my memoir, *Gough and Me: My Journey from Cabramatta to China and beyond* was published in 2021.

How often do you write and have you plans for another book?

I write daily in a journal and when I'm able to I also write or edit at least four days a week. I usually write early in the morning.

There are two writing projects in early drafts, one is a novel and one is a historical fiction.

Is tap dancing difficult? Is it good for you as we age? It seems quite pop-

ular here in Perth.

Although I had learnt tap dancing as a child, I found the steps difficult at first. Because I have a fundamental belief that I can dance, I persisted practising on a board at home, until I mastered the basic steps.

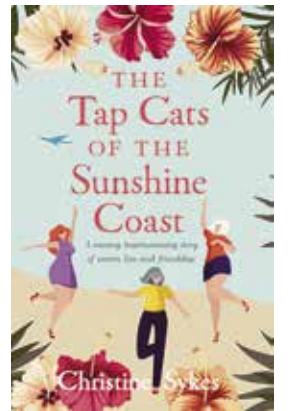
My novel highlights the well documented health benefits of tap dancing which include strength, balance and cognitive acuity. Tap dancing is for everyone and can be customised to meet different needs and ages. My current teacher, who is in her 80s, is a role model for us all, and one member of our group uses a chair to assist her to dance.

And friendship as portrayed in the book with Sofia, Carol and Bonnie; women appear to establish great friendships more than men. How important are they?

Female friendship is fundamental to my life, my

well-being and my growth as a person. I have several very long-term friends, and was interested in why some friendships last through many years and geographical distance. I was also interested in how far a friendship can be stretched when secrets are exposed and whether they can be restored.

The Tap Cats of the Sunshine Coast by Christine Sykes (Ventura Press, RRP \$32.99) is out now.





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DESIGN AND CONSTRUCTION

He, or she, who hasn't been naughty, throw the first rock, a lesson in blasphemy!



by Rick Steele

"HE that is without sin among you, let him cast the first stone." John VIII.7

A quote that reminds me of the hilarious stoning scene from Monty Python's *Life of Brian*.

"I'll have three of those pointy ones and a packet of gravel."

"He's not the Messiah, he's just a very

naughty boy." Blasphemy, once a very serious sin, is rampant these days methinks. I'm no saint, but I have tried to walk on the straight and narrow, follow Moses and his Ten Commandments and try to listen to Jesus and his teachings.

In 500BC Confucius had it down... "What you do not want others to do to you, do not do to others."

Here is a quote from our recently departed, Queen Elizabeth from her 2000 Christmas message.

"To many of us, our beliefs are of fundamental importance. For me, the teachings of Christ and my own

personal accountability before God, provide a framework in which I try to lead my life. I, like so many of you, have drawn great comfort in difficult times, from Christ's words and example."

My elder brother and two sisters, like me, were born at a young age, and christened with the sign of the cross. As far as I know all went well. Amen.

As the proud father handed his child to the vicar at the font, the cleric said, "And what shall we name this little chap?"

"It's a girl whispered the father; you've got hold of my thumb!"

Bloke down the local

pub reckons his wife converted him to religion. "I never believed in hell till I married her. When we divorced the judge wiped her tears with my chequebook."

Recently, after three and a half years, my trouble and strife (47 years) and I were treated to a visit from one of our three sons and his family. We were 'walking on a dream' and I skyped eldest son in USA to share the excitement.

During the conversation I mentioned that I felt our family had been blessed with good health and a safe run through the pandemic.

The very next day I received a text from senior son, with a quote

from the Bible.

Basically it, said that if you try to be a good boy, you will receive a reward or two.

Mohammed said: "A man's true wealth is the good he does in this world."

I remember my Sunday school teacher discussing how it was easier for a camel to pass through the eye of a needle than it was for a rich man to get a welcome entry to the exclusive Heaven Kingdom Club.

"Strewth, I thought. That takes the shine off getting rich."

Got a few friends on Facebook who are atheists. One bloke reckons he's giving it up.

"There's no holidays, Christians got most of them."

Another wannabe atheist, Homer Simpson, says: "I got a job and I love my kids, why do I have to spend half my Sunday getting told I'm going to hell."

Many times I have heard the saying: "hell is on earth." The news fed to us these days on an hourly basis, 24 hours a day, would seem to confirm this.

Putin's recent announcement with a nuclear threat included, the ongoing starvation worldwide, millions of homeless and the unrelenting march of greed make Tolstoy's words ring loud like

Big Ben.

"Christianity, with its doctrine of humility, of forgiveness, of love, is incompatible with the state, with its haughtiness, its violence, its punishment, its wars."

"Give us this day, our daily bread." I've been blessed, the Lord's Prayer has worked for me.

This geyser walks into the bookshop and says to the attendant: "asking for a friend, do you have a new book for men with a small penis?"

She replies; "I will have to look. I'm not sure if it's in yet."

"That's it, that's it; I'll take one thanks." Cheers dears.

Distractions aplenty abound in the world in which we live today



by Jon Lewis

ABSOLUTELY everything everywhere and all the time. I think this was the name of a movie I saw

recently. It permitted the idea that anything could happen at any time in any place and in any way.

The movie explained you were in control of the changes; that premise very quickly went out of control.

Now I am wondering if I'm in that movie?

As I write this letter to you I have many options, more options than I need right now to convey my thoughts.

For example, this font could be changed with options of, let me see, over

200, and the size of the text can change too.

Even the colour of the text can be changed, if I want, to suit my writing mood. Blue, green, red... I must stop!

(I have just returned back to black.)

The options/distractions do not stop there.

Now I can be presented with 'notifications' on this humble writing device.

Regularly I can be relentlessly reminded of software updates, or I can be informed of a 'fun' mes-

sage that has arrived from a friend or a friend's friend or a friend whom I know or not. Where they have come from?

Perhaps, I may spy a pop up calendar invitation. It may well be one of many, many important or unimportant resilient reminders. (Notice the spelling of resilient... I wish it was 're-silent' as in silent once again)

Are you thinking as I am... just turn it all off. Good idea and thank you.

However, what about

the time when you feel like there may be something you are missing out on and one by one all these distractions are once again reinstated?

More and more these days, I find myself battling distraction.

I wonder, perhaps, like me, long ago you were not allowed to do your school homework with music on.

A responsible adult would say: "that is too distracting, turn it off."

That was in the day when music was about

the most distracting event easily accessible.

Now, I find there are soooooo many easily accessible distractions and some do not even require choosing as they insist on popping up..

I feel like now in my life a responsible adult is once again required to insist my distractions remain uninvited.

It takes some courage to make a single task the only priority, without distractions. It may even take some planning.

If in spite of your good intentions to remain undistracted, I can personally rely on my darling wife Gloria, who is more than ready, too ready, to step in and provide a distraction elimination.

I can confess, it is an indulgence now to say, I have very much enjoyed writing this to you as it has created an opportunity for me to be undistracted for the entire duration, and I did it all by myself.

Oh, and, I had fun. All the best.

this is palliative care

After her diagnosis, Charlie sat down with her family and GP to create an advance care plan. Sure, it prepared her for specialist appointments, but more importantly for Charlie, it was the social worker and OT sessions that helped her continue doing the thing she loves: cooking with her grandkids and sharing family recipes.

Plan earlier, enjoy more
healthywa.wa.gov.au/palliativecare

WA Women's Hall of Fame 2023 launches call for nominations



The Hon. Kim Beazley AC with 2022 inductees, L-R, Dr Nonja Peters, Maggie Wilde West, Louise Howden Smith OAM

AS part of Women's Health Week celebrations, last month, the WA Women's Hall of Fame Call for Nominations 2023, was officially launched in the recently renamed Edith Cowan Lobby at Parliament House by Minister for Child Protection; Women's Interests; Prevention of Family and Domestic Violence and Community Services, Simone McGurk MLA.

"We know there is no shortage of amazing Western Australian women who deserve to be recognised and profiled. The WA Women's Hall of Fame is a powerful celebration of women in our community who show us what is possible through passion and dedica-

tion, and who motivate others to strive in a wide field of endeavours.

"I encourage everyone to consider the women making an impact in their lives and to make a nomination to the 2023 WA Women's Hall of Fame," she said.

WA Women's Hall of Fame chairperson Fiona Reid, announced Kerry Sanderson, 2015 Inductee, and Kim Beazley as the 2023 'Call for Nomination Champions'.

On accepting the role as Champion, Ms Sanderson said, "Those admitted to the WA Women's Hall of Fame can be proud that they have made a difference to our wonderful

State or to others who live here. "Often in the past their contribution would go unrecognised, but luckily the establishment of the WA Women's Hall of Fame allows others to learn about the contribution of many women to Western Australia or to other Western Australians.

"For the individual there is also the sense of pride to know that their contribution has been acknowledged. Please take the time to nominate someone you believe should be entered into the Hall of Fame"

Nominations are now open and close December 4, 2022. Nominations will be accepted in the categories of: Health,

Community, STEM, 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, which we all seek as a balanced community.

To nominate visit www.wa.womenshalloffame.com.au or email wawomeshof@gmail.com



by Hank Jongen, General manager, Services Australia

THERE are many reasons why you may want someone else to help you

News from Centrelink - authorising someone to help on your behalf

manage your Centrelink payments when dealing with Services Australia. You could be travelling, caring for someone, have too much on your plate or are finding it too difficult to keep your information up to date.

If it's something you think you'll need, you can authorise someone to help you do your everyday business with us.

You might want to let friends or family ask us

questions to help you better understand your payments. Giving them permission to enquire allows us to talk to them and tell them what's going on. You can also give them authority to update your records if you want.

There may be times when you need someone to make decisions for you, or even receive your payments on your behalf to help you manage your finances. If you do, you

can choose to authorise a correspondence nominee and/or a payment nominee. If you already have a Power of Attorney, we would recommend you also appoint that person to be your nominee.

You may want help from a loved one as you age. You can authorise a correspondence nominee to make decisions and act on your behalf. They can ask questions, make updates, even make claims

for payments and services on your behalf. A copy of the letters we send you will also be sent to them. They can even access your Centrelink Online Account to manage your online business with us.

If it's hard for you to manage your bills, you can authorise a 'payment nominee' to help you with your living expenses. They're required to keep a record of all payments received and how they've

spent your payment on your behalf. They can ask questions about how much you'll be paid and where the payments will go to and they will have limited access to your Centrelink online account.

Remember that having an arrangement in place doesn't prevent you from speaking with us or doing your business with us.

You can cancel any arrangement you have set up at any time. Just call us

or cancel it online.

To find out more about the different types of arrangements, go to our website at www.serviceaustralia.gov.au and search for 'nominee'.

See you 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.*

Free ageing safely workshop on community safety

CITY of Kalamunda is proud to present a free workshop for seniors focusing on community safety.

Presentations from Bankwest - Safe and Savvy Communities; City of Kalamunda - Ranger Services; Neighbourhood Watch and Inclusion Solutions.

Presenters will be offering tools on how to be safe and savvy when it comes to online scammers; bank card skimming;

neighbourhood security awareness; general community safety with your belongings and for wellbeing.

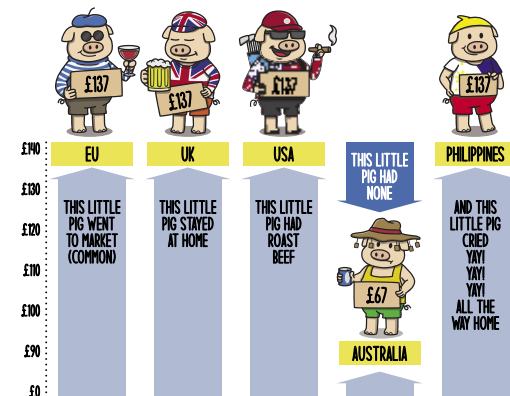
The workshop includes morning tea and will be held on Thursday October 20 from 10am to 12.30pm at the High Wycombe Community and Recreation Centre, 200 Newburn Road, High Wycombe.

The City of Kalamunda welcomes and encourages the

attendance of people with disabilities. Accessible toilets and parking bays are available. For further

enquiries or to discuss access or dietary needs, please contact Ruth on 9257 9958.

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by **John Rando, lawyer, musician, existential philosopher**

ITALIAN police officer Aligari and his ferocious, belligerent, mongrel dog, Ericoni were a perfectly dysfunctional match. They were based on the remote isolated tiny island of Filicudi in the Aeolian

The tale of Ericoni - the policeman's dog (a true story)...

seas, off the coast of Sicily. The Italian government had rounded up a mob of mafioso criminals and put them on the distant island away from the Italian population.

Officer Aligari returned to Rome from Filicudi every six months to visit his family, leaving his dog Ericoni, on the island to be cared for by local Filicudian residents.

On one occasion Ericoni was left with Mr Lopresti and his family. Before leaving for Rome, officer Aligari gave instructions on how Ericoni

should be cared for, leaving a stack of money to feed the dog two meals of meat daily until his return from Rome.

Mr Lopresti was a poor fisherman, struggling to feed his family. When given money to buy food for Ericoni, Mr Lopresti decided he needed to feed his wife and children rather than Ericoni. Instead of spending money on meat for the dog he decided the cash would be better spent on his family and that Ericoni might prefer potatoes and broad beans instead. If it was

good enough to feed his wife and children potatoes and broad beans, it might be good enough for Ericoni to share their meal.

Besides Mr Lopresti figured he could use the money to buy children's school shoes. Everyone should be happy, he figured.

Mr Lopresti's two young girls, Lilly and Maria, should feed Ericoni potatoes and beans.

On the first day, Ericoni scoffed at his new food which he refused to eat. He didn't seem im-

pressed. On the second day he nibbled at the potatoes but declined the beans. On the third day, he scoffed down the potatoes and beans. Quite tasty, he figured.

Initially, Mr Lopresti and the children were a little intimidated by Ericoni, however, within a few days, they began to interact with the dog. They noticed a distinct and significant change of personality.

Ericoni began to interact and befriend the family and surrounding children. Wag its tail, mix playfully.

Scoff down potatoes and beans. Within weeks Ericoni evolved into a tame, friendly, mild animal devouring potatoes and beans, freely interacting with the Filicudian villagers. No longer the wild, aggressive, ferocious animal. Ericoni discovered his feminine side, happily running and playing with the village children.

Rather than furiously barking and growling at the local mafioso, he wagged his tail in a friendly manner, licking offenders on the face before giving them a mild nip on

their heels. A changed animal was Ericoni. He was meant to help wipe out the mafia in Italy. However, potatoes and beans seemed to have caused Ericoni to lose his edge.

Had the change of diet to potatoes and beans allowed the mafia to expand from Filicudi to Sicily to America.

Who knows? On his return to Filicudi from Rome officer Aligari wasn't a happy man, and could not figure the drastic change in Ericoni's behaviour.

Rats reborn at meeting at RAAFA estate in Bullcreek



L-R; Film from 1971 Rats of Tobruk new memorial ceremony at Kings Park captured by RAAFA resident Daryl Binning - WA State RSL president Duncan Anderson and Anne LeFevre

THE inaugural meeting of the Western Australian branch of the Descendants of the Rats of Tobruk Australia Association (DOTROTA) was held in the Meg Olive room at the RAAFA retirement estate in Bullcreek last month.

The event attracted 75

people from far and wide, some travelling six hours to attend. The presentation included the screening of a film taken in 1971 by RAAFA resident Daryl Binning of the unveiling and dedication of the Rats of Tobruk new memorial in Kings Park.

WA State RSL president Duncan Anderson attended the meeting and was presented by meeting convenor Anne LeFevre with a digital copy of the film, as well as several volumes of documented tributes to hundreds of soldiers who fought at Tobruk and

their photos. The books were produced by DOTROTA volunteer researchers based on the east coast, Mr Anderson praised the objectives of the new group and offered RSL assistance in promoting their message. Families of now de-

ceased Rats brought along memorabilia to show, as well as to an ABC television crew who covered the meeting. The event, presentation and stories about the memorabilia was featured on the ABC television news later that evening.

After the meeting, many people attending as the guest of a resident watched the AFL game on television.

Those who were unable to attend a meeting or who would like to know more about the group's planned activities, focused around maintaining the memories of those World War II heroes in the minds of the public at times when history is increasingly being rewritten, should contact Anne LeFevre on 0435 048 256 or by email annemlefevre@gmail.com

Paddling on the rivers...

A GROWING number of seniors now thoroughly enjoy fun and friendly paddles on Perth's Swan and Canning rivers with the Riverpark Kayak Club.

They are an independent, non-competitive club. Weather permitting, members paddle each Wednesday morning from February to mid-December. Members are required to be medically fit and have their own sit-in kayak.

There are no joining or club fees, however, as they have direct membership with Paddle WA, it is strongly recommended that, for a low annual fee, people join this Association as it offers many benefits including first aid training and insurance.

Riverpark Kayakers encourage newcomers to paddling to have-a-go. They are given a very easy introduction to kayaking on quiet waters and are taught a paddling style with an emphasis on correct sports injury avoidance.

They recommend interested people talk to us about the type of kayaks used and to enquire about any other aspect regarding this club, please contact: Ron Jess - 9447 6610; Judy Jensen 040 857 9696 and Verna Creyk 042 620 2992.



MUST WATCH PROGRAMS THIS OCTOBER



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WEEKDAYS 5.00PM



9NEWS

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NIGHTLY 6.00PM



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WEEKNIGHTS 7.00PM



OUR STATE ON A PLATE

Featuring world-renowned chefs and food specialists, Our State On A Plate will take viewers on a fabulous foodie adventure through WA's best food producing regions, showcasing the best of the Golden West.

SUNDAY, OCT 9, 5.30PM



THE BLOCK

Don't miss the exciting final weeks of the world's biggest reality-renovation program. It's a race to the big auction. Which couple will win The Block 2022?

SUN 7.00PM, MON TUE WED 7.30PM



UNDER INVESTIGATION

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

MONDAYS 8.40PM



TARONGA - WHO'S WHO IN THE ZOO

The magnificent world of wildlife will come to life on our screens again, capturing the animal kingdom in two of Australia's largest zoos, Taronga Zoo in Sydney and Taronga Western Plains Zoo in Dubbo.

FRIDAYS 7.30PM



ICC MEN'S T20 CRICKET WORLD CUP

16 of the world's biggest teams are set to clash in the ICC Men's T20 World Cup 2022, with monster hits, epic excitement and the games most notorious superstars.

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Explore the latest inspirational living ideas on Sustainable House Day



Pam Gunnell and Ken Dyer



by Karen Majer

MOST of us think, at some time, about making our homes more sustainable. It might be that energy bills prompt a review of heating and insulation. Maybe a family member has an allergy that dictates use of natural household products. Perhaps water savings are a priority, or providing fresh food from your own garden.

Whatever your level of interest, you will find

some great advice and inspiration about building, retrofitting or renovating on Sustainable House Day (SHD) in October. You can explore homes in your area or engage in an interactive house tour on the website. Sustainable House Day 2022 will offer a month of webinars with experts and homeowners, culminating in a day of panels with homeowners streamed live on October 17, alongside local events.

According to SHD organisers, households generate at least one fifth of Australia's total greenhouse gas emissions. "The products, technologies and knowledge to make our homes and personal transport greener already exist, so reducing the carbon emissions from Australian households is a key opportunity

to reaching our goal of achieving a net-zero emissions world. Reducing the carbon intensity of our houses also has the extra benefits of saving residents' money and creating homes that are healthier and more comfortable to live in."

I asked retired friends Ken Dyer and Pam Gunnell to share their sustainable house experience.

"We came to WA three and half years ago from Adelaide with the intention of building and living in the Witchcliffe Ecovillage," Pam told me. "We've been interested in the concept of sustainable houses and lifestyles for many years."

Ken taught environmental studies at Adelaide University for 25 years. Pam has academic qualifications in environmentalism and managed a small, registered-organic horticultural property for 10 years. They wanted to live in a sustainable house because it would be cheaper and more comfortable to live in than any non-sustainable dwelling.

"We believe that all houses (indeed, all buildings) being built now and into the future should be as sustainable as possible because that would minimise their impact on the environment, local and global," Pam said.

"Our house is single storey, timber framed

and highly insulated, with double-glazed windows and external doors. It has enough photovoltaic cells on the roof to more than meet our own needs; exporting our surplus reduces demand for electricity generated by polluting coal and gas.

"The house is designed so that the main living areas face north and receive a lot of solar energy, some of which is stored in thermal mass inside the house to be released gradually in evenings and night times, thus keeping a relatively even internal temperature year-round and throughout the day and evening. The Ecovillage provides shared batteries that store excess electricity for local use and export the overall surplus to the WA grid."

The couple's house also gathers enough water from its roof for them to be self-sufficient. Sewage is processed on site in the Ecovillage, thus making no demand on the local town sewage system.

"Last but not least," Pam said, "the house and the whole Ecovillage serve as models for other developers and house builders."

The garden is relatively small, with a small internal courtyard that allows sunshine into the southern half of the house. It provides enough space to grow some fruit and

other trees, and native plants to encourage birds and other wildlife. In time, vines will shade the house in summer. To the north of the house block is a productive garden to grow a significant amount of food, using permaculture and organic growing principles.

Pam said that the benefits are that the house is comfortable and enjoyable to live in.

"Not only does the internal temperature stay fairly even, but the large expanse of double-glazing facing north allows masses of light in, which lifts our spirits and affords us views of green and pleasant vegetable gardens and fruit trees, and connects us visually

with our neighbours and the many small children playing in the community area."

I asked what Pam and Ken would say to people thinking of building a new house or renovating their existing one.

"We would say always consider your house's environmental footprint. Read as much as you can about the general ideas and intentions be-

hind sustainable housing, talk to as many people as you can find who have already built sustainable houses or renovated to upgrade the sustainability of their existing house. Go and look at as many houses as you can on Sustainable House Day. There's always something to learn."

Find out more: <https://sustainablehouseday.com/>.

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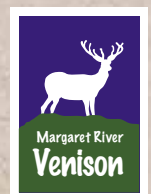
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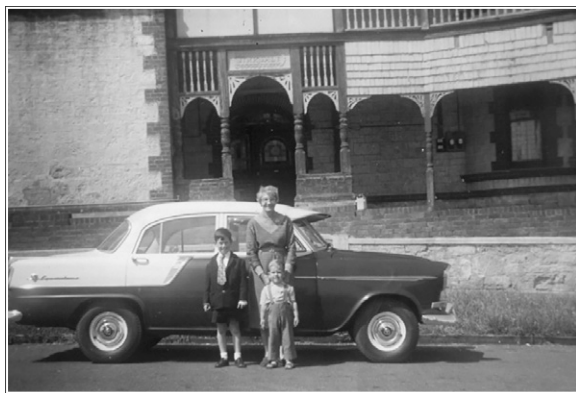
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FARM SHOP: 5103 CAVES ROAD, COWARAMUP

Hailing a long fallen grand old dame with connections to Cook in Fremantle



Peter Dedman as a child with his family outside Birkdale House



by Lee Tate

FREMANTLE'S Birkdale House has long fallen victim to bulldozers but Peter Dedman wants the grand old lady's vital links with West Australian history recognised and hailed.

"It would be a tragedy if this important part of our history wasn't more widely known," said Peter, 64, a retired merchant

navy seaman.

Birkdale House, on the corner of Knutsford and Solomon Streets, opposite the Obelisk (later the War Memorial), was built in 1897.

Pioneering architect M. F. Cavanagh designed the home for G. C. Knight. From 1901 it was the home of the port's founding business family, the Samsons. "My father bought the

house in 1955 and our family lived there for 10 years. Sadly, it was demolished in 1966.

"In 1984, I discussed its history with Derek Samson, who was head of Lionel Samson & Co in Cliff Street, when he was about 80.

"Nobody else knows all the story. I'm the last one left," said Peter who lived there with his parents

Joyce and Ernie Dedman from 1957 until 1966.

"We had many immigrants, new arrivals, living in the house. There were six bedrooms upstairs, a kitchen and several large rooms. Downstairs there were another two kitchens."

The stately home was named after the steel-hulled vessel, *Birkdale*, which landed in 1897 at

Fremantle's Long Jetty (Bathers Beach). Heavy weather delayed it for three months, along with many other ships linked to the gold boom.

Four ships' captains protested about poor-standard mooring facilities and tried to sue the government. Birkdale House was named after this political incident.

Katharine Samson (née Scott), widow of W. F. Samson, was living at Birkdale House at the time of her death, aged 95, in 1941 and an entourage of prominent pioneers attended her funeral.

The Rev Canon E. M. Collick, rector of St. John's Church, conducted the graveside service. Chief mourners were Katharine's son, W. H. J. Samson, grandsons D. J. and F. L. Samson, nephew W. F. Samson and Dr W. P. White, grand-nephew.

Pallbearers were Dr H. J. Lotz, V. L. Bode (National Bank), Harry and Bingham Price, R. W. Ward, L. B. Smith, J. W. Bateman and F. G. Clifton.

