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Where are the Mandurah giants?



Little Tilde by Thomas Dambo, Copenhagen Denmark © Thomas Dambo

by Allen Newton

ONE of the giants has gone missing.

Nearly everybody in WA knows about Danish artist Thomas Dambo's *Giants of Mandurah*, but less well known is that one of the giants has done a runner.

The whimsical wooden giant has apparently legged it from the secret spot in Mandurah, where its friends are hidden around the city and has made its way up the freeway to Subiaco.

Thomas Dambo says that after accidentally being separated from its giant friends, this particularly curious giant has wandered off on its own adventure.

"We have it on very good authority that after embarking on a long journey from Mandurah

and seeing many of the beautiful sites of Western Australia, it is due to arrive in the leafy surrounds of Subiaco on the 12th of November," the artist said in a statement.

The Mandurah giants are also open to visitors on the same day where the free-to-view outdoor exhibition will run for at least a year.

Dambo is known around the world for his larger-than-life wooden sculptures celebrating the diversity, beauty and importance of the natural world, using recycled and locally sourced materials in his creations.

In Mandurah Dambo's exhibition will feature at least five, up to five-metre-tall giants, that will engage with stories of Mandurah provided by the local community involved

in their creation.

The sculptures are intended to be protectors of the environment and will be placed in secret locations for visitors to find and get up close to.

Organisers weren't giving too much away in terms of clues for the location of the Subiaco giant, but at five metres tall it will certainly be sticking its head up above the suburban fence lines.

There will be a trail map and traveller's companion to help giant watchers find the magical beasts at www.giantsofmandurah.com.au.

Dambo wants us to go on what he calls a journey of self-discovery as we take part in a game for the young, and young at heart.

He has made 87 wooden sculptures that have

been exhibited in his home country of Denmark, as well as Chile, China, France, Germany, South Korea and the United States of America.

Considered the world's leading recycle artist, Dambo says he learned the value of recycling, sustainability, and unlimited imagination as a youngster.

The artist has previously expressed his creativity through music, street art, and scenic design.

He graduated from the Kolding Design School with a master's degree in interactive design and began using recycled materials to create colourful art installations, building the foundation for his artwork today.

His works range from gardens made of recycled plastics to a functioning

DIY Christmas market made from commercial refuse.


Giants of Mandurah is planned to celebrate and encourage stewardship and protection of the Peel region's natural environment, highlighting its globally significant Ramsar-listed wetlands, and unique waterways, bushland and wildlife.

Dambo says the artistic narrative and environmental story will sit alongside and is inextricably intertwined with a creation story gifted by the region's traditional owners, the Bindjareb people.

"Coming from Denmark, Australian nature looks like pure magic straight out of a fairy tale, so I'm proud and excited to see my sculptures a part of such a unique setting."

continued on page 15

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From the Managing Editor's desk



Johnny Young, Lee Tate and Normie Rowe

seeks to steady an economy that at present represents real risk to older people.

★★★★

Our journalist Lee Tate had a recent get together with two stars who have both featured on our front covers over the years... Normie Rowe and Johnny Young. See the great photo of them all. I had the opportunity to catch Normie performing again and I must say he was an absolute pleasure to watch. If you get an opportunity to see Normie on his next tour to Perth don't miss him.

★★★★

For many years we have been supporting the Western Australian Carpet Bowlers. Last month they held the *Have a Go News* singles tournament at Swan Active in Altone Park. Congratulations to the ladies' winner Alice Stones from Balga and runner-up Pat Rattigan from Falcon. The men's winner was Eric Heinsen from Nollamara and runner up was Bill Norton from Scarborough.

Have a Go News is proud to support so many of the recreational clubs and groups that cater for older adults working to promote healthy ageing through activity in our community.

★★★★

Seniors Recreation Council president Phil Padon is a brilliant example of healthy ageing through activity. He and his wife Pat are always out and about whether it's participating in the Over 55 Walking Club, square dancing, his role at

SRC or their deep love of country music.

He recently returned from the Nambung Country Music Muster which Phil advises is now looking for a new home. A large group of people enjoy this muster every year and another facility in the Nambung region would be perfect. If you or someone you know have any ideas for a new home for the muster, please contact me and I will put you in touch with Phil.

★★★★

Another fact we learnt from our reader survey is that readers who are on social media mostly use Facebook. The *Have a Go News* Facebook page offers a variety of entertainment, giveaways and information. Please join us by liking our page at www.facebook.com/haveagonews/.

★★★★

We also know from the survey that about 32 per cent of people would be happy to read *Have a Go News* online. If that's you, then we can send each edition to your inbox; 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
Managing Editor
jen@haveagonews.com.au
www.haveagonews.com.au
Phone 08 9227 8283



WE had responses from 455 people to our reader survey which provided us with a wealth of information. Thank you to everyone who took the time to complete one. It gave us some interesting facts about our readership and I was chuffed that more than 99 per cent of people recommend *Have a Go News* as a good source of information to their friends.

Other interesting statistics is 73 per cent of people 'love all' our editorial content and say 'keep it up' and 23 per cent have favourite sections. Interestingly 39 per cent of readers feel they experience ageing in their everyday lives and 53 per cent of readers

do not feel respected by mainstream media.

Just over 63 per cent of readers do not feel the state government addresses the needs of the mature demographic well and 70 per cent felt the same about the federal government. Perhaps the state and federal politicians should be working harder to address the needs of this huge cohort of voters.

Congratulations to our lucky winner of the \$200 voucher Lauren Sowerby from Jarrahdale. Our five lucky consolation winners were Sofia Vasov, Sheila Granger, Gordon Lee, Frances White and Jack Rhodes.

★★★★

The Federal Government delivered its first budget late last month which included provisions for the start of reforms to aged care as recommended by the Royal Commission. COTA Australia chief executive Ian Yates believes it is a budget that honours election commitments and

Ageing research snippet: living differently

...the increase in life expectancy is being heavily sustained by expensive long-term care, and for every additional year that a person gets to live, after a certain age, over half of it is spent in less-than-ideal conditions.

Why aim to live longer to only live half-

way? Demand access to knowledge; inquire about policy implementation in healthcare. The secret to healthy ageing? Live a different life from those who aged poorly.

Bruna Swerts,
International Federation of Aging

Great West Aussies - Did you know?

PROFESSOR Christobel Saunders, leading research-orientated cancer surgeon became consultant surgeon at Fiona Stanley Hospital and was appointed to a chair of surgery at Royal Melbourne Hospital. For more than 30 years, Christobel evaluated the efficacy and utility of therapy for early breast cancer.

Noongar Season

Kambarang - Decreasing rains from October to November

Noongar Words

Balai - lookout/beware
Djinang - look

Have a Go News Quick Quiz

1. What is the US equivalent of our Reserve Bank?
 2. Who was Lester Piggott?
 3. Which WA body investigates industrial accidents?
 4. Nigel Satterley is in which industry?
 5. Which Scottish actor was Jedi Master for Disney?
 6. Perth's major dog refuge can be found in suburban...?
 7. Which Perth suburb has a railway museum in Railway Pde?
 8. Which sport starred Aussie Robbie McEwen?
 9. In which sport is worn a pink jersey?
 10. Name Broome's famous beach
- See answers on page 49.

Quote of the month

"ONE'S philosophy is not best expressed in words; it is expressed in the choices one makes... and the choices we make are ultimately our responsibility."

Eleanor Roosevelt

Word of the month

Proselytise

Pronounced - PRAH-suh-luh-tyse
Verb

Proselytise is a formal word that means "to try to persuade people to join a religion, cause, or group".

Usage

Peter is an environmentalist who always feels the need to proselytise to anyone who doesn't drive an electric or hybrid car.

Proselytise comes from the noun proselyte, meaning "a new con-

vert," which in turn comes from the Greek proslytos, meaning "stranger" or "newcomer." When proselytise entered English in the 17th century, it had a religious connotation and meant "to recruit religious converts."

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Sydney author Sue Williams' new book about Fiona Wood's work and life



Left to right; Author Sue Williams - Professor Fiona Wood

by Josephine Allison

WHEN best-selling author Sue Williams first approached Professor Fiona Wood about writing her biography it opened up a wonderful relationship with the Perth-based world renowned burns specialist who has forged her own path in treating burns victims.

Now, 17 years later, Sue's book about Fiona, *Under Her Skin*, The life and work of Professor Fiona Wood AM, National Living Treasure, has just been released.

Twenty years on since three bombs tore out the heart of Bali on October 12, 2002 and decimated many Australian lives, burns surgeon Fiona Wood and her team have been hailed for their expertise and commitment to saving so many lives, which is described at length in the book.

Fiona made world head-

lines with the use of her pioneering invention of spray-on skin to help minimise her patients' horrific scarring. She was later made Australian of the Year, was voted Australia's Most Trusted Person for an unprecedented six years' running in the annual Reader's Digest poll and acclaimed as an Australian Living Treasure.

With her indomitable spirit Fiona Wood has made a lasting impression on Australians for her attitude as a medical professional while raising a family of six children. The daughter of a fifth-generation coalminer in the north of England who settled with her family in Perth, she became one of Australia's most innovative, respected and dedicated surgeons and researchers.

Have a Go News caught up with Sue Williams in Sydney.

Professor Fiona Wood

is regarded as a National Living Treasure especially in Western Australia. What prompted you to write a book about her and the path to achieving it, given Fiona had refused your offer over the years.

From afar she seemed a very special person who had achieved so much and yet was still so humble and unassuming. The more she declined the chance of a biography, the keener I became. I was intrigued by her; her phenomenal energy and enthusiasm, her drive and determination, and her ability to multi-task – a stellar career plus six children! I dearly wanted to learn more about her and write her biography and I think I just wore her down in the end. My first letter to her was 17 years ago.

What research did you carry out on Fiona and how did you meet up with her in Perth, given

she is such a busy woman?

I read many of the papers she had written, I listened to all her speeches and podcasts she had taken part in, I re-ran all her interviews on radio and television. There was also a little kids' book written about her and a couple of chapters in compilations about great Australians. Then I went through all the newspaper and magazine cuttings about her and her innovations. Finally, I talked to as many colleagues as I could, and a huge number of her patients. We met up the first few times on Zoom as she was in Perth, and I am based in Sydney and Covid wouldn't allow us to get together. It was strange finally meeting her in person, knowing so much about each other.

What are the attributes that impressed you about Fiona and her work with burns victims?

She is just so human and grounded and extraordinary in her ordinariness. Many specialists in hospitals are not terribly approachable but Fiona is always just "Fiona" to her patients and is very caring and real. Sometimes she has to be tough with patients such as Bali patient Peter Hughes when he returned to Perth and she was adamant he had to start moving. But she always tries to do it with a smile and explain why she's doing what she's doing and how the patient will benefit in the long run.

You always feel their interests are paramount, and she goes to extraordinary lengths to care for each patient.

With the 20th anniversary of the Bali bombing fresh in our minds, how do you feel we would be where we are today without Fiona and medical scientist Marie Stoner's work?

Their innovation of spray-on skin and Recell – growing skin cells at the bedside – have been revolutionary for many of the Bali patients. Ever since then, they have been used widely for other burns patients too. Without them, there's little doubt that injuries would be harder to treat effectively and scarring would be more severe.

Man's inhumanity to man... but then there are shining lights like Fiona Wood. How has she changed the medical landscape for burns victims in our country and worldwide with humility, skill and an enduring compassion for people.

Australia is at the very forefront of excellence in treatment for burns patients because of her work, and she is very generous about sharing her knowledge, travelling overseas to attend conferences and give talks wherever she can.

Her compassion is a real beacon for all medical professionals too. I found myself in tears when the parents of young burns victim Michael Stubber-

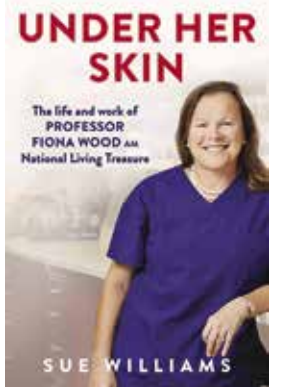
field (chapter 15) were talking about the incredible lengths Fiona went to, to help him lying on top of him to keep him warm during a power cut. They were adamant that no other medical professional would have done something like that, and they are probably right.

A mother of six, wife and medical professor with a lasting legacy and many awards. What now for Fiona Wood? You say at the end of the book, she has recently cut back on her adult clinical work to focus more on research and children. Where do you think she will be in five years' time?

Her mantra has always been that she wants to be able, one day, to perfect the art of scarless healing, inside and out. As well as restoring the skin after burns, she has discovered that burns actually affect the entire physiology of a person's body, as well as

their psychology, and is determined to restore the body's equilibrium in every way. She believes, for instance, that some cancers occur as a result of a burns injury. With enough research funds, she's still determined to get to that point. While it might take longer than five years, I don't think she will give up until she gets there.

Under Her Skin by Sue Williams (\$34.99, Allen & Unwin) is available at all good bookstores.



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Volunteer peer leaders required in Mandurah for exercise group

STRONG on Your Feet program is a falls prevention exercise class for seniors who may be experiencing mobility problems. The program is delivered in a group format in the community by trained peer leader volunteers.

The classes include activities to help

maintain or improve balance and coordination, strength and flexibility. Seniors Recreation Council of WA, Peel Branch, need several new volunteer peer leaders for their Strong on Your Feet program. Training will be provided with a local physiotherapist and mentoring provided by

current leaders.

SRCA Peel currently run 10 classes throughout the region. If you are interested in being a volunteer peer leader, or to learn more about this volunteer role, please contact Jan McGlenn OAM on 9535 4749 or 0427 088 615 asap.

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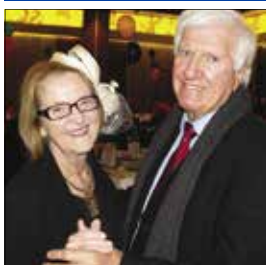
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Copy & Advertisement Deadline – 25th of the month prior to publication

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

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 Tel: (08) 9227 8283
 Fax: (08) 9227 8293

Managing Editor **Jennifer Merigan**
Please address all correspondence to the Editor
 Email the editor/travel editor: jen@haveagonews.com.au

Email to production: production@haveagonews.com.au

Printers **IVE Group WA**

Journalists **Josephine Allison Frank Smith**
Allen Newton Lee Tate

Columnists **Colin Barlow Jon Lewis**
Karen Majer Mike Roenfeldt

Contributors **Noelene Swain Vince Garreffa**

Production **Suyin Boehm**
 /Graphic Artist

Advertising sales:
 Direct Line: (08) 9227 8283
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Sales Account Managers
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Prime Movers offers fitness and friendship



L-R; Instructor Lina Le Map, Roma Watkins and her daughter Lynette Watkins

by **Josephine Allison**

MOST weeks Lynette Watkins and her mother Roma join a Prime Movers fitness class at Warwick Community Hall, something Roma, 94, has been doing for more than 20 years.

"Mum has really enjoyed the class each week, so I thought I would join her about a year ago," says Lynette, 70, of Mount Lawley. "I pick her up from Balcatta each Friday morning and we do the class together."

Mother and daughter take part in the hour-long class with around 50 to 60 other women, doing

stretching, weight bearing, balance and co-ordination which really improves the mind,

Lynette says: "Mum really missed her class when it was stopped because of Covid."

About 80 Prime Movers classes are held weekly throughout the Perth metropolitan area from Mandurah to Quinns Rock with more than 5000 people taking part, guided by 30 instructors. Music and choreography are changed monthly to keep classes interesting and varied.

Prime Movers helps promote psychological wellbeing, enables reg-

ular exercise, increases strength, flexibility, stamina, co-ordination and muscle tone. The low impact class helps manage stress, offers social interaction and friendship and helps improve vitality and energy.

It also helps reduce weight by increasing metabolic rate and enables participants to sleep better at night and feel young at heart again.

It encourages positive ageing, slows the ageing process, helps lower blood pressure and heart rate, improves fitness and mobility and encourages confidence.

Prime Movers classes have been structured for the older adult, to ensure they exercise safely. Classes have a format that is taught to all instructors so that there is a consistency and similarity to them.

All instructors are appreciated by a member of the Prime Movers assessment team annually. Regular workshops are held for instructors to share ideas and keep up-to-date with information related to seniors and exercise.

In 1985 the Ministry of Sport and Recreation in WA started Have a Go programs for seniors which included one for exercise to music. Volunteers were sought for a training course and Prime Movers patron and founder Wenda Packard was

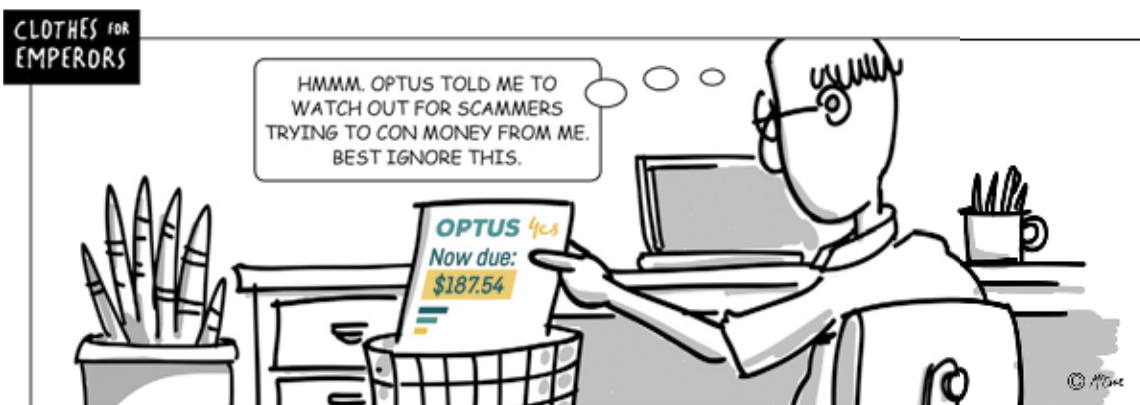
among them. Classes grew and, in 1989, the name Prime Movers was officially born and approved. Wenda put her personal life on hold and chose to develop a safe and friendly exercise group for the over 50s to ensure they had a better chance of health and well-being as they moved into their later years.

Wenda still holds a key position in Prime Movers as chief instructor and patron. In 2004 she was awarded Senior of the Year in Sport and Recreation.

Apart from Roma Watkins (22 years), Warwick instructor Lina Le Map has a rollcall of longstanding members: Dawn Whinnen, 80 (31 years), June Carnegie, 86 (20 plus years), Eileen Lawton, 92 (10 years), Eileen Davies, 91 (31 years), Margaret Vas Erp, 85 (26 years), Regina Lee, 90 (21 years), Betty Hennessy, 93 (26 years) and Brenda Prior, 78 (22 years).

"All these members attend two or three classes a week which shows that Prime Movers really works," Lina says. "The ladies say they have lovely memories of Prime Movers and they love the social interaction as well as the classes."

Anyone wishing to join Prime Movers should contact Lina on 0400 110 320. A complete timetable of classes in the Perth area is available online.



Historical Society hosts Christmas edition of books and cuppa talk



PATRICK Cornish will emcee the Christmas edition of Booked in for a Cuppa hosted by Royal Western Australian Historical Society.

A variety of guest speakers will give brief talks on great WA reads while the audience enjoys a cuppa.

This talk will include former 6PR announcer Steve Gordon speaking on behalf of Sharon Connolly, Leigh Straw, Richard Offen and Ian Abbott.

Sue Clarke will discuss a selection of children's books. It's also a perfect opportunity to find some unique Christmas gifts at the society's bookshop.

Held on Wednesday December 7 at 10.30am at Stirling House at 49 Broadway in Nedlands, tickets are \$10. Bookings essential at 9386 3841 or email admin@histwest.org.au.

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10. Heart O' Mine
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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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November is Asbestos Disease Awareness Month - meet one of the newly diagnosed



Marlene Robins

following her diagnosis. "It took a month of being really, really angry and feeling I did not want to die and then I got past that - my Buddhist beliefs have kept me sane - we are taught every day that we are supposed to face death - not that I have before but I do now - we're all going to die one day and I am going to die a bit sooner than I planned," she said.

"My biggest problem with the whole thing is I have spent the last 15 years swimming three kms a week and going to the beach every day to ensure I live a healthy old age."

Marlene worked for the last 30 years in the ageing space with long stints at the Positive Ageing Foundation, Council of the Ageing WA and volunteering at Legacy and *Have a Go News*.

"I have seen the importance of healthy ageing through activity and I wanted to be one of those healthy 90-year-olds - and now it is not going to happen," she said.

Exposure to asbestos was common in the 1960s and 1970s and Marlene said she believes she was exposed from renovating an asbestos house.

"In 1973 we bought our first home and my husband did a lot of renovating, knocking out walls,

cutting asbestos sheet walls and I helped him, often cleaning up after him and of course washing his clothes.

"I know the dangers of asbestos now, but back in the 1970s I had no idea and many women have been exposed particularly from washing clothes," she said.

Marlene was given the contact details for the Asbestos Diseases Society of Australia (ADSA) which she had seen and read about in *Have a Go News* and made contact with them.

"After my diagnosis I went for an appointment there and they were very supportive and organised a meeting with the lawyers and were a superb support for me in the dark early days of the diagnosis."

Because asbestos related diseases are rare, Marlene said that ADSA are very valuable for the community because they know so much about the disease, keep up to date on research and treatment for sufferers and their families.

Asbestos Diseases Society of Australia chief executive officer, Melita Markey said that ADSA have been supporting sufferers on their journey with asbestos diseases since 1979.

"Our support started in

the early days with love and food parcels as there was no social security, compensation or support groups.

"Today the aim of our services is to facilitate as much quality time as possible for patients, loved ones, families and carers. With the support of members, ADSA can offer medico/legal support, health checks, pastoral care support group meetings, education and now our new comprehensive care clinics specifically for sufferers and their families," said Ms Markey.

Marlene said that she feels she has a backup with ADSA and it provides her with a great sense of relief and support.

"The professor who I am under for lung issues and the oncologist work hand in glove with ADSA.

"What the organisation does with the money they get is quite amazing and they don't receive any funding from the government.

"The staff are divine to everyone and they were very good to my son who went for testing recently after my children were advised to be checked too," said Marlene.

Marlene says because WA has the highest rates of meso in the world, ADSA is a very valuable organisation for sufferers and their families.

"It's an insidious disease with no cure and that's why it is so hard to come to terms with being diagnosed with it," said Marlene.

"The doctors have said that I am very positive, and that is important for patients.

"I have lots of things to keep me busy, which I will continue to do as long as I can including volunteering at *Have a Go News* and Legacy. I will maintain my mantra of keeping busy and connected," said Marlene.

November is Asbestos Disease Awareness Month, and ADSA have a range of events planned including the annual Christmas picnic on Sunday November 20 at Millet Park, Innaloo. Donations of baked goods for the organisation to sell are al-

ways welcome. On Friday November 25 at 9.30am, the annual ecumenical service is held at Redemptorist Monastery, 190 Vincent Street, North Perth. Please register your interest to come and send ADSA your loved one's photos to include in the memorial presentation.

Call 9344 4077 or email info@asbestosdiseases.org.au to donate, volunteer or find out more information.

by Jennifer Merigan

THIS month is Asbestos Awareness Month, an important marker with Western Australia having the highest incidence per capita of asbestos related disease in the world. The disease often lays dormant for many years with people unexpectedly diagnosed later in life.

It's not just those who have worked with asbestos who are susceptible, many others with fleeting exposure, including women, have fallen victim, having to delve back decades to trace their exposure.

Long-time friend of *Have a Go News* Marlene Robins, 79, is one of those newly diagnosed with mesothelioma and shares her story.

Earlier in the year Marlene said she was experiencing shortness of breath and this eventually

led to her being admitted to Sir Charles Gairdner Hospital for a series of tests.

"The shortness of breath was from fluid on the lung, and I had quite a few biopsies but they couldn't find any reason for the fluid, crossing off lung cancer and other diseases.

"Eventually my doctor, Professor Gary Lee, did further tests and found I had mesothelioma," said Marlene.

When she received her diagnosis, she felt like she had been kicked in the guts.

"Professor Gary Lee made the whole experience as good as possible and went out of his way to explain everything to me and also contacted my daughter to clarify where we went next," she said.

Marlene said it has been an emotional rollercoaster

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Celebrating the heritage of Maylands throughout November - all welcome!

by Lee Tate

RICH in history and heritage, Maylands is laying out the welcome mat and opening its heritage treasures throughout November.

Making news in *Have a Go News* earlier this year when locals revealed some of the suburb's rarities. The riverside suburb in Perth's north-east is celebrating its 30-year milestone.

The Maylands Historical and Peninsula Association first embarked on a program to educate residents on their own established

suburb. Now it's being widened to the public.

Association president Keith Cundale says: "We have designed a program to showcase the different aspects of this fascinating suburb."

In a textbook example of community action, widespread support was aided by the City of Bayswater with local businesses stepping forward. Sponsors include Esteban's on Whatley, Rifos, Lyric Lane, NTY Property, Maylands Shopping Centre, Clinicare Compounding Pharmacy and Rabble Books & Games.

Keith said events and activities during November recognised: "both the history associated with Maylands and our shared heritage."

"Maylands heritage is all about celebrating and sharing those things from the past which are valued and which we want to save to be shared with future generations."

"Displays relate to the historical importance of people, places and buildings within Maylands alongside a recognition of First Nations history associated with our suburb."

"We are showcasing the

on-going heritage of our fascinating suburb; the heritage created through personal histories, buildings, arts, culture and even current activities within Maylands," Keith said.

In three guided walks around the suburb during November, groups of up to 20 people will be led by guides discussing history and heritage. Walks are supplemented by written outlines accessible through QR codes to be refined later for self-guided walks to be undertaken any time.

The walks cover Maylands peninsula, provided under a Better Bayswater Grant program. Fees for the walks are \$15-\$25, depending on refreshments.

Maylands peninsula walks are two-hour, 4km explorations from Maylands Golf Course café along the Swan River. On November 19 and 20, they include the history of the brickworks and clay pits, stopping by Peninsula Farm and Tranby House, the old pottery works (now Waterland) and learning about Perth's first airport.

The "worshipful Maylands walks" on November 13 and 14 cover the Buddhist monastery and Our Lady Queen of Mar-



Keith Cundale at Our Lady Queen of Martyrs Catholic Church - John McLennan at Bold Park Primary School

tyrs Catholic Church. The 3km tour starts and finishes at the Old Police Station on Guildford Road. This will be open on the first weekend with free tea and snacks.

Heritage buildings guided walks on November 26 and 27 start at the Old Police Station, continue along Guildford Road to former Maylands Primary School, now the HQ for the School of Instrumental Music. Over Guildford

Road's footbridge, the tour stops at the old Industrial School for the Blind, now home to WA Ballet.

At Bold Park Community School, visitors can see how the Presbyterian Church was transformed into a school. The landmark old Peninsula Hotel, now Dôme's headquarters and café are next.

On November 21 is a talk: "Bush Tucker, Roasted Swans & Barrels of

Beer: Connecting the Swan River and Kings Park" by Jennie Hunt, a volunteer with the Dolphin Watch project. Jennie outlines how Aboriginal people interacted with the river and how European explorers and early settlers exploited it for food, trade, and transportation.

Free talks are held at Maylands Library.

Inquiries: Keith Cundale 0402 164 206 or email maylandshs@gmail.com



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Hearing clinic staff take on month-long trial to experience life with hearing aids



The Lions Hearing Clinic team, from L-R (back row); Ben Lake - Holly Mengola - Lize Coetzee - Jess Yiannos, Nita Santoso (front row)

by Allen Newton

PERHAPS surprisingly, the biggest objection to wearing hearing aids that Lions Hearing Clinics hear is: "I am too old to wear hearing aids."

Some might have thought that the appearance and stigma of wearing a hearing aid might be at the top of the list, so to get a better idea of what it's really like wearing a hearing aid, the team at the Lions Hearing Clinic decided to spend a month wearing them.

Lions Hearing Clinic is part of Ear Science Institute Australia.

They chose a new range of hearing aids, the Phonak Audéo Fit devices which include a heart rate monitor, track distance walked and has a step counter, which Lions says helps to promote healthy habits and create a greater sense of well-being when paired with the myPhonak app by tracking heart rate, steps and activity levels.

While most of the team don't have hearing issues, it was an oppor-

tunity for them to experience life as a hearing aid wearer - witnessing some of the everyday issues faced by wearers like forgetting to take it off for a shower or wearing it at the gym.

The aim was for clinicians to be able to empathise more with clients and provide them with valuable tips and tricks that they learned from the exercise.

Chief operating officer of Lions Hearing Clinics, Lize Coetzee, says nearly 466 million adults have trouble hearing world-

wide, but only about 50 per cent of people with hearing loss use a hearing aid.

"We want to put hearing help in the mainstream," she says.

"When people find out they have a hearing loss, it often progresses, and they wait up to seven years before they get hearing aids, so we want to give people the motivation to take a step sooner rather than later."

Delayed help for hearing loss can affect someone both physically and emotionally. In addition to loneliness and anxiety, untreated hearing loss is also linked with falls and dementia, Lize said.

Lions staff turned the month of September into the STEP-tember challenge with the audiologist and administration team wearing the hearing aids for the month.

Clinic manager, Holly Menegola says the team wanted to shine a spotlight on the physical and emotional impact of hearing loss and give them an experience to help them provide practical advice and support for clients.

Over the month, everyone tracked their steps and activity and kept a diary of their experience.

Audiologist Lauren Sabatini said she was initially self-conscious wearing a pair of Phonak Fit devices.

"What surprised me the most was how quickly I got used to wearing them. I felt very conscious at the beginning, but after a couple of weeks, I realised that hardly anyone noticed I was wearing them," she said.

Staff member Jessica Yiannos who won the step challenge with nearly 240,000 steps during the month said the Bluetooth streaming functionality of the hearing aids were great at the gym or on her commute listening to music.

It's also fortunate that the hearing aids are waterproof given that she forgot to remove them on a couple of occasions when she had a shower.

Client support team member Ben Lake said the exercise had helped him realise what audiologists mean when they say the sound is different.

"This experience gave me a new appreciation for what our clients experience and has helped me to really help them, as I now understand what they are going through," he said.

