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Sisters doing it for themselves



Black Swan State Theatre's *Dirty Birds* stars Mandy McElhinney and her sister Hayley © Photo Frances Andrijich

by Allen Newton

THERE is a four-year age difference between actors Mandy McElhinney and her sister Hayley, but the pair believe they are as close as twins.

And like David Tennant and Michael Sheen in the TV comedy *Staged*, set and filmed during the Covid lockdowns in the UK, on opposite sides of Australia Mandy and Hayley took advantage of the pandemic time to create a two-handed stage comedy *Dirty Birds*.

It will run at the Heath Ledger Theatre from November 18 to December 10.

While Covid gave the women time to create *Dirty Birds* the pair say it was really a project 20 years in the making.

Mandy, the older sister, is best known for playing Rhonda in the AAMI insurance ads, nurse manager Linda Crowley in the TV

mini-series *Wakefield*, and family matriarch Amanda Wingfield in the play *The Glass Menagerie*.

Younger sister Hayley played Senior Constable Max Armine in the television series *Mystery Road: Origins*, and May in the socio-political play *Oil*.

Dirty Birds delves into the sisters' own Irish heritage and the human struggle to survive in a society that's constantly changing the goalposts on how to live.

Hayley says what the two women are going through is very human.

"They're trying to figure out who they are and the boxes that they've been put in and how to break free of all of those things. Whether that's the box you are put in, as to what kind of person you should be, and so they're trying to figure out who they are really, and I think that a lot of people can relate to that," she says.

But Mandy says it's not all

serious stuff.

"It's really Hayley and I having a good time, it's very playful, it's non-linear, it's a very joyful exploration. It's very theatrical. It's a real great end-of-year kind of uplifting show, done with lots of heart and good humour.

"Honestly, Mandy makes me laugh so much. Every now and then we go 'oh gosh, I hope people find this as funny as we do'," Hayley says.

"Our aim was to make it entertaining and something that we would love to go and see, just a couple of oddballs, there's nothing pretentious about. It's a very family-friendly show as well being a joy to do. We think audiences will really respond to it. It's very unique."

Hayley says she and her sister have always had a strong bond and are like-minded, something she believes is reflected in *Dirty Birds*.

"Mandy and I, even though there is four years difference, we share so much. We almost consider ourselves to be more like twins. We can read each other's mind in a way and sometimes we can even have conversations with each other without using language. We've always been very close and had similar interests."

And those interests include acting and their Irish heritage.

"Our father came out here when he was 19 and talked about Ireland a lot. He sounded Irish, so that's had a big influence on us. But, you know, that thing of trying to figure out who you are, you always look into your heritage."

"Ireland is a long way away and so all we knew of it was literature, songs, music and stories. A lot of people who are first generation Australians do fall back on to who they feel that they are culturally," Mandy says.

continued on page 14

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From the managing editor's desk



Jen Merigan with Arts and Culture Minister David Templeman MLA at the relaunch of HMAS Ovens at the WA Maritime Museum

I RETURNED to the WA Maritime Museum late last month to check out the Oberon class submarine HMAS Ovens, which has been refurbished and is now open to the public. The work undertaken included the repair and painting of the hull surface, which has reinstated the vessel to its former glory. Ovens reflects Western Australia's long history, and continuing role, as a key strategic submarine base and she continues to be a popular exhibit at the museum. I caught up with Culture and the Arts Minister, David Templeman at the event who was instrumental in funding the refurbishment.

It's going to be a busy month as Seniors Week 2023 approaches with events kicking off from November 12 - 19. We look forward to welcoming people to *Have a Go Day* on Wednesday November 15 at Burswood Park from 9am to 3pm. Don't forget to come and see us at

the hospitality tent where we serve free tea, coffee and water. We have some great prizes for the chocolate wheel which will spin every hour from 10am. It's always a fabulous day and we must pay homage to all the volunteers who donate their time and are the backbone of the event. Well done to Seniors Recreation Council's executive office Dawn Yates and her team for all the hard work they put in to make this the premier event of the week.

For budding photographers who hold a WA Seniors Card, the Golden Lens photographic competition is now open, and I am thrilled to be on the judging panel again.

There are four categories in the competition including Active Ageing, Cultural Identity, Wander out Yonder and Blast from the Past.

The winners will be invited to a lunch at Parliament House hosted by Seniors and Ageing Minister Don Punch. Selected photos

from 8pm most evenings and 7pm on Friday nights during summer. I join him to showcase a variety of events around town on Friday nights and the segment airs around 7.40pm, we have a lot of fun, so please tune in.

The *Have a Go News* Facebook page provides us with the opportunity to interact with people on a regular basis. We don't promote hard news, just a variety of entertainment, giveaways, jokes, art and information. Join us by following our page at www.facebook.com/Haveagonews/

If you would like to receive the electronic version of the newspaper direct to your inbox on publication day, sign up for free at readers@haveagonews.com.au

Unlike other publications we don't make you register or send any advertising material.

We hope you enjoy this month's read, stay well and healthy.

Jennifer Merigan
Managing Editor
jen@haveagonews.com.au
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will also be featured in the next edition of the WA Seniors Card Discount Directory.

The competition closes on March 17, 2024. Further information about entry requirements is available at www.seniorscard.wa.gov.au/goldenlens or email goldenlens@communities.wa.gov.au.

We were chatting in the office the other day that we haven't heard from our cartoonist reader Frank who sent us many fabulous drawings. Frank if you're reading this; we hope you are ok and we send you our best regards.

Long-time friend of this newspaper Tod Johnston hosts the Nightshift program on Radio 6PR

Quote of the month

THE secret of genius is to vary the spirit of the child into old age which means never losing your enthusiasm.

Aldous Huxley

Ageing Snippet

How having children can affect lifespan

A STUDY reported in the *American Journal of Human Biology* found that men live on average 74 weeks longer for every daughter they have, but the number of sons has no effect on their lifespan. For women each child (either sex) reduces their life span by 95 weeks.

Great West Aussies - Did you know?

THE single biggest financial contribution to Olympic sport by any individual anywhere in the world was \$60 million by mining magnate Gina Rinehart from 2012 when she funded Australia's swim stars and went on to sponsor Olympic rowing, artistic swimming and volleyball. Figures obtained by Code Sports in 2023 showed Mrs Rinehart was funding 75 elite swimmers and 50 rowers annually.

Have a Go News Quick Quiz

1. Lake Hillier is recognised for what feature?
 2. WA has the world's largest number of pure-bred what?
 3. When was WA's first Parliament officially opened?
 4. Which WA Governor's widow became a nun? (Lady W...)
 5. Name one of James Stirling's two ships to visit the Swan River.
 6. What was Hay Street's original name?
 7. Which store stands on Aherns' former Perth site?
 8. What is WA's southernmost mainland point?
 9. Which Dutch explorer in 1697 walked from coast to the Swan River?
 10. Which Forrest brother is known as the "father of the Kimberley"?
- See answers on page 45.

Noongar Words

Kaal - Fire
Biyoo - Awake

Noongar Season

Kambarang - Decreasing rain in October and November

Word of the month

loquacious

Pronounced - loh-KWAY-shus

adjective

SOMEONE who is described as loquacious might also be called wordy (prone to using more words than considered necessary when talking) or garrulous (tending to talking a lot).

It first appeared in English in the 17th century and, with poetic license, writers stretch its meaning beyond "talkative," and especially "excessively talkative," to describe the chattering of birds and the babbling of brooks. The source is loqu?, a Latin verb meaning to talk, speak.

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Teddy Tahu Rhodes returns to Perth to star in new production



Teddy Tahu Rhodes

by Allen Newton

AFTER six years working as an accountant Teddy Tahu Rhodes moved into the world of opera. Over the last 15 years he has sung at some of the world's most famous opera houses.

While the move from accountancy to opera might seem a little strange, Teddy says in a way it makes sense.

The New Zealand-born and raised baritone opera star who is in Perth to play the role of pilot in *The Little Prince* at the Octagon Theatre on November 24 and 25 says the two careers are not dissimilar in that they are both very structured.

"Although you can draw a long bow," he laughs.

His opera career has enabled Teddy to travel the world and to play at the grand opera houses of Europe and America, but in Perth will be performing at the more intimate Octagon Theatre.

When we spoke to him, Teddy had just arrived from a sweltering Melbourne to a chilly Perth spring to house-sit at his sister's home while she was on holiday.

He was brought up by his mum in Christchurch and moved to Australia when he was in his early 30s, but his father, brother, and sister moved to Perth so Teddy is a frequent visitor to Perth to see his fa-

ther and family.

He credits his mum for his musical inspiration.

"It's funny, I don't think she ever had any formal music training. She grew up, as a youngster in the Second World War in the UK. But one of her favourite things was to sing hymns around the piano on a Sunday night," Teddy says.

"She could play by ear and couldn't really read music, but she used to love me singing along to the old hymns. I guess, there was some sort of voice there."

He joined the boys' choir at primary school, then in his last year at secondary school he joined the New Zealand Youth Choir which required him to take singing lessons.

Teddy moved in a different direction, studying for a commerce degree but decided to take some music papers and singing lessons through the university.

"People started to hear me and that's kind of where it started, although I didn't really pursue it professionally until I was in my 30s.

"It's been a very fortunate operatic journey I guess."

Along the way he's won awards including an ARIA, two Helpmann Awards, a Lighthouse Award, a Green Room Award and a MO Award.

And while he's played the famous opera houses

like the Metropolitan Opera in Paris, Teddy says the size of the auditorium doesn't matter.

"I can say with absolute honesty, it doesn't really matter where you are, when the curtain goes up, you could be anywhere really, and it's equally as important to you to perform as well, whatever you're doing, wherever you are."

He is looking forward to performing *The Little Prince* at the Octagon where the smaller venue provides more intimacy with the audience.

This is not the first time he has played the role of the pilot.

"When it was originally written, I think I was in the mind of the composer. I was in the original production in Houston, at Houston Grand Opera from the wonderful composer Rachel Portman who wrote the music for *Chocolat*.

"She wrote this music as an opera. It's a glorious little piece and I also did it for ITV in the UK, it was a small film for television.

"Of course, I was much younger when I did it. It's going to be great to revisit it."

He first performed *The Little Prince* around 20 years ago.

Rehearsals for the show start on November 6.

"I'm using the time while I'm here to look through a bit of the music to reacquaint myself with it. It's a bit horrifying looking at the film of myself doing it

some 20-odd years ago.

"I'll definitely do a more informed job. But, oh my goodness, you know, when one looks at oneself from 25 years or 20 years ago, it highlights one's change in life, doesn't it?"

According to Teddy, the opera is very family-oriented.

"The music's very accessible and is in English."

The original book was written in French by Antoine de Saint-Exupéry and has sold more than 200 million copies worldwide and tells the story of a little prince who visits other worlds.

Teddy says the youngsters of this cast are the centrepiece of the show and the boy sopranos who share the role of the prince, 11-year-olds Liam Fitzpatrick and Camille Alonzo, create a production that is very child-oriented but also provide a fabulous story for adults.

Also performing in the production are Rachelle Durkin, an Australian soprano who recently returned from New York to her WA home; and soprano Sara MacIver who teaches at UWA's Conservatorium of Music and is one of Australia's leading performers of baroque music; together with a cast of talented local singers.

The opera follows the life of a pilot (Teddy) as he reflects on his life and how he meets the little prince (Liam, Camille) after crash-

ing his plane, and together they endure eight days in the desert with little water.

Teddy says the story is as much a musical as it is an opera.

"It's lovely to hear, so it's a great way to introduce anybody to opera if they haven't been to something like that before."

The production is by Freeze Frame Opera and WA Young Voices.

Teddy says Freeze Frame Opera deserves a lot of credit for the production which won a \$100,000 grant from the collective giving group, Arts Im-

pact WA. Donors to the group give a minimum of \$1,000 a year which goes towards funding several \$100,000 grants awarded by a panel of art experts.

"Freeze Frame is doing wonderful things, giving great opportunities to young singers and providing a wonderful employment opportunity for artists and performers in WA and further afield.

"They're a fabulous addition to the arts scene in Perth."

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Read the article in Healthy Living written by Robert Vander Kraats

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Sudbury Community House big winners



Above; Tutti a Tavola 2023 lunch patrons embraced for a group hug. Second row from L-R; Verity James and Vince Garreffa - Studio J singers - Vince Garreffa and City of Stirling Mayor, Mark Irving

by Jennifer Merigan

LONG-TIME columnist for this newspaper, Vincenzo Garreffa, is a fundraiser extraordinaire. Many years ago he and a few friends decided to establish Mondo Community Warriors charity and over the years they have raised millions of dollars, particularly for Lifeline WA.

What I admire about Mondo Community Warriors is that when they organise a charity function, none of the funds raised are used for expenses and every single dollar goes direct to the charity. Food, raffle prizes, venue, wines and staff are all donated.

Vince has an innate ability to rope in people and businesses to give directly and work for free. He says when he calls people they often say: "What do you want now?"

Over the last year Sudbury Community House in Mirrabooka has been

experiencing a huge demand for their services.

Since 1986 they have provided a safe and welcoming space for the Mirrabooka community and offer a variety of programs including friendship groups, a community choir, early learning programs for children and Project Dignity where people can have a shower, wash clothes, receive food relief and connect with support services.

CEO of Sudbury House, Mike Dixon, said that in August more than 200 disadvantage families and 670 individuals were supported, which included 297 children, and more than two tonnes of food distributed.

"Despite being an unfunded service, Project Dignity is now regularly used by government, community and support group organisations as an access hub where people are directed to receive aid. This demand continues to grow," said

Mr Dixon.

Vince said he personally has seen what Sudbury House was doing with nothing and this inspired him to create the event which promoted love, kindness, respect and dignity and of course raise much needed funds.

Tutti a Tavola (everyone to the table) 2023 luncheon was put together to raise funds for Project Dignity and held on Sunday October 15.

With sponsorship from the City of Stirling, Amelia Park Lamb, Mt Barker chicken, Hire Society and Studio J, MC'd by Verity James and with the services of Longview Restaurant's head chef, Josh Gray, along with many volunteers, this heart-warming event was held in conjunction with Anti-Poverty Week.

Attending the event were local member Meredith Hammat MLA, City of Stirling Mayor Mark Irving and City of Stirling councillors including

Lisa Thornton.

Many local and federal parliamentarians bought tickets to enable volunteers to attend.

The event kicked off with Vince orchestrating a group hug and throughout the lunch entertainment was provided by Studio J, a local opera singer, guitarist Jason Nguyen and the hilarious roving magician Bruno.

It was a joyous afternoon with a delicious menu, loads of raffles and silent auctions, private donations and ticket sales all combining to raise more than \$41,000 with 100 per cent of the funds going directly to Project Dignity.

Bravo to Vince and his team from Mondo Community Warriors, more charities should take a leaf out of their book.

Sudbury Community House always welcomes volunteers and donations. Call 9344 8011 for more information or visit the website at www.sudburyhouse.org.au

Norseman reunion...

ANNUAL Back to Norseman will be held on Sunday November 5 in Kings Park on the grassed area between the Vietnam War Memorial and the Zamia Café. Time is 9am and the usual BYO picnic, chair drinks, name tag and any memorabilia that you may wish to share.

Any queries please contact Bill King on 08 9534 9913 or email newbill1338@outlook.com



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8. Pale Moon
9. Serenata
10. The Second Minuet with Anne Ziegler - soprano
11. Strange Harmony Of Contrasts (Recondita Armonia)
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13. The English Rose
14. Ideale (My Life's Ideal)
15. I'll See You Again With Anne Ziegler - soprano
16. Indian Summer
17. Star Of My Soul
18. Lover, Come Back To Me With Anne Ziegler - soprano
19. Song Of Songs
20. Drink To Me Only With Thine Eyes
21. Ah, Sweet Mystery Of Life With Anne Ziegler - soprano
22. The Bells of St. Mary's
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24. We'll Gather Lilacs With Anne Ziegler - soprano

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An orchestral anthology of music from 75-year-old Russell Morris



Russell Morris

by Allen Newton

RUSSELL Morris is all grown up.

The musician who burst onto the scene in 1969 with the Johnny Young written, Ian 'Molly' Meldrum produced, psychedelic rock masterpiece *The Real Thing* has returned to Australian stages with an orchestral collection of his music.

The now 75-year-old will perform with a 54-piece orchestra and his 11-piece band at the Crown Theatre Perth on Saturday, November 11.

Russell Morris, The Real Thing has already played to sell out audiences at the Sydney Opera House Concert Hall and Arts Centre Melbourne's Hamer Hall.

Chatting from his Queensland Gold Coast home Russell said he was performing with an orchestra for the first time in his career.

"It's like you've been tied to the front of an express train. It really is," Russell says.

"It was just like, wow, it was just immense, really big and just wonderful.

"They're such consummate players. I've never had that luxury before. I usually work with a four-piece band. The biggest band I've ever probably been in is seven pieces, so to work with something like a 61-piece band and orchestra is incredible."

According to Russell the music also has a big impact on the audience.

"It was wonderful to look at their faces as it starts. They play that overture and I was peek-

ing from behind the curtains and watching people's expressions.

"It was phenomenal. Then I'd come out and we'd sing all those songs. It was such a pleasurable experience. I was so honoured to be able to do it at such a level, it's like I've been driving a four-cylinder car all my life. And then someone has turned up and said, I've got a new car that I want you to drive and you go out and there's a Ferrari waiting for you. And it's like, what the hell?"

"And you hope it's not too big and too powerful for you to handle, but it is also quite awe-inspiring."

Russell is not sure how he would be going back to playing in a band of four.

"Well, we'll cross that bridge when we come to it. Maybe I'll change things up and start working with a bigger band."

A larger band is obviously a more expensive proposition and Russell says that's why tickets for this concert are a bit higher than usual.

"But the thing is, it's something people will never see again. And it's quite an experience. If you like classical music and you like rock and roll music, that's a wonderful combination. We do some of the blues songs as well, so it breaks it up a little bit. It's virtually an anthology of what I've done."

Russell is full of praise for David Hirschfelder who he says has done a spectacular job turning his songs into orchestral arrangements.

David, a two-time Academy Award nomi-

nee and BAFTA recipient for the movies *Shine* and *Elizabeth*, arranged the score for the orchestra and band.

The show follows Russell's musical career and includes hits *Hush*, *Sweet, Sweet Love* and *Wings of an Eagle* - through to the blues trilogy that earned him the record-breaking number-one album *Sharkmouth* in 2012. It rose to the top of the ARIA charts and stayed there two years, becoming his most successful album and winning the 2013 ARIA Award for Best Blues and Roots Album while going platinum.

With a career spanning more than 50 years Russell is a member of the ARIA Hall of Fame and

Australian Songwriters Hall of Fame and was awarded an Order of Australia in 2018 for his contribution to music and as a supporter of charitable organisations.

As well as the music that many of us grew up with, which takes on a new life with the band and symphony orchestra, Russell talks about his life and music, including his attitude to music.

"To me, music is a smörgåsbord. You've walked into a room and there's a table laden with all styles of food from around the world. There's Middle Eastern food. There's Thai food. There's Chinese food. There's Japanese food. There's Italian food. All that sort of stuff, South American

food, Mexican food.

"I'm not the sort of guy that's going to sit down at the end of the table and have peas, mashed potatoes and chops, when I can see all this other stuff that's quite intriguing to me and exciting.

"So consequently, I do confuse people who follow me because, on a sixpence, I will turn around and do something completely different. Like when I did the Jack Chrome albums, people couldn't understand what I was trying to do. But it was me exploring something different.

"I would bore myself to death if every album I did was very similar to the album prior to it. It's like I'm not going anywhere, it's like I'm treading water and I'm just doing a rehash of what's come before. And maybe the songs might be better each time, but they're still a rehash.

"One of my favourite books is called *Africa Explored*, which is about the

English and Scottish explorers who went through Africa. And that's how it feels to me sometimes, the things they discovered that were unknown. And for me, music is like that. I like all types of music. In my car I'll have Oasis, Pink Floyd, maybe the Rolling Stones, John Lee Hooker, Frank Sinatra, Tom Petty and Leonard Cohen."

A key element of the show is the performance of the massive psychedelic hit *The Real Thing* written by Perth-based musician Johnny Young and produced by Molly Meldrum, released in 1969.

Russell has phoned John to encourage him to come to the show.

"I threatened him, I said, you better come along John. You know I want you to see the show, but I'm threatening you, if you start crying, they'll throw you out."

Russell still loves *The Real Thing*.

"Johnny Young wrote

it and Ian produced it and Ian came up with an incredible concept. He wanted to take *Hurdy Gurdy Man* meets *I Am The Walrus* meets *Hey Jude*. And that was his brief to do that song. That was what he saw in his mind's eye.

"And doing it with a full orchestra, it almost goes into that *I Am The Walrus-y* type of thing. It's great."

Alongside the stage production, Russell is releasing a new album of music from the show recorded live at Melbourne's Hamer Hall in July, titled *The Real Thing* (Symphonic Concert).

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Recipes from Simone Agostino: Peas and Pancetta



NEVER was there a more perfect ingredient pairing than peas and pancetta. Classic, timeless and works every-time. I have seen this dish prepared with the addition of iceberg lettuce, slowly sauteed and incorporated into the dish. It's unusual, but it works.

Ingredients

2 tablespoon extra virgin olive oil
1 brown onion, finely diced
150g pancetta, chopped into batons
2 cups peas, fresh or frozen
1 handful fresh mint leaves, finely chopped
Sea salt

Method

Pour in the extra virgin olive oil and add the brown onion into a large fry pan set to a medium heat. Stir to combine and cook for approximately five minutes until soft and translucent. Turn the heat down low if the onions are colouring – you don't want them to colour for this dish. Add the pancetta and continue to cook for a further five minutes, stirring occasionally. It should be slightly crispy with the fat rendered. Add the fresh or frozen peas and stir to combine. Cook for two minutes, longer if using frozen peas, and then turn off the heat. Stir through the fresh chopped mint, season to taste, keeping in mind that the pancetta will add a fair bit of salt to the dish already. Drizzle with extra virgin olive oil and serve immediately.

Trofie with Zucchini, Mint and Almonds

THIS recipe is put together in a very similar way to that of a pesto, but the addition of the zucchini lends a lovely creamy texture that heightens this dish like no other. It's quick, easy and efficient and it goes a very long way. Any leftover zucchini cream can easily be frozen for those nights when you are really pushed for time but crave something delicious and nutritious.

Serves 4-6; preparation 10 mins; Cook 10 mins

Ingredients

1 large zucchini
1-2 garlic cloves
50g Parmesan cheese
½ cup blanched almonds, lightly toasted
1 handful fresh mint
1 handful fresh basil
Stracciatella or Burrata cheese
Extra virgin olive oil
Sea salt
Freshly ground black pepper
1 quantity of Trofie pasta

Method

Wash and pat dry the zucchini, cutting them into thick rounds. Peel and slice the garlic. Set a large sauté pan

to a medium heat and add two tablespoons of extra virgin olive oil. Add the zucchini rounds and sliced garlic and season well. Gently sauté until the zucchini is soft and translucent and the garlic is nicely perfumed, this may take approximately 5-6 minutes. Turn off the heat and allow to cool slightly before transferring to a food processor or blender. Add the Parmesan, blanched almonds, fresh mint and basil, then secure the lid. Blitz until a smooth purée consistency is achieved. Transfer the purée back into the pan originally used for sautéing the zucchini.

Meanwhile, bring a large pot of salted water to the boil. Add the trofie and cook for approximately 4-5 minutes, stirring occasionally. When al dente, transfer to the pan of zucchini purée using a slotted spoon, bringing a ladleful of the cooking water also. Continue to cook for a further 1-2 minutes until the sauce has thickened nicely and the trofie are ready. Turn off the heat and finish with fresh burrata, or a nice dollop of stracciatella cheese, along with a drizzle of extra virgin olive oil and freshly ground black pepper.

Baked Whole Rainbow Trout

I REALLY love this fish. It's delicate, flaky meat becomes a gorgeous pale pink in colour when cooked. I prefer to avoid over complicating the trout when cooking as the fish really stands out for itself. Simply teamed up with lemon and fresh herbs, and it's a perfect light spring or summers meal.

Ingredients

4 rainbow trout, 200g each
2 lemons, sliced
1 fresh bunch of flat-leaf parsley
1 fresh bunch of thyme

Whole garlic cloves, skin on
Extra virgin olive oil
Sea salt
Freshly ground black pepper

Method

Wash and pat dry the fish and herbs separately. Set aside.

Drizzle a splash of extra virgin olive oil in the base of a deep baking tray. Spread evenly to cover using your fingers. With each fish, season its belly generously with sea salt and black pepper. Line it with freshly sliced lemon, and a generous amount of both the flat-

leaf parsley and the thyme. Lay them side by side, tail to tip, in the baking tray. Drizzle the top with extra virgin olive oil, season again, and scatter the garlic cloves.

Preheat the oven to 180°C fan-forced. Place the baking dish into the oven and cook the fish for approximately 20 minutes. Carefully remove from the oven, and serve immediately.

Note: you can have a go at making your own Trofie pasta or buy some from a good quality store.

Zucchini Flowers

THESE gorgeous spring zucchini flowers are filled with a delicate, yet flavoursome filling, then baked to perfection.

Ingredients

8-10 zucchini flowers
1 cup firm ricotta
2 tablespoon pecorino cheese
1-2 anchovy fillets
Chilli flakes
Nutmeg
Lemon zest
Salt and pepper

Method

Simply combine the stuffing ingredients in a small bowl. Set aside. Wash and pat dry the flower. Delicately open each flower and fill with the stuffing, folding the flowers back into place. Place them gently side by side on a baking tray lined with baking paper.

Drizzle with extra virgin olive oil, season well, bake for 20 minutes at 200°C. The perfect light meal or side for spring dining.



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Simone Agostino with her new book *Too*

by Gail Williams

NO one loves a party more than Simone Agostino, a seasoned entertainer whose love language is cooking for people she cares about. She loves

nothing more than an afternoon of immersing herself into chopping and julienning vegetables and hand rolling pasta.

And she's sharing that passion in her latest book called *Too*, as she inspires tentative

Spring is nature's way of saying *Let's party!*

home entertainers to do the same.

What better time than spring to publish a new cookbook which focuses on simple, easy recipes for lunch or dinner – all designed so the host gets to spend maximum time with guests?

While Agostino's first book, *The Table of Us*, focused largely on her Italian heritage and recipes from her beloved Nonna, this book is more about showing home cooks different ways to use ingredients and giving hosts the know-how and confidence to create their own menus using simple ingredients.

With the dinner party making a big comeback in our entertaining scene, we asked Agostino to share her menu (page 6) for a spring lunch and offer tips on how to have a stress free, fun experience:

Your tips for the perfect lunch?

Keep it simple and within your scope of capabilities.

Choose your guests wisely, either people who already know each other or who might complement each other in a dining setting, people who have similar interests or personalities, people who you think would get along well. You want the experience to flow even when you're tucked in the kitchen.

Preparation goes a long way when planning your menu. Choose dishes that you are comfortable with, and require minimal effort on the day, so you too can enjoy the fruits of your own labour at the same time.

What are some no-nos when it comes to entertaining?

I don't believe there really are any no-nos. Cooking and entertaining is very much a personal thing and is open to interpretation. I believe these days we consider a catch-up to always be dining out, so the simple act of asking someone over for a home cooked meal

certainly goes a long way.

Can you describe your most successful dinner party or lunch? What was involved? What made it so memorable?

To me the event is always defined by the feeling it leaves you with, or the emotional aspect, rather than the food itself. This is why I firmly believe we needn't put so much emphasis on the food because it's here that we lose ourselves and we lose the 'why' or the reason we are bringing people together in the first place. A successful dinner party will leave your belly full or belly laughs as much as it does full of delicious food. The idea of entertaining is to create memories and that is what makes it successful.