Ms Samson was buried in a family grave in the Church of England section of Fremantle cemetery.

She was the State's oldest WA-born resident. Daughter of the late Captain Daniel Scott, Mrs Samson came from a family of 10 children. She was survived by two sons, a daughter, eight grandchildren and a great-grandchild.

"The original owner of Birkdale House, G. C. Knight, was brother-in-law of Frank Denham, Premier of Queensland," Peter said.

"G.C. Knight's wife, Dora Jane Pace, was a niece of Jane Pace who married Stephen Henty in Fremantle in 1832.

"Henty went with his fa-

ther aboard the *Thistle* and became illegal squatters in an area of Victoria, now Portland, when Victoria was part of NSW, before Melbourne was founded.

"Jane Pace's father was Captain Walter Pace whose vessel was the *Medina*. The keel of the *Medina* was damaged in Cockburn Sound and the replacement vessel from Indonesia was called the *Monkey*. That's how Monkey Mia got its name."

Peter said Mr Cavanagh, designer of Birkdale House, was the architect for the Fremantle Basilica, St Pats, as well as St Mary's Cathedral in Perth, Clontarf and Castledaire orphanages, Robb's jetty, Sail and Anchor Hotel, Orient Hotel and Perth's Brass Monkey Hotel.

"Captain James Cook's mother was Grace Pace, born about 1700," he said.

"It is quite an intricate web."

Bentley Park Village annual show celebrates childhood memories

RESIDENTS of SwanCare Group's Bentley Park Village are well into preparations for their annual show, to be held at Bentley Park on Saturday October 15, from 9.30am to 2.30pm.

The theme chosen for the show is Childhood Memories, and this is reflected in the sections for competition, with all exhibitors vying for an award for the most innovative expression of the theme.

However, activities running parallel with the competition also closely follow the theme.

For the giant board games, two boards have been made, each two metres square. The first is a ludo board, it is hand-made of patchwork. The Ladies of the Night village patchwork group has made the board, and it glows with colour. For the snakes and ladders, one of the craftsmen made a wooden board, and it has been decorated by two other residents. Some of the snakes have rather roguish expressions, and one is seen wearing a Covid mask. It is expected that the young-at-heart will be queueing

to have a game.

Another older resident has made a wooden quoits board.

The Barnyard Buddies will be the focus for many children; and while the parents and grandparents inspect the competitive exhibits, the children will be searching for the animals that are out of place amongst the exhibits. When they have completed the treasure hunt, they will be able to claim a free ice cream.

For the first time, the show will include a village artisans' market where villagers will be able to sell

their own products, including cards, children's clothing, coat hangers, hand towels, hats, fascinators, heat packs, jams and pickles, knitted teddies, paintings and prints, pot plants, pottery and scrollwork.

Cream teas, sausage sizzle, drinks and ice creams will also be on sale and there will be a raffle with a first prize of a Swan River cruise for two to Fremantle. Raffle tickets are only \$1 each and entry to the show is free.

Parking for the show is available in Adie Court, Bentley.

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Kanyana Day

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No parking on site - park at Lesmurdie Senior High
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12 noon Michael Dunstan @ Soundshell Bernard Park
1pm Pocket Call @ The Workers Club
2pm Superfoods @ The Grand, Northam
3pm Paul Davies @ The Northam Hotel
4pm Pete Byfield @ The Temperance Bar
5pm The Blue Healers @ The Dukes Inn
6pm Pale Moon Riders @ The Riverside Hotel
7pm Gabrielle Riviere @ The Lume Restaurant
8pm Refractory Road @ Hotel 190

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Win a \$200 shopping voucher

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

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

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

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

1. Community Vision
2. Foothills Denture Clinic
3. Northam Heritage and Multicultural Festival
4. Gardens from Eden
5. Queen of the Murchison
6. Kings Tours & Travel
7. Summer Creek Restuarant Brewery
8. Prost!
9. Hellenic Community Care
10. Tivoli Club of WA
11. Easyliving Furniture & Interiors

Entrants can enter via email with Adwords in the subject line at win@havea goneews.com.au or write to Ad Words Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/10/22.

Congratulations to Roslyn McAullay, of Baldivis our August Ad Words winner.

Me. Me. Me. Me. Me. Me. Me. Me. Me.

Raised a family. Tick.
House-trained a husband. Tick.
Paid off a mortgage. Tick.
Saved for retirement. Tick.

It's time for me to live fully in
retirement and only tick off
the things that I want.

Long Live Me.

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deserve at Parkland Villas
Woodlands by booking a
Long Live Me experience
this October

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 Long Live Me

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Neurological Council is caring for WA carers across the state



L-R; Nurse manager, Kym Heine and event attendee, Joanne Khan

THE Neurological Council will be hosting Carers Week wellness morning teas across the state to mark National Carers Week which runs from October 16 -22.

Carers of people who are living with any neurological condition or disease, such as dementia, depression, acquired brain injury, Parkinson's or other

rare neurological illness, are all invited to attend the events with those they care for and their loved ones.

Attendees will be able to learn more about the support services available for carers, be inspired by presenters, have a mini-health check or talk confidentially with a neurological nurse and enjoy a relaxed, fully

catered morning tea.

There are over 2.65 million carers across Australia. They provide unpaid care and support to family members and friends who may be frail aged, have a disability, mental illness, chronic condition, terminal illness, or an alcohol or other drug issue.

Clinical Nurse Manager, Kym Heine, at the Neuro-

logical Council WA, works closely with their client's carers, and is aware of the significant amount of time and energy that goes into the role of being a carer.

"The Neurological Council WA has many clients who are supported and cared for by a devoted and dedicated spouse, family member or friend – a person who goes above and beyond to ensure their loved one is getting the assistance, support, and care that they require to live their best life with the challenges that they are facing.

"The key for carers is to find balance, which is not easy, especially if you are juggling a whole range of other duties, responsibilities, or in some cases your own personal health issues, in addition to caring for a loved one.

"We're hosting these morning teas so carers of people facing neurological illness and challenges can come together, know that they are not alone in their situation, feel supported, access information and assistance, and check in on their own health and that of the person they are caring for," she said.

The events will run from 10am – 11.30am and are being held in Perth on Friday October 21, Albany on Thursday October 20, and in Bunbury and Geraldton on Wednesday October 19.

Bookings are essential for catering purposes and seats are limited.

For more information and bookings visit www.ncwa.com.au/sup port-groups phone: 6457 7533 or email: events@ncwa.com.au.

Just keep paddling



The GOLD Paddling group ready to go paddling on Matilda Bay, Crawley

THE over 50s not-for-profit GOLD (Growing Old Living Dangerously) paddling group's program has been operating on Mondays near the UWA Boat Shed for many years and is based at Matilda Bay in Crawley.

The group meets in the UWA Boat Shed at 12 noon for a half hours flexibility and movement session followed by a bring your own lunch. Then it's off downstairs to get ready for paddling. After about one and a half hours on the water the group are back to washing down and storing the boats and then head upstairs, overlooking the river, for afternoon tea. Then it's time for home around 4pm.

The GOLD group caters for all levels of paddlers and operates in several groups based on paddling skills. Many beginners, who have never paddled before, join and enjoy a new on the water experience. Participants must be able to swim 50 metres.

Programs usually run for six weeks throughout the year. Generally, in week five they do a trip exploring other parts of the river such as the upper and lower Swan and Canning Rivers. GOLD have also explored the Moore River near Guilderton. Most of the group made this a two-day trip

spending the night there.

The boats, equipment and facilities are hired from UWA Sports and GOLD Paddling provides qualified instructors and guides.

A four-week beginners program starts on Monday November 11 and costs \$66 which includes complimentary insurance cover provided by Paddling WA (PWA). Also, a six-week program for more experienced paddlers is run in conjunction with the beginners program. This program costs \$98 however you will need to obtain insurance cover through PWA at a cost of \$85 per annum.

The GOLD programs operate from the UWA Water Sports Complex, next to the UWA Boat Shed off Hackett Drive in Crawley. Turn into Hackett Drive at the traffic lights on Stirling Highway, Crawley, take the first turn left into the carpark. They will advise you where to park.

GOLD Paddling will be at the Senior Recreation Council of WA's Have a Go Day at Burswood Park on Wednesday November 9 and people can have a go at paddling there on the river.

If you would like further information, please give Don Mullaley a call on 0412 471 814 or email donbarbm@bigpond.net.au.

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Perth's most loved three-in-one market returns this November



COMING at you in November, the Treasured Craft Creations' 3 in 1 Market@Showgrounds fair offers a range of unique creations from more than 300 local small businesses.

The event comprises three individual fairs which include handmade crafts, antiques and collectables and the Polka Dot Vintage Market, all conveniently located at the one venue.

The craft exhibitors offer a wide variety of unique and

quality handmade crafts for sale. Enjoy a shopping experience where the person selling the product is the person who made it. Craft stalls are situated inside the Robinson Pavilion. They also have a wide range of food products.

This fair includes antique and collectable dealers selling their wares at more than 100 stalls situated inside the Silver Jubilee Pavilion.

Free antique valuations are also available from 12pm to 3pm daily where customers can bring along a family heirloom.

People with a passion for vintage and retro clothing and accessories can browse in the 3 in 1 Market's Polka Dot Vintage Market.

Admission to the 3 in 1 Market is \$10 with children up to 10 years old admitted free.

There will also be a chance to be in the draw to win the \$2000 door prize.

The 3 in 1 Market@Showgrounds is organised by Treasured Craft Creations. It will be held on Saturday November 12 and Sunday November 13 from 9.30am to 4.30pm at Claremont Showgrounds.

For further information about the fair, phone 9457 9315 or visit www.treasuredcraftcreations.com.au

WIN WIN WIN

To be in the draw to win a double pass to 3 in 1 Markets, simply email win@haveagonews.com.au with markets in the subject line or write to 3 in 1 Markets c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/10/22.



Letters to the Editor

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



Dear Editor,
I'D like to respond to Benedict Hodsdon's letter and Lee Tate's Where Opinions Matter column.

Benedict asserts that most journalists do a good job, I strongly disagree.

In the not-so-distant past newspapers have shamed young men into fighting for their country (example, World War One), they chase celebrities in order to secure a sordid story (example, Princess Di) and they can make or break an individual on a whim. Nothing is off limits.

We see Bill Gates handing over millions to

various media outlets. For what purpose?

Julian Assange tells us that: "nearly every war that has started over the past 50 years has been the result of media lies". If wars can be started by lies, does it not follow that peace can be started by truth?

When we talk about the "freedom of the press" does this mean the freedom to distort facts and censor and vilify all dissenters?

True balanced media reporting is something I guess we'll never see, but I live in hope.

**David Rudman
Port Kennedy**

Dear Editor,
THANK you to Lee Tate for his interesting and entertaining contributions to the *Have a Go News* over the years.

He touched a raw nerve in his last article regarding the media. It should be compulsory reading for all journalists and their editors.

Newspapers in my opinion should inform, educate and entertain those who need/want to know and what is happening in the world around them re events/issues.

Which brings me to my whinge with our one and only major

daily newspaper.

The benefits of a good newspaper are many and include - increases general knowledge, strengthens vocabulary, engages social conscientiousness and improves reading/writing skills.

Your comment on shallow unchecked sensationalism in mainstream media is so true.

The scary part is the wealthy company that owns this paper has bought up numerous community papers and produces the same repetitive crap.

This last year had the steam coming out of

my ears.

Page after page of sexual assaults in graphic detail.

Regurgitated pictures and court appearances of bikies. Paedophilia was also a favourite.

What happened to the qualities a good newspaper should have.

I could have continued and touched on "manipulating the minds of the masses" and "dumbing down the population" but I won't go there.

Thank you again for your articles and "more power to your elbow"

**Kathleen Hill
Glendalough**

Dear Editor,
I READ Karen Majer's article encouraging activists trying to block the new Bunbury bypass road.

I have been in the transport industry since the mid 80s, when I moved to the Southwest.

All the bypass roads and Forrest Highway, that have been created since then, have been absolutely essential to the living standard of the Southwest.

The goods and services that Karen and all those activists enjoy living down here, traverse these roads.

I wonder if they know that how dangerous it is navigating a 100-tonne double B through a residential area and past Bunbury hospital, causing excessive noise, pollution, and traffic jams, as well as higher emissions due to braking, not to mention the high volume of tourist traffic.

I don't think the people of Bunbury will be complaining when all the freight for the entire Southwest won't be going past their front doors.

**Bill Taylor
Margaret River**

Dear Editor,
I THOROUGHLY agree with Phil Robe re water shortage.

I moved into a unit with a small patio. Took my own rainwater tanks (1000 gal) and got several quotes from plumbers to have the tank water piped into my kitchen sink. (I had this done in my previous house).

The cost (eight years ago) was nearly \$4,000 which included \$1500 for a filter under the sink. Why would I need a filter when the water was mostly used for non-drinking purposes.

I could go outside with a jug to the tank if I wanted pure rainwater. My son suggested I buy bottled water would be cheaper than installation so that is what I did.

**Maxine King
Bunbury**

PS: Plumbers said they were not allowed to legally install without a filter.

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

Dear Editor,
LEE Tate's article on the state of the media these days where it is mostly doom and gloom, notwithstanding that this is being written due to the untimely death of Queen Elizabeth II, is so true.

So many times there might be an article in either the *Sunday Times* or even the *West Australian* that is a really good news story yet it is buried on page four or page 11 and so on, very rarely is it on the front page.

This is where the importance of this paper *Have a Go News* comes into play, we do get items of general interest, we get great columns from excellent reporters, puzzles, competitions, reviews of cafés and restaurants that are within

the budget of us pensioners and a forum where we, the readers, can put forward suggestions and comments.

Therefore, to my fellow readers, keep taking the paper, encourage friends and family to get the paper (hard copy is the best yet there is now the electronic version available for those who want it) and keep your comments and ideas going into the editor because we must never lose what is such a valuable, independent, unbiased paper.

**Margaret Anne Ryan
Ballajura**

Ed's note: and please respond to the advertisers as they keep us going.

Dear Editor,
LEE Tate, great article about mainstream media. My view is they have not only scraped the bottom of the barrel but have broken through the base and are now digging in heavily contaminated soils.

**Anthony Ware
Forrestfield**

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



**43 Yirrigan Dr, Mirrabooka
www.thesquaremirrabooka.com.au**

Art exhibition and open day for Community Vision



One of the artworks

COMMUNITY Vision customers are aged from 18 - 93 years, and includes seniors, seniors living with dementia and people living with a disability. They will display their artworks in a colourful and meaningful exhibition at the Woodvale Library from October 24-28.

Renowned Perth visual artist Sean Adamas has donated a 3D sculpture to the exhibition.

The art will then be on display at the Woodvale Social Centre for a free Open Day, Sunday October 30 from 10am to 2pm with Centre tours and the chance to hear more about aged care, disability and family day care services, nutrition and how to navigate the NDIS.

Complimentary refreshments will be supplied.

Community Vision COO Yvonne Timson will present three free talks at the Woodvale Library from 11.30am

to 12pm each day.

Wednesday October 26 - What is the NDIS and how to navigate the system.

Thursday October 27 - What support is accessible when you or a loved one

has dementia.

Friday October 28 - What do we need to think about when we are getting older and accessing support to remain at home for longer.

All artwork is for sale with funds going towards the Roast to Remember dementia fundraiser.

For more information or to contribute call 1800 968 754.

Have a Go News SUBSCRIPTIONS

For 30 years we have been supplying this newspaper free to readers thanks to our advertisers. In these Covid-19 times we cannot continue to subsidise subscriptions as we have done for many years. Anyone who would like to receive the newspaper posted to their home is welcome to subscribe. Be assured that all necessary hygiene practices are being executed.



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Seniors Recreation Council Jottings

Be Connected Seniors Tech Expo - Get online Week

SENIORS are invited to register to attend the Be Connected Seniors Tech Expo on Friday October 21, 10am - 12.30pm including light lunch. There will be guest speakers and a small number of static displays on hand to advise seniors on technological questions. Registration is essential, call 9492 9774, call early as places fill fast.

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

Have a Go Day, a LiveLighter Event is celebrating its 30th Anniversary in the beautiful grounds of Burswood Park. This activity and information day for the over 50s offers something for everyone.

We would like to thank our dedicated committee who devote so much of their time to this event and especially acknowledge those who were instrumental in getting *Have a Go Day* off the ground including Brian French, Vicki Harwood, Denis Martin, Quentin Smythe, Marie Matthews, Hugh Rogers OAM, Dawn Yates and our current state president Phil Paddon.

There will be a wide variety of activities to have a go at including planting trees to assist the rehabilitation of the foreshore at 9.30am and 11am organised by Burswood Park. Other activities include the climbing wall, disk bowls, Trishaws for Seniors, walking football, seated volleyball, Prime Movers, Lazer Pistol Shooting, a wide range of dance activities and many static displays. The hospitality tents provide free tea, coffee and bottled water. Enjoy entertainment from the *WA Police Pipe Band*, Moira J Scott, *Klassworks* and a variety of other artists. The entertainment stage is sponsored by Ingeria Gardens.

Seniors Recreation Council of WA gratefully acknowledges the invaluable support of a major grant from Lotterywest which supports local community organisations and you can support this by purchasing Lottery tickets from your official Lotterywest outlet.

The event would not be possible without LiveLighter Healthway sponsorship and our major media partners' *Have a Go News*, 882AM 6PR and Channel 7.

Thanks to our other sponsors; Burswood Park Board, Lotterywest, Crown Perth, *Have a Go News*, Dept of Local Government, Sport & Cultural Industries, Dept. of Communities, LiveLighter Healthway, Channel 7, Channel Seven's Home in WA, 882AM 6PR, Ingeria Gardens, Telstra, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, Classic Hire and Scarboro Toyota.

Please see the Seniors Week liftout for full details of the day which is included in this edition.

Further information is available by calling 9492 9772.

Rockingham LiveLighter Aged Care Games 2022

The SRCWA Rockingham LiveLighter Aged Care Games were held at the Baldivis Recreation Centre in late August. The teams enthusiastically took part in a range of games developed specifically for seniors in care.

City of Rockingham deputy mayor Hayley Edwards welcomed everyone and officially opened the event. Thank you, Hayley, for your support. After four hours of fierce competition, third place went to *The Oaks* (Brightwater), second place going to the *Indians* (Villa Dalmacia) and first place was taken out by *Italian Village Fremantle*.

The best presented team award went to the *Indians* (Villa Dalmacia). Our oldest competitor was 94-year-old Bosko Borkovic (Villa Dalmacia). Thanks to Jim and Jenny's *Country* who entertained everyone at the lunch break with a most enjoyable performance. SRCWA thanks and acknowledges the SRCWA Rockingham branch committee and volunteers, SRCWA State volunteers and staff and those who helped to make this event so enjoyable for the participants.

Joondalup LiveLighter Aged Care Games 2022

The 19th Joondalup LiveLighter Aged Care Games was held in early September at Bouncer Sports Centre. Team registrations grew from six to eight and all the teams had a great time competing.

SRCWA State vice president Graham Bennett emceed the day and we thank him for a great job. Emily Hamilton, MLA Member for Joondalup met the teams and officially opened the games. Mark Folkard, MLA Member for Burns Beach also attended and met all the teams. SRC thanks them for their continuing support and encouragement of the work of SRCWA.

Moira J Scott provided a great show at lunchtime. The best presented team was *Woodlake Warriors The Golden Oldies*. In third place was *Umbrella Rock Stars*, second place was *Active Team Red*, and first place was *Woodlake Warriors The Golden Oldies*. Our oldest competitors on the day a sprightly 99-year-old, Maria Hawley from *Umbrella the Hawaiians*.

SRCWA thanks and acknowledges SRCWA volunteers and individuals who helped to make it a great success.

Thank you to our naming rights partner LiveLighter Healthway and the Government of Western Australia for making this event possible.

Finding the freedom and the fun of the water...



Anne ready to paddle

by Karen Finlayson

TEN years off retirement, Anne had felt the call to the river. She and a friend each purchased a kayak and paddled happily until they realised they couldn't keep up with the group of club-paddlers they'd sometimes meet.

On approaching the group to express an interest in joining, Anne met Adrian, a club member, who immediately volunteered to show her some basic skills.

"You'll need a better kayak for starters!" he said. Offering her his much heavier and longer Carolina, he promptly pushed her into the water before jumping into her 'bathtub' as he called it, to paddle beside her. The lesson began spectacularly with Anne rescuing Adrian, after he lost balance and upended the bathtub. As a child, Anne's skills in the water gave her a sense of freedom and wellbeing. Learning to

swim in primary school, becoming a lifesaver at 12, sailing with her dad in her teens and spending every Christmas and Easter holiday at Point Peron or Moore River, developed her much needed self-assurance.

Starting school as a left-hander and being forced to use her right hand had upset her. Teachers threw dusters and chalk at the students, hit the backs of their legs with rulers, caned their bottoms and on occasion would slap their face, not giving Anne much to love about lessons.

With a high achieving brother and cousins, Anne's confidence became depleted. Having an ambition to help people, she set her heart on becoming a registered nurse. Her mother had other aspirations though; for her to attend business college. Despite achieving good results, Anne became depressed working as a girl Friday, leading her mother to renege and suggest Anne become a nursing aide.

Anne trained and worked at Sir Charles Gairdner Hospital for two years before applying to work at Derby District Hospital, which brought about a new independence. The weekends unexpectedly provided Anne with travel which was to become the highlight of her life.

Plane trips to Koolan Island, Cape Leveque and Beagle Bay brought her the feeling of freedom and escape she craved. Boat trips to Cockatoo Island, mini-moking to Broome and visiting unusual places made the six months in the Kimberley seem a life-time.

Kulumburu Mission, the most remote permanent settlement in WA consisted of 200 people and a four-bed hospital with no human patients on the day Anne visited. But, on the veranda there was an old bath tub containing a baby crocodile being nursed and treated with gentian violet for wounds around its mouth.

The travel bug had bitten hard. Anne joined a friend to cruise around the South Pacific Islands before planning a trip to America - five-star accommodation more than 30 days from East to West. After that it would be Europe. However, 10 days into the American trip she met a guy. Six months later, Anne was back in Perth and he'd moved from Queensland to marry her. The European trip fell off the agenda.

Twenty years later, Anne, her husband and foster child sat in a small boat on the reefs that circle the Whitsundays thinking: "Who would want to be anywhere else?" When a storm appeared from nowhere.

Life guards pulled up next to them saying: "Get back to shore now or you simply won't make it!"

Cyclone Celeste, with wind gusts of 64 knots scared them all as they motored to Long Island. The next day the jetty had gone and boats were overturned. Feeling very disappointed their holiday had to be abandoned in such chaos, they eventually made their way home to Perth. What a surprise they received when the RAC contacted them to refund their travel expenses.

Anne recently re-joined the Over 55 Canoe Club having semi-retired. She is still enjoying her love of the water, paddling the same area of river she sailed as a child - giving her the feeling of freedom and escape.

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

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



As it happened - beyond the stories... a history lesson on WA



by Lee Tate

JANUARY 21 in the year 1827, is brushed aside, but the date is an important, historical milestone for Western Australia.

Its 200-year anniversary will undoubtedly pass without a murmur in four years' time.

Yet this was the day that Western Australia was officially founded - the first time, two years ahead of James Stirling.

Captain Edmund Lockyer, under instructions by Britain's Secretary of State for War and the Colonies, Earl Bathurst, raised the Union Jack at Albany.

It was declared "in assertion of the first official claim by the Imperial Government to British possession over the whole continent of Australia."

Troops ceremoniously fired off rifle shots at the beginning of the first European settlement in West-

ern Australia, beating the French who had already surveyed the coast.

Lockyer sailed into King George Sound on Christmas Day, 1826, with 20 troops and 23 convicts on the brig *Amity*.

WA's second founding two years later, by Captain James Stirling, proceeded as if the first official proclamation never existed. June 1829 became the basis for celebrating WA Day.

The military base established by Lockyer in 1826 was named Frederick Town, in honour of Prince Frederick, Duke of York and Albany. In 1831, the budding settlement came

under the control of the Swan River Colony and was renamed Albany by Stirling.

Major Lockyer was a fascinating fellow, with little recognition in Australia or Britain, despite his achievements.

In Albany, Lockyer interviewed two sealers and had them arrested for crimes against Indigenous people. He also revealed to his English masters, intelligence of the French survey of King George Sound.

Lockyer joined the British army's 19th Regiment in 1803 and was quickly promoted to lieutenant, captain by 1805 and major in 1819. He was despatched to Sydney aboard the *Royal Charlotte* in 1825 with men from his 57th regiment, his wife and 10 children.