"This experiment in the clinic has helped

the team provide world-leading client-focused hearing care as they now have lived experience of hearing loss and wearing hearing aids," Lize said.

"As the festive season draws closer, I encourage everyone to take a moment to think about all the little conversations you missed last year.

"Did you miss your grandkids telling you about their end-of-year

school concert? Did you miss the discussion in the car on the drive home from the Christmas lunch? Don't miss out this year.

"From now until Christmas, take advantage of an immediate hearing aid fitting and walk out of your clinic with your new devices to try in your life. The new range will give you the confidence and motivation to hear well and live your best life," she said.

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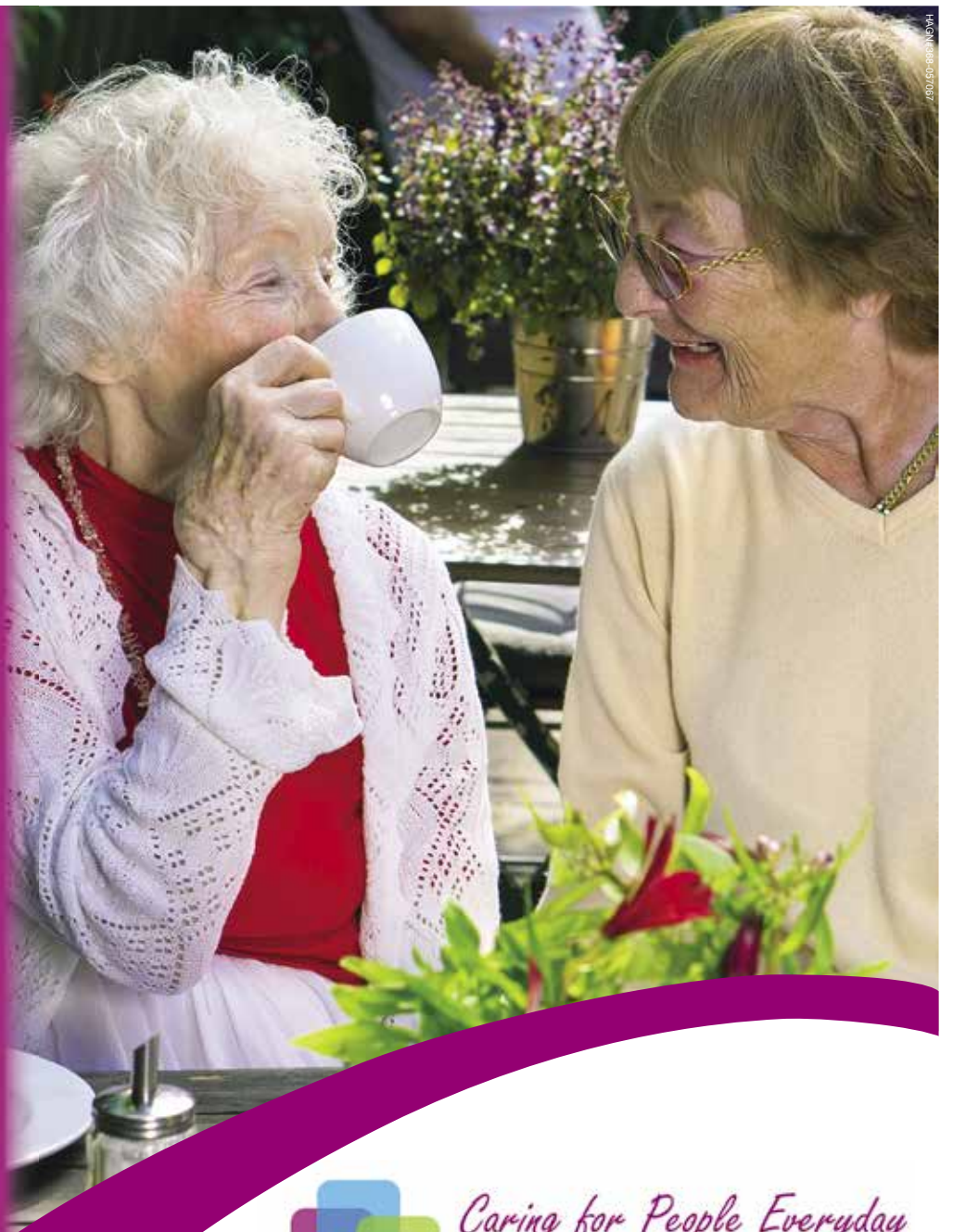
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Where Opinions Matter - where do all the lonely people come from?



There is concern for all those who feel lonely...



by Lee Tate

"ALL the lonely people, where do they all come from?"

PAUL McCartney sang these words that have greater relevance today.

'Flying solo' sounds very adventurous when applied to brave young pilots, but out in the community loneliness is becoming a tidal wave with the decade ahead tipped to see an unheralded surge.

Baby boomers have left, or are leaving, work

and entering the foothills of old age. All couples will eventually lose one partner and be left alone, often unprepared or poorly supported by disinterested family members or inadequate community support systems.

Care homes are filling or filled, their staff levels are critically low and many boomers are not fully prepared to be home alone. This is not a new phenomenon, but ageing boomers are booming.

Social isolation is a growing concern for previously working couples who suddenly find themselves sharing the same space 24/7, sometimes with limited common interests.

Lifetime individual habits run deep and many boomers are reluctant or opposed to seeking advice or counselling on

their relationships or hardships, even from loved ones.

Social commentator Bernard Salt pointed out recently that in the post-war era, loneliness was not considered a serious issue because adults rarely lived alone.

"Couples married and had children in their early 20s. Divorce and separation were uncommon. Today the situation is different," he penned.

"Today, couples typically do not pair-up and have kids until their 30s. Many young people choose to live singly... their relationships are today more likely to end in separation or divorce."

As life expectancy expands into our 80s, it can mean 20 years out of work without the social benefit of regular connection with the workplace

and, potentially; more years spent living alone.

There are longer periods in our lives when adults may not be in the company of a partner, sibling, parent or housemate.

Of course, plenty of people are happy to 'fly solo'. They'd have it no other way. Modern media and technology can help keep many boomers in touch with friends and relatives.

It may not be the same thing as face-to-face contact but it can be all part of a mix.

The concern is for all those who feel lonely, even in built-up communities with activity all around them.

"The problems of social isolation, of loneliness, can lead to poor mental health outcomes without someone there to act as

a sounding board," Salt says.

Today, there is a case for enhanced programs for social inclusion, raising the role of churches, businesses, authorities and service clubs. Many suburbs that offer community programs may excel at it while not necessarily having the resources to promote and expand their activities with good leadership and back-up.

Most communities have a strong backbone of ready resources: volunteers. They are in abundance, experienced and willing and they are sorely needed for the surge of needy solos and seniors ahead.

How best to muster and prepare them?

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

What is gambling really costing our generation?

MARILYN, 76, from Perth's northern suburbs, remembers the exact moment she decided to get help for her gambling addiction.

She had just returned home from the casino and realised there was nothing left.

"It was the first time (in my life) that I had an empty fridge, an empty purse, and an empty bank account. I said to

myself I need help; I can't go on like this."

Marilyn is one of more than 1800 people who have reached out to the State-Government funded Gambling Help WA service in the past year. She said getting help had turned her life around.

She now receives a call every week from a counsellor to chat about how she's doing and how she can stay on track.

Gambling Help WA is a free service for people affected by problem gambling, their partners and families. It offers a supportive environment to talk about the impact that gambling has on their lives as well as the opportunity to learn new ways to manage the behaviour.

"When I was gambling nothing else mattered," Marilyn said. "Once you're there you don't think about anything else, you just think about feeding the money into the machines, sometimes for 12 hours at a time.

"I didn't spend any money on anything - not my garden, not my clothes, not my house - nothing."

Marilyn will be the first to admit that the real cost of gambling is not just financial.

"A lot of women my age are lonely and go to the casino for a day out," said Marilyn.

"But gambling... it breaks up families, friendships, and the mood swings it causes are just uncontrollable."

Unfortunately, Marilyn's story of addiction is all too familiar.

Nigel Calver from Centrecare, which runs Gambling Help WA on behalf of the State Government, said men and women often had different motivations for gambling. For men it was usually the competitive side of gambling, while women gambled for the social interaction and the distraction from loneliness or isolation.

"In dealing with gambling addictions we need to look at the causes motivating people," Mr Calver said.

"So we get people to recognise the extent of the problem first, and then work together on strategies of how they can manage that, because you have to replace the damaging behaviours with something that is rewarding and productive.

"You can't just take it away and leave a vacuum."

Since getting help, Marilyn has found a new lease on life... and a new appreciation for gardening.



Marilyn kicked her gambling habit

"I'm now secure in what I'm doing, and my family keep telling me how proud they are of me for getting help."

Do you recognise the warning signs of gambling-related harm in yourself or someone you know?

- Spending more time or money than you can afford to lose.
- Arguing with family and friends after gambling.
- Borrowing money or selling assets to gamble.

Help is available 24/7. Visit www.gambleaware.com.au or call the Gambling Problem Helpline on 1800 858 858 for free



advice and support. To make an appointment with Centrecare's Gambling Help WA call (08) 9325 6644 and ask to speak to a Client Liaison Officer.

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Bringing a community together and blossoming in country life



Kaye and Don Millar

by Serena Kirby

WHEN Kaye Millar was six years old she spotted a tiny peach tree growing on the side of the road. She also saw a giant grader clearing the roadside up ahead; soon to be heading straight for the single seedling. Quickly, she dug it up and carefully carried it home. That tree survived and thrived for 40 years and went on to be the propagation source for many more just like it.

Kaye's love of plants germinated on the dusty roadside that day and

it was nurtured by her mother's garden where flowers, foliage and food grew in abundance.

Kaye is now a qualified horticulturist and provides trees, plants and seedlings through the nursery that she and her husband Don established in Denmark eight years ago. As bright and vibrant as its owners, Blossoms Nursery has well and truly blossomed.

"I'm all about people and plants," Kaye says.

"Don tells people that I'm the face of the business and he's the body. We

didn't start the nursery for money; we did it for the community it creates and the surroundings we now get to work in.

"There's also huge satisfaction in sourcing unusual plants for people. We're the go-to-people for all the odd plants like *Ceropegia ampliata* (commonly known as condom plant) and giant angel's trumpet trees."

Kaye and Don's nursery was ticking over nicely before the pandemic but things went into hyperdrive the day it hit. The boom in gardening and veggie patches was instant and demand outstretched supply.

So great was customer demand for vegetable seedlings, that it wasn't uncommon for people to turn up in their pyjamas before the shop was even open. The quick-witted Don instantly saw the chance for a bit of fun amongst the doom and gloom of Covid-19.

"We put the word out that we were having a

"wear your PJs to Blossoms day" and got a great response. It was hilarious. We also celebrate World Naked Gardening Day each year and people send us photos of themselves naked amongst their garden and we share them on Facebook. Of course, they have to be discreet and cover all the naughty bits."

On the serious side, Blossoms became a refuge amongst the chaos of the pandemic; a calming, lush space where locals brought their fear of the unknown, where seedlings were shared amongst strangers, cups of tea made and tears shed.

"People were scared and we enjoyed being able to provide support," adds Kaye.

Now, you'd be forgiven for thinking Kaye has a good heart but nothing could be further from the truth. Kaye was born with the rare heart condition, Wolff-Parkinsons-White syndrome, that causes scary episodes of rapid heart rate. She got her first pacemaker in her

early 20s and has had six new pacemakers since then.

"One of the pacemakers had burnt out my own heart and I had to fly to Sydney for open heart surgery. Not long after, a wire connecting the pacemaker to my heart became dislodged so we raced up to Perth as one of Australia's leading heart surgeons had flown over from Sydney to do the operation."

Kaye is upbeat about her condition (pun intended) saying that during one of the heart operations she was "a little bit dead for a little while".

"Don once said he wanted to use me and my pacemaker to jump start the truck's flat battery," Kaye laughs and adds, "My new pacemaker has bluetooth and a tracking device. But I can't for the life of me get Netflix."

With spring now here, Kaye is busy providing tips to gardeners on what needs to be done at this time of the year. "Everything has been

asleep so it needs a kick start to prepare for leaves, flowers and fruit."

Here's some of Kaye's pointers for getting your garden ready.

- Apply seaweed extract every two weeks to everything. It's highly effective at strengthening plants for the pending growth spurt. It also helps them cope with the onslaught of spring pests like aphids, mealybugs and caterpillars. It's also time to put out snail bait and slug pellets.
- Prune lemon trees and other citrus.

• In warmer areas, it's time to apply a wetting agent and a layer of mulch.

• Dig loads of compost into the spring veggie patch to get it ready for planting and give it a dose of dolomite lime, blood and bone and chook poo.

• If you have orchids and they've finished flowering, it's time to divide them.

• Don't forget to keep up with weed control as they'll start popping up everywhere. Controlling them early will save work later.

Mandatory Covid isolation ends...new recommendations

MANDATORY Covid isolation is no longer required, however, all Western Australians are still recommended to take steps to reduce the spread of Covid-19 and protect others.

People with Covid-19 should:

- Stay at home for at least five days and their symptoms clear
- Avoid large gatherings and crowded indoor places

- Don't visit people at high risk of severe illness, aged, disability care or healthcare facilities, such as GP, physio and dentists for seven days.
- Wear a mask when indoors

- and on public transport
- Notify their employer and discuss when to return to work.
- Register positive RAT online or phone 13 COVID (13 26 843).

ADVERTORIAL

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

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

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

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

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

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

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

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

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

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



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

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

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





by Rick Steele

"MONEY talks, that may be right, but it don't talk to me." Written by a financially stressed rock musician with four children, and a mortgage in the early 80s.

A few years earlier Bob Dylan had written: "Money doesn't talk, it swears."

Money talks - or is it the bane of our existence

'Tis budget season in Australia and as usual not everyone is happy. Swear jars throughout the country are filling rapidly. Meanwhile the Pommie pound is taking a hammering and share markets are like a proverbial yo-yo.

A businessman visited his financial adviser and asked how come his shares had lost half their value and interest rates had risen sharply?

"It's fluctuation," was the reply.

"Well, the same to you."

Way back in the 1950s I was fortunate to have a

godmother who resided in Southhampton, England and every birthday and Christmas she would send me a crisp English one pound note. This was extra pleasing because the English pound was worth double the NZ equivalent. That was a lot of lolly in those days. A big bag of liquorice all sorts, Jaffa's, a choc born ice cream, a strawberry milkshake and Richard was ready for a technicolour yawn, (a chunder, a vomit).

These days I always try and pay my bills with a smile, but invariably they

just want money.

From the treasurer's recent report: "the last government left us poised on the edge of a financial precipice. This year we will make a great leap forward."

From the New Testament: "the love of money is the root of all evil."

From the Old Testament (EcclesiastesX.19): "wine maketh merry, but money answereth all things."

Extract from a sailor's log on how he spent his month's pay ashore: "some went on drink;

some went on women, and I guess I squandered the rest."

Perth has again demonstrated its sensational generosity with the annual Telethon extravaganza even as global stability and finance appear to be pointing to another recession we have to have. (Was that the Paul Keating one?)

I can't remember boom from bust! When you crawl along, near the bottom of the financial pool while some executives claim their million-dollar bonus, the discovery of

another lithium mine and talk of another several billion into the economy doesn't seem to help people find a bed.

I remember I wrote a song (never published) when the diamond mine with pink beauties was discovered.

"We got diamonds by the tonne, up north, but what's it worth to you and me?"

However, in all fairness, we do live in probably the greatest state in the world and as I say to my friends. "I'm living on 'Alban easy' Street. I get a

pension and not so long ago we got a four dollar a week rise.

Hey, "I got the sun in the morning and the moon at night."

The tall blonde told the attendant in the fashion store that she wanted a pair of low heels.

"To wear with what, madam?"

"A short, plump, rich stockbroker," she replied.

To go with the heels she bought an outfit that made her look like a million dollars.

All wrinkled and green. Cheers dears!



New trishaw arrives in Woodbridge ready for rides



CYCLING Without Age continues to grow in WA since its launch in 2018 with a new chapter forming in Woodbridge in the Swan Valley.

This fabulous community initiative offers people who are unable to ride themselves the opportunity to get outdoors and feel the wind in the hair.

The concept started in 2012 by the generosity and kindness of a Copenhagen resident, Ole Kassow.

He wanted to help older people get back on their bicycles, but he had to find a solution to their limited mobility. The answer was the trishaw and he started offering free bike rides to the local nursing home residents and from there this worldwide move-

ment began.

Now residents of the Swan Valley have the opportunity to enjoy this unique concept too.

Launching on Sunday November 6 at Woodbridge Riverside Park from 9am to 2pm, people are welcome to join celebrating the new trishaw.

Then every Sunday and fortnightly on Thursdays from 9.30am to 11.30am the trishaws will be riding around Woodbridge.

The rides are on a first-come-first-served basis but bookings can be made by calling 0448 447 223 or email bookings@cyclingswithoutage-perth.org.au please provide your name, preferred date and time, contact number and number of passengers.

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Singing your heart out - an aid to ageing well



Jo Randell (right) with singers from Kalamunda Learning Centre course

by Frank Smith

SINGING is a free and easily accessible activity which can help us live happier, healthier and more fulfilling lives.

Dr Melissa Forbes, senior lecturer in Contemporary Singing, University of Southern Queensland, writes in *The Conversation* that most people, even those who claim to be tone deaf, can sing accurately in tune.

She says group singing increases release of

the bonding hormone (oxytocin) and decreases the stress hormone (cortisol).

Joanna Randall teaches a class called *Sing Your Heart Out* at the Kalamunda Community Learning Centre.

"Most people who come to my class are between 55 and 80 and retired," she said.

"Singing makes you feel good. Everyone can sing, if you can talk, you can sing. It is a basic human response like laughter."

Dr Forbes says singing reminds us to get in touch with our whole selves.

"Focus on your breathing and the physical sensations you can feel in your throat and chest.

"Singing is also a great way to raise your awareness of any physical tensions you may be holding in your body."

Singing also provides a good physical work out. It is enjoyable exercise, making it more likely that patients will comply with health professionals' di-

rections to exercise over an extended period.

Compliance is a particular problem among Aboriginal Australians who often have little faith in white-men's medicine. However, singing and learning to play the didgeridoo effectively improved asthmas management in one study.

"There are very few studies on the exercise value of singing for non-singers. I am planning to do this type of research in the future," said Dr Forbes.

Dr Rachel Goldenberg, of Ambrose University in Canada, reviewed 17 studies of the effect of singing on multiple medical conditions including chronic obstructive pulmonary disease, asthma, cystic fibrosis, cancer, Parkinson disease, quadriplegia, and multiple sclerosis.

All these studies reported positive physical and/or quality of life outcomes after a series of singing lessons, although few reached statistical significance. Several noted improvements in maximum breathing out pressure and overall breathing technique.

In most studies the participants found singing was an effective therapy that was fun, improved

mood, taught breathing and breath control, was a good exercise for the lungs and improved physical functioning.

Group singing can help combat social isolation and create new social connections, help people cope with caring burdens and enhance mental health.

These psychological benefits flow because group singing promotes new social identities.

"Producing something beautiful together with a stranger builds trust and friendship," said Ms Randell.

"It is the ideal way to start a network when you move into a new area.

"We sing joyful and thought-provoking songs, opening our hearts along the way. Singing with others is hard to beat," she said.

Dr Forbes said the artistic dimension of singing includes memorisation and interpretation of lyrics and melodies, understanding and being able to hear the underlying musical harmony, sensing rhythm and much more.

Singing is also an enjoyable exercise and helps combat loneliness.

Exercise, ending loneliness and artistic expression are all valuable aids to ageing well.

Don't you wanna dance?



I WANNA Dance with Somebody is a powerful and triumphant celebration of the incomparable Whitney Houston. Starring BAFTA Award® winner Naomi Ackie, the film is a no-holds-barred portrait of the complex and multifaceted woman behind *The Voice*.

From New Jersey choir girl to one of the best-selling and most awarded recording artists of all time, audiences are taken on an inspirational, poignant — and so emotional — journey through Houston's trailblazing life and career, with show-stopping performances and a soundtrack of the icon's most beloved hits as you've never heard them before.

In cinemas December 26.

WIN WIN WIN

To be in the draw to win one of 10 double passes to *I Want to Dance with Somebody* film – simply email win@havegonews.com.au with *Dance in the subject line* or write to *I Wanna Dance*, c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/12/22.

Inspired by the movie *Mrs Harris Goes to Paris...*



by Jon Lewis

AFTER seeing the beautiful and uplifting *Mrs Harris Goes to Paris* it inspired me to make a change in my life.

At first, I was more a dutiful husband than an eager cinema goer.

My darling wife and I had been kindly invited to see this new period piece.

It was set in the 1950s and focused on an English cleaning lady, Ada Harris, who was a salt of the earth kind of person.

She worked hard but

felt invisible. She had good friends but felt something more was missing.

Through a thoughtful series of events Mrs Harris finds herself cleaning the home of a lady who owned one exquisite Dior dress.

Mrs Harris had never seen such a beautiful garment. Its look, its fabric, its design and, here is what most struck me... she loved how it made her feel. Just looking at it made her glow.

I think it is important to note it was not a feeling of wealth or grandeur. It was not a feeling of superiority or even surprisingly beauty.

It was simply the way it made her feel right down to her very being.

I was so very much taken by this idea. The thought that clothing could change the way you feel.

I wondered if remarkable clothing could enable this change, then what could unremarkable clothing do?

Could it be nothing at all or could it be a dwindling downward feeling?

The stylish film was primarily set in fashionable Paris at the height of the French fashion scene. The abundant casual elegance was a delight to be among. It was not forced nor was it pressed. It was there and nothing more.

The elegance and style flowed in a most casual way, and it was almost surprising in how unobtrusive it was.

For example, at one point the dear lady was sitting on some stairs being consoled by a new friend as they both drank water.

However, the bottle was petite, while not being small and glasses were of a fine liqueur design with

an elegant stem. It was a beautiful scene.

It was as it needed to be.

The story follows some interesting turns and permits the viewer to enjoy the life of the fashion world through the eyes of a down-to-earth and happy lady.

And this is where my change stepped in; Mrs Harris was changed by the experience and so was I.

As a result, I questioned why I chose to dress so casually and functionally most of the time?

You see, I didn't want to let this experience go away. So, I decided to not let go without a fight.

My plan is not to travel to Paris for a fine suit of clothes, rather to make better use of what I have.

It may seem, rightly so, self-indulgent... yet, there are some fine clothes sitting in my wardrobe only

being aired once a year or perhaps even less often?

For this month at least, I am wearing my good clothes to see if the feel I experienced in the movie can continue? I hope it does.

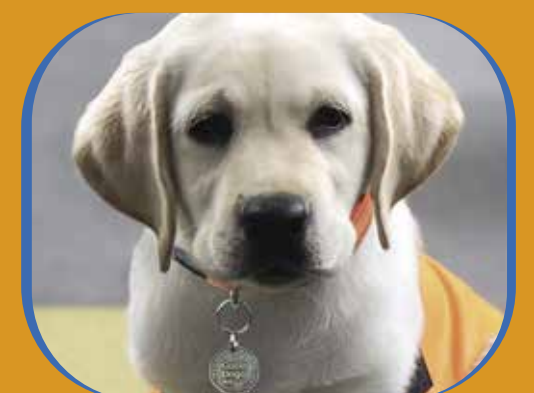
Thank you, Mrs Harris! All the best,

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Retirees Club News & Recreation



SwanCare offers residents recreation and active ageing in retirement

FOCUSED on balancing leisure and active ageing for their village residents, SwanCare Bentley Park provides the best of both worlds with their nine-times award winning leisure precinct.

SwanCare's purpose-built leisure precinct has something for

everyone, including an indoor heated pool, gym, bowling green, snooker hall, darts centre, reading room, activity room, puzzle place, and computer lab.

You can do these activities alone, or why not join a group? SwanCare has 40 clubs in cate-

gories such as social catchups, games, group workouts, and creative endeavours. The beauty of the 15-hectare site is that you can do as much or as little as you like.

"We have seen an increase in life around the village now that we have a vibrant space for our

residents to meet in. It's been great both mentally and physically for our residents. The village truly feels like it's come to life," said Graham Francis, SwanCare CEO.

This resort-like community is like no other in its class, with onsite support should you need it

for your retirement journey. SwanCare offers retirement living, home care services, and four aged care centres all on the one site in Bentley.

To view the SwanCare lifestyle for yourself, contact Matt Southgate on 6250 0016 or retire@swan care.com.au.



Meetings for retirees group in northern suburbs

NORTHERN suburbs branch of the Association of Independent Retirees (AIR) speaker for the November 17 meeting will be from the Department of Fire and Emergency Services. They will impart how to keep ourselves safe at home and in the community.

The December meeting

will be the annual Christmas lunch.

Advance notice for the January 19 meeting: the subject of the meeting will be The Body in the Bag presented by Emeritus Professor Bob Mead.

Professor Mead is a biochemist and molecular toxicologist who established Murdoch Univer-

sity's bachelor degree in Forensic Biology and Toxicology in 2004. He, regularly delivers expert testimony in court in cases involving drug-related deaths, alcohol-associated traffic crashes and drug-assisted sexual assault.

All meetings are held at the Penistone Park

community sporting facility, 27, Penistone Street, Greenwood, on the third Thursday each month commencing at 9.30am.

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

If you are interested in attending as a guest,

please reserve a seat by registering your interest with Mike Goodall.

Cost \$4 per person including raffle and refreshments.

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

Travelling again in interesting times - tips and advice

TRAVELLING opens your eyes to the world and keeps you young, at least in the mind and heart.

However, older Australians find there are extra challenges to travel related to age, health and sometimes single status, not to mention the extra complications due to Covid.

Vikki Southern from Travel Managers and insurance rep Deb Evans will share some thoughts on how older people can still explore and best prepare for some of these shortcom-

ings at the next meeting of the Association of Independent Retirees, Perth Branch (AIR) on Friday November 18.

The aim of the 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.

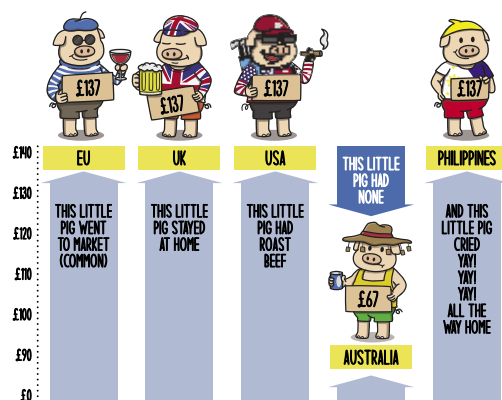
Besides the meeting and morning tea they have a guest speaker, and over the year em-

brace many interesting topics related to finance, travel, health, community and special interests of members.

Visitors are welcome. It is appreciated if attendees bring their own coffee mug and correct money (\$2 - members, \$5 - visitors). Enquiries to Margaret (marghw@inet.net.au).

A sub group of AIR Investors will meet on Wednesday November 16 at 1.30pm, at the same venue. Enquiries to John johnkwellis@gmail.com.

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WEEKDAYS FROM 5.30AM



9NEWS WA FIRST

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

WEEKDAYS 5.00PM



9NEWS

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

NIGHTLY 6.00PM



A CURRENT AFFAIR

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

WEEKNIGHTS 7.00PM



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.

SUNDAYS 5.30PM



MY MUM YOUR DAD

Kate Langbroek presents this heartfelt series about single parents looking for love for the second time around. What they don't know is that their adult children are secretly guiding them through the perils of modern dating.

MONDAY & TUESDAYS 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



LEGO MASTERS BRICKSMAS SPECIAL

LEGO Masters Australia returns for two magical Bricksmas Specials. Four celebrity guests will be teamed up with some of the greatest LEGO builders from past seasons. The teams will battle it out over two episodes in the quest to be crowned LEGO Masters Bricksmas winners.

SUNDAY 20 & 27 NOV 7.00PM

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Letters to the Editor

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



Dear Editor,
REGARDING Bill Taylor's response to Karen Majer's article on the Bunbury bypass in a recent issue.

Firstly, Karen questioned the route of the bypass, not the bypass itself. The concern is that the route could have been modified to avoid this beautiful stretch of bushland but in this state generally Main Roads gets what Main Roads wants.

The Bunbury bypass is a microcosm of what has been going on all over the world. Our natural world has become dispensable in the name of progress. Now in 2022 the result of this is a signif-

icant loss of native species, animal and plant, with many more under threat.

We now have climate change, though for the present, it is not significantly impacting us in the south west. Our jarrah and karri forests have been severely impacted by mining and logging. The Gelorup stretch of bushland, with its big old trees, is an example of so much that we have lost.

My point is that we all need to take more seriously the impact of our decisions on the sustainability of our neighbourhood. The loss of this healthy habitat, home to the critically endangered Western Ringtail Possum, that is only

found in the south of WA and is a protected species, is devastating.

Australia has lost more species to extinction than any other continent, one of the prime causes being the incremental creep of development. Much of the big clearing has already happened and now it's the small islands of bushland that are being wiped out.

In the case of the Bunbury bypass an alternative route could have been chosen, maybe a bit more expensive, but if in 2022 we don't weigh the cost of our actions on our future environment, when are we going to?

**Sally Wylie
Margaret River**

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

Dear Editor,
WHILE I understand the reason for David Rudman's jaundiced view of journalists, he should realise selective presentation of the facts to facilitate government and commercial agendas is enhanced by the lack of local competition in many sectors of the media. Unless aspiring journalists are prepared to comply with company policy when searching for their first job in the media, their career options are limited.

They are easy prey for minority group activists who feed them controversial material which is sure to attract headlines.

Unfortunately opposing views reflecting the opinion of the silent majority, either as a news story or a reader's letter have no chance of being brought to the public's attention.

**Daryl Binning
Bull Creek**

Dear Editor,
REGARDING Mr Tate's column in September issue, about mainstream media; I completely agree with him.

K.C. Munro

Dear Editor,
PLEASE print my poem...