How do you set the scene?

Choose dishes that you can pre-prepare or do most of the work beforehand so you, too, can enjoy the dinner party – for example a one pot wonder, a simple roast, or something that can slow cook for hours. For me slow cooking is

the best way to impress your guests with minimal effort involved, all that is required is your time.

Can you give me some perfect pairings?

Traditionally yes there is fig and prosciutto, tomatoes and basil – then there are salty elements, for example a roast lamb with a punchy gremolata. Pungent – then there is sweet – honey and ricotta, pear and walnut, pork and apple, duck and cinnamon. Then there is sweet and acidic like the Sicilian agrodolce – the 'agro' sour and the 'dolce' sweet, with sauteed vegetables (eggplant mainly) cooked down with pine nuts, raisins, red wine vinegar and sugar.

A never-fail addition to a dinner or lunch party is...

Try to set the scene with candles or a nice floral table centrepiece. Create the ambience and allow your guests to feel comfortable within the environment.

See page 6 for recipes.

Booked in for a cuppa



ROYAL Western Australian Historical Society presents their final Booked in for a Cuppa for the year on Tuesday December 5 at 10am.

Just in time for Christmas, new WA book releases will be presented by an inspiring panel of guest speakers while people enjoy a festive cuppa and slices.

There is something for everyone from quirky or forgotten tales of WA from *The West Australian* journalist Malcolm Quekett, to *Historic Gardens of Perth*, *Scale to Tail* seafood cookbook, to the extraordinary story of brilliant scholar and surgeon Marjorie Jean Lyon, along with historical fiction and selection of children's books.

Everyone is welcome. Bookings essential with a cost \$10 per person. Venue – Society's headquarter 49 Broadway in Nedlands. Tel: 9386 3841 Email admin@histwest.org.au

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Demystifying supplements

INTEGRATIVE health pharmacist, Caitlin Landwehr from Pharmacy 777 Shoalwater is the next guest speaker at the Association of Independent Retirees (AIR) Mandurah branch meeting.

Caitlin is a trained pharmacist and has completed a Fellowship in Nutritional and Environmental Medicine with the Australasian College of Nutritional and Environmental Medicine. She will be discussing five key supplements for older adults, their benefits and role in healthy living, how to identify a high-quality formulation and medication interactions to be aware of.

AIR Mandurah will meet at the Halls Head Bowling Club, 2 Sticks Boulevard, on Monday November 27 at 9.30am.

For more information contact Norm Hodgkinson on 9527 2383. Visitors welcome.

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Where opinions matter - the biting cost of pet ownership



by Lee Tate

PETS are priceless but they come at a princely price. There's no accounting for the rewards our pets bring us but deep thought is needed before gifting a pup or kitten.

Neighbour, Margaret, has just been given Monty, a cute and curly, cheeky black pup.

Her 'cavoodle' (cavalier king Charles spaniel/poodle-cross) was presented to Margaret, 75,

by her family, with good intentions. Since the loss of her husband, Margaret would have a loyal and loving, furry friend. Margaret was instantly smitten.

But, like many reborn pet owners, Margaret is becoming aware of the ongoing price of pets. There's a "bite" awaiting pet owners, as shown by my circle of pet-loving friends.

Robin's puppy, Lady, cost \$5,000.

RSPCA pet insurance: \$150 per month. Council registration \$150 (lifetime cover). Dog food: \$20-a-week. Vet: Annual vaccinations: \$120. Treatment (check-up after a dog attack) \$120. Sterilisation for puppy female: \$300. Kennel boarding fee: \$240-a-week (for holidays).

Caroline's puppy, Daisy, is covered by animal insurance. Yearly cost: \$656.34.

Daisy's last vet visit, for two lots of vaccinations, a general health check and nail clip: \$193. Weekly food: \$20-\$25.

Says Caroline: "Other costs are bedding, food bowl, water bowl, lead, harness, collar, registration fee with local council, desexing, microchipping, vaccinations and health checks, grooming costs every few months, toys for dogs i.e. balls, ball throwers, chewing toys."

Peter's dog, Lucy, is just back from a vet visit: \$1,115.

Says Peter: "Lucy went in for a tooth scrape and polish and was judged to be in apparent good health. It was a full day with general anaesthet-

ic, blood test, x-rays and three extractions.

"A follow-up was booked for the next week. A blood test showed something so a test in a month was booked (\$70 plus any veterinary treatment)."

Katrina's pet pup, Muffi, gets a monthly haircut: \$90-a-month.

Bills: food (Greenies - chew daily for teeth), \$30-a-month. Ziwi (food supplement): \$40-a-month. Turkey with veggies and vitamins: \$100-a-month. All cooked each week. Dog rego: \$20-a-year sterilised (\$50 unsterilised). Pet insurance: \$150-a-month.

Rose has two pampered cats, Monty and Lulu.

Says Rose: "We had pet insurance for a year

because it came free with kittens. We will get insurance when they're older (probably more expensive).

"Many people say you're better off banking the money you'd spend on insurance and using that to pay out of pocket for big surgeries. Apparently, it ends up being about the same but you haven't thrown money at an insurer.

"Monty had a bee sting and needed treatment. Each vet visit is \$100-\$200. Vaccinations were not expensive.

"Monty can only have sensitive-stomach food. A bag of Advance Sensitive Skin and Digestion is about \$30-a-bag online. (A bag lasts three weeks for both cats). Two weeks of kitty litter costs \$20-a-bag.



Furry friends can be expensive

"We've only paid small bills for vaccinations. Monty once had a bee sting and needed treatment. It's \$100-\$200 per visit."

All owners: Cat and dog doors cost \$100-\$500, depending on size, style and where it's in-

stalled. PAW-NOTE: Plan for next February 20, Love Your Pet Day, "designed for pampering your pet with extra love."

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

Floral art is fun - make new friends and get creative

HOW refreshing is this design? It is just absolutely perfect for this recent bout of hot weather

we have experienced in Perth. Of course, there is more to come, but by that time we will be

more accustomed to. The designer is Maurine Gulland, one of our very, talented ladies who

can turn her hand to almost any design asked of her. You will note that two containers are used in an unusual manner. The required title was 'Split Level' and this arrangement depicts that topic splendidly.

If you would like to know more about such designs and, in fact, any floral art, please contact us - we will be delighted to hear from you. Do not

be shy - we all started somewhere.

Our next meeting is November 11 and if you would like a special treat, come to our Christmas meeting on December 9 - this is always a very exciting day. Make a note in your diary and perhaps come as a visitor to check us out.

Further details about us are available on our

website www.wafloralart.org.au. Please be aware that our website is currently not behaving as it should. We are in the process of installing a totally new website, so any problems should be rectified reasonably soon.

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





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Travelling the road less travelled with dementia and loving care



Dementia can affect thinking, memory and behaviour

IN the second of a two-part series about men caring for their wives-partners with dementia, Josephine Allison speaks with a Perth man who has lovingly done this for many years.

DEMENTIA is on the rise in Australia and, with an ageing population, statistics show this trend will continue. One Perth man has spoken to *Have a Go News* about his personal journey caring for his wife for the past 17 years when few men take on such a demanding role.

Dementia Australia defines dementia as a collection of symptoms caused by disorders affecting the brain. It is not one specific disease. Dementia can affect thinking, memory and behaviour. Brain function is affected enough to interfere with someone's nor-

mal social or working life.

No two people experience dementia in the same way and it is essential to get a medical diagnosis when symptoms first appear.

People can often lead active and fulfilling lives for many years after their diagnosis.

Dementia can happen to anybody, but the risk increases with age. It is progressive and symptoms often begin slowly and gradually worsen over time.

For Stephen and Margaret, theirs is a true love story. Through ups and downs since Margaret, aged 69, was diagnosed with dementia 17 years ago, the couple has weathered the storm of this disease. Stephen lovingly cares for Margaret in the house where they first met.

"I've been caring for

Margaret since she was diagnosed in 2006," Stephen says. "Looking back there were problems, though the first few years were okay. I was still working but by 2010 I had to retire and care for her full-time, I've been doing that ever since.

"That's okay, I'm a philosophical kind of guy; we have been together for 41 years but it feels like five. We have a wonderful relationship and we're still madly in love with each other. Margaret is my best friend, she needs help and this is just the way I'm doing it.

"A couple of Margaret's friends came to me (she retired the year before she was diagnosed) and said there was a problem. A friend took her off to be assessed in 2006. It was a big shock for me, I had a few tears and a cry for a few days, having a sense of it.

"Then I thought: oh well, fine, she's still alive and still here and functioning quite well, let's see what life brings, I threw it to the wind basically.

"We love travelling and had been doing it all our life together and still kept travelling up to 2013 because obviously Margaret couldn't function in her job. She had a retail business at the old Subiaco Pavilion Markets, we had a passion for rocks, crystals and minerals; I had a geology background

and she a business background so we put it all together and travelled to Tucson and Hong Kong for our work and that was wonderful."

Stephen says the early signs of Margaret's dementia were quite vague. She would go off to a friend's place for lunch and not turn up, getting lost. The couple were in a Bangkok shopping precinct in 2008 when Stephen realised things had reached the stage where Margaret didn't know where she was.

"She was crying her eyes out. I had walked off to do something, came back and realised Margaret didn't know where she was and was terrified.

"We came home and things continued for another two years with me working and she at home. Then I was getting phone calls while I was working at a government agency across WA asking where I was and what was happening. We have a diary at home and I had to tell her I was at a three-day conference and I would be back on Tuesday.

"That pulled at the heartstrings and I retired at 56, Margaret is older than I am but she is much younger than me in personality. She is more adventurous and I am more staid and conservative. Then Margaret told me

I should get some work because what I was doing at home wasn't mentally challenging, so I based myself in an area where I had been in the 80s, doing consultancy work for about 12 months which was great fun.

"But again it got to the stage where I was taking Margaret with me to appointments and she wouldn't go inside. I would go to interview people and would return to find she wasn't in the car. I would have to chase around and find her, she is a wanderer."

Stephen said Margaret became more dependent on him but then things reached a stage where he became resentful. "I did a lot of thinking about it and it clicked, I realised I had not retired, but had changed jobs and my new job was as a full-time carer and I was okay with that.

"I restructured our lives. I found with Margaret things can go along and there is a sudden crash. There was a time in 2015-16 when I had to put her in hospital and from then on, she was completely incontinent so we had to deal with that issue.

"Margaret lost her ability to communicate and talk properly about 18 months ago and that required me to adjust. Because we have been

together for so long and know each other so well she can talk away and I have a sense of what she is trying to say; a lot of the time it's baby babble. We just rubbish talk away and then she's happy and I'm happy."

Last December Margaret suffered a stroke beside him in bed. "I was asked twice in 40 minutes if I wanted her to die and that makes you choke up, there's nothing like a bullet over your shoulder to shake up your thinking. "My decision was life is better with Margaret than without her so the surgeons removed the blood clot in her brain."

Stephen would like to see more men care for their wives with dementia.

"My experience is there are not many men out there caring for their wives or partner. In the carer groups I have been involved in, I would say in a group of 10, one or two are men, the rest are women.

"I attribute this not because of stigma but because of roles within families that people have had in the last generation."

An advocate for Dementia Australia, Stephen is linked to a fellow carer through an advocate co-ordinator.

"We talk on a first name basis, we talk about life, how they are travelling. If there is an experience

to share or a benefit from that, then great. It's about realising you are not alone, there are other people out there and you can learn, talk about it or cry on their shoulder."

Stephen cares for himself with once-a-month sessions with a psychologist, attends the gym early while Margaret is asleep and has a three-hour respite session once a week.

"I take her for walks and drive to visit friends in Nannup and Albany. This condition sorts out the friends who truly love you."

For help, call the National Dementia Helpline 24 hours, seven days a week, 365 days a year on 1800 100 500 or email helpline@dementia.org.au."

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Regular as clockwork... Bridgetown or bust



by Rick Steele

WITH my distinct lack of knowledge on matters medical; I have always had an inquisitive sense of amusement as to why, more often than not, one of the doctor's opening questions would be: "Now, have you been regular?"

What's that got to do with the price of beer in Mount Lawley I thought. An apple a day keeps the doctor away and so does not having health insurance. Health plans are like hospital gowns: you only think you're covered.

When I take a dump is my business and the mark of a real doctor is usually illegible.

However, and you don't need me to tell you; life seems to progress considerably more stress-free, when we have some regular routines in our daily, weekly or even yearly commitments. The morning walk, the family holiday or the weekly visit to see grandma, can all contribute to helping with life battles.

For 30 years now, as regular as clockwork, I have been frequenting the Perth Blues Club on a Tuesday night, at the Charles Hotel, and on the second weekend in November, visiting and participating at the Blues at Bridgetown Festival.

The first festival was held in this very picturesque part of WA in 1993, just two years after the Blues

club began its illustrious journey. Over the years, with accommodation being a supreme problem for a small country town, myself, along with family, band and the rest of the blues punters have had an exciting array of bedsides. A swag or sleeping bag was an essential when camping down by the river, a friend's backyard, the squash courts floor, or for about eight years, the backseat of our Variety fire truck.

Fortunately, now as a senior citizen, and the generosity of some long-time treasured friends; I have had the luxury of staying in a proper house with a bed, electricity, hot shower and flushing toilet. Bloody beautiful. The problem is beds cause hangovers. Statistics prove that drunks go to bed happy and wake up feeling terrible.

The three-day festival,

always held on the second weekend in November, is a non-stop, action packed, smörgåsbord of fun, frivolity, mirth and blues music.

As they say, 'variety is the spice of life' and Blues at Bridgetown caters for most with a street stage and party, marketplace, buskers, cafes and a plethora of food vans. Three hotels with indoor and beer garden action, plus the civic centre, two large outdoor venues, the cidery and more provide the venues for the diverse collection of musicians imported from just about anywhere.

My brother was known as the Van Gogh of the guitar. They said he had no ear for it.

Returning to WA, Grant Haua from NZ, will be showcasing his new release, *Mana Blues*. He has just finished an extensive two-month release and

promotion tour of Europe. Soul Decree, a local Perth outfit will support Haua with his acoustic ballads and his foot stomping, make your heels burn, salt-of-the-earth blues music!

Louis Robeiro is a 17-year-old multi-instrumentalist from Perth, who has already created waves overseas, and is destined for a huge future. At 15 he won two gold medals at a Championship of Performing Arts in LA. Louis also performed on national television in Italy, Good morning, Italy.

Local Grammy award winner, Lucky Oceans, after just completing a national tour with his American group of many years – *Asleep at the Wheel* – will present his popular Perth band of many years, the *Zydecats*.

Legendary Sydney group, the *Bondi Cigars*



The Variety truck provided a bed for many years

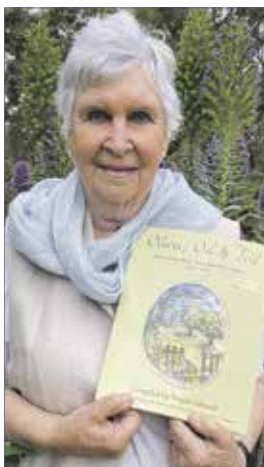
return. Always a crowd favourite, they will keep the show rolling along with their original brand of electric, eclectic, boogie hip shaking blues.

Saturday and Sunday arvo, in the beer garden of the Bridgetown Hotel some local blokes called Rick Steele and the *Hot Biscuit Band* go through their paces. Apparently, they've been there, done

that before. The excitement just doesn't stop. It's as regular as clockwork.

It was karaoke at the local and Hamish sang his best version of an Irish lullaby. He noticed a young lady shedding a tear or two, so when he'd finished, he went to her side.

"Are you Irish?" He asked. "No," she replied, "I'm a music teacher!" Cheers dears.



Stories from Western Australia's olive groves featured in new book

THE olive industry in all its forms is exciting and seductive. It entices growers, attracts researchers, beckons retailers and lures food lovers.

Compiled by Maggie Edmonds, assisted by Thelma Burnett and illustrated by Jocelyn Tischner *Olives, Oil & Toil* brings together the stories and experiences of growers, sellers and processors, both big and small, over the 25 years from 1995.

It records for future generations the dedication, perseverance and passion of those involved in olive cultivation in WA and their pursuit of excellence.

From tales of triumphs to the hurdles that tested their mettle, *Olives, Oil & Toil* delves deep into the heart of the olive industry.

Professor Stan Kailis, who has worked with the olive industry since its revival, comments:

"To me, it was like meeting old friends, the olive and all those that had the courage and fortitude to take on an industry as old as 3,000 years... *Olives, Oil and Toil* is not only a human story, but its technical wisdom will benefit all olive growers and processors today and those in the future."

Stories in the book include *Guinea Grove Farm – A Shared Vision and Dream*, by Rae Jefferies, tragic but hopeful; *Catherine Lee – Olive Lady of Orange Springs, Gingin*, where she survived a tornado, fire and floods, and an insect onslaught; and *The Mediterranean Diet – the Doorway to Living Healthier and Longer*. Amusing stories include Chapman River Olives – Possums, Owls and Shaker. Important historical details are included in Ian Rowe's *My Recollections of the Australian Olive Industry Revival 1995-2012*.

This book has been financed by

sponsorship donations. Maggie, Thelma and Jocelyn have not charged for their work. The proceeds will go to a project for the WA olive industry. Each author and sponsor will receive a free book.

As Maggie Edmonds said: "This book will contradict any thoughts of a glamorous agricultural lifestyle. However, it is a testament to the rewards of growing olive trees, from resilient olive growers and those associated with the olive industry."

Further details and sales from: Maggie Edmonds, E: mpedmonds@bigpond.com; M: 0429 055 099.



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What's happening with British pensions for UK expats in Australia



by Mike Goodall

FIVE months ago, the Parliamentary and Health Service Ombudsman (PHSO) in the UK was ordered by the High Court to reconsider its report

because of the injustice caused to Women Against State Pension Inequality (WASPI) women by Department of Work and Pension (DWP) maladministration.

The UK government raised the state pension age for women from 60 to 65 without allowing enough time for those affected to replan their retirement.

Representatives from WASPI and its lawyers met with the Ombudsman's team to raise their concerns about the length

of time it is taking to re-write his report.

While only limited information could be shared at the meeting, because the law states that the Ombudsman's investigations must be conducted in private, the Ombudsman understands that this reconsideration must proceed as quickly as possible.

All the relevant evidence gathered during the Ombudsman's investigation is being reconsidered along with some new evidence in light of the concerns raised by WASPI

and others. The Ombudsman acknowledged the list of ten key steps as outlined by WASPI that must be taken to produce a report that is lawful, thorough, and fair. The issues include when DWP letters informing the women of the changes should have taken place, what would have happened had there been good administration and how the women can prove injustice.

They also received confirmation that those women, whose com-

plaints were not originally considered, will be given a chance to comment on the Ombudsman's provisional views and to see all the evidence on which they are based.

The Ombudsman's staff were unable to give any indication of when provisional views might be circulated to complainants or how long the investigation would take. WASPI is concerned about what new evidence the Ombudsman has received, where that evidence was from and the timescale for

this further review. As soon as I have any further information, I will let you all know as it will affect thousands of women in Australia, born after April 5, 1950 and who have reached State Pension Age since May 6, 2010.

Am I UK State Pension Age?

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

66th birthday. The age at which those born after April 6, 1960 can claim will increase by one month extra for every additional month of birth until March 6, 1961 when it will become their 67th birthday. This is now subject to a UK Government review.

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

Video chat available with aged care specialist officers



by Hank Jongen, General Manager, Services Australia

DID you know that you can make an appointment to see one of Services Australia's Aged Care Specialist Officers (ACSOs) anywhere in Australia with our video chat option?

There may come a time in your life, or the lives of your loved ones,

where extra support is needed. You might need more help at home, or the level of care a residential Aged Care home provides. With all the options and alternatives out there, it's only natural that you might have lots of questions about services and costs.

Our ACSOs can help. They are aged care experts, and they provide a free and confidential service that can help with navigating the aged care system. They make that journey easier by discussing your specific situation and answering your questions.

They can talk to you about:

- the different types of aged care

- your eligibility for government-funded aged care services
- the process of accessing services
- aged care costs and how much you might pay.

They can also register you for My Aged Care, talk to you about the level of services needed and refer you for an assessment, whether that's for Meals-on-Wheels, home-based or residential care.

You can book a face-to-face appointment with an ACSO in person at some service centres or through video chat. To use video chat with an ACSO you'll need access to a smart phone, tablet, computer or laptop with a microphone and a cam-

era. You'll also need access to the internet and a myGov account.

When you book a video chat appointment, we'll send you the link and details for your video chat. Sign in to myGov and access your video chat appointment letter from your inbox to get started.

We know sometimes people want to sit down and talk with someone in person about their options. That's why our ACSOs continue to offer in-person appointments in Services Australia service centres across the country. You can go to servicesaustralia.gov.au to find out if there is an ACSO located near you. Just search for 'Aged

Care Specialist Officer' on our website.

If you'd like to make an in-person or a video chat appointment with an ACSO, please call us on 1800 227 475 or visit any Services Australia service centre.

The My Aged Care website, myagedcare.gov.au, is also a great place to access information about government-funded aged care services.

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

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TV Sound Problems Solved by Hearing Specialists: Record Numbers Report Success with New Speech Clarifying Soundbar.

MOST RECENT REVIEWS

"We noticed a huge difference from the minute we plugged it in. The clarity of the dialogue is amazing." – LEE, NSW

"I can now take the text off the screen and hear the words which are being spoken." – ALAN, QLD

"I have virtually no hearing in my left ear and poor in my right ear. Subtitles were an absolute must. Even with hearing aids. The TV Voice Pro has changed all that and I can now effectively hear clearly most programs with my normal hearing aids." – JOHN, SA

"We have tried, Wi-Fi, Blue Tooth, Extra Speakers, Headphones Etc, Etc, and still couldn't hear what the people were saying on the TV. BUT WE CAN NOW!" – MICHAEL, QLD

"Excellent clarity of speech with reduced background noise and music. It looks good under my TV." – MONICA, NSW

"My hearing is challenged due to exposure to loud tractor noise in a farming context when I was a teenager. I have quite good hearing aids but still struggle when there is background sound during a conversation. The Voice pro has made a very big difference by apparently reducing the relative volume of background sound. It is well worth the investment." – MIKE, QLD

"This TV dialogue specific soundbar is a revelation for my industrial deafness problem. Can now hear clearly what is being said, even with background music. Great product." – ROBERT, NSW

"I love my new soundbar now I can hear every word that is said on TV. Movies are great to watch now." – SANDRA, SA

"I can recommend the soundbar to anyone with hearing difficulties. We always had to have the TV so loud for my husband, now we can all enjoy the audio in comfort." – CHRISTINE, NSW

"I am 85 years old with mild hearing loss. I have been having difficulty hearing the dialogue on both TV programs and movies where the background music often drowns it out. I was amazed when I installed my soundbar and adjusted it to my circumstances how clearly I could hear the dialogue. It has certainly made my TV viewing much more enjoyable. I was so impressed that I immediately ordered another for my bedroom TV. I would also like to add that the service was very efficient with the Soundbar arriving just a few days after ordering and the lady who took the order was very helpful and knowledgeable regarding all my questions about the product." – ROD, NSW

"The soundbar is as good as advertised. The clarity is amazing and has made a huge difference to the TV sound for my husband." – MELINDA, QLD

"A breeze to connect. Instant sound clarity and I have been able to reduce the volume level way down. Very happy with the results." – RUSS, ACT

"The TV Voice Pro Soundbar makes the dialogue 'pop out'. I no longer use the captions, even for watching movies, it's fantastic." – JULIETTE, SA

"The quality of the new soundbar is extremely good, I can now take out my hearing aids and listen to any program with my natural hearing, without having to increase the volume and I can hear everything that is being said. Excellent product." – DANNY, SA

"We had a top of the range commercial soundbar and were missing a lot. The TV Voice Pro changed that immediately. Very simple to set up. Thank you, we are delighted to recommend this product." – RON, VIC

"Now I can hear what they are saying on the TV! ...and I was able to set it up myself whereas I usually need help from my grandchildren for anything electronic." – PAM, NSW

If you've faced difficulties with your TV's audio, look no further than TV Voice Pro for a groundbreaking solution. A growing community is attesting to the outstanding performance of the recently unveiled TV Voice Pro Soundbar. Expertly engineered by hearing specialists to significantly enhance the intelligibility and clarity of TV dialogue, the new soundbar speaker provides a straightforward solution without the need for complicated hearing aids or hearing examinations.

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.

Unlike traditional hearing aids, the TV Voice Pro Soundbar accesses the TV audio directly, and automatically reconfigures the TV audio to a speech enhanced sound quality, suitable for those with mild to severe hearing loss. The TV Voice Pro Soundbar then works in a reverse manner to regular TV speakers and soundbars. Don Hudson says,

"While regular TV speakers and soundbars emphasise TV surround sound effects, which often mask out the TV dialogue for the listener, the TV Voice Pro Soundbar instead prioritises dialogue for all TV audio and solves this issue."

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,

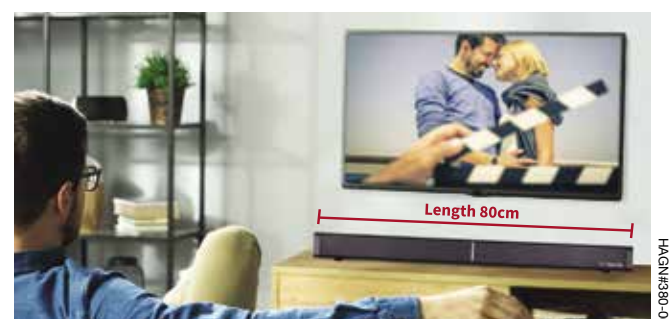
"A really unique benefit is that the new TV Voice Pro Soundbar can operate in unison with any of the TV Voice Pro wireless earphone options. This offers TV listeners the best of both worlds, allowing them to either listen to TV in private with lightweight earphones that clarify TV dialogue, or instead 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 delivery anywhere in Australia. To order call 1300 300 446 or order online at www.TvVoicePro.com.au



Letters to the Editor

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



Dear Editor,
WHY the bias in *Have a Go News*?
We have Karen Majer spouting the good old climate change narrative on a regular basis, but nobody, including myself, is allowed to challenge it.

I approached the newspaper concerning a debate about the subject, but no one was interested in producing a fair-minded article with both sides of the argument and was told that we are just not that kind of newspaper.

Whatever happened to balanced journalism?

It may interest some readers to know that there is an alternate view, that has been stifled for far too long.

Why does the freedom of the press to print whatever it chooses, override

an individual's freedom of speech? Anybody reading the works of George Orwell and Aldous Huxley, under the impression that they are entirely fictional, would be wise to think again.

**David Rudman
Port Kennedy**

Ed's note – Karen Majer's column has been a regular opinion piece specifically covering conservation and green issues. It's not a news story where we would offer both sides of opinion.

We provide a broad range of issues in our content and offer readers the opportunity for comment such as the printing of this letter in the Letters to the Editor section.


Dear Editor,
I AM a member of Saving Family Headstones at Karrakatta.

Our community group (which has more than 6,000 members) is campaigning against the continued removal and destruction of headstones at Karrakatta Cemetery. This is being undertaken by the Metropolitan Cemeteries Board (MCB) as part of its ongoing redevelopment process (termed 'cemetery renewal').

This Remembrance Day (Saturday November 11), we are holding a service at Karrakatta to commemorate our fallen war heroes. During the service, we will also pay tribute to those sol-

diers whose graves have been desecrated by the MCB. This includes Thomas Brady, William Dunne and Rupert Mason, whose headstones were smashed and discarded. These soldiers – and countless more – now lay in unmarked graves, towered over by new monuments.