Governor Sir Thomas Brisbane assigned Lockyer to lead an expedition exploring the upper reaches of the Brisbane River. He sighted coal deposits along the riverbanks, the first person to identify coal in Queensland.

Lockyer stayed in the Albany settlement until handing command to Captain Joseph Wakefield and returned to Sydney in 1827, sold his army commission and settled in the city.

In 1852 he became serjeant-at-arms to the NSW Legislative Council and became the council's first Usher of the Black Rod. He also became a captain of the Sydney Volunteer

Rifle Corps.

Lockyer married Elizabeth Colston whose brother was William, great-great-great-grandfather of Queensland Senator Mal Colston.

Lockyer died from the flu in 1860 at his Sydney home. Sydney suburb of Ermington is named after Lockyer's residence, Ermington House. Lockyer is also a suburb of Albany and Lockyer Creek, Lockyer Valley and Lockyer Valley Regional Council in Queensland were named after him.

Albany was home to the Minang Noongar Aboriginal people for 18,000 years before Europeans arrived. The coastline was observed in 1627 by Dutchman François Thijssen, captain of *Gulden Zeepaert* (*The Golden Seahorse*).

George Vancouver chartered the coast in 1791 and in 1801, Matthew Flinders stayed in King George Sound for a few weeks before charting the rest of the southern Australian coastline and completing the first circumnavigation of Australia.

Albany's famous natural harbour became a coaling depot for passing ships and an important whaling base during the 1840s.

Footnote: The ceremonial chopping of a tree by Helen Dance is often thought of being connected with the founding of WA but it was for the founding of Perth in 1829 on August 12, the birthday of King George.

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Retirees Club News & Recreation



Nick Bruining to feature as guest speaker for retirees group

INDEPENDENT Financial Advisor Nick Bruining will again share some of his thoughts about superannuation and financial matters relating to seniors when he addresses the Association of Independent Retirees (AIR). Numbers will be restricted to 100 so members. Visitors should

visit the Eventbrite link AIR Perth branch with Nick Bruining Tickets, Fri 21/10/2022 at 10am to register and pay (\$2 members, \$5 visitors). Please bring your own coffee mug. Contact Margaret (marghw@inet.net.au) with any queries. The aim of AIR is to protect and advance the

interests of retirees who wholly or partly fund their own retirement. They meet on the third Friday of each month from 10am to noon at the Cambridge Bowling Club, Chandler Avenue West, Floreat. Besides the meeting and morning tea they have a guest speaker, and over the year em-

brace many interesting topics related to finance, travel, health, community and special interests of members. On Friday November 18, Vikki Southern from Travel Managers and Deb Evans, an insurance rep will share tips for travelling and travel insurance for older Australians.

Join Fremantle Probus and expand your horizons

PROBUS Club of Fremantle is a very friendly club. They have great guest speakers each month and a very active social calendar. This is a great way to meet new friends and enjoy getting out and about with a fun group of people. Meetings are held on the first Wednesday of each month at

9.45am at the Fremantle Sailing Club at 151 Marine Terrace, Fremantle. Find out more from secretary Santa Zanotti on 9332 6131 or recruitment officer Val Coles on 0413 835 924. They look forward to welcoming people from Fremantle and surrounds.

Interesting guest speakers planned for northern suburbs groups

EMPATHY Care will provide the speaker and presentation at the next meeting of the Perth northern suburbs branch of Association of Independent Retirees (AIR). They will address issues related to aged care – importantly how to go about obtaining suitable 'at home' or residential care. This is a truly complex area, fraught with problems, so it will be great to have a knowledgeable expert present to

us on this topic. The meeting will be on October 20. Speaker for the November 17 meeting will be the Department of Fire and Emergency Services and will relate to how to keep ourselves safe at home and in the community. All meetings are held at the Penistone Park Community Sporting Facility, 27, Penistone Street, Greenwood, on the third Thurs-

day each month commencing at 9.30am. All AIR members and any interested guests are most welcome and they look forward to seeing people there. Cost \$4 per person including raffle and refreshments. For further information please contact Mike Goodall on 0403 909 865, e-mail mikegoodall@btconnect.com for further details.

AIR (Association of Independent Retirees) Mandurah branch has a special guest speaker attending their next meeting. She is Chris Foster, community engagement and marketing officer from the WA Seniors Card Centre, Department of Communities. She will be presenting and answering any questions on the benefits of becoming a WA Seniors

Card member; eligibility; how to apply; how to access a range of State Government concessions and discounts; the Cost of Living Rebate; the Safety and Security Rebate; business discounts; how to request a replacement card and monthly competitions. There will be copies of the Discount Directory available for people to take home. This presentation will

be held at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine. Everyone is welcome to join on Monday October 24 commencing at 9.30am. The cost is only \$3 and a morning tea will be included. For further information on this event please contact Sylvia Hodgkinson on 9527 2383 or Keith Stockins on 0417 404 721.

Bayswater City View Club rallies to support local children's education

MEMBERS of Bayswater View Club are calling on the community to give generously this Anti-Poverty Week (October 16 – 22) and sponsor a child through the nation's leading children's education charity The Smith Family. Bayswater View Club helps nine children through The Smith Family's Learning for Life education support program, which provides families with long term educational, financial and personal assistance so that children have all the essentials needed to fully participate in their learning. Lynn Cooper, president of the Bayswater

View Club, said joining View or supporting a child has never been more important. "With the rising cost of petrol, groceries, and housing, we are hearing from the charity that families are being forced to make impossible decisions about where they spend their dollars each week, leaving children at risk of missing out on basic school items such as uniforms, books and learning devices. "At a time when children are still dealing with the impacts of Covid and catching up on missed learning, the ripple effect of these added financial pressures at home could set

them back even further. "This is why View is so passionate about supporting the work of The Smith Family because its evidence-based approach helps children experiencing disadvantage to overcome the educational inequalities they face. "They support children for the duration of their education, and this helps them build the confidence and skills needed to create better futures for themselves," she said. View Clubs raised more than \$1.1 million last year to support The Smith Family's vital work, and they currently sponsor 1,550

students on the Learning for Life program. They also collectively volunteered more than 70,000 hours of their time to help young people in their local communities through homework, reading and mentoring programs run by the charity. To find out more about joining View, visit view.org.au or call 1800 805 366, or email the Bayswater club direct on bayswatercitywa.viewclub@gmail.com To sponsor a child through The Smith Family visit www.thsmithfamily.com.au or call 1800 633 622.

9 NEWS WA FIRST

WA FIRST 5.00

SEE THE FULL STORY 6.00

Test driving the Hyundai i20 N... a little pocket rocket perfect for city driving



The Hyundai i20 N is a great car for getting around



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

THE great Janis Joplin once sang, *Oh Lord Won't You Buy Me a Mercedes Benz*. My friends all drive

Porsches, I must make amends. Worked hard all my lifetime, no help from my friends. So, oh Lord won't you buy me a Mercedes Benz?

If she was still with us, I suspect she might be singing, "Oh Lord, won't you buy me an i20 N. My friends all drive cab-utes and it makes no sense."

And so it was, Hyundai delivered me an i20 N last month, in the same week as the sun shone brightly each day. Janis was clearly looking down.

It seems Western Aus-

tralian are consumed with massive utes, SUV's and four-wheel drives, it then feels curiously unsettling driving a car that no longer feels mainstream. Yet at the same time I felt a little smug in the little black missile given they are so hard to come by; which is counter intuitive.

The i20 N is a cheeky little pocket rocket from Hyundai, and oh Lord it's exciting.

A smaller sister to the Hyundai i30 N, which is a Volkswagen Golf GTI competitor. With a starting

price of around \$32,500, it drips in value. Only being available with manual transmission alone speaks volumes for the experience that is available.

Compact is an understatement, so it is not for everyone, but make no mistake; it's a cracker to drive. Driving around Perth for a week in the i20 N was joyful. Parking was easy and the driving experience reminiscent of a time that made more sense.

With all the requirements needed for a small hot hatch. At no time did

I feel I was missing out on driving something in any way inferior.

In fact, quite the opposite.

The noise comes from a 1.6-litre turbo four-cylinder engine, distributing 150kW and 275Nm. Oh that noise. Never before have I said that.

Big brakes deliver wonderfully reassuring stopping power, with the sports-tuned suspension only taking a short time to become familiar. Certainly not jaw-breaking.

The Pirellis are brilliant,

albeit occasionally noisy. But a peculiarity I came to embrace.

Importantly all the creature comforts we have come to know and love, are there in spades.

Surprisingly comfy sports seats, funky steering wheel, alloy pedals and two widescreen 10.25-inch digital displays; hours of fun just playing with those.

Bose audio, supported by wired Apple Car play and Android Auto. Wireless phone charging pad is always handy, with

ports and charging points for passengers both front and rear.

Is this a car for most of us, probably not?

But I'd like to think Janis Joplin would prefer it over her beloved Mercedes Benz.

And for a fraction of the price.

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 - tony mac@6pr.com.au

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The Nutcracker and the Magic Flute - animation perfect for the kids



WANTING to escape a loveless marriage, 17-year-old Marie makes a wish and finds herself magically shrunk to the size of her childhood toys, all of which miraculously come to life.

Chief amongst them is her toy nutcracker who is really a dashing prince under a spell. But before Marie has a chance to take stock of her sudden change, she and the prince learn that they must travel to the magical Land of Flowers to save the world from the fearsome rat people and in doing so, also find the answer to their heart's deepest desire.

The Nutcracker and the Magic Flute opens in cinemas November 3.

WIN WIN WIN

Thanks to Rialto Distribution we have 10 double passes to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Nutcracker in the subject line or write The Nutcracker c/- Have a Go News PO Box 1042 West Leederville WA 6901. Closes 25/10/22.

COMMUNITY NOTEBOOK

MOSMAN PARK COMMUNITY MENS SHED

Sunday November 6, 9.30am-2.30pm

Tom Perrott Reserve
Craft and food stalls, cafe, children's entertainment, pony rides, classic motorcycles, Holden cars and EVs.
\$2 entry 18 and over.

BRITISH AUTO CLASSIC

Saturday November 5, 10am-2pm

Signal Park Busselton gold coin donation
Static display of cars, motor bikes and more of British workmanship in the field of transport and power generation.
Enq. 9727 2489 or bewsew@bigpond.com

VIC PARK RECORD AND CD FAIR

Sunday October 16, 9am-2pm

Leisure Life Centre, cnr. Kent /Gloucester Sts East Vic Park. Adults \$3 Kids under 16 free
Part proceeds to Radio Lollipop at PCH
Frank 9458 5864 or royals@inet.net.au

GIANT SPRING FAIR

Sunday November 13, 7am-2pm

South Perth Primary School undercover area.
Cnr Karoo and Forest Sts South Perth,
Plants, books, homemade goodies, etc.
Devonshire teas and sausage sizzle.

PERTH HILLS ARTISAN MARKET

Sunday November 6, 9.30am -3pm

The biggest indoor artisan market in WA. held over two floors. Showcasing wood workers, potters, jewellers, gourmets, artists and much more.
Mundaring Arena, Mundaring Weir Road.

MADE ON THE LEFT CHRISTMAS MARKET

October 29-30, 10am-5pm

Esplanade Park, Marine Terrace, Fremantle.
Pick up some amazing one-of-a-kind, isolation inspired Christmas gifts, handmade in WA.
Info Jen Coyle 0403 904 157

CAMBRAI VILLAGE FETE

Sunday October 16, 9am-12noon.

85 Hester Avenue, Merriwa.
Bargains galore - cakes, toys, gifts, plants and garden, white elephant and much, much more
Info Maureen 0417 922 586

THE PARA QUAD OP SHOP AND BOOK BAZAAR STIRLING

Open Monday to Friday 9am-5.30pm and Saturday 9am- 5pm

From October 17 to October 31 come in and check out our Halloween display. Take a selfie with a zombie.
We have plenty of costumes and accessories for your Halloween celebrations.
Mention this article and receive 20 per cent off your purchase.
Unit 3 /39 Erindale Road, Stirling.

REYNOLDS RESERVE WILDFLOWER FESTIVAL

Saturday October 29, 7.30am-8.30am

big breakfast at Visitors Centre.
9.30am-2pm apex market stalls, bus tours to Reynoldson Reserve School art and wildflower

display, art exhibition, vintage cars, tractors and entertainment for kids.
Info 9671 1973 www.wongantourism.com.au

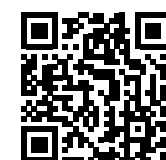
BUNBURY REGIONAL ENTERTAINMENT CENTRE (BREC)

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Commemorate our Gracious and Noble Queen

HER MAJESTY QUEEN ELIZABETH II



On the 8th September 2022, Her Majesty Queen Elizabeth II passed away peacefully at the age of 96 years old. As the nation mourns the world's longest reigning female monarch, we pay tribute to her rich life of dedicated service to the Commonwealth. Throughout her reign, the Queen stood true to the pledge she made at the tender age of just 21, "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong." Take this opportunity to remember the extraordinary life of the monarch, her exemplary reign and the profound influence she had the world over.

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let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



in the UK and recently a visit to the stunning full-size replica in Esperance. Lee Tate visits Tamborine Mountain and Chris Parry shares his favourite main streets across WA. We have loads of fabulous stories and offers for readers in this section.

I AM excited this month to include a London Calling column, which we have not seen in our pages since the pandemic hit in March 2020. Our long-time columnist Jayson Mansaray shares his top five spots to visit in London and they are not the usual places you may think to visit. Journalist Frank Smith shares his visits to Stonehenge – he has been to the replica in the USA, the original

Congratulations to the town of Exmouth which was named as Australia's top small tourism town at the Australian Top Tourism Awards held at Parliament House in Canberra last month.

Western Australia took out a haul across the awards with Jamie Van Jones from Salt and Bush Eco Tours in Mandurah named as Australia's Top Tourism Guide. Mandurah was awarded

bronze in the Top Tourism Town and Denham was a finalist in the Tiny Tourism Towns' category. It's great to see Western Australian placing well in the national tourism stakes.

If you love a good country pub meal and especially a steak sandwich then don't go past a visit to the Bolgart Hotel. We've featured the hotel since it was taken over by a group of residents a few years ago and it's a regular favourite for bus tours to the area. The feedback on the meals is always good and we like to support a success story in regional WA. Bolgart was a finalist in 6PR's WA's Best Steak Sandwich coun-

try pub awards. So, if you're looking for a great country pub meal head to Bolgart and support local. Bolgart is just over an hour and half's drive north east of Perth. See details on this page.

I have had quite a few friends do their first trips overseas since the pandemic. The feedback has been excellent with two friends heading to Singapore and both raving over the service, food and tourism offerings. Another has done a huge trip from the UK across Europe to Turkey and has enjoyed her trip

immensely, mainly travelling alone. She is going to share some stories from the trip with us in coming editions. And finally another couple took a two-week sojourn to Croatia and said it was a warm and welcoming country full of history and great food. Everyone has said travelling internationally has been reasonably seamless.

A few last minute seats have opened up on the world's best day tour flying to Antarctica and back which departs on November 27. The last trip left in January, and

we had wonderful feedback from our travellers and who were impressed with the details and effort we took to ensure their trip was seamless. If you would like to make a booking, check the advert on page 29 which lists which classes that have seats available. Email info@haveagone.ws.com.au or call the office on 9227 8283.

Every year I remind readers that if you are keen to travel over the Christmas and New Year holidays then now is the time to book your trip. Many of our local opera-

tors offer Christmas and New Year trips and these sell out quickly, so if you are keen, book soon.

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

Jennifer Merigan



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

Stargazing in October - stellar line-ups abound

by Donna Vanzetti

OCTOBER is a great month to be out under the stars. There are some special line-ups of planets, stars and the moon to discover, plus Halloween to celebrate.

This month a line of bright objects can be

seen. Starting from the east northeast, a full moon rises. Further westward is the planet Jupiter, visible as a bright star. Even further to the west, Saturn can be seen, as a fainter star than Jupiter.

When to look: After 8pm, October 10
Which direction to look:

from the east-northeast horizon, westward.

Will you be trick or treating this Halloween? If you are, there's some terrific stargazing in the early evening. Another lovely line-up will light up the skies. Starting low in the west, the great red star Antares can be seen with the bright star Nunki above it. Further eastward is the moon

followed by Saturn and then Jupiter. Ideal for getting you in the mood for Halloween and planning the perfect costume.

When to look: 7.30pm, October 31

Which direction to look: from west to overhead

This special alignment of celestial objects will certainly be a treat rather than a trick. With the

weather warming up, it's a perfect time to be out stargazing and enjoying the stellar night sky views.

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.

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



com.au.

If you're a budding "astro-enthusiast", check out... Stargazers Club

WA's telescope classes and astronomy events for beginners at: www.stargazersclubwa.com.au.

Lunch at the Grosvenor with a bunch of happy campers

by Rose Hope

MY friend Maureen Wakefield and I had exited the Perth Underground Train Station from the corridor that led to Raine Square where we enjoyed a coffee and muffin and admired the modern additions to Perth that had been built over the last 15 years or so.

Afterwards we hopped on the Red CAT bus at

the Murray Street exit of Raine Square for a ride toward East Perth where we admired the historical buildings situated around Royal Perth Hospital and St Mary's Cathedral area.

We passed the old cemetery at East Perth where many of our pioneers lay to rest before the bus took the recently extended route to the Matagarup Bridge which spans the river to

the stadium.

I assessed the walk across with the view to earmarking for further investigation, expecting that I would possibly place it in the same mental basket as giving the kitchen and bathroom a good scrub, but instead I was absolutely delighted with the area and will definitely revisit.

We alighted at the Perth Mint stop early so we

crossed the road to ooh! and ah! at all the jewellery displayed at the Mint then made our way to the Grosvenor Hotel where there were 50 or more very merry COCOA (Come Out Camping Older Adults) members were happily imbibing and raising the roof with chatter and laughter.

Photos, moments frozen in time adorned the walls. Framed in a timber pitted with age that less artistic folk would have thrown in the bin, they add an old world atmosphere to the ancient pub that made it so homey. I ordered a steak sandwich with chips and salad, a mountain of which arrived and I hogged the

lot and washed it all down with a lemon lime and biters.

Thus the COCOA mob had another very enjoyable day thanks to our Jules who organised the very successful event.

The COCOA Club hold three undercover camps per year, all in scenic locations. They are fully catered for and affordable. We also have great days out.

For further information call Judy Hamson on 0450 735 415 or look it up on www.cocoawa.com

COCOA Club will have a tent at *Have a Go Day* on Wednesday November 9, so if you are there pop in and have a chat.

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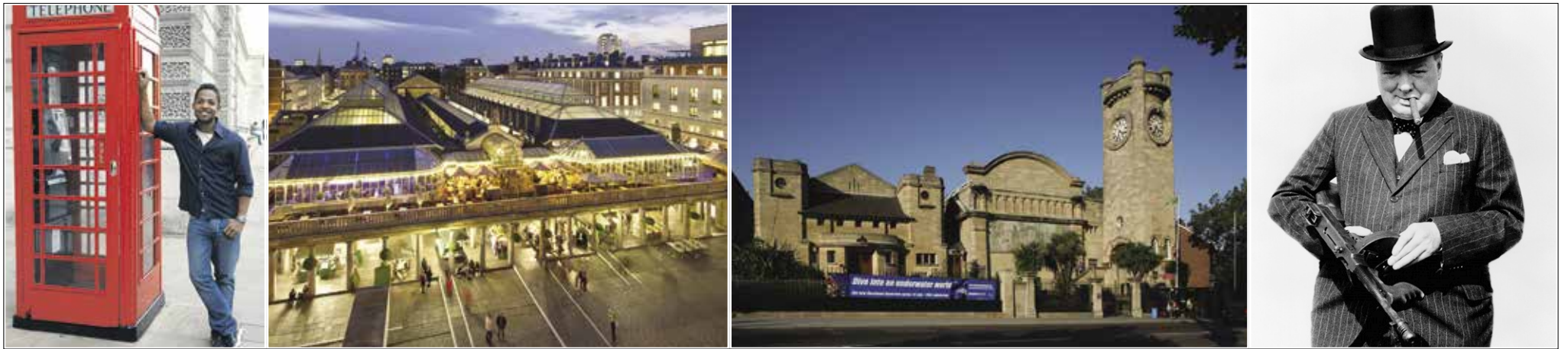
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travel options for the mature west australian

London Calling - top five recommendations when visiting old blighty's capital



L-R; Jayson Mansaray - Covent Garden - Horniman Museum and Gardens © Cliff Van Coevorden - Winston Churchill with Tommy Gun

by Jayson Mansaray

I HAVE a rule when friends come to stay in London – I'm not going to take you to most of the capital's famous tourist attractions. I know it sounds mean but if you are dying to see Buckingham Palace, you're on your own, The Tate Modern I might come to, but The London Eye I'm not your date, St Paul's Cathedral maybe and if you even utter the name 'Madame Tussaud' I'll probably just scoff at you. It's not that these aren't great, or enjoyable, it's just that when you live in a migratory city, one as iconic and full of sights as London, you tend to get weary of visiting friends and the inevitable overlap of the main sights.

This is why I found it hard to write a list of must dos, the kind of list you find on a travel website or city guides usually, the kind that would fit perfectly in this very travel section. But why cover the ground of 1000 journalist hacks, a million highly visited websites or a gap year photo album? Instead, I thought 'what would be your top 10 things Jayson, what is it that you might want to do?' So, I thought and thought and I couldn't get my thoughts to organise, to sequence, to remember past the inevitable post sightseeing wine. So, I decided to look back at things I had writ-

ten before, *London Calling* columns from times gone by. These were often places I myself found curious, or that were on the road less-travelled or had a particular history that made how popular and visited they were irrelevant. But nostalgia is a funny thing, you go back and often you keep going, and going... and so I did until I couldn't go any further.

It was 11 years ago, I had been living in London for four years, and my old boss and mentor, this paper's very own editor Jennifer Merigan asked, seeing I was living in London anyway, 'would I write a column about Britain's capital city?' It was issue No. 234 when the first *London Calling* column was published in *Have a Go News*, and it's where we start our journey for the first, and not the last, top five things *London Calling* has recommended you do in London.

The Churchill War Rooms

Barely a hop and a jump from Big Ben, the war rooms were used extensively during the Blitz, September 1940 to May 1941 when Churchill was PM. This fascinating complex of historic rooms can be seen exactly as they were in 1945. Highlights include the map rooms with original strategic markers still positioned while brilliantly graphic photos showed just how

badly London was damaged during the war. Interestingly The War Rooms are connected to number 10, Downing Street, where the Prime Minister lives and located directly behind on Whitehall by a secret tunnel. There is a café down there too and entry gets you a free audio guide complete with descriptions and re-enactments; the latter being very amusing at times.

Churchill War Rooms, Clive Steps, King Charles St, London SW1. Concession tickets are £26.

The Horniman Museum and Gardens

located in South London's Forest Hill. The story begins with Frederick John Horniman, a wealthy Victorian tea trader who explored the world collecting natural history and curiosities. This obsession with collections was so determined eventually the Horniman family was forced to vacate their home and in December 1890 the former residence became the Surrey House Museum and the adjoining gardens were officially opened to the public in 1895. Now the Horniman houses a collection of 350,000 objects, specimens and artefacts from around the world, in galleries including natural history, anthropology, music and aquarium. The aquarium and taxidermy have garnered designated status which

means the treasures it holds are considered of national and international importance.

Like the Pitt Rivers Museum (Oxford University) the Horniman's collections appear to be arranged thematically rather than according to age or origin. This and the classic architecture, old school cabinets and high density of objects makes the Horniman an old-world museum of curiosities. The music gallery is incredible, a true living encyclopedia of instruments from around the world and throughout history displayed before your eyes.

Horniman Museum and Gardens, 100 London Road, Forest Hill, London SE23. Museum and Gardens are free to enter. There is a charge to visit the Butterfly House, Aquarium, and some events and temporary exhibitions.

St Paul's Cathedral

For 1400 years there has been a working cathedral dedicated to St Paul and at 111m high the cathedral dome has dominated the London skyline; holding poll position as the tallest building from 1710 until 1962 and so becoming synonymous with English identity. Still an operating church where you can worship (closed Sundays for tourist visits) it is truly an awe-inspiring vista to walk into. Standing in the nave looking

towards the choir you are overwhelmed by the vast beauty and epic scale. The real adventure is up 259 stairs to the Whispering Gallery, named so for the fact that you can hear someone whispering on the other side some 30 metres away (tried and tested). Another 119 steps and you arrive at the Stone Gallery, where you can experience the first 360° view of London. I took another 152 steps to the upper most point of the dome, not an easy walk but it is amazing because you can see the inner workings of the dome's engineering, eventually arriving at the Golden gallery over 85 metres high up. This is not for the faint hearted, nor is it for those who suffer vertigo.