*Bless the poor who have no home,
Bless the broken hearted who die alone.
Look into the eyes of the children,
Look at the clothes they wear.
They are skin and bone and have no home and no one seems to care.
The poor get crushed under the stock market crush,
But the rich post their money around,
Where it goes nobody knows,
For it never can be found.
The wind blows, the trees dance and water rises high.
The lucky ones ride out the storm as the weather passes by.
Behind prison bars for telling the truth,
The truth should get you free.
To protest would be against the laws that govern you and me.
I'm running out of rhyme, is the world running out of time?*

**WA Higginson
Baldivis**

Dear Editor,
ARE you retired and rattling around in your three or four-bedroom house?

There are so many wonderful overseas female (and male) students seeking a small room. They make good company, and their rent pays all the bills and more. You have a choice of gender and nationality.

If interested please contact me through this paper or on 9271 1018.

Liz Morris

Dear Editor,
I AM disappointed but not surprised by the contribution Joondalup Council has given to Seniors' Week; that is exactly what they offer the other 51 weeks of the year.

This tends to be their usual contribution to this event. Council, please step up, do some contributing other than trying to appear to be part of this annual event but offering nothing additional to our usual events.

**Iris Bennett
Craigie**

HMAS Perth (I) memorial in Fremantle



THE first stage of the HMAS Perth (I) memorial was completed late last month with the installation of a half-size replica of a propeller as mounted on the ill-fated HMAS Perth which was sunk in March 1942.

This phase of the memorial includes a Wall of Remembrance which has all the names of those who were on HMAS Perth when she was overcome by a superior Japanese naval force at the Battle of Sunda Strait. The USS Houston was also sunk with great loss of life in the same battle.

The propeller was modelled on a Royal Navy Admiralty 1930s design, cast, and machined by Veem Ltd, Canning Vale.

The memorial is the result of work carried out by the Navy League (WA Div.) and the HMAS Perth (I) Memorial Foundation Inc.

It is hoped to complete the second stage by mid 2023.

The memorial is located on Riverside Road, East Fremantle next to Swan Yacht Club.



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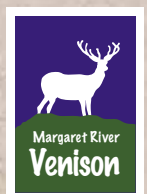
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The hot topic of conservation of endangered species - have you heard a barking owl?



L-R; Barking Owl photographed in Victoria by Steve Castan - Dr Boyd Wykes and Peter



by Karen Majer

AUSTRALIA holds a tragic record – the 2022 State of the Environment report found Australia has lost more species to extinction than any other continent. That's 54 species of mammals, birds, frogs

and other fauna. Australia is also in the top 10 for endangered and threatened species with 909 species categorised as critically endangered, endangered or vulnerable. The list includes the beloved koala, with populations in Queensland, New South Wales and the ACT classified as endangered.

Conservation efforts are underway to save several well-known species in WA, including the western swamp tortoise, white-bellied frog, numbat, western ringtail possum and black cock-

atoos. However some species may be slipping away almost unnoticed. One of these is the southern barking owl.

The barking owl is a larger relative of the boobook. WA has a south-west corner population of a southern Australian race as well as Pilbara and Kimberley populations of a northern race. Our south west barking owls were once found from near Perth in the north, east to Northam and south-east to Kataning and Bremer Bay but a newly-published review by ECU's Dr Rob Davis

and colleagues has found only 10 confirmed records in the past 10 years, with no definite recent records.

This winter my husband, ornithologist Dr Boyd Wykes, has spent many cold nights surveying, using play-back of their calls to attract any barking owls surviving in their last known locations.

"Our focus has been on woodland on the eastern flanks of the denser forested Darling Scarp, south from Collie to Manjimup," he said. "Unfortunately, we have had no success."

The current conserva-

tion listing of the Barking Owl in south-west WA is Priority 3: known from several locations; does not appear to be under imminent threat, or from few but widespread locations with either large population size or significant remaining areas of apparently suitable habitat, much of it not under imminent threat.

Tragically, it looks as though our barking owl will jump from here to being listed as extinct without any conservation attention. Possible factors leading to extinction include clearing and degradation of woodland, wetlands and waterways in the wheatbelt and loss of open, old growth forest by logging and altered fire regimes.

However there is still a chance that barking owls are out there somewhere, perhaps on private land, and Dr Davis is planning a publicity campaign to enlist community support to find them. Boyd says that this is a bird that is readily identified.

"Many people who have camped along watercourses in the north of

our state will have heard the distinctive woof-woof call, which can really only be confused with the yapping of a dog. The barking owl is also famous for its occasional, mating season 'shrieking woman' screech, but shrieking without any barking calls is likely something else such as a fox," he said.

The demise of our south-west barking owls is a reminder that while we focus on trying to save particular species, protecting whole ecosystems and the interconnections between them are the key to maintaining our unique biodiversity. This is especially so as the increasingly-evident impacts of climate change, including more frequent bushfires and severe weather events, add to clearing, predation by feral animals, inappropriate burning regimes and other pressures of our expanding population.

Destruction of threatened species habitat continues at an alarming rate due, many believe, to failures of Australia's environmental protection

laws. In good news, the recent announcement by Environment Minister Tanja Plibersek of a 10-year strategy to halt the loss of any more species means that more than 100 threatened animals and plants – including iconic species like the koala – will be prioritised under new conservation strategies. The plan includes a promise to protect a third of the continent's land mass under national environment laws to help vulnerable species and habitats. Meanwhile, the Albanese government will be introducing new environment laws next year – we watch in hope of stronger legislation with teeth.

Ms Plibersek's announcement of a goal of no more extinctions, with new support mechanisms for any species that ends up on an extinction list, is a reminder of how important it is to understand what is happening in our local environment.

Anyone who may have a lead on barking owls can contact Boyd via the Owl Friendly Facebook www.facebook.com/owlfriendlymargaretriver.

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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. Specsavers Audiology
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Entrants can enter via email with Ad-words in the subject line at win@haveagone.com.au or write to Ad Words

Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/11/22.

Congratulations to Lee Clohessy, of Wembley our September Ad Words winner.



THEY SHALL NEVER BE FORGOTTEN



by John Rando, lawyer, musician, existential philosopher

Looking back at the early days of scrounging off the tip

A COUPLE of weeks ago I noticed a friend, a local eminent writer, scrounging through a waste disposal bin outside a local café.

Busily, she dragged items out of the bin. Well-dressed, she was salvaging newspapers and placing them into a neat pile.

I'm a curious, inquisitive man. So, I stopped to enquire.

"I regularly salvage old newspapers from this bin at the end of each day. I believe in saving the trees. When I have read them, I give them to my elderly neighbour," she explained. So, she continued busily scrounging.

This triggered a childhood memory.

Back in the 60s as a university law student I read *The Waste Makers*, a book about wasteful American consumers purchasing cars, furniture and consumer goods which were deliberately designed to become obsolete within a matter of years – the disposable society. Motor vehicles regularly changing shapes to make them purposefully obsolete. Designed to be dumped once the model and shape had changed.

This made manufacturers and retailers richer. Consumers were being conditioned to scrapping items unnecessarily.

Now, as a self-proclaimed existential philosopher, I look back. I'm glad I grew up in a relatively poor Australian-Sicilian household. No Christmas presents for me in the early years, as my parents couldn't afford them. As I was the eldest of three

children, Mum bought my clothes oversized. Shirts and trousers hung off me. As I grew older, they were passed onto my younger brother. No wastage. Only patchy repairs to my clothes, which my mates laughed at. Colourful patches on the seat of my pants, as I grew into them.

My family lived on the edge of Mongers Lake rubbish tip, Mount Hawthorn. Tons of household and industrial rubbish was dumped daily on the edge of the swamp surrounding the lake, killing off fish, frogs and ducks.

Mates and I were interested in collecting comic books, magazines, toys, scrap metal and cool drink bottles which we sold to a local marine dealer in Leederville.

I became a rich school kid, scrounging off the tip, and struck gold the day I noticed a truck dumping a load of toothpaste tubes. Just before the load was

about to be bulldozed into the swamp, covering the reeds and ducks' nests, I noticed the toothpaste tubes were made of lead. At the time I couldn't figure why the tubes were being dumped. Now I realise the lead tubes (before the days of plastic) may have poisoned the toothpaste. Dangerous.

Desperately, I negotiated with the bulldozer operator, who allowed me to pull the toothpaste tubes off the face of the tip, which took me several hours.

Using my pushbike, I then carted a truckload of lead toothpaste tubes home. It took half a day to squeeze toothpaste out of hundreds of tubes before I made numerous trips to the salvage yard in Roe Street, Leederville, where I was paid half price for my effort. I questioned the dealer why I would only be paid half price.

He explained: "I only

pay children half price as they only pay half price when they go to the movies." This made sense to me at the time, years be-

fore I became a lawyer. So, I didn't quibble. Wistfully, looking back, an important part of my early education was read-

ing dozens of interesting books and magazines scrounged off the rubbish tip off the Mongers Lake rubbish tip.

Where are the Mandurah giants?



Isak Heartstone by Thomas Dambo, Breckenridge, Colorado, USA. © Thomas Dambo.

continued on from front cover

The larger-than-life hunt for Dambo's giants will begin at the Mandurah Visitor Centre, where clues of the whereabouts of the Giants will

be made available.

Visitors will then need to explore the region to locate each giant, collecting a special symbol at each site along the way. Together, when the symbols are entered into

the special codebreaker at the Mandurah Visitor Centre, the symbols will reveal the location of the final super-secret giant.

Visitors playing the game are urged not to ruin the fun for other players.

"We all know the existence of the Tooth Fairy is up for debate, but there is an unwritten law buried deep in our psyche that allows us in certain situations to pretend that she does. If you find a giant, please share your experience with others, but don't spoil the game for them," Dambo says.

The Giants of Mandurah has been initiated and produced by FORM Building a State of Creativity and delivered in collaboration with the City of Mandurah. The

project is supported by the State Government through Tourism WA's Regional Events Program, the Department of Local Government, Sport and Cultural Industries, and Lotterywest, along with the City of Subiaco.

FORM CEO Tabitha McMullan says *The Giants of Mandurah* will allow visitors to choose the pace, order, mode of transport and even degree to which they complete the game.

"While the adventure certainly can't be done in one day, we encourage everyone to plan a leisurely stay in Mandurah to discover not only the giants, but all the other amazing experiences Western Australia's Top Tourism Town of 2022 has to offer," she says.

Have you ever thought of trialling the Bali lifestyle for retirement?

MANY people are lured to Bali for its all-year-round tropical climate, affordable living, and for higher-quality lifestyle.

Bali Insight Living (BIL) has recently been established to enable potential retirees to experience the Bali lifestyle before making any long-term commitment. Bali Insight Living appreciates that living in Bali is a totally different experience to that of holidaying. BIL focuses on ensuring their clients lead an active, social and fulfilling lifestyle to remain young.

Any move can be very daunting so Bali Insight Living's aim is on introducing the best that Bali has to offer so that potential retirees can decide whether it is really for them, before committing

to a long-term arrangement.

BIL provides reassurance and flexibility enabling its clients to even enjoy the best of both worlds with extended stays in Bali.

Bali Insight Living's concierge services assist potential retirees to navigate all the red tape, visas, and the like. They will assist with the pre-planning as well as their extended stay arrangements and more importantly helping them settle in, once in Bali, by establishing their social and activity circles.

The experienced team is based in Bali and consists of local Balinese and an expatriate who has lived in Indonesia for more than 27 years; offering a perfect insight

to anyone wanting to try the Bali Retirement Lifestyle.

For more information visit www.baliinsightliving.com

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Seniors Recreation Council Jottings

Have a Go Day, a LiveLighter Event,

Celebrating 30 years in the beautiful grounds of Burswood Park, Wednesday November 9, 9am to 3pm

HAVE a Go Day, a LiveLighter Event celebrates its 30th Anniversary in the beautiful grounds of Burswood Park. This event is an activity/information day for over 50s, where people can find a wide range of information and activities.

Join the Hon Don Punch MLA, at the official welcome at 10.30am at the entertainment stage site 105.

There will be a wide variety of activities to have a go at on the day with plenty of entertainment and hospitality tents available, serving free tea, coffee and bottled water for participants.

Free parking is available in the Crown multi-level car park and shuttle buses run from Burswood Train Station and Crown to the event and back again. Seniors Card/Seniors Smart Riders holders travel free 9am to 3.30pm.

Seniors Recreation Council of WA gratefully acknowledges the invaluable support of a major grant from Lotterywest towards the event and express a huge thank you to all our valued sponsors and supporters: 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, Ingenia Gardens, NBN, Telstra, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, Classic Hire and Scarboro Toyota. Further information is available by calling 9492 9772.

SRCWA Annual General Meeting

The SRCWA annual general meeting was held on September 28, and state president Phil Paddon spoke about the history of SRCWA and acknowledged all the work done by the organisation throughout the year. A minute's silence was held in remembrance of all those who passed during 2021/2022. SRCWA executive officer Dawn Yates welcomed representatives from the branches and thanked all the volunteers for their dedication to SRCWA's programs and events. She also thanked the Woorlooloo Trustees who provide invaluable assistance at numerous events throughout the year.

Mavis Owens was elected vice president for a further two years and Eileen Stark was made accredited volunteer representative for a further two years. SRCWA's annual report for 2021/2022 was presented and appreciation expressed to the office staff who compiled the report. The guest speaker at the AGM Shaan Brems, injury prevention officer Community Engagement gave an enlightening presentation on "Falls Prevention and the Community Connect Program" which was enjoyed by all.

LiveLighter Aged Care Games Peel Region

The SRCWA LiveLighter Aged Care Games in Peel region were held on Tuesday October 11 at the Murray Aquatic and Leisure Centre. SRCWA Peel branch president Jan McGlenn OAM and her group of dedicated volunteers supported by Alcoa volunteers and state office volunteers presented an event with a range of activities for seniors in care which was enjoyed by all. SRCWA executive officer Dawn Yates welcomed everyone and introduced Robyn Clarke Member for Murray-Wellington to officially open the games. SRCWA state president Phil Paddon was MC for the day. The entertainment was provided by Eddie Storm who had the crowd singing and dancing to a variety of songs.

The best presented team on the day was Brightwater's *The COVE-ids*, in third place was the Graceford Residential Facility *True Blues*, second place was *Young at Hart* from Mandurah Social Centre and first place by a small margin was *Colours of the Rainbow* Bedingfield Park. The oldest competitor on the day was 100 years young, Margaret Walsh, from Brightwater *The COVE-ids*. SRCWA thanks and acknowledges the hard work by the team from Alcoa Australia staff, Peel branch volunteers and SRCWA state branch staff and volunteers.

The SRCWA Peel branch LiveLighter Aged Care Games was supported by LiveLighter Healthway, Government of WA, Alcoa and the Shire of Murray. Remember LiveLighter by eating a rainbow of Fruits and Vegetables.

"Be Connected" Seniors Tech Expo - Get online Week

Now in its fifth year, SRCWA's Seniors Tech Expo was held on October 21 at the Vincent Community Centre. SRCWA partnered with The City of Vincent which provided the venue along with a grant from the Good Things Foundation.

SRCWA executive officer Dawn Yates opened the Expo introducing the exhibitors who then gave a short presentation on their products and services and explained how they can be of help to seniors in their day-to-day life. Guest speakers were the inaugural Seniors Card WA "Golden Lens Competition" winner Richard Goodwin and Carlos from Camera Electronics.

Participants enjoyed lunch and refreshments and thank you to Arian from Innogreen who contributed towards catering costs.

Thanks go to the organisations and government departments that supported this event, which helped to introduce people to the wonders of being online and encouraged them to "Try One Thing". A big thank you to the SRCWA staff and volunteers and to Richard Dermody for the photographs.

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

Meet the paddlers... and the sun shines warm upon his face



Richard Moloney

by Janet Gatt

"I HAVE an Irish joke for you" and the soft brogue continued: "Paddy's beloved dog died. He was upset and decided to bury him in the front garden. His mate Flynn came to visit.

Flynn was puzzled: 'Paddy you have only lost one dog, why have you dug three holes?'

"Well, the first two holes weren't deep enough!"

I sat in sunshine on a park bench near Garratt Road Bridge with Irish-born Richard Moloney, savouring his humour.

The Over 55's Canoe

Club had just completed a morning kayak trip and 25 of us were enjoying a well-earned lunch. Richard, who retired from kayaking six years ago, was an early active member of the Club and paddled for 28 years. He had joined us to say hello.

Richard was born in Mitchelstown, County Cork, and is the antithesis for Irish jokes. His father was a labourer with the local council and Richard, the eldest of five children, lived with family and paternal grandparents in a basic home with electricity, but no bathroom and one cold water tap. He at-

tended the local Christian Brothers primary school before winning a scholarship to St Mary's College, Dundalk, where he gained his leaving certificate.

After finishing school, Richard headed for England and did labouring work. At the fresh-faced age of 17 he joined the British Army and was a paratrooper for several years. He returned to labouring to finance a qualification as a radio operator.

He met beautiful Irish-born Catherine in Middlesbrough and she became his wife in 1953.

Richard got a job with BBC Radio, studied at Evesham, and was recognised within the BBC as a qualified engineer. His qualifications saw him posted to radio transmitting stations in England, Scotland, and Northern Ireland. During this period, they produced a family of six children, four sons and two daughters.

In 1966 Richard was posted to a BBC station on isolated Ascension Island, a volcanic island with no indigenous population in the South Atlantic Ocean. Ascension was also a NASA satellite tracking station and US Airforce base. Here the family lived an idyllic lifestyle with beautiful beaches, daily sunshine, and an interesting community. The cost of living

was minimal and alcohol so cheap that some residents cleaned their windows with gin.

A return to dreary skies and religious strife in Northern Ireland, and being Catholic in an isolated Protestant area, was the catalyst for a move in 1971 to sunny Australia. They chose WA because it was the sunniest of all States.

Richard accepted a job with OTC Satellite Earth Station in Carnarvon where the family enjoyed three sun-filled years. During this period, he completed a computer maths course, and subsequently a degree in Asian Studies at the W.A. Institute of Technology.

In Perth he joined the Australian Broadcasting Commission and facilitating outdoor broadcasts for 12 years before accepting redundancy. His payout was lost in the 1987 market crash and Richard re-joined the workforce at Murdoch University, where he was already studying a literature and communication degree.

He retired again in 1992 and Richard, who speaks five languages fluently, retrained to teach English as a second language and worked voluntarily with migrants.

Catherine had passed away in 1990. His eldest son died from asthma, aged 45, while working

with ATSIC in Derby.

Richard met his second wife, Marie, also Irish-born and widowed, at a Catholic Mass. They were married for 25 years. Marie died two years ago.

Richard keeps busy. He attends the gym three times weekly, tends his home and garden, is active with three local Irish clubs, sings in Irish and enjoys classical and folk music. Currently he is brushing up his Mandarin at the School for Seniors.

Always a dedicated family man, Richard appreciates his five surviving children, 10 grandchildren, and 16 great-grandchildren.

I enjoyed chatting with Richard.

The Over 55's Canoe Club provides the opportunity to kayak safely, and to meet interesting people.

If you are interested in paddling with the O55CC contact club president Chris Cocker on 0410479024, or club secretary Dale Winn on 0420733024. For more information please view our website at www.over55canoecub.org.au.



The British Pension system for UK expats



by Mike Goodall

LAST month the value

of the UK Pound fell to a low of \$1.65 due to the UK political turmoil. Thanks to the intervention of the Bank of England, we are back to \$1.80 which is a great relief to all UK pensioners in Australia.

The more the Department of Work and Pension (DWP) is investigated the more it appears that they have not been

accurate with their calculations, so that many people have incorrectly been awarded a low or zero state pension.

This mainly concerns women due to the complexity of the different rules around pensions and National Insurance contributions.

The DWP says that where errors occur it is committed to fixing

them, but it has denied that a review of all recent state pension rejections is now under way.

It has also undertaken additional checks to prevent further error as well as improved processes to detect any errors. However, this does not involve going back to check past cases, simply just doing more thorough checks before they tell an applicant that they are not entitled to any state pension.

Therefore, if you have reached UK State Pension Age since April 5, 2016 and been awarded a very low amount or nothing at all, assume that it is incorrect.

The current pension (since April 2016) requires a minimum of 10 contribution years. The minimum amount is between £47.28 and £52.90 per week, based on the current pension rates.

The first place to check is the His Majesties Revenue and Customs (HMRC) to confirm that your contribution records are correct for the years you were employed in the UK and paying tax, or were claiming child benefit or home responsibilities protection.

It is preposterous that DWP staff are not trained to know about something so basic as the married women's NI stamp, even though there is a box for it on the application form. It is

often not noticed when making a claim by telephone.

The contact number for the HMRC is +44 191 203 7010 and they open at 4pm WA time, assuming that daylight saving time still ends on October 30.

These are not simply historical errors; new mistakes are being made today, possibly based on inadequate DWP training.

Those of you who have been expat pensioners for many years will also be receiving fewer dollars because of the absence of annual indexing.

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, can 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 any aspects of their UK State Pensions, is welcome to contact Mike Goodall on 0403 909 865 or via e-mail mikegoodall@btconnect.com.

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PARENT & FAMILY DRUG SUPPORT LINE

Centrelink update - more Aged Care Specialist Officers to be available



by Hank Jongen, General Manager, Services Australia

AS we age, we may

need help with everyday tasks to enable us to stay at home, or need the level of support and care offered in an Aged Care home. Talking about aged care can be difficult. It's a sensitive topic and you may be asked to make big decisions about your or a loved one's care, home and finances.

You're likely to have a lot of questions and may not be sure where to start.

The My Aged Care website, www.myagedcare.gov.au, is a great place to access government funded aged care services. The website has lots of information and tools to help keep your home liveable, keep you well, keep you being social, or help you with residential care.

But we also know sometimes people want to sit down and talk with someone about

their options. That's why Services Australia has introduced over 70 Aged Care Specialist Officers (ACSOs) across the country. There will be 80 ACSOs by the end of the year.

ACSOs are aged care experts. They provide a free and confidential face-to-face service that can help with navigating the aged care system and make that journey easier. They can discuss your spe-

cific situation and answer any questions you may have.

They can talk to you about:

- the different types of aged care
- your eligibility for My Aged Care
- the process of accessing aged care services
- aged care costs and how much you might pay.

They can also register you for My Aged Care, determine the level of

services needed and refer you for an assessment, whether that's for home-based or residential care.

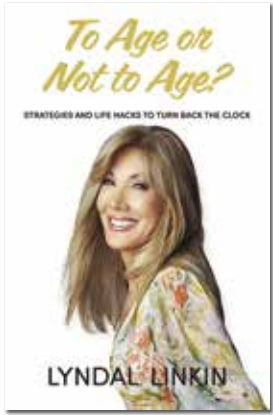
You're welcome to bring a family member or loved one with you to the interview. If you want, the ACSO can also help you appoint them as your representative with My Aged Care, so they can deal with them directly on your behalf.

You can go to our

website, www.serviceaustralia.gov.au to find out if there is an ACSO located near you. If you'd like to make an appointment, please call us on 1800 227 475.

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

New book on ageing offers tips to turn back time



To Age or Not to Age: strategies and life hacks to turn back the clock
by Lyndal Linkin
Reviewed by Pat Paleeya

THERE are a plethora of self-help books on the market and *To Age or Not To Age* is one more.

There's no surprises here, readers of this genre would already be acquainted with myriad advice written purporting to enhance or lengthen life.

As the author states in her introduction: 'this is a summary of all the books that I have read and courses I have done.'

There are chapters devoted to exercise, nutrition, meditation and fasting to name a few; the author has used the knowledge that she gleaned from many years of fascination with self-help and personal development world.

Although this is a comprehensive look at anti-ageing strategies I cannot dismiss the fact this seems solely aimed at women. The synopsis asserts that: 'Lyndal Linkin is on a mission to help mothers and businesswomen and others.' And are the others perhaps fathers and business-

men? Oh, hush my mouth, dear readers. I think not.

Why should women feel the need to appear younger and succumb to serums, lotions, facelifts, invasive surgery, Botox and all manner of expensive procedures?

Section five headed the pursuit of the ageless face, pages 145-191 gives advice on the above procedures plus a few more if you are so inclined. This is very shallow and once the shallowness crept in my interest crept out.

Attitude plays an important part in anyone's life whether male or female. Having a positive attitude to ageing and embracing your age will do more for your soul than Botox ever could.

Publish Central \$29.95 - available at all good bookstores or online through Booktopia.

Seniors set up street library in Nedlands



SENIORS at a popular western suburbs aged care home are sharing the joys of reading with their neighbourhood after setting up a new 'street library' by their front entrance at 116 Monash Avenue, Nedlands.

A project spearheaded by the home's 'men's business' and lifestyle teams, the seniors involved took time to paint, assemble and stock the new street library, which is already proving popular given its location close to local hospitals, cafes, schools, restaurants and public transport.

Regis Nedlands general manager, Sam Waldron, said residents had want-

ed to set up the colourful new street library to encourage reading in the community, with its motto of: take a book, give a book, share a book.

"Our residents continue to have a very strong community spirit and the group involved in this project hope that locals of all ages will make use of our new free library," he said.

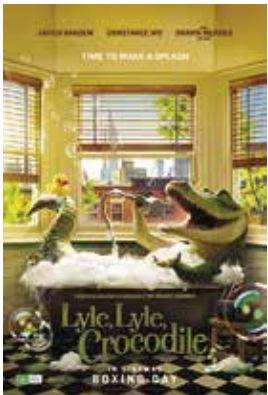
"Street libraries provide a fabulous opportunity for people to discover a new book that they love, and everyone involved thought our little book exchange would be a fun addition to our neighbourhood.

"Locals have the opportunity to choose a new book to read and also deposit any books that they have at home gathering dust, so they can then be shared and enjoyed by many more readers.

"Already it's proving a popular new attraction on our street and the seniors involved have really gained a sense of accomplishment by how popular the book exchange has become."

Anyone passing the new library can simply reach in and take a book that interests them. They can then return the book to the street library or pass it on to friends.

New film based on book series is sure to delight



BASED on the best-selling book series by Bernard Waber, *Lyle, Lyle, Crocodile*, starring Academy Award-winner Javier Bardem, Constance Wu and Shawn Mendes, is a live-action/CGI musical comedy that brings this beloved character to a new, global audience.

When the Primm family (Wu, Scoot McNairy, Winslow Fegley) moves to New York City, their young son Josh struggles to adapt to his new school and new friends. All of that changes when he discovers Lyle - a singing crocodile (Mendes) who loves baths, caviar and great music - living in the attic of his new home. The two become fast friends, but when Lyle's existence is threatened by evil neighbour Mr Grumps (Brett Gelman), the Primms must band together with

Lyle's charismatic owner, Hector P Valenti (Bardem), to show the world that family can come from the most unexpected places and there's nothing wrong with a big singing crocodile with an

even bigger personality. In cinemas December 26.

WIN WIN WIN
To be in the draw to win one of 10 double passes to *Lyle, Lyle Crocodile* - simply

email win@havegonews.com.au with *Lyle in the subject line* or write to *Lyle Lyle, c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/12/22.*

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As happened... beyond the stories - the history of Freo's famous Woolstores



by Lee Tate

MUCH water has flowed under the proverbial bridge since Fremantle's historic Woolstores was a hubbub of commercial activity.

With little fanfare, as it approaches its centenary,

the towering landmark is entering its final phase.

Authorities have announced a future life of mixed businesses, ending its long and eventful chapters with a whimper, not a bang.

The Woolstores provided shelter and protection to 9,703,315 bales of much-valued West Australian wool before export out of the harbour it gazed over from 1927. The grand old lady ceased operations in 1982.

The heritage-listed building, stretching between Cantonment Street

and Elder Place in Fremantle's East End, was previously the site of a Church of England rectory.

The impressive complex included eight terrace houses plus a large stone home and a duplex with sheds and horse stable.

The rectory was bought by Goldsbrough Mort Ltd in 1925 for £13,000 and relocated to the corner of Queen and High Streets. More lots were acquired to expand the north wool stores.

In 1963, Elders Smith merged with Goldsbor-

ough Mort to become Elders-GM. Six years later, a linking bridge was built over Goldsbrough Street between the north and south wool stores.

Early maps show Cantonment Street used to continue as Cantonment Road to Cantonment Hill. It was renamed Queen Victoria Street in 1892 to avoid confusion.

In 1916 the British Government contracted the Australian Government to take over wool consignments and Elder Shenton, originally stock and station agents, built the first wool stores. From

then on, the Woolstores served its role to help the State and the nation prosper off the proverbial sheep's back.

The high standard and excellent condition of the wool was embraced by other nations.

Fremantle businessman Joe Rotondella bought the south wool stores in 1984 for \$3.5 million. The following year, both the building and bridge were demolished for a shopping complex and carpark. With today's quick turning of the tides, the site is again under re-development.

The north wool stores also diversified, serving to host the America's Cup Ball in 1987. In 1989, wool re-emerged when the Australian Wool Corporation turned to it for storage.

Developers swamped Fremantle authorities with demolition proposals through 1985 to 1987. In 1991, Homeswest bought the north wool stores from Janet Holmes à Court's Heytesbury Holdings, for development as residential units. But moods and plans changed and the wool stores lay vacant.

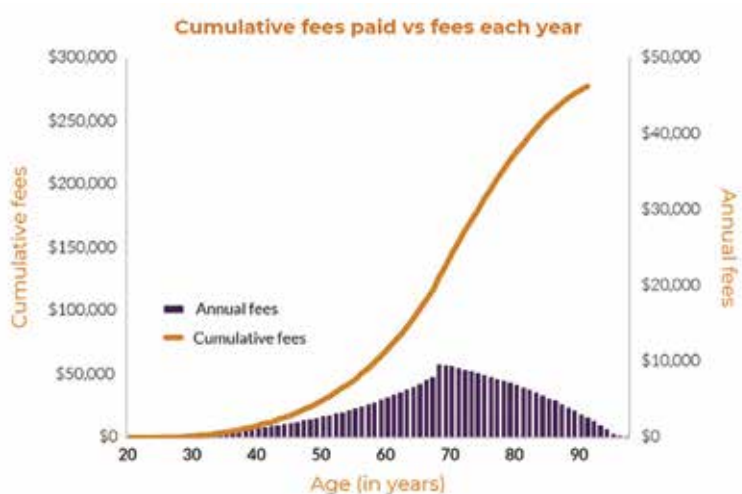
In 2001, part of the

buildings was cleared for apartments, centrally-located and looking out to the busy port.