We would greatly appreciate you mentioning this in your next publication. More information is available on our website:



Shane Becu

Dear Editor,
WHAT happened to the good old days when an election or referendum was held and people just accepted the will of the majority?

Nowadays there is endless complaining: "people didn't understand what they were voting for" or in Trump's case "fake news – we were robbed."

Social media is as much to blame for this state of affairs as anything else, and there have been countless cases where people's opinions have been swayed by the unceasing tide of mis-information foisted upon them.

But, as Abraham Lincoln said: "you can fool some of the people all of the time, you can fool all of the people some of the time, but you cannot fool all of the people all of the time."

I only hope in our case that it is true.

Michael Potter

Dear Editor,
FOLLOWING Daryl Binning's letter in October *Have a Go News*, I had a similar experience whilst waiting for a bus in North Perth in September.

As all the seats were occupied, I stood up and scanned down the street for the next bus.

Unfortunately, one of the seat occupants thought I was staring at him and unleashed a torrent of abuse at me.

When the bus came, I entered and warned the driver about this miscreant.

He sat a few rows behind me and the abuse continued.


The driver did nothing. I wonder if this chap is the same paranoid person that Daryl Binning had an unfortunate encounter with.

Obviously, this person has serious mental issues but that is no excuse for his aberrant and threatening behaviour.

John Stevenson

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

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Dear Editor,
DO any of the readers of this paper remember the cartoon strip that used to be in one of our papers years ago called Footrot Flats?

Due to having to move a cupboard to use in a different spot to where it was, I came across some scrapbooks, nine to be precise, full of the Footrot Flats cartoon strips that both my late mother and I used to cut out and stick into these scrap books.

If there are any collectors or people interested in these then they may contact Margaret on 0418 918 425 and mention Footrot Flats.

**Margaret Anne Ryan
Ballajura**

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C'mon have a go at badminton

OCEAN Ridge Senior Social Badminton Club is looking for new members. If you are 55 years and over and want to keep fit along with joining in social events, then this is for you.

The club plays on Monday, Wednesday, Friday, from 9am and 11am and new members should have some basic skills or have played before.

Anyone starting off can play the first three times at \$5 per session until joining the club then it's \$3.

The committee assesses people before joining the club and then votes you in.

New members will need to pay a joining fee and insurance.

The club is based at the Heathridge Community Centre, Sail Terrace, Heathridge.

More information please contact Steve 0403 231 362.

Retirees Club News & Recreation



Holly Wood Tuesday Morning Show program for the rest of 2023

JOIN compère Bernard Carney OAM for weekly entertainment at the *Holly Wood Tuesday Morning Show* which runs every Tuesday at the Perth Town Hall sponsored, by the City of Perth.

The show has been running for many years and was named in honour of socialite and social writer the late Holly Wood, who worked tirelessly for the benefit of seniors and many charities in Perth.

Morning tea kicks off for a gold coin donation from 10.30am and the free show starts at 11am. All are welcome...

November 7 – No show – Melbourne Cup Day.

November 14 – compère: Bernard Carney. Jennifer Merigan from *Have a Go News* will update you on the news, events and competitions in this month's issue.

Rob Mazoue and Terry Brown offer a selection of famous tenor songs from popular musicals and the world of opera, accompanied by the fabulous Lucy D'Olympio on the grand piano.

November 21 – compère: Bernard Carney. Juke Box Lady – a self-described 'agent of nostalgia' – will transport you back to a time when tunes were lively, and songs had meaning. She will perform hits from the 50s and 60s with a splash of swing thrown in.

November 28 – compère: Bernard Carney. Brother Olly Pickett from Wheelchairs for Kids will talk about the latest news, designs, projects, and partners of this wonderful organisation. Followed by Perth Scottish Fiddlers, a group of musicians who come together to play the rich and extensive violin and dance repertoire of Scotland. They play traditional

and contemporary music including beautiful airs, elegant strathspeys, energetic jigs and fast and furious reels. The group's musical arrangements are their own, adding an Australian flavour.

December 5 – compère: Bernard Carney. The *Holly Wood Dance Club* led by Vera will open the show by treating us to some of the great dance moves and costumes they have been working on throughout the year.

The Spirit of the Streets Choir return to speak about their year and sing some of their heartfelt, uplifting songs.

December 12 – Christmas party – Doors open at 9.30am - Ticketed event – \$5 tickets to cover refreshments.

Tickets offered to patrons in November.

Christmas morning Tea will be available from 9.45am to

10.45am. Speeches and intro 10.45am to 11am and the show 11am to 11.50am

The Tivoli Club of WA will present a sparkling variety show of comedy, song and dance with a special Christmas flavour to close another great Holly Wood Tuesday Morning Show year.

Donations of single serve unwrapped tins of tuna, ham, beans, biscuits, crackers, and toiletries such as deodorants, soap, toothpaste and band-aids will be collected during November and December and distributed to local charities.

Citiplace Community Centre is situated on the upper level of the *City Railway Station Complex*. It offers seniors a range of low cost refreshments and services in a warm, friendly environment and is a perfect place to enjoy lunch following the show.

Final meeting for the year for AIR Perth branch

DR Helen Goulios, clinical director of Audiology UWA will address the Perth Branch of the Association of Independent Retirees (AIR) on "the difficulties faced by hard-of-hearing people – can hearing aids really help?" at their next meeting on Friday November 17 at 10am.

The aim of the Association is to protect and advance the interests of retirees who wholly or partly fund their own retirement. They meet on the third Friday of each month from 10am to noon at the Cambridge Bowling Club, Chandler Avenue West, Floreat.

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

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

An AIR Investors sub group will meet on Wednesday November 8, at the same venue. Enquiries can be addressed to John (johnkwellis@gmail.com).

The 2024 meetings will commence Friday February 16, 2024.

New members welcome for women's club in Maylands area

SOROPTIMIST International of Maylands Peninsula, a women's club, is currently seeking voluntary members based on advocacy, education and empowerment for women.

Members from surrounding areas of Maylands are welcome to join.

The group meets once or twice a month. Business meeting is first Tuesday of the month at 6.30pm.

For details email simaylandspeninsula@siswp.org or message via Facebook.

Website is www.soroptimistinternational.org.

Mandurah Dragon Boat Club welcome new members

ANYONE who is interested in having fun and keeping fit in the Peel region is welcome to join the Mandurah Dragon Boat Club.

It's a great opportunity to work as a team and enjoy being out on the water. Anyone interested should contact MDBC@gmail.com or call Linda on 0405 252 639.

Year drawing to a close for retirees group

GUIDE Dogs WA will be the guest speaker at the northern suburbs branch of the Association of Independent Retirees' (AIR) final meeting for the year on November 16.

Members look forward to hearing from this organisation and more about their amazing dogs and capabilities.

They will not be holding a meeting in December as it will be their Christmas lunch.

The next meeting will be on January 18, 2024. We will confirm the speaker for both the January and the February meetings in the December issue of *Have a Go News*.

Numbers are restricted in the meeting room, if you are interested in attending as a guest, please reserve a seat by registering your interest with Mike Goodall.

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

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

Cost \$4 per person including raffle and refreshments.

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

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Chopper Read, the Zucchini Brothers (masters of mediocrity) and me

by John Rando. lawyer, musician, existential philosopher

THE Hyde Park pub was packed with dozens of tough, rugged

looking bikies. All on their very best behaviour. I and the *Zucchini Brothers* are the opening act for Chopper Read. Once upon a time, when Chopper's ears were intact and hanging off the side of his head, before he had a paunch on his belly, when he was still raging and fighting on the streets, before he had hit the stage, Chopper may have been a wild man. Now he seemed

pleasant, friendly enough guy to have a beer with. Big drumroll brrrrm... silence. Chopper comes on stage and announces, the *Zucchini Brothers* claim to have done more for music than Mozart ever did for plumbing. The undisputed masters of mediocrity. The acclaimed Kings of Kitsch. The audience appears puzzled. Suspicious. Bemed. Confused. They give a round of boisterous applause, even before we come on stage. Perhaps, just to please Chopper. Once, I was the local semi-legendary Marlon B Rando blues singer, (it

wasn't easy pretending I was sleazy) now, reduced to playing the piano accordion with a band of misfit elderly musicians, the *Zucchini Brothers*, claiming to be cool, hip - in with the in crowd. Our opening song was our frantic, titillating version of the *Sicilian Tarantella*, an old Italian peasant song, played over a 120 years, because of its infectious foot tapping rhythm. In early times, southern Italian peasants danced wildly, pretending they had been bitten by the local poisonous tarantula, originally from the town of Taranta, the birthplace of

the Tarantella dance. Nobody ever died dancing the tarantella. The local urban myth allowed complacent local women to behave wildly, pretending they had been bitten by a local tarantula. Dancers bounced, pranced, jigged around wildly, excitedly, pretending to dispel poison from an imaginary local tarantula. The audience adored us. We played *That's Amore*. One of the few local bands prepared to lower their standard. Everyone knows the opening line of the song

sung by Dean Martin, "When the moon hits the sky, like a big pizza pie, that's amore". Few know the second line. The *Zucchini Brothers* have sung the song for years, but still don't know the second line. We just get paid to sing "la, la, la... along with the audience, who also don't seem to know the second line. When Marlon B Rando, was around, he would never have played the *Sicilian Tarantella*, or *That's Amore*. Things have changed. I seem to have sunk to the bottom, or alternatively, risen to the top of the local

music scene. But I'm still floating. The crowd clapped and cheered excitedly, as we walked off stage. They seemed surprised, appreciating our performance, or glad we were leaving the stage. Chopper comes on stage, thanks us, and requested, (demanded) we play an encore. So, back on stage, we played our acclaimed version of *The Godfather* - Horse Head Post Pandemic Blues. Chopper was impressed. Excited. We shook hands on stage, to the resounding applause of the crowd.

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continued from front cover **Sisters doing it for themselves** by Allen Newton

"Ours was an Irish sense of identity because that's all we knew." "But at the same time, we're talking about this Irish mystical amazing place that was green and lush we were living in a place where the sun was beating down on us and we were burning in. And so it was romanticised in a way because you know we would just step outside and get sunburned," Hayley chips in. "It's like magic when you go somewhere that you don't get burned by the sun." The pair both have the fair skin of the Irish. "The characters in the play try to figure out who they are and putting on these personas exploring your Irish heritage is a big part of trying to figure out who you are," says Mandy. "And another one is trying to connect to the natural world that you're in and these characters have a very difficult time trying to figure that out, trying to come to terms with nature and everything that surrounds them. "It's very much about us and so we relate to it and identify with it 100 per cent." The pair spent their early years living out of a caravan at Leeman near Geraldton where their dad was working as a cray fisherman.

"Our mum was working in the local school and it was a very small town where we had free reign with us and our bikes. It was a very, very special childhood and then we ended up moving back to the suburbs of Perth when we were in our teens. Those years of living in the caravan up north were really instrumental in shaping our creative life," Mandy says. And living side by side would either force the sisters to get along or drive them apart. "It did bond us for sure, you know, because often it was just the two of us. It was very instrumental to where we are now." The play was written during Covid when people around the world were looking for ways to endure lockdowns. "So much creativity bubbled out of Covid, didn't it, when we all were locked in our houses and had to find new ways of making stuff," Hayley says. "We talked about doing this when we first began, and then we went off and had our own careers, completely separate of each other. And so that Covid moment where we were all so depressed and worried about theatres, Hayley rang me up one day and said, well, why

don't we do it now? And we started and had the same kind of idea at the same time, and of what it would be, and what the situation of these characters were in," says Mandy. "That just seemed like a bolt from the universe, or our dad, or wherever, saying, 'yes, you both want to express the same thing, so do it now'. And we've just been so lucky since then. "We've had great opportunity to meet Kate Champion and work with her and then she got the job at Black Swan and then all of a sudden, the show was happening and we just can't believe our luck. It really does feel like it's something sort of beyond saying yeah this you and you need to do it together." "We're really excited about the show. It's an incredibly special once-in-a-lifetime kind of experience for us and we're just so grateful for it and we can't wait to share it with audiences. There's lots of laughter, it's visually beautiful you've got two really strong actors who are not afraid to put on funny voices and make each other laugh so I think you're in for a treat," Hayley says. To find out more go to blackswantheatre.com.au/season-2023/dirty-birds.

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It's now time to prepare for fire emergencies over summer



A kangaroo and her joey who survived the forest fires in Mallacoota, Victoria. © Jo-anne Macarthur on Unsplash



by Karen Majer

THE fire season is upon us and many of us live in areas that face bushfires starting earlier and with a longer fire season due to

climate change. A decade ago my husband and I recognised a moderate risk when we moved to a peri-urban block with some large remnant trees in Margaret River. Now we understand that we need to take more precautions and be prepared to face an unprecedented bushfire. Having a plan in place reduces anxiety even if we hope it will never be used.

The news from the eastern states in Sep-

tember and October was certainly confronting, with damaging bushfires in New South Wales, Victoria, Tasmania and the Northern Territory. There were several incidents in WA. What does the rest of spring and summer have in store?

One predictor is the El Niño Southern Oscillation (ENSO), a term which describes the interaction of warm and cool water, the strength of winds and atmospheric pressures in the Pacific Ocean near the equator. Many parts of Australia have experienced above average rainfall in recent years. Now we are in an 'El Niño'. El Niño is a natural climate phenomenon marked by warmer-than-average sea surface temperatures in the central and eastern Pacific. This typically means reduced spring and early summer rainfall for eastern Australia and warmer days right across the southern two-thirds of the country. Climate models indicate this El Niño

is likely to persist until at least the end of February.

We are also currently experiencing a positive Indian Ocean Dipole (IOD), another ocean and atmosphere event that changes the path of weather systems coming from Australia's west. This usually leads to reduced rainfall and higher than normal temperatures over parts of Australia during winter and spring. The drying effects of a positive IOD and El Niño occurring together are typically stronger and more widespread.

Climate change is exacerbating these impacts, including bushfire risk. Australia's climate has warmed by an average of $1.48 \pm 0.23^\circ\text{C}$ since national records began. In August, global sea surface temperatures were the warmest for any month since records began in 1850.

Australia began spring with its driest September on record. The Bureau of Meteorology says warm-

er and drier than average conditions are likely across most of Australia from October to December.

In some reassuring news for us in WA, the Seasonal Bushfire Outlook for spring 2023 released by the National Council for Fire and Emergency Services focuses on an expected increased risk for large areas of the Northern Territory, Queensland and New South Wales, as well as regions in Victoria and South Australia.

It's worth noting that this outlook informs communities of increased bushfire risk but is not a prediction of where and when bushfires will or will not occur. Conditions can vary greatly, even at a small scale, and they warn that it's important for Australians to be alert to risks of bushfire over the coming months regardless of their location. Many urban dwellers have little risk - check the map of designated Bushfire Prone Areas in WA to search for your region

or property. If bushfires do occur near you, an important source of information to monitor is the Emergency WA map.

The Red Cross has recently provided a useful website to help prepare for emergencies. It includes how to create an emergency plan and a survival kit checklist to prepare for a range of situations including floods, heatwaves, storms and even medical emergencies.

Stay safe folks.



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Congratulations to our September 2023 winners... Pamela Cook, Linley Procopio, Marilyn Krueger, Sandy Randell and Lynda Gray.

HEALTH FUND UPDATE

"The deadline for utilising your Private Health Fund Extras Cover is approaching fast! Make the most of your extras cover for hearing aids! Purchase and claim the Jaspas 3 hearing aids before annual limits reset on December 31st."*

Countless long-time hearing aid wearers astonished to find new \$429 hearing aid outperforms their "thousands-of-dollars" devices. Delivered direct to you, with no appointments or hearing tests required, the Jaspas 3 is ready-to-use right away with the simple press of a button.

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"Having trialled four different sets of hearing aids from two audiology centres without complete satisfaction, I ordered two Jaspas 3 hearing aids. I could hardly believe how much more natural sounding the Jaspas aids were in comparison to the very expensive aids I had trialled. I'm now wearing them each day as required and find them very good." - AARON, NSW

"I purchased my Jaspas hearing aids as a stand by, having over the years obtained 3 sets from a well known supplier, which seem to have a return for service every three to four months. I now use my Jaspas full time. Many thanks, Doug." - DOUGLAS, QLD

"Much better than ones I spent \$7,000 on. Much easier to use and maintain and I can adjust them myself without having to see a technician, my wife is very grateful, the TV volume has gone down from 70 to 35 and she doesn't have to repeat things constantly. I have found them comfortable to wear and the quality of sound and available settings to achieve this very good. Excellent value, have already recommended them to my hard of hearing friends." - DANNY, QLD

"Simply put the JASPA3 gives me better hearing for conversations than my \$9,000 dollar pair." - AL, NSW

"I only have difficulty on occasions and although hearing aids were recommended by a specialist I haven't been able to justify them until now. These work very well to serve my needs and the clarity of TV is very good in particular (I can turn the volume down to 10 now)." - DORIS, WA

"Very happy with the aids. 3 previous sets of aids at about 10 times the price of Jaspas did not perform despite expert advice and assistance. Had endless problems with feedback and fitting. Jaspas 3 are the only aids I have been able to wear daily without any feedback or discomfort." - BRUCE, WA

"Hi-I have had my Jaspas 3 for a few months - It was reasonably priced, easy to maintain and clean and adjust. Fits snugly. You don't know that it is there. Can now hear the car blinker plus lots of other forgotten noises. Very satisfied. Great stuff!!" - PAT, VIC

"These aids are so simple yet effective. In comparison to my government supplied aids, I cannot speak more highly of the comfort and sound quality of the Jaspas 3 hearing aids. The size is also very small in comparison to my other aids, and as a result I feel much more comfortable wearing them. Best of all I can hear very well!!" - HENRY, QLD

Those who have previously spent thousands of dollars on hearing aids and have worn hearing aids for many years have been stunned to find the \$429 Jaspas 3 hearing aid is often outperforming their previous set of hearing aids. Many Jaspas 3 wearers are reporting better results for speech clarity, better speech understanding in noisy settings, and improved comfort in comparison to their set of expensive devices.

The Found Hearing representative said,

"We have now had many Jaspas 3 customers report significant improvement in their hearing in comparison to the benefit they received from their previous set of hearing aids. In many instances these customers have spent upwards of \$8,000 on hearing aids."

Designed as a broad-prescription hearing aid suitable to various levels of hearing loss, the Jaspas 3 is ready to use straight out-of-the-box, without a hearing test. Wearers are able to easily adjust the volume and program options via the on board push button.

The Jaspas 3 design and technology was originally developed not only as a direct-to-customer hearing aid, but to overcome common difficulties audiology clientele experience with hearing aids, such as tinniness, echo and background noise. The Jaspas 3 hearing aid works off a fully digital microchip, and incorporates wide dynamic range compression to give volume to soft sounds while

not increasing the volume of louder sounds in the environment. Additional features such as automatic noise reduction and automatic speech enhancement technology means the Jaspas 3 can be used in difficult listening environments such as in a restaurant and in noisier social settings.

The style is a discreet behind-the-ear 'open-fit' design. No blockage of the ear canal allows users to fully utilise the benefits of their natural hearing in addition to the benefits of the hearing aid. It takes a standard 312 hearing aid battery. Always read the label. Follow the instructions for use.

The Jaspas 3 hearing aid can be ordered online at www.foundhearing.com.au or over the phone on 1300 240 114.

The Jaspas 3 is \$429 per aid, and includes Free Delivery anywhere in Australia. No hearing test or appointments are required and it comes with a 30-day money back guarantee.



HEALTH FUND REBATES NOW AVAILABLE

Those with eligible health fund extras cover often have no out-of-pocket costs when purchasing 2 x Jaspas 3 hearing aids, as health fund covers average between \$600 and \$1,200 rebate.*

Want to use your Private Health Fund Rebates with Jaspas 3?

- Step 1: Check your policy cover and conditions.
- Step 2: Email a copy of your hearing test results to info@foundhearing.com.au



*Check your own health fund cover to determine your eligibility and level of cover for hearing aids. Annual limit reset dates and policy rules may vary.

The glorious gift of life - why you should register for organ donation

by Serena Kirby

HAVE you ever thought about registering to become an organ donor? You may think you're already a registered donor because you nominated to be one via your driver's licence. But in 2004 WA dropped the drivers licence system, changing it to now require separate registration via a national organ donor registry.

For WA organ recipient Courtney Powys, organ donation was a life-saving gift.

Up until 12 years ago Courtney was a healthy and active person. He swam regularly and even competed in local surf club competitions and

he loved to run. But after starting to feel increasingly tired his doctor ordered a blood test and what it revealed was shocking. Courtney had only 40 per cent kidney function due to a condition known as IgA Nephropathy.

This disease, for which there is no cure, slowly reduces the kidneys' ability to filter waste from the body and can eventually lead to kidney failure.

The doctors prescribed Courtney with medication to slow down the effects of his condition but eventually he had to give up his work as a telecommunications technician when his kidney function dropped to just three per cent, leading him to need

dialysis. It took months for Courtney to get access to dialysis due to the limited number of machines and a long waiting list. He was eager for the treatment but what it did to his life and his body was just as debilitating as his kidney condition.

"I don't want to use the word 'misery' because it sounds dramatic, but being on dialysis is bloody miserable," Courtney says.

"You're plugged into a machine for four and a half hours, three times a week and you feel like total crap afterwards. You don't get a chance to recover from one treatment before you're back in there again."

But being on dialysis did mean that Courtney was now eligible to go on the kidney transplant list but with 13,000 Australians on dialysis and a large number of those needing new kidneys, he envisaged a long wait.

To try and help Courtney, members of his family underwent testing to see if they were compatible donors. The process was time consuming and they also needed time to consider the logistics and medical implications of becoming a 'living donor'. Thankfully, before a 'living donor' was chosen, Courtney became one of the lucky ones when he got the call he had hoped for.

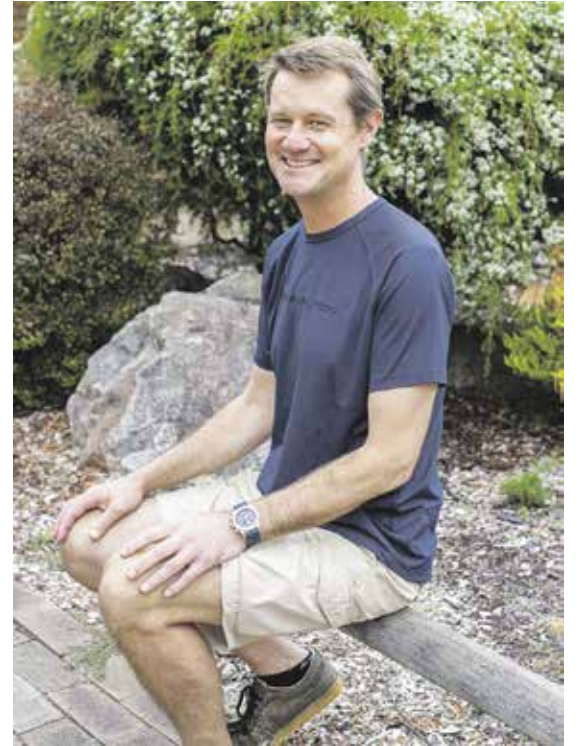
"I'll never forget it. It was December 17 and I got a call from an unknown number at 4am. I didn't answer it at first, thinking it was a random caller, but luckily I called back and it was the surgeon who'd called to tell me there was a kidney for me. I had to get to the hospital as soon as possible as the kidney was being flown over

from Canberra."

After a four-hour operation, a week in hospital and several weeks of a 'go-slow-recovery', Courtney has reached the six-month milestone and is feeling better than he is in more than a decade. He has to take anti-rejection medication for the rest of his life but thanks to the organ donor he can now have a life. He's just turned 50, is back running and swimming and living his best life.

"For privacy reasons they never tell you much about the donor, but I know it was a deceased donation from someone around my age and that both kidneys were flown to Perth for transplant. I know organ donation is very much a personal decision but from my point of view, once you're dead you no longer have any use for your body parts."

Only one in three Australians have registered to be a donor. With every donor having the potential to save seven lives, Courtney encourages more people to think



Courtney Powys © Serena Kirby

about the life-saving impact they can have by becoming a donor.

For information on organ donation or to register to become a donor visit donatelife.gov.au.

DonateLife Thank You

Day is a national day to reflect and say thanks to those generous Australians and their families who make donation possible. This year's Thank You Day 2023 is Sunday November 19.

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Congratulations to Jennifer Fuller, of Cottesloe our September Ad Words winner.

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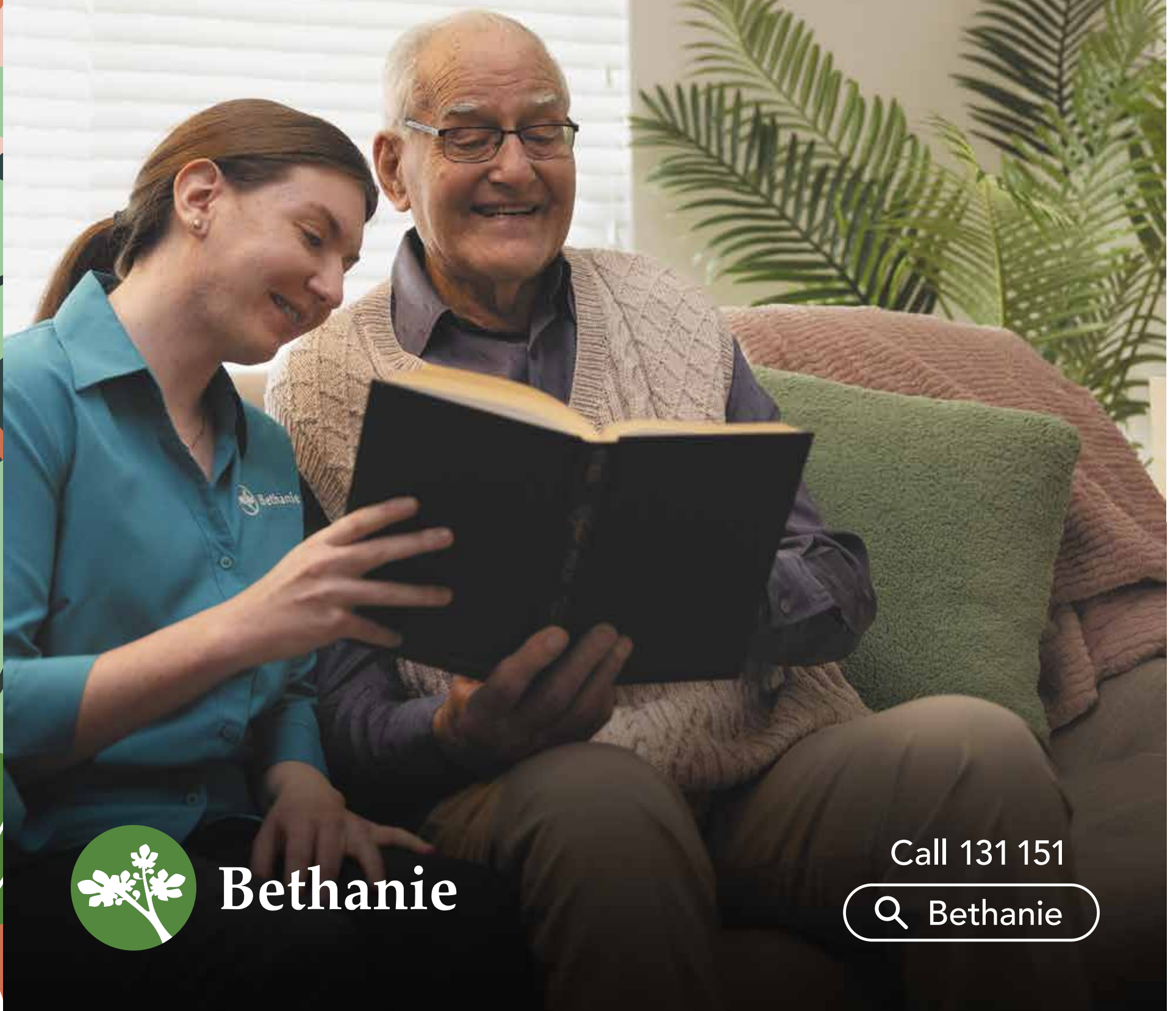
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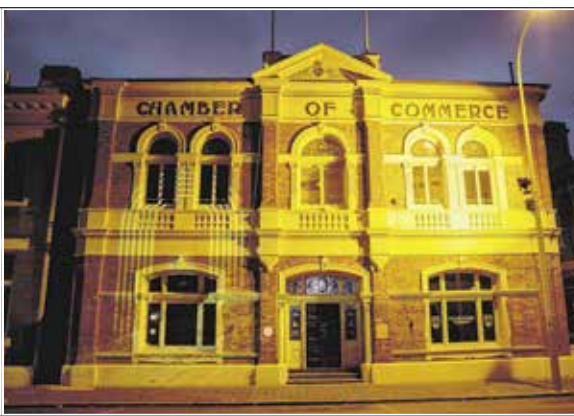


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Fremantle Chamber of Commerce marks 150 years



L-R; Fremantle Chamber of Commerce CEO, Chrissie Maus - Chamber of Commerce building located at 16 Phillimore Street, Fremantle

by Allen Newton

FREMANTLE Chamber of Commerce celebrates its 150th anniversary this year.