St Paul's Cathedral, St Paul's Churchyard, London, EC4, concession £16/£18.50 (more if you don't book online)

Somerset House

Somerset House, the neoclassical building designed by architect Sir William Chambers which dates from 1776-96 and has been refurbished as a centre for the visual arts. The first institution to move in was the Courtauld Institute of Art, including the Courtauld Gallery, which houses one of the most important collections of European painting and drawings in Britain. Somerset house offers free guided tours

three days a week. But the real drawcard is just spending time in the epic Edmond J. Safra Fountain Court and chilling with a drink on the River Terrace.

Somerset House, Strand, London WC2, admission to Somerset House is free (you'll need to buy a ticket for some exhibitions and events)

Covent Garden & Transport Museum

Nestled amongst London's premiere West End theatres, Covent Garden was a Saxon trading port until the 13th century when a 40-acre site formed the kitchen garden for the Convent of St Peter at Westminster. The area lies between St Martin's Lane (West), Drury Lane (East), Floral Street to the north and capped by Maiden Lane in the south. In 1540, six years after the formation of the Church of England, King Henry the VIII dissolved the country's monastic properties in a dispute with the Roman Church. Part of the Convent Gar-

den was given to the 1st Earl of Bedford and remained in the family until 1918. Today's incarnation can most noticeably be attributed to the 6th Duke of Bedford who in the 19th Century commissioned a redesign of what was by then a thriving market. Old stalls were cleared and Charles Fowler designed a neoclassical market to house fruit and vegetable traders. He also included a new flower market in the East End corner which today accommodates the Transport Museum. The museum shop is my number one destination for quality London souvenirs rather than the naff trinkets you'll find in high tourist destinations. It is also, a chance to see everything from a horse drawn double decker tram to the classic Routemaster as we know them.

Covent Garden, 14 James St, Covent Garden, London WC2, Transport Museum £20/£21 (more if you buy at the door).

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A trip around the world visiting the three Stonehenges...Esperance, UK and USA



L-R; Esperance Stonehenge - Stonehenge Rolla © Missouri University of Science and Technology - Stonehenge on Salisbury Plain © English Heritage for the UK

by Frank Smith

I FIRST saw Stonehenge on Salisbury Plain in England when I was nine and have visited it several times since.

The original Stonehenge was built about 5,000 years ago, and added to for hundreds of years. The hallmark stone circle was erected in the late Neolithic

period about 2500 BC.

Two types of stone are used at Stonehenge – the larger sarsens and the smaller 'bluestones'. The sarsens were erected in two concentric arrangements – an inner horseshoe and an outer circle – and the bluestones were set up between them in a double arc. Finally an earthwork avenue was built, connect-

ing Stonehenge with the river Avon.

Since then, Stonehenge has been a subject of antiquarian research, speculation and wonder as well as being used as a stone quarry by medieval builders.

It has also become one of English Heritage's premier tourist attractions and, together with Avebury stone circle, a UNESCO world heritage site.

It is not surprising that people have copied what is probably the world's best known Neolithic monument.

Stonehenge Rolla

While working in the US I visited a half-scale model of Stonehenge made from 160 tonnes of granite carved by engineering

students at Rolla, Missouri University of Science and Technology, nearly 40 years ago

Built to showcase the stone carving capabilities of the university's high-pressure water jet lab, when used as a sundial this Stonehenge is reportedly accurate to within 15 seconds.

To complete the work the university commissioned a druid priest to dedicate it on the summer solstice.

Stonehenge Esperance
Just 14km out of Esperance is my most recently visited Stonehenge – a full size replica of the original in the UK.

It consists of a solid granite structure weighing 2,500 tonnes. The stone was orig-

inally quarried for a similar project in Margaret River in 2008. That project fell through after the stone had already been cut.

Kim and Jillian Beale, who owned a small farm only a kilometre from the quarry, decided to build the replica on their property with their own money in 2011, after receiving approval from the Shire of Esperance.

It was designed by architect Michael Sorensen of Sorensen Architects, and used 1,200 cubic metres of Esperance pink granite supplied and installed by AustralAsian Granite.

The monument consists of 137 stones – 10 inner trilithon stones each weighing between 28-50 tonnes

form a horseshoe with an 18-tonne lintel laying over each pair, reaching a height of eight metres.

Inside the horseshoe stands another smaller horseshoe of 19 blue stones.

Lying at the base of the tallest trilithon stone lies the Altar Stone.

The perimeter circle consists of 30 sarsen stones weighing 28 tonnes each with eight tonne lintels lining the top.

Esperance Stonehenge, like the UK original, was built to align with the solstices. On the morning of the summer solstice (December 21 or 22 in the southern hemisphere) the sun's rays align with the heel stones and shine through to the

altar stone.

The sunset of the winter solstice (June 21) repeats the same alignment in reverse.

Esperance Stonehenge is operated as a tourist attraction. Visitors experience the unique ambiance of the structure as they can walk amongst the stones while the acoustics inside the structure provide additional wonder. Three couples have taken their wedding vows there.

But the Beales' cows appear less impressed.

If you have visited Stonehenge in England, it is well worth going to Esperance to get a clear picture of what the original looked like in its glory days, around 4,500 years ago.

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Tours set for a bumper 2023

MOST tour operators have found the past three years very challenging, and management and staff at Aussie Redback Tours would have to agree.

But according to manager, Sharon Kersting, 2023 is going to be a bumper year. Things have settled now and people are comfortable with travelling again. Accommodation is becoming available again, and various attractions at Australian holiday destinations are back on track. It's a great time to be planning your trips around Australia (and a great way to support our country).

People on Aussie Redback Tours' mailing list, will receive their 2023 brochure which is out now. There are some new tours in the brochure (look out for the Tropical North Queensland tour which takes you down the coast from Cairns to Brisbane, stopping at popular beaches on the way; and the re-vamped Historic Outback Towns tour which will run from Brisbane to Alice Springs); plus some old favourites that never lose their popularity (including their Kimberley Dreaming and Savannah Way tours).

First up for 2023 though, is the Boyup Brook Country Music Festival. This is a short but fun trip south of Perth, where guests camp in the heart of the festival, enjoying the sights and sounds of country music musicians, singers and bands. This is a popular annual festival, so don't delay with booking.

Contact Aussie Redback Tours on 1300 662 026 or email info@aussieredbacktours.com.au for more information. Alternatively, you can see the tours on their website – www.aussieredbacktours.com.au, and there's even a new brochure on there to download straight away.

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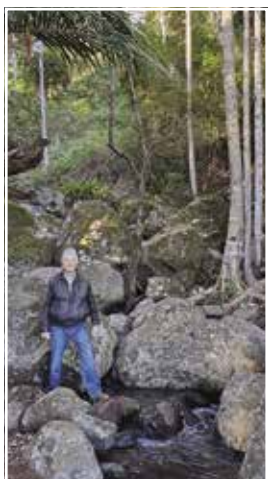
ADVERTISING FEATURE

travel options for the mature west australian

Nature's magic to be discovered at Queensland's Tamborine Mountain



Beautiful scenery is found at Tamborine Mountain



by Lee Tate

TOWERING Tamborine Mountain, with its birds-eye panoramas of

Queensland's coastline, is breath-taking.

Less than an hour from Brisbane and the Gold Coast, Tamborine has been somewhat overshadowed by the tourism magnets of Surfers Paradise and the Gold Coast.

But the hinterland's incredible, untouched blessing from nature has come into its own, well worth the diversion from the coast.

Rainforest, cascading waterfalls, mountain-top views, bush walks and clear air away from the rush and hustle of the tourism centres and theme parks create mountain magic.

There's a rainforest

skywalk along 1.5 kms or forest floor walks and 300 metres of steel bridge in the upper canopies with a 40-metre cantilever bridge over a creek and rainforest.

An eco-gallery provides a taste of rainforest flora and fauna with the Birdwing Café providing a taste of treats.

German timber cutters made the first moves towards industry in country where the Wangerriburra people are the traditional custodians. Farmers followed and today there is an array of agriculture pursued with local products including honey, fruit, vegetables, cheese and sweets from hand-

made chocolate to ice cream.

Pub, eateries, distilleries, breweries, wineries, health services and tourist attractions extend over Tamborine, which can justifiably call itself a mountain escape.

The winding road to the plateau feels like a reach for the stars or the clouds and slowly presents some of Australia's most dramatic views.

Given the development of the nearby coast, the vast amount of unspoilt country reassures that travellers can still rub shoulders with the natural world.

Bush turkeys regularly stroll from the national

park with the sound of whipbirds cracking at the awakening dawn.

Tours include a glow worm cave and thunderegg fossicking – searching for treasures from prehistoric volcanic lava in the world's biggest thunderegg mine.

Retreats are abundant, with king-size beds, en suites and modern facilities with wide choices of wedding venues. It seems every venue has aspects akin to eagle-eye views.

There's a mini excavator park for kids as well as pony rides and pet alpacas, a laser skirmish and fun fair.

Mountain Tamborine

was Queensland's top tourist town in 2022 and the Scenic Rim region (formerly Beaudesert) was declared Lonely Planet's 2022 top region.

The 30-minute Curtis Falls walk is a popular 30 minutes taking in the waterfalls, orchids and staghorns. It's also home to a glow worm colony.

The Macdonald walk over 35 minutes is an easy stroll, most appealing to bird-watchers with its track winding through the vast rainforest.

For the Cedar Creek walk of over just 900 metres, families are attracted to rock pools, open for swimming. Picnic hampers should be packed to

fully relish the natural environment while the kids dip and splash.

It is hard to believe that we are so remote from the skyscrapers and coastline we can sight in the far distance: Coolangatta, Southport, Labrador, Surfers Paradise, Broadbeach and stretching all the way to Tweed Heads.

West Aussie travellers accustomed to flat earth will be overwhelmed by this former volcanic region where jungle explodes in what has been described as 'the richest place on earth in Australia'.

Information: bestoftamborinemountain.com.au. Phone 07 5545 3200.

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ADVERTISING FEATURE

travel options for the mature west australian

Discovering the joy of some Western Australia's main streets



Some of the best main streets, from L-R; Old Perth Road, Bassendean - Federal Street, Narrogin - Plesse Street, Toodyay - Midlands Road, Three Springs Inset; Haynes Street, Kalamunda



by Chris Parry

THE state lockdown over the last few years gave me the opportunity to explore our suburbs and towns. I've rediscovered

an old love: Main Streets – the main streets of country towns, regional cities, and our metropolitan suburbs.

Growing up, my dad was the Mayor of Narrogin and they nearly ran him out of town for putting angle parking on Fortune Street. I'm in dad's corner because it has created a road environment on Fortune Street that is quieter and without the need for pesky parallel parking movements.

What surprised me on my suburban travels were the number of great main streets there are around Perth. None of them are good enough to beat a country town main street, but then I'm a bit of a country boy and I'm not handing out

prizes to the city.

Let's have a look at some of the best main streets I've found:

1. Federal Street, Narrogin: I'm writing it so I'm including it. This is where main streets began in my life. The shop halfway along Federal Street used to have the local butcher where I'd get a slice of polony and bite a face into it. It's not there anymore but my memories are. When Dad passed away, the town closed traffic on Federal Street and we drove him down it one last time on the way to the cemetery. It's always going to be my favourite main street.

2. Old Perth Road, Bassendean: A café that advertises polite conversation, a pub, street art,

an ice cream shop, book exchange and a butcher. This main street looks good and feels good with shopkeepers who are proud to serve you and well worth a weekend day trip.

3. Albany Highway, Victoria Park: It may be called Albany Highway but it's far quieter than it becomes as you make your way through the southern suburbs and beyond. The vibe of this area is all about food. If you want to go out and can't decide what to eat give this strip a go. There's restaurants and cafés and there always seems to be something happening with local events and activities.

4. Mends Street, South Perth: This is a small strip that probably has

the best view in Perth. Walking down it towards the river, you'll see the Mends Street Jetty, the river with the Perth CBD on the other side and coming towards you, or just leaving, will be a ferry. For a culinary challenge tucked away behind Mends Street, see if you can find my favourite Malaysian restaurant in Perth and order yourself a Nasi Lemak and plate of grilled mixed satays.

5. South Terrace, Fremantle: Still the number one cruising strip in Perth for anyone who has spent all day polishing their car. Give them their moment as you sit at a street side restaurant. Look at them as they rumble past and then look down as you dig through your pasta

for another chilli mussel. **6. Haynes Street, Kalamunda:** A great surprise when you have a day trip meandering your way along the escarpment. Cafés and vintage clothing and just like a classic main street, you can park out the front of the store you're going into.

7. Midlands Road, Three Springs: It's not busy and there's not a lot to see but it defines the main street for many country towns; it's hanging on by the skin of its teeth and supports its local community. With shops and a pub on one side and towering wheat silos on the other, it's a main street that reminds us of the importance of main streets in small communities.

8. Plesse Street, Toody-

ay: I love the Avon Valley and all of its towns have main streets that could make this list but what gives Toodyay the nod is the bakery with the balcony where you can sit out and watch the main street below. There's also a Christmas decoration shop, antique and arts and craft shops but if all you do is have a pastie and vanilla slice looking over the main street it's been a great day out.

9. York Street, Albany: If Mends Street has the best view in Perth for a main street then York Street in Albany has the best view of all the main streets in regional Western Australia. Looking down the broad expanse of the street, lined with historic buildings, down to the water's edge of Princess Royal Harbour, it's a main street full of activity.

10. Hannan Street, Kalgoorlie: When I lived in Kalgoorlie, I'd walk up and down Hannan Street every Saturday morning even if I didn't need to buy anything. It was a great street for bumping into someone for a chat. Pubs and historic buildings line this street. Check out Paddy Hannan's statue outside the Town Hall and take a drink from his water bag. This is a main street famous for its pub crawls. It has the Superpit at one end and the start of the Great Eastern Highway at the other. What you get up to in between is up to you!



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Returns First drop approx 3.30pm

Includes Morning tea, tour and lunch

THURSDAY 27 OCTOBER - North

Departs 8.30am HBF Arena, Joondalup
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9.30am Morley Recreation Centre

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THURSDAY 3 NOVEMBER - South

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9am East Perth Terminal

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Includes Morning tea and lunch

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ADVERTISING FEATURE

travel options for the mature west australian

Safe fishing spots to introduce the kids to recreational fishing



Even a little tarwhine can be a memorable first catch

by Mike Roennfeldt

A QUESTION I've been asked plenty of times over the years, often by mums looking for something healthy and outdoors to occupy the youngsters for a while during the holidays is: "Where do you take young kids fishing for the first time?"

Usually they aren't too fussy about what they might catch. Even a blowie can fit the bill for first-timers, although a less ugly critter with at least some potential as table fare is generally higher up the wish list.

When talking about kids whose ages fit into the single digit category, the most important criteria are usually safety and an environment that isn't too challenging. Life can be tough enough entertaining them at that age

without having to deal with a pounding shore break or weed infested water.

In regional coastal towns there are usually suitably sheltered stretches of water in harbours, estuaries or along quiet beaches. My young bloke caught his first fish at the age of two from the bank of the Murchison River at Kalbarri. Okay, it was just a little bream of 10cm or so, but he did it all himself and was pretty chuffed with the outcome. Even letting the tiddler go and watching it swim away was an exciting moment.

Around Perth, where most stretches of quiet water are infested by blowies, it gets a little harder, unless of course blowies are considered acceptable for the sake of the exercise. Most of our open coastline is a little high energy for a kids' fishing outing. South of the river

though, it's often quite simple to find a spot along the shore or from jetties in the relative shelter of Cockburn and Warnbro sounds but it's a little tougher north of Freo where Pinnaroo Point at Whitfords is one of the few places to offer some shelter in a sea breeze.

Fishing inside the marinas along the north suburban coast is a bit limited if you don't fancy the kids crawling around the rocks, but if there are jetties where fishing is allowed, take advantage of them. There are some surprisingly good bream and skippy inside Hillarys Marina at times and occasionally good runs of tailor and squid in the evening at the wharf near AQUA.

The most pleasant fishing spots for kids around Perth though are in the river. The jetties at places like

Claremont or Maylands are obvious choices but for a more picnic-like environment there are plenty of grassy banks where you can cast a line into relatively snag free water. There's a heap of places between the Causeway and Windan Bridge, for example, where decent size black bream cruise at times. And don't be surprised if you pick up a yellowtail grunter, flathead or tailor during the summer months. There's easy parking along the riverfront behind the casino and it's just a few paces to walk to the water.

A couple of little flick rods, simply rigged and with river prawns for bait, will do the trick. And if you're a real beginner, get a few tips on rigging up from your local specialist tackle shop when you buy your cheap and cheerful kids' gear.

Harness your wilderness warrior



2020 winner Natures Window by David Ashley

SPRING into Parks, supported by Lotterywest, features ways to harness your inner wilderness warrior, to reset, to recharge, and to consciously connect with nature through a range of activities.

A highlight of the spring program is the WA Parks Foundation's Memorable Moments in Nature photographic competition. The competition encourages amateur photographers to capture moments in nature and to celebrate the unique flora and fauna within WA's magnificent parks, marine parks, forests and reserves.

"Magical moments are made when you 'wander out yonder'. There are hidden corners to find, secret places to explore, unique plants and animals to spot, with always more

to discover" said Kerry Sanderson, WA Parks Foundation chair.

"It is wonderful to capture a moment in time when the light is just right and the scene is perfect. It becomes a precious memento of an outdoor experience.

"Spring is the perfect time for Western Australians to experience our natural wilderness, reap the health benefits from being outdoors, and to enjoy the wealth of experiences our 109 national parks and 17 marine parks have to offer," she said.

Explore new destinations or revisit your favourite park closer to home and submit your photos during October for your chance to win a prize, thanks to RAC Parks and Resorts, Cam-

era Electronic, Matagarup Zip+Climb, Two Feet and a Heart Beat, Mindful in Nature, and Naturally WA. Winning photos will be published online.

Upload your best photo(s) here: www.ourwaparks.org.au/sip/photo-to-competition2022/ and share your pictures on social media, tagging @ourwaparks, #springintoparks, #ourwaparks. Enter as many times as you like. (Terms and conditions apply).

Spring into Parks features more than 300 events throughout the state. For more information, visit www.ourwaparks.org.au/sip/.

Celebrating 24 years on the road between Perth and Broome



Ross Sims, owner of Integrity Coach Lines

WHAT did the bus driver say to the frog? Hop on! The drivers from WA

company, Integrity Coach Lines, have been saying "Hop on" to their passengers for 24 years.

Integrity Coach Lines travel between Perth and Broome.

Owner Ross Sims says: "It's a wonderful way to see the country, I've travelled the road hundreds of times and there's always something different to see and so many wonderful people to meet. You can travel the whole way or shorter trips to any of the towns in between"

Twenty-four years is a long time to run a successful bus company and Ross tells us it helps to have a sense of humour.

His office staff then relayed a story, saying Ross was helping with phone calls as it was busy just before Christmas and a lady rang asking what services were available from Karratha to Perth. Ross told her what Integrity had available and added that there's also a man in a red suit on a sleigh coming through on Christmas Eve.

The passenger laughed but was just as quick and funny replying: "Yeah, I know, but he makes too many stops, that's why I want to travel on your bus."

The company have express tickets for point-

to-point travel or hop-on hop-off passes for those wishing to visit multiple destinations along the coast. The company also make it easy to find information, you can call 08 9274 7464 or you can check out their website... it's just the ticket.

Integrity Coach Lines, established in 1998, is a Western Australian owned company whose owners have worked hard over the years to provide a reliable coach service to locals, visitors and backpackers alike wishing to travel from Perth to Broome or anywhere in between.

If you are ready to travel, then time to "Hop on!"



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with Deryn Thorpe

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19 June - 9 July 2023

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ADVERTISING FEATURE

travel options for the mature west australian

Ways of supporting the Grey Nomads to keep them travelling on the road



THE Great Australian Dream has always been about home ownership. For Boomers, it was typically a house on a quarter acre suburban block, sur-

rounded by a garden, a Hills Hoist and a barbecue. However, in recent years another Great Australian Dream has taken hold. After a lifetime of work,

kids, chores and suburbia, Boomers are packing up and pushing off in search of adventure and discovery. The rise of the 'grey

nomad' has largely been made possible through the ability of ageing Australians to fund this retirement lifestyle – often because they have attained the first Australian Dream of home ownership and the asset value that comes with that.

Today's mature Aussies are regularly on the move with 36 per cent of respondents to a recent survey stating they travel three to four times a year in Australia.

This desire to explore is also big business. Travellers, including grey nomads, contribute to a 'roaming economy', with more time spent outside cities bringing more spending to regional areas.

The Western Australian Government estimated in its Caravan and Camping Visitor Snapshot 2016 report that 1.54 million domestic visitors spent time in caravans or camping, contributing more than \$1 billion to the state economy.

Grey nomads often provide labour (such as gardening, house-sitting or their pre-retirement professional skills) in exchange for a place to park or for extra income.

Many nomads go off-grid, carrying their solar panels and generators, while others look for free reserves to park in and still others prefer the comfort and amenities of full-ser-

vice caravan parks.

Whatever the mode of travel and the quality of accommodation, it's a great lifestyle, and a fitting reward for a life of work. But staying on the road can itself become a challenge as we age.

All of the same risks of falls, difficulty in scaling stairs, and needs for physical supports are present whether in a suburban home in Booragoon or in a motorhome in Broome. But the consequences of a fall in a remote area can be much more serious.

With this in mind, many older travellers are seeking the same type of modifications for their caravan or motorhome as they would be getting for their home.

CEO of Technology for Ageing and Disability WA (TADWA), Steve Pretzel, reports a growing interest from senior travellers in stowable steps and handrails, more convenient storage options, improved lighting options and easier to grip handles.

Internal and external handrails are a popular solution for balancing and weight-bearing to ensure stable and safe access to a travel home. Another helpful idea is to extend external storage to limit

the number of items – particularly heavy ones – that have to be carried in and out of the van or motorhome.

Older travellers planning a long trip can benefit from an assessment from an occupational therapist who can assess their mobility, stability and lifting capacity. Appropriate modifications can then be made to avoid the risk of an untoward event or accident cutting the trip short.

TADWA is a licensed Motor Vehicle Repair Business (MRB8813) and an NDIS registered provider and has over 35 years' experience in home modifications and assistive technology. All modifications are completed in TADWA's Bassendean workshop to the highest safety standards as prescribed by Australian regulatory authorities.

TADWA's experienced occupational therapists and vehicle mobility specialists can help you understand what's available for your vehicle and can even assist with NDIS or Home Care Package funding applications.

Contact (08) 9379 7400 or visit www.tadwa.org.au.

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The 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.

Larger groups such as Probus clubs, bowling clubs and retirement villages are also very well looked after and have a choice from more than 80 specially designed outings with a minimum of 25 passengers in five-star luxury coaches. All tours are done at an enjoyable leisurely pace.

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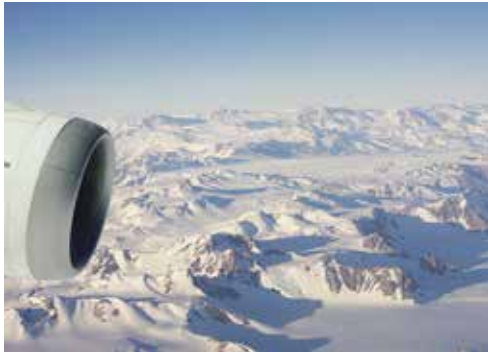
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Last chance to secure a seat on the best day trip in the world



WE at *Have a Go News* believe the best day tour available is the day flight to Antarctica.

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

Tour organisers Antarctica Flights have been

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

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

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

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

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

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

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

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

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

Scott Lawrence flew in January 2022 and said:

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

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

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

This flight departs Perth on Sunday November 27 at 8am and returns at 8.30pm.

Antarctica Flights have advised us that they have about 50 seats left with some classes which were previously sold out opening up. Contact us today if you would like to join the flight and experience this once in a lifetime trip.

All passengers are required to be fully vaccinated.

For further information, brochures and booking forms please call the office on 9227 8283 or email info@haveagonews.com.au.

Discover Western Australia's best kept holiday secrets...

GO off the beaten track to an outback and island adventure in Western Australia's Pilbara region and discover a side of WA you never knew about.

Located a two-hour flight or 1,500km drive north of Perth, Karijini Eco Retreat is hidden in the depths of the spectacular Karijini National Park, featuring unique eco tents and cabins, a campground and an outback style restaurant and bar. One of Australia's leading eco-tourism attractions and proudly 100 per cent Aboriginal owned, the Retreat provides access to the park's walks and guided adventure tours.

Explore a wonderland of ancient natural landscapes formed more than

two billion years ago, with breathtaking plunging gorges, slot canyons, sheer red cliffs, towering waterfalls and emerald green swimming holes, home to a variety of wildflowers and native wildlife. A short walk trail leads directly from the Karijini Eco Retreat into the stunning Joffre Gorge, where you will be awestruck by the curved waterfall inside a natural amphitheatre, flowing for part of the year after rainfalls.