This year came the declaration from the City of Fremantle that Perth-based property group Hesperia had acquired the Elders Woolstores building.

The baton is finally passed to the Hesperia team, noted for its expertise in heritage regeneration projects including the landmark State Buildings in Perth CBD and the re-development of Victoria House in Shenton Park's Montario Quarter.

Did you know retirement is when we pay most of our superannuation fees?



Source; Rainmaker Information Superannuation Benchmarking Report, Vol. 25., No. 01

MOST retirees will pay more in fees during retirement than they would during all the years they were in their

accumulation phase.

While a typical member will earn almost half of their lifetime investment

returns during retirement, they will also pay 55 per cent of their lifetime fees over that same period, as identified in Rainmaker's Superannuation Benchmarking Report.

A hypothetical member will pay \$270,000 in contributions, retire with \$820,000, and while they will pay \$109,000 in fees through their accumulation phase, they will pay \$124,000 in fees after retirement.

This scenario assumes a member begins employment at age 25 earning \$50,000 per annum, they receive super guarantee contributions, pay industry average fees, earn a conservative five per cent each year, retire at age 67 and draw down an income stream benchmarked to 67 per cent of their preretirement salary.

"While so much focus has been on the fees paid by fund members in their working life, the fact is that they will pay the biggest proportion of their total lifetime fees after they retire," said Alex Dunnin, executive director of research,

compliance and Rainmaker Information.

Given members are being charged percentage-based fees on their investment, which grows through the accumulation phase, poorly designed retirement products will cost Australian retirees billions of dollars in foregone income.

Australian superannuation members paid \$31 billion in investment fees in the year to June 30 2022, with the average fee ratio dropping from 1.01 per cent to 0.95 per cent over the last year.

The total expense ratio for retirees with over \$500,000 is 0.98 per cent and 1.04 per cent for retirees with less than \$500,000.

"The Retirement Income Covenant has triggered a renewed focus on retirement and whether the superannuation fund sector is as prepared as it should be for the many millions of retired members coming their way," said Dunnin.

"The trick will be to ensure the superannuation system can produce well-designed retirement products to enable retirees to keep accumulating wealth, insulating them from longevity risk," said Dunnin.

While members pay 55 per cent of their lifetime fees after they retire, they will draw down \$1.3 million in benefits, almost \$500,000 more than they retired with.

"This shows how crucial smart retirement product design is, as de-risking retiree portfolios too quickly has massively financial implications," said Dunnin.

Rainmaker Information was founded in 1992 and has established a reputation as a leading financial services information publishing house in Australia providing marketing intelligence, research and consulting services on the wealth management industry. It forms part of the Rainmaker Group of companies.

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Let's go Motoring - the story of a seven-day Lexus luxury SUV experience



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

IN the words of the great Leo Sayer...

"Train, oh train, take me back, again

I remember, I remember, I remember

Train, Oh train, the journey ends and starts again

I remember, I remember, take me back

I've been up all night trying to get this down

Now I'm hallucinating, staring at the wall, look what I'm creating"

The last line resonated, as I sat on a train, on the way to collect the latest

Lexus NX 450+ SUV. The train, while only slightly crowded, made me feel curiously, but overwhelmingly lonely. Everyone was looking at their phone. No eye contact. Not since riding the Long Island Rail have I felt that way.

When I was a student and prolific train traveller, nearly everyone was reading a newspaper. The noise of the train, the smoke and the inclination to read the paper being held by the person sitting or standing in front was a twice daily ritual. People smiled; it felt convivial.

So, it was with quick step I alighted at Glendalough Station then walked briskly up Scarborough Beach Road to Lexus of Perth.

This is where immaculate service and attention to detail begins, provided by service advisor, Jack Woodcock.

I was only collecting a car to test drive for a week but was treated as if

I had just forked out over \$100,000 drive-away. It was not normal: "here's the key, see you next week experience". No sir!

The impeccable on-boarding was comprehensive; certainly not rushed. And as it turned out, something for which I was most grateful. When I drove away some 50 minutes later, I knew I was a valued Lexus customer, even if only for seven days. I suspect it's built into the sale price. No doubt you only ever get what you pay for.

Be that as it may, the proof of the pudding is always in the eating. The NX 450h+ EP2, is a luxury, top of the range F Sport offering from Lexus.

EP2 is enhancement package; includes moonroof, heated steering wheel and stacks of other stuff, all at a drive-away price of just over \$100,000. A 2.5-litre four-cylinder engine,



plug-in hybrid with a couple of electric motors; delivering a tidy 136kW/227Nm

Plugging in a power point at night is easy and will happily give you pure electric driving if you do so every night. After a couple of days, I chose not to; letting the two systems combine.

Don't dismiss the NX 350h 2WD version for \$5000 less. Does anyone in Perth really need a heated steering wheel?

There is no question you're driving a premium/

luxury vehicle. Although at first, the driving position felt not quite right, but with the plethora of electric seat settings, it was soon cosy, comfy and familiar.

Since I last drove an offering from Lexus, there's been a massive lift in the look and feel of the entertainment tech. The 14-inch screen is crisp, clear and leans confidently towards the driver. At last, Lexus is no longer playing catch up. Connecting and listening to radio or Spotify was a piece of pelican.

Simply saying "Hey Lexus", will guide you through any connection or direction you wish. Such fun.

I read with mild interest that all NX models have an ANPAC five-star rating; something we have come to expect from cars of this calibre. Lexus NX models arrive with a five-year unlimited warranty and three years or 45,000km capped servicing.

If you order one, you may have to wait some time; NX models are in

high demand, not helped by ongoing supply chain issues.

When you call in, say hello to Jack. His enthusiasm for all things Lexus is palpable.

For me now, it's back on the: "Train, oh, train, to take me home again..."

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

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

ADVERTISING FEATURE

Busting brunch all over Perth - Broadway here we come - in a Little Way



by Buster the Bruncher

BUSTER, your brunch correspondent, has now appeared on Broadway. Rightly so, perhaps, having graduated from Hollywood High School (many dinners ago). All in Perth, I hasten to add.

Flanked by brunch buddy, Professor Ken, I recently ventured into Broadway, Nedlands, to taste-test popular eatery Little Way.

It's along the track from Steve's, the legendary riverside watering hole where a UWA student named Bob Hawke set his world beer gulping record.

There's no shortage of eateries in this privileged

environ and to take a seat at any of them is not going to be a cheap feed out. But, mostly, you get what you pay for; and so it proved.

Professor Ken and Buster were in a serious feeding mood and Little Way filled the bill with an extensive menu that's available most of the day from 7.30am.

Professor Ken, an economics expert, counted 32 dishes on the wide-ranging menu. Their tasting plate was tempting: cacio e pepe arancini, pumpkin and ricotta croquettes, crispy squid, hummus with charred ciabatta (\$35).

The dish is generous enough to serve as an

entrée for two or a main course for one hungry patron. We decided, however, to hand-pick our dishes, including crispy squid with hummus, nduja vinaigrette, crispy chickpeas and charred ciabatta.

Buster didn't try to decipher the odd fancy word but we got the idea and it proved to be a good choice (\$20).

But we first had to get a taste of breakfast and Professor Ken called for spiced rhubarb porridge with nutmeg, oats, honey and roasted almonds. Warning: The large serve of porridge demands an exceedingly large appetite or an army of hungry friends.

A waiter offered a little pot of honey as an accompaniment. Perfect.

We threw all sense of sensibility out the window onto the streets of Broadway and ordered a black angus burger to recharge our iron levels. Wonderfully presented with a dish of perfectly cooked 'Manjimup chips', our burger was well loaded with bacon, caramelised onions, lettuce, tomato, cheese, tomato relish, aioli, brioche crust bun and skin (\$26).

Other menu choices: free range scrambled eggs with pickled chilli (\$21), eggs benedict with a lovely house hollandaise (we tasted it \$21), pan fried gnocchi (\$30), super

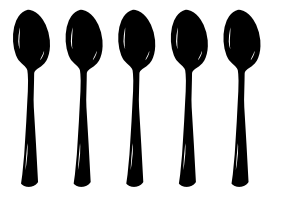
salad (\$23), slow cooked chicken salad (\$26) and a side dish of those 'Manjimup chips' with roast garlic aioli (\$9.50).

The essentially Mediterranean-themed café, we noted, has great appeal for young mums, many wielding prams, as well as hard-hat workers from budding, nearby apartments, queuing

for takeaways.

Casual and friendly, Little Way is worth the trip for those who've never trod the streets of Broadway. With lots of indoor and outdoor room, outdoor gardens and street-side dining, the eatery is suitable for all ages. Add a boutique wine list and craft beers on tap and a heritage building.

5 Spoons
Little Way,
 161 Broadway, Nedlands
 Phone 9386 3639. Email: info@littleway.com.au
www.littleway.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.

Mondo Recipe of the Month - Vince Garreffa's delicious Shepherd's pie



Recipe created by Vince Garreffa
 USING leftover meat

minced up and mixed with fresh ingredients to make a scrumptious tasting pie is also good for the wallet. If you don't have any left overs use fresh mince instead.

Ingredients for one big tray or six individual pies
 1.2kg minced leftover meat of your choice (lamb, beef, pork, chicken, turkey or ham)

150g onion fine diced
 150g carrot fine diced
 150g celery fine diced
 150g tomato paste (preservative free)
 50ml Worcestershire sauce
 400ml lamb/beef or chicken stock
 50ml extra virgin olive oil (EVOO)
 freshly cracked black pepper to taste
 West Australian Organic Lake Salt to taste
Creamy potato mash
 1kg Royal Blue potatoes
 50g butter
 100ml cream
Method
 First sauté your onion in the oil until it's a little coloured, then add, stir and cook the carrot and celery with the onion until they are soft. Now add your minced meat and cook

for five minutes or until cooked (well crushed with no lumps in the mince) if using raw mince. Now add the tomato paste and cook for two minutes then add your stock and Worcestershire sauce, cooking until your mixture is not too wet.

Test for salt and pepper then cool mixture for use later.

Now make your potato mash by cutting your peeled potatoes in small diced pieces and boiling in salted water until soft then strain. Bring your cream and butter to a slow simmer then rice (or sieve into a fine paste) your hot potato into the cream and butter and mix really well. Cool this mix.

When ready to make your Shepherd's pie fill the bottom of your

containers about 65 per cent full then pipe the potato on top and bake your pies for about 40 – 50 minutes at 175°C till golden brown on top. Serve piping hot.

The dish can be made and refrigerated then baked next day with a little liquid butter painted over the mash while baking.

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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Spring into summer oranges and enjoy the best from the west

by Noelene Swain

THE local citrus industry is breaking new ground. Over recent years, extensive citrus orchards have been planted in the rich soils of the Mid-West where traditional broad acre farming has long been the tradition. The towns of Moora and Dandaragan are now home to vast acres of citrus trees gradually moving into full production. Not only is this fantastic for local communities, it's great news for citrus lovers too.

Together with these new orchard regions, new varieties are also changing the face of the industry. Traditionally popular winter varieties now have some warm weather companions. The late season Summer Orange is a piece de résistance and ensures we end the local citrus

season with a zesty bang.

Whilst Navel oranges are available only in the winter months, the Summer Orange is a unique Valencia variety which gives orange lovers the opportunity to enjoy fresh, local citrus right up until Christmas. The Summer Orange is a Mid-knight valencia – virtually seedless and unmistakably juicy making them ideal for juicing as well as for eating.

Midnight's skin colour can be a little fickle though. If picked just at the right time, they are radiant orange but if left a little longer on the trees, they tinge to green again from the radiant sunshine. Orchardists keep a close eye on these summer beauties to ensure they're picked, packed and delivered to local consumers right on time to maximise colour, flavour and juiciness.

A slight tinge will indicate an extra sweetness of being ripened in the warmth of the summer sun.

With warmer days at last, freshly squeezed Summer Orange juice is the perfect addition to breakfast to add a bounce to your day. Top it up with some ice, fresh mint and the sparkle of a few bubbles will equally refresh and revive as the sun goes down.

1. Look for fruit that is heavy for its size to be guaranteed that it will be full of juice.
2. Citrus fruits should generally be firm.
3. Oranges are picked mature and ready to eat and do not ripen after picking.
4. Store citrus in the fridge, especially in summer.
5. Much of the citrus flavour comes from the aromatic oils in the rind.

6. Use a zester or microplane grater to remove just the oil rich zest, avoid the white pith which is bitter.

7. Frozen oranges are a refreshing snack or addition to fruit smoothies.

8. Orange juice prevents the browning of the cut surfaces on fruits and vegetables.

9. Try orange segments served with fish instead of lemon. Sprinkle segments with a little black pepper and olive oil and allow to marinate for 30 minutes.

10. When extracting juice, roll fruit on the bench to release the juice more easily.

Be sure to get your healthy summer glow with local Summer Oranges.

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Beetroot and orange rocket salad



Preparation: 8 mins; cook 0 mins; serves: 4

3 summer oranges, skin removed, cut into segments
4 – 6 Lebanese cucumbers, sliced
½ cup chopped roasted walnuts
¼ cup coriander leaves, chopped
3 cups rocket leaves
1 beetroot, cooked, peeled sliced
1 tablespoon sweet chilli sauce,
1 tablespoon light soy sauce
Juice of 1 lime
Fresh lime wedges, to serve
COMBINE orange segments, beetroot, cucumber, nuts, rocket and coriander in a bowl. In a screw top jar combine sweet chilli, soy and lime juice. Pour over salad. Serve with lime wedges.



Carrot orange and sesame salad



Preparation: 20 mins; cook 10 mins; serves 4

This sweet spring salad is a refreshing addition to the menu
30g (¼ cup) sesame seeds
1 orange, rind finely grated, juiced
2 oranges, peel removed, cut into segments
1 tablespoons honey
3 medium carrots, peeled, coarsely grated
Salt & ground black pepper, to taste
PLACE the sesame seeds in a medium non-stick frying pan over medium-high heat. Cook, stirring often, for 4–5 minutes or until golden. Remove from the heat and transfer the seeds to a large serving bowl.
Add the orange rind, 250ml (1 cup) of orange juice and the honey to the frying pan. Cook over medium heat, stirring occasionally, for 3–4 minutes or until the honey melts and the mixture is warm.
Add the carrot, orange segments and warm orange dressing to the sesame seeds and toss gently to combine. Season with salt and pepper to taste.



Preparation: 5 mins; serves 8–10

Orange berry spritzer

A DELICIOUSLY refreshing mocktail that's just as fancy as any cocktail.
4 cups (1L) 100 per cent cranberry juice, chilled
2 cups (500ml) fresh squeezed orange juice, chilled
4 cups (1L) Schweppes ginger ale, chilled
Frozen berries in place of ice
Orange slices for garnish
MIX cranberry juice and orange juice in a large jug.
When ready to serve, add ginger ale and frozen berries. Garnish with orange slices and berries

Orange crepe

Preparation: 5 mins;
cook 15 mins; serves 4

Crepes Batter

¼ cup plain flour
1 egg, lightly beaten
½ cup milk
1 teaspoon oil
Sauce
1 tablespoon butter
1 orange, juice and rind
2 tablespoons orange liqueur
1 tablespoon honey
Filling
2 oranges segmented

SIFT flour into a bowl. Gradually stir in egg, milk and oil. Mix to smooth batter.

Allow to stand for 15 minutes. Brush a heated frying pan with oil. Add a quarter of the batter. Cook until set and lightly browned underneath. Turn crepe carefully. Cook other side. Repeat with remaining batter.

To make sauce, heat butter in frying pan. Stir in orange juice, rind, orange liqueur and honey. Cook for a minute or two over low heat. Divide orange between crepes. Roll crepes, with orange individual serving plates.

Pour over warm orange sauce. Garnish with long strips of orange zest and fresh mint. Serve immediately.

What's fresh in the markets this month

MIDKNIGHT Valencia Oranges: A great way to give your day a glowing start is with a glass of freshly squeezed orange juice. All citrus fruits give a more gener-

ous yield of juice if they are at room temperature when squeezed – rolling them firmly with the palm of your hand also helps. Valencia oranges are ideal if you like your

juice chilled as the juice keeps well in the fridge, ready for that morning burst of energy and Vitamin C.

Blueberries: Luscious local blueber-

ries are plentiful in the stores at present. Blueberries are beautiful when served as part of a cheese platter or as a dessert with fresh cream or ice cream. Select plump fruit with good colour and a blue-grey, 'waxy' bloom. Incorporate in pancakes, muffins, pies and puddings or as a topping for bought desserts or cakes.

Hass Avocados: A bountiful crop is being predicted for local Hass Avocados this year, with people Australia-wide able to purchase these high-quality WA grown fruits. Use finely diced avocado to create a base for a rustic, fuss-free salsa; be inspired by Latin flavours and add chilli, lime and coriander, or hit the Med-

iterranean and go with tomato, fresh oregano and sea salt – both pair marvellously with a range of grilled meats and seafood. Avocado is also an immensely nutritious first food for babies and easy to spoon straight out of the skin: no preparation necessary.

Sweet Corn: The corn arriving now from the northwest is of excellent quality and best cooked and eaten as soon as you can after buying, as fresh corn is most definitely the juiciest. If keeping for more than a day, parboil the corn for a minute (this will help slow down the conversion of sugars) before refrigerating or freezing. Nutrients in vegetables are frequently best found in their raw



state; but in this case, cooked sweet corn has significant antioxidant activity, which can substantially reduce the chance of heart disease and cancer.

Cauliflower: Beautiful and well-priced cauliflowers from the south west have tight snowy white heads that are an excellent source of vitamin C, particularly when served raw. Try them broken into tiny florets as a substitute for cabbage in your favourite cole-

slaw recipe, or steam or grill and dress with a mixture of good extra virgin olive oil, mustard and fresh herbs. Roast with a drizzle of olive oil and a sprinkle of cumin for a nutty roasted treat.

Button Mushrooms: Creamy little white button mushrooms are perfect morsels to add to any salad as the days and evenings warm. Marinate in a little herby lemon oil for a delicious addition to a grazing or nibbles board.

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There's more to the Ferguson Valley than gnomes



by Frank Smith

MOST of us first heard of the Ferguson Valley, near Bunbury, when reading about the eccentric collection of garden gnomes and some of the worst puns in Australia. But travelling through

the valley you will also discover an impressive range of attractions from art galleries to wineries, a brewery and many restaurants. There is also Wellington Dam with its mural and magnificent native bushland, which has made this area a mecca for

bushwalkers, cyclists and mountain bikers. The Ferguson Valley, part of the Geographe GI, climate is ideal for medium to full bodied table wines, so don't miss the opportunity to try their world class Shiraz, Tempranillo, Cabernet Sauvignon, Se-

millon and Chardonnay. Here are some wines to try from two of the leading wineries in the valley. Green Door Wines is owned by Ashley and Kath Keefe. The focal point of the cellar door is the grand green door, imported from Fez, Morocco. The winery and café have a Moorish theme matching the predominantly Spanish origins of many of the wines. **Verano Sauvignon Blanc Semillon 2022.** This pale straw-coloured wine is made from 60 per cent Sauvignon Blanc and 40 per cent Semillon. It displays aromas of passionfruit and citrus with fresh green herbs. The palate features tropical fruit including passionfruit and honeydew melon with a clean, chalky mineral

finish. RRP \$20. **Vino Tinto Shiraz Monastrell 2020** is a blend of 89 per cent Shiraz and 11 per cent Monastrell (aka Mourvèdre) which is a full-bodied and rustic wine that originated in Spain. Green door's Vino Tinto is plum red in colour with earthy aromas of chocolate and hints of liquorice, cinnamon and vanilla. The palate is soft with overtones of earthy cedar with hints of strawberries, blueberries and forest floor. Fine tannins aid mouthfeel. The finish is long and persistent. RRP \$23. St Aidan Wines derives its name from the historic community church in the Ferguson Valley. St Aidan was a seventh century bishop of Lindesfarne and is credited with the con-

version of Northumberland to Christianity. The owners, Phil and Mary Smith, offer 14 different wines for sale at the cellar door as well as running a restaurant catering for weddings and business events. St Aidan Cellar Door offers a unique tasting experience. This consists of "staves" each of 5x30ml samples that can be varied to suit customer's interests for just \$10. These can be shared or just enjoyed by oneself and are complemented by two small food pairings and crackers. **St Aidan Ferguson Tempranillo** is at home in the Ferguson Valley. Tempranillo has typical aromas of dark berries and a touch of nutmeg and cinnamon aromas. The palate is

fruit-driven and the finish long. Enjoy at room temperature or lightly chilled. \$27. **St Aidan Ferguson Sauvignon Blanc Semillon** is a vibrant white wine exhibiting fresh grassy citrus and passionfruit aromas. These are also reflected on the palate. The texture is crisp with a long clean finish. A must-have accompaniment for seafood. RRP \$22. **St Aidan Ferguson Cabernet Sauvignon** is a full-bodied red wine made from hand-picked fruit. The bouquet displays typical dark berry fruit characters. The palate has soft with French oak tannins and a clean fruit-driven finish. This wine is ready to drink now or will repay cellaring for five years or so. RRP \$39.



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- IVY & JACKS**
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Knife and fork talk with Dining Divas - a stroll around Subiaco



by Judith Cohen and Pat Paleeya

THIS month a long overdue visit to Subiaco was in order. A hop, step and a jump from Perth station via train had us there in no time.

Our minds were made up to visit Cafe Melograno so a lovely stroll around the beautiful heritage homes area was a must and just like Dusty we were wishing and hoping all the way around. Walk along Rokeby Road and

you will find Melograno situated on the corner of Rokeby and Heytesbury Roads. They have an all-day breakfast and lunch menu under \$25 and from this we chose Haloumi Stack and Broad Bean Salad.

The Haloumi Stack is a bacon lovers delight (plenty of it) a generous grilled tomato, caramelised onions, fresh baby spinach, four slices of haloumi and a perfectly cooked runny egg crowned the stack. All

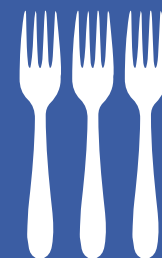
of this plus two slices of sourdough bread. The finishing touch was a drizzle of Italian glaze. A delicious dish to delight this Diva. Broad Bean Salad was just up this Diva's street, lots of green stuff, crunchy broccoli florets and plenty of young broad beans. There was a mix of rocket and baby spinach tossed in a light dressing that didn't drench the leaves but just enough to tickle the taste buds. There were slivers of radish and cherry tomatoes. There was a firm poached egg as this Diva isn't too keen on runny egg on salad, so it was perfect. A small serve of

smoked salmon (extra) complemented the whole meal. Everything in this dish was very fresh it had a 'just picked this morning' taste, a healthy and satisfying lunch. This cafe is not overly large but there is seating inside and outside where there are shady trees and

umbrellas and not too much traffic noise. **Cafe Melograno, 67 Heytesbury Road, Subiaco 9381 1636**
Open - Monday to Saturday 6.30am to 2.30pm
Sunday 7.30am to 1pm.
3 forks

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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ADVERTISING FEATURE



travel options for the mature west australian



Australia's best island Rottnest is home to the quokka



WE know our readers are keen to travel from our recent reader survey, with 75 per cent of respondents planning to pack their bags in the next 12 months. We were thrilled that 85 per cent of our readers are inspired by our stories in this section and 64 per cent of readers said that a holiday will be one of their biggest purchases in the next year.

We have loads of great holidays available in this section and thank the many people who took the time to complete our survey.

★★★

Japan has finally reopened to travel following their border closures due to the pandemic. A recent survey by Airbnb has shown that more than 56 per cent of Australians are keen to visit the country. The top three destinations people are looking to visit include Tokyo, Osaka and Fukuoka. I know Japan is always been a popular destination with readers, particularly during cherry blossom time and it is one I have on my bucket

list too.

★★★

Rottnest Island has taken out Australia's best island in the Wotif people's choice awards. It was described as a bucket list location for every Australian, thanks to the sandy beaches, aquamarine-coloured waters and beach cottage accommodation. Rottnest comes out on top as a uniquely Australian island getaway and of course home to the gorgeous quokkas. It's a personal favourite of mine and my partner and we

like to enjoy a few days there across the summer months.

★★★

Regional Western Australia is opening up more with the start of direct flights from Melbourne to Exmouth. Ningaloo is a special part of the world and more direct flights to regional WA will enable greater tourism opportunities for visitors.

★★★

Following our London Calling column last month, reader Martin Dempsey wrote to me

saying he is a regular visitor to London and has three spots which he considers not to be on the usual lists of places to visit and would recommend to others. I always like that readers feel they want to share discoveries made during their adventures abroad.

Martin says the Garden Museum next door to Lambeth Palace, sitting on the banks of the Thames, is a great little museum. Housed in an old church which was rescued from demolition, the climb up the old bell tower to the roof for the view on a clear day alone is worth the entry fee. Find out more at www.gardenmuseum.org.uk.

St Bride's Church in Fleet Street is known as the journalist's church and has an amazing amount of history. It was gutted by bombs during WWII and has been renovated and furnished. It houses a lot of historical information on journalists and acknowledges those who died reporting on conflicts around the world. Martin says

do not miss seeing the crypt where Roman, Saxon and other medieval remains are on display including part of a Roman road. It is free to visit and there are no crowds.

The last on Martin's list is Woolwich. Head down the Thames to Woolwich and get a copy of the Greenwich tourist guide (free) from the tourist office and go to the section on Woolwich. He says the main sites are detailed and he ticked them off in about four hours. The best way to get there is using the new Elizabeth line of the Underground.

"I like to help travellers to London, there is so much history about the place and many out of the way places. I like to use a lot of the guidebooks written about hidden London icons.

"I am very fortunate, my sister-in-law lives in South Bank a short 50 metre walk from the Thames, so I get to spend a lot of time exploring when I am there. Off back there next April," he said.

I am sure that if any

readers would like some information about a visit, Martin would be more than happy to help – just send me an email.

★★★

There are still a few last-minute seats 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 who were impressed with the details and effort we took to ensure their trip was seamless. If you would like to make a booking, email info@haveagone.ws.com.au or call the office on 9227 8283 and we will let you know what classes still have seats available.

★★★

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

Friendship force plays host to international and interstate visitors

FOLLOWING the absence of travel opportunities during Covid, the Friendship Force of Perth has certainly made up for lost time.

Club members have recently played host to two international clubs – Washington DC and

Canadian Capital Region.

Friendship Force members from Sydney, Blue Mountains and the Sunshine Coast clubs have also been home hosted by the Perth club.

Highlights of activi-

ties were visits to Kings Park, the Bell Tower and Perth Mint. A day trip to Mandurah was well received and the visitors were very impressed by all that Perth has to offer.

A group from the Perth club will soon travel to three clubs in the United States, an experience which will have members away for over a month.

Next year will be just

as busy for the Friendship Force of Perth with plans already underway for clubs coming from the US, New Zealand and Japan and Austria.

The Friendship Force is a non-profit, non-political, non-sectarian organisation which facilitates travel to clubs all over the world. There are over 300 clubs in 60 countries and the signature program is home

hosting whereby mem-

bers get the opportunity to learn about other cultures.

The Friendship Force of Perth always welcomes new members who are keen to travel with a group of friends and in turn offer their hospitality for one week by hosting a member from another country.

For more information, please go to the Perth website www.friendshipforceperth.net.



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ADVERTISING FEATURE



travel options for the mature west australian

All aboard - test driving our new airport railway link



Left to right; 15 minutes between trains - spacious airport station - easy riders to the airport - escalators abound

by Lee Tate

PERTH'S new airport railway is the missing link, the vital ingredient in our flourishing State with our burgeoning population.

The latest rail, Airport Line, supports the maturing of our capital city, along with Boola Bardip Museum, Optus Stadium, Elizabeth Quay and widened Kings Park attractions.

The project's timing and costings went wildly off the rails but the fruits are now here for the picking: easy, 20-minute rides from the city, less road congestion and fewer cars and people cramming the airport.

Our six suburban rail lines have taxed successive governments but the fully-electric Transperth system has turned the proverbial bend with more rail lines steaming ahead.

To taste the metaphorical fruits, we waited several days after the dust had settled on the launch-day VIP joy rides under Prime Ministerial and Premier eyes.

Boarding the train at the beginning of the Airport Line in Claremont, we were joined at stations along the way with suitcase-steering travellers and some rubber-neck locals.

From Claremont, the train takes 40 minutes to the new airport station and can be joined at several stations along both the Fremantle and Midland lines. From Perth, airport trains stop at Midland-line stations Mclver,

Claisebrook, East Perth, Mt Lawley, Maylands, Meltham and Bayswater.

At Bayswater, an announcement advises passengers to alight for the Midland line if headed in that direction. At our next stop, Redcliffe, passengers for terminals three and four are advised to leave and catch a waiting bus.

Onward to Airport Central (with few people going on to last stop High Wycombe), we step out onto the airport's new station platform with only a few steps to the escalator.

A series of escalators to higher levels and relatively long walks gets us closer to terminals one and two, with views out to Perth Hills.

Tiring passengers will be relieved by the string of escalators including the longest in the southern hemisphere at 35 metres. About half our group elected to walk beside the escalator.

An attendant appears bearing leaflets titled *The Ups and Downs of Escalator Safety* pointing out the airport's moving footpath is faster than your average escalator. So hang on.

The main foyer is a welcoming, high ceiling, cathedral-type yawning space. Artwork, decoration and signage is blissfully minimalist.

With modern trains and modest station designs, the Transperth rail system has eschewed hype. The proof is in the pudding and a journey on the Airport Line is highly recommended.

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ADVERTISING FEATURE

travel options for the mature west australian

Scoping out Sydney and enjoying all on offer from the harbour city



L-R; Light rail service - Orchid show at St Ives - Ferry at Manly Wharf - Lifesaver poster from 1932 at Sydney Museum - ferry Inset; Lee outside Sydney Opera House - Scones and cream at Palm Beach



by Lee Tate

SYDNEY Harbour is glistening under a blue sky. Our Manly ferry suddenly stops, mid-stream. The skipper quells the engine and makes an announcement.

"If passengers would like to look out the left side of the ferry you will see a sunbaking seal."