In 1829 the tall ship *HMS Challenger* arrived at the mouth of the Swan River and laid claim to the land. Just 24 years later, in 1853, the foundations of the Fremantle Chamber of Commerce (FCC) were laid.

The Chamber is the state's oldest chamber of commerce and the second oldest in Australia.

It was founded as the Western Australian Chamber of Commerce and changed its name to include Fremantle in 1873. It has been based in its historic 'grand dame' building on Phil-

limore Street for 112 years.

Its current CEO, Chrissie Maus, is only the third female CEO in the organisation's 150-year history, but as it has in many ways, the FCC has adapted to the empowerment of women in business.

"The chamber has nurtured business through wars and depression, goldrushes, the establishment of the harbour, the convict era and even the challenges and excitement of the America's Cup," Chrissie says.

"We've been heavily involved in the evolution of our port city. Today we continue to meet the needs of a diverse group of marine, agricultural, fishing and trade stake-

holders through our leadership, advocacy and practical support."

The FCC looks after export trade needs and is licensed to provide all the necessary documentation. It plays a big part in representing exporters on the national stage.

Chrissie says the challenges for the FCC in its early days were almost the same as today.

"Our economy is facing tough times ahead but as it has in the past, with our knowledge, experience, marketing skills, and collaborative approach with our members, Fremantle will not only survive but thrive.

"The chamber's objectives over the years have stayed staunch and the soul of our incorporation

stays true today – to connect and grow the prosperity of Fremantle."

When 150 years ago, William Dalgety Moore and a group of businessmen in high hats and three-piece suits got together to form the chamber, they were just around the corner from the historic building where the FCC is now based in Pakenham Street.

"Over 150 years the Fremantle Chamber and the port city have progressed and become the vibrant place of today.

"Fremantle is undergoing a major transformation and is experiencing significant levels of investment, not seen since the America's Cup. We are in an exciting cocktail of prosperity and being a member of the FCC means you get to have a say in Fremantle's future.

"Fremantle's most important asset is our community – drawing together people of diverse backgrounds and cultures against the backdrop of our gorgeous heritage city.

"We're clearly WA's favourite hospitality precinct and the obvious place to find creative talent, but also increasingly becoming the place to be for emerging industries and technology – we're all part of the growth and

transformation of our city."

The story of the State Heritage listed Fremantle Chamber of Commerce building began in 1873 when it was granted land to build its headquarters by the State Government.

The first chairman of the Chamber, WD Moore, presided over its first meeting held on May 29 of that year at Maloney's Hotel, but its premises weren't opened until October 30, 1912, by Governor of WA, Sir Gerald Strickland.

A photo of William Dalgety Moore hangs in the Chamber ballroom which Chrissie says is a reminder of how far it has come.

The two-storey, brick and stucco, Phillimore Street building designed by Joseph Allen is typical of the stunning commercial buildings in Fremantle during the goldrush era and was completed at a cost of £1,980.

Chrissie says the building still houses the ghosts of the Chamber's founding fathers and unexplained phantom activity often happens.

"I don't believe in ghosts (I keep telling myself), however, during our last board meeting a loud shudder erupted from the grand doors and no one was there," she says.

Seniors Recreation Council Jottings



LiveLighter Aged Care Games Peel Region

THE SRCWA LiveLighter Aged Care Games in Peel were held on Tuesday October 10 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 the state office presented an event for seniors in care with 12 teams competing in a range of specially modified activities.

Dolphin Square Dancers entertained the crowd with some wonderful square dancing during the lunch break.

The best presented team on the day was *Greenfields' Circus and Ringmasters* with an honourable mention to *Graceford Knights Baptistcare*. It was a colourful and vibrant games and well done to all the care facilities support staff for their enthusiasm and creativity.

Third place was *Bedingfeld Sports Allsorts*, second place was *Graceford Knights Baptistcare* and first place by a small margin was *SilverChain Team 2*. The oldest competitor on the day was 101-years-young, Elsie Corbett, from the *Bedingfeld Sports Allsorts*. SRCWA acknowledges the hard work by the Peel branch, the team from Alcoa Australia Staff, state branch volunteers and staff who helped to make this a most enjoyable event for the participants.

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

Have a Go Day, a LiveLighter Event,

Celebrating 31 years in the beautiful grounds of Burswood Park, Wednesday November 15 – 9am to 3pm

Age is No Barrier, is this year's theme and we look forward to welcoming everyone to this unique day for over 50s where there will be a wide range of information and activities for people.

Join the Hon. David Templeman MLA, Minister for Sport and Recreation at the official welcome, at 10.30am at the entertainment stage site 101.

There are plenty of activities to have a go at and lots of entertainment throughout the day. Remember to keep hydrated at the hospitality tents providing free tea, coffee and bottled water for participants.

Free Shuttle buses will be regularly running return trips from Burswood Train Station and Crown.

Seniors Card/Seniors Smart Riders travel free on Transperth buses between 9am and 3.30pm.

Seniors Recreation Council of WA acknowledge the invaluable support of a major grant from Lotterywest towards *Have a Go Day 2023*, a LiveLighter Event in Burswood Park.

A huge thank you to all our valued sponsors and supporters who provide the means with which to make the event possible: Burswood Park Board, Lotterywest, Crown Perth, *Have a Go News*, Government of Western Australia, LiveLighter Healthway, Channel 7, Radio 6PR, Juniper, Telstra, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, Classic Hire and Scarborough Toyota. Further information is available by calling 6118 2716.

SRCWA Annual General Meeting

Held on September 27, state president Phil Paddon and executive officer Dawn Yates welcomed everyone to the AGM, speaking about the history of SRCWA and acknowledging all the work done by the organisation's branches and volunteers. The Woorlooloo Trustees who provide invaluable assistance at numerous events throughout the year were also acknowledged.

Graham Bennett was elected to the position of vice president; Colin Steer treasurer and Jan McGlenn OAM branch president representative for a further two years. SRCWA's Annual Report for 2022/2023 was presented and the guest speakers were Graham Bennett who spoke about his experiences at Fairbridge Boys Home and Richard Goodwin who spoke about his recent publication *Stone of Eternity*. Thanks to all who attended.

"Be Connected" Seniors Tech Expo - Get online Week

Now in its sixth year, SRCWA Be Connected Get Online Week, Seniors Tech Expo was held at the Vincent Community Centre on October 20.

At this year's Expo SRCWA partnered with The City of Vincent who provided the venue and through the Good Things Foundation, were fortunate to secure a Be Connected Grant, enabling SRCWA to conduct the event. Exhibitors 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.

Tech Savvy Seniors program manager Martin Yates talked about redundancy and what to do in a power outage to keep digital devices operational. Guest speaker nbn Local's Ashley Merrett community ambassador presented on *Your Digital Legacy*, which may help loved ones manage online accounts after you pass.

Thanks to the organisations which supported the event and helped to introduce and encourage participants to the wonders of being online and encourage them to *Try One Thing*. A big thank you to the SRCWA staff, volunteers and to Richard Dermody for photographing the event.

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

Life member Stan Wallin contributed much to canoe club



Stan Wallin and wife Barbara in a Canadian canoe - Cartoon by Ken Westover "Stan...does a great job towing the canoe club trailer"

by Janet Gatt

STAN Wallin, born in 1931, the third of five siblings, was raised in a close-knit Fremantle family.

His mother bought a small shop in High Street, which sold groceries, fruit, and vegetables and replaced the back buildings with a comfortable home. The shop still stands.

During WWII Fremantle was a major submarine base, and the harbour was anchorage for many merchant ships requisitioned for war service.

Stan remembers walking to East Fremantle School and seeing a pall of smoke off Rottnest. At recess he climbed the school fence and gazed down at a convoy of luxury liners, including the *Queen Mary* and the *Queen Elizabeth*, all converted to troop ships and now anchored in Gage Roads.

USA navy vessels vis-

ited frequently and Stan's father, who had fought in WWI and worked with the Fremantle Harbour Trust security, often invited servicemen home for a meal.

Air-raid shelters and slit-trenches were common and there were anti-aircraft guns on the current John Curtin site and a Bofers gun on Monument Hill. His mother sent soup to the troops manning this gun.

At East Fremantle School there was a fund-raiser, the target £350, to buy a Spitfire.

Stan's school was later evacuated because it was near a gun-battery, and a potential bomb target. The children were schooled in various halls, and his class in a little church in High Street.

During the war his younger brother, aged seven, died of undiagnosed asthma. Ted, his eldest brother, was a POW, captured in Singapore,

and later repatriated.

Stan spent a year at Fremantle Technical School, and at 17 started an apprenticeship with Jenkins Springs. He became a qualified spring maker, providing large springs for trucks and buses. Six years later he joined Metro Springs where he worked for 20 years. He recalls it was hot work tempering steel with furnaces at 430°F. Afterwards he joined the Fremantle Port authority in 1971 as a blacksmith where he worked for a further 20 years. He has an innovative mind and in 1983 was awarded a 'Certificate for Productivity and an Idea of Merit' after he made a machine for opening 44-gallon drums for rubbish.

Prior to marriage, Stan belonged to the Fremantle Rifle Club and was a crack shot. The club competed in lots of country competitions. He also served two

terms in the Citizens Military Forces.

He met Barbara when she visited from Melbourne. They married in Victoria, in 1964, and still occupy the home they built in Palmyra. They have two sons and two granddaughters by their elder son.

Barbara says Stan was a hands-on-dad, and always willing to help with housework.

They had a caravan and small boat and loved fishing; a fibreglass canoe, fitted with a 1hp motor, provided family fun. Augusta and Flinders Bay were regular destinations for the school holidays.

While Stan is more stay-at-home, he and Barbara have enjoyed inter/intra-state tours and a cruise visiting Asian ports.

His younger sister, whose 90th birthday they celebrated in October, is his last remaining sibling.

In 1988 Stan met John

House at *Have a Go Day*. They became good friends and he joined the Over 55 Canoe Club. Barbara later shared his interest in paddling, and they attended many Over 55 camps, first paddling canoes then single kayaks.

Stan contributed significantly to the club. He was vice president, then president for five years. In 2000 he provided a loan, and with Ian Ferguson designed a trailer to carry multiple canoes/kayaks, which facilitated one-way paddles.

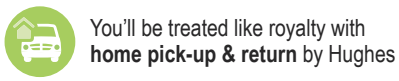
He is proud that he was the first in the club to navigate a rapid, which inspired the other members to embrace white-water. He continues paddling with the Club until 10 years ago. He is now a Life Member.

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

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

Editor's note – Stan wrote the canoe club columns in this newspaper for many years.





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18 to 23 February 2024

ESPERANCE, BREMER BAY & HYDEN

6 DAYS

Maximum 25 people

Tour Cost

\$2690*

Per Person
Twin Share
\$3090* Single

Tour Highlights

- ★ Visit Williams Woolshed
- ★ Wander the town of Katanning and see the street art
- ★ Take in the spectacular views around Bremer Bay
- ★ Lunch in Bremer Bay
- ★ Visit the Wellstead Museum and enjoy lunch
- ★ View the Silo Art in Ravensthorpe
- ★ Visit Cape Le Grande National Park
- ★ Lunch at Yirri Grove Olive Farm
- ★ Scenic Wildlife Cruise with morning tea
- ★ Guided Tour of Wave Rock and surrounds

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Luxury coach with professional driver
- ✓ 1-night in Bremer Bay at the Bremer Bay Resort
- ✓ 3-nights in Esperance at the Hospitality Inn
- ✓ 1-night in Hyden at the Hyden Motel
- ✓ Breakfast daily, 4 Lunches & 5 Dinners
- ✓ Sightseeing and entry fees as per itinerary



10 to 18 February 2024

HIGHLIGHTS OF TASMANIA

9 DAYS

This tour takes you on an unforgettable journey through the lush rainforests and stunning landscapes of Kuranda and Atherton Tablelands before hopping onboard the Spirit of Queensland train for a scenic ride from Cairns to Proserpine. Spend three nights at the Coral Sea Resort in Airlie Beach, where you'll enjoy luxurious accommodations, dining, and easy access to the stunning Whitsunday Islands.



Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 8 nights' specially selected accommodation
- ✓ Breakfast daily, 1 lunch, 1 high tea and 7 dinners
- ✓ Luxury Coach with a professional driver
- ✓ Sightseeing and entry fees as per the itinerary

Tour Highlights

- ★ Enjoy guided tours of Hobart and Cradle Mountain
- ★ Enjoy afternoon tea at Hadleys Orient Hotel
- ★ Walking tour at Port Arthur Historic Site
- ★ Explore the town of Richmond

- ★ Indulge in dinner at the Point Revolving Restaurant Hobart
- ★ View the 'Wall in the Wilderness'
- ★ Day Keeper Tour at Devils @ Cradle
- ★ Explore Emu Valley Rhododendron Gardens
- ★ Discover the range of award-winning cheeses at the Ashgrove Cheese Factory
- ★ Visit Cataract Gorge Launceston
- ★ Morning cruise along the Tamar River including morning tea

Tour Cost

\$4990*

Per Person
Twin Share
\$5990* Single

28 March to 5 April 2024

EASTER MURRAY PRINCESS

9 DAYS

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

Tour Cost

\$5190*

Per Person Twin Share
\$6650* Single



Tour Highlights

- ★ Experience the beauty of the Murray River
- ★ Visit Murray Bridge, a historic town known for its iconic bridge
- ★ Indulge in a visit to the famous Barossa Valley
- ★ Visit Burk Salter Boutique Winery for wine tasting

- ★ Experience the exciting "Murray River Cup" entertainment
- ★ Take a walking tour, visit the Swan Reach Museum, and enjoy a delicious Aussie BBQ cooked in a scenic bush setting
- ★ Step back in time as you explore Ngaut Ngaut
- ★ Spend time in the quaint German village of Hahndorf

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ Breakfast daily, 7 lunches and 8 dinners

- ✓ 1 nights' accommodation at the Hilton, Adelaide
- ✓ 7 nights' onboard the Murray Princess in an outside twin cabin
- ✓ Sightseeing and entry fees as per the itinerary
- ✓ Luxury coach transfers with a professional driver



28 April to 5 May 2024

AUTUMN LEAVES OF VICTORIA MELBOURNE AND THE HIGH COUNTRY IN AUTUMN

8 DAYS

Maximum 21 people

Tour Cost

\$4990*

Per Person Twin Share
\$5890* Single

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ 3 nights at The Savoy Hotel on Little Collins
- ✓ 4 nights at The Grand Oaks Resort, Beechworth
- ✓ Breakfast daily, 4 lunches, and 5 dinners
- ✓ Luxury Coach with a Professional Driver
- ✓ All sightseeing and entry fees as per the itinerary

Tour Highlights

- ★ Melbourne Tramboat Morning Cruise
- ★ Lunch at the Conservatory Restaurant, Crown Casino
- ★ View the sights of Melbourne from the Skydeck 88
- ★ Ride on the Puffing Billy from Belgrave to Lakeside
- ★ Self-Guided Tour at the Dandenong Ranges Botanic Garden
- ★ Guided tour of Ned Kelly's Trial at Beechworth Historic Courthouse
- ★ Locally guided tour of Beechworth and Bright
- ★ Historic tour and lunch at Billson's Brewery
- ★ Tasting and talk at Milawa Cheese Co Pty Ltd
- ★ Talk and lunch at Red Stag Deer and Emu Farm
- ★ Visit and tasting at Brown Brothers Winery, Milawa
- ★ Gala Day Bright Autumn Leaves
- ★ Explore the gardens at Shady Brook Gardens



27 April to 5 May 2024

MURRAY RIVER & SILO ART ODYSSEY ECHUCA AND MILDURA

9 DAYS

Maximum 21 people

Tour Cost

\$5490*

Per Person Twin Share
\$6490* Single

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ 2nts Melbourne, 2nts Echuca, 1nt Swan Hill, 2nts Mildura & 1nt Bendigo
- ✓ Breakfast daily, 5 lunches, and 6 dinners
- ✓ Luxury Coach with a Professional Driver
- ✓ All sightseeing and entry fees as per the itinerary

Tour Highlights

- ★ Melbourne Tramboat Morning Cruise
- ★ Lunch at the Conservatory Restaurant, Crown Casino
- ★ View the sights of Melbourne from the Skydeck 88
- ★ Visit the Discovery Centre including a guided tour of Port of Echuca
- ★ PS Canberra cruise with Plougman's Lunch Box
- ★ Fudge tasting at Sharps Magic Movie House
- ★ Tour at The Great Aussie Beer Shed & Heritage Farm Museum,
- ★ Guided tour at the Flying Boat Museum Lake Boga



- ★ A Pyrap cruise and Heartbeat of the Murray experience at Pioneer Settlement in Swan Hill
- ★ Locally guided tour of Mildura
- ★ Tour and tasting at Varapodio Estate in Mildura
- ★ Tour and tasting at Orange World in Mildura
- ★ Full day tour of Mungo National Park including morning tea and a picnic lunch
- ★ Visit Skymirror Gallery Sea Lake



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

Let's go motoring - Mazda MX-5 or CX-30 - which would you prefer (if 25 again)?



The down low or the up high car - which would you choose



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

LATE September, early October is a fantastic time to be in beautiful Melbourne. The weather can be really good, although not great for hay-fever. Don't start me

on Collins Street Plane Trees.

There is just so much to do; so much to see and the weather is usually pretty good around Grand Final weekend. The atmosphere around the city area was extraordinary. Spring Racing Carnival is not that far away.

There is much to love about Melbourne as a visitor; to spend three weeks cruising around different parts of Victoria - Down to San Remo to Phillip Island and driving around Mornington Peninsula. It really is just a gorgeous time of year.

On the downside, the traffic is frightful.

I often wonder about why we give traffic reports here in Perth. Our traffic can be pretty dreadful for only about 45 minutes to an hour every morning and afternoon. Compared to Melbourne (and presumably Sydney) we don't have traffic problems.

Driving back from a meeting in Brighton in the eastern suburbs, then back onto the Monash Freeway towards the Berwick area, the traffic was bumper to bumper at 11 o'clock at night. Not happy Jan!

We rarely have anything like that. We complain about the Mitchell Freeway if it's bad for maybe 25 minutes.

I get the impression that people in Perth (and I include myself) don't realise just how fortunate we are. And when you look around the world at the moment and consider some of the horrific things that are happening, we are so far in front it doesn't matter. Best we remind each other more often.

I was fortunate enough to spend time with a couple of cars from Mazda.

The first week was

in the very funky, very sexy MX5. (From around \$44,000 plus ORC).

OMG what a cracking little car, with as much heritage as an Omega watch. It's wonderful to drive and makes you feel like you're 25 again. A stack of fun for about a week or so.

The gloomy part is as you get a little older the MX-5 is not that easy to get in or out of. The bones creak in unimaginable ways.

"Them bones, them bones, them tired bones, now here's the word of the Lord."

MX-5 is low to the

ground; you sit truncated, all while channelling your inner Bob Jane, Norm Beechey or Brock. And there's Whole Lotta Shakin' goin' on.

We are no longer 25! Other than that, you'd own one in a heartbeat.

So, after a week or so I was happy to hand the sports car back and jump into a Mazda CX-30. (From \$31,000, but I'd recommend going for the 2.5 litre engine, from around \$38,700).

Taller, roomier, and as much as I hate to admit, way more sensible. Bit like elasticised pants! (Can't believe I've

admitted that!)

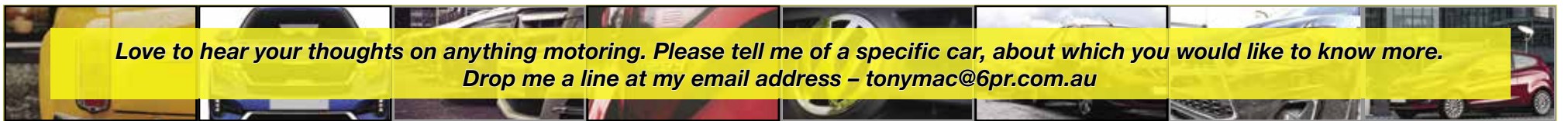
Many of you would know I'm not a great fan of the SUVs but around city and suburban areas, I understand why they make so much sense.

They're cost-effective, very smart, well designed and appointed, efficient and affordable.

Perfect for driving around our city. Spending three weeks in and about Melbourne I noticed there seemed to be way more Mazda's on the roads.

Is WA a more Toyota state? I think just maybe.

Would you want to be 25 again? I think maybe not.



9 MUST WATCH PROGRAMS THIS NOVEMBER



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



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



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



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



MILLION DOLLAR MURDERS
Retired Detective Superintendent Deborah Wallace takes viewers inside unsolved crimes. These cases are the most chilling murder mysteries in Australia, with the biggest rewards on offer.
MONDAYS 9.10PM



MY MUM YOUR DAD
Kate Langbroek is ready to help a new group of single parents find love. In a luxury new Retreat, the adult children are taking full control of their parents' dating life.
SUN 7.00PM MON TUE WED 7.30PM



PARAMEDICS
Thousands of calls come through each day to Victoria's ambulance service. Follow the paramedics that save the lives of those in need.
TUESDAYS 9.10PM



BEACH HOUSE HUNTERS
A couple are looking to relocate from the city to an Australian seaside location. Host Shelley Craft shows them through three houses that suit their specific brief.
FRIDAYS 7.30PM



THE GARDEN GURUS
The team share their gardening, horticultural and landscaping expertise to help make gardening and our relationship with fresh produce at home more successful and so much easier.
SATURDAYS 5.30PM

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

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16 Days in WA

25 November - 10 December

2023

Stopping Family and Domestic Violence:

Play your part.

16days.wa.gov.au

As it happened - beyond the stories - we're not feeding the chooks



by Lee Tate

SIR Joh Bjelke-Petersen slipped into Perth for dinner on November 22, 2002 – but not to “feed the chooks”, (as he called reporters).
He was joining an elite, invited group for the 50th anniversary of Lang Hancock’s momentous iron ore discovery flight in the Hamersley Ranges on No-

vember 22, 1952.
Hosted by Gina Rinehart, the commemorative meal laid out a stupendous dinner while speakers laid bare the challenges and character of Lang, who died in 1992, aged 82.
Joh told the guests: “I met Lang many times and in those early days with Gina. Lang would ring me sometimes and say ‘Joh, I will be in Brisbane tonight and any chance of getting together in your office and having a little talk for an hour or so?’
Joh said he was fully booked. But Lang, in his persuasive way, suggested the Premier get up a bit earlier in the morning.
“Feed your chooks, as you do at quarter to six be-

fore the six o’clock news, come down to the Park Royal, it only takes you 10 minutes to walk down there and I will have your ham, bacon, eggs and toast ready for you.”
“So we had breakfast and we did it many times,” said Joh.
Sir Joh said he liked Gina and Lang because they were positive people.
(Gina, 2023 West Australian of the Year, shadowed her father and brought the mines to fruition).
At the dinner, State Lands Minister Doug Shave announced the naming of the Hancock Ranges, with raised glasses of bubbles and wines from Margaret River, New

Zealand, Victoria and France.
Lang’s well-documented, accidental discovery flight involved Lang and wife Hope ducking under threatening storm clouds into narrow gorges where Lang sighted strangely black rocks with dark-red streaks – rusting iron ore.
Mining companies around the world, after extensive searching and testing over generations, refused to accept that Australia had any iron ore and the Australian Government reassured them that Lang was “talking nonsense”.
The tide, based on the irrefutable evidence, slowly turned but Canberra wouldn’t lift export

bans (they thought the ore would run-out in 30–35 years). The WA Government eventually approved land pegging and then Lang had to convince a reluctant Rio Tinto to tackle the mining.
Lang offers free rights to his pegged land, provided they paid royalties forever for ore mined.
Lang told them: “If there’s something there, you pay me a royalty. If there’s nothing there, it doesn’t cost you a thing.”
Royalties flowed to Lang and his business partner, Peter Wright, and onward to their heirs and successors. Gina became Australia’s and WA’s highest taxpayer.
Dr Edward Teller, from

America’s Hoover Institution, told guests: “Lang changed your continent from an importer of iron ore to an exporter on a world scale. This exercise in free enterprise brought great profits to him but much greater profits to Australia as a whole.”
Peter Wright said: “There wasn’t any question that it was one of the greatest fields of iron ore in the world.”
James Barber, executive of America’s Kaiser Steel said: “Lang studied the world picture. He mastered the basic statistics; he noted the methods used. He was shrewd enough to realise he needed help in bringing his

dream to fruition.”
To mark that 50th year, a biography was authorised by the family, written by John McRobert, detailing Lang’s flights in his tiny, flimsy Auster plane, deep into the unexplored out-back.
McRobert wrote: “He landed on unprepared ground, in spinifex country...where no other vehicle had been or could get to. He took ore samples for a stretch of over 50 miles and after having them assayed in Perth, realised he had made a discovery of world significance.”
The groundwork for a brace of industries, creating national, State and personal fortunes, was brokered 71 years ago.

In today’s society are we living with unreal and costly expectations



by Jon Lewis

THERE has been plenty written about the high cost of living and I also have something to share that may make things easier.

One day, while chatting to a good friend of mine, an understanding of expectations became the topic.
My friend, Sam explained to me that what was considered good and acceptable 20 years ago would not be thought in the same way today.
An example he gave put this all into perspective. If you planned a park in the good old days, a large greenish field would be expected and acceptable. If you added some goal posts it would be amazing.

I remember those days when a thirsty boy would go looking for the gardener’s hose pipe to get a drink of water after running around with cricket bat.
Today, a reasonable expectation of a park would be free barbecues, play equipment, exercise equipment, very green grass and certainly lots of drinking taps and likely public toilets. It is quite a departure from the good old days.
As our expectations increase so does the cost. Creating a park today

would have to be far more expensive than it was before.
So too, with our own personal expectations. A friend of mine, Menypenny (not her real name), enjoys a coffee every day on her way to work. She is unhappy about the extra it now costs, six dollars I believe, to enjoy this habit. I have tried to share with her the price advantage and delight of making your own coffee only to cause aggravation. She expects a coffee to be well made and well, made... for her.