Whether you are camping or glamping, Karijini Eco Retreat offers the perfect blend of creature comforts, genuine mateship and friendly hospitality.

From Karijini, drive west to the coast, passing red earth, bushland and mountain ranges, and discover the quaint

coastal outback town of Onslow. Stay at the Onslow Beach Resort overlooking a unique red sand beach and the deep blue Indian Ocean. The resort offers relaxed sophistication and a refreshing welcome, with stylish, modern self-contained suites and a restaurant and bar right on the beachfront. Resort facilities include free Wi-Fi, an outdoor swimming pool, barbecues, gym, paddle board hire, tour desk and parking.

One of the only places in WA that you can see both a sunrise and sunset over the ocean, plus the Staircase to the Moon natural phenomenon, Onslow is dotted with giant termite mounds, white salt lakes and plenty of history. Explore the old town ruins,

the Anzac Memorial, the Goods Shed Museum and one of Australia's biggest shell collections at the Neil and Judy Baker Shell Museum.

Lying a short 45 minute hop by ferry off the coast of Onslow, the Mackerel Islands conjure up memories of simpler times, sandy feet and sunshine. The accommodation comprises of spacious beachfront cabins stretched along the main bay, each featuring a kitchen, lounge and dining area, plus an alfresco patio with a barbecue, table, chairs and a hammock, perfect for relaxing, reading a good book and watching the ocean.

A range of tours and activities is available, including fishing, snorkelling,

kayaking, stand up paddle boarding, boat hire, 4WD bus trips and Dinner Under The Stars events.

The marine wildlife is nothing short of amazing, where you can spot sea turtles, dolphins, dugongs, stingrays, wobbegongs, crayfish, gropers, colourful tropical fish and beautiful coral formations. Whales visit the islands during their migration and calving season in July and August and are a magnificent sight. Bird watching is also a popular activity, and at night you'll see the sky light up with millions of stars.

To find out more or book, visit www.karijiniecoretreat.com.au, www.onslowbeachresort.com.au and www.mackerelislands.com.au.

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ADVERTISING FEATURE

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Northern Territory - A Sonderful Walk along the Larapinta Trail



Brinkley Bluff

Tim Dawe discovers a rocky road in the middle of the desert and finds the rewards are well worth the effort.

THE Larapinta Trail, Northern Territory's spectacular long-distance walking track, may not be widely known but is becoming an Australian classic. Larapinta (salty river in the local Arrernte language) is a must do experience for the serious bush walker. From Alice Springs it winds its way along the backbone of the West MacDonnell ranges to Mt Sonder in the west, tracing the ancient song lines of the Aboriginal Dreamtime through a surprising variety of environments.

At 223km it's not for the faint-hearted. And it's officially not easy; NT's Wildlife and Parks Service (Parks) rates the 12 sections as either moderate or hard or very hard – none rated easy. But it is rewarding.

While always challenging underfoot, and hard-going at times, the track is safe and in first-class condition with excellent signage, information boards and serviced water tanks. But special credit must go to the thoughtful and respectful walkers. In more than 200km I see not one piece of litter on the track (a sighting of a cigarette butt remains unconfirmed).

I am on a 14-day guided tour; a group of eight walking every step of the Larapinta – end-to-end. There's also an unguided way: private walkers, unsupported except for necessary food drops, carry all their equipment. For these hardy souls, Parks recommends a journey of at least 20 days – and only in the cooler (fly-less) winter months.

Our World Expeditions tour provides not only experienced guides but the support of established campsites, water, tents and swags, three-course

meals, first aid and emergency communications. Every afternoon a 4WD troop carrier arrives with a trailer kitchen. This allows us the luxury of hiking with just a day pack. Carrying water, snacks and camera; mine weighs a comfortable six kilograms.

We are led by Rob 'Golly' Kirk, whose nickname is obvious whenever his hat comes off revealing long spirals of jet-black, Medusa-like, hair. He is assisted by driver and understudy, Aran Price, recently returned from a UK desk to "give my dream job a go". Both escape Tasmania each year to winter in Central Australia.

Our first day is 25km from Alice Springs to Simpsons Gap, via the old telegraph station. We soon settle into our daily routine. First there's the sleep-shattering call to boots at 6.45am when the July piccaninny dawn yields a temperature slightly above zero. Without the need for a tent in

this tinder-dry climate, I sleep in the open under the stars and emerge warm from my comfortably padded swag.

The pre-march routine begins: boots (check feet), pack (check water, lunch things), then fall in a single line (check favoured position, rhythm and pace). Most days the track first takes us meandering through lowlands, gullies or creek beds, then steep rocky climbs followed by glorious long ridge-walks on top of the world. Wonderful!

The vast blue sky is luminous, the red/green plains and khaki/blue ranges run to a curving horizon – and everywhere all around us is busted rock.

Rocks of all dimensions, ranging from coarse sand to house-size boulders in riverbeds, dominate the Larapinta Trail. But this is no barren desert, no amorphous wasteland. The scale and variety of the geology astounds. As with many Australian landscapes, it takes time and effort adjusting the eye to the detail. Golly shows us million-year-old tide marks and even rain drops frozen in rock.

The Chewings Range, our home for the first five days before we cross the featureless Alice Plain, is about 1700 million years old while its southerly sibling, the Heavitree Range, is but a pup at 800 million years. (William Mills, the explorer who discovered that important gap to a town like Alice, named the range after his school). Quartzite capping gives the ranges' their distinc-

tive steep-sided shape. The geology's importance to the Aborigines is through their Dreamtime spirit Yeperenye, a caterpillar-like creature even we can envisage chewing along these straight, deep valleys.

Growing through this busted rock is a staggering variety of vegetation. Spinifex abounds, but there are small forests of casuarina in dolomite plains, native pines, large mulgas, wonderfully sculptured ghost gums and, now and again, ironwoods, bloodwoods and corkwood trees. Golly shows us bush tucker: native orange and passionfruit. We walk through canyons so narrow that sunlight enters only fleetingly, providing ecosystems where ancient plants thrive around cool shady waterholes. But the discovery of cycads – an unbroken link with the Jurassic Age – in the middle of Australia is a real surprise.

It's no surprise that the most memorable and photogenic camps and stops along the track involve waterholes. There seems a primordial attraction to the pleasure of water. Observing the morning or afternoon light on a waterhole and the unfathomable array of stars that light up the entire desert night sky draws me into nature like nothing else.

Our young guide, shy yet highly attentive, turns out to be a surprisingly good cook – with a camp oven. We expect our tour to give us breathtaking views, exhilarating effort and a modicum of

comfort but we do not expect haute cuisine. OK, let's call it a variety of quality, three-course meals of international flavour – all pulled out of an ember-filled hole in the ground.

As afternoon shadows lengthen and we release our feet from their boot bondage, Aran calls us for hors d'oeuvres around the campfire: bruschetta, felafels, cheese platters and fresh fruit. This is the day's golden time to relax with a cold can of VB when it all feels deservedly worth it. As darkness draws in and fiery embers glow, we hear: "dinner is served".

We're amazed to dine on barramundi (in the desert), Moroccan chicken, pumpkin risotto, and lamb shanks. And treated to baked chocolate bananas, ingenious tortilla crepes for our Mexican night and bread and butter pudding. Aran cooks a special pavlova and the oven even yields a delicious fruit cake – but never damper.

Daily walks vary from 13 to 31km depending on the grade and logistics. Day four from Standley Chasm to Birthday Waterhole is 17km, graded very hard and suitable for the fit and very experienced. It rewards us with the remarkable Brinkley's Bluff's stone cairn and views on-top-of-the-world. The jolting, hairpin descent takes us just 20 minutes – a hairy experience indeed.

Excitement grows as does the distant outline of Mt Sonder like a reclining pregnant woman. But first there is the small matter

of 31km from Glen Helen Gorge to overnight at Redback Gorge and then a dark, early morning start to reach our lofty goal and witness the wonder of sunrise at Mt Sonder's 1380m peak.

Woken at 4am, we start the climb 15 minutes later. It is seriously cold outside the snugness of my swag, with a chilling wind. I wear everything I have. Whether it's the cold or grim determination, we bound up pregnant Sonder's left breast, doing 730m in little over two hours – a record of sorts, so Golly tells us as he pulls out of his pack a tiny gas bottle for a welcome cup of tea.

What a way to finish. Eyes and nose stream in the cold but nothing can dampen this exhilarating experience. Former dark blobs become peaks that gleam with gold. Mountain chains emerge. Behind us is a massive triangular shadow stretching to the horizon. We made it!

It takes us fourteen days to walk to this spot; it takes us two and a half hours to drive back.

Our farewell dinner is at Alice Springs's Aurora Grill, mainly to celebrate Golly's 22nd birthday, secretly celebrated on the day we camped at the aptly named Birthday Waterhole, where we unwittingly enjoyed Aran's pavlova birthday cake. No longer travellers but friends, and forever end-to-enders bound by an incredible outback experience that is the Larapinta Trail.

We raise our glasses. "A toast to Larry Pinter...and no more bloody rocks!" Clink!

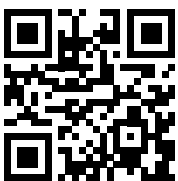


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food & WINE *...eat, drink and be merry...*

ADVERTISING FEATURE

A serendipitous city spot for Dining Divas' knife and fork talk



The Dining Divas enjoyed the delicious and delectable food at the Peoples Cafeteria

by Judith Cohen and Pat Paleeya

THIS month the Diva's lunch was a serendipitous find. Tucked in behind shops on William Street in Northbridge is a little gem called The Peoples Cafeteria.

This is a really different type of eatery, a very spacious, unpretentious, relaxed dining experience that is not ritzy or swanky; simply freshly cooked home style food made with lashings of love. Considering it has only been open for one

year it was very busy both with diners and take-away. There are two menus, the buffet and if we remember correctly (as Divas we're a bit ditz) there is a short order menu.

We chose the buffet because there was so much to choose from and so healthy too. Prices vary depending on the size of the plate and the mix of food. We paid \$25 for two, but a very full large plate for one big eater can go up to \$25.

This is just a few of the dishes we chose and devoured with relish (not the condiment),

Kimchi, corn salad, roast cabbage, fennel and radicchio and three bean salad from the cold bain-marie and from the hot food lamb shoulder and chick peas, spicy tofu, pumpkin, leek and silver beet bake.

It was all delicious but we did have our favourites. They do change the menu but three items are constant because of their popularity. They are the dhal, Caesar salad and the pumpkin, leek and silver beet bake which this Diva drooled and shovelled in before the other Diva wanted to taste it. It was delectable. The tender lamb meat and perfectly cooked chick peas were delicious

and flavoursome also.

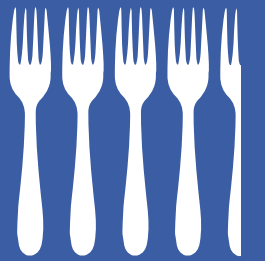
We could wax lyrical over all the dishes that we had because they all deserve an accolade, as do the staff, a more welcoming and happy bunch of people you could never wish to meet. Open every day 7am-3pm.

We will definitely be back with friends, and readers as Molly Meldrum often said "do yourselves a favour" don't miss this place.

4½ forks
Peoples Cafeteria, Shop 5 & 6 /375 William Street, Perth. 9328 9721

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



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A picturesque location to enjoy the café culture at Kent Street Weir Park

CANNING River Café (CRC) is located at the Kent Street Weir in Wilson, a picturesque park location that sits on the edge of the Canning Regional Park.

This idyllic location means you get to enjoy fabulous food such as a brekky burger, shakshuka baked eggs, fish'n'chips, gnocchi or buckwheat pancakes while enjoying the parkland views, mother nature's sounds, kayakers,

bike riders, walkers and many dogs.

The café is dog friendly with a fenced dog park adjacent to the café.

There is something for everyone on and off the menu. Freshly baked friands and muffins, croissants, handmade tarts and rich chocolate brownies can be purchased from the cabinet. Dine in and eat before exploring the park or takeaway and enjoy the many things to do in

the area from walking trails, kayaking, playground, dog park, skate park plus a miniature railway running from the Kent Street station, on the third Sunday of every month and Wednesdays during school holidays.

Everyone gets to eat at CRC, as many of their menu items are gluten and dairy free with vegetarian and vegan options, including things like chicken parmi, vegan lasagne, beef burger,

smashed avo and their famous CRC rösti.

It is a fantastic place to settle into, have incredible conversations with family and friends, experience sensational service and enjoy good old-fashioned food and drink.

All Press coffee is served alongside rich smoothies and large sized iced coffee and chocolate drinks.

They look forward to serving you soon.

Time to get out and enjoy a picnic with your favourite spring drop...



by Frank Smith

SPRING is a time for picnics. We can expect warm days before the really hot weather starts, and a bottle of your favourite wine goes well with picnic fare.

However, some of us are unenthusiastic about lugging heavy glass bottles around. Glass may be the container of choice but bot-

tles are heavy, fragile and ill shaped for packing. They aren't great for the environment because fossil fuels are needed to produce, transport and recycle them.

Alternative bottles have just become available for some wines. These are made from 100 per cent recycled PET plastic which is 83 per cent lighter and the slim, flat profile allows

twice as many bottles to fit into a standard case. You can even fit them easily into a backpack. The UK waste advisory body Wrap calculate that PET bottles save 500g of carbon emissions per bottle.

I'm looking forward to tasting wine stored in the new PET bottles but I suspect we won't see them used for premium wines for some time yet, if at all.

Here are some affordable quality wines in conventional glass bottles.

Brookside One Acre Reserve Chardonnay was hand harvested and fermented for 10 months in French oak hogsheads. Following fermentation, the must was regularly stirred to improve the lees contact with the wine and extract more flavour, aroma and texture. This resulted in greater complexity

with delicate perfumes of peach, pear, and apple. Oak flavours dominate the palate with a creamy texture provided by the lees. This wine will reward medium-term cellaring. RRP \$35.

Plume Estate Rosé 2022 is made from Shiraz grapes. This Rosé is a pale salmon colour with aromas of summer fruit such as strawberries and raspberries. The pallet has fruit flavours and a hint of sweetness. The finish is long, dry and smooth. RRP \$25.

Hainault Bickley Valley Merlot 2019 is a deep red medium to full bodied wine with earthy aromas of blackcurrant and a hint of eucalyptus. The palate displays both blackcurrant and earthy aromas. The wine is made from 100 per cent Merlot and matured in French oak for 20 months.

This wine will benefit from medium to long term cellaring. RRP \$25.

Garbin Chenin Blanc 2021. This sparkling wine is lively and rich in fruit. It leads with honeydew melon and peach aromas that are complemented with fresh flavours of yellow apples, peaches and citrus on the palate. Despite the richness of sweet fruit, this wine is dry with balanced acidity. Fine beads and a clean and crisp mouthfeel with medium length finish make this a sparkler worth a second glass. RRP \$20.

Taltarni dynamic Heathcote Shiraz Viognier 2020. This is a single vineyard wine made from Shiraz with six per cent Viognier fruit grown in the Victorian Pyrenees. It displays stone-fruit and lifted floral notes derived from Viognier. This is comple-

mented by the spice and rich red berry flavours of the Shiraz. With a medium-bodied, fruit-driven

palate this wine provides a smooth and extended finish with vibrance and complexity. RRP \$28.

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

Busting Brunching across Perth - returning to a fine favourite in Maylands



by Buster the Bruncher

EATING at Chapels on Whatley is an overwhelming experience, blending textures and tastes with

a feel of the exotic and a touch of the erotic.

Conservative, historic Maylands is the ideal setting for the century-old building - with its ornate

façade - that is home to this enlightening eatery.

Owners Glenn Bartel and Keith Archer's love for the building led, after years of renovations, to a new life for the former funeral parlour.

A quick car or train trip from Perth, the eatery is well worth pursuing. Brunch buddy Professor Ken, amazed at decorations adorning the walls, explained that the building was built as a haberdashery but housed many businesses over a century, including second-hand furniture store, grocery and clothing boutique.

A notable tenant was funeral parlour Chapels, among the first to introduce pre-paid funeral services to Perth.

Chapels has been reborn with a theme that is uniquely Eurasian, both in the food and the decorations that feature extensive, hand-chosen collections from China, Tibet, Mongolia, Japan, India, Malaysia, Vietnam and Singapore.

After a browse, we take

a table in the café's snug courtyard, shadowed by large red umbrellas amid minimalist greenery.

Bold, red menus offer seven sections including 'all-day breakfast' and 'even more all-day breakfast', as well as ranges of meals and drinks. Seniors will appreciate the menus' large typefaces.

The signature dish is rice vermicelli noodle omelette ben-hoon (\$22.50) which features: Asian stir-fry of vermicelli, shitake mushroom, Chinese cabbage, chilli, onion, garlic and egg, garnished with sweet chilli, java sambal, crispy shallots and coriander.

If that seems like a mouthful, it is. But the result is light and tasty, with a crispy crunch on top without clashing flavours or textures.

Professor Ken ordered a berry detox smoothie (\$9.95) which comes with berries, carrot, banana, ginger and cucumber. I join the party with an avocado punch - avocado, ginger, mango, spinach, broccoli,

coconut and lime.

Our smoothies come in uniquely shaped glasses, with glass spouts - that could have been lifted from Arabian Nights tales.

From the staggering array of choices, we opt for malan pandan crepes: coconut crepes served with mango and passion fruit coulis, drizzled with palm sugar syrup and coconut cream (\$19.95). This is a mixture that works; it yields lovely, light, sweet touches to the tastebuds.

This comes from one innovative, imaginative and energetic kitchen. Service for the day's strong crowd was exemplary.

Next time, we'll have to peruse the wide selection

of teas from China, Britain and France, served in fine Wedgwood, Royal Doulton and Royal Albert fine bone china. Loose tea is also available in 50-100g tins. For \$5.50 you can sample as many tea types as you can, one pot at a time over a two-hour period.

Cakes and sweets abound: macaroon flavours include salted caramel, tahini, lavender and rhubarb and pistachio. Baked in-house are pandan cake, black rice pudding, apple frangipani tart, blueberry and pear delight.

Professor Ken can't go past their chocolate cake and reckons it's about the best \$7.95 you can

spend on a treat. I'd have to agree, keeping half for a carry-out container.

The café is fully-licensed with wines from \$8.95 a glass.

5 spoons
Chapels on Whatley, 196 Whatley Crescent, Maylands

Open: Sunday to Thursday 8am-4pm, Friday and Saturday 8am-4pm

Phone 0452 295 196
E: bookings@chapelsonwhatley.com.au



Buster the bruncher spoon ratings

- Five spoons** - excellent food and service - you must go!
- Four spoons** - overall good food and service well worth a visit!
- Three spoons** - reasonably good food and service but could make some improvements.
- Two spoons** - food and service needs improvement.
- One spoon** - would not recommend.

Mondos Recipe of the Month - baked pork and mushroom pasta



created by Vince Garreffa

BAKED pasta is great for a crowd and reheats so well for those 'I don't want to cook' nights. The ingredients make for a succulent, juicy full of flavour recipe. Do choose a different pasta shape if you wish, for a different texture and look.

Ingredients to feed six:

- 400g penne pasta
- 300g fresh Mozzarella Bocconcini (thick slices)
- 100g grated Parmigiano
- 100g grated Pecorino
- West Australian Extra Virgin Olive Oil (EVOO)
- West Australian organic lake salt
- freshly cracked black pepper

Sauce Ingredients:

- 400g minced Linley Valley free range pork shoulder
- 500g sliced button mushrooms
- 1 packet dried porcini

- mushrooms (10g)
- 1 medium Spanish red onion (finely chopped)
- 3 cloves garlic (finely chopped)
- 200ml West Australian Shiraz
- 2 cans (400g) chopped tomatoes
- 1 cup fresh mixed herb leaves (basil, oregano, sage)

Method:

Soak your dry porcini in a cup of hot water for ten minutes. Remove the soaked mushrooms and chop finely then strain the water and save.

Fry the onion in a large pot with a little EVOO

until soft. Next add the pork mince and cook at high heat stirring often for three to four minutes; then add the tomatoes and scrape the bottom of the pot to loosen any fried bits and lower the heat to a good simmer.

Cook for 15 minutes then add the wine, mushrooms, porcini water and salt and pepper to taste. Cook for 15 minutes more then add the garlic and herbs stirring through cooking for five minutes more.

While doing this, cook your pasta 'al dente', then drain and add to

the pot of sauce, remove from the heat stirring well.

Now add the three cheeses mixing very well. Put all the mix into a well-oiled roasting pan so the mix won't stick while you bake it for 30 minutes at 180°C. Serve in bowls with extra cheese and/or herbs.

Buon Appetito!

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

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

These simple and delicious spring salads are perfect for our warm spring days



Avocado apple and beetroot salad

by Noelene Swain

NOW is the time to start making or even inventing fresh, delicious salads. Perfect for warm spring days, salads can literally be a meal on their own or otherwise make a terrific accompaniment to a main meal.

Using lots of fruit, vegetables and other whole ingredients is the key to a fresh and healthy salad that will be sure to impress. Give your salad a range of textures as well as making it more substantial by adding meats, poultry, seafood, noodles, pasta, rice or crunchy croutons.

Combining authentic flavours from all over the world is the key to a successful salad. Marinated olives, sun-dried tomatoes and gourmet lettuce are readily available along with gourmet cheeses and meats. The flavours of Italy, Greece and Thailand (just to name just a few)

are now an important part of Australian cuisine.

Tasty strips of char-grilled chicken or spicy marinated lamb will be sure to please dinner guests or family. The hardest part is choosing only a couple of flavours so you don't overcrowd things. Try adding some home-roasted red capsicums, baby mozzarella balls (bocconcini) and fresh basil for Mediterranean kick. For some Thai flavour, marinate chicken or beef in green curry paste before cooking and add coriander leaves, fresh chilli and cucumber to your salad base. A squeeze of fresh lime juice will finish it off perfectly.

Roasted vegetables also make wonderful warm salads. Flavours of sweet potato, pumpkin, potato, carrot and beans team perfectly with fresh herbs like thyme and rosemary and a touch of garlic. A good potato salad never goes astray at a barbecue, teamed with crispy bacon, boiled eggs, spring onion and

fresh mint.

Fresh herbs can be incorporated into your dressing or the whole leaves can form part of the salad base. Ideal ingredients for a dressing include freshly squeezed citrus juice, Dijon or whole seed mustard, sour cream, sweet chilli sauce, olive oil or balsamic vinegar. Avoid overdressing salads as this can drown out the other flavours. Have a little extra on the side so people can add to suit their tastes. Toss only small amounts of the dressing through right at the last moment to prevent the salad going soggy.

Spring weather is bound to offer plenty of sunny afternoons and opportunities to entertain. Whatever your tastes, there is a salad to suit you and your friends. Here are some you might like to try:

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What's fresh in the markets...



Strawberries: Plentiful, superbly flavoured and such fantastic value at the moment with heavy supplies of particularly good quality fruit resulting from a few warmer days. Strawberries belong to the rose family, so adding a few drops of rosewater to crushed strawberries enhances the floral flavour or take a cue from the Italians and sprinkle strawberries with caster sugar, then drizzle with a little aged balsamic vinegar, light grinding of black pepper and lashings of mascarpone cheese. Different and delicious!

Passionfruit: Tangy, piquant supplies of beautiful WA-grown passionfruit are coming in from the South West and the greater Gingin area. Scoop out the zingy, fibre-rich flesh and splash on thick yoghurt or use as a spectacular top layer on a snowy white pavlova. Passionfruit pulp also works exceptionally well teamed with rice wine vinegar, fresh coriander and red chilli to taste, as a dressing to drizzle over sliced barbecued pork. Choose large, heavy passionfruit with undamaged, slightly wrinkled skin which is an indicator of ripeness.

Rosy red oranges: This new member of the navel orange family has a beautiful rosy pink glow to the skin and flesh, which is very sweet and, best of all, seedless. It's grown right here in WA – spot the local branding stickers for your reassurance you're buying local – as its WAaay fresher! Perfect to enjoy as a snack or add to a salad for a refreshing touch.

Button mushrooms: With their subtle flavour and compact size, button mushrooms are perfect for adding whole to spring meals like salads, stir-fries and fresh tomato-based pasta sauces. Mushrooms are so quick and easy to use; apart from a quick wipe over with a cloth or paper towel, no further preparation is necessary. Try marinating in good olive oil and balsamic vinegar and garnishing with fresh herbs; lovely served at room temperature as part of a barbecue feast. Best of all they have been shown to reduce the risk of breast cancer – so add a few extra to anything you're cooking.