Next to the ferry, a shiny black flipper and part of a tail are raised. Laying on its back, the seal's head pops up for a breath, then lolls back for his spell in the sun.

Sydney Harbour is buzzing with ferries, yachts, pleasure craft and, moored near that famous bridge, a P&O cruise ship. A seal has much to navigate. Rest-time in the sun, however, has proved too tempting for the unwitting animal.

Sydney Harbour continues to surprise no matter how many visits the tourist makes. The city is among those metropolises that should be visited at least a few times in our lives.

A few days in Sydney can be relished just in-and-around the natural harbour and that's what we do after the long flight from Perth.

Departing the ferry at Circular Quay, a cheery, uniformed gent farewells us with handshakes. A television crew materialises and that night we see ourselves on TV news, shaking hands with the gent who, we learn, was leaving after 50 years ferry service.

On dry land and with time to spare, I head off on foot around the harbour, past the Opera House, beside Royal Botanic Gardens and Domain to Darlinghurst. Joggers, dog walkers, artists and photographers mix with wandering tourists.

The walk is long, more than an hour, passing moored navy ships, garden beds and plants and sculptures including two naked ladies with apparently little historic connection.

Darlinghurst is an arts buzzing precinct with 21 galleries. It was formerly home to many art students before property prices and rents climbed well out of their reach. It was once "a grungy overflow from the Kings Cross red-light district", says a tourist blurb.

Lyons Gallery, we noted, spruiked works including "iconic portraits of David Bowie and Madonna meet wildlife photography and pop art."

The NSW Art Gallery isn't far away atop the botanic gardens and was buzzing with its latest bequest of 2,000 artworks by troubled genius, the late Brett Whiteley. Worth \$100 million, it was a donation by Wendy Whiteley dedicated to their artist daughter, Arkie, who died in 2001, aged 37.

We arrive at the gallery to catch the Archibalds, always controversial since 1921 with its portraits and \$100,000 top prize money. A gallery visit and a coffee break is always worth the time, along with a stroll through the Botanic Gardens.

Close to the harbour is the Sydney Museum where we are drawn to images of cars cramming Bondi Beach, pre-trains, in 1929 and a 1932 poster of a lifesaver to promote the opening of the bridge.

The documents show the First Fleet left Britain in 1787 and took eight long months to reach Sydney. It comprised two navy ships, three storeships and six convict transports with 775 prisoners including the youngest, John Hudson, just 13.

The Indigenous story of the Gadigal country of the Eora Nation is outlined and displayed with the explanation that "after 200 years we are still

resolving land issues and how to live together."

In Sydney, progress marches on with \$100 million spent on an overhaul of city bus shelters, kiosks and signage (run by renewable energy) throughout the city's 26km².

Elsewhere, authorities were looking for a venue for a 1891 Victorian Italianate villa (including its front fence) lying in pieces in storage in South-West Sydney, dismantled and moved to make way for a \$915 million Parramatta Powerhouse. Sydney operates on an awesome scale.

The northern beaches tempt the traveller to take a bus from Manly Wharf although some of the buses, every 10 minutes, are bone-rattling for the hour's trip.

Palm Beach is at the end of the peninsula between the Pacific Ocean and the expansive, picturesque Pittwater. High up on a hill, between

houses, we look down on beautiful suburb and its landmark lighthouse.

Palm Beach, with thumping surf, popular scones and cream and terrific views is a base for squillionaires including the Packer family, and is a regular getaway for visiting movie and sports stars.

The scene is familiar to people all over the world who watch blockbuster TV series, *Home & Away*. We are standing in a little-known "Bible Garden", tended by volunteers with plants that are named in the Bible. Each plant has a name-tag plus a pointer to where it appears in the holy book.

The coast served its First Nations peoples well with fish, lobsters, muscles and oysters that Captain James Cook said were the biggest he'd ever seen "after all my travels."

We take a diversion to suburban St Ives, attracted by an annual orchid

show. Large sheds of showpiece orchids lure hundreds of visitors and buyers. Long queues form in the light rain.

Gardeners complain about bush turkeys that continue to invade the northern suburbs, digging and pecking at everything in their scrutinising sight.

Birdsong is strong throughout the suburbs blessed by expansive stretches of trees and plants, flourishing in almost sub-tropical conditions.

Sydney's stark differences with Perth, the

scale of the city, its history, waterways and relentless pace make Sydney a paradise for the tourist. And it's never the same.



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ADVERTISING FEATURE

travel options for the mature west australian

It's a great time to head out to fish - here are Mike's tips for the best spots



A solid Swan River flathead that couldn't resist a Scorpion 52 lure

by Mike Roennfeldt

THIS is probably my fa-

vourite time of year for fishing. There's usually so much of what I enjoy these

days on offer, particularly in the Swan River, but also along the beaches and in southern estuaries.

In the Swan and Canning, flathead, and to a lesser extent flounder, are out over the shallow banks in late spring and early summer. Wandering with a light spinning or fly outfit on a warm morning is a delight. I don't keep the fish I catch in the local rivers but I've usually had plenty of fun catching and releasing them in less than a metre of water. Numbers of small fish has been the norm, with enough in the 45-60cm range to make

things interesting. Having said all that, I've found it tougher going to find as many flatties in the river over the last five years or so as I did prior to that.

My favourite lure for the job is an RMG Scorpion 52, which can be retrieved at depths from 60cm to over a metre, depending on how high I hold the rod tip. The trick is to keep it near the bottom without fouling the hooks on weed and debris. If I'm fishing over a clean sand bottom, I don't mind the lure digging its way along the sand; in this case I opt for a very slow and occa-

sionally twitchy retrieve. The same technique also works on yellowfin whiting but I've had more success down in the Peel-Harvey system than I have in the Swan-Canning on this species.

Perhaps the most exciting prospect in the Swan at this time is the mercurial giant herring, a long, slender predatory fish that is no relation to the ubiquitous Australian herring that gets caught in huge numbers along our south and lower west coasts pretty much year-round. The giant herring is a superb fighter, given to long

fast runs and spectacular above surface acrobatics.

They are a bit elusive though and often turn up when you least expect them. A fast worked Halco Twisty lure in sizes around 20-30g will catch them, but for really visual excitement you can't beat the experience of hooking a big one on a surface popper. A Halco Roosta 80 is the perfect size for this job and it casts beautifully on 4-6kg spin gear. Giant herring are not a great eating proposition though and pretty much all of them are released to fight another day.

This is also the time for hordes of small tailor to take up residence in the lower reaches of the Swan and they are often relatively easy to find if you have a small boat or kayak. Early morning and late afternoon are best and trolling a small lure around between Claremont and Fremantle should see you find a few. When they are up and feeding on or near the surface it usually attracts the attention of sea birds, so it pays to keep your eyes open. Cast a 15-20g Twisty into the action zone and a hook-up is almost certain.

So you thought you knew Canada? Then check out these fun facts!

LIFE without a visit to Canada is a life that remains unfulfilled. Offering a plethora of staggering backdrops - from the glacial-fed lakes and ice-capped mountains of the west to the rugged cliffs of the Atlantic coast - direct flights from Australia mean Canada is closer than ever before.

Whether you travel in summer or winter, there's so much to discover about

Canada. But before you go exploring, check out these fun facts!

1. Canada is the second-largest country in the world.

At just over 9.9 million square kilometres, Canada is second only to Russia as the largest land area in the world, just ahead of the United States and China in third and fourth spots respectively.

2. It has the smallest

desert in the world.

Tucked away in the Yukon Territories, the Carcross Desert occupies an area of about 2.6 square kilometres of sand dunes - making it the world's smallest desert. While Canada is universally known for its epic slopes and mountain ranges, the Carcross Desert's sandy slopes are a beloved spot for sandboarding.

3. Canada has more lakes than the rest of the world combined.

Canada's three million lakes account for more than 50 per cent of the world's lakes and 20 per cent of its freshwater. Some of the more notable ones are Lake Superior, the largest in North America, Great Bear Lake, located on the Arctic Circle,

and the Great Slave Lake, the deepest lake in North America.

4. It's the polar bear capital of the world.

Of the recorded 25,000 polar bears in the world, 15,500 of them are found in the region near Churchill, Manitoba. The town is situated on the west shore of Hudson Bay - where polar bears migrate to hibernate during the winter - and is sometimes home to more polar bears than human residents. It's also a great spot for beluga whales and bird watching.

5. It's the best place to see the aurora borealis.

Because of its altitude and northern position, Canada is one of the best countries to watch the Northern Lights. In particular, the town of Churchill

is an ideal site to wait for nature's most impressive and iconic light show. As home to one of the heaviest concentrations of the aurora, the natural phenomenon even appears occasionally during season other than winter.

6. It has national parks bigger than many countries.

Wood Buffalo National Park, in the Northwest Territories, is Canada's largest national park at almost 45,000 square kilometres. Founded in 1999 to protect the remaining bison in northern Canada, it's larger than countries like Denmark, Switzerland and the Netherlands. Coming in second at nearly 38,000 square kilometres, Quttinipaaq National Park is still bigger than Belgium.

7. Vancouver has the mildest climate in Canada.

Located close to the Pacific Ocean, Vancouver is one of the warmer cities in Canada and only experiences snow an average of 11 days per year. Even though winters are milder in Vancouver, its mountains like Cypress, Grouse and Mount Seymour are great places for snowboarding, tobogganing and sledding.

8. Whistler, Canada is known locally as 'Whistleria'.

Over the years, a mass migration of skiers and snowboarders from Australia has made Whistler the most densely populated area of Australian nationals in the world. Whistler Blackcomb, home to

some of the best snow terrain in the world, has become such a popular destination for Australians that you'll hear the Aussie accent as much as the local one.

9. Santa Claus is Canadian.

Every year, approximately one million letters from children all over the world are sent to Santa Claus's address: HOH 0H0, North Pole, Canada. In 2008, Santa Claus was officially awarded Canadian citizenship by Canada's Citizenship and Immigration Minister.

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WESTERN Australia welcomes the return of large cruise ships with updated guidance designed to protect passengers, crew and the WA community from the risk of Covid-19.

Many Western Australians are eager to be able to enjoy a cruising holiday, following a long break in cruise ship operations due to the Covid-19 pandemic.

The updated Eastern Seaboard and Western Australian Cruise Protocols - developed with input from WA, Queensland, New South Wales and Victoria - include a range of measures including vaccination re-

quirements, health screening before boarding and mask-wearing recommendations.

Key guidance for passengers includes:

- All passengers aged 12 years and older must have had at least two doses of a TGA-approved or recognised Covid-19 vaccine (or one dose of the Janssen vaccine).
- Mask wearing is recommended in certain settings, such as in public indoor spaces, crowded outdoor spaces, and while embarking and disembarking.
- Passengers must return a negative Covid-19 test before boarding a cruise ship

(either a PCR within 48 hours before boarding or a rapid antigen test (RAT) within 24 hours before boarding).

- Passengers and crew who test positive for Covid-19 must isolate for at least five full days from the date of their positive test.

If you have underlying health issues and are thinking about booking a cruise, consult your GP to discuss the health risks involved with cruising and make plans to care for your health while onboard.

Learn more about safer travel at www.healthywa.wa.gov.au/Articles/A_E/Coronavirus

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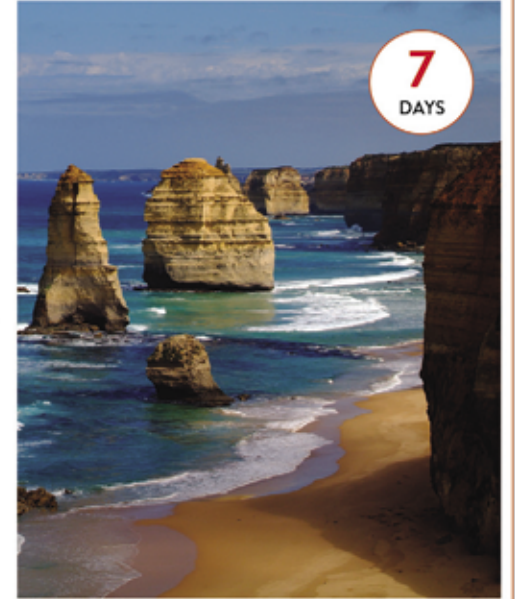
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To find out more contact RAC Travel on 1300 655 179, visit rac.com.au/travel or see your local RAC Travel & Cruise centre.

Stargazing in November - a total eclipse of the Moon is due this month



by Donna Vanzetti

FOR natural cosmic phenomena, you don't get more remarkable than a total lunar eclipse.

A total lunar eclipse occurs when the Sun and Moon are perfectly aligned in their orbits, with the earth in the middle; as the Moon travels around the far side of the Earth, it passes directly into the shadow of the earth.

Why does the Moon

turn red?

To add to the magic of it all, the Moon turns a coppery-red during a total eclipse, earning it the nickname of 'Blood Moon'. As the Moon passes into the full shadow of the Earth, called the umbra, the Sun's light passes through the atmosphere of our planet and is scattered, losing most of the blue light. This means that the light that reaches the lunar

surface is predominantly red in colour. This effect is known as Rayleigh Scattering and this is also how our sunsets are created.

When to look: From 7pm to 8.50pm, November 8

Which direction to look: In WA, the Moon will rise, mid-eclipse, starting low in the eastern horizon.

Enjoy the magical transformation of the bright full Moon into a slowly darkening coppery

ball, hanging mysteriously in space.

Another colourful grouping occurs on November 11 with Mars forming an orange triangle with two red super giant stars, Betelgeuse and Aldebaran. The Moon lies right next to Mars, adding to this special spectacle.

When to look: After 10pm, November 11.

Which direction to look: north-east.

Enjoy these confetti of

colour in the night sky.

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

If you're a budding "astro-enthusiast", check out... Stargazers Club WA's telescope classes and astronomy events for beginners at: www.stargazersclubwa.com.au.

Or visit Donna Vanzetti's YouTube channel, Star Tracks Outback Space Adventures.

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The Greek Islands are a mythical place to visit - an odyssey to Crete



Left to right; Heraklion harbour scene - pithoi (storage jars) - Knossos ruins - setting sun floods ancient walls Inset; rural scene from Phaestos tourist centre © Photos Tim Dawe



TIM Dawe visits Heraklion in this series on Greek Island travel

I'm visiting Crete, that mythical, independent-minded Greek island – and I'm jet-lagged, having spent nearly two days either in flight or waiting for one. It's mid-morning on my arrival in Heraklion where my ho-

tel room has splendid views over the Venetian-style harbour.

My body says "rest" while my mind says "explore". I don't have the stamina of Heracles/Hercules, after whom this capital city is named. Before resting I make a short visit to the Archaeological Museum via leafy Eleftherias Square. This excellent museum explains the life and times of the ancient Minoan civilisation. It contains many artefacts from the nearby archaeological site of Knossos that I plan to visit tomorrow.

The remainder of the day slips by in a fog. I walk around the harbour as the setting sun floods the ancient stone walls with a golden glow, followed by a harbour-side dinner and much-needed bed. A mi-

nor benefit of my jet-lag is being up-and-ready at 5am for the 7am public bus to the ruins of Knossos, just 7km away. I'm the only passenger.

It's a wonderful journey, away from the fumes and hustle of the city, winding through green countryside, and up in the cool forested mountains. Although arriving hours before opening time I'm welcomed in, having the entire site to myself until the stillness is broken with coaches disgorging their packaged tourists.

Knossos is the site of the last known palace and administrative centre of the bronze age Minoan civilisation (4,500BCE-3,500BCE). It's regarded as Europe's oldest city (possibly 20,000 residents), built on the site of a neolithic civilisation dating from about 9,000BCE.

It's huge, set on a 20,000ha site. And seriously old, pre-dating Greek (Athenian) civilisation by thousands of years. The palace/complex ruins indicate there were 1,300 rooms, ventilation and water management, with food storage and processing facilities. I'm fascinated with the high quality, coloured frescoes (restored by a British archaeologist), vibrant Minoan columns, decorated pithoi (storage jars) and the symbolic, and omnipresent, bull horns. It complements those carefully-curated pictures and artefacts I saw yesterday.

The throne room is extraordinary; it could have been used yesterday. As the sole visitor, I can double back or sit and contemplate under shady cypress trees. Eventually heat and incom-

ing crowds determine it's time to leave this superb, strangely uplifting, site and return

The plan for the next day is to visit another Minoan palace – Phaestos – 63km south. It doesn't run quite as smoothly as visiting Knossos. With a much later start, again on a public bus, there is chaotic traffic, honking horns and stoppages. But soon we're climbing hills, passing villages and towns, picking up children for school, and dropping off pensioners for their clinic. Up and up we climb, past laid-out tapestries of olives, citrus and grapes, towards far-away wind turbines on high peaks.

I have no idea where to get off but am helped by a fellow passenger: "Get off soon and catch the Ma-

talan bus". Good Cretan advice! The bus to Matalan stops after a short distance with little explanation except: "wait here". Then an old bus takes me along a dirt road, leaving a short walk along a goat track to Phaestos. Here I am greeted with a sign, in English, at the ticket office: "we are on strike".

Oh! After all this way to get here. All I could do was laugh! It's still a good day out.

While the staff are on strike, they are present – and courteous and helpful. The distant view from the ticket office shows Phaestos as a pile of rubble. Frankly my mood is buoyant, as I relish this day in the rugged Cretan countryside. I relax with a coffee in the tourist/information shop overlooking glorious

views and chat to other missed-out visitors, mostly arriving here in hire cars – one on a Vespa.

With no tourist coaches running, I wander back for the old public bus and a repeat performance. There's something appealing about taking a public bus. Everyone onboard is upbeat and chatty, and our driver stops wherever requested – once when he buys some cabbages. And I'll not forget those rambunctious, hugely moustachioed, old blokes we picked up from a town along the way, traditionally dressed with thigh-high Cretan boots. Magnificent.

Heraklion is a wonderful short adventure; the curtain-raiser for my visit to other Greek islands. But not before I explore more of Crete ... on local time.

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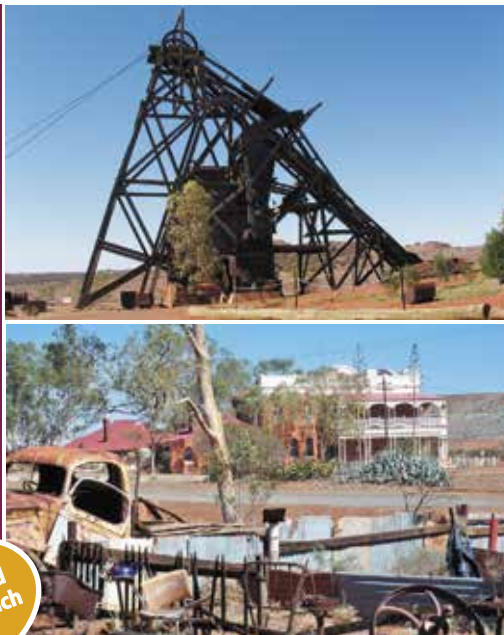


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Downsizing

ADVERTISING FEATURE



Timeless tips when choosing your forever home...



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by Zofia St James

LAST month I wrote ahead of my big move back to Perth. Happily, I can confirm that it has taken place and by the time you are reading this we will have completely transitioned from

the country.

I think the distance contributed to the difficulty but it certainly is a great feeling that it behind us and all the hard work and effort has been worth it.

We had downsized everything from furniture,

household items and personal stuff which made it streamlined. By Monday after the Saturday delivery, I had achieved a very organised apartment.

I'm still feeling tired but that sense of getting it done feels good.

After writing this col-

umn for so many years and assisting others in their journey, personally tackling this for my mum was a gigantic undertaking from the initial styling and presenting it for market, the actual downsize process of what to sell/keep, packing up and then the move.

But the fun now really starts with 'playing house', updating appliances, planning some renovations, but mainly just living in the apartment and helping my mother integrate and make new friends.

I am excited to be back and feel like a local again. I hope that if you are in this position at the moment, I have helped with encouraging you to focus on the end part where you are settled, happy and embarking on a new chapter of your life.

One major thing to consider also when purchasing your new forever home is that although you may be downsizing adequate internal space and storage are a must. Although obviously fewer, the floor area of the rooms is important to

your comfort and ease of moving around the rooms, not to mention enough room to entertain family and friends.

Lifestyle and the continued quality of life as you know is so important; you need to feel that you have that continuity. Another important thing is your aspect and of course a light, bright airy feel. A north facing orientation is the most desirable but you can't underestimate that what you look at is a feel-good factor and a sunny spot on a cold day is a must.

We did have a rather limited budget but my mother was quite adamant about a north facing balcony which we did find and already that

sunshine and leafy aspect is wonderful.

I wish you well if you are in the middle of or considering that transition. I am more than happy to have a chat and help or guide you in the right direction.

Have adventures everyone!

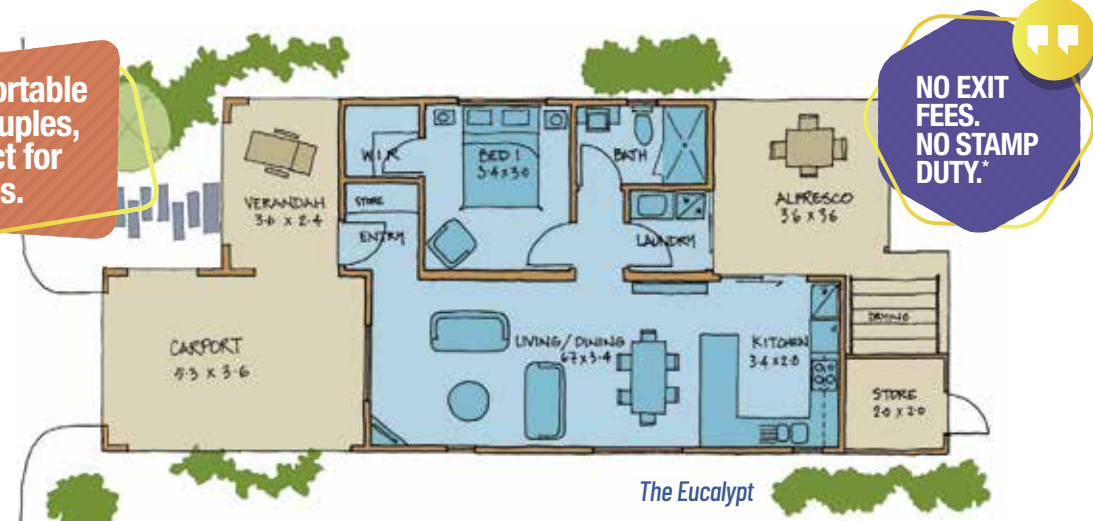
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Australian debut of *The Red Shoes* global art installation in Perth



Dr Paola Magni

WORLD-FIRST research in 2019 involving 128 pairs of shoes placed in Boston Harbour helped WA scientist Dr Paola Magni become a global expert in investigating and solving water-based murders.

Now the Italian-born forensics pioneer and passionate justice campaigner is launching another ambitious shoe project, this time aimed at ensuring women in Australia who have lost their lives to gender-based violence are not invisible.

Partnering with Mexican artist, Elina Chauvet, Dr Magni is bringing the collaborative art installation *Los Zapatos Rojos* (The Red Shoes) to Perth.

This project – which involves laying pairs of red women's shoes a body length apart in an iconic city space – will be part of this year's 16 Days in WA – Stop Violence Against

Women campaign and will take place at the WA Museum Boola Bardip from Sunday 27 November to Thursday 1 December.

Chauvet first put together *Los Zapatos Rojos* in the Mexican city of Ciudad Juárez in 2009 when her 32-year-old sister was murdered by her husband.

Creating the installation with 33 pairs of shoes donated by the local community was not only a way for her to work through her pain and loss, but make a powerful statement about women around the world who lose their lives because they are women.

Shoes are an iconic item for women and often present at a murder scene.

For Chauvet red symbolises the blood that unites us as well as love and hope.

Los Zapatos Rojos has gone on to be replicated in

Norway, Argentina, Chile, Paraguay, Spain, Ecuador, the United States, Canada, Brazil, Africa and Italy, which is where Dr Magni saw the installation in her hometown of Turin.

She was deeply moved by the powerful visual image of hundreds of pairs of shoes, many bearing hand-written messages from their original owners on the soles or on pieces of paper and began wearing a pair of red stilettos at her public speaking engagements as a conversation starter about femicide.

Now, with an average of one woman across the nation losing their life to violence each week, Dr Magni believes the time is right for *Los Zapatos Rojos* to make its Australian debut.

Despite the language barrier (Chauvet speaks Spanish) Dr Magni reached out to the trained architect

and contemporary artist for permission to replicate the installation in Perth, wanting to obtain her guidance and endorsement.

"It is incredibly important that we host this installation in the right way and honour Elina's vision and intent with *Red Shoes Australia*," she said.

"I am honoured that she has trusted us to share this moving experience with the people of Western Australia."

Dr Magni is aiming to create *Red Shoes Australia* with 392 pairs of red women's shoes representing the total number of women murdered in Australia between 2015 and 2020.

In keeping with Chauvet's ethos, the shoes must be red (either original or painted) and donated by members of the public to be part of the exhibition. At the end of the installation quality shoes will be donated to charity.

"We have set up several collection points across Perth and we are hoping people will bring along pairs of red shoes with their own special message to form part of the installation," said Dr Magni.

"I am especially keen for families who may have lost

a mother, sister, daughter, aunt or grandmother through gender-based violence to contribute pairs of shoes as a statement that they remain ever visible to us all."

Dr Magni is hoping *Red Shoes Australia* will also shine a light on the role WA institutions are playing in delivering progressive research to improve investigations into cases of gender-based violence.

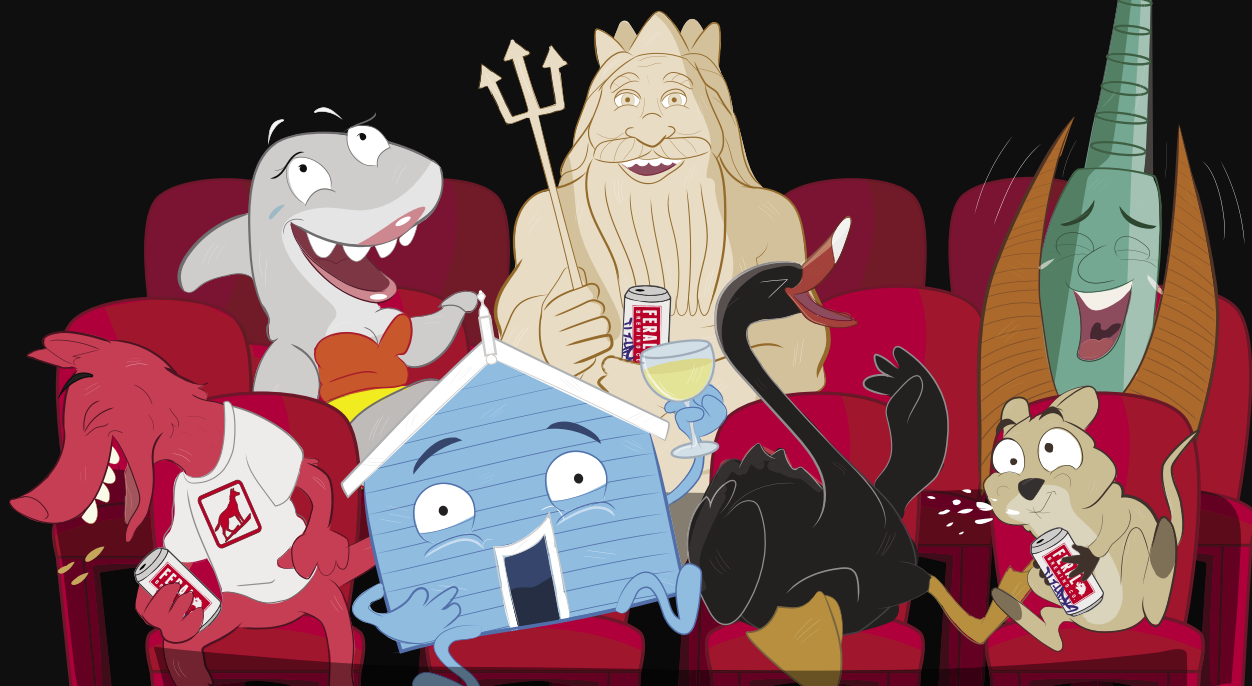
"We have partnered with the WA branch of the Australian and New Zealand Forensic Science Society host a symposium to coincide with the installation," she said.

"More public awareness combined with exciting advances in forensic investigation techniques and technology are vital to bringing about change and improved justice outcomes for victims and their families."

You can get behind *Red Shoes Australia* and find out where to drop-off red shoes for the installation by visiting redshoesaustralia.com.au or @redshoesaustralia.

The installation will launch at WA Museum Boola Bardip on Sunday November 27.

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The Glendas get together...



Glenda Gaggle members meet in Albany

by Josephine Allison

THERE were Glendas aplenty in Albany recently when the annual Glenda Gaggle got underway at a local hotel for a night of fun, friendship, eating and drinking. Twenty-one Glendas from city and country descended on Albany with one aim – to meet up with fellow Glendas and enjoy themselves.

Organiser Glenda Gaspari, of Albany, said the night went well with Glendas attending from Perth, Harvey, Walpole and as far away as Bendigo.

"Over the years we have had Glendas attending from Tasmania and even New Zealand," she said. "Of course, numbers depend on illness and family commitments."

"The Glenda Gaggle was formed in 2007 after a Glenda from New South Wales saw me at a local café wearing my name badge. She said she hadn't met many other Glendas so I suggested we get a few local Glendas together for a pizza and wine-cuppa night."

"Seven Glendas took part in the first Glenda Gaggle (interestingly seven is my favourite number). Fast forward to our 16th Glenda Gaggle and we now have more than 450 Glendas in the Glenda Gaggle Facebook group with Glendas in touch from around the country, Canada, the United States and the UK."

Glenda says strong friendships have been formed over the years with many mini Glenda Gaggles held around Australia. A small group of Glendas also meet in Perth every February.

"There are loads of Glendas around Albany but, sadly, not so many babies are named Glenda these days. Our name, which is Welsh-Irish means pure, good, fair and holy; some of the Gaggle girls might disagree with these attributes but I love them all."