Menypenny likes to buy her lunch too.
In this area alone a high cost of living can be seen. Until my conversation with my habit entrenched friend, I was oblivious to such things. I enjoy making my coffee at home and by the way, making own lunch too. (Although you might call it a midnight snack).
I suggest to you that a high cost of living might actually equate to a high expectation of living.
I feel some scolding opinions heading my way,

certainly I do think about those who are really struggling and might not have changes to make. So, I wonder what modern expectations may have been absorbed into normality that might also increase the day to day living costs. Perhaps... mobile phones, data plans, WiFi, streaming TV, fast food deliveries, Ebay... I am sure you could add more to the list.
To be clear, I am not saying let’s live like cave people, rather let’s live free of the day to day trappings of expected spending.

Recently I got to rediscover a dear friend working in the Northwest with the love of his life. They share a single mobile phone and are happy and without complication... it works for them.
Do we need to accept the high cost of living, or could we choose a more price conscious and more relaxed, enjoyable cost of living?
I am now off to make a delicious coffee on my stove top... mmm can you taste it already?
All the best.



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ADSA 38TH ANNUAL ASBESTOS AWARENESS MONTH - NOVEMBER 2023

In 1985, the ADSA introduced 'Asbestos Awareness' in the last week of November to raise awareness of the dangers of using asbestos in our homes, workplaces and environment. It took another 18 years of campaigning to achieve a total ban. On 31 December 2003 it became illegal to use or re-use, manufacture, import, and transport asbestos in Australia. Each November, our awareness events culminate with the ADSA Annual Ecumenical Memorial Service for family and friends lost to entirely preventable asbestos caused diseases.

This November, the ADSA is reflecting on where we are 20 years on from the ban. The statistics* are not great:

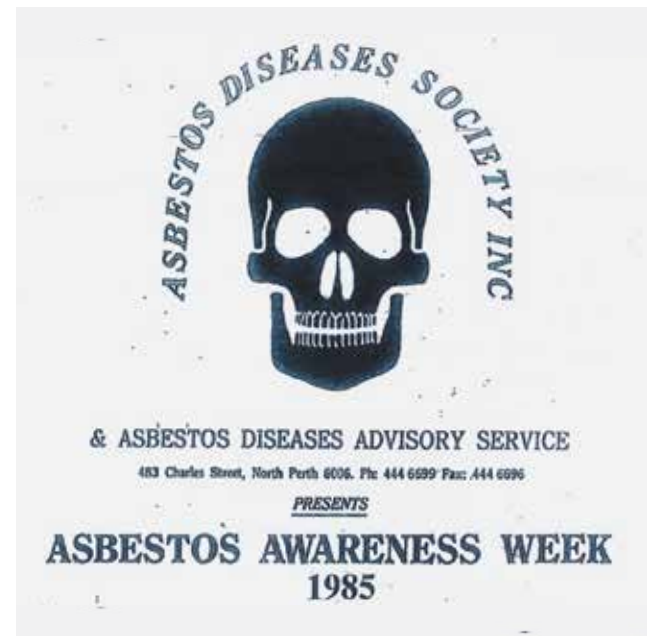
- **Every day in Australia, 11 people** die from asbestos-related diseases.
- Over **4100 deaths p.a.** attributed to asbestos-related diseases.
- **Mesothelioma**, primarily caused by asbestos exposure, is expected to cause the death of **25,000 more** people in Australia by 2060.
- The most common asbestos disease is lung cancer, with estimates that there are **4.2 lung cancer deaths** for each **mesothelioma** death. This amounts to over **100,000 deaths** in Australia by 2060.
- **Two thirds of WA homes** built between 1950-1990 still contain asbestos building materials.

*Source: National Centre for Asbestos Related Diseases.

Banned in Australia, asbestos manufacturing, sales and use shifted offshore to our Southeast Asian neighbours including Indonesia, Vietnam, and Laos. As such, the incidence of asbestos diseases has grown significantly over the last 20 years. In 2019, the ADSA hosted a contingent of Southeast Asian Health Ministers and Public Health Director Generals to assist them in understanding, diagnosing and managing disease, as well as asbestos occupational health and safety. This important mission was facilitated by Unions WA and Union Aid Abroad who assist asbestos workers in the region.

There is no priority in Australian public health or industrial diseases strategy for dedicated medical research funding to develop lifesaving treatments for asbestos disease sufferers. Researchers and clinicians must **compete** for funding with lifestyle diseases. The ADSA believes this is caused by a **'funding blackhole'** between public health departments versus companies and their insurers. The insurers and companies reason that the asbestos ban will, over time, reduce the incidence of disease in workers, so their money is better invested elsewhere. The public health strategists reason that asbestos diseases are classified as industrial diseases, so they're an industrial health matter for employers and insurers to bear the cost burden.

Twenty years on, the legacy for Australians is that non-occupational exposure has become the fastest growing cohort of asbestos diseases. Every year the ADSA is seeing more sufferers who have been



Notice of the first Asbestos Awareness Week in Australia.

exposed to asbestos through DIY home renovations or from 'unknown' sources.

We hope those now working to ban the use of engineered stone in Australia will learn from the asbestos ban failure; specifically the lost opportunity to create research funding at the time of the ban and legislate broadly for 'Dust Diseases Medical Research and Treatment Funding', so Australians can live with asbestos diseases like they do with HIV and COVID-19.

A LONG FIGHT FOR JUSTICE

Today, many take for granted that they can be compensated for their asbestos diseases. Little is remembered of the groundbreaking work ADSA President Robert Vojakovic, the ADSA Committee and some unions did over 40 years ago, to ensure sufferers could access compensation. Prior to this effort, the statute of limitations for applying for compensation was a mere six years. Not surprisingly, employers relied upon this to successfully defend any claims for compensation from asbestos caused diseases.

During this time, Robert was able to identify important data that had been reportedly lost. As a young politician in the 80s and new Minister the Hon. Peter Dowding SC located these missing documents and made them publicly available.

He also supported changes to legislation allowing for the long latency period of asbestos diseases to be included in the legislation.



CEO Melita Markey with former Premier Hon Peter Dowding SC during Asbestos Awareness Week 1988. Picture courtesy of West Australian News.

HOW YOU CAN HELP



Thank you to our many members and friends who continue to 'Pay it Forward'.

A special thank you to Laraine a mesothelioma patient living in NSW, for her donation for the Wittenoom reunion event, as well as fundraising for the Banjima people and their fight to save the next generation from the deadly contamination of their Country Wittenoom.

DONATIONS: To assist us in expanding our pastoral care and support services to regional areas please call the office or visit our website www.asbestosdiseases.org.au.

VOLUNTEERS: To register your interest, please email info@asbestosdiseases.org.au. We warmly welcome any assistance, especially with events and admin.

The Hon Peter Dowding SC will address us at the ADSA 28th Ecumenical Memorial Service

10am, Thursday 23 November, Kings Park

The annual memorial service is an opportunity to come together in remembrance of all those who have passed away from asbestos-related diseases. This year it will be held at 10am on Thursday 23 November at Victoria Lawn, Kings Park, with music from the Perth Male Voice Choir. **A Wittenoom reunion will follow at 10.45am for former residents, workers, families, visitors, Traditional Owners and friends. Light refreshments will be served.**

RSVP by contacting 9344-4077 or info@asbestosdiseases.org.au.



ADSA HEALTH CHECKS

ADSA encourages retired and current teachers to prioritise a lung health check. We'd like to hear from those who led camps to Wittenoom. **If you've had some asbestos exposure in the home, on holiday or at work, please book a health check on 9344-4077.** Health checks, pastoral care reviews and services are available Tuesday-Thursday.

food & WINE

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

Busting brunch across the suburbs - a visit to a new eatery in Shenton Park



by **Buster the Bruncher**

BRIGHT yellow bro-lies drew us to Shen-ton Park's new eatery, Wards Central Dining, and it was a fortuitous encounter.

With all the area's high-rise development activity, a slow start to Wards could be expected but word got out quickly. By 10.30am it was full-house for breakfast and brunch.

Victoria House is ex-quisite, a remarkable transformation from the site that, from 1963, housed Shenton Park Rehabilitation Hospital (see footnote). The same operators are behind Swanbourne's popular North Street Store.

Amidst a \$65 million

mixed-use development and down the road from Shenton College, Wards has a bright outlook with incoming hordes. The food, ambiance and service, we can report, match the team's high-hopes.

The menu declares: "Eggs for breakfast. The finest googs from Runnymede Farm."

Brunch buddy Pro-fessor Ken selects the menu's first simple of-fering, scrambled eggs on brown toast (\$13.50) with sides of avocado (\$4) and wilted greens (\$4).

The eggs had a unique, slight-sweet taste and the avocado was delightfully smooth. But the wilted greens, though fresh, were

chewy, perhaps slightly undercooked. Under-terred, the professor said he'd have the same dish any day.

He admired the con-cise menu with just half-a-dozen breaky offerings as well as waf-fles (\$21) and Avo toast Mexicana (\$21).

The three-cheese om-elette appealed (\$23), as did the Arabic baked egg classic, shakshu-ka, (eggs poached in tomato and red pepper sauce) but I opted for bacon and scrambled egg baguette (\$16.50).

The baguette was bonzer bewdy and enough for two with two big servings on the plate. Shared, it would be real value. A simple dish, presented and

served professionally - hot and tasty.

Let's not forget that essential, mandatory beverage dominating every culinary occa-sion - and in between - coffee. To a couple of coffee critics, it was classy-classic caffeine.

Wards has tastefully assembled teak Indone-sian furnishings, mixed era wall-hangings and knick-knacks from an-tique shops to create a mix that resembles 1950s style with a touch of art deco.

Wards is light and bright and buzzing.

The music was a tad loud and led to raised conversation levels. Wards, we should add, is far from unique in this. Professor Ken said win-

dow and floor coverings - even mats - would help reduce the eatery's slightly-high noise lev-els.

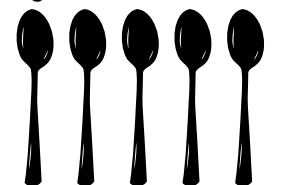
Footnote: The site's former occupant, the rehabilitation hospital, is remembered for its 1960s breakthrough in treatments including the now common medical practice of including

fresh air and sunlight in rehab.

Sir George Montario Bedbrook (1921-1991), who led the creation of the Australian Paralym-pic movement and the Commonwealth Para-plegic Games, shaped the hospital's spinal unit.

5 Spoons
Wards Central Dining,
Victoria House,

**4 Thorburn Way,
Shenton Park
Open daily 7am-3pm
Phone: 9213 4343
www.wardscentraldin-
ing.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.

There's a lot of Aussie wine in need of enthusiastic drinkers



by **Frank Smith**

AUSTRALIA has an over-supply of wine - more than 2.8 billion bottles in the wake of the trade dis-

pute with China. That's more than 100 bottles per man, woman and child in the country.

A Rabobank report suggests the glut will

last years, even if Bei-jing drops its tariffs ear-ly. Consequently, prices of Australian red wine grapes have plummeted.

The excess wine is be-ing stored in large steel vats in wineries across Australia, equal to more than 850 Olympic wine-filled swimming pools.

It is so much wine that I can't responsibly suggest we should help by drink-ing it all. Winemakers will have to find other mar-kets even if the Chinese relent.

The chief executive of the Australian Grape and Wine Association, Lee McLean, told the ABC that commercial grape producers in warm cli-mates that produced red varieties, were most

vulnerable to the over-supply.

"You are really strug-gling if you're a grape grower. You are strug-gling to get good prices for your grapes, if you can sell them at all," Mc-Lean said.

"But if you're in a cooler climate, a sort of high-value producer re-gion, generally speaking, things are not too bad and they're not suffering the same sort of pres-sures."

Unfortunately, low-er fruit prices that's not been fully passed on to consumers. Retail prices, especially of quality wines remain high.

Here are some wines from cooler region at rea-sonable prices.

Dukes Single Vine-yard Shiraz 2021. This shiraz from the Porongu-rups is dark plum to black cherry in colour. It displays aromas of white pepper, smoked Spanish ham, dark blackberry, mulberry and even black olives. The palate has fla-vours of dark berry, black pepper, plum, smoked meat with a dark choco-late and liquorice finish. RRP \$29.

Carillion Lovable Rogue Sagrantino 2021 from the Hunter Valley. This Italian variety yields wine deep purple in col-our with aromas of dark fruits, herbs and liquorice. The palate is fully fla-voured with dark fruits and herbs that gradually appear in the glass as it

is swirled. Long lasting taste. \$35.

Angullong Chardon-nay 2022 from the Or-ange region of NSW is pale straw green in col-our with aromas of fresh grapefruit, citrus and white peach and fresh cut grass adding com-plexity. The palate has strong flavours of cool climate citrus and stone fruit. The finish is crisp dry and long lasting. RRP \$25.

Vickery Eden Valley White Label Riesling 2023. The Eden Valley in South Australia provides a long and slow ripening period, producing fruit with complex flavours and natural acidity This wine is green in colour with hints of light straw. It

displays aromas of mixed flowers, fruit blossoms and lemon. The palate is fresh with juicy grapefruit, lemon curd and spice fla-vours with fresh and bal-anced acidity. This Ries-ling is drinkable now but will age well for ten years or more. RRP \$24.

Stockman's Ridge 'Rider' Grüner Veltliner 2022 is pale yellow in colour. The fruit was grown at high altitude on the slopes of Mt Canobolas in NSW. It displays aromas of yellow nectarine, grapefruit and melon. The palate is crisp with well-balanced acid-ity, lime peel, melon and green pear flavours. En-joy now with Asian food or cellar for up to five years. RRP \$35.

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food & WINE

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

It's time to enjoy eating like you are sitting under the Mediterranean sun

by Noelene Swain

AS the days warm and we are treated to some early balmy evenings the thoughts of summer and our joy of Mediterranean style eating returns. Mediterranean food is lusty, full-bodied and straight from the heart; perhaps a touch like the inhabitants themselves of this sun-drenched corner of the world.

It almost seems a bit trite to try and define

what the food and indeed the people, of the Mediterranean are actually made up of. This deep blue abyss skirts the shores of Morocco, Turkey and Egypt as well as the more commonly associated southern regions of Italy and France. This in a way defies conventional labelling.

Mediterranean food is grilled fish with harissa and black olives from Tunisia; it's a lush bowl of Spanish squid ink paella; it's Syria's muham-

mara, a capsicum and walnut dip laced with piquant pomegranate molasses.

The key qualities that weave their magic have less to do with country borders and more to do with long, hot summers, mild winters and an abundance of superb produce. Spanking fresh seafood, fragrant lemons and blood oranges, vine-ripened tomatoes, gorgeous avocados, purple garlic, glossy chillies and first pressed extra virgin olive oils all are typical ingredients

to be slung into your basket on market day.

The essence of life doesn't seem to change too much despite the very different cultures of the countries that hem this binding expanse of water. You sip your coffee in the sunny square, you have a chat, a bit of a gossip. Life around the big, blue Mediterranean; it can't be beat. Try a little of it in your corner of the world.

Brought to you by Fresh Finesse Fresh Food Promotions – www.freshf.com.au

Lamb and mushroom kofta




Preparation: 10 mins; cooking: 20 mins; serves: 4

- 1 tablespoon olive oil
- 300g cup mushrooms, finely chopped
- ¾ cup flat leaf parsley leaves
- 1 small red onion, chopped
- 2 garlic cloves, chopped
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- 400g lamb mince

Olive oil cooking spray
Warm pita bread, yoghurt and tabouli, to serve
HEAT a large non-stick frying pan over high heat until hot. Add oil and mushrooms and cook, stirring often, for five minutes or until mushrooms are tender. Remove from heat. Set aside for 10 minutes. Drain excess liquid. Combine parsley, onion, garlic and spices in a food processor and chop finely. Add the mushrooms and mince, use the pulse button to process until well combined. Season with salt and pepper. Use wet hands to mould heaped tablespoons of mixture around eight metal skewers, squeezing the mixture tightly. Place on a tray. Cover and refrigerate for 30 minutes if time permits. Preheat barbecue plate on medium-high. Spray the skewers with oil, turning to coat all sides.

Barbecue for 10-15 minutes or until just cooked through. Serve with warm pita bread, yoghurt and tabouli.

Roast Mediterranean vegetables



Preparation: 10 mins; cooking: 30 mins; serves: 2

- 150g button mushrooms, trimmed
- ½ red capsicum, chopped
- ½ yellow capsicum, chopped
- ½ eggplant, cut into 2cm pieces
- 200g butternut pumpkin, cut into 2cm pieces
- 1 large garlic clove, thinly sliced
- 1 tablespoon olive oil
- ½ tablespoon chopped flat leaf parsley
- 60g Persian marinated feta, drained, crumbled

PREHEAT oven 250°C. Position shelf toward top of the oven.
Combine all the vegetables and garlic in a large roasting pan. Drizzle with oil and season with salt and pepper. Toss to coat. Roast, turning the vegetables every 10 minutes, for 30 minutes or until golden. Sprinkle with parsley and feta, toss to combine. Serve warm or at room temperature with barbecue lamb, chicken or chops.

TIP: Persian marinated feta is milder, softer and creamier than other styles of feta.

What's fresh in the markets this month

Strawberries: Plentiful, superbly flavoured and such fantastic value at the moment with heavy supplies of particularly good quality fruit resulting from a few warmer days. Strawberries belong to the rose family, so adding a few drops of rosewater to crushed strawberries enhances the floral flavour. Or take a cue from the Italians and sprinkle strawberries with caster sugar, then drizzle with a little aged balsamic vinegar, light grinding of black pepper and lashings of mascarpone cheese. Different and delicious.

Passionfruit: Tangy, piquant supplies of beautiful WA-grown passionfruit are coming in from the southwest and the greater Gingin area. Scoop out the zingy, fibre-rich flesh and splash on thick yoghurt or use as a spectacular top layer on a snowy white pavlova. Passionfruit pulp also works exceptionally well teamed with rice wine vinegar, fresh coriander and red chilli to taste. Use as a dressing to drizzle over sliced barbecued pork. Choose large, heavy passionfruit with undam-

aged, slightly wrinkled skin which is an indicator of ripeness.

Rosy Red oranges: This new member of the navel orange family has a beautiful rosy pink glow to the skin and flesh, which is very sweet and, best of all, seedless. It's grown right here in WA – spot the local branding stickers for your reassurance you're buying local – as its WAay fresher. Perfect to enjoy as a snack or add to a salad for a refreshing touch.

Button mushrooms: With their subtle flavour and compact size, button mushrooms are perfect for adding whole to spring meals like salads, stir-fries and fresh tomato-based pasta sauces. Mushrooms are so quick and easy to use; apart from a quick wipe over with a cloth or paper towel, no further preparation is necessary. Try marinating in good olive oil and balsamic vinegar and garnishing with fresh herbs; lovely served at room temperature as part of a barbecue feast. Best of all they have been shown to reduce the risk of breast

cancer – so add a few extra to anything you're cooking.

Sugar snaps: The soft and tender edible pods of sugar snap peas are crisp, sweet, and succulent. They are often served raw in salads, stir-fried or lightly steamed. Before being eaten, mature snap pea pods may need to be stringed, which means the membranous string running along the top of the pod from base to tip is removed. Unlike its cousin, the snow pea, the sugar snap pea is picked more mature and is fully rounded, with thick pod walls that retain their natural plumpness.

Asparagus: "Asparagus inspires gentle thoughts", wrote the English essayist Charles Lamb. Inspired thoughts or otherwise, it is certainly the vegetable that most signifies the arrival of the spring season and all the delicious morsels that come with it. Choose firm, plump spears with compact tips and tight scales, avoid any that are slimy or soft and check that the tips and bottoms of the spears are not dried out.

Savour local and delicious truffle products from our Southwest

HIGH-QUALITY truffle foods can be enjoyed all year round with Hound & Hunter Fine Foods products, available in selected gourmet retailers in Perth and the Southwest.

Seven new Hound & Hunter products can be found in the fridge aisles including Chicken Liver & Black Truffle Pâte; Chicken Liver Pâte (pasture raised); Duck Confit, Pork and Pistachio Terrine; Duck Confit, Pork, Pistachio & Black Truffle Terrine; Duck & Black Truffle Rilette; Gochu Miso; and Yellow Miso.

Opened earlier this year, Western Australian-owned Hound & Hunter Fine Foods is a joint venture with WA Truffle Collective and acclaimed WA chef-turned-truffle farmer David Coomer.

Coomer says that his goal is to make delicious and authentic truffle products that people go back to buy again and again.

"We make everything from scratch in the Hound & Hunter kitchen using real truffle, often the offcuts and small or imperfect truffles that are unable to be sold," the former restaurateur said.

"The pâte is something that my restaurant customers kept asking for, and when it's infused with fresh black truffle, it's next level – everyone who tries it at the Hound & Hunter café is blown away by it."

"The beauty of it is that you can have friends around for drinks, open a jar of pâte, add some quality crackers, add one of our terrines, maybe some cornichons and you have an impressive platter that you'd pay \$60 for in a

restaurant or bar."

Hound & Hunter also has barrels of soy sauce fermenting, which will be ready next year.

Hound & Hunter Fine Foods is a café, deli and test kitchen open 7.30am to 2pm Tuesday to Saturday with dine-in and take away food options at 2, Chopping Street in Manjimup.

For more information and a full list of stockists, visit www.houndandhunter.com.



Bodhi Tree Bookstore Café

Enjoy the peaceful ambience of this beautiful bookstore-café located on the corner of Oxford Street & Scarborough Beach Road, Mount Hawthorn
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ADVERTISING FEATURE



Mondo recipe of the month - delicious lamb mosaic with pesto



by Vincenzo Garreffa

BANJO lamb blade is an English cut of meat and being boneless makes

it easy to serve. The flavours are made for each other with the little bit of fat and the happy chew lamb shoulder meat. The only struggle you will have is to ensure there is enough for all to have seconds. Having dinner ready in less than an hour is good too.

Ingredients for two
Boneless lamb banjo blade
Pesto Marinade
100g basil

20g pinenuts
50ml olive oil
25g garlic
Salt and pepper to taste

Blend all ingredients into a paste in a blender for two minutes

Preparation: turn blade fat side up and cut deep incisions (about 1cm) in a criss-cross fashion to create 2cm squares. The lamb blade now looks like a checkerboard or mosaic pieces. Salt and pepper the lamb blade

and marinate it with the pesto paste working it into the incisions. Refrigerate and allow the blade to marinate in the pesto paste for a minimum of two hours and a maximum of 24 hours before cooking. Save some pesto to drizzle over the top.

Cooking: remove from fridge one hour before cooking, storing on baking tray in a warm place. Bake at 225°C for 45 minutes rest for 15 min-

utes in a warm place. Serve in pieces on top of toast with some rocket or serve with your favourite mash potato and vegetables of your choice.

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



Knife and fork talk with the Dining Diva - a table for one



by Pat Paleeya

THIS month it is just me and my shadow. My Dining Diva buddy is gallivanting interstate.

I had been tipped off about a small Japanese restaurant situated in the Roselea Shopping Centre, along Karrinyup Road and thought that I would check it out. The shopping centre is almost opposite Waldecks Nursery, this is where you would alight if travelling by bus.

Arata Japanese Dining offers a varied menu \$22 and less. I chose a Teriyaki Salmon Bento Box comprising of five slices of salmon, some edamame in pods, pickles and two

pieces of pork karaage. The salmon was absolutely delicious, plenty of it with just the right amount of teriyaki sauce. The karaage was crispy and crunchy on the outside, very moist inside, the pickles plus a bowl of steamed rice completed a very tasty and satisfying lunch.

Arata has a decor which is simple and minimalist: black chairs, white walls and a neutral colour for the table tops and floors, creating a very peaceful space which was extremely clean, bright and welcoming.

The walls were unadorned except for a couple of pastel paintings and three small white boxes con-

taining trailing greenery, plus really tiny figures sitting on the edges of the boxes - interior design at its best.

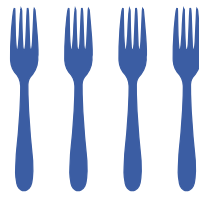
The staff were friendly, efficient and happy in their job. I arrived when they opened at 11.30am and it became busy quite quickly with diners and those wanting take aways. Don't miss this one.

PS I left with splashes of teriyaki sauce decorating my shirt, a good look if you like Jackson Pollock.

Arata Japanese Dining, 7/732 Karrinyup Road, Balcatta Phone: 6507 7877 aratajapanese.square.site 4 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



WEEK DAY LUNCH SPECIALS

Information correct at going to press



JAMES ST BAR AND KITCHEN
\$13 Lunch special
11am-2pm Monday-Friday (ex public holidays)
100 James Street, Northbridge
6148 2073

KALDI CAFE
\$17 and under lunch menu
8am-5pm 7 days
8/243-253 Walter Road, Morley (inside Coventry Markets)
0416 976 340

MIA CUCHINA
\$20 Lunch special
11.30am-2.45pm
Tuesday-Friday
1/45 Northside Drive, Hillarys
Hillarys Boat Harbour
9448 1753

MOUNT STREET BREAKFAST BAR
\$25 and under menu (one exception)
7am-2pm every day
42 Mounts Bay Road, West Perth
9213 9057

ANGOVE KITCHEN & BREAKFAST BAR
\$24 and under lunch menu (one exception)
11am-2.30pm 7 days
36 Angove Street, North Perth
6111 2822

ARATA JAPANESE DINING
\$22 and under (one exception)
Lunch 11.30am-2.30pm 6 days
Closed Tuesdays.
Shop 7/732 Karrinyup Road, Balcatta
6507 7877

CAFE 28
\$22 and under lunch menu
11am-2.30pm 7 days
Joondalup Resort
37 Country Club Blvd, Connolly
9400 8813

STELLAROSSA
\$25 and under menu
7am-4pm 7 days
Shop 1 Wiluna Street, Flinders
Square Yokine
6149 9401

Discover a unique cafe in the Swan Valley



ROUND up your friends and family for a visit to Swan Valley Station, a hidden gem nestled between the vineyards of the Swan Valley.

Come for a coffee and cake or spoil yourself with some of the best scones in the Valley. Light

lunches such as ham and cheese croissants or quiche and salad are also available. As the weather heats up, tuck into fruit salads featuring local produce and freshly-blended fruit ice creams.

Bring the kids or grandkids to explore the covered playground or to meet the friendly farm animals including chickens, goats and donkeys.

With Christmas just weeks away, the nursery and gift shop are fully stocked with indoor and outdoor plants, pots galore, diffusers, tealight candle art and toys - at reasonable prices.

Foodies can stock up on quality condiments from A Bit on the Side in Denmark and olive oil from Regans Ridge on the Moore River.

Help your big or small garden come alive with water features, bird baths, a stunning range of wind spinners and traditional windmills.

Give your city garden a country feel with sculpture and garden art - emus, chickens, kangaroos and lizards.

Don't forget to wander the sculpture trail around the lake and snap a photo of the giant blue maron.



If you enjoyed reading the Dining Divas' Knife and Fork Talk review of Arata Japanese Dining then visit us online to discover more places to lunch...

let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian



L-R; Bob and Kerry Barley captured this photo when travelling in the small town of Cooke - Pan Pacific Perth Premium River View Room



IT always makes me happy when I hear from readers and this month

Bob and Kerry Barley shared a funny photo from the small town of Cooke which they took when travelling on board the Indian Pacific. They thought readers would get a good laugh from it. Feel free to send any photos, information or tips from your travels, just email me (below). ★★★

Western Australia's Pan Pacific Perth (the former Sheraton Hotel) have announced their highly anticipated and extensive refurbishment, commenced earlier this year. It will elevate the already iconic hotel to a new standard of understated luxury. The \$50 million transformation will include

complete refurbishment of 392 guest rooms and suites, revitalisation of 96 Pacific Club rooms and suites, redesign of the impressive convention level ballrooms and meeting rooms, the entire lobby and porte cochère, and the exclusive Pacific Club lounge on level 7. The project is scheduled to reach completion

by mid-late 2024, with the first of the newly refurbished rooms already available for booking. Check out the photo of the refurbished rooms.