Sugar snap peas: The soft and tender edible pods of sugar snap peas are crisp, sweet, and succulent and are often served raw in salads, stir-fried or lightly steamed. Before being eaten, mature snap pea pods may need to be stringed, which means the membranous string running along the top of the pod from base to tip is removed. Unlike its cousin, the snow pea, the sugar snap pea is picked more mature and is fully rounded, with thick pod walls that retain their natural plumpness.

Asparagus: "Asparagus inspires gentle thoughts", wrote the English essayist Charles Lamb. Inspired thoughts or otherwise, it is certainly the vegetable that most signifies the arrival of the delicate spring season and all the delicious morsels that come with it. Choose firm, plump spears with compact tips and tight scales, avoid any that are slimy or soft and check that the tips and bottoms of the spears are not dried out.

Roast pumpkin orange and avocado salad

Preparation: 15 mins; cooking: 30 mins; serves: 4

- 1 butternut pumpkin, peeled and cut into 2.5cm cubes
- 1 tablespoon ground cumin
- 2 tablespoon olive oil
- 200g stringless green beans
- 2 oranges, skin removed and segmented
- 100g baby English spinach leaves
- 2 avocados, cut into 2.5cm cubes
- 100g chopped macadamias, toasted
- Dressing**
- 1 tablespoon honey
- 2 tablespoon soy sauce
- ¼ cup olive oil

shake well. Combine the pumpkin cubes, ground cumin and olive oil. Spread pumpkin mixture out in one layer on a tray and roast in the oven for 20 minutes or until tender. Bring a saucepan of salted water to the boil and cook beans for two minutes, so they retain a good crunch.

Refresh in cold water to halt the cooking process and ensure the bright green colour is maintained. Place pumpkin cubes and green beans in the serving bowl. Add the spinach, avocado, orange, macadamias and dressing to the serving bowl and toss to combine. Serve immediately.

Avocado apple and beetroot salad

Preparation: 15 mins; cooking: 0 mins; serves: 4

- 1 avocado, peeled and sliced
- 1 large beetroot, peeled and grated
- 1 carrot, peeled and grated
- 1 small cos lettuce, torn into small pieces
- 1 red onion, sliced
- 1 apple, cored and sliced
- ¼ cup walnuts, chopped and toasted
- Dressing**
- ¼ cup Italian dressing
- 2 tablespoon lemon juice
- 1 teaspoon wholegrain mustard

PLACE all salad ingredients together in a bowl. Toss gently to combine. Place dressing ingredients into a jar. Secure lid. Shake well. Drizzle over salad prior to serving. Serve salad with barbecued meats.

Inglewood Night Markets returns this month for its new season



The Inglewood Monday Night Markets are back

THE much-loved Inglewood Monday Night Markets are back for a new season from Monday, October 17 and will run through to the end of March, 2023.

The markets are always a great way for locals and visitors from surrounding suburbs to take an evening stroll with family or the dog and pick up a meal from dozens of vendors along Beaufort Street.

Already lined up to participate this year are vendors of street food with the flavours of Greece, Thailand, Japan, India, Turkey, France, Holland, China, Canary Islands, and Italy running along Beaufort Street from Eighth to Tenth Avenue.

There's something for everyone from curries and bao buns to delightful desserts of crêpes and ice cream. It includes vegan, vegetarian, dairy-free and gluten-free meal op-

tions for the whole family. Licensed bar and dining area, the Red Fox Den, sponsored by Beaufort Street-based, boutique real estate agency, Red Fox Property Group, will be back in the car park to

the left of the Inglewood Library.

Joining the food stalls will be a number of bricks and mortar businesses along Beaufort Street which will be opening on Monday nights.

Buskers will keep the crowds entertained and there is plenty of seating on Ninth Avenue which will be closed off on both sides of Beaufort Street, as well as the Red Fox Den, Inglewood Town Square, and the Inglewood landscaped public open spaces.

This is the eighth season of the iconic markets which will run from 6pm to 9pm each Monday.

Popular Fringe World acts will also run early in the new year and organisers are planning to feature family entertainment from time to time.

Vendors are encour-

aged to have at least one meal on their menu for \$10 or less.

The Woof Meow Tweet Squeak treat truck returns for home-made gourmet, healthy pet treats.

The markets are zero waste with all vendors using 100 per cent sustainable and compostable packaging.

The City of Stirling is a proud supporter of the Inglewood on Beaufort Monday Night Markets which are part of the Town Team Movement.

To find out more go to www.facebook.com/InglewoodMondayNightMarkets.

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estate's Wellness Centre.

As part of the project, a landscaper and an arborist were engaged to create a space for residents, families and friends, which is hallmarked by peace and tranquillity.

Wellbeing officer, Mischa Matthews, said having a newly revamped calm and relaxed space will open up opportunities to run small and intimate activities in the garden, such as relaxation, mindfulness, massage, aromatherapy and morning teas for residents and carers.

"We all want to have meaningful and fulfilled lives, but often in our quest to do so, we make

ourselves so busy we don't really notice or appreciate moments of fun or relaxation," she says.

"By using light, sound, scents, and colour in and out of our Wellbeing Centre, we hope to initiate sensations that have both relaxing and activating effects that promote wellbeing, and also provide a space where meaningful interactions can take place.

"Research has shown that touch sensations actually promote concentration and alertness, so the garden should be a very beneficial addition for all of our residents here at Meadow Springs."

In addition, new fencing has been installed to provide residents with an enhanced view of the area.

"Although many people perceive seniors to have an enjoyable and calm life, RAAFA recognise that many people are under quite a lot of stress, some live alone, others may have problems with family or illness," she says.

"So, it's important for seniors to have simple tools in dealing with day-to-day stress, so they can learn how to develop more peace of mind and lessen worry, especially for those residents who are also caregivers."

Resident safety and social connectivity

THERE has never been a better time to downsize to a low-maintenance home in a community of friendly, like-minded people who share a strong sense of belonging and connectivity, even if its currently at a distance.

Leading owner operator of rental retirement communities, Ingenia Gardens, offers a popular alternative for independent seniors by providing the opportunity to live financially free, without the many up-front costs or complex locked-in contracts common in traditional retirement living options. The rental model provides seniors with the freedom of independence and flexibility, with the added benefit of a secure lease, along with the social connectivity, convenience, and safety of belonging to a retirement community.

Ingenia Gardens portfolio manager – Madonna Jackson said: "Having access to an on-site manager and living in a gated community with level, covered walkways connecting them to communal facilities are just some of the many ways residents feel safe and secure.

"The safety and wellbeing of our residents is of the utmost importance which is why Ingenia is proactive with resident health and wellbeing, providing support so they feel secure, whilst maintaining their independence," Ms Jackson said.

Ingenia Gardens also provides residents with the added benefit of a care co-ordination and advocacy service, Ingenia Connect. The key focus of this complimentary service is to keep residents active and independent for longer by connecting them with the support they need. Now more than ever, this service has proven invaluable for residents and provided much needed peace of mind to loving family members.

Ingenia Gardens have six communities in Western Australia including one in Albany, Bunbury, Armadale and Swan View with a choice of two communities in Mandurah.

For more information, visit www.ingeniagardens.com.au or call 1800 445 464.

Make your home more secure this summer



STUDIES have shown that crime spikes during the summer months, in particular

home burglaries.

The warmer weather encourages people to spend more time outside and away from their homes, with Christmas and New Year holidays just around the corner, it means families head away and leave their homes unoccupied for longer periods of time, providing more opportunities for thieves to strike.

WA's leading supplier of high-quality roller shutters, security doors and outdoor blinds – Nu Style Shutters – are dedicated to offering their customers a customised solution and value for money.

Did you know that RAC members save 10 per cent off any purchase from Nu Style Shutters?

WA Senior card holders also enjoy a discount and with the current WA Government's \$400 Safety and Security rebate for WA Seniors Card holders (conditions apply), there has never been a better time to buy.

With summer almost here, put appropriate security measures in place before the festive season kicks off. For a free measure and quote, Call Nu Style Shutters on 1300 798 776 or visit their website: www.nustyleshutters.com.au

IT'S GONNA GET DIRTY

THE NEW BLOCK

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Downsizing

ADVERTISING FEATURE



The realities and necessities for planning for downsizing and moving house



Adairs cushions and furniture from Trilogy. A new home means a few new things that will make everything feel fresh and reenergise you too.



by Zofia St James

LAST month I talked about the realities of downsizing and its subsequent trauma. Gladly I can report that the very last of the selling off, sorting, culling, numerous trips to Good Sammies and packing was done and moving out

day arrived.

The sight of the truck rolling down that driveway was like pure joy and accomplishment after the blood, sweat and yes tears.

The next stop is the unpacking and the configuring of the apartment and cupboards. That will be the fun part for me after all of this effort.

I must impress upon you the necessity to allow plenty of time before any move to sort and cull and sell. A lot of what you consider to be treasures becomes the fodder for bargain hunters or is relinquished due to lack

of interest.

Allowing plenty of time provides a better opportunity for you to list pieces of interest, art, collectibles in relevant places of advertisement, for you to get the best price and even see items rehoused and appreciated.

If you are downsizing into an apartment check the available storage as this is vital in your new home and for your sanity. So getting back to the fun for me, not so fun for others part. It will be six weeks until I see all my lovely things and unpacking and setting up will be like opening

Christmas presents.

Your furniture, art and rugs will provide a bit of a different take in new rooms providing the familiar but also a new look to them.

I have claimed a swift settling in period of 24 hours. I am hoping to be that organised once more. A couple of months ago I was discussing the small cosmetic changes you can make to a new or current home, particularly bathroom and kitchen areas. I'm looking forward to bringing you some before and after shots. Our new apartment is already 20 years old and had

been freshly painted, new carpet to bedrooms and new boards to living/dining area, but it's definitely still in need of a makeover such as new oven, cooktop and range, dishwasher, sink and tapware. I am definitely going to have to cheat on fashion to afford this, but I see this as not only an investment but adding to the enjoyment of lifestyle.

It has come as quite a surprise for people to discover my mother, after life on five acres, would choose to live so inner city, but the convenience of public transportation with the city Cat bus at our

doorstep, location for what suits you is vitally important.

Knowing you are not cut off from people, shops are within a short walk and generally just a good vibe in your area is something to really consider when looking for you next forever home. Also do treat yourself to some new appliances, towels and accessories that are going to complement your new home.

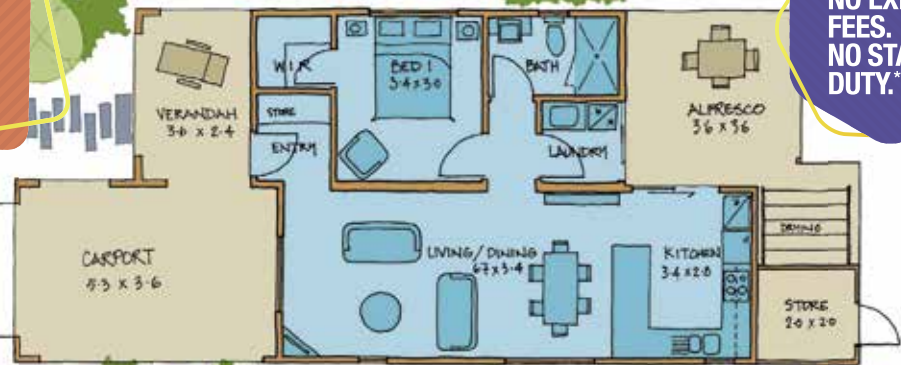
I did manage to convince my mum to part with a lot, so the opportunity to now browse is going to be a source of fun, especially choosing the new electric recliner.

If you are moving or planning to, I do hope that I have helped with some direction towards being organised. Stay calm and like me just keep visualising the end and a very happy welcome to the new result and satisfaction. Take care everyone.

Zofia offers an interior style consultation for readers including a free over the phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. If interested please contact Zofia on 0406 336 607 or email zofiajames@hotmail.com.



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helenavalleylifestyle.com.au/no-exit-fees/

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Affordable in-home aged care

PEARL Home Care offers the best in professional and affordable in-home aged care so that you or your loved one can continue living comfortably and independently at home.

They are 100 per cent Australian owned and founded in Western Australia.

At Pearl Home Care, their philosophy is to provide world-class senior care at home, so that older Australians can stay living in their own homes and age with independence, dignity and ease.

They are committed to helping everyone and will do everything possible to support clients or their loved ones to feel included, supported, connected and cared for.

They offer affordable and flexible home care plans, with no lock-in contracts, so that home care for people can be as accessible to as many Australians as possible.

For those eligible for government funding the staff at Pearl will help people navigate the application process.

This may include: funding under the Commonwealth Home Support Program, the National Disability Insurance Scheme or Home Care Packages.

People may also choose to have private services.

Pearl Home Care provides up to and including 24-hour care, seven days a week. Staff are exceptional and will always endeavour to accommodate people's needs.

Please feel free to contact them at any time for more information. See page 4 of the Seniors Week Events Guide liftout.

Keep mobile with the onset of losing mobility

PERTH Mobility Scooters understand that the onset of loss of mobility can be a difficult time for their customers. The first priority of their staff is you. They will help people find the best solution for their needs to help them regain their independence.

As a completely 100 per cent Western Australian owned and operated company Perth Mobility Scooters stock an extensive range of leading brands of mobility scooters, power wheelchairs and accessories including hoists, batteries, and battery chargers.

Senior sales representative, Debbie Borrello said: "I love getting to know a person and finding out what will help them lead a happier and more independent life."

"I make sure I take the time to understand exactly how they are going to use the equipment, and what they want to achieve so I can match them up perfectly."

With Perth's most modern and spacious showroom facility, Perth Mobility Scooters offer a unique space to trial mobility scooters and power wheelchairs. They also offer a personalised mobile showroom service at people's home.

As a special offer to celebrate Seniors Week for every mobility scooter or power wheelchair purchased, while stocks last you will receive a special accessory pack valued up to \$250!

*See website for details or ad in Seniors Week Liftout

Relief for 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 de-

generative disease and often leads to the need for joint replacement surgery.

Osteoarthritis begins in cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion.

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue – adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age our stem 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 the number of stem cells you had in your bloodstream when you were 25.

Stem cell Nutrition encourages your body to naturally release millions of new stem cells – which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better.

If you would like to find out how stem cell therapy can change your life, phone Sandra Barnsley 0412 479 156.

Scratchies up for grabs for some lucky winners



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

To be in the draw, simply email win@haveagone.ws.com.au with Scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/11/22.

Congratulations to our August winners... Carol Ward, Rick Williams, Thelma Payne, F Marsh and Jen McDougall.

SKG continue to bulk bill out-patient Medicare rebateable services

PROVIDING diagnostic imaging services across WA since 1981, the team at SKG Radiology understand your health and welfare is one of the most important aspects of life.

As one of the largest

providers in the state, with a network of convenient metropolitan and regional branches as well as premier hospital locations, they recognise the continuing need to provide the same level

of great, quality service across the practice.

This is why they are continuing to bulk-bill out-patient Medicare rebateable services at all of 20 of their locations. Like anything, there are some

exceptions that apply and the friendly staff are ready and willing to help you book in the scans and procedures you require.

SKG Radiology offers a comprehensive range of

services including; magnetic resonance imaging (MRI), high-resolution, ultra-low radiation dose CT scanners (delivering up to 90 per cent reduction in dose), ultrasound, mammography, injections,

procedures, bone densitometry, dental scanning and general x-ray, all utilising world-leading technology and providing first class patient care.

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For more information visit www.skg.com.au.

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Today

9 NOW



Physiotherapy update - are you suffering from debilitating knee pain?



The knee joint absorbs the forces from activity



surprising that knee injuries are common.

Pain in the front of the knee occurs in up to 40 per cent of cases investigated by a clinician. The main risk factor for knee pain is age, as over time gradual wear and tear can lead to osteoarthritis, pain, stiffness and inflammation.

A significant amount of body weight goes

through the knee, for instance walking up and down stairs or a gutter. Therefore, if there is an injury, this can cause pain. Research published in the *Journal of Biomechanics* found a load equivalent to 346 per cent of your body weight goes through your knee when going down stairs. Similarly 316 per cent of body weight when going upstairs and 261 per cent of body weight when walking.

One of the most important modifiable risk factors for the development and progression of knee pain and osteoarthritis is obesity. Weight loss reduces the risk of symptomatic knee arthritis. A weight loss of 1kg results in 4kg

reduction in the load going through the knee joint.

One of the strategies for treating knee osteoarthritis is exercise. Research published in the *British Medical Journal* concludes "exercise is the most effective management strategy for knee osteoarthritis." Researchers found that exercise promotes the circulation of synovial fluid to 'lubricate' the joint. Moreover, exercise can strengthen the muscles, ligaments and tendons surrounding the knee joint.

It also increases the heart rate, which increases the blood circulation carrying oxygen and healing nutrients to the structures of the knee.

There are many different exercises that can be given for knee joint pain, some include walking regularly, the use of an exercise bike, exercises carried out in a pool, strengthening exercises, squats and several others.

Clinical experience suggests that a 'recipe approach' does not work, in other words not all types of exercise are suitable

for knee pain. Therefore, a thorough clinical assessment needs to be carried out so the most appropriate exercises can be advised.

If you have knee pain, take the first step and book in with Robert and Jeff by calling 9203 7771 or booking online at www.ngp.net.au

See page 2 for more details.

by Robert Vander Kraats and Jeff Wong, Physiotherapists

THE knee joint is the largest joint in the body and is made up of three bones

and the knee cap. The joint plays a fundamental role in mobility, carrying a person's weight and absorbs the forces caused from walking, running and jumping. As such, it is not



Make the best decision now for you and your family later

WESTERN Australians are being urged to engage with palliative care services soon after diagnosis of incurable illness to ensure they enjoy the life they love, with the people they love, for as long as possible.

Many people believe palliative care is only for the last few weeks of life, however when accessed early, palliative care services can enhance the quality of a person's life through interventions such as symptom management, counselling and support to meet cultural obligations.

"Palliative care is not only for the elderly, it is for people of any age who have been diagnosed with a progressive serious illness that cannot be cured," said Dr Alison Parr, Department of Health's clinical lead, Palliative Care.

"Planning ahead empowers people to shape the care provided to them and to live their best life for longer.

"Palliative care includes providing support for the person and their loved ones from a range of health professionals and making and sharing decisions and plans with appropriate people to help ensure that what matters most to the individual remains everyone's priority.

"Palliative care is not just for the end-of-life, it can sometimes span years, for example to manage pain, and in some circumstances, it can even extend a person's life."

The Department of Health has launched a campaign to raise awareness and improve understanding of palliative care in the community, called This is Palliative Care.

Palliative care is for anyone diagnosed with a life-threatening illness that cannot be cured, regardless of age. This involves consultation

with health professionals to help optimise quality of life, prioritising what is important and sharing plans with family.

West Australians are encouraged to:

1. Learn about palliative care and end-of-life decision making, visit HealthyWA.wa.gov.au/palliativecare or call the Palliative Care WA

Helpline on 1800 573 299.

2. Think about what matters most to you and how palliative care could help improve quality of life for you or someone you care about.

3. Talk to family, carers, friends and health professionals about palliative care and the type of care you might want now and into

the future.

4. Write down information about your preferences and decisions and
5. Share your information, decisions and plans with relevant family members, carers, friends and health professionals

The World Health Organization (WHO) describes palliative care as: "an approach that

improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial, and spiritual."



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- **Fremantle** (BFT Gym, Queen Victoria Street)
- Coming soon to **Joondalup** (West Perth Football Club Gym, Pentanet Stadium, Joondalup Arena)
- For **ordinary** blokes - all are being treated or have had treatment for prostate cancer - all shapes, all sizes, all ages, all backgrounds, all welcome

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Check the website at www.prost.com.au

- Request a visit before joining
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Registrations for interest in **Joondalup** are being taken now - go to www.prost.com.au/membership and leave name and contact details



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PROST! leads the way in helping Perth men recover from prostate cancer

by Josephine Allison

MUSCLE, mateship and mood is the three-fold focus of PROST! a unique Perth-based affiliated support group of the Prostate Cancer Foundation of Australia which aims to help men recovering from treatment for prostate cancer.

PROST!, which has been running in Perth for 10 years and is the only such group in the country, first started at Leederville at Subiaco Football Club gymnasium. It also runs at UWA's exercise and performance centre at Crawley and BFT Gymnasium in Fremantle.

Secretary and PROST! board member Bronte

Parkin who attends at Leederville after a prostatectomy nine years ago, said plans were underway for a fourth venue, at the Pentanet stadium (formerly Joondalup Arena).

"We are currently recruiting men for the new venue because we believe there is unmet demand from men in the northern area who need assistance to help them manage the side effects of their prostate cancer treatment," he said.

"We plan to open in late October; we have had to wait until after the WAFL football season ends. We will have an exhibit at *Have a Go Day* on November 9 when we will co-exhibit with the Restorative Sex-

ual Health Clinic which helps men after prostate cancer treatment with sexual functioning."

Bronte says PROST! has helped more than 300 men since its inception, with currently about 70 men taking part across three locations and around 50 attending the Leederville location.

"Not everyone attends every session but most attend twice a week (as recommended), some only do one session a week due to work and other commitments and others are more spasmodic. Most men are aged in their 60s and 70s (most men are diagnosed with prostate cancer in their 60s).

"The oldest current attendee is 82 and we have had a few men aged in their early 50s but full-time work usually prevents them from attending during the day."

The Prostate Cancer Foundation of Australia states that prostate cancer is the most commonly diagnosed cancer in Australia, exceeding the incidence of breast cancer in women, but is not as well known.

Statistics from Perth's metropolitan northwest show that an average

rate of prostate cancer in this area is 151 cases per 100,000 men, which is also the average for Australia overall.

The PROST! exercise program was devised by the PROST! founder, Dr Jo Milios, a Perth physiotherapist and supervised by university trained exercise physiologists. It is evidence-based by university research after Dr Milios, completed her PhD at UWA in this area. He study found men's incontinence and erectile functioning improved through taking part in the exercise program.

The program consists of warmup and stretching activities, followed by pelvic floor and Pilates-style exercises designed to strengthen men's pelvic floor and the remaining internal urethral sphincter muscle which is located below the bladder. Men usually have to learn how to close off this sphincter to stop incontinence because the external urethral sphincter surrounding the prostate gland which works in conjunction with the internal sphincter is removed along with the prostate during surgery for prostate cancer.

Pelvic floor exercises, weight loss and improve-



Some of the PROST! men exercising

ment in overall fitness can, together with other interventions, help men overcome sexual dysfunction, the other side effect of treatment. The rest of the time is focused on exercises to improve men's core strength and general overall fitness (including weight loss).

Exercise and social interaction with men on a similar journey helps improve mental health as there is evidence of higher rates of anxiety, depression and suicide in men with prostate cancer.

Bronte says urologists

generally recommend starting pelvic floor exercises six weeks before surgery.

"Not all, but some men, start at PROST! at this stage but most start after surgery when the full effects of incontinence are felt.

"We have the support of the WA Football Commission to encourage other WAFL clubs to make their gyms available across other Perth locations. Also, we realise the need to help men in rural areas and plan to explore other options such as us-

ing community recreation facilities or local gyms in bigger country towns.

"We also have had interest to start a group in suburban Melbourne and currently have discussions underway."

Visit canceraustralia.gov.au/cancer-types/prostate-cancer/statistics or ncci.canceraustralia.gov.au/diagnosis/cancer-incidence/cancer-incidence.

More information and registration for membership, including the new Joondalup venue, is available at prost.com.au.

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9 NEWS WA FIRST

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GREAT HOME and GARDENING



Wildflower royalty and a feast of garden delights to celebrate spring



Left to right; Wildflowers Barrens Regelia and Qualup Bell - Amanda's Garden - Geraniums Inset; Royal Hakea



by Colin Barlow

I HAVE just returned from another exciting wildflower adventure exploring the Southwest of Western Australia. From our home-base in Hopetoun, we visited one of my favourite destinations, the magnificent Fitzgerald River National Park.

The Park is a Biosphere Reserve, recognised by the UNESCO Man and Biosphere Program. Nearly 1,700 different plants have been recorded in the national park, of which 250 are rare and 62 known nowhere else.

We managed to hit the wildflower jackpot and find the golden trinity of rare and unusual plants: the Royal Hakea, Qualup

Bell and the Barrens Regelia.

The Royal Hakea (Hakea victoria) is a colourful evergreen erect shrub grows up to three metres tall and around a metre wide with rounded leathery foliage, wavy prickly margins and striking veins. The cream flowers are hidden in the foliage. The leaves are variegated in shades of cream, yellow and green. The upper leaves age to orange and red making it stand-out like a beacon.



Royal Hakea will grow in most cool to warm temperate areas in an open sunny to lightly shaded position. Preferring a well-drained sandy to loam soil and it will even tolerate light frost. Drier climate and low nutrient soils lead to the best foliage colour. It can be propagated by seed or cuttings.