Some Glendas were named after esteemed English actor Glenda Jackson (1936) who later became a member of parliament and singer Glenda Raymond an Australian coloratura soprano who took the title role in *The Melba Story* which ran weekly for 78 episodes during the 1940s. Glenda was a natural singer, with a bright, true voice of exceptional beauty, clarity and flexibility.

Other well-known Glendas include Australian author Glenda Adams (1939) and British pop singer Glenda Collins (1943).

Glenda Kinnane, of Perth, said: "Going into a room of strange people can be intimidating but when I arrived at the function and I received, 'hello Glenda' from the other Glendas, I felt at ease. We had so much fun with games and things."

Glenda Gaspari says the Glenda Gaggle is well known around Albany and plans are underway for a reunion next year with a tentative date of October 21.

"The event is wonderful, it makes you feel good," she said.





Try eating a portion of cheese daily for better bone health



Skjetten Medical Centre in Norway, randomly allocated volunteers to groups eating either a daily 57g portion of Jarlsberg or 50g of Camembert cheese, but no other cheese in their diet, for six weeks.

After this the Camembert group eat Jarlsberg for another six weeks.

Jarlsberg and Camembert have similar fat and protein contents, but unlike Camembert, Jarlsberg is rich in vitamin K which is known to be important for bone health.

Jarlsberg is fermented with a bacterium (*Propionibacterium freudenreichii*) that produces DHNA (1, 4-dihydroxy-2-naphtholic acid), a substance which combats bone

thinning and increase new bone formation in mice.

The team took regular blood samples from all the participants to check for key proteins, osteocalcin (which acts as a biomarker for formation of new bone), a peptide (PINP) involved in bone turnover, vitamin K and blood fat levels.

In healthy people bone tissues are regularly broken down and replaced.

In the Jarlsberg group key biochemical markers of bone turnover increased significantly after six weeks, but in the Camembert group, levels of PINP remained unchanged. Bone-health biomarkers, including PINP increased significantly after switch-

ing to Jarlsberg.

Cheese consumption did not cause harmful levels of blood cholesterol and was not a trigger for diabetes.

Blood fats increased slightly in both groups after six weeks. But levels of total cholesterol and LDL (harmful) cholesterol fell significantly in the Camembert group after they switched to Jarlsberg.

Glycated haemoglobin – the amount of glucose stuck in red blood cells—fell significantly in the Jarlsberg group, while it rose sharply in those eating Camembert. But after switching to Jarlsberg it fell significantly in this group too.

Calcium and magne-

sium fell in the Jarlsberg group but remained unchanged in the Camembert group. The researchers speculated that calcium levels in blood dropped due to these key minerals forming new bone.

Professor Jonathon Hodgson of Edith Cowan University said there is evidence that dairy products, especially yoghurt and cheese help prevent fractures.

"This trial has shown that all cheeses are not the same.

"Osteoporosis and osteopenia are an important risk for people in their 70s and 80s, but you can't carry out a trial where they eat a portion of cheese

every day for five years and count the occurrence of fractures.

"So, we have to extrapolate from shorter studies on younger people."

The study authors wrote this is a small study in young and healthy people designed to explore novel pathways linking diet and bone health, the results need to be interpreted with great caution as the study participants will not necessarily be representative of other groups.

And it shouldn't be taken as a recommendation to eat a particular type of cheese.

The study was published in the journal *BMJ Nutrition Prevention & Health*.

by Frank Smith

A TRIAL in Norway has shown a daily piece of cheese could indicate a way of preventing osteo-

penia (bone thinning) and osteoporosis.

But not all cheeses are equally effective.

Researchers, led by Dr Helge Lundberg of the

Enjoy a complimentary afternoon tea and learn more about home care packages



IF you are considering a Home Care Package or already have one, you may have found there is a wealth of information on how to proceed, but navigating your way through it all, isn't so easy.

However, with a few signposts showing the way it need not be so difficult.

Dôme Café in Kingsley is holding a complimentary afternoon tea and information session on My Aged Care Home Care Pack-

ages on Tuesday November 22 at 4pm. They have invited the team from CPE Group Care Providers to wear their community service hats and give a step-by-step guide from who is eligible, through what the package can provide, how to apply, how to find a provider, what to expect from a provider and can you transition to another provider if you change your mind?

Dôme Kingsley invite you to be their guests too.

It's for anyone thinking of applying for a package, has a friend or family member who could benefit from a package or anyone who already has one and would like more information. This is the opportunity to ask all the questions in an open session or have a one-on-one chat if you would prefer to do that.

Home Care Packages aren't just for personal care but can provide someone to mow the lawn, weed the garden, do the laundry, remove

the flyscreens and clean all those windows for you if you are finding it a little more difficult to do everything at home yourself.

Packages range from \$9,179 to \$53,268 per year so it's well worth considering whether this is something for you.

Places went very quickly for the last session, so please call and leave a message or text Linda on 0448 110 922 for more information or to reserve a seat.

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ADVERTISING FEATURE



Heart health under the spotlight at RAAFA estate in Bullcreek



L-R; Dr Jags Krishnan - Cr Jennifer Spanbroek and co-ordinator of the defibrillator organising team, Mike Smith at the equipment presentation

HEART health was on the agenda at the demonstration of a new heart defibrillator unit at the Royal Australian Air Force Memorial Estate in Bullcreek recently. There are already two existing units on the estate, servicing nearly 400 independent-living residents.

A meeting of residents in the new Cirrus apartments decided a heart defibrillator unit readily available in their own building was important. A small group of residents was formed to investigate the options, with several offering to contribute to the cost.

Newly elected local MLA and Member for Riverton, Dr Jags Krishnan, was approached for his support. As a medical practitioner he saw the importance of this initiative and most generously offered to fund the considerable

cost of the unit and the residents' first training session.

In September a big contingent of appreciative Cirrus residents welcomed Dr Jags and his team to show their support for this practical and appropriate donation for the health and safety of residents.

Also at the meeting was Melville City councillor Jennifer Spanbroek who is attempting to have her council fund ongoing sessions.

As with defibrillator units on all retirement estates, training in the correct and safe use of these life-saving devices is available for all interested residents.

The first Cirrus residents' defibrillator training session was provided by St John Ambulance first aid training specialist Glenn Willan,

last month.

Apart from a demonstration of the correct use of the defibrillator unit and resuscitation techniques, some residents raised the legal implications of trying to save a life, if in the event of a heart attack they did not want to be resuscitated.

What were the legal implications if the defibrillator had been applied without their consent?

Glenn Willan mentioned what is generally referred to as the Good Samaritans Act, embodied in all states' legislation. In WA, it is covered in the Civil Liability Act 2002. He said people who feel they are likely to encounter this situation should familiarise themselves with the full details of the Act.



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Support for those with breast cancer is available

WHEN Lyn was first diagnosed with metastatic breast cancer (mets), she wasn't quite sure what that would mean for her.

Metastatic breast cancer, sometimes referred to as stage four breast cancer, is when cancer cells spread to other parts of the body from where it started.

"Telling my family I had metastatic breast cancer was harder than going through the treatment itself and that was pretty awful," said Lyn.

Despite her oncologist's initial prognosis of 12 – 18 months, Lyn has been living with metastatic breast cancer for five years now.

"It can be very lonely with mets. Many of my family and friends don't understand, they think it's all gone because I'm not sick at the moment."

Lyn connected with others who understand exactly what it means to live with the cancer, by attending the Metastatic Support Group at Breast Cancer Care WA.

Over the years, she made close friendships and seen other members of the group come and go but is always grateful for the connections she has made there.

"I can come to the support group and say something and the girls get it. They know exactly what I'm talking about. We are a very close group and the ladies are very special to me."

Lyn has also had the support of a specialist breast care nurse and a counsellor at Breast Cancer Care WA. She now volunteers and helps out at events to give back to the organisation that has played such a big part in her breast cancer journey.

"Knowing that there is someone there that you can talk to and ask questions has been just so important. Even when you walk into the offices at Cottesloe, from reception to the CEO, you are welcomed and you just feel comfortable coming here."

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Physiotherapy update - do you have a frozen shoulder?



FROZEN shoulder, or adhesive capsulitis, is a condition affecting the shoulder joint causing restricted and painful movements.

This occurs due to tightening of the encapsulating connective tissue and the development of scar tissue within the joint. The exact cause is unknown, however there are many contributing factors. These may include: trauma, surgery, hormonal, systemic conditions, such as diabetes (diabetics are 20 per cent more likely to develop a frozen shoulder), hypothyroidism, Parkinson's Disease, cardiovascular disease and after a period of immobilisation.

Frozen shoulder affects three to five per cent of adults, commonly aged between 40 and

60 years old, and is four times more common in women than men. The average duration of frozen shoulder is between one and three years.

The main symptoms of frozen shoulder are pain and stiffness, making it very difficult to engage in functional tasks.

People often describe the pain in the shoulder region as dull or aching. In some cases, the pain can extend to above your shoulder to your neck, and below the shoulder in the arm.

There are three phases in frozen shoulder. Each stage presents with different symptoms and has its own timeframe.

1. Freezing Phase

The gradual development of often constant shoulder pain, which often is described as

'sharp' and 'severe' with end-range movements. Pain at night is common, along with sleep disturbances. The restriction often gets worse with time. This stage commonly lasts anywhere from three to six months.

2. Frozen Phase

Resting shoulder pain slowly begins to subside with often sharp pain described only at the end-ranges of movement. Concurrently, the shoulder becomes progressively stiffer, and shoulder range of motion is significantly reduced. This stage can last four to 12 months.

3. Thawing Phase

Within this phase, range of motion improves and slowly returns to normal. Pain is significantly reduced and functional activities can be com-

pleted again. This phase can take anywhere from six months to two years.

In many cases, a physical examination is often sufficient to diagnose a frozen shoulder. Various manual tests, along with active and passive movements, and a comprehensive history is conducted. Unless other simultaneous patholo-

gies are present, X-ray imaging is often not required.

Treatment is very individual, however anti-inflammatory medication, in the form of a tablet or an injection, is often suggested at some point within the first two stages. Treatment should also include physiotherapy, which incorporates

various strengthening, movement and stretching exercises. The goal of treatment is to maximise daily function and to establish independence.

Book in with Robert and Jeff (bookings can be made on the website: www.ngp.net.au or by calling 9203 7771 for an assessment, treatment and an exercise program.



by Robert Vander Kraats and Jeff Wong, Physiotherapists



The heart beats about 100,000 times a day



Sandra Barnsley

The heart beats about 100,000 times a day - that's about 35 million times each year.

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Council of Elders - Have your say to redesign aged care

by Frank Smith

AUSTRALIA'S aged care system currently ticks all the wrong boxes. It is complex, unwieldy, expensive and does not provide the care that older Australians are entitled to expect.

The Commonwealth Home Support Program is supposed to provide

entry level care in the home. Support staff are so restricted in what they can do that they end up doing the tasks their clients could do for themselves and leaving the hard tasks to their clients.

At first glance the home care package program is generous. However, there is a wait

of around 12 months between assessment and award of a package. Once awarded, the items and services that can be paid for are ill-defined resulting in some \$2.4 billion of unspent funds. Moreover, the process by which funds are released is time-consuming and subject to arbitrary decisions by providers and Services Australia.

The Residential Aged Care Program also presents major problems. The Royal Commission into Aged Care Quality and Service heard heart-rending tales of neglect and downright abuse of vulnerable people. Support services and food quality are limited by providers under pressure to minimise costs to bolster their bottom line, rather than meeting the needs of the older people in care.

The Commissioners made 148 recommendations. All these were accepted by the government. However, the devil is in the detail and these details need to be worked out by all stakeholders, especially the older people who are the present or future

recipients of aged care and the people who care for them.

Now we have the opportunity to change the aged care system for the better.

The process is more than just consultation. It amounts to codesign of the new aged care program. To that end the government has set up a Council of Elders, tasked with ensuring that older people's views are taken into account.

The Council was established last year and has been meeting throughout 2022 in Canberra every three months and virtually every other month. Members are updated by the Australian Government Department of Health and Aged Care about the particular reforms they are working on so they can provide advice that reflects the views and opinions of older Australians and how they might be impacted by the changes being proposed.

Appointment of the Council members was by the Departments of Health and Aged Care and signed off by the Minister. They have a diverse range of skills and

experience and come from all States.

WA members are Dr Gill Lewin, former Curtin University Professor of Ageing, with extensive experience in health and ageing research and Margaret Walsh OAM, a retired nurse manager with extensive experience in disability and aged care services.

"Unlike some previous attempts at consultation, this one is real," said Dr Lewin. "Evidence provided by the members will be taken on board and used to provide the basis for forming detailed proposals."

"My 'constituency' is the ageing research community. I know the current research issues, but I'm also keen to speak to individuals and groups of older people or those involved in their care."

"We also need to consult people living with dementia; as many people with lived experience of dementia have a lot to contribute."

"There is value having people with dementia living in the community. It will help educate people about the condition and reduce the stigma attached to a



Gill Lewin and Margaret Walsh

diagnosis," she said.

Ms Walsh is speaking to retirees' organisations including Association of Independent Retirees, WA Self-Funded Retirees, National Seniors, Older Persons Health Network Expert Advisory Group, Older Persons Advocacy Network and COTA and the Aged Care Reform Now Group, most of whose meetings she attends regularly.

She said: "Most older people are not interested in participating or consultation, but it is important. "This is a once in a lifetime opportunity to get the aged care system right. All Australians should have input as the reform will affect all of

us eventually.

"We need to get it right now. This is our chance to tell the government what we want," she said.

Margaret and Gill want to hear your concerns or issues with the current and proposed aged care reforms either by phone, text or email, so they can feed these back to the Department and Government.

They would also be more than happy to talk to groups/organisations or meet with individuals in person. Contact them here:

Margaret Walsh
0487290097
marghw@iinet.net.au
Gill Lewin
0455351753
gillielewin@gmail.com

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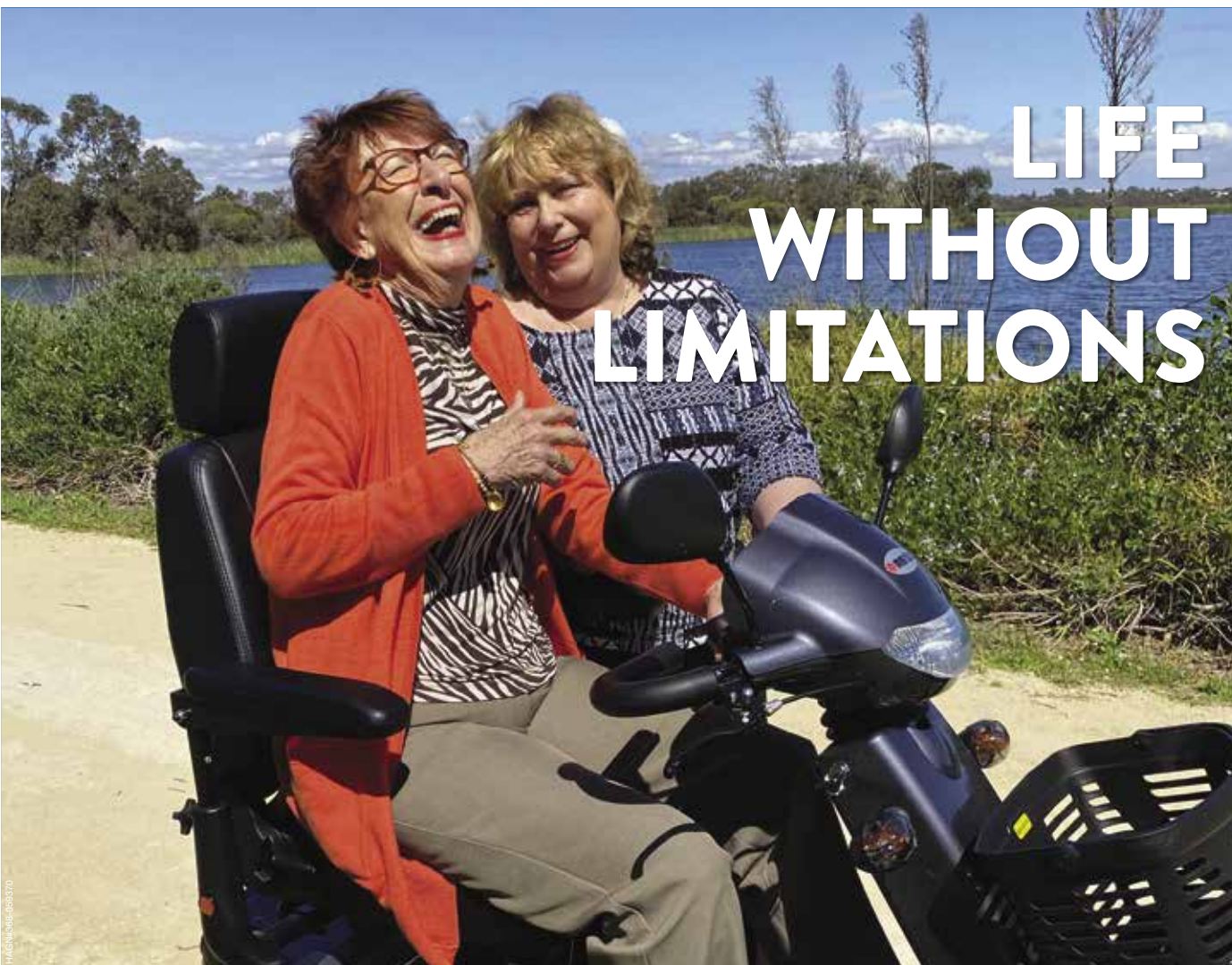
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Have a Go Day

A LiveLighter Event



Have a Go Day a LiveLighter event celebrates 30 years at beautiful Burswood Park



L-R; Have a Go News co-founder Quentin Smythe always had a lot of fun and enjoyed Have a Go Day each year - Swan Valley Wagon horse and cart rides was one of the many things he initiated

WE look forward to seeing people at the fabulous free day of fun and entertainment at Burswood Park on Wednesday November 9 from 9am to 3pm.

This year celebrates the 30th anniversary

of this special event at beautiful Burswood Park.

Have a Go News editor Jennifer Merigan said she was pregnant with her daughter at the first Have a Go Day she attended in 1993 at

Burswood Park.

"Have a Go Day is a unique event for older adults and I am proud that Have a Go News has contributed to the event for more than 30 years.

"I am particularly

proud that my father Quentin Smythe was on the inaugural committee of the Seniors Recreation Council and stayed on it until he passed away in 2018.

"He was so innovative and over the years

provided many highlights for attendees including camel rides, horse and cart rides, introduced many businesses to the event and came up with the chocolate wheel.

"He was a powerhouse who put much into ensuring the success of the day that people see now," said Jennifer.

Have a Go Day, a LiveLighter event, is specifically designed for older people to get out, have a go and see the range of information, services and activities available for them.

Minister for Seniors and Ageing, Don Punch MLA will officially welcome everyone at 10.30am at the entertainment stage site.

It's an opportunity for

Minister Punch to see what happens when older Western Australians get out and have a go.

Try your hand at canoeing on the river, test your skills on the climbing wall, find a new activity or find out about the latest technology and enjoy great entertainment.

Event organisers, Seniors Recreation Council of WA, remind everyone that age is no barrier and invite anyone over 50 to come along dressed to participate.

Are you looking for a new hobby? There is a huge range of clubs and groups for people to join from dancing to collectables to exercise groups.

Have a Go News runs

the hospitality tents and our famous chocolate wheel will spin every hour from 10am to 2pm with great prizes to win.

Enjoy free tea, coffee and water and take some time to sit and relax before you head off to have more fun.

More than 15,000 people attend this event and take the opportunity to enjoy the surrounds of Burswood Park, Great Eastern Highway, Burswood.

Shuttle buses are available from the train station and there's free parking in the Crown high rise.

There is so much to see and do - if you have never been before you will be amazed at this unique event for the mature demographic. See you there!



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'See us at site 82 on Have a Go Day'



Back for Have a Go Day 2022...

Prime Movers make their return to Have a Go Day after the pandemic years. To see the Prime Movers having a go at Have a Go Day, meander to the entertainment stage, site 105 for a 25-minute demonstration at 10am and 1pm.



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Have a Go Day

A LiveLighter Event



Live Up - connection and assistance for people to age well

by Allen Newton

FROM opening a can of beans, to doing up a clothes zipper, going along to an armchair yoga class or joining a social group, there are plenty of places for older Australians to look for help.

Although finding what you are looking for, or even knowing there is something that will help

you do the job, isn't always easy.

LiveUp, a free national service funded by the Federal Government, was launched in February this year, and provides older people with information, strength building exercises, and local social connections to help them maintain or even regain their independence as they age.

On LiveUp people can complete a quick questionnaire which provides an assessment of where a person is on their life journey and the kind of things that may be helpful in living a healthy and happy lifestyle.

It matches these products and services to the suburbs around the person filling out the survey, providing a curated list of opportunities to help them maintain their independence.

LiveUp provides a connection between product and service providers and the people who need them, supporting early intervention and delaying premature decline of an older person's capacity to live or function independently.

LiveUp is operated by iLA, a not-for-profit organisation with expertise in healthy ageing approaches and aged care assessment.

iLA is not connected to specific products or services, therefore the suggestions offered on LiveUp are completely impartial.

iLA communications manager, Neil Berrick says LiveUp has mostly been delivered through a website, but in coming months there will be

more personal support for people who find the digital process challenging. This will allow a person to phone in and talk to somebody in the service team who can take them through a more thorough personalised assessment.

"The goal is to enable older people in Australia to make informed choices about their ageing journey," Neil says.

"A large part of what LiveUp does and our whole healthy ageing approach is to break down the stigma attached to assistive products.

"A lot of people when they see assisted products think of a walking frame and the whole idea is that it's something you need when you can't do a task, where we see it more as something to help you continue to do a task.

"There are some everyday assisted products that aren't so medical, things like a tip kettle which takes the risk away of carrying heavy boiling water and things like a car assist bar which is a little bar that hooks into where the door closes and you can use it to leverage yourself out of the car and have somewhere stable to lift from.

"It's little things like that, button hooks, zip pullers, can openers, all things

that people can use every day that help them stay independent for as long as possible.

Neil says social connections are also important and that for somebody to have a healthy ageing journey they need a mental, social and physical connection.

"We try to offer that across the website, as well as general information on how to take control of your ageing journey.

Neil says government funding from the Department of Health and Aged Care enables the not-for-profit organisation to offer the service for free.

"iLA put in an application to develop LiveUp off the back of the Royal Commission into Aged Care, after seeing the need for older people to be provided with more information that supports their independence; particularly from an impartial source."

"A lot of people come to the site and think we are trying to sell them stuff and it can look like a commercial website, but we're here to give you all the tools you need to make informed choices about your ageing journey at no cost."

If any physical decline is shown through the quick questionnaire, the person



will be guided to complete an advanced assessment for more thorough self-assessment and tailored advice specific to their unique needs.

The advanced assessment uses the LifeCurve, a program created in the UK which is designed and backed by more than 15 years of evidence-based research that will help older people understand how they are tracking on their

ageing journey. After making small changes in their lifestyle, people can revisit LiveUp and compare how they have improved their health and wellbeing.

Since the launch of the website in February, more than 20,000 West Australians have used the site and more than 2,000 have completed the quiz. The site lists 710 WA activities.

Australian ALZHEIMER'S RESEARCH Foundation

FREE INFORMATION ON AN ALZHEIMER'S DISEASE RESEARCH STUDY

The Curtin Health Innovation Institute (CHIRI) invites you to learn more about a novel therapy that may markedly slow Alzheimer's disease.

During this session, we will provide information on how to participate in a world-first clinical trial for treatment.

Further details on the trial can be found at:

PIAstudy.com.au



Event Details & Registration

Date	Tuesday 15 Nov 2022
Time	10am - 12pm Presentation 10 - 10.30am Followed by Q&A and refreshments
Venue	Canning Room, Tompkins Club 632 Canning Hwy, Alfred Cove
Cost	Free
Register	Scan the QR code 08 9266 3893 PIAstudy@curtin.edu.au



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**Our valued volunteers are the
backbone in our support of over 55,000
West Australians in need each year.**

Thank a Volunteer Day

ADVERTISING FEATURE
Acknowledging International Volunteer Day,
December 5



Why WA's volunteers are so vitally important to our communities

by **Stephen Dawson,**
Minister for Volunteering

VOLUNTEERS are the lifeblood of our local communities. They coach our kids at weekend sports, they give their time to help others, they're there to help in emergencies and they look after and protect our unique environment.

To me every volunteer who gives their time is a local legend. Across

our vast state, volunteers create, support and sustain a variety of organisations and groups by sacrificing their time to deliver services and activities that are essential to our communities, helping them to thrive.

To put this into context, it's estimated that the social, economic and cultural value of volunteering contributes about \$39 billion to Western Australia each year.

In short, we'd be lost without them.

Since becoming the Minister for Volunteering earlier this year, I've been fortunate to meet a wide range of volunteers across WA. One thing I hear regularly from people who volunteer, is how much they get back from the time they give, however big or small that may be.

Studies show that volunteering creates greater

psychological wellbeing, self-esteem, happiness, and satisfaction with life, with fewer symptoms of depression and anxiety. People also tell me that volunteering has helped them gain confidence, has helped them to meet new people and make new friends, learn different skills and make a real difference to people's lives.

Volunteer numbers across Australia are in decline with Covid-19 having a significant impact by creating additional challenges for people who want to get involved. Despite these challenges, volunteers have continued to adapt and innovate to maintain their vital work in helping

our communities.

Here in WA, I am very pleased to announce that it's a totally different story. While the number of volunteers has declined nationally, volunteering rates have remained relatively robust in WA, with the State recording one of the lowest reductions in volunteering compared to all the other jurisdictions. This highlights the strength and resilience of our communities and the desire to provide help when and where it is most needed.

On behalf of the McGowan Government, I want to say a very heartfelt thank you to all of our incredible volunteers who give their time and skills to make WA the fantastic



Minister for Volunteering, Stephen Dawson with an SES volunteer

state it is.

I would also encourage anyone thinking about volunteering to give it a go. The Volunteering WA

website has a list of volunteering opportunities and information on how you can get active and get involved.

Citizens Advice Bureau (CAB) is a community legal centre offering information & referral, low-cost legal advice and a mediation service. CAB is seeking enthusiastic volunteers to join our Perth Office for one day a week. Volunteering at CAB is fun, rewarding and educational!



Skills required:

- Highly developed interpersonal skills with regard to providing customer service
- Demonstrated passion for helping others and working within the community
- Computer literacy, administration and adaptability

For more information visit

www.cabwa.com.au/become-a-volunteer or email volcoordinator@cabwa.com.au.

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Volunteering at the Army Museum of Western Australia

VOLUNTEERING at the Army Museum is very rewarding. David Baker has volunteered there for more than 10 years.

"I have a military background, serving with the Australian Army Band Corps as a musician for 43 years.

"My passion for Australian military history led me to the Army Museum at the historical artillery barracks in Fremantle.

"The museum has a wonderful and unique collection of military artifacts and medals.

"We tell the story of the army in Western Australia

and West Australians in the army from 1826 through to the most recent involvement in Afghanistan.

"I learn more about our military history every time I attend," said David.

The museum is always looking for more volunteers. The museum will be open on Remembrance Day, Friday November 11. Visitors to the museum are welcome to join in a short service to reflect and remember the sacrifices that were paid.

See the website for more information: www.armymuseum.wa.com.au or go to Facebook Army Museum of Western Australia.



A big thank you to our wonderful volunteers!

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Seniors Week a time for celebration especially for volunteers



Aurora Thisainayagan

WA Seniors Week – which runs from 6 to 13 November – celebrates the contributions of older Western Australians and it's a particularly special

time for residents at Regis Nedlands, which uses the week to honour its seniors and the interesting and diverse lives they have lived. One senior at the pop-

ular Nedlands aged care home is 85-year-old Aurora Thisainayagan, who holds the title of volunteer resident representative; she assists new residents to settle in at their new home, as well as liaises between staff and residents to help and improve resident and staff communication.

"I have volunteered throughout my life in various capacities, even when I was a student at University in the Philippines," says the Filipino-born mother of three, who immigrated to Perth back in 1997 with her husband.

"Life is more meaningful when you volunteer and help people, otherwise it

can be a little stale and not as challenging.

"There are so many levels of need in the community, and I find life is so much more enriching when you can give back to the community, and it's for those reasons that I put my hand up to become a volunteer resident representative."

Regis Nedlands general manager, Sam Waldron, said Seniors Week presented a perfect opportunity to celebrate residents like Aurora whose volunteer work within the home makes a tremendous difference to the lives of her fellow seniors.

"We are very fortunate that Aurora chose to take

on the volunteer role of resident representative at Regis Nedlands, and in the time that she has been in that position she has brought great support to our residents and has formed strong bonds with many of them," he says.

"Friendship and strong relationships are so important to people's lives and we know that having passionate volunteers, as well as dedicated and committed care staff, at our home makes a significant contribution to the quality of life of those in our care.

"Seniors like Aurora make an invaluable contribution to Regis, and Seniors Week is a wonderful

opportunity to recognise their generosity of time and their big hearts.

"Like Aurora, many of our residents are in their 80s or 90s and continue to display inner vitality. Our staff are committed to making sure they remain living lives of purpose and joy. Every one of our residents still has so much to offer and we are keen for

them to continue to live full lives each and every day."

Regis offers a diverse range of care options including residential aged care, home care, retirement living, day therapy and day respite. It is one of the largest providers of aged care in Australia and cares for more than 7,000 residents each year.

Volunteer profiles - meet Vinnies volunteer, Andrew

"I STARTED my Vinnies journey as a volunteer at our Rockingham depot. I had been unemployed for a long time, and found volunteering enhanced my social skills and gave me a sense of purpose. I was responsible for sorting, pricing and customer service.

"When the depot manager retired, the depot became an outlet shop and the manager felt that I was the perfect choice for assistant manager as I upheld our values in practice and

demonstrated all of the skills required for the role.

"That was three years ago. I continue to work hard to support my team and also the other Vinnies shops in the area. I love that I get to meet so many people, whom we have been able to help with clothing and other goods.

"I also love morning tea time in the shop, when I can share tea and scones with the crew and be there to catch up on their news and lives."