★★★
Australians won't need to apply for a European Travel Information Authorisation System (ETIAS) visa until around 2025 due to delays to the system. Originally to begin in 2021 glitches have pushed it back again. Once operational, travellers will need an ETIAS to enter any EU member country, with the €7 per person processing fee payable online during the application process. Visitors under 18 and older than 70 will still need an ETIAS but won't need to pay the fee. Great Britain is introducing a £10 Electronic Travel Authorisation scheduled to com-

mence in 2025, meaning travellers will need both authorisations for their trip if visiting the UK and Europe.

★★★
Small business is the life blood of the Australian economy and at a travel function last month I met Jacqui Preston from GLOAM who is producing postcards. One of my favourite things of my travels pre-mobile phones was buying and sending postcards. I always find that a hard copy leaves stronger memories than digital and Jacqui is producing a high quality card which is a great opportunity to leave an indelible memory. Not only is she producing these for businesses they can also be made for community groups, special birthdays or whatever takes your fancy. You can contact

her at contactme@gloam.au or call 0418 956 521.

★★★
It's the last opportunity to join day trip to Antarctica, which departs January 26, 2024. There are still some seats in superior economy (\$3199) premium economy (\$3999) and a few left in business class (\$6499). If you would like a copy of the brochure which outlines conditions and seating arrangements and the booking form, please email jen@haveagonews.com.au or call the office on (08) 9227 8283.

★★★
Happy trails

Jennifer Merigan
jen@haveagonews.com.au



Bumper lineup of stargazing this month - here comes Astrofest to enjoy

by Donna Vanzetti and Carol Redford, Stargazers Club WA

NOVEMBER has a bumper line-up of fabulous stargazing treats, and the big-ticket item is this year's WA Astrofest. Held on Saturday November 18, this free, family friendly event will have dozens of big telescopes to look through, astronomy talks, children's space activities, astrophotography and much more to overload your cosmic senses. For more information For early risers, dazzling Venus will make a close approach to the lovely thin slither of the Moon on November 10. The best time to see this

stunning duo is one hour before sunrise, looking low towards the east. Adding to this month's stellar diary, stargazers will be treated to a special display from the Leonids Meteor Shower. The Leonids meteor shower is generated from comet Tempel-Tuttle. The shower peaks on the night of the November 17/18 but can be viewed several days either side of the peak. The best views will be under dark skies, after midnight. This shower emanates from the constellation Leo, which is visible just about everywhere on Earth. For those in northern WA, Orion will be higher in the sky, and

may produce clearer meteors. When to look: from midnight to early morning, November 17/18. Which direction to look: toward the northern horizon

Meteor showers happen when our planet Earth crosses the orbital path of a comet. As comets pass by the sun, the extreme temperatures heat up some of the nucleus and cause debris

particles to spread out along the comet's orbit creating a comet tail. As Earth passes through this debris cloud, we have the opportunity of viewing the fiery spectacle of a meteor shower.

Enjoy the views and happy stargazing. 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.

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ADVERTISING FEATURE

travel options for the mature west australian

Cycling along the beautiful Danube River with all its charms...



L-R; A view from my room - general scene - river cruise - cheers! Inset; Riding through forest

Tim Dawe cycles from Passau to Vienna along the Danube River in this series on Austria

I'm in the Bavarian city of Passau on the Danube river border with Austria – a place I know well from my youth. Then, my explorations didn't extend to Vienna or Austria's Donauradweg (Danube trail). Decades later and retired, I'm now joined by my daughter, for a 350km, six-day cycling adventure following this mighty river to Vienna. A brief overview:

Day 1: first, it's an early walk to Rad und Reisen, our self-guided bike-tour operator. We're kitted out with bikes built like Sherman tanks weighing about 20kg. Our tour is a group of two – just us. The tour provides for someone (we never see who) to pick up our suitcases and deliver them to the next arranged gasthof or inn.

It's a case of: "Here's a detailed map showing bike repair shops along the way, and here's a telephone number in case

something goes wrong."

We pedal off plunging into the multi-green Bavarian forest without a soul in sight. After 36km we stop briefly at Obernzell village for "kaffee und apfelstrudel". My enthusiasm has us zipping along around 25km/hr – too fast for the schedule and the knees. We arrive at Neiderranna, our overnight stay, spending the rainy afternoon sampling the local beer in a riverside pub. From my riverside bedroom window, I watch the long, low tourist boats en route to Vienna – it's only five days and 330km away.

Day 2: at remote Schlägen, where the steep-sided forest reaches right down into the water, our cycle path ends and we, the only passengers, are ferried to the other side. By lunchtime the forest gives way to the lovely town of Aschbach, then farmland and recreational camps to Ottensheim.

Oddly ferries hang off high steel cables across the river, demonstrating ingenious medieval water technology and green power before its time.

Soon we're riding alongside a freeway and a rail line, entering Austria's third largest city, Linz, where a four-star hotel awaits.



Day 3: we ride through parklands and farms and, high above, strategically placed castles line the high ridges. We are stopped in our tracks by

the beauty of Grein seen across the river. It's everything one expects of Europe's historic towns: castle, church, square, all enhanced by this spring day bathed in sun.

There's time to explore a castle before being whisked off in a minivan to Bad Kreuz, high up in the hills, for our overnight stop. It's a welcome surprise to be served a splendid dinner in a forest setting.

Day 4: crossing the river again (we do it often) at the ruins of Werfenstein Castle, the river narrows causing rapids, the stuff of folkloric tales of shipwrecks. Briefly we're joined by local (and vocal) weekend cyclists, then suddenly arrive at the oddly named Ybbs – a lovely town quietly enjoying a sunny Saturday. We have lunch in the square with very large beers. Then it's on to the tongue-twisting Krummussbaum (crooked nut tree).

Pöchlarn is our home for the night. It's named for the eighth-century Bishop of Passau, who commissioned the epic poem, Nibelungenlied. It's also the name of every second bridge or square in these parts. Pöchlarn is a busy semi-industrial town spread across the river and served by rail. Our accommodation is opposite the train station where we dine on schweinbraten and sauerkraut. We sleep soundly.

Day 5: our morning is spent visiting marvellous Melk Abbey (a forthcoming story). We ride on through the main street (generally the only street) of the charming, picture-perfect villages of Emmersdorf, Aggsbach Markt, Spitz and Weissenkirchen plus Dürnstein, and the Wachau Valley. Dürnstein is a beautiful town, much photographed for its abbey and castle, and the centre of Austria's wine

making district.

We spend the night at a hotel in nearby Krems, a town so large it has traffic lights. Things are becoming urban.

Day 6: our cycle tour includes train tickets from Krems to Tulln. I resist my daughter's urging to stay on the train to Vienna – an error I later regret. It's an uninteresting, hard slog through Kornneuburg on Vienna's outskirts.

Finally we enter Vienna. It's been an eventful ride, at times hard-peddling and at other times effortless exhilaration. But always breathtakingly beautiful, memorable or interesting. We've experienced varied landscapes, weather and accommodation, enjoying friendly exchanges with both locals and fellow cyclists on our riverside adventure. It feels like ... we've done it. Unrepeatable!

Ed: The (more detailed) adventure continues next month...

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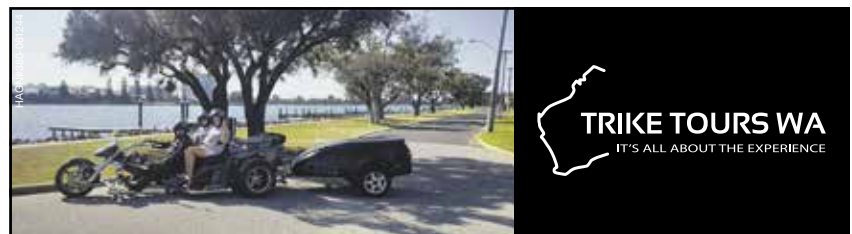
Australia's most amazing magical moments are captured in the Outback, one being the opal mining town of Coober Pedy, most people live underground in a bid to beat the summer heat. Here, you can visit houses and churches all carved into the side of a hill or underground.

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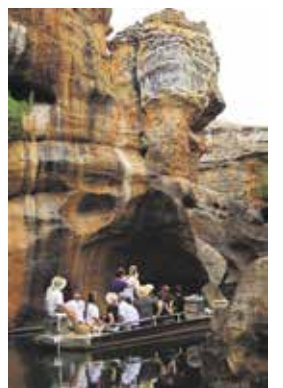
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ADVERTISING FEATURE



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Tim Carter with a nice lure-caught bream on the Walpole flats

Mike's accessible recommended fishing spots along the coast

by Mike Roennfeldt

ALONG WA's vast coastline there are endless wonderful fishing spots and plenty that I haven't yet been privileged to visit. The following are just some of the more easily accessible places that have provided me with countless hours of pleasure and unforgettable fishing over the years.

Exmouth: undisputed game and sport fishing capital of the West Coast. Wonderful light tackle sport fishing in the gulf and inside Ningaloo Reef, world class trolling outside the reef for mackerel, sailfish and the like, superlative bottom fishing and consistently great marlin fishing for lots of small blacks and occasional huge blues. Exmouth has it all.

Kalbarri: heaps of shore fishing options. Big tailor from the reefs close to town and at the river mouth, mulloway along the beaches on both sides of the river, excellent rock fishing along the gorges to the south and big black bream and yellowfin whiting in the Murchison River. The first half of the year is best for trolling offshore for mackerel and tuna, with quality bottom fishing in season.

Geraldton: locals are spoilt for choice, with plenty of very good tailor and mulloway fishing options close to town. The S-Bend area to the south is great for both species and this is one place where dhufish are regularly caught from shore. A 4WD is certainly an advantage here. Port Denison Marina occasionally turns on excellent mulloway

fishing from the rock wall.

Swan River: an amazing waterway that offers quality black bream fishing year-round, great wading for flathead in summer, mulloway in the deep holes around Mosman in autumn, heaps of tailor in the lower reaches from November onwards and occasional exciting sessions on giant herring to almost a metre long in early summer.

Rottnest Island: small boat fishing around the island can be great for herring and King George whiting. Big salmon schools turn up along the south side and at West End in autumn. Reefy outcrops often hold schools of big, arm-stretching yellowtail kings. Sanctuary zones have made shore fishing more difficult these days but there are some good spots accessible by bike that

turn up big tailor, herring, skippy and King George.

Walpole: beautiful Nornalup Estuary and the Frankland River are ideal for small boat fishing for a range of species. Yellowfin whiting are a favourite and there is some unsurpassed sight fishing with lure and fly for black bream over the shallow flats in summer.

Esperance: the fabulous endless white beaches of Esperance are perfect for those who love light 4WD fishing. Salmon schools can usually be found somewhere at most times of the year and big tackle busting skipper regularly turn up in the deeper holes. There are King George whiting in the sand holes among the weed beds along the south coast and plenty of bream in the lakes around town.

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ADVERTISING FEATURE

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Enjoy a drive to Boyagin and see what the wheatbelt was like before wheat



L-R; Boyagin rock - Gnamma Hole - view from Boyagin rock

by Frank Smith

BOYAGIN rock and nature reserve, near Brookton and only 133km from Perth, is probably the best accessible place where you can get a feel for what the WA wheatbelt looked like before the land was largely cleared for farming.

You won't believe how much the countryside has changed.

The 50,000ha reserve is large enough to provide a range of habitat for native plants and animals. It is one of the few areas in the wheatbelt with much of its original fauna and flora

If you are in luck, you might even get to see numbats, tammar wallabies, bandicoots or woylies.

Woylies are small, nocturnal kangaroo-like marsupials, that dig and

mostly eat underground fungi (native truffles).

Their diggings help water seep into the ground. Woylies also eat seeds, tubers and bulbs. They do not drink water, but get their water from their food.

Other native animals include thorny devil, Gould's goanna, echidna and ringtail possums.

All native animals tend to be shy and hard to find, especially in the daytime.

Birds to look for include rainbow bee-eaters, willie wagtails, welcome swallows and red-capped robins.

In spring look for gorgeous displays of wildflowers including orchids. The reserve carries large stands of powderbark wandoo, jarrah and marri with understory of Calothamnus,

Kunzea, Acacia, grass trees, casuarinas and poisonous plants of the Gastrolobium genus.

Poison plants contain Sodium fluoracetate (1080) which would kill sheep if they ate them. To protect livestock, farmers pull poison plants out. Luckily, in the past some woodlands with lots of poison plants were simply fenced off. Therefore some native plants survived and provides habitat for small mammals.

Native animals in WA have a high tolerance to poison plants, so they are protected by baiting predators with 1080 poison as part of the Western Shield program. 1080 is harmless to native animals but highly poisonous to foxes, cats and dogs.

Boyagin Rock is a granite outcrop that rises to a height of 50m

over the surrounding bush. It is a good example of how rain, wind and frost have eroded and cracked the granite, resulting in many gnamma holes filled with the water needed by humans and native animals alike.

If you climb to the peak of this imposing rock you will be rewarded with commanding views of the surrounding farmland.

Boyagin (Boodjin in the Noongar language) is of immense spiritual and cultural significance to the Noongar people.

The Aboriginal myths surrounding the rock are told in *Boodjin: the Boyagin Rock Storybook* by Christie Kingston, published by the Wheatbelt NRM.

One myth is that climbing the 388m rock without pausing ensues

a long and healthy life. Another says to avoid the rock at night because of spirit people called Bulyit. These are little hairy, smelly men about 60cm high that come out at night, screech, whistle and put you in a trance. They also kidnap naughty children.

Aboriginal children use to search for bardees – larvae of a beetle – that bore into grass trees. They would break the grass trees, collect the insects and take them home to cook, but had to be home by sunset for fear of Bulyits.

The car park at the base of the rock has barbecue and picnic tables, an information packed gazebo and basic toilet facilities.

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Discover the ancient and colonial historic sites of the Swan Valley



L-R; Ready to tour. Outside the Guildford Visitor Centre - Archaeologist Dr Shane Burke talks to the group at Cruse's Mill in the Swan Valley

by Allen Newton

THOUSANDS of years of history lie unnoticed in almost every corner of Guildford and throughout the Swan Valley according to Dr Shane Burke, senior lecturer Archaeology and History at the University of Notre Dame. While Guildford and the Swan Valley feature heavily in the colonial history of Western Australia, Shane says the evidence of thousands of years of Indigenous history is almost everywhere you look.

He and the Swan Guildford Historical Society are telling both sides of this historical story with bus tours of historic sites in the valley.

Two very successful

tours were held earlier this year and the next are planned for Spring.

Shane says the tours tell the stories of both the European settlers and the Aboriginal people.

Without the Indigenous stories there would be much missing.

Archaeology has revealed that where the Upper Swan Bridge is now human beings have been fording the river for nearly 40,000 years.

While the first colonial bridge was built in 1851 using convict labour, Aboriginal artifacts have been carbon-dated which show occupation 38,000 years ago.

"While I don't just concentrate on the colonial material, I imagine that people who come to the

tours are more interested in the colonial phase because they're looking for their ancestors' sites and so forth," Shane says.

It's not difficult to tell the story of the history of the region's Aboriginal people.

"I had a professor at UWA who said in this area from Guildford and through the Swan Valley it's easier to find the areas where there isn't archaeology than it is to actually find it.

"The area is full of material, there are artifacts everywhere, so it's more to do with how to interpret that archaeology, stone artifacts and so forth, where they are located as well, that's very important and of course a prehistoric archaeol-

ogist has to bring in the environmental change, the environmental record, which is a different discipline to archaeology.

"Understanding where the Swan was 10,000 years ago or 20,000 years ago, the fact that around Guildford there are shellfish middens and stuff like that, not put in place by Aboriginal people but by normal deposition.

"So it's not that hard to tell a story about pre-history."

Shane says the locations the tour will visit vary from occasion to occasion.

"But on the two we have done we always make a beeline from Guildford up to All Saints Church down on Henry

Street in Henley Brook just off West Swan Road where you can talk about the fact that it was originally Captain Irwin's land.

"He had strong links with the Church of England, so he gave away an acre I think it was, to put the church there, but the church, which is still standing, even though it has been rebuilt, was technically non-denominational.

"My ancestors lived in the area in the 1830s and they were Catholic, but they assisted in building the church, so that story that I tell is that one of the things that broke down very quickly was the religious divide that you often find in western European countries.

"In Australia, we were

too far away to worry about that type of thing so therefore, even in my own family, we were related to families where the siblings would be Church of England or Roman Catholic depending on who was walking past at the time in regard to their faith."

All Saints also provides great vistas looking east over that part of the Swan Coastal Plain and you can also see the area where Captain James Stirling was in 1827 because his campsite was just across the river.

"We can also relate to the Aboriginal side of things as well because further up the river, which has been our second stop is where we talk about the murder of Yagan.

"At the Upper Swan site, just on the other side of Upper Swan Bridge or Yagan Bridge we can tie together very much the incident in 1833 with the pre-history and the fact that the ford there has been used by humans for thousands and thousands of years.

"Usually on good days and in summer you can walk along the left bank and sometimes you can see stone artifacts eroding out of the layers."

The third stop was Cruse's Mill on the right bank of the Swan River taking in Ellen Brook

as well where there is a restored flour mill and Cruse's house on land owned by the late John Roberts who restored the area and gave some of the land for public access.

"We walk in there and you can see the mill dam and the leat taking the water, even though it is not working now, down to where the flour mill was, and you can see Cruse's House as well and part of the bridge as well."

Visiting those three sites takes two-and-a-half to three hours.

According to Shane the Swan Valley is integral to British colonialisation and was the first breadbasket of the state, essential to us being here nearly 200 years later.

"There is no other place that we know on the Swan Coastal Plain that has decent soils, everywhere else is just useless sand.

"The Swan Valley has an incredibly important colonial history."

For details of forthcoming tours go to the Swan Guildford Historical Society Facebook page <https://www.facebook.com/sghistsoc>

The tours cost \$35 and last for one to two hours. More information on the society is available on their website: <https://swanguildfordhistorical.society.org.au/>

new season

my MUM your DAD

TUESDAYS 7.30

Downsizing

ADVERTISING FEATURE



It's time to enjoy the spring colours and start planning early for Christmas



See what inspires you and bring the pretty, the beautiful and the practical into your home this spring



by Zofia St James

NOVEMBER has arrived and like many people

I speak to, all say the same thing... 'where has this year gone?'

November is my favourite month of the year for a lot of reasons, not only is it my birthday month, but it's also the feel and vibe that arrives with warmer temperatures and the beauty that the jacaranda flowers bring to so many suburbs.

Being the visual per-

son that I am, I am always also so eagle-eyed when it comes to what delights and draws my attention. Colour, art, flowers and unique pieces of furniture seem to be successfully filed for future inspiration or information.

Those who know me best can attest to this amazing fact, but would belly laugh at my lack of ability to remember prac-

tical things like bread and milk.

Speaking of laughing, I impressed myself. I was able to crack a few good laughs at a guest speaker role last month for a wonderful group of ladies that attend a monthly meeting with the Bayview City View Club.

It really was quite an honour and given I haven't done a public speaking role for some

time. It was lovely to share my experiences, talk, answer questions and enjoy the morning chatting.

A big shout out for their club and these gorgeous ladies who give their time and efforts raising funds that go back into community, such as breakfast clubs for school children. Apart from the social and friendship aspect, what a lovely cause.

This month my suggestion is to utilise this time and get organised for Christmas. That's my plan too, before the franticness kicks in. Take your time and enjoy the planning and shopping, knowing that in December you can relax and ride into enjoying the festive season.

The pictures I have chosen above are what spring means to me - the colour and feel. In other words when you are out and about over the next month see what inspires you and bring the pretty, the beautiful and the practical into the spirit of Christmas in your home. Bed Bath N' Table,

among other retailers, offer Christmas decorations, Christmas crackers and tableware in an array of colour ways other than the traditional red and green.

Explore and discover what's new and fresh decoratively and also the food you plan to serve. Be it casual or traditional, it's the fact we can share

and create memories. Don't forget to be a big kid yourself and get excited to express your individuality and take on Christmas for your family and the little ones. We know what joy we derive from seeing the wonder on their faces.

Have a beautiful November everyone.

Zx

What's on at St Patrick's Anglican Church Mt Lawley



St Patrick's Church

10.15am each Sunday

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Kids Program; Each week the children have great fun listening to a story from the Bible, talking about it, singing, playing and doing craft.

Kids Program runs during school terms

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Father Stephen Conway 0478 514 516

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Physiotherapy update - do you have carpal tunnel syndrome?



195,000 cases of carpal tunnel syndrome were diagnosed in Australia last year



by Robert Vander Kraats

CARPAL Tunnel Syndrome is a disorder of the hand caused by pressure on the median nerve as it runs through the wrist. The Western Australian

Department of Health reports that last year 195,000 cases were diagnosed in Australia.

The syndrome may occur due to: overuse and repetitive hand movements, arthritis and pregnancy.

Common signs and symptoms include: numbness, pins and needles, especially in the thumb; index and middle fingers; radiating or referred pain into the forearm or upper arm; weakness of the hand; a decrease in grip strength;

pain and problems with thumb movements and clumsiness and loss of hand coordination

There are several components to diagnosing carpal tunnel syndrome. Assessment may involve a physical examination, blood tests, specific wrist tests, a nerve conduction test, and diagnostic imaging. Early diagnosis and treatment are important to try and avoid permanent damage to the median nerve.

The management of carpal tunnel syndrome

involves more than just considering what is happening at the wrist. The 'big picture' needs to be considered, namely what repetitive movements are happening, particularly at work; what exercises are carried out in the gym; if there are any repeated vibratory forces travelling through the wrists; the history of any trauma in the area; is there any recent fluid retention; and any recent diagnosis of diabetes or metabolic conditions that directly make the

nerves more susceptible to compression?

To confirm the diagnosis of carpal tunnel syndrome, to consider the 'big picture', and to receive evidence-based treatment, visit Next Generation Physiotherapy, located in Greenwood and Woodvale. To make an appointment, visit www.ngp.net.au or call 9203 7771.

Please note, some time ago Robert had a stroke, someone additional will be present to assist.



Sylvia and Liz Behjat

LIZ Behjat is well known in the aged care sphere as state manager for Aged and Community Care Providers Association (ACCPA WA), so when she speaks positively about her experience at Bethanie, we're listening.

When the industry advocate advocates for Bethanie

"Mum (Sylvia) was independent but with a couple of niggly health concerns. We started talking about residential care which she vehemently opposed," said Liz.

"She had been a career nurse and the old 'nursing home' concept was all she could refer to. I needed to show her how different it could be, and Bethanie Subiaco was the first and only home we viewed."

Sylvia immediately said 'oh this is nice, very nice', and she moved in straight away.

From her very first moment at Bethanie Subiaco, Sylvia felt like she was home. In her first month she hosted a birthday party for friends in a private dining room; they all loved her new environment and visited regularly.

Sylvia's niece would often join her for lunch in

the dining room.

"For Mum, it felt like she was still at home and able to entertain.

"This important distinction in the modern-day residential care makes significant impact on our older Australians," said Liz. "When facilities support their residents' loves and life choices, such as simple pleasures like having lunch with family, it means that they can still maintain their independence and happiness."

For the whole family, the staff made the residential experience unforgettable and special, and when Sylvia came to the end of her life, their dedication shone.

"Mum's RN, Emily shared her knowledge so we all knew what was happening, and what was coming next. She took the fear out of the

process, and we felt supported and comfortable with everything."

In Sylvia's final days, Liz was encouraged by the staff to move into her room and was similarly looked after with food, drinks and access to anything she needed.

"I knew Mum was well looked after, but this whole experience was incredible. They had so much care and respect for her, and for us all."

Liz reminds us again to have the important conversations while you can.

"Make it normal for your family, revisit it regularly, and know what they want.

"At the end of Mum's life, I could give her what she wished for and she passed away content, comfortable and surrounded by love. It was a perfect ending to a wonderful life."

Find the MISSING PIECE to your health

At Next Generation Physiotherapy we find the underlying cause, rather than treating the symptoms.



See Healthy Living section to read NEXT GENERATION PHYSIOTHERAPY'S Robert Vander Kraats' monthly contribution...

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WOODVALE - 5/3 Castlegate Way



Winthrop Professor of Cardiometabolic and Internal Medicine, UWA Medical School, Gerald Watts

by Frank Smith

When cholesterol can be too much of a good thing...

Excess cholesterol in the blood can form a plaque of cholesterol and cellular waste products that stick to the walls of your arteries and narrows or blocks them. As plaques build up, artery walls become stiff and thicken, a process known as atherosclerosis.

Plaques can be disastrous if they block the blood supply to a vital organ such as the heart. The plaque may also rupture spreading its semi-solid contents into the blood stream, potentially blocking smaller blood vessels. Blocked heart blood vessels can cause a heart attack while blocked blood supply to part of the brain can deprive it of oxygen leading to a stroke.

Cholesterol is carried in the blood by lipoproteins. The main types of lipoproteins are high-density lipoprotein (HDL) and low-density lipoprotein (LDL). HDL cholesterol is known as 'good' cholesterol. This is because HDL helps to remove cholesterol from your arteries by carrying cholesterol back to your liver for disposal. LDL

cholesterol is known as 'bad' cholesterol. This is because LDL leaves cholesterol in your arteries.

Some unfortunate individuals have Familial Hypercholesterolaemia (FH), a genetic condition that dramatically increases 'bad' cholesterol levels and the risk of early heart disease. These people have a defect in the metabolic pathway by which the liver clears excess low density cholesterol. They are at risk of preventable cause of premature coronary artery disease and death.

A global team of experts, assembled by the International Atherosclerosis Society, has released ground-breaking guidance aimed at significantly improving the care and management of Familial Hypercholesterolaemia.

Winthrop Professor of Cardiometabolic and Internal Medicine from the UWA Medical School, Gerald Watts, co-chair of the guidance, said that despite its significant impact on public health, FH remained largely underdiag-

nosed and untreated, with only 10 per cent of an estimated 35 million affected individuals globally currently identified and treated.

"Even more concerning is that more than 80 per cent of those treated for FH fail to reach recommended blood levels of LDL or 'bad' cholesterol.

"The urgency to address FH care has prompted this international initiative and aims to bridge the gap between knowledge and practice, ensuring that individuals with FH receive the best care they need.

"The new guidelines found that awareness campaigns targeting young people, high-risk individuals, health-care professionals and the community were vital," lead author Professor Watts said.

In addition to recommendations, the new guidance emphasises practical implementation strategies overcome barriers and leverage opportunities to deliver effective care for those with the condition. Electronic health records

should be searched for indications of possible FH and health care and allied health professionals should become aware of FH and raise alerts when routine screening or treatment for other conditions suggest the possibility of FH.

When a case of FH is detected other family members should also be screened for the condition.

Key recommendations include that health services for those with FH should be patient-centred, safe, equitable, timely and cost-efficient; that evidence-based practices should be adapted to local needs; and specialised centres for severe FH cases be established.

The evidence-based guidance was published in the top-rated journal *Nature Review Cardiology* and brings together the most up-to-date scientific evidence to provide comprehensive recommendations for both detecting and managing this relatively common condition.

Stem cell therapy and arthritis symptom relief



ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damage; to remove irritants and infection and also to start the healing process. The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to the need for joint replacement surgery.

Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion.

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue adult stem cells

can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when

you were 25.