The Qualup bell (Pimelea physodes) grows up to 1.5 metres tall. It has elliptical to egg-shaped leaves on a rounded bush. Up to 100 unique bell-like inflorescences form on mature plants. Bells consist of tiny greenish flowers enclosed in long elliptical bracts. These bracts can be any combination of red, purple, green and cream-coloured and the different coloured individual plants make a dramatic sight.

The Qualup bell grows on sandplains or free draining rocky hillsides. Grafted plants are sometimes available in garden centres.

The Barrens Regelia (Regelia velutina) is a large

upright shrub around two to three metres tall with long straight stems covered in greyish green, velvety leaves arranged in alternating pairs. Clusters of flowers form on the ends of its branches in spring and summer providing a dazzling display due to the contrast of the elegant silvery foliage and bright red to orange flowers.

Barrens Regelia prefers a drier climate and sandy free draining soils or rocky slopes. It will grow readily from seed and I will be giving them a try this year.

If you haven't visited the Fitzgerald River National Park put it on your bucket list and go with a local guide so that you don't miss the special wildflower spots where this terrific trio of plants grow.

A feast of garden delights

Spring always shapes up as a festival of flowers and this year there are lots of gardens and shows to tempt you.

1. Open Gardens West Coast Throughout Octo-

ber to November 13 several varied and interesting gardens will be open to inspire, enjoy and relax. They are open from 10am until 4pm each day. For further details go to www.opengardenswa.org.

2. From 9am until 12pm on October 22 the Geranium and Pelargonium Society annual sale is at the Guide Hall corner of Stock and Kitchener Road, Melville. There will be many varieties that are not readily available from local retail nurseries so make sure that you check it out. Entry is \$2 and cash sales only. For more details call go to www.gapswa.org.au or call Jane Fletcher on 0402 886 266

3. Amanda's Garden on the corner of Matison and Margaret St in Southern River is open from October 22 - 23. This enchanting garden is a treasure trove of colourful roses, iris and cottage perennials. All proceeds from the open garden going towards Meningococcal Awareness. Entry is

\$5 and Amanda's Fete is open from 9am until 4pm each day with musical entertainment, Paddy's market, art displays, plant sales and refreshments. Call 9227 4237 for details or go to www.amandayoungfoundation.org.au.

4. If you are heading down south check out the **Augusta & Districts Garden Club Annual Spring Show** from October 22-23. This horticultural treat takes place at the Augusta Centennial Hall, Allnutt Terrace, Augusta from 1pm to 5pm on Saturday and 9am until 3.30pm on Sunday. Entry is \$5 with children free, and includes morning or afternoon tea. Call Lorraine on 0407 426 900 for details.

5. The Eaton Sports Centre, 18 Recreation Drive in

Eaton hosts the delightful **South West Rose Society Show** from October 29-30. Entry is \$5. The show is open from 12 noon until 5pm on Saturday and 9am until 3pm on Sunday. For show information call Marg Addison on 9797 1809 or email addon@bigpond.com.

6. On November 5 the Epiphytic Cacti & Hoya Society Show (WA) show takes place at the Bassendean Community Hall, 50 Old Perth Road, Bassendean from 12 noon until 3.30pm. The varied leaf shapes and exquisitely coloured flowers of epiphytic cacti and Hoya make them impossible to resist. For further details contact Kelly Lilburn on 0448 674 340.

The annual Amanda's garden fete returns

AMANDA'S Garden, at the junction of Margaret and Matison Streets in Southern River, will open for the annual fête on October 22-23 from 10am-4.30pm. Entry \$5 and children free.

Set amongst a tranquil rural setting the highlights of the garden are a mass display of Amanda roses, multiple varieties of roses, water features including a Monet Bridge and colourful cottage garden plants.

An array of trees including the spectacular Acer negundo, jacarandas, magnolias, flume and eucalypts provides a delightful canopy for the garden paths and large variety of cliveas, azaleas, camellia, salvias, Flanders poppies, Louisiana iris, forget-me-nots and geraniums.

A huge selection of plants and seedlings donated by local nurseries will be available for sale. A Paddy's market, art display, sausage sizzle and Devonshire teas served in a large delightful natural setting amongst the paper barks with peaceful music, will be added attractions.

The Amanda Young

Foundation was inaugurated in 1998 following 18-year-old Amanda's sudden death from me-

ningococcal sepsis. Full details available www.amandayoungfoundation.org.au.

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Have a Go News PUZZLES SOLUTIONS

Solution for BIG Crossword page 46

P	E	A	R		H	A	R	S	H	E	R		A	A	H	S
A		D	A	C	H	A		E		U		H	E	A	D	S
C	L	O	T	H		W		F	I	B		Y		B	O	O
E	A	R		R	A	N	G	E		B	A	S	E	D		N
	U	N	F	I	T		A	R	G	U	E		D	U	V	E
	G		U	S	H	E	R	S		B	R	I	D	L	E	
A	H	E	M		E	R				I	I		T	A	S	K
L			B	A	N	D	E	D		T	A	P	E	D		N
A			P	L	U	S		T	I	D	A	L		S	A	C
D	R	I	E	D				V		R			T	A	L	O
D		A	S	I	S		P	A	N	D	A		F	E	T	E
I		N		T	A	P	A	S		Y	I	E	L	D	S	
N	C	O	S		L	L				K		O		E	R	A
	I		I	C	I	C	L	E		P	I	M	P	L	Y	
	T	U	R	I	N		E	A	S	E	D		P	E	E	K
K	E	N		R	E	A	D	S		P	O	L	Y	P		E
A	S	P	I	C		N		T	I	T		A		E	L	I
R		I	N	A	P	T		E		I		R	A	R	E	R
L	A	N	K			S	P	R	U	C	E	D			D	A

Solution for Crossword page 47

S	M	A	R	T		C	A	G	E	S
T		N		E		L		A		N
E		D	I	S	T	A	N	T		A
A			T		M		E			K
L	A	M	B		F		I	S	L	E
	G		E	M	A	I	L		E	
P	O	S	E		N		L	O	G	O
L		H	B		P					P
A		A	D	A	M	A	N	T		E
N		P		R		S		O		N
S	U	E	D	E		S	I	N	K	S

Solution for Sudoku page 47

4	9	3	7	8	6	5	1	2
2	6	5	1	4	9	8	7	3
8	1	7	5	2	3	9	6	4
7	3	2	4	9	1	6	8	5
6	8	9	2	7	5	3	4	1
1	5	4	3	6	8	2	9	7
3	2	6	9	1	7	4	5	8
9	4	1	8	5	2	7	3	6
5	7	8	6	3	4	1	2	9

Solution for Top Words page 47:

			B			
		V	A	N		
		C	A	B	I	N
	F	I	R	E	A	R
P	I	T	Y		T	A
	G	N	I	D	N	E
		A	N	N	O	Y
			G	O	C	
			B			

Answers for Word Pairs page 47:

Ben Stiller, Channing Tatum, Donald Sutherland, Ewan McGregor, Michael Fassbender, Russell Crowe, Ryan Gosling.
Mystery keyword: MATTHEW

Answers for Have a Go News Quiz page 2:

1. Energy
2. \$80 million
3. Crypto
4. Baby milk formula
5. Black Swan
6. Britney Spears
7. Royal Flying Doctor Service
8. Fair Work Commission
9. 3 years
10. 4 years

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Curtains, the musical whodunit will keep audiences guessing



Curtains – The Musical Inset; The leading couple

by Josephine Allison

PERTH theatre director Kimberley Shaw is revelling in the challenges *Curtains – The Musical* is bringing as she carries out rehearsals for the show which opens at Koorliny Theatre in Cockburn next month.

“Normally, for a show it’s working in one era but for this show there are two eras which is a challenge,” she tells *Have a Go News*. “It’s a big mission for our costume lady because initially the show is set in 1959 and the show within the show is set in the 1800s.”

“This show is called *Robbin’ Hood* a western version of *Robin Hood* set in Kansas with similar vibes to *Oklahoma!* and *Annie Get Your Gun* – a cowboy musical.”



Kimberley Shaw has been involved in mu-

sical theatre all her life, and has been an actor, director, teacher, writer, reviewer and administrator. Currently president of the Independent Theatre Association, an umbrella organisation for community theatre in WA, she is also the Western Australian writer and reviewer for *Stage Whispers* magazine.

As a director, Kimberley has received many accolades including directing the winning musical in the Finley awards three times, and winning DramaFest and YouthFest multiple times including taking out Best Production and Best Director in the 2021 Finley awards for her production of *Into the Woods*.

Her favourite shows as a director include *Ladies in Black*, *13*, Monty Python’s *Spamalot*, the *25th Annual Putman Country Spelling Bee*, *Eurobeat*, *Seussical*, *Pageant* and this year, *Freaky Friday* for Stirling Players and *Joseph and the Amazing Technicolour Dreamcoat* for Sawyers Valley Primary School.

As a performing arts specialist, she is committed to bringing the love of performance to a new generation, and in the past has taught at secondary school level and taught children, teens

and adults outside the school system. She currently is the performing arts specialist at Sawyers Valley Primary.

Curtains is a musical mystery comedy from the creators of *Cabaret* and *Chicago* with a book by Rupert Holmes, lyrics by Fred Ebb and music by John Kander, with additional lyrics by Kander and Holmes.

Based on the original book and concept of the same name by Peter Stone, the musical is a sendup of backstage murder mystery plots,

set in 1959 Boston, Massachusetts and follows the fallout when Jessica Cranshaw, the supremely untalented star of *Robbin’ Hood of the Old West* is murdered during her opening night curtain call.

It is up to Lieutenant Frank Cioffi, a police detective who moonlights as a musical theatre fan, to save the show, solve the case and maybe even find love before the show reopens, without getting killed himself. Cioffi also dreams of being in musical theatre.

Peter Stone died in 2003, leaving the book unfinished, and Holmes was hired to rewrite it. Ebb also died before the musical was completed. *Curtains* had its world premiere on July 25, 2006 at the Ahmanson Theatre in Los Angeles. The show was transferred to Broadway with minor alterations, opening at the Al Hirschfeld Theatre.

The Australian premiere of *Curtains* was performed at Spotlight Theatre on the Gold Coast in 2010 and ran

for four weeks. In 2016 the Production Company mounted a professional production staged at the Melbourne Arts Centre.

The Koorliny Theatre version has a cast of 23 aged from 18 to in their 60s, rehearsals started in August.

“Our choreographer Connie Wetherill has been challenged because the choreography is quite varied,” says Kimberley.

The 2½ hour show is supported by a specially assembled live orchestra consisting of strings,

brass and various instruments. Musical directors are Tara Oorjitham and Tai Pinker.

“It’s a lovely cast and great fun,” Kimberley says. “*Curtains* is quite a complex piece; working out how to kill people is always fun.”

Curtains, the musical comedy whodunit, runs at Koorliny Arts Centre, Kwinana, 7.30pm November 4–19 with matinees 2pm November 5 and 19. Visit Koorliny Arts Centre for online bookings or contact 9467 7118.

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Ceramic artist to perform...



REGARDED as Singapore's next master ceramicist, Jason Lim comes to Perth to make the next in a series of long form clay performance works on a grand scale.

His previous series, *Under the Shade of a Banyan Tree* saw the creative development of enormous temporary works through performances in Singapore, Indonesia, and the USA.

Overlooking the Perth skyline, Jason will create a large-scale installation of cathedral-like forms over five days. The physically demanding work will use two and a half tonnes of clay with Jason working from 10am to 4pm daily at the WA Museum Boola Bardip.

The performance is a project of the Indian Ocean Craft Triennial which continues to link Australian audiences to the cultures, traditions, knowledge, and skills of our regional neighbours.

Running from October 22 – 26, don't miss this inspiring crafter.

Mrs Harris goes to Paris - win a special pass



BRITISH Film Festival kicks off this month and thanks to our friends at Luna Palace Cinemas we have some double passes to the opening night of *Mrs Harris goes to Paris* at Windsor Cinemas.

This enchanting tale of a seemingly ordinary British housekeeper whose dream to own a couture Christian Dior gown takes

her on an extraordinary adventure to Paris.

Mrs Harris Goes To Paris tells the story of widowed cleaning lady, Ada Harris (Lesley Manville), in 1950s London who falls in love with a couture Dior dress, and decides that she must have one of her own. After she works, starves and gambles to raise the funds to pursue

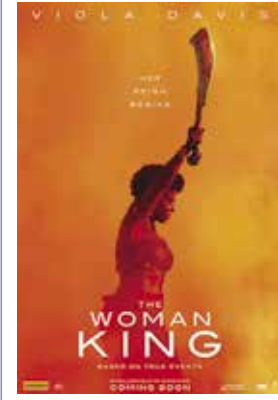
her dream, she embarks on an adventure to Paris which will change not only her own outlook, but the very future of the House of Dior.

Mrs Harris Goes To Paris is in partnership with the House of Dior, with support from National Film Institute of Hungary.

Don't miss this stunning feel-good film.

WIN WIN WIN
Thanks to Luna Palace Cinemas we have 10 double passes to opening night on Monday October 17 at 6pm for a 6.30pm film start at Windsor Cinema, Nedlands. To be in the draw simply email win@haveagonews.com.au with Paris in the subject line or call the office on 9227 8283 during business hours. Closes 14/10/22.

Remarkable film hits the screen...



THE Woman King is the remarkable story of the Agojie, the all-female unit of warriors who protected the African Kingdom of Dahomey in the 1800s with skills and a fierceness unlike anything the world has ever seen.

Inspired by true events, *The Woman King* follows the emotionally epic journey of General Nanisca (Oscar-winner Viola Davis) as she trains the

next generation of recruits and readies them for battle against an enemy determined to destroy their way of life. Some things are worth fighting for.

In cinemas October 27.

WIN WIN WIN
Thanks to Sony Pictures, we have some double in-season passes to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au or write to *The Woman King* C/- Have a Go News PO Box 1042 West Leederville 6901. Closes 25/10/22.

The City of Perth presents the free *Holly Wood Tuesday Morning Show*

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

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

Each week enjoy the cama-

raderie with a variety of entertainment compered by local entertainer Bernard Carney OAM.

October 11 – *Have a Go News'* Jennifer Merigan will update people on the news, events and competitions in this month's issue. *The Two Tenors*, Rob Mazoue and

Terry Brown, will delight with a selection of famous tenor songs from popular musicals and the world of opera. The fabulous Lucy D'Olympio will accompany on the grand piano.

October 18 – Jay Weston In the annual Remembering Holly Show will provide beau-

tiful entertainment drawn from Italian Arias to musical theatre, romantic love songs and popular ballads. His shows have included opening for Sir Cliff Richard and singing for the late Queen Elizabeth at the Perth Foreshore.


October 25 – Kay from Guide Dogs WA will talk

about training the dogs and how they improve life for the vision impaired.

Peter Williams has a smorgasbord of music to offer with some nifty guitar playing from swing, jazz and country and western ballads to sing-a-longs and a great touch of comedy.

November 1 – No show due to Melbourne Cup.

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



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Opening artists' studios across Mundaring for the spring season



Julie Smith potting

PERTH Hills are filled with natural wonders – the trees, the wildflowers, the granite outcrops and the profusion of animal and bird life combine to give the region a distinctive character. It's close to the city but feels like a world away.

The wildlife haven that this environment offers is one reason that many people choose to live in the Hills, but the green spaces, room to move and a real community vibe are also big attractions.

Perhaps not quite so well-known is the extensive history of the Hills as a drawcard for artists who have long found the environment an inspiring place to live and work.

This is never more apparent than in spring when the Mundaring Shire plays host to the Mundaring Hills Open Studios, and many of the artists, who usually work away largely in private, throw open the doors to their workspaces and invite visitors in.

This year, the event runs over nine days, from October 22 to 30, with 61 artists taking part across 33 studios from Bellevue and Swan View in the foothills to Chidlow and Sawyers Valley in the east.

Art lovers and those just curious to explore other people's creative pursuits are invited to make a day or a weekend of it by designing their own art trail itinerary and taking advantage of the Perth Hills at their best in spring.

Joining the art trail might be as simple as choosing one studio to visit as part of a casual weekend drive, or as ambitious as planning a

full day's itinerary to take in as many artists and different artforms as possible right across the region.

The Mundaring Hills Open Studios is now in its 14th year and is expanding in size and diversity each year.

The event started in 2009 with just 10 founding artists, led by painter and ceramic artist Joel Smoker and potter Greg Crowe, but it has grown to embrace a wide diversity of styles of art and artists – from painting, drawing and printmaking to ceramics, glass art, metal and woodwork, and much more.

Several of those founding artists, including Greg Crowe and painters Christine Hingston and Jeremy Holton, are still involved in the event.

The 2022 program features an exciting program with a blend of established professional artists, emerging makers and those who treat art as an engaging hobby. Whatever stage they are at on their creative journey, all the participating artists are serious about their art and are keen to show it to interested visitors.

The art trail also includes gallery venues, such as Juniper Galleries in Darlington – the studio of the late great artist Robert Juniper – and Bellevue Artspace – a recently established

gallery and workshop venue at the gateway to the Hills. Mundaring Arts Centre, a long-established vibrant community arts hub with a gallery and gift shop, is also a must-see stop on the trail.

While Open Studios is all about the art, it is also worth taking time out to enjoy the Hills hospitality and fine fare at one of the many quality cafés and bakeries along the way, or make a stop for a meal at one of the local pubs that combine hearty food with peaceful surroundings and historic character.

Spring is a great time to enjoy the outdoor lifestyle in the Hills by getting back to nature with a visit to John Forrest National Park, with its array of walk trails and flowing streams, the family friendly Lake Leschenaultia, which offers fun on the water, mountain bike trails and camping facilities, or an old favourite – Mundaring Weir – which features a fascinating insight into the area's history.

Although Mundaring Hills Open Studios extends over nine days, opening times and days will vary between individual studios.

See the website for full details or pick up a copy of this year's brochure which is available now at venues across Perth. www.mundaring-hills-open-studios.org.au

The best of British films returns...

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FILM FESTIVAL 2022

CUNARD British Film Festival returns to Palace Cinemas and Luna Palace Cinemas October 19 to November 16 presenting the best of British contemporary and classic cinema.

The program includes many must-see new releases including *Mrs Harris Goes to Paris* – a whimsical tale baked on the popular novel; *Banshees of Inisherin* – a twisted tale of friendship gone wrong starring Colin Farrell and Brendan Gleeson; *The Lost King* – a witty drama starring Sally Hawkins and Steve Coogan; *Emily* – about the life of author Emily Bronte; as well as a Bond retrospective celebrating 60 Years.

For more information see www.britishfilmfestival.com.au.

WIN WIN WIN (Email only)
Thanks to Palace Cinemas we're giving away 10 double passes valid for any film screening as part of the Festival at Raine Square (excluding special events). To be in the draw simply email win@haveagone.ws.com.au with British in the subject line. Closes 16/10/22.

Unique festival brings Ubud to Perth

A CHAPTER of the world's most loved writers' festival is headed back to Perth next month to give WA audiences a cultural fusion experience unlike any other.

The official program for the Ubud Writers and Readers Festival (UWRF) Perth 2022 is out now.

Writers from Indonesia, Singapore and the Ukraine will join Australian and WA creatives for the packed three-day festival at the Rechabite Hall on October 21–23.

Now in its second year, the event is the result of an exclusive partnership between Writing WA and the world-renowned Ubud Writers and Readers Festival, which has

run for almost 20 years. Flavour-packed festival program

Writing WA CEO Sharon Flindell said the 2022 Perth program was rich in flavour and diversity.

"We know there's a real appetite now for events that are truly immersive experiences; that bring us together and teach us more about each other," she said.

"The UWRF Perth program will feature panel sessions that dive into subjects as diverse as international surf culture, human rights, writing about trauma and the human experience of war.

"It will also include culinary events, film screenings and much more.

"Highlights include 'Paon' – a three-course literary lunch prepared by Michelin-trained executive chef Wayan Kresna Yasa and featuring two Miles Franklin authors, Jennifer Down and Josephine Wilson, in conversation with Gillian O'Shaughnessy." Find out more at uwrperth.writingwa.org/.

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City of Kwinana



Jonathan Hook - 50 years at the wheel

by Serena Kirby

IT'S been five decades since Jonathan Hook started his career as a professional ceramicist and back then it was not a common profession to choose.

"I grew up in Kende-nup and had to relocate to the city to attend Perth Technical College. I was one of only two full-time students studying an Advanced Diploma in Ceramics at that time," Jonathan said.

As a country kid at heart, Jonathan was keen

to relocate back to the country as soon as he finished his studies.

"I was really interested in wood fired kilns so I needed space and wood - lots of it. Denmark was the ideal place and I was drawn to the area's beautiful landscape. I was, and still am, inspired by it and I believe the energy of the landscape permeates through me and comes out through in what I create."

And Jonathan has definitely created... a lot. He's also been one of those fortunate creatives that's been able to sustain a career and a lifestyle doing what he loves. His new gallery and studio space carries that hallmark of success as it's brimming with vessels in every shape, colour and size.

"For many years I've focused on producing quality tableware and I now have more than

70 different shapes in a wide variety of colours. Because of their fragile nature it's not practical to sell online. I also don't have any stockists for the same reason so the only place you can purchase my work is here at the gallery."

Jonathan's desire to stay local has also meant that he rarely exhibits, saying he prefers not to be part of the gallery scene.

"Exhibiting in a gallery isn't a reliable way of selling work. Most people who buy my work are from Perth anyway - so in effect - they come to me rather than me go to them."

Reflecting on the past 50 years Jonathan says his equipment has hardly changed and he still uses the same wheel he had decades ago.

"The biggest change has been in the refinement of my techniques and that comes from perseverance and practice. This is physically demanding work and you have to be a workaholic to be successful in making ceramics for a living.



Jonathan Hook Inset; Classic forms painted with red native pea motif, Karri Landscape Series

You need a high energy level too and a lot of passion."

Jonathan's seemingly abundant energy also led him to take on the designing and building of his current studio and gallery which opened three years ago. Spanning 480m² with lofty ceilings and floor-to-ceiling glass showing panoramic views, visitors can immerse themselves in the landscape while admiring the ceramics it has inspired.

Not content with just creating a designer space for himself, Jonathan has also recently turned his original studio into short-stay, luxury accommodation and admits he has al-

ways loved architecture. "Had I not become a ceramicist I would definitely have been an archi-



tect," he says.

More recently Jonathan has returned to his studies in fine art; something he started a couple of decades ago but had put aside due to life getting in the way. While Jonathan has always produced sculptural works, he hopes to head more in that direction in the future. But he admits it is not a fast process.

"One piece could take 12 months to make or it could take 20 years. All good things take time to develop and my renewed interest in painting and creating larger sculptural pieces presents me with a lot of possibilities for work that reflects the Great Southern landscape."

Functional or sculptural, whatever Jonathan creates it will continue to be sought after by lovers of hand-made, quality objects that carry the maker's mark.

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7.30pm - Nov 11, 12, 18, 19, 25, 26
2pm - Nov 19 & 26

Tickets \$22 Bookings 9255 3336 or www.taztix.com.au/drowsychaperone
Venue: Pinjarra Civic Centre www.mmdc.com.au

Original Broadway production of The Drowsy Chaperone produced by Kevin McCollum, Roy Miller, Bob Boyett, Stephanie McClelland, Barbara Freitag and Jill Furman.
Licensed exclusively by Music Theatre International (Australasia).
All performance materials supplied by Hal Leonard Australia.

WEST AUSTRALIAN OPERA 2022

VERDI
LA TRAVIATA

His Majesty's Theatre
20, 22, 25, 27, 29 October

BOOK ONLINE
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Dancing in the shadows of

MOTOWN

THE SOUND OF YOUNG AMERICA & THE SOUL OF MODERN MUSIC
FEATURING INTERNATIONALLY ACCLAIMED ARTISTS

10 PIECE POWERHOUSE BAND PLAYING MANY CLASSIC HITS FROM:
THE TEMPTATIONS, THE SUPREMES, MARTHA AND THE VANDELLAS, MARVIN GAYE,
THE FOUR TOPS, FONTELLA BASS, THE JACKSON 5, STEVIE WONDER
...AND MANY MORE MOTOWN LEGENDS.

THE ASTOR THEATRE PERTH Sat 12th Nov
MANDURAH PERFORMING ARTS CENTRE Sun 13th Nov - 4pm start
Book now at Venues!

Add these Western Australian books to your collection...