Volunteers are the lifeblood of Vinnies in Western Australia. They fill important roles, including as call-takers, administrators, retail assistants, truck offsiders, fundraising event volunteers and retail supervisors. They ensure that Vinnies retail operations and the support we provide West Australians in need continue, through thick and thin.

Vinnies volunteer numbers have decreased over the past two years, but have started to re-

cover in recent months. They're still searching for volunteers to fill important roles, including as call-takers, administrators, retail assistants, truck offsiders, fundraising event volunteers and retail supervisors across WA.

Sign-up today individually or together with a family or friend and spend quality time together helping Vinnies WA keep supporting over 60,000 West Australians in need each year.

Learn more at www.vinnieswa.org.au.

Our foster carers are some of our most valuable volunteers! A huge thankyou to everyone willing to help!

If your nest is rather empty, can you give scared, depressed and lonely cats like Rob a break from the shelter?

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www.cathaven.com.au



INTERNATIONAL VOLUNTEER DAY



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SOS sends a special call out for Christmas donations



MEMBER for East Metropolitan Region, Donna Faragher MLC has added her support to Starting Over Support's special Christmas donation drive.

Ms Faragher said Starting Over Support (SOS) was a community initiative, supported by People Who Care,

dedicated to providing household items and furniture to vulnerable families who are starting over in a new home after being referred by women's refuges and other agencies.

"Starting Over Support always appreciates donations of furniture, household appliances,

kitchen utensils, cleaning equipment, crockery and children's items.

"In addition to providing these much-needed items, the wonderful team at Starting Over Support have put out a special call out for donations to top up their Christmas packs for vulnerable families to help

make their Christmas extra special.

"As Christmas is fast approaching, Starting Over Support welcomes donations from the community including new toys, children's books and decorations which will all go to families in need who are starting over in their new home,"

said Ms Faragher.

People who would like to make a contribution to Starting Over Support's special Christmas donation drive can drop off donations to their warehouse at 40 Bassendean Road, Bayswater.

SOS is open Monday to Thursday between 9am and 3pm.

Support groups for families living with a loved one's alcohol or drug use

YOUR Lived Experience can help facilitate family support groups in Bunbury and the South West.

The Mental Health Commission is looking for parent peer volunteers, who have supported a child of any age through drug and alcohol use to provide support to other families struggling

with a loved one's alcohol or other drug use.

The role suits parents who can commit to two hours per week and who can demonstrate effective coping skills and self-care in order to be effective supporters of other families in distress. The Commission will provide full training

and on-going support. Paid volunteer allowances are available for all parent peer volunteers facilitating support groups.

Volunteer to make a difference! The Parent and Family Drug Support service has been providing peer support to families in WA for over 20 years. As a parent

peer volunteer, you will be joining a friendly, supportive and passionate team of parents. More information is available online: mhc.wa.gov.au/PFDSBunbury

If you can lend a hand, email the Mental Health Commission, parentdrugsupport@mhc.wa.gov.au or call 08 6553 0239.



National Trust volunteers are everyday people who make extraordinary contributions.

We want to say thank you for helping to make our precious heritage available to visitors around the year.

To find out more about an enriching volunteering experience call 9321 6088 or visit nationaltrust.org.au/volunteers-wa



Volunteers required for the 2022 MSWA Ocean Ride

THE MSWA Ocean Ride is a unique cycling event that takes riders along WA's beautiful coastline from Fremantle to Hillarys.

Volunteers are needed for Fremantle, Scarborough, Hillarys and all the way along the course. With the different roles including helping setup and pack down, registering participants, marshalling riders along the

course and helping hand out medals, fruit and water.

Melinda and Kim volunteer to help MSWA make a difference.

"We enjoy volunteering with MSWA. By volunteering our time to help MSWA, they can carry on making a real difference to the people they support."

Be part of the day and join the incredible team of volunteers on Sunday, November 20, as MSWA send off all the amazing riders for the 10km Family Ride, 30km, 50km, 70km, 100km, 120km and 140km rides.

If this sounds like something you would like to be part of, please get in touch today (08) 6454 3131 or events@mswa.org.au

"What is the essence of life? To serve others and to do good"

- ascribed to the philosopher, Aristotle.



ParaQuad Industries pays tribute and says "thank you!" to our many Volunteers without whom we would find it so much more difficult to achieve our mission to provide employment to people living with a disability.

We have vacancies for Volunteers at our Willetton, Stirling and Shenton Park sites, in our op shops and Book Bazaar, and at all stages of the process, from sorting through pricing and display to customer service.

**If you are moved to serve others and to do good, and would like to join our Volunteer cohort, please contact us or drop by for a chat.
Phone 9381 0195 Email volunteer@alinea.org.au**

**Shenton Park ParaQuad Industries
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4-6 Orton Road, SHENTON PARK**

**Jandakot ParaQuad Industries
Op Shop & Book Bazaar
52 Cutler Road, JANDAKOT**

**Stirling ParaQuad Industries
Op Shop & Book Bazaar
Unit 3, 39 Erindale Road, STIRLING**

**Willetton ParaQuad Industries
Op Shop & Book Bazaar
147 High Road, WILLETTON**



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ADVERTISING FEATURE
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December 5



Port to Pub - it's all about the swimmers, volunteers and supporters



Left; Artist John Major with Port to Pub president Ceinwen Roberts
Right; Close up of the swimmers off the beach, artwork by John Major

CITY Beach based artist, John Major, is the feature artist for the 2023 Euroz Hartleys Port to Pub.

Hotel Rottneist is generously donating a truly unique 3D artwork to be auctioned for Port to Pub's charity partner, Perth Children's Hospital. The 3D artwork is a first for the Port to Pub in its seven-year history.

Mr Major said he was honoured to be selected as the Port to Pub's 2023 artist. The artwork itself has taken six months to create. Swimmers can relate and possibly identify

themselves somewhere in the piece.

"I wanted everybody to be in the painting. Yellow caps, then blue caps, orange, green, and pink. The supporters are such an important part of the event, I needed to make sure they are represented," Mr Major said.

Self-taught John Major started painting late in adulthood, with a focus on his heli-art for the last six years.

"I call it my art heli-art because my pieces look as though they could've been taken from a flying helicopter or drone," he said.

With 30 years of deep-sea diving and a decade of skydiving experience guiding his perspective to create realistic water scenes, he is the only artist in Australia to produce three-dimensional perspective artworks.

"The more you look at my paintings the more you see. You can almost hear the cheering and shouting. I have a story about

every person," he said. Port to Pub president, Ceinwen Roberts said she was emotional when first presented with the artwork.

"I am amazed when I first saw this piece, I was really overcome because John has captured what makes this event so special. The detail is extraordinary, I could stare at it all day. I love how everyone is connected... and the colours are so representative of what it is really like on the day.

"You can see that John has really absorbed himself into the event and imagined the feelings from all the different perspectives. It is beautiful. The future owner is going to buy a priceless unique piece; even better the funds will go to charity," she said.

John Major said he tried to capture the heart of the swim and what was unique about the Port to Pub.

"It's about all of us - the swimmers, volunteers, workers, and supporters. The support crew in the kayaks to the person ringing the bell at the start of the race. It's about the people and the time they put into it. I tried to capture the energy of the shared experience. They've got butterflies in their stom-

achs, but they are all saying: "it's okay, we can do this," he said

The finished artwork is meticulously detailed. It includes footprints criss-crossing the sand, waves rising and breaking, swimmers' mid-stroke, spectators cheering, and a line of competitors awaiting the starting bell.

The stunning artwork is on display at the Hampsons City Beach Restaurant from October 24 until December 18. It will then be on display at Perth Children's Hospital from the end of December until the end of February 2023.

The 152cm x 122cm sized artwork will be available to purchase at a live



auction at the 2023 Port to Pub race briefing.

John Major said he will be on the beach on March 18, to cheer at start line from 5am.

"I encourage everyone to take part in this

life-changing event. It really is a swim for all," he said.

Registrations for the 2023 Euroz Hartleys Port to Pub swim are now open via www.porttopub.com.au.



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COMMUNITY NOTEBOOK

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

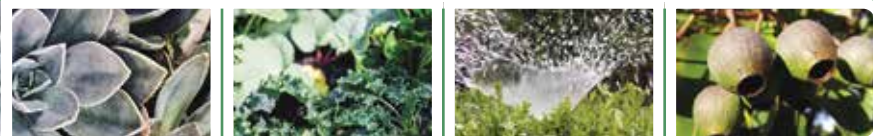
- DARLING SCARP INC**
Xmas fair Saturday November 19 and Sunday November 20, 10am-4pm
Venue: Lesmurdie Club, Lawnbrook Road West Lesmurdie. Free entry
- SOUTH PERTH LEARNING CENTRE**
Free Class On Podcasts.
Wednesday November 9, 1pm
At The South Perth Learning Centre. 96 South Terrace
Learn how to listen to podcasts on your phone/tablet.
Bookings 0459 571 736 or splonline.org.au
- APPLECROSS ROTARY JACARANDA FESTIVAL**
November 19, 9.30am-3.30pm
Applecross Village Shopping Centre 29 Ardross Street Applecross.
- EAST FREMANTLE GEORGE ST FESTIVAL**
Sunday December 4, 11am-6pm
East Freo's community celebration. Food, market stalls, music and fun family activities
Contact 9339 9339.

- NORTH COAST ART CLUB INC**
Exhibition and sale. **November 18, 19 & 20**
Original art by local artists.
Opening times Fri 6pm-9pm (opening night) Sat and Sun 9-5pm
Location Ern Halliday Recreation Camp Whitfords, Avenue Hillarys.
- DON RUSSELL PERFORMING ARTS CENTRE**
Sundowner Series-Mucky Duck Bush Band
November 18, 7-8pm \$27 plus ticketing fee.
The band is in its 46th year as WA's top bush band.
Doors open and light dinner served at 6pm Lot 13 Murdoch Road. Thornlie. 9498 9414 drpac@gosnells.wa.gov.au
- 3 in ONE MARKET**
Claremont Showgrounds
Saturday November 12 and Sunday November 13, 9.30am-4.30pm
Over 300 indoor market stalls and free antique valuations 12-3pm
Handmade crafts, antiques & collectables & polka vintage market
Entry \$10 Children under 10 free.
0409 115 764

- FREMANTLE ARTS CENTRE**
event **BAZAAR 2022**
Friday December 2 to Sunday December 4
Fri 5-9pm, Sat & Sun 9-5pm
\$2 entry Kids under 12 free.
Show casing the work of local designers, artists and makers. A potpourri of the best of WA's arts and crafts.
9432 9555
- AUSTRALASIAN PORCELAIN ART TEACHERS OF WA**
Petals & Fur - local Australiana
Porcelain art exhibition and sale of work
Saturday November 26 to Sunday December 4, 9.30am- 4pm daily
Free admission. Old Courthouse-ArtGeo Centre Queen Street (jetty end) Busselton
Info 0438 721 002
- AMNESTY FREMANTLE**
IS holding a fund raising movie night at Luna on SX with the film *Armageddon Time*
6.30pm November 10
Ticket price includes film and access to discounted drinks and snacks.

- Book at tinyurl.com/amnestymovie and join the cause for basic human rights.
- CAROLS BY THE JETTY**
Saturday December 10, 6-9pm
Busselton Foreshore Amphitheatre. Cost free
An evening of carols, family fun and celebrating Christmas.
- BREC ANNUAL CHRISTMAS GALA**
Friday December 9, 6pm
\$89 pp
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Saturday November 19, doors open 6.30pm, show 7.30pm-10.30pm.
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Tickets \$30 (plus booking fee) from OZTIX
Under 18 \$20, must be accompanied by an adult.
Tickets on the door \$35.

GREAT HOME and GARDENING



Government House - stroll through the gardens at this inner-city oasis



The gardens of Government House, Perth's layout dates back from the 1850s



by Colin Barlow

MANY West Australians who work in the city have probably noticed the buildings and lush gardens of Government House from afar. But I wonder how many people have taken the opportunity to visit this hidden inner-city oasis?

The Gardens of Government House are currently only open for the public to enjoy three

times per week from Tuesday to Thursday 12 noon and 2pm. Set in 3.2 hectares, the existing layout of the garden dates largely from 1850s and 1860s when the present House was under construction.

In late October this year I was part of an organised tour by The Rose Society of WA that visited the grounds of Government House.

The National Trust listed gardens are an example of Arcadian landscape style that became popular in Europe during the 18th and 19th century. The style desired to depict the optimal landscape of Arcadia, a legendary place revered for its pastoral beauty. Trees, water, buildings, rocks

or animals were carefully positioned to represent a natural, timeless and harmonious splendour.

The paintings of French artists Nicolas Poussin and Claude Lorrain perfected this classical landscape during the 17th century. This led to its increased popularity and the desire for artists and landowners in Europe to undertake the 'Grand Tour' visiting the ancient monuments and art of ancient Italy and Greece.

On returning to their homeland many embarked on massive landscape projects to portray their new understanding of classical landscapes and the culture and arts of Arcadia. I have visited many of these picturesque landscapes at

Stowe, Castle Howard, Blenheim Palace, Rousham House and Stourhead in the UK and have been mesmerised by their beauty, composition and scale.

The Government House gardens consist of large lawns flanked with exotic and native trees. An olive is believed to have been planted in the mid 1800s when the Swan River colony was first established, and the current House was being built. The gnarled trunk on this ancient tree is worth the visit alone.

Shady winding pathways with hoop pine and oak trees provide the ideal conditions for azaleas to flourish underneath.

A stone staircase leads to the lower garden ar-

eas which date back to the 1880s and 1890s when the Swan River still lapped the lower boundary wall of the site. Another large lawn awaits at the bottom of the stairs, just perfect for a picnic or a game of cricket. Plantings there include date palms, Kauri pines, trellised arbours covered in Wisteria, plus a waterfall and bridge.

The formal rose garden was recently expanded for the late Queen's Platinum Jubilee with the addition of several hundred David Austin roses. The rose garden was a highlight for our group who stopped to smell and enjoy the roses.

If you love history, work in the city, or are looking for a picturesque spot for your next picnic take the time to visit this hidden oasis right in the heart of our city, you won't be disappointed. For more information on visiting the gardens go to govhouse.wa.gov.au,

Put a Spring show in your step

Enjoy the last month of spring with either a show or display, a plant sale or just enjoy a stroll in a delightful garden.

The combined **WA Fern Society and Palm and Cycad Society plant sale** will be held from



November 12 - 13 at the Manning Community Centre, on the corner of Bradshaw Crescent and Jarman Avenue, Manning. The sale is open from 8.30am to 4pm on Saturday and from 9am to 2pm on Sunday. For details call George Sevastos (palms) on 9448 4816 or Ray Chester (ferns) on 0402 045 620 for more information.

From November 12-13 the **Cactus & Succulent Society of WA Show** takes centre stage at the South Perth Community Centre Hall, on the corner of Sandgate Street and South Terrace, South Perth. There will be lots of unusual cacti and succulents on display. The show is open from 10am to 4pm on Saturday and 10am to 2pm on Sunday. Contact Bob Hunter on 0438 905 229 or email bjbhunter@westnet.com.au.

westnet.com.au.
• Check out the dazzling **Late Flowering Orchid Display** also on November 12-13 at the Manning Activity Centre, 3 Downey Drive, Manning. The display will open from 9am to 3.30pm each day on Saturday and Sunday. Entry is only \$5 and includes coffee and cake. For further information email harry.ashton@live.com.au.
• Open Gardens WA will be showcasing the interesting **Kwela Garden** at 23 Muir Street in Banjup on November 12-13. The garden is shaded by magnificent Melaleucas that provide the perfect conditions for Clivias and exotic plants. The garden is open from 10 am to 4pm each day, with entry \$8 or for members \$6, under 18's free. For more details go to www.opengarden.swa.org.

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Have-a-Go NEWS

Have a Go News PUZZLES SOLUTIONS

Solution for BIG Crossword page 54

E	X	A	M		O	N	A	N	D	O	N		U	F	O	S
I		B	A	A	E	D		D		E		G	R	A	P	E
R	A	I	D	S		E		H	O	B		O	I	S	A	A
E	N	D		C	A	S	T	E		R	E	S	T	S		T
	D	E	C	O	R		O	R	B	I	T		B	L	A	S
	R		A	T	T	U	N	E		S	H	O	O	E	D	
Z	E	A	L		I	N		N		N		D	A	S	H	
O		L	A	S	H	E	D		M	I	N	E	D		T	O
O		L	E	N	T		S	O	N	I	C		S	A	C	S
M	A	O	R	I				W		L			R	E	E	K
I		O	S	S	O		H	E	M	A	N		V	E	R	A
N		M		E	A	S	E	L		N	E	V	A	D	A	
G	A	S	H		F		A			G		C		M	E	A
	R		E	D	I	C	T	S		W	A	S	A	B	I	L
	C	O	M	E	S		U	N	M	E	T		T	A	C	I
H	E	R		S	H	A	P	E		D	E	T	E	R		N
A	D	A	G	E		L		E	C	G		I		R	E	T
M		T	A	X	I	S		Z		E		M	A	Y	B	E
S	H	E	D			O	V	E	R	D	U	E		B	L	O

Solution for Crossword page 55

S	U	P	E	R	V	I	S	O	R	S
C				A		N		B		T
R		T		C		T	E	S	T	Y
E		R		E		E		T		
E	D	A	M		E	N	G	I	N	E
N		G		G		T		N		N
S	K	E	W	E	R		D	A	M	E
		D		N		B		T		M
P	R	I	C	E		E		E		I
A		E		V		E				E
R	E	S	T	A	U	R	A	N	T	S

Solution for Sudoku page 55

9	8	5	6	7	2	3	1	4
2	3	1	9	8	4	7	6	5
7	4	6	3	5	1	9	2	8
5	1	3	4	6	9	2	8	7
8	2	7	5	1	3	6	4	9
4	6	9	8	2	7	5	3	1
3	7	8	2	4	5	1	9	6
6	5	2	1	9	8	4	7	3
1	9	4	7	3	6	8	5	2

Solution for Top Words page 55:

		V				
	J	I	G			
	C	A	B	L	E	
P	U	R	R	I	N	G
W	A	R	R	A	N	T
	R	E	I	T	T	E
	S	N	I	E	R	
	G	O	D			
		N				

Answers for Word Pairs page 55:

Addis Ababa, Buenos Aires, Kuala Lumpur, New Delhi, Phnom Penh, Port Moresby, Santo Domingo.
Mystery keyword: NASSAU

Answers for Have a Go News Quiz page 2:

1. The Fed (Federal Reserve)
2. Champion UK jockey 3. Worksafe
4. Real estate 5. Ewan McGregor
6. Shenton Park 7. Bassendean 8. Cycling
9. Cycling 10. Cable Beach



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IT'S that time of year when things start to get crazy (wait, doesn't life seem to be crazy all the time at the moment?) If you feel like you've been rushed off your feet with day-to-day activities and you'd like some time to relax, then why not consider a day out with Aussie Redback Tours?

Besides their extended tours to various parts of Australia, they also run one-day tours to some lovely places within and outside the Perth metropolitan area. Coming up for the remainder of the year they have:

Sunday October 30 - Penguin Island (pick-up Joondalup 7.30am, pick-up East Perth 8am, pick-up Rockingham 8.45am). Enjoy morning tea, a ferry ride across Shoalwater Bay to Penguin Island to see our very own little penguins right on our doorstep, then a picnic lunch back on the mainland.

Sunday November 20 - Seabird and Lancelin (pick-up Rockingham 7.15am, pick-up East Perth 8am, pick-up Joondalup 8.30am). A lovely drive up the coast to the seaside towns of Seabird and

Lancelin. Includes morning tea and a restaurant lunch.

Sunday December 18 - Christmas Lunch Mystery Tour (pick-up Rockingham 7.15am, pick-up East Perth 8am, pick-up Joondalup 8.30am). Join them for a Christmas restaurant lunch with all the trimmings and a present from Santa! Cost - \$105 Seniors, \$115 Adults.

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Bootleg Beatles relives the music of the world's most popular band



Bootleg Beatles

by Allen Newton

Beatles.

ANDRÉ Barreau spent 30 years studying the mannerisms and music of George Harrison in *The*

Bootleg Beatles, is still involved with the band as

a manager.

Speaking from the UK where he was getting ready to accompany a new crop of musicians playing the roles of John, Paul, George and Ringo for their Australian tour, André says the band has come a long way since it was formed in March 1980.

André played the role of George Harrison until he handed the reins over to Stephen Hill in July 2014.

Since its beginning, *Bootleg Beatles* have been renowned for their attention to detail from costumes to authentic period instruments, to their note-perfect reproductions of some of the world's most famous music.

He met Paul McCartney and George Harrison who asked: "Who's the Bootleg Brian Epstein 'cos he's got all the money?"

The *Bootleg Beatles* has supported many of the world's biggest stars including Oasis, Rod Stewart, Tom Jones, Elton John and even Sir Paul McCartney himself.

They are also the second and only other group – after the Beatles – to play on the Apple Rooftop on Savile

Row, London.

André was born in Wimbledon in London and worked at the BBC for a year or two where he got involved with a band and went into music full time.

When he was 22 years old, an audition came up for *Beatlemania* which had been a success on Broadway. When it went to the UK the musician's union required it to have a B cast of British performers.

"They hurriedly auditioned for a British cast, of which I was one, but it didn't do that well, it was the wrong time, in '79 the mood was not warmly reflective to *The Beatles*, so it didn't last very long in the West End.

"Within six months we were out of work, but decided not to go back to the bands we'd been in before but to form the *Bootleg Beatles* to see if it lasted.

"It was meant to be a six-month project, but it's still going now, 42 years later," André laughs.

He shares management duties with Neil Harrison who plays John Lennon. Neil had originally suggested they try to keep the band going.

And keep going it did,

now performing regular high-level concert tours of Australia, New Zealand, South America, Belgium, the Netherlands and Scandinavia as well as an annual sell-out 50-date national UK tour and a summer festival season including Glastonbury's Pyramid and Acoustic stages.

It was formed at a time when tribute bands were in their infancy.

"I think there was a Fat Elvis in Wales, a guy called Rupert, but there wasn't the concept of being a band on your own replicating another act. What we put into our act, as well as trying to be as accurate as possible, was humour, not cheesy cabaret humour, but more ironic humour. This has stood us in good stead.

"When we formed in 1980 John Lennon was still alive, so for the first six or nine months or so John was on the planet so the Beatles could have reformed and it was funny. It was John's murder that meant that it really couldn't happen, the dream was over, and the world had changed.

"From a sad perspective it brought on this whole tribute world because as George Harri-

son said: "as long as John Lennon remains dead the *Beatles* won't re-form."

"In the beginning in some places we did face anger with people saying we were dancing on his grave, but we said, 'do you think we learned all these songs in a week and we have these suits?'"

"That would be even worse, I imagine, these days with the way the planet is, but that soon settled down and people realised there was a need for it and we were in the right place."

André says that over the years the demands on the band to be even more accurate in its portrayal of the *Beatles* has become even more important.

"Forty-two years ago PAs weren't as pinpoint accurate and there weren't people filming you during a show, so now if you hit a bum note in any band you have 'some friend' putting it up on YouTube; there you are forever more playing a bum note – and we didn't have that pressure – which is the biggest difference.

"And this group is very accurate. For us it wasn't a career choice, it happened by mistake if you like, but for the people

who are in it now, it is a career choice."

Audiences have also changed a lot over the years.

"When we first played, after we signed to Brian Epstein's old company NEMS, we did some universities, we did working-men's clubs in England. We did more glorious work abroad with proper concerts, but at first in England we weren't on the theatre circuit and those audiences and clubs used to come up to us and say things like 'I loved that solo in Michelle, I'm very happy to hear it', people had such a current memory of the *Beatles*."

"Now, it's not so much nostalgia, and while I have a memory of being given *Twist and Shout* by my grandmother when I was seven; for most people it's about discovery."

André adored the *Beatles* from the age of seven and says he was one of those people who didn't give up the flame. While he appreciates other music, the way the catalogue of *Beatles* music is still so revered and enjoyed is proof of its quality.

"My love of the *Beatles* is as deep as ever, it has never waned," he said.

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Glass In Isolation celebrates the international Year of Glass

GLASS Artists of Western Australia, is holding an exhibition entitled *Glass in Isolation* to celebrate the International Year of Glass.

This sets WA artists the challenge to interpret the theme using various glass techniques. Reflecting upon the isolation of Western Australian art within the world's art community and celebrating the individuality of WA



glass artists whose creativity continues to excel and surprise, making this an exceptionally exciting and visually appealing exhibition.

Glass Artists of Western Australia, is a community of WA glass artists promoting glass art and collaborating on exhibitions, events and all things glass. This year's 26 exhibitors come from all over the state – ranging from internationally and nationally acclaimed glass artists to full and part time practitioners and hobbyists – all of whom have a deep passion for all things glass.

The exhibition will run from Saturday November 12 to Sunday November 20 at Mossenson Galleries – 115 Hay Street, Subiaco. Daily from 10am – 4pm. Entry is free.

See them on Facebook – Glass Artists of Western Australia or email glassartistswa@hotmail.com

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A sneak peek into West Australian Ballet's innovative 2023 season



Jack Whiter, Polly Hilton and Alexa Tuzil for West Australian Ballet's *Genesis*.
© Photo Finlay Mackay

AUSTRALIA'S oldest professional ballet company, West Australian Ballet, is looking ahead to a year of creativity as the company prepares to premiere a selection of new classical and contemporary works in six production seasons, as well as a four-stop regional tour.

Celebrating his 10th anniversary as artistic director and a recent knighthood from the Royal Family of Belgium, Aurélien Scannella says Season 2023 will allow audiences to experience a world like no other with ballet cornerstones set to take the stage alongside a major full-length creation.

"2023 will be a year of innovation and intrigue, with deeply emotional and historical stories and many of WA's favourite choreographers returning with great new premieres," said Scannella.

"I'm proud to have been artistic director of this versatile, ambitious and historic company for 10 years. As in each year of my tenure, I hope that audiences see our great creativity and world-class technical standards in each and every performance."

West Australian Ballet will open Season 2023 with its 30th year at the

Quarry Amphitheatre. *IN-Cognito: Ballet at the Quarry* will feature four works at the starlit limestone quarry including from prominent American choreographer Helen Pickett, awarded Australian choreographer Alice Topp and acclaimed Polish Choreographer Robert Bondara, who returns to City Beach with two works.

As the 30th iteration of Ballet at the Quarry closes, West Australian Ballet's dancers will be preparing for a four-stop regional tour with West Australian Ballet taking a Gala performance to Karratha, Bunbury and Mandurah along with their popular 30-minute children's ballet *Peter and the Wolf* in all locations as well as Port Hedland. For the Company, this will be their first time returning to Bunbury since 2017, with the active regional touring program featuring a number of public workshops and school activities alongside the performances.

In May, West Australian Ballet will return to its home in the city, His Majesty's Theatre, with a classical ballet triple-bill, *Ballet to Broadway*. Javier Torres returns to Perth's century-old Edwardian theatre with *Raymonda Act III* after his extravagant *The Sleeping Beauty* fea-

tured as Perth's Christmas season in 2021. First premiered in 1898 by Marius

Petipa, *Raymonda Act III* is a lively and joyous depiction of Raymonda and Jean de Brienne's wedding, with a number of colourful variations and stunning costumes.

In celebration of their 10th year at West Australian Ballet, Aurélien Scannella and artistic associate Sandy Delasalle will return to the choreographer's chair and create the beautiful, romantic pas de deux from *Sylvia*. The charming French fairy tale is a historic classic first choreographed by Louis Mérante, with the pas de deux being performed extensively around the world.

The final work in *Ballet to Broadway* will be iconic choreographer George

Balanchine's *Who Cares?* which was first performed by West Australian Ballet in 2015. This jazzy, effervescent work set to the sounds of Gershwin is a well-known audience favourite featuring large ensembles and snappy variations from four principal dancers. Ballet to Broadway opens from May 5 2023 for a joyful and romantic mix of beloved ballets.

In June and July, West Australian Ballet's winter contemporary season, *State* returns for nine provocative performances.

In a major world premiere, Season 2023 will feature a new biographical work on the life and art of revered Dutch post-im-

pressionist artist Vincent Van Gogh. An all-Dutch creative team will build West Australian Ballet's new *Van Gogh*, with choreographer Wubkje Kuindersma returning to Perth after receiving critical acclaim for her work *Architecture of Hope* at Ballet at the Quarry 2020. Premiering at His Majesty's Theatre on September 8, 2023, *Van Gogh* will be a thrilling and emotive look into the legendary painter's, at times, harrowing life.

As the finale to Season 2023, and after a three-year hiatus, West Australian Ballet's beloved Christmas ballet *The Nutcracker* will return to stage. With close to 50,000 attendees

since its premiere, *The Nutcracker* remains Perth's festive favourite.

In 2023 West Australian Ballet will continue to host a raft of educational activities including the ever-popular adult ballet classes at the West Australian Ballet Centre in Maylands, along with countless workshops, school and community matinées and regional engagement activities. The company also thanks its many supporters, both corporate and private, who continue to lead its expansion.

General tickets and season packages are now on sale. For more on West Australian Ballet's Season 2023, visit www.waballet.com.au.

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A meditative journey in sound beyond time featuring international composer



Composer violinist Rupert Guenther

COME along to the Tiny Concerts series of six new and original concerts by

international composer violinist Rupert Guenther that weave both the earthly and ethereal world-music sounds and influences of old Europe, the Middle East, North Africa and Asia, in the way of the troubadours and minstrels over thousands of years. This series runs until March 2023 and will be held at a new venue in Wangara.

"The sounds of the violin have been heard in the temples, mosques, palaces, monasteries and cathedrals of many civilisations, way before music was ever written down or concert halls existed," says Rupert.

"I was really changed by what I experienced in my travels through other lands, whether in the serene quiet of a temple in Japan, or at a concert on a raft floating on a lake in the Himalayas under the light of a full moon, the yearning in the prayers from the local mosque in a village in Kashmir, Russian gypsies playing music on the

streets in Prague, or the sound of a church organ in an 11th century Austrian church. These sounds are really timeless, they touch deeply into our collective memory, of a place of sacredness with the earth and the cosmos.