Stem Cell Nutrition encourages your body to naturally release millions of new stem cells – which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better. If you would like to find out how stem cell therapy can change your life, phone Sandra Barnsley 0412 479 156.



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Have a Go Day

Wednesday 15 November 9am to 3pm A LiveLighter Event



Have a Go Day, a Livelighter event, welcomes you to Burswood Park



WE look forward to seeing people at the fabulous free day of fun and entertainment at Burswood Park on Wednesday November 15 from 9am to 3pm.

Have a Go Day, a Livelighter event, is specifically designed for older adults to get out, have a go and see the range of information, services and activities available for them to live their best lives.

The Hon David Templeman MLA will officially welcome everyone at 10.30am at the entertainment stage site.

Try your hand at canoeing on the river, check out a new activity or find out about the latest technology and enjoy great entertainment.

Event organisers Seniors Recreation Council of WA remind people that age is no barrier and invite everyone and 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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Don't miss the *Have a Go News* chocolate wheel...



FROM 10am on the hour until 2pm (last spin) we will be spinning our chocolate wheel and giving away some fabulous prizes. Thanks to the businesses who have provided prizes.

Have a Go News is providing five, \$20 Aldi vouchers along with the bags of lollies. These packs are designed to be easy to carry home. See you at the *Have a Go*

News hospitality tent. Be early for each hourly draw as there's only 20 tickets per draw.

Prize Packs include:

- Prize 1** – A \$20 Aldi voucher with tickets to the new film *Napoleon*
- Prize 2/3** – A double pass to the new films *Napoleon* and *One Life* with a bag of lollies.
- Prize 4** – A voucher for 3 x prepared meals from What the Fresh.

About the Prizes...

Meet What The Fresh, Perth's newest culinary sensation. Comprising a team of chefs and ex-restaurateurs, they're here to redefine what convenience food can be: restaurant quality, fresh, flavoursome, and made with love. It's bringing the restaurant home, with a touch of local love and without the wait or the washing up. It's about bringing convenience to everyone, every day. Crafted with local ingredients and a global palate, their meals are now available All Foods Market, Farmer Jacks, Tucker Fresh, and many local IGAs. Find out more at www.whatthefresh.com.au

One Life – Stars Antho-

ny Hopkins, Helena Bonham Carter and Johnny Flynn and tells the inspiring true story of Sir Nicholas 'Nicky' Winton, whose unsung endeavours on the eve of World War II saved more than 600 children from their doom at the hands of the Nazis.

Fifty years later, it's 1988 and Nicky is haunted by the fate of the children he wasn't able to help. It's not until he's surprised by the survivors on live television that he can accept that when facing devastating atrocities, saving even one life is a victory.

That's when the British public learn the truth about the hero hidden in their midst.

This is a story of dedication, humanity and survival, delivering the message that saving even one life is a victory. In cinemas December 26. Thanks to Transmission Films.

Napoleon is a spectacle-filled action epic that details the chequered rise and fall of the iconic French Emperor Napoleon Bonaparte, played by Oscar® winner Joaquin Phoenix.

Against a stunning backdrop of large-scale filmmaking orchestrated by legendary director Ridley Scott, the film captures Bonaparte's relentless journey to power through the prism of his addictive, volatile relationship with his one true love, Josephine. The film showcases his visionary military and political tactics against some of the most dynamic practical battle sequences ever filmed.

In cinemas November 23. Thanks to Sony Pictures.

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Have a Go Day

Wednesday 15 November 9am to 3pm A LiveLighter Event



Growing Older Living Dangerously paddling... for those getting older



The Gold - Paddling group paddling at Whiteman Bridge, on the upper Swan River, West Swan

OVER 50s not-for-profit Gold paddling group's program is based at

Matilda Bay in Crawley and has been operating on Mondays for

many years.

The group meets in the UWA Boat Shed at

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

The Gold (Growing Old Living Dangerously) group caters for all levels of paddlers and operates in several groups based on paddling skills. Many beginners, who have never paddled

before, join and enjoy a new on-the-water experience with us. People must be able to swim 50 metres.

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

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

and guides.

A four-week beginners program starts on Monday November 6 and costs \$66 which includes complimentary insurance cover provided by Paddling WA (PWA). A six-week program for more experienced paddlers is run in conjunction with the beginners program. This program, costs \$98 however attendees need to obtain insurance cover through PWA at a cost of \$96 per annum.

Gold programs operate from the UWA Boat Shed, next to the UWA Water Sports Com-

plex off Hackett Drive in Crawley. Turn into Hackett Drive at the traffic lights on Stirling Highway, Crawley, take the first turn left into the carpark, and attendees will be advised where to park.

Gold Paddling will be at the Senior Recreation Council of WA *Have a Go Day* at Burswood Park on Wednesday November 15 and people can have a go at paddling on the river.

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



BUILDING a good relationship with your provider can take a little time – for them to know your preferences,

Chat to home care providers at *Have a Go Day*

for you to feel comfortable with your support team and to look forward to welcoming them into your home.

There may be occasions when you feel it's not going quite as you expected and this is the time to call your care manager and explain any problems you may be having. They should welcome the opportunity to talk this through and make the necessary adjustments to your care plan so that it's working for you.

Occasionally however, despite all attempts to do so, you may be un-

able to resolve the situation, or you may feel they aren't listening to your concerns. Should this happen, depending on how your home care is being funded, you have the option of changing to another provider. As all home care providers vary greatly from the services they provide, to how and when they provide them and how much they charge to do this, it may be time to consider making the change.

There are many home care providers to choose from and a good place to start looking, is on the My Aged

Care website at www.myagedcare.gov.au under Find a Provider, or the Aged Care Guide at www.agedcareguide.com.au/ under Home Care. Here they provide information on services providers and what they will charge (it's a good idea to check this is up-to-date) then you can make some calls for brochures.

There will be home care providers at *Have a Go Day* where you can collect brochures or have a face-to-face chat to see how comfortable you feel with them.

If you decide to make the change, moving to a new home care providers isn't difficult as they can take over transfer and make arrangements for you.

If you would like more information, please call one of the friendly team at CPE Group Home Care for a chat on 1300 665 082, email them at info@cpegroup.biz and ask for the brochure Finding The Care Provider Who Is Right For You or contact them through the website www.cpegroup.biz.



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To arrange an obligation free tour, contact Matt Southgate on 08 6250 0016 or email retire@swancare.com.au.

Have a Go Day

Wednesday 15 November 9am to 3pm A LiveLighter Event



Regis residents compete in successful inter-home Olympics



Regis North Fremantle, general manager, Maree Thomter

OLYMPIC Games are an opportunity to unify people whilst participating in friendly and fair play.

Although the next Olympic Games aren't until next year, the Lifestyle team at

local aged care residence Regis North Fremantle were inspired by their theme last month of 'celebrating sport' to host their own version of this event and extended the invitation to other Regis Homes around Perth.

More than 40 residents from Regis Como, Regis Woodlands and Regis Port Coogee came to Regis North Fremantle to take part in this engaging event, alongside family members and employees.

The competition was broken into five different activities: bean bag toss, quoits, Connect 4, bowling and balloon volleyball which were inspired by some

of their all-time favourite activities. The multi-home event was an engaging way to promote physical health and emotional well-being in a unique and social way.

Lifestyle coordinator at Regis Como, Manpreet, was immensely grateful to be invited to the event:

"All of our residents loved it and really appreciated the team at Regis North Fremantle for organising — they had a lot of fun."

Charlotte, the Lifestyle coordinator at Regis North Fremantle said the Regis Interhome Olympics was a tremendous success.

"Our residents had a wonderful time getting to know each other and partaking in some friendly competition," she said "The weather was perfect and the energy was electric. We are already looking forward to our next Olympic Games."

Through a range of permanent and respite aged care services, Regis is committed to helping their residents realise their well-being goals and lead meaningful lives. Regis is one of the largest providers of aged care in Australia and cares for more than 7,000 residents each year.

Regis will be at *Have a Go Day*.

Keep on top of your hearing with regular hearing checks



That's why the qualified audiology professionals at Specsavers are prompting everyone over 50 to have their hearing checked every two years.

Hearing loss often occurs gradually, making it difficult to notice, although regular hearing checks can help identify any changes. You might be due for a hearing check if you notice you are increasing the TV volume louder than comfortable for others. Other signs might include asking others to repeat themselves or having trouble following a conversation in noisy environments.

Taking that first step and having a hearing check can be daunting for many, but the team at Specsavers Audiol-

ogy are trained to help you through your hearing journey. It all starts with a free* 15-minute hearing check where you can discuss any difficulties you may be experiencing, and we can determine whether further diagnostic testing is required.

A hearing check does not automatically mean hearing aids are needed but when done regularly, they may help uncover any changes to ensure hearing loss is detected and treated earlier.

To book an appointment or find out the cost of hearing aids upfront visit [specsavers.com.au/hearing](https://www.specsavers.com.au/hearing).

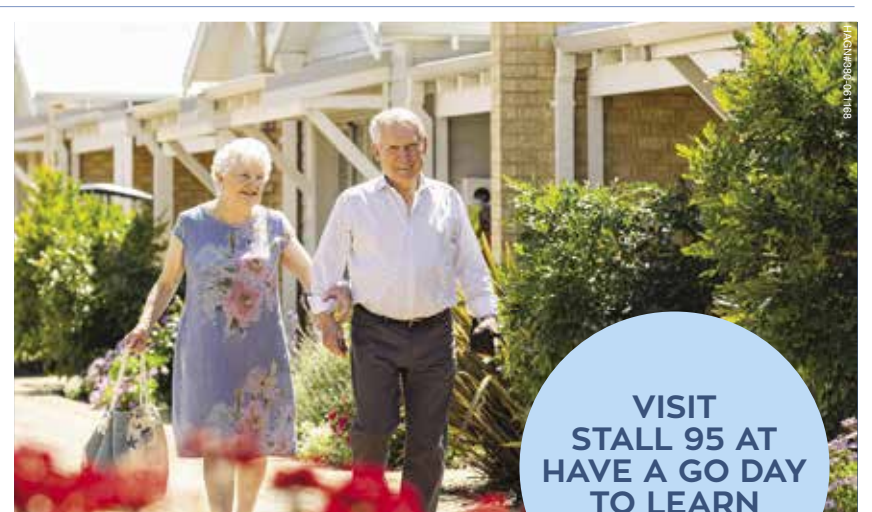
*If further testing is required, a fee may apply.

Visit Specsavers at site 142 on *Have a Go Day 2023*.

ONE in six Australians are currently living with hearing loss. If left untreated it can have a significant impact on

your physical and mental health.

Despite this, only one in three people will take control of their hearing.



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'Tall Stories and True' at State Parliament



SENIORS Week Liftout Events Guide published in *Have a Go News* October edition (6/10/23) it was stated the tours of Parliament House were free.

The special Seniors Week sessions will run on Monday, November 13 and Friday, November 17, with three sessions each day: 10am, 11am and 1.30pm.

Each session is limited to 30 guests and costs \$10 per person.

We apologise for any inconvenience caused.

For bookings visit: seniorsweekatparliament.eventbrite.com.au



Scan this code to read the *Have a Go News Seniors Week Events Guide*



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Have a Go Day

Wednesday 15 November 9am to 3pm A LiveLighter Event



Stay connected to nature and win a luxury glamping getaway in Margaret River



Group enjoying a game of bocce at Olio Bello, Margaret River

WITH more than 17 years of in-home care services for all West Australians, Comfort Keepers is encouraging all seniors to lead the way at this year's *Have a Go Day*, by embracing nature-based outings and community engagement, rather than technological pursuits and indoor activities.

General manager, Janice Early, says although technology plays a fundamental role in daily life, the emerging trend of going back to basics and connecting to nature is having profound physical and mental health benefits and helping to prevent social isolation, for all ages.

"Whilst technology is a vital part of today's society, global research and even feedback from our own clients, clearly indicated that people feel a heightened sense of joy and wellbeing, by being away from their mobile phones or computer screens and

spending time in nature.

"It's a pretty simple message – but one we try and promote across all aspects of our business. That is: take time to do the things you love doing, outdoors. This includes things like: joining a bush walking club, going bird-watching, painting, reading, gardening, or simply swinging in a hammock and day dreaming.

"It's good for the soul and helps people to clear their minds and live happier and healthier lives," said Janice.

To reinforce the message, Comfort Keepers will be giving all visitors at *Have a Go Day*, the unique chance to win the ultimate luxury – Lakeside Glamping, a two-night getaway at the 320 acre, award-winning olive farm, Olio Bello, in Margaret River.

"We're excited to be offering our

valued seniors this unique holiday experience in this special part of the world, with such spectacular beaches and natural landscapes.

"The prize is valued at over \$700 and is all about disconnecting with technology and making time to reflect, recharge and relax, with a little luxury, along the way."

To enter, simply visit the Comfort Keepers team at Stand 80 at the 2023 *Have a Go Day* at Burswood Park on November 15.

Comfort Keepers will be available throughout the day, to answer all questions on the competition and in-home care. The prize winner will be drawn at the end of the event and contacted by phone.

All enquiries: North of the River 9492 8920; South of the River 9315 2200 or visit www.comfortkeepers.com.au.



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Take control of your healthy ageing journey



Hilary O'Connell

by Hilary O'Connell, LiveUp's principal advisor for Healthy Ageing

AS an occupational therapist with over 40 years of expertise in helping people age well, I am passionate about empowering people to take control of their ageing journey.

A lot of people think you can't control how you age, but it's proven that when it comes to ageing – it's in your hands.

There are many myths and stereotypes when it comes to getting older, but the truth is up to 25 per cent of how we age is due to our genetics, which means the remaining 75 per cent can be attributed to the lifestyle choices we make each day.

LiveUp is a free healthy ageing initiative funded

by the Department of Health and Aged Care that is packed with information and resources to help you maintain your independence and social connection as you get older.

It's never too early or too late to make lifestyle changes. That adage 'use it or lose it' really does ring true. There are lots of things we can do now to help us continue to live our lives to the fullest as we age.

If you're ready to throw out tired stereotypes about getting older and take control of your healthy ageing journey, visit liveup.org.au or contact the LiveUp team on 1800 951 971.

I'll be at the LiveUp stall at *Have a Go Day*, talking to people about tips and tricks to age well.

Drop by and say hi!



COMMUNITY PHONE NUMBERS

Police: 131 444	ATO: 13 28 61
Crime Stoppers: 1800 333 000	WA Senior Card: 6551 8800
Emergency: 000	Seniors Recreation
Poisons Information Line: 13 11 26	Council: 6118 2716
Lifeline WA: 13 11 14	Western Power: 13 13 51
Centrelink: 13 24 68	Water Corporation: 13 13 75
Medicare: 132 011	MyGov: 13 23 07
My Aged Care: 1800 200 422	

Thank a Volunteer Day

ADVERTISING FEATURE ACKNOWLEDGING International Volunteer Day, December 5



Volunteers wanted for this year's Hawaiian Giving Box

Gift wrapping volunteers needed



HAWAIIAN Giving Box and Foodbank WA warmly invite you to be part of a festive and fun event that embodies the spirit of giving. As the holiday cheer builds, let's unite to raise funds for fellow Western Australians who are facing tough times.

It's an opportunity to be part of something truly special - a chance to give back to our community while immersing yourself in the holiday atmosphere. This

December, we're calling on individuals like you to join the volunteer initiative at Claremont Quarter, for gift wrapping from December 9 to 24.

Worried about your gift-wrapping skills? Don't fret! There are quick and easy tutorials to help people master the art. Volunteer shifts are designed to fit seamlessly into busy holiday schedule. With various time slots available, you'll find

one that suits you perfectly. Plus, you won't be alone — each shift will have a friendly group of volunteers coming together to make a difference.

By dedicating your time to Hawaiian Giving Box, you're not just wrapping gifts; you're helping those Western Australians that need us the most. Every moment you volunteer translates into vital funds for Foodbank WA. Last year alone, Foodbank

WA distributed a staggering 7.8 million meals across the state, providing relief to local families facing hardships.

Your dedication is what makes this incredible impact possible. Let's spread the word and extend this opportunity to your family, friends, and colleagues. Together, we can create a brighter holiday season for all.

Register now: btrr.im/zxjtq and select 'Hawaiian Giving Box' to view available shifts.

Vinnies WA: Supporting our community



MANY people will know Vinnies WA through its retail stores. They provide recycled clothing, furniture, household items and bric-a-brac, and help Vinnies

raise the important funds it needs to run its services.

Vinnies WA assists the community by providing emergency assistance such as food, furniture, clothing as well as help with bills and rent. It also runs a range of specialised services and programs in the areas of homelessness, housing, mental health, youth services, and financial counselling.

Throughout the month of November, Vinnies WA and the ABC are partnering for ABC Gives. Listen to ABC Radio Perth for stories about Vinnies WA's work in the community. To donate, visit abc.net.au/gives.

Why not volunteer?

Volunteers are the lifeblood of Vinnies. Volunteers take on important roles such as call centre call-takers, administrators, retail assistants and more. To find out more, please visit www.vinnies.org.au/wa/get-involved.

Volunteer drivers needed at Whiteman Park



HAVE you ever dreamt of driving a vintage train, electric tram or heritage bus? If so, there are vol-

unteering opportunities at Whiteman Park.

What do you need to qualify? Prospective bus

drivers need an HR or MR licence, while train and tram drivers must complete the instruction and obtain a Category 1 Rail Safety Medical. For the rail operations, prospective drivers need to qualify as a guard or conductor first.

If you are fit and healthy, over the age of 16 and have a passion for providing an amazing experience for visitors, speak to the Whiteman Park volunteer coordinator on 9209 6000 to put you in touch with the right organisation.



Follow your dreams – volunteer at Whiteman Park

[f](https://www.facebook.com/whitemanpark) [i](https://www.instagram.com/whitemanpark) @whitemanpark | 08 9209 6000 | whitemanpark.com.au



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Helping the community is all in a day's work for volunteer Ron Gray



Ron Gray

RECENTLY awarded the Rottneat Express Local Legend for his work

with Cystic Fibrosis WA Ron Gray exemplifies the volunteering spirit and works hard for a variety of organisations.

Cystic fibrosis (CF) is one of the most common, autosomal recessive, life-limiting diseases affecting children and adults in Australia. It causes thick, sticky mucus which affects the lungs and digestive system.

There are currently about 400 people living with CF in WA. Funds raised by the community go towards research and support services for people living with cystic fibrosis and their families.

Ron goes above and beyond with his volunteer work for this organisation and is passionate about giving back and supporting his local community.

Known as the "tin man" he

spends his time emptying collection tins and fundraising for Cystic Fibrosis WA by encouraging businesses to display their tins. For Cystic Fibrosis WA he has raised more than \$15,000 this year resulting in him being named Volunteer of the Year at the CFWA Awards Night.

CFWA CEO of Cystic Fibrosis Lisa Bayakly said: "Cystic Fibrosis WA relies on volunteers to help us support more people in need. We are so very pleased to see Ron's contribution celebrated!"

Ron spreads his volunteering spirit throughout the community and last year he was contacted by the college principal at Carey Baptist College Forrestdale campus and asked if he would assist with traffic control at the college.

After doing his "lollipop" work mornings and evenings for a few

weeks the flow of traffic improved, and the speeding problems reduced dramatically, and he now works there three afternoons a week.

Ron also assists whenever possible with sports activities at the college and has been referee for school swimming carnivals and assisted in preparing swimmers for inter-school swimming competitions.

Ron loves swimming and is a fully qualified referee for Masters Swimming WA.

He officiates regularly at pool club and state events and at open water swims such as the Coogee Jetty to Jetty and the Fremantle Swim Thru. In the past he refereed at the Rottneat Channel Swim and at FINA World Masters Championships in Perth, Italy and Canada.

He was also one of the meet referees for the recent Australian Mas-

ters Games in Perth.

His other role is to mentor and assess new and upcoming officials for Masters Swimming and is a life member of Masters Swimming WA and president of his Masters Club (Leeming Masters)

Ron is also a life member of Canning Districts Junior Swimming Club and serves on their committee and officiates at their events.

He further assists by cooking whenever they organise a Bunnings sausage sizzle fundraiser.

Ron does a great deal of volunteer work for the community and is a shining light for many organisations and a wonderful example of giving back to the community.

Anyone who would like to have a donation tin for Cystic Fibrosis WA at their organisation can direct enquiries to events@cfwa.org.au.

Community groups and sporting clubs big winners from local retailer who celebrates 50 years



IGA national Hall of Fame inductee Bob Cybula © Serena Kirby

by Serena Kirby

AFTER 50 years working

in the supermarket industry Bob Cybula has finally retired and hung up his

box cutter.

His achievements and contribution to the inde-

pendent retail grocery industry have been significant and have led to Bob being inducted into IGA's national Hall Of Fame.

Born in Poland, Bob moved to Australia with his parents in 1964 and he began working in supermarkets when he was 22.

"I started by sweeping floors and pushing shopping trolleys and worked my way up from there," Bob said.

"I've done every job there is in a supermarket."

For many years Bob, his wife Karen and two children Matthew and Sarah moved around

WA from store to store as Bob took on various management positions.

He finally settled in WA's Great Southern two decades ago where he built a large IGA store in Denmark and purchased an existing store in Albany.

"We bought a farm here too and I thought it would be a nice idea to grow grapes," Bob says with a chuckle.

"Well that was certainly a disaster and we ended up ripping out all the vines after a handful of years as it was during the time when there was a wine glut in the market."

Over his 20-plus years

owning Denmark's largest supermarket store Bob has been a significant employer in the town and provided a large number of teenagers with their very first job.

Bob has also donated literally hundreds of thousands of dollars to various community groups and sporting clubs during his time in business.

"I believe I had to help the community because the community helped me."

"We've supplied thousands of food items, as well as buns and sausages to various sausage sizzle fundraisers."

"We've also supplied

food for the breakfast clubs at various local schools."

In reflecting on his Hall of Fame induction Bob said he was completely caught off guard by the announcement made in front of a large audience at a black tie dinner on the Gold Coast's Star Casino.

"I had no idea it was going to happen and it's amazing that my wife and some of the staff were able to keep it a secret."

The annual Hall of Fame inductee is chosen from a group of finalists from each state and there is only one inductee each year.

Volunteer together, it's more fun than ever!



Grab your friend, son, daughter, grandchild and volunteer together. You can have fun as a duo, learn new skills, meet new people, work with recycled fashion and make a difference.

By donating your time, you'll be helping vulnerable West Australians in need as our shops are vital in funding our services in WA.

Sign up vinnies.org.au/wa

Contact us volunteer@svdpwa.org.au

GREAT HOME and GARDENING



A taste of Tasmanian gardens in spring - picturesque and brisk!



First row, from left; Watertown Hall - Japanese Garden, Royal Tasmanian Botanical Gardens - master nurseryman Bob Cherry's garden - Table Cable Tulip Farm Inset; Some of Bob Cherry's cedars and Michelias



by Colin Barlow

RECENTLY I had the pleasure of leading a group from Ross Garden Tours through the verdant landscapes of Tasmania. Despite the temperatures hovering between a brisk 14 to 20°C, the island's picturesque gardens kept us warm with their rich beauty. The unique combination of a cooler temperate climate, fer-

tile soil, stone structures, rolling hills, and hedges create an ambience reminiscent of an English rural landscape. We began in Devonport which serves as the gateway to Tasmania's scenic North-West. Our first stop was the Table Cape Tulip Farm, perched atop an extinct volcano. Here, with the stunning 180m cliffs plunging into the Bass Strait below, we wandered through the largest tulip fields in the Southern Hemisphere. These fields are planted in bands stretching across the undulating landscape, creating a patchwork of colours. Next, we went to the Emu Valley Rhododendron Garden in Burnie.

This is home to nearly 500 of the 900 known Rhododendron species. It has been transformed into a series of terraces, complete with lakes, bridges, pavilions, and gardens, housing an outstanding collection of cool climate plants. The rich soil and microclimate make it a sanctuary for the conservation of Rhododendrons. Our itinerary also led us to the garden of master nurseryman Bob Cherry, formerly of 'Paradise Plants' in New South Wales, known for his plant-hunting adventures around the world and breeding of camellias, Iceland poppies, Michelias and carnations. Mature cedars formed a magical curtain that

had to be seen to be believed. For garden enthusiasts a visit to Kaydale Lodge Garden in Nietta is a must. This labour of love, designed, built and maintained by the Crowden family since 1979, overflows with rare and unusual cold-climate plants. Species of tulips, Fritillarias, Erythroniums, Trilliums, and daffodils grace the garden. The Crowden sisters, Amarlie and Leslie, infuse the garden with their enthusiasm and skills, constantly improving it with stunning stone walls, arbors, rockeries, and an astonishing pear walk. The garden's produce is put to good use, either served in the



garden restaurant or preserved for future enjoyment. In Launceston, we stayed at the iconic Peppers Silo Hotel, converted from old grain silos. Clarendon Estate, a historic National Trust property on the banks of the South Esk River, was our next stop. The grand three-story Georgian house, built in 1838 for wealthy wool grower James Cox, sits amidst beautiful parklands. The property boasts servants' quarters, a heritage walled garden, several farm buildings, and a rare avenue of elm trees, over 170 years old.

Waterton Hall, on the banks of the Upper Tamar River, inspired us with its splendid garden, nestled within the grounds of their award-winning winery. The manicured circular lawn, boatshed, manor house, and a beautifully restored 1850s stone barn added to the charm. The historic garden featured some 450-year-old Tasmanian blue gums and rare mature European trees, including horse chestnut, copper beech, and Spanish fir, which provided a stunning backdrop to the house and lawn. On the way to Hobart,

we stopped at Prospect Villa, where a stunning garden thrives with very little water. The early Colonial Georgian country house sits on Clyde Hill, overlooking the historic township of Hamilton, surrounding farmland, and the river Clyde. The immaculate 100-year-old hedge serves as a windbreak and a backdrop to the garden's flower-filled beds.

We explored Crawleighwood Garden and Nursery in the Huon Valley. It started as a bare paddock thirty years ago and now stands as a treasure trove of rare and unusual plants. The winding grass paths guide visitors through the four-hectare garden, featuring Rhododendrons, Magnolias, maple woodlands, and Gondwanan rainforest species.

Next we visited one of Tasmania's finest private gardens - Corinda Cottage - a beautifully restored Victorian villa, which is enclosed by a garden divided into 'rooms', bordered by box and yew hedges. These rooms feature native animal topiary and tiers of espaliered limes. A 100-year-old Magnolia grandiflora tree in the garden's centre, is a living testament to the passage of time.

Our final day took us to Government House in Tasmania, one of the best vice-regal residences in Australia. The magnificent garden included several trees well over 150 years old. We followed with a short visit to the Royal Botanical Gardens in Hobart, where the Japanese Garden stood out as a highlight. Tasmania's gardens, were both beautiful and with a deep connection to nature and history. They are a testament to the enduring passion of garden enthusiasts and the beauty of Tasmania's 'English style' rural landscapes.

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- 1. Do you have staff local to my area?**
This helps ensure you can get your care services started straight away once you sign.
- 2. How do you ensure that the staff who visit me**

are qualified and trained?
Some providers have their own staff, others broker their services. This is a good question to ask if you have a preference either way.

3. If I'm not happy with the services I'm receiving, can I change them?

If it's important to you to have flexibility over your services and who delivers them, this is a good question to ask from the beginning.

4. Can I choose the days and times that people will deliver my services?

Everyone has their own schedule, if having control over when people visit is important to you, you should have this conversation with your provider.

5. Do you have testimonials from existing clients that I can watch or read?

This helps you have faith that this is a provider that you can trust with your package.

The good news is that if you aren't happy with the service you receive from the provider you choose, you can switch.