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

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

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

ORDER FORM

Post completed form to **Have a Go News PO Box 1042 West Leederville WA 6901**

Name: _____

Address: _____

Phone: _____ Email: _____

Signature: _____

ORDER	Prices	Quantity
Awesome WA, 1001 Fair Dinkum Facts about Western Australia	1 book \$25	___ x \$25 (inc gst)
Fascinating, fun facts: WA and the World	1 book \$25	___ x \$25 (inc gst)
Photographing our brilliant West Australian Birds & Wildflowers	1 book \$25	___ x \$25 (inc gst)
POSTAGE & HANDLING	1 x book \$6 2-3 x books \$12 4-6 x books \$15	
		Total \$ _____

METHOD OF PAYMENT:

Cash Cheque Money Order Credit Card (VISA/Mastercard/AMEX)

_____/_____/_____/_____/_____/_____/ Expiry: ___/___/___

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.

- | | |
|-------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Travel companion | <input type="checkbox"/> Wishing to contact |
| <input type="checkbox"/> Seeking a friend | <input type="checkbox"/> Seeking a partner |

Name

Address

Phone Email

I am over 45 years of age (Signature)

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

AN Aussie slim lady 70+, young thinking, caring, fin sec, GSOH, easy going, enjoy dancing, cooking, gardening, sport, life in general, WLTM gent approx late 70s, good company and conversation, long term if compatible. NOR.

Reply Box 9171

ATTRACTIVE intelligent European lady, widow in her 70th year, very sporty, size 10, embrace fun and adventure in life. WLTM gentleman (slim), SOR, SD with a warm and romantic heart. Are you existing?

Reply Box 9174

COOOEE where are you? You're a slim/thin 1950s/1960s, attractive lady looking for a fit, genuine, NS, NGSD guy. Promise, together we will have lots of fun, laughs, and romantic intimate interludes. Phone please.

Reply Box 9175

EASY going Aussie gent, early 80s, looking for female coffee companion, one to two days a week. Good walker and talker, nature and bird lover. No commitment. Just enjoy cafe company, walk/talk. Meet Morley/Dianella area.

Reply Box 9185

GENTLEMAN 63, fit, healthy, active, NS, fin secure, enjoys walking, trips away, shows, life in general. Seeks lady NS, SD, for friendship, possible relationship.

Reply Box 9182

LADIES and gentlemen 65+ searching for friendship, companion, soul mate or their half. We are a group of singles gathering every three weeks, have lunch together, mingle around and have fun, and a good time. If you are interested about and want to be contacted please send a mobile phone number only. No email.

Reply Box 9189

LADY late 70s, WLTM a single genuine gent, a bit younger, a well educated man who is calm, fin sec, owns own home as I do. I am petite, slim, well presented. NS, NG, SD, NOR.

Reply Box 9179

RICH lady wanted for em-poverished aristocrat writer academic, 64, NS and a loving, caring person who knows how to give back feelings.

Reply Box 9178

WISHING and hoping to meet a kind, warm-hearted lady, 60s-70s, who is DTE, NS, fin secure, seeking friendship, possible relationship with gentleman, early 70s who is genuine, honest, kind, enjoys healthy lifestyle, most outdoor activities including travel, genuine replies only. Postcode 6168.

Reply Box 9176

Seeking a Partner

ATTRACTIVE lady 70, WLTM DTE man for friendship, possible relationship, enjoys dancing, movies, dinners, walking and share life together, 65-75, SOR. ALA.

Reply Box 9177

ATTRACTIVE well presented lady, 50+, medium build, educated, GSOH, TLC, NOR, WLTM genuine, kind, generous, loving, fin secure, sincere gentleman, 45-65, for long lasting, rewarding relationship with lots of joy and happiness. Genuine replies only.

Reply Box 9184

ATTRACTIVE well presented, English Australian lady, 70+, medium build, educated, feminine, SOR, postcode 6107. I enjoy reading, music, walking, country drives, socialising, good conversation, Bunnings, markets. WLTM unattached, genuine, fin secure, well presented gentleman, 67-75, for long term permanent relationship. Genuine replies only. ALA.

Reply Box 9181

AUSSIE guy 75, six foot, 82kgs, NS, SD, GSOH, own home, SOR, post-code 6155 area, fin sec. Interests; gardening, music, movies, walks, dining in/out, WLTM DTE slim to medium, caring, affectionate lady, WLTM for coffee. Please reply with your phone number.

Reply Box 9187

ENGLISH Australian, refined, well presented, healthy, lady, 77, tall, med build, ND, NS, SOR, VG-SOH. I enjoy travel, reading, cars, Bunnings. WLTM genuine, unattached, tall, fin sec gentleman, 70-80, who is well presented for permanent long term relationship. Let's meet for coffee. Genuine replies only. ALA.

Reply Box 9180

GENT friendly 76, NS, ND, NG, like to meet friendly lady, 66-74, slim medium for true relationship and friendship, any nationality.

Reply Box 9186

GENT no baggage, genuine, secure, quiet achiever, recently retired, sociable, VGSOH, NS, active, many interests. Seeking relationship with tidy, happy, positive lady 70ish, living 6281 area, to hopefully create lovely new adventures and memories with.

Reply Box 9183

GENUINE Aust lady, 80, seeks genuine financial gent, ND, NS for partner.

Reply Box 9172

LEO grande senior, 70, fit, slim but well built, enigmatic, personable, very sociable. WLTM confident, loving, petite lady, similar age to love, inspire, respect and protect. Come join me on an interesting and remarkable adventure.

Reply Box 9173

SOR male, 63, 185cm, DTE, GSOH, retired, Harley rider, world travelled, likes outdoors, art, music, WLTM lady with similar interests for outings, friendship, having fun, and laughter.

Reply Box 9188

Have you met your match?

We at *Have a Go News* are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you?
If you would like to share your story please email editor@haveagonews.com.au or write to; Friend to Friend PO Box 1042, West Leederville WA 6901 Your privacy will be respected.

Enjoy keeping fit and walking with friendship



THROUGHOUT the year members of the Over 55 Walking Association (OFFWA) enjoy socialising outside of their structured walks.

Recently 85 members enjoyed a three-course lunch at Tassels Bistro in Innaloo. The menu had been arranged by the club's so-

cial lunches coordinator extraordinaire Lorraine and her helpers Geraldine and Ilana.

This luncheon is just one of several that members enjoy throughout the walking season from March to November.

If you would like to be part of this group, whose motto must be "walking with friendship" come along on a Tuesday morning, just before 10am. Bring a folding chair, a sandwich and something to drink. Membership is a very modest \$10 a year and people can even try out at no cost.

It's a great way to keep fit and meet new friends.

The next four walks are detailed below.

Upcoming Walks

October 11 - Point Walter, Burke Drive into Honour Avenue car park, Bickton.

October 18 - Woodbridge, end of First Ave.

October 25 - Kent Street Weir, Kent Street, Wilson

November 01 - Lake Monger, Lake Monger Recreational Club, Gregory St. near Wise Street Wembley. Melbourne Cup day so please bring a plate of food to share.

For more information visit the very comprehensive website www.over55walkingassociation.org.au or phone the president Faye on 0449 667 558.

Constant chronic pain may lead to depression

IF you are experiencing chronic pain, it's essential to know that you're not alone. A recent study found that chronic pain may be a risk factor for developing depression.

Don't suffer in silence. Medic Technology International Pty Ltd provides relief from chronic pain with its Oska Pulse medical device. It's safe and easy to use, can be

worn over clothing and has been helping people, just like you, live a more normal life.

Lynda B said: I purchased my Oska Pulse about two years ago, it cuts my back pain in half. I certainly know when I forget to take it with me. It's also great for use with my old dog, I actually ended up buying another.

To find out more, visit the website today <https://oskapulse.com>.

au. Or call on 9306 1200. Refer to ad on page 37.



SOLUTIONS MATCHMAKING OCTOBER SPECIAL
Join for 3 months and receive an extra 3 months FREE (conditions apply)
9371 0380

FREMANTLE LADY 77 slim, youthful, attr, brown-eyed brunette, Aust/English, positive, kind, physically active, love boardgames.

NEDLANDS LADY 77 stylish, attractive, educated, refined, city girl w/ country b'ground, thoughtful, generous, active, good humoured.

SOUTH PERTH 78 tall, slim, elegant, fun-loving, fashionable, well read, sociable, love travel, sailing, golf, country.

TAPPING LADY 70 stunning looks, intelligent, kind, humble, friendly, very well spoken, active, sociable, sk gent 68-78.


ALBANY LADY 75 slim, active, blue-eyed brunette, kind, caring, generous, intelligent, outgoing, animal lover, plays music.

MANDURAH GENT 74 delightful company, generous, down to earth w/ good humour, country mindset & loves the o/doors.

MADDINGTON GENT 82 intelligent, active member of the community, tidy, respectful, well-travelled, loves helping others.

JOONDALUP GENT 78 active, healthy, well grmd, intelligent, reliable, d.t.earth, easy to talk to, good sense of humour, sk life companion.

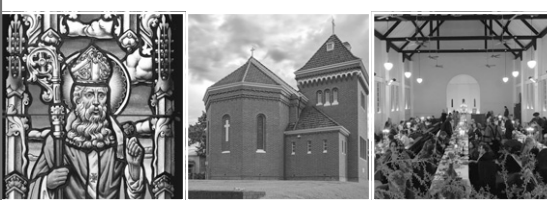
What's on at St Patrick's Anglican Church Mt Lawley



10.15am each Sunday
Regular services of Holy Communion

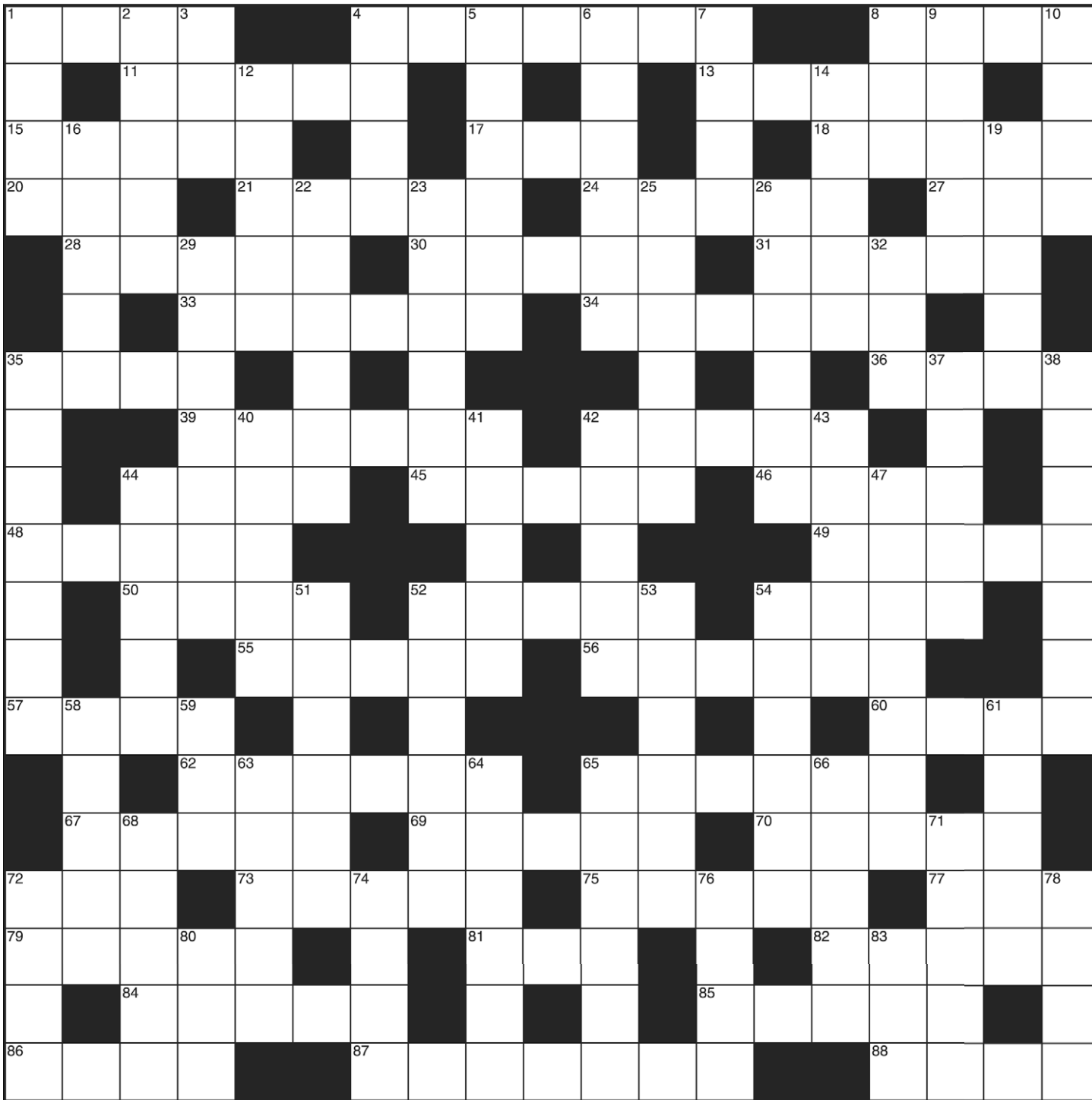
Kids Program
Kids Program; Each week the children have great fun listening to a story from the Bible, talking about it, singing, playing and doing craft.
Kids Program runs during school terms

Holy Honey
Buy Father Steve's organic raw honey



www.stpatricksmtlawley.com
Father Stephen Conway 0478 514 516

BIG CROSSWORD - SEE PAGE 40 FOR SOLUTIONS



ACROSS

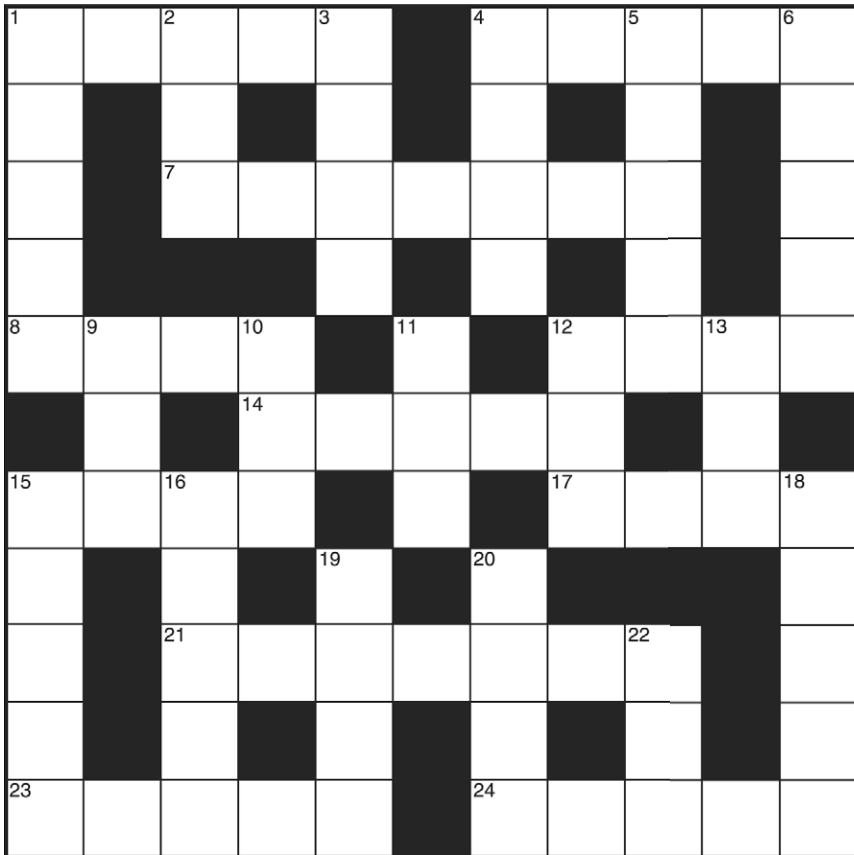
- 1. Bell-shaped fruit
- 4. More stringent
- 8. Satisfied sighs
- 11. Russian holiday cottage
- 13. ... or tails
- 15. Poplin or serge
- 17. Tell white lie
- 18. Loser's award, ... prize
- 20. Wheat tip
- 21. Extent
- 24. Founded (upon)
- 27. 31 December (1,1,1)
- 28. Not competent
- 30. Contend
- 31. Feather quilt
- 33. Escorts
- 34. Horse's restraint
- 35. Interrupting cough
- 36. Duty
- 39. Striped
- 42. Recorded (music)
- 44. Positive point
- 45. Of oceanic flow
- 46. Lay off (worker)
- 48. Dehydrated
- 49. Long claw
- 50. In existing condition (2,2)
- 52. Bamboo-munching mammal
- 54. Carnival
- 55. Barcelona bar food
- 56. Cedex
- 57. Non-coms (1,1,2)
- 60. Periods
- 62. Frozen drop
- 65. Spotty
- 67. NW Italian city
- 69. Abated
- 70. Glances quickly
- 72. Doll couple, Barbie and ...
- 73. Comprehends writing
- 75. Throat growth
- 77. Snake-like fish
- 79. Savoury jelly
- 81. Tiny songbird
- 82. Upper crust
- 84. Ill-suited
- 85. Scarcer
- 86. Limp
- 87. Smartened (up)
- 88. Damp & cold

DOWN

- 1. Stride
- 2. Embellish
- 3. Large rodent
- 4. Actress, Goldie ...
- 5. Directs attention (to)
- 6. Uproar
- 7. Actor, ... Ifans
- 8. Hoo-ha
- 9. United (2,3)
- 10. Wiry-haired dog, ... Terrier
- 12. Coldplay vocalist, ... Martin
- 14. Singer, Paula ...
- 16. Snigger
- 19. Laptop memory units
- 22. Greek capital
- 23. Loft
- 25. TV reception pole
- 26. Small whirlpools
- 29. Mismanages
- 32. Appraise
- 35. Magic lamp master
- 37. Foot joint
- 38. Renal organs
- 40. Accounts check
- 41. Prima donnas
- 42. Unpunctual
- 43. Old hat
- 44. Keyboard instrument
- 47. Reflective road marker
- 51. Salt/water mix
- 52. Became tedious
- 53. Japanese martial art
- 54. Baggy
- 58. Commends (for bravery)
- 59. Respectful address
- 61. Valuable possession
- 63. Around (that time)
- 64. Christian festival
- 65. Type of ulcer
- 66. Social outcast
- 68. Remove (brooch)
- 71. Film star, ... Knightley
- 72. Philosopher, ... Marx
- 74. Picnic pests
- 76. Pig fat
- 78. Welsh vegetable
- 80. Squid defence
- 83. Steered



CRYPTIC CROSSWORD



CRYPTIC CLUES

- ACROSS**
1. Sting is dressed to the nines (5)
 4. Hundred take ages to find aviaries (5)
 7. Cool remote! (7)
 8. Lab holding 1000 young sheep (4)
 12. I'll mention tiny land-mass (4)
 14. How to get message back in Parliament (5)

15. I hear Poe's to model for portrait (4)
17. Endlessly log on to company insignia (4)
21. In Canada, man takes firm (7)
23. Swayed vocally towards leather (5)
24. Goes down for processed skins (5)

DOWN

1. Least change for Rob (5)

2. My not being around Mandy should be a plus (3)
3. Trial cricket match (4)
4. First needed for chowder ladle and mug (4)
5. Stage reset for fence openings (5)
6. Sneak out to get boa, for example (5)
9. From dragons in the past (3)
10. Hum bug (3)
11. Tiffany has an admirer (3)

12. Not well, so bows out of billows (3)
13. Body part hidden in Seattle garage (3)
15. Intends to make drawings (5)
16. Form a new phase (5)
18. Propensity to hold launches (5)
19. Exposed in cabaret (4)
20. Go by mountain route (4)
22. Heavy weight, even for St John (3)

STRAIGHT CLUES

- ACROSS**
1. Quick on the uptake (5)
 4. Barred enclosures (5)
 7. Far away (7)
 8. Rhyme, Mary Had a Little ... (4)
 12. The ... of Capri (4)
 14. Internet letter (5)
 15. Ask (question) (4)
 17. Advertising symbol (4)
 21. Emphatic (7)
 23. Velvety kidskin (5)
 24. Kitchen basins (5)

DOWN

1. Pilfer (5)
2. In addition (3)
3. School exam (4)
4. Cease talking, ... up (4)
5. Heaven's Pearly ... (5)
6. Venomous creature (5)
9. A long time ... (3)
10. Word contest, spelling ... (3)
11. Cooling device (3)
12. Anxious, ... at ease (3)
13. Table upright (3)
15. Blueprints (5)
16. Outline (5)
18. Unlocks (5)
19. Naked (4)
20. Entry ticket (4)
22. Mass unit (3)

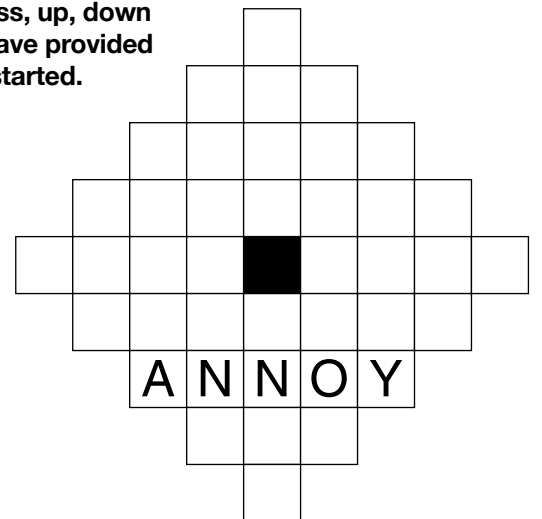
SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. **RATING: ★★★★★**

4								2
			1		9			3
	1		5			9		4
		2	4		1	6	8	
6		9		7		3		1
	5	4	3		8	2		
3		6			7		5	
9			8		2			
5								9

TOP WORDS

Fit all the words from the list into the grid. Words may run across, up, down or even backwards. We have provided the first word to get you started.



3 LETTERS

- Cog
- Fig
- Mob
- Van

4 LETTERS

- Babe
- Bond
- Coat
- Pity

5 LETTERS

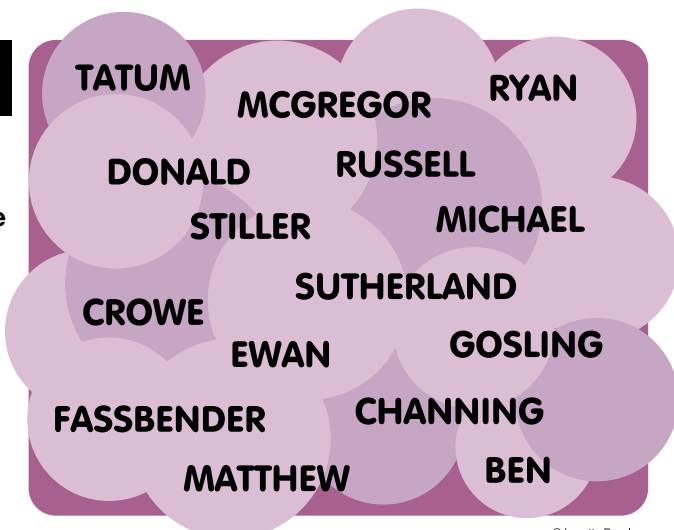
- ~~Annoy~~
- Antic
- Cabin
- Yearn

7 LETTERS

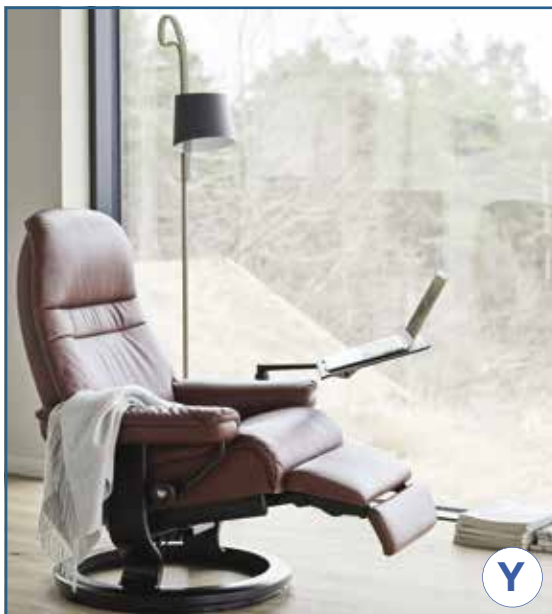
- Bending
- Contain
- Firearm
- Varying

WORD PAIRS

Pair the words to find seven actors' names. One word will be left over. This is the mystery keyword.



© Lovatts Puzzles



The answer is finding you the right chair

So why not experience true comfort in the world's most awarded seating
easyliving.com.au




- Automatic head and lumbar support
- Choice of size in each model
- 10 year mechanism guarantee
- Footrest or retractable leg rest





Everything here comes from here.

Thanks to our pristine environment and shorter distance from producer to plate, WA produce is the superior choice. Look for the Buy West Eat Best logo.

   @buywesteatbest #buywesteatbest