"Music as a very personal meditative journey has been part of every culture since time immemorial. The very nature of it is highly suited to small venues – such as it was heard back in ancient times in a cave, ravine or small temple. I think these up-close-and-personal ways of experiencing music are a unique way to connect with these ancient arts. A rare intimacy and trust develops between the composer or performer and the audience, which highlights much of what is otherwise missing in the modern world of bigger, better, louder, faster.

The concert series includes six themes of imaginative new works

for violin:

Concert 2 – The Invisible Architecture of Compassion – November 12

Concert 3 – Immeasurable Yearning – December 3

Concert 4 – Music of the Quiet Mind – January 14

Concert 5 – Damascus – February 4

Concert 6 – Echoes in the Thomaskirche – March 25.

Each concert is family-friendly with an early afternoon matinee in addition to the evening concert. They are held in a new exquisite intimate concert auditorium for an audience of 44 people to experience an up-close-and-personal journey with the artist, just 20 minutes from the Perth CBD in Wangara at the new School of Creative Arts.

Rupert Guenther's imaginative playing and diversity of style deeply captures 'spirit of place' through his music. It has seen him give hundreds of

recitals in Australia, the UK, USA and Europe including Tate Britain (London), The Guildhall Festival (London), Melbourne International Festival, and Bombora House New York.

He has released 27 albums as an original solo artist since 2003 including five CDs commissioned and recorded for ABC Classic FM. Trained as a concert violinist in Vienna, Austria, his deep spirituality has fuelled his musical passions since a young age.

His versatility has seen him work as sideman to the stars with many artists and orchestras including the Vienna Chamber Opera, the Australian Pops Orchestra, Beatles' producer Sir George Martin, Olivia Newton-John, Demis Roussos, John Farnham and Hollywood singer-songwriter Lisbeth Scott.

For bookings go to Ticketek: prier.ticketek.com.au/shows/show.aspx?sh=TINYCONS23

A tribute concert for Andrew Lloyd Webber



AUSTRALIA'S most successful tenor, internationally-acclaimed singing sensation, Mark Vincent, will be touring his brand-new show *An International Tribute to Andrew Lloyd Webber* to Perth in November, at the Regal Theatre on November 17 with two shows at 1pm and 7pm, presented by HAMA Productions.

Fans can expect an intimate performance with nine-time ARIA award winner, Mark presenting a rich repertoire of classic musical theatre songs and arias made popular by great artists around the world.

Joining Mark on the tour will be star soprano Julie Lea Goodwin, well known for her stunning performances with Opera Australia.

The program will include *Memory*, *This is the Moment*, *Nessun Dorma*, *You'll Never Walk Alone*, *My Way* plus hits from *Les Miserables*, *Jersey Boys*, *Phantom of the Opera* and many more.

An International Tribute to Andrew Lloyd Webber will cap off what has been a memorable and rewarding year for Mark with sell-out shows across Australia.

Tickets available through Ticketek. See ad on page 50.

The final Young Artists Concert by MetSO for 2022



THE Metropolitan Symphony Orchestra (MetSO) invites people to experience a stunning afternoon of musical delights, featuring three

MetSO Young Artist Winners for 2022.

They have not one, but two of Beethoven's 5ths for the audience – the first movements of both

his towering 5th Symphony, and his heroic 5th Piano Concerto – Emperor. The Emperor will be performed by rising Perth piano star Nicole Li.

Young WAAPA-grad superstars – Charis Postmus and Lachlan Higgins, will bring the audience the virtuoso vocal second half – with glorious arias from Australian Composer Elena Kats-Chernin's ethereally beautiful *Wild Swans Suite*, Mozart's *Pa-Pa-Pa-Papageno/Papageno* duet, *Pirate Kings* and much more.

At the start of the per-

formance, MetSO will be joined on stage by players from the wonderful MetSO Intermediate String Orchestra (MISO), for the inaugural pairing of the two ensembles at the Taryn Fibbig Concert Hall located at Churchlands Senior High School.

MetSO will be conducted by Burhan Güner.

Give yourself over to the power of music to transport – let your spirits soar on clouds of pure musical joy for the Young Artists Concert Summer Gala on Sunday December 4 at 3pm.

Tickets from \$12-\$27 (online) and can be booked at www.metsoperth.org/tickets, or by googling 'MetSo tickets'.

WIN WIN WIN

Thanks to MetSo we have five double passes to give away to some lucky readers to attend the Summer Gala on Sunday 4/12/22 at 3pm. To be in the draw simply email win@haveagoneews.com.au with MetSo in the subject line or write to MetSO c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 26/11/22.

Musical reflection from guitar duo at Koorliny Arts Centre



Grigoryan Brothers © Simon Shiff

INTERNATIONALLY renowned guitarists Slava and Leonard Grigoryan will treat Koorliny Arts Centre, Kwinana to their enthralling *This is Us: A Musical*

Reflection of Australia performance this December.

The Grigoryan Brothers are counted among the finest musicians of their generation, embracing a

range of genres, and drawing on classical, jazz and contemporary music from around the world.

Between them, the brothers have received four ARIA awards and an incredible 25 ARIA award nominations. They have been touring internationally since 2003 and have recorded 12 albums as a duo.

Audiences will enjoy a complimentary glass of bubbles on arrival, then experience the duo like never before, with an energetic performance on a variety of guitars (electric, 8 string tenor ukulele, 12 string and classical).

A Musical Reflection

of Australia was commissioned by the National Museum in Canberra to celebrate its 20th anniversary.

The duo chose 18 objects from the museum which they felt were a wonderful representation of what it meant to be Australian.

Separated from each other in different states during the pandemic lockdown, the brothers worked remotely to compose pieces together, representing each of the museum objects.

The result is *This Is Us*.

The 18 museum objects which inspire this performance include a

65,000-year-old ochre of the Madjebebe rock shelter, a gold mourning locket containing a portrait and lock of hair of boxer Les Darcy, Prototype No. 1 Holden Sedan, and a stream anchor from Matthew Flinder's ship, the Investigator.

A digital programme detailing all 18 items will be downloadable through a QR code.

The Grigoryan Brothers show is on December 8 at 7.30pm. Tickets are now on sale and cost \$40 standard, \$35 concession.

For more information visit www.koorliny.com.au or call the Box Office on 9467 7118.

Presented by HAMA Productions

A Tribute to Olivia Newton-John

A night to remember

STARRING

Elaina O'Connor

And Company

Regal Theatre, Subiaco
25th and 26th November 2022

TICKETEK

wayjo The Best of 2022

Three Big Bands - One Night Only

A Jazz Picnic Under the Stars

Quarry Amphitheatre

Fri 25 Nov 7.30pm

Tickets wayjo.com

An evening of celebration of song

COME along to the Scarborough Community Hub in Gildercliffe Street on Saturday December 10 at 7pm. Treat yourself to a *Celebration of Song*, an evening of popular music in a cabaret setting.

A Cappella Go is a four-part harmony choir who enjoy entertaining you with the songs you know and love. This year, supported by the City of Stirling, they're proud to offer tributes to iconic Aussie singers as well as a program of beautiful songs ranging from foot tapping dance rhythms to Broadway show songs, Christmas atmosphere and some fun sing-alongs.

Tickets are \$25 from www.trybooking.com/CDHIS.

Join a table or book your own table of eight to enjoy a great night out with friends? BYO drinks and nibbles.

You can also find us at www.acappella.go.info and www.facebook.com/groups/325120343071061

Friend to Friend



Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

ALA: All letters answered	DTE: Down to earth
GSOH: Good sense of humour	ND: Non drinker
SD: Social drinker	NG: Non gambler
NS: Non smoker	NOR: North of River
SOR: South of River	TLC: Tender loving care
WLTM: Would like to meet	

Please nominate a category for your advertisement.

Tick one box only.

- Travel companion Wishing to contact
 Seeking a friend Seeking a partner

Name

Address

Phone Email

I am over 45 years of age (Signature)

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.20) 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

ACTIVE gent 63, fit, financially comfortable. Looking for a lady.
Reply Box 9195

ARTISTIC knowledgeable, communicative, dynamic, adventurous, well-travelled senior lady in love with nature and the world seeks the company of financially independent, emotionally stable 60-75 year old gentleman with no baggage to share activities and fun times with.
Reply Box 9194

EURO Aussie gent, presentable widower, 80, healthy, medium build, 174cm tall, physically and mentally active, many interests, polyglot, NS, NG, SD, fin comfortable, tactile, sincere, NOR. WLTM charming lady, till 75, for friendship first.
Reply Box 9207

FRIENDSHIP group of singles seeking more gentlemen 65+ to join us who gather every few weeks for lunch, mingle around and have fun. If you are interested about please reply with a mobile phone number only.
Reply Box 9199

GENT 50s loves dancing waltz, jive, WLTM lady who cannot live without dancing, willing to learn New Vogue if you promise to be patient with me. Prefer meetup for dancing from Rockingham to Bunbury.
Reply Box 9200

GENT 65, sociable, well presented, GSOH, NS, SD, enjoys movies, markets, dining out, WLTM easygoing lady. Let's meet for a chat.
Reply Box 9192

HI I like music, walking, sport on TV, have caravan, go down south twice annually, slim build, clean shaven, tidy home, cook and clean. WLTM nice lady for hugs and company, start with only.
Reply Box 9202

LADY well presented WLTM 70+ guy for friendship, travel buddy. Must be fin/sec. I enjoy gardening, walking, reading, travel overseas, no expectations just fun enjoying each others company. Let's see what happens. Metro only.
Reply Box 9197

SOR male, tall, DTE, GSOH, retired Harley rider, likes music, outdoors, art, nature. WLTM lady with similar interests for outings, friendship, having fun and laughter. We have lift off.
Reply Box 9206

WELL mannered, presentable gent, early 80s. Would appreciate company of well groomed lady for coffee and walk one day a week. Meet northern suburbs area; Dianella, Morley, Noranda. Good walker, nature lover. Dogs okay.
Reply Box 9205

WLTM gent. Retired, country background, socialise, travel, friendship. New to Perth. Variety of interests. Hills location. ALA. DTE. Independent lady.
Reply Box 9196

Seeking a Partner

ATTRACTIVE lady UK/Australian, 70+, presentable, med build, educated, VGSOH, ND. I enjoy reading, music, country drives, socialising. WLTM unattached, genuine, fin secure, gentleman, 67-75 with old fashioned values for permanent long term relationship. Genuine replies only. ALA.
Reply Box 9190

DO we want the same thing? Lady 73, looking for a best friend/companion/partner. A man around 70 not looking for a perfect match but maybe aiming to go in the same direction.
Reply Box 9204

GENT 70s, 6 foot, fit, NS, ND, DTE, honest, loyal, GSOH, tactile, likes travel, driving, movies, walks. WLTM slim, attractive lady for lasting relationship.
Reply Box 9203

LOOKING for Mr Perfect, not here but nearly there. Live rural, educated, active, travelling, outdoors, NS, SD, NG. WLTM lady similar, relationship to enjoy life.
Reply Box 9191

SOMETHING missing, someone different, come try me, wise, caring, gentleman, 70, fit, slim, quite handsome, magnetic personality, happy, smart, enjoy social outings, romantic sunsets, seeking loving, confident, petite lady, similar age to love and inspire.
Reply Box 9198

WLTM a kind hearted Asian lady, DTE, enjoys country life for possible long term relationship. Enjoys walks on beach, dinner or just being cared for and knows how to return feelings. Me; 65 year old gent, easy going, DTE.
Reply Box 9193

When replying to a Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to: eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)

Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.

No greeting cards, bulky items and photos. All replies will be forwarded early in the next month.

All replies are strictly confidential and are not opened.

Replies must be in response to reply boxes no older than three months.

Travel Companion

OUTWARD going male 77, NS, seeks travel buddy for Bunnik tour to Greece; 21-day tour, departing April 26, 2023, cost approx \$11K, airfare included. ALA, SD and WLTM before trip.
Reply Box 9201

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 jen@haveagonews.com.au or write to; Friend to Friend PO Box 1042, West Leederville WA 6901 Your privacy will be respected.

Don't worry, be happy... some tips to live well



AS we age, health problems and the loss of loved ones can increase our health risks. Here are Ingenia Gardens' tips to supporting your mental health.

Health comes first
 A balanced diet, daily exercise and a good night's sleep are the foundations of a healthy lifestyle and benefit everyone regardless of their physical condition.

Ingenia Gardens offers residents a choice of meal plans and exercise groups that provide as-

sistance on a temporary or ongoing basis.

Stay involved
 Ingenia Gardens' Activate lifestyle program gives residents opportunities to participate in regular activities and social events. It's a great way to find a new hobby, meet residents with similar interests or fill in the afternoon with some fun and laughter.

Stay connected
 One of the best things about community living is that you are surrounded by like-minded peo-

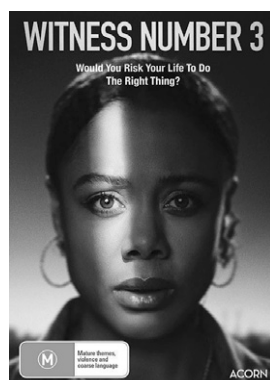
ple. Striking up a conversation with a fellow resident is a great way to build new friendships.

Reach out
 Ingenia Gardens offers residents support through Ingenia Connect. A complimentary service available to all Gardens residents. Ingenia Connect is designed to connect residents with local specialist services that can assist with health or lifestyle concerns.

Would you like to explore the health benefits of community living? Book a tour with the community manager and see for yourself. Ingenia 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.

Would you risk your life to do the right thing?



JODIE runs a hairdressing salon. One day at work, she glances out of the window and in a split second, she witnesses a killer and his victim moments before a murder.

Being placed under police protection, Jodie is grappled with whether or not to testify against the killer who is trying to terrorise her into silence.

Acorn Media presents this new crime drama series *Witness Number 3* which arrives on DVD and Digital on November 9. PPR: \$24.98.

WIN WIN WIN

We have 10 copies of this DVD to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with DVD in the subject line or write to DVD c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 5/12/22.



SOLUTIONS MATCHMAKING NOVEMBER SPECIAL
 Join for 3 months and receive an extra 3 months FREE (conditions apply)
9371 0380

ROCKINGHAM LADY 75 slim, fit, active, very well grmd, honest, caring, respectful, funloving Brit, loves travel, cooking, gardening sk gent 70-80.

WARWICK LADY 68 attractive, well presented, slim, petite, physically fit, well-travelled, sociable, friendly, intelligent, sk gent 65-75.

MELVILLE LADY 80 slim, petite, well grmd, widow, independent, healthy, great sense of humour, sk likeminded man 75-85.

MANDURAH LADY 75 good looking, young for age, blue eyed blonde, d.t.earth, great fun! Loves o/doors, fishing, caravanning, cruises.

COTTESLOE GENT 78 still active, businessman, loves o/doors, bush, country boy at heart, tech savvy, traveller sk lady similar 70-80.

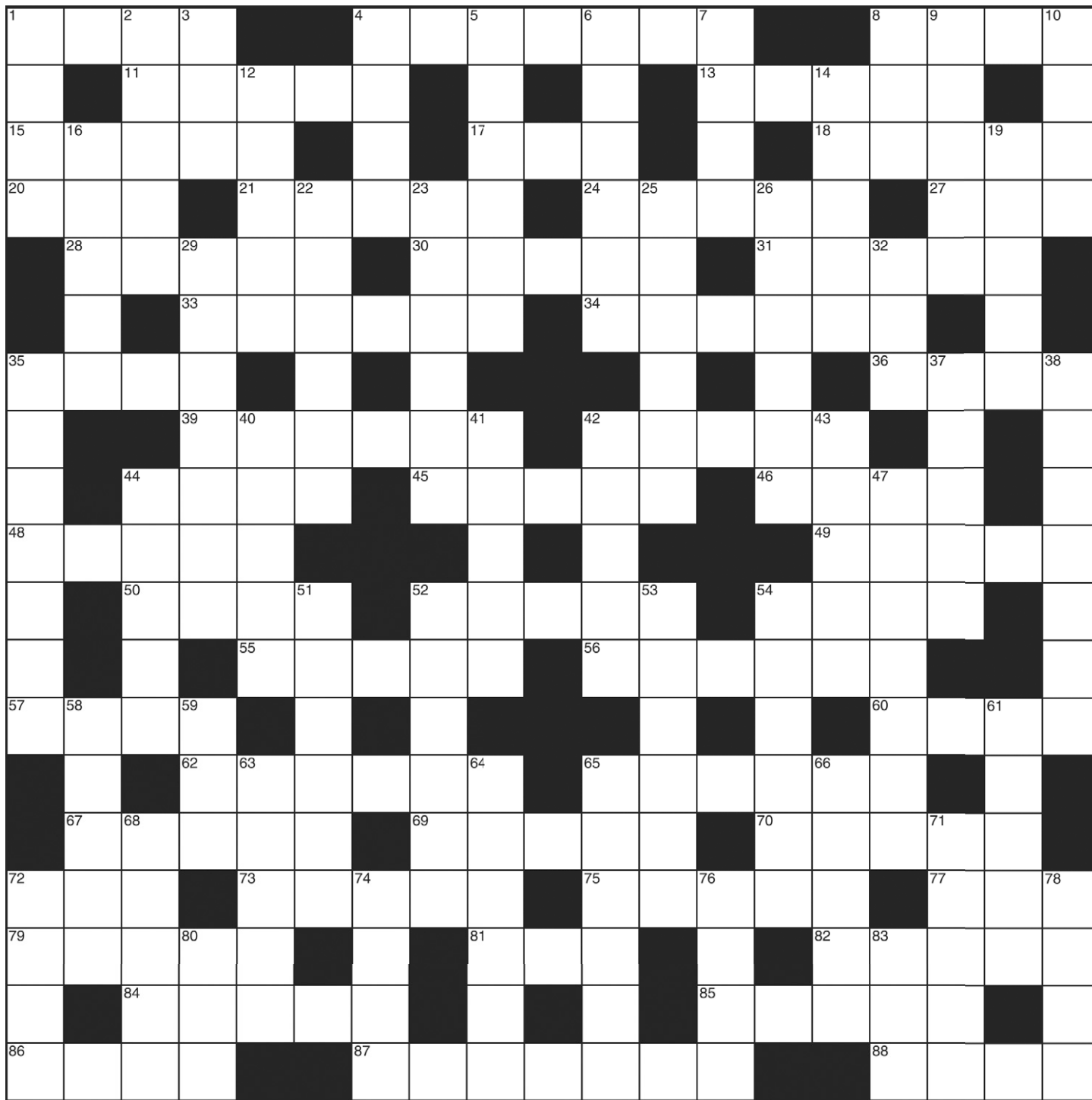
BUNBURY GENT 77 widower, 178cm, trim, well presented, d.t.earth, dependable, enj cycling, walks, travel/holidays & his little dog.

COOGEE GENT 77 very physically fit & healthy, ref. professional, sociable, sound values, sk very active lady 68-78.

EDGEWATER GENT 78 kind, friendly, intelligent, easygoing widower, sk lady with good sense of humour who loves travel.

SOLUTIONSMATCHMAKING.COM.AU

BIG CROSSWORD - SEE PAGE 49 FOR SOLUTIONS



ACROSS

- 1. Formal assessment
- 4. Continually (2,3,2)
- 8. Alien ships (1,1,2)
- 11. Bleated
- 13. Wine fruit
- 15. Incursions
- 17. Fireside shelf
- 18. Scientist, Sir ... Newton
- 20. Outcome
- 21. Indian social division
- 24. Pauses
- 27. Expression of rebuke
- 28. Furnishing scheme
- 30. Circle (planet)
- 31. Violently criticise
- 33. Acclimatise
- 34. Frightened (away)
- 35. Gusto
- 36. Run rapidly
- 39. Beat with whip
- 42. Excavated (minerals)
- 44. Pre-Easter period
- 45. Fast jet effect, ... boom
- 46. Animal pouches
- 48. Native New Zealander
- 49. Pongs
- 50. Knuckle of veal stew,

... bucco

- 52. Virile male (2-3)
- 54. Fashion designer, ... Wang
- 55. Picture stand
- 56. Las Vegas state
- 57. Long deep wound
- 60. Honey drink
- 62. Judgments
- 65. Hot Japanese condiment
- 67. Shows up
- 69. Unsatisfied (needs)
- 70. Implied
- 72. Belonging to that woman
- 73. Form
- 75. Dissuade
- 77. Collar (crook)
- 79. Proverb
- 81. Heart-monitoring machine (1,1,1)
- 82. Revived (music)
- 84. Moves for take-off
- 85. Possibly
- 86. Farm storage building
- 87. In arrears
- 88. Blotch

DOWN

- 1. Dublin's nation
- 2. Tolerate
- 3. Lunatic
- 4. Dedicatory verses
- 5. Stick (to)
- 6. Scattered wreckage
- 7. Non-government aid groups (1,1,2)
- 8. Raises (the ante)
- 9. Accomplishments
- 10. Religious offshoot
- 12. Royal racecourse
- 14. Wedding March route
- 16. Tennis champ, ... Agassi
- 19. Vehicles
- 22. Painter
- 23. 1000 kg units
- 25. Racial
- 26. Steak cuts (1-5)
- 29. Phone users
- 32. Attach
- 35. Hurtling
- 37. Bewildered (2,3)
- 38. Lifted
- 40. Spice, star ...
- 41. Wooden pin
- 42. 2nd largest Italian city
- 43. Was brave enough
- 44. Hangs (over)
- 47. Fired clay material
- 51. Boorish
- 52. Warm (4,2)
- 53. Invalidate
- 54. Leave empty
- 58. Travelled through curve
- 59. Garment edge
- 61. Sacrificial block
- 63. Spay
- 64. Say "a-tishoo"
- 65. Lodged
- 66. Singer, ... Manilow
- 68. Speak publicly
- 71. US military intelligence
- 72. Bad actors
- 74. Plus
- 76. Term
- 78. Explosive device
- 80. Gallivant
- 83. Go out (of tide)



Preserve history and convert old films to digital...

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

As time passes, old film footage slowly degrades.

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

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

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

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

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

DiskBank can transfer your re-

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

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

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



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- Adjustable head support
- Your choice of fabric or leather

FAST DELIVERY



Relaxation

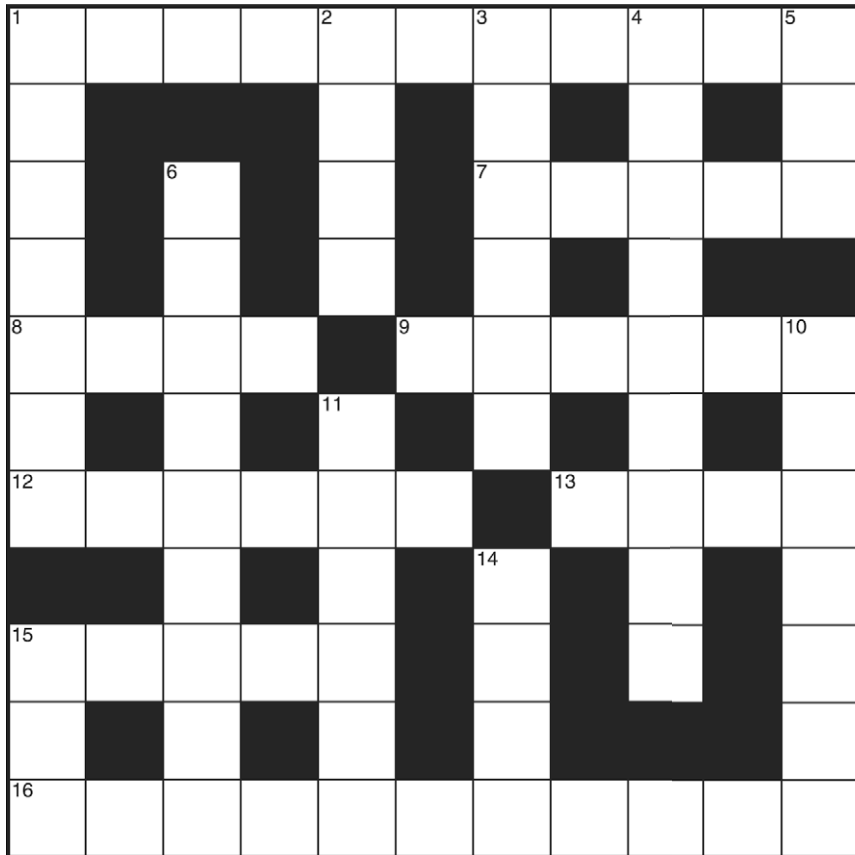


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Furniture & Interiors

P: 9386 6311
144 Stirling Hwy, Nedlands (under City Farmers)
OPEN Monday to Saturday 9am-5pm

CRYPTIC CROSSWORD



- 3. Absorbed in canvas shelter (6)
- 4. In some jobs, Tina tends to be mulish (9)
- 5. Animal pen said to be eye sore (3)
- 6. Dies after triage when I left - what terrible events! (9)
- 10. Rivals are troubled men, I see (7)
- 11. Avenged the wrongs of a European city (6)
- 14. Drink from the tap (4)
- 15. Golfing average in jeopardy (3)

STRAIGHT CLUES

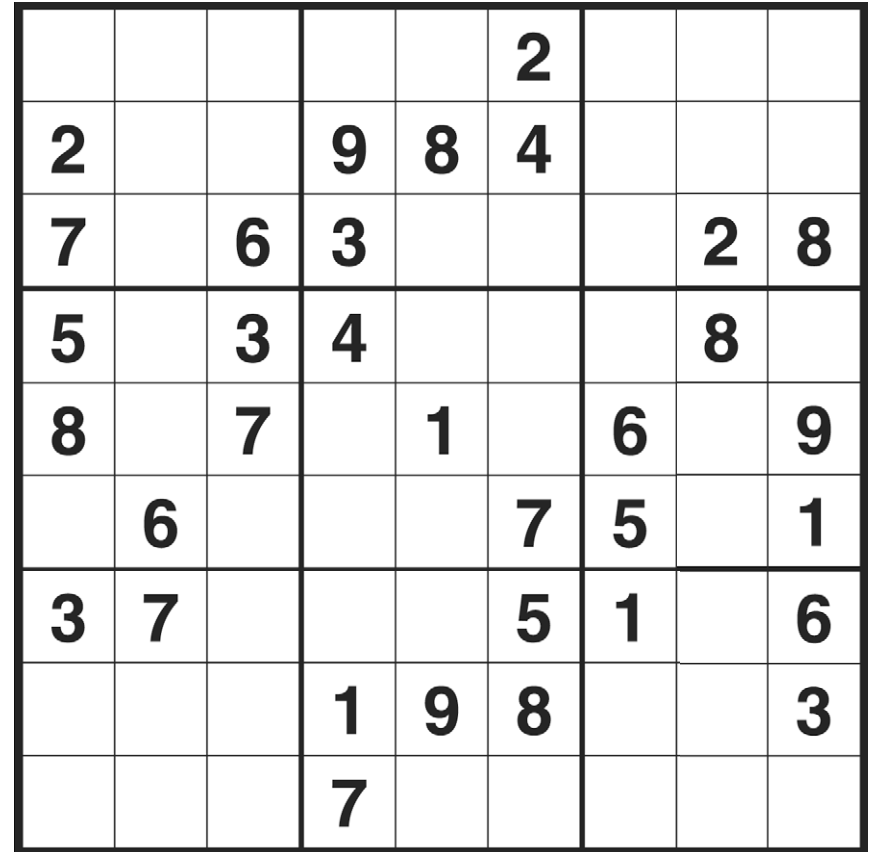
- ACROSS**
- 1. Overseers (11)
 - 7. Irritable (5)
 - 8. Red-skinned cheese (4)
 - 9. Google, search ... (6)
 - 12. Roasting spit (6)
 - 13. Paris cathedral, Notre ... (4)
 - 15. Horror actor, Vincent ... (5)
 - 16. Bistros (11)
- DOWN**
- 1. Shows (movie) (7)
 - 2. Hurry (4)
 - 3. Purpose (6)
 - 4. Stubborn (9)
 - 5. Filthy place (3)
 - 6. Heartbreaking stories (9)
 - 10. Foes (7)
 - 11. POW agreement, ... Convention (6)
 - 14. Fun & games, ... & skittles (4)
 - 15. Beyond comparison, ... excellence (3)

CRYPTIC CLUES

- ACROSS**
- 1. Wonderful helmet peaks for foremen (11)
 - 7. Cross-examine? Yes! (5)
 - 8. Made back in Dutch dairy (4)
 - 9. Nine, for example, managed to get motor (6)
 - 12. Kebab spike found in cask ewe ruined (6)
 - 13. Edna, district attorney and myself (4)
 - 15. Cost of soft grain (5)
 - 16. Art saunters out to where he will eat well (11)
- DOWN**
- 1. Runs security check on vets (7)
 - 2. Care about track event (4)

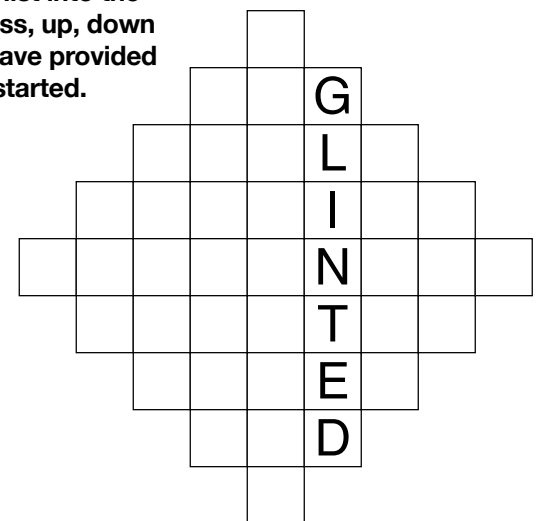
SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. RATING: ★★☆☆☆



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

- God
- Jig
- Par
- Peg

5 LETTERS

- Cable
- Cures
- Enter
- Reins

7 LETTERS

- ~~Glinted~~
- Jarring
- Pettier
- Purring

9 LETTERS

- Vibration
- Warranted

WORD PAIRS

Pair the words to find seven capital cities. One word will be left over. This is the mystery keyword.



© Lovatts Puzzles

Chapels on Whatley... the home of High Tea

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