To learn more about finding the right home care package provider for you, call them at 1300 164 274 or visit www.enrichliving.com.au

New showroom for mobility devices opens in Joondalup



Ladies seated on Kymco mobility scooters

MOTOBILITY is excited to announce the opening of their new third store located in Joondalup, to better cater to Perth's northern suburbs.

As an NDIS registered, friendly mobility solutions provider, Motobility specialises in mobility equipment including scooters, folding electric wheelchairs, power-chairs, stairlifts, platform lifts, adjustable beds, lift and recline chairs and more.

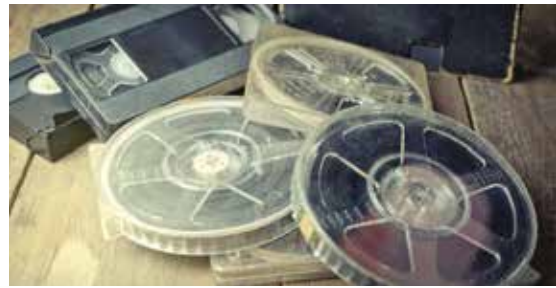
The huge Joondalup showroom allows for test drives and product demonstrations, while their experienced and friendly staff are on hand to assist customers in making an informed

decision. They take the time to listen and understand to individual needs, answer questions, and explain how a particular product can help you or a loved one to regain freedom and independence.

Visit the new Joondalup showroom at 31/57 Joondalup Drive, Edge-water or give them a call on 08 9220 9040 to book an obligation free consultation.

Visit their website at www.motobility.com.au

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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.

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

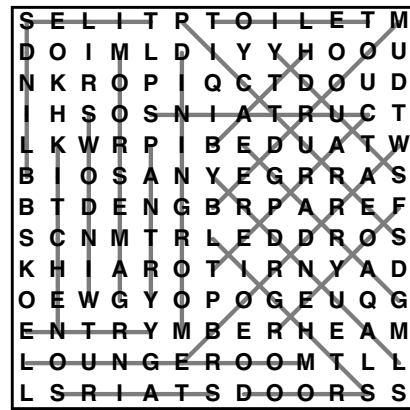
One of the best ways to preserve your footage is to take it to DiskBank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films,

Have a Go News PUZZLES SOLUTIONS

Answers for *Have a Go News Quiz* page 2:

1. It's pink lake
2. Camels
3. 1891 (January 20)
4. Lady Weld
5. Success (1827), Parnelia (1829)
6. Howick Street
7. David Jones
8. Torbay Head
9. William de Vlamingh
10. Alexander Forrest

Solution for *WORD SEARCH* page 51

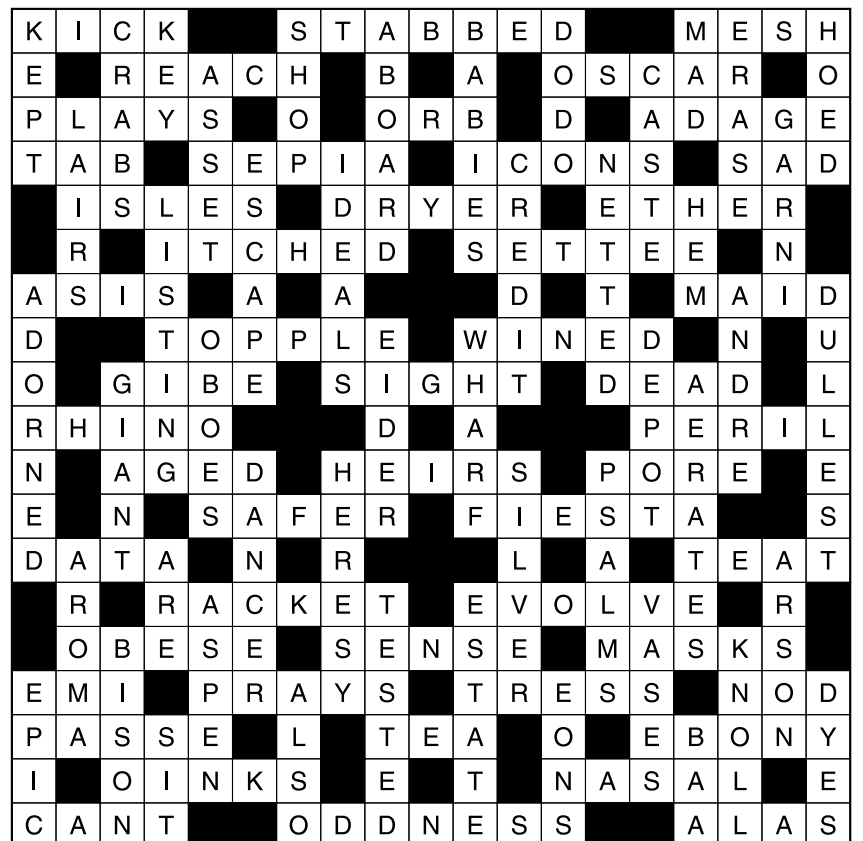


Solution for *Wheel Words* page 51

Ache, Arch, Char, Chat, Chic, Chit, Each, Etch, Hair, Hare, Hart, Hate, Hear, Heat, Heir, Hire, Itch, Rhea, Rich, That, Aitch, Cache, Catch, Chair, Chart, Cheat, Chert, Earth, Ethic, Hater, Heart, Rathe, Reach, Retch, Tache, Teach, Theca, Their, Theta, Tithe, Achier, Cachet, Cratch, Hatter, Hectic, Hitter, Thetic, Threat, Thrice, Catcher, Chatter, Ratchet, Recatch, Catchier, Chatter, Theatric.

9-letter word: ARCHITECT.

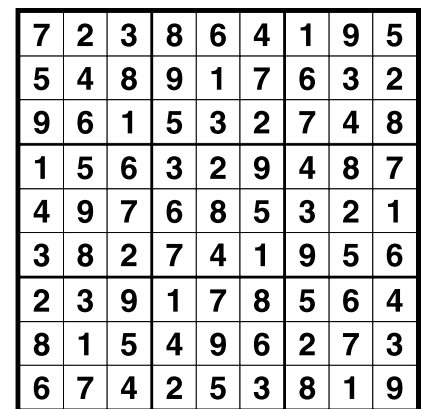
Solution for *BIG Crossword* page 50



Solution for *Crossword* page 51



Solution for *Sudoku* page 51



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Step back into 19th century Bohemian Paris with the Impressionist masters

FROM the team that brought *Van Gogh Alive* to Australia, Grande Experiences and Andrew Kay have created *Monet in Paris*, a super-scale arts and entertainment experience for the whole family to enjoy.

Monet in Paris invites guests to step back in time into the dazzling world of 19th-century Paris

where Monet and the Impressionist masters led an unprecedented period of cultural and artistic flourishing. *Monet in Paris* features breath-taking artworks projected at enormous scale in an epic display of light, colour, sound and fragrance.

Visitors will accompany some of the world's most fearless artists of their

time in an exhilarating adventure across 19th-century bohemian Paris and the lush countryside of France. Young and old will be plunged into Monet's Water Lilies and dance with Degas' ballerinas in this stunning explosion of life, light and colour.

Art meets technology as breath-taking paintings are projected on an enormous

scale, illuminating the loose brushwork of Claude Monet, Camille Pissarro, Pierre-Auguste Renoir, Paul Cézanne, Edgar Degas, Berthe Morisot, Mary Cassatt and many more.

Developed by Grande Experiences, SENSORY4™ is a unique system that combines multichannel motion graphics and cinema-quality surround sound to provide one of the most exciting multiscreen environments in the world.

SENSORY4™ can transform any exhibition space to create a dynamic, informative, and visually spectacular experience. Incredibly detailed images flow through the mass of projectors and merge with

digital surround sound and aromas to saturate the space in a breath-taking immersive display.

Within the venue there are so many additional experiences to elevate your experience; from painting classes and endless photo opportunities, to chef-prepared high tea with champagne, delectable French cuisine at Le Bistro, and Monet by Moonlight sessions with DJs, specialty cocktails and art activations along with beautiful gifts to take home, the Monet in Paris Gift Shop offers a thoughtfully curated range of Monet-inspired delights to take home. Items are only available at the on-site Gift Shop, so must be purchased before leaving



Monet in Paris features breathtaking artworks


the experience.

Housed in the purpose built 2,500-metre square Le Grand Palais, situated at Crown Perth, Monet in Paris features breathtaking artworks projected at enormous scale in an epic

display of light, colour, sound and fragrance – perfect for art lovers of all ages to enjoy!

From Thursday 16 November to 4 February 2024, Tickets are on sale now. Head to www.monetinparis.com.au to book.

Dancing in the shadows of



BACK
BY
POPULAR
DEMAND

MOTOWN

THE SOUND OF YOUNG AMERICA & THE SOUL OF MODERN MUSIC
FEATURING INTERNATIONALLY ACCLAIMED ARTISTS

NEW LOOK SHOW WITH EVEN MORE MOTOWN HITS

10 PIECE POWERHOUSE BAND PLAYING MANY CLASSIC HITS FROM:
THE TEMPTATIONS, THE SUPREMES, MARTHA AND THE VANDELLAS, MARVIN GAYE,
THE FOUR TOPS, THE JACKSON 5, STEVIE WONDER ...AND MANY MORE MOTOWN LEGENDS.

THE ASTOR THEATRE PERTH Sat 11th Nov
MANDURAH PERFORMING ARTS CENTRE Sun 12th Nov - 4pm start
BOOK NOW!!!! ditsom.com

Churchland's Choral Society presents an afternoon concert



CHURCHLANDS Choral Society in affiliation with VoiceMoves WA, presents *Home* with special guest soprano Rachel Doulton on Sunday November 26

at 2pm.

Enjoy this afternoon concert full of Aussie classics, homecomings, new adventures and wonder in the world around us with musical director/conductor, Rachel Martella and accompanist Alex Wheeler.

The concert will be held at the wheelchair-accessible All Saints Uniting Church, 50 Berkeley Crescent, Floreat.

Tickets \$25 includes afternoon tea with the Choir – try booking.com/CMGCC or at the door. Under 12's free.

Raffles for bumper hampers available in the foyer prior to the concert.

Further details: churchlandschoralsociety@gmail.com or call Sandra on 9341 5858.



WEST AUSTRALIAN
BALLET

The Nutcracker

17 November - 10 December

Witness the magic of Christmas come to life
in this festive family favourite ballet

Live at His Majesty's Theatre

With West Australian Philharmonic Orchestra

Tickets on sale now
9214 0707 or waballet.com.au

















Final concert for 2023 for the Metso Young Artists program



Taryn Fiebig Concert Hall

THE power of music to change the world, and the passions that it inspires, are why so many have tried to control the fires of the artistic souls that create it.

In this concert experience the power and the passion of two great artists – Prokofiev and Tchaikovsky, who in their time were both applauded and denounced – but definitely left the world an infinitely richer place for their musical gifts to us all.

Prokofiev's *Piano Concerto No 3* will be masterfully brought to life by the brilliant Alexander Chua. Alexander is a long-time student of renowned concert pianist/educator, and Perth music icon Mark Coughlan. This musical masterpiece is truly something that should be experienced live to absorb its full impact – MetSO is delighted to present

MetSO Young Artist 2023 Alexander Chua's powerful performance of this critically acclaimed classic.

Also on the program, Tchaikovsky's *6th Symphony* – the passionate / emotional (*Pateticheskaya*), with its achingly beautiful melodies and exotic waltz in 5/4 time.

MetSO welcomes back to the podium the dynamic Izaak Wesson, who has thoughtfully crafted this powerful and passionate musical experience for you, our dear audience.

Tickets are limited, and this event is expected to sell out. Don't miss this chance to witness one of WA's most promising young musicians in action.

For information about free tickets program for eligible schools, and community and youth organisations, please visit the website's

news page or email info@metso Perth.org.

All concerts are held in the Taryn Fiebig Concert Hall, Churchlands Senior High School; one of WA's finest live performance venues.

This family friendly concert is suitable for all ages and has good disability access.

Tickets from \$12-\$27 (online) and can be booked at metso Perth.org/tickets, or by Googling "Metso tickets".

WIN WIN WIN

We have five double passes to give away to some lucky readers the final Metso concert on Sunday December 3 at 3pm. To be in the draw simply email win@haveagonews.com.au or call the office on 9227 8283 during business hours. Closes 25/11/23.

Saturday matinees at the Ellington

who are looking for world class entertainment.

"This extension of our operating hours is a testament to our commitment to providing outstanding live music experiences to all the people of Perth," said Zoe and Travis.

The Ellington has long been recognised as a hub for exceptional live jazz and other musical genres, hosting world class musicians and providing a welcoming atmosphere for music lovers of all backgrounds. The addition of the Saturday matinees provides more opportunities for

artists and audiences alike.

From November 4 there will be a varied program with something for everyone. From jazz aficionados to musical theatre enthusiasts, lovers of flamenco dance to Paul Simon fans.

Local legend Libby Hammer will entertain the kids this Christmas and Simone Cradock sings wartime songs for Remembrance Day. Perth Favourites Mark Turner and Lachie Glover compliment the virtuosity of Harry Mitchell and Allira Wilson. The Sweet Teas kick off 2024 in three-

part harmony and Metro Big Band provide the grand finale for season.

The premiere series comprises 14 shows running every Saturday from November 4 until January 13. Doors open at 12pm for a 1.30pm show which runs for about two hours. Timing allows patrons to enjoy a delicious and affordable menu. Ticket prices range from \$15 to \$36.

The Ellington is a leisurely stroll from Perth train station at 193 Beaufort street.

Bookings www.ellingtonjazz.com.au/all-shows/



ELLINGTON Jazz Club are launching a new program of Saturday matinees which run between midday and 4pm. The club's new owners Zoe

Jay and Travis Simmons obtained a new extended trading permit to create an opportunity to appeal to families, seniors and music lovers of all ages

Enjoy the light classics with the WA Mandolin Orchestra



Rehearsing for the December concert under the conductor's baton of orchestra leader Robert Schulz

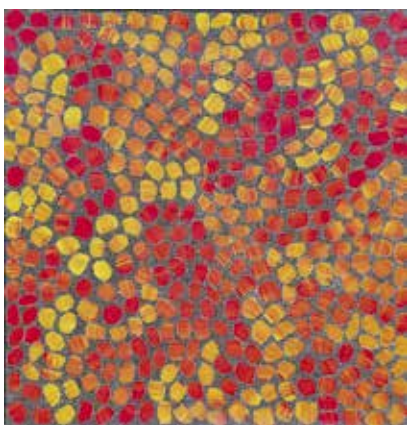
WA Mandolin Orchestra (WAMO) – a community group with members drawn from across the Perth metropolitan area – is busy rehearsing for their next concert.

The orchestra is preparing a program of light classics for a concert at the Melville High School Performing Arts Centre on Sunday December 3, at 4pm.

The program includes an arrangement of the beautiful *Lara's Theme* (from the movie *Dr Zhivago*) along with a number of other tuneful items of varying styles. Listeners will enjoy some Latin-style music, a little Klezmer, and some Spanish-themed pieces. To add to the mix, WAMO will be joined by flute soloist Charlotte Kirke and violinist Ronni Orlando.

Tickets are only \$30, and available at www.trybooking.com/CKSOP or you can find a booking link at the orchestra's website at wamo.com.au.

Desert Stars from the centre to the coast



FIRST Nations artist Selina Teece Pwerl boarded a plane for the first time in March 2010, bound for South Fremantle. Her home is Antarrengey; a remote community north of the Utopia region in central Australia. It was her first visit to a coastal city, and her first view of the ocean.

Selina was in Perth as an emerging artist showing alongside her mother, Lulu Teece in a mother and daughter exhibition, hosted by South Fremantle's Artitia Fine Art Gallery.

Now, 13 years later Selina Teece Pwerl has become an accomplished artist whose paintings fit comfortably into the

national and international exhibiting arena and the gallery is delighted to once again be hosting her return visit.

The exhibition *Desert Stars* is made up of a small group of artists from Utopia, a region spanning many thousands of kilometres to the northeast of Alice Springs. Most however hail from the picturesque Harts Range region in the eastern central desert, and include Caroline Petrick Kngwarreye, Belinda and Janet Golder; Charmaine Pwerle, Colleen Wallace Nungarayi and Ada Beasley Pula.

The artists in this exhibition are constantly inspired by their surroundings but more so the influence of their forebearers and family artists, including Emily Kame Kngwarreye, Polly Ngale, Minnie Pwerle, Barbara Weir and Gloria Petyarre. All are internationally recognised and celebrated artists, now sadly deceased, but their legacy lives on through this younger generation of artists.

"There are so many stars in this exhibition, we couldn't think of a better title for it," says gallery director, Anna Kanaris.

Desert Stars exhibition is free to the public running until Sunday November 19. Opening hours are Wednesday to Sunday, 10am - 4pm. Exhibiting at Terrace Greenhouse Gallery, 223 South Terrace (corner King William Street), South Fremantle.

City of South Perth Historical Society Inc.

Art Museum AND Local History Gallery

Frolic... May Gibbs West Australian flora
May's 1923 illustration *Flower Babies Ball* from *Nuttybub and Nittersing* has inspired this exhibition featuring a selection of early 1900 original watercolours and ephemera.

Nyungar Wanginj Nidja Bilya: Bilya River Stories
aspects of history, river life and spirituality crafted by Kerry-Ann Winmar, an acknowledged Aboriginal Woman Elder of our local areas and professional tour guide.

GALLERY OPEN: Friday 9am - 4pm and Saturday & Sunday 1pm-4pm

Heritage House, 111 Mill Point Road, South Perth
9367 9243 www.southperthhistoricalsociety.org

© The Northcott Society and the Cerebral Palsy Alliance 2023 City of South Perth's May and Herbert Gibbs Art Collection

THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE

Music & Lyrics: William Finn
Conceived by: Rebecca Feldman
Book by: Rachel Sheinkin

Additional Material by Jay Reiss

Originally Produced on Broadway by David Stone, James L. Nederlander, Barbara Whitman, Patrick Catullo, Barrington Stage Company, Second Stage Theatre

Licensed exclusively by Music Theatre International (Australia).
All performance materials supplied by Hal Leonard Australia.

7.30PM 10, 11, 17, 18, 24, 25 November
2PM 18, 25 November PINJARRA CIVIC CENTRE
Director Lori Anders

Bookings www.taztix.com.au/spellingbee
or 9255 3336

THE MURRAY MUSIC AND DRAMA CLUB
Taztix

ACADEMY AWARD® WINNER JOAQUIN PHOENIX DIRECTED BY RIDLEY SCOTT

NAPOLEON

WRITTEN BY DAVID SCARPA

HE CAME FROM NOTHING. HE CONQUERED EVERYTHING.

COMMENCING NOVEMBER 23 at WINDSOR CINEMA LUNA LEEDERVILLE and LUNA ON SX

LUNA PALACE CINEMAS

Tickets and Sessions at www.lunapalace.com.au

BRITISH

FILM FESTIVAL 2023

Featuring Britain's most enduring and well-known faces including Sir Anthony Hopkins, Timothy Spall, Olivia Colman, Helena Bonham Carter, Ian McKellen, Helen Mirren, Michael Caine and Glenda Jackson in her final film

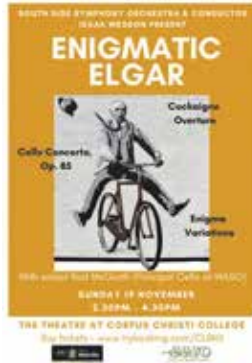
Screening at LUNA LEEDERVILLE, LUNA ON SX and WINDSOR CINEMA from 1 to 29 NOVEMBER

LUNA PALACE CINEMAS

Tickets and Sessions at www.lunapalace.com.au



Community Orchestra and WASO cellist Rod McGrath perform *Enigmatic Elgar*



WASO's principal cellist, Rod McGrath will perform the solo in the Cello Concerto in community ensemble South Side Symphony Orchestra's (SSSO's) upcoming performance, *Enigmatic Elgar*.

Rod has performed with some of the best conductors and orchestras all over the world. Local theatre-goers can experience his mastery for themselves through the music of one of the most iconic and enigmatic composers of all time, Edward Elgar.

The performance will begin with the *Cockaigne Overture* which represents a portrait of Edwardian life – the bustle of London, the lush English countryside, conversations with friends, the beauty of love and the tragedy of war.

This will be followed by the colourful and much-loved *Enigma Variations*, a collection of musical sketches depicting Elgar's wife, friends and colleagues. It was called an enigma by Elgar as it is widely believed to involve a hidden melody.

The finale will be Elgar's aching and powerful *Cello Concerto*, composed in the aftermath of the first world war. The piece was not popular at the time but has since achieved a regular place in the concert repertoire and was even rated the best classical piece written in the twentieth century in the ABC's listener poll in 2011.

Musical director Izaak Wesson says: "This a unique opportunity to dive into one of the most iconic English composers of all time and experience the variety and magnificence of his works in a single sitting. We cannot wait to share this exciting performance with everyone and we feel incredibly grateful to be performing with Rod and showcasing his amazing talent."

The performance takes place on Sunday November 19, at the Corpus Christi College Theatre. To book tickets to this enigmatic performance head to www.trybooking.com/CLBRA today.

What's on the Silver Screen at Luna Cinemas this November

SALTBURN, is the second feature from director Emerald Fennell, who won an Oscar for Promising Young Woman Director. Featuring an all-star cast including Barry Keoghan, Carey Mulligan, Jacob Elordi, Rosamund Pike and Richard E Grant it is a tale of privilege and desire. It's an awesome film and screens at Luna + SX from November 16.

Ridley Scott's historical epic *Napoleon* with Oscar-winner Joaquin

Phoenix starts November 23 at Luna, Windsor and LunaSX.

Ken Loach's latest *Old Oak* features a landlord in a previously thriving mining community struggling to hold onto his pub, while tensions rise in the town when Syrian refugees are placed in the empty houses in the community. Screens at Luna/Windsor/SX November 30.

Uproar is about a 17-year-old student who is forced to get off the fence he has actively sat

on all his life to stand up for himself, taking him and his whanau (family) on a journey towards healing and a brighter future, in this coming-of-age story set against the backdrop of the infamous 1981 South African Springbok Rugby Tour. Screens from November 30 at Luna Leederville and Luna on SX with Windsor from December 7.

Bromley: Light after Dark takes us into the world of this renowned Australian artist. With

unlimited access and openness, peeling away the layers of anxiety, phobias and suicide survival, whilst embracing the humour, energy, and love that is ever-present in the Bromley world. David's journey is not complete without his wife Yuge and it's through this powerful partnership that we witness firsthand the fragility of David's world and state of mind. Screens from November 16 at Luna Leederville only.

Musical Mind A Portrait

in *Process* – 25 years on from *Shine*, Oscar-nominated director Scott Hicks embarks on a journey to explore the mystery and power of amazing musical minds. It explores the mysterious world of musical genius in the work of outstanding international musicians, the impact of music on the brain and its development, the mystery of prodigy and the power of transformational story-telling.

A glimpse into the private worlds and elite

musical processes of four superstar musicians brought together through their connection with the blockbuster movie *Shine* and its director Scott Hicks. Revisiting pianist David Helfgott 25 years after *Shine*, we find a man embraced by

a global audience and at peace with himself.

Musical Mind A Portrait in Process screens November 23–29 at Luna Leederville + Luna on SX at 1pm.

Check out screening times at www.lunapalace.com.au



Celebrate the Christmas season with WA Ballet's *The Nutcracker*



WA Ballet *Nutcracker* & Costumes © Frances Andrijich Photography

DISCOVER faraway lands filled with colourful characters as West Australian Ballet's *The Nutcracker* returns

in all its glittering glory – 50,000 individually applied glitter dots to be exact.

As the oldest ballet company in Australia prepares for their performance, live at His Majesty's Theatre with West Australian Philharmonic Orchestra from November 17 – December 10, the walls are buzzing with excitement.

And the costume department is where the magic of Christmas really comes to life, albeit painstakingly.

Each of the 20 Flowers costumes takes more than 50 hours to complete, thanks to the more than 22,000 individually cut petals, and of course, a plethora of glitter.

Set to Tchaikovsky's iconic score, join Clara on her adventures as she battles the evil Rat King with her Nutcracker soldier, visits the captivating Land of Sweets and revels in the dance of the Sugar Plum Fairy.

Tickets from waballet.com.au or 9214 0707.



Following your heart... Finding your voice

UPROAR is a moving and heart-warming new comedy soon to hit the cinemas about connection and finding your place in the world. 17-year-old Josh (Julian Dennison, *Hunt for The Wilderpeople*) is forced off the fence he has actively sat on his entire life, to find his voice – and to stand up for himself, his whanau (family) and his future. *Uproar* is in cinemas November 30.

WIN WIN WIN

We have 10 double in-season passes to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with *Uproar* in the subject line or write to *Uproar* c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 25/11/23.



Correction

IT was incorrectly stated in last month's issue of *Have a Go News* that the Western Australian Women Artists art exhibition *Our Lives, Our Environments, Our Interpretations* featuring local women artists Willemine Foeken, Shirley Winstanley and Georgia Efford was running at the Whitely Fishbowl Gallery at 2232D Albany Highway, Gosnells in October.

In fact, it will run from November 11–23. (Monday to Friday 10am–4pm), Saturdays (10am–1pm) and Sundays (1pm–4pm).

COMMUNITY NOTEBOOK

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

HIGH TEA & DANCE

Third Friday of each month
1.30pm–4.30pm

COME along for an afternoon of music, dancing and tea. \$14 cover charge includes 30mins tuition and afternoon tea Lesmurdie Hall 96 Gladys Road Enq Rich 0401 040 606

QI GONG & EXERCISE CLASSES FOR SENIORS

FOREVER Fitness conducts regular Qi Gong & Exercise classes for seniors at Gosnells Bowling Club (Monday) and Manning Bowling Club (Wednesday). It covers flexibility, balance, muscular strength, cardiovascular and relaxation (Qi Gong) exercises. \$10 per session. Contact Mr Ho on 0435 046 217 or email foreverfitness888@gmail.com for more information.

RECONCILIATION DAY EVENT

Wednesday November 8,
10am–2pm

WADJAK Northside Aboriginal Group invites you to join them for a free event. Stalls, Aboriginal dancers, arts/crafts, kids' activities, sausage sizzle and more. Bina Parkland, corner Princess Road and Balga Avenue, Balga Enq 9342 0708

THE LOFTUS STREET STITCHERS

Tuesdays 11am to 2pm

THE gentle art of needlework brings a sense of peace, challenges the brain, and improves dexterity. There are various stitching styles and methods and help is always at hand with the group who are both beginners and experienced stitchers. Djiiba Room in the Vincent Community Centre

Enq Janine 0401 343 167

HILLS FABRIC & CRAFT DE-STASH

November 19, 9.30am–2pm
PAPERCRAFTS, sewing, quilting or all manner of crafting items, this is the place to destash or to add to your stash. Gold coin entry. Cannington Exhibition Centre Enq 0410 204 693

ROTARY KWINANA COMMUNITY FAIR

November 11, 10am–2pm
MORE than 100 stalls, arts/crafts, entertainment, cultural groups and performers, vintage vehicles and much more. Free event. Calista Oval 2 Walgreen Crescent, Kwinana Enq 0447 549 997 kimbeciri@gmail.com

GEORGE STREET FESTIVAL

Sunday December 3, 11am–6pm

FREE community event with entertainment, food and music. George Street East Fremantle All ages Enq 9339 9339

ARTISANS AND COLLECTORS 3 IN ONE MARKET AT CLAREMONT SHOWGROUNDS

Saturday November 25 & Sunday November 26, 9.30am–4.30pm
MORE than 300 stalls, Polka Dot Vintage Market. Antiques and collectables. Handmade crafts, music and food. Entry \$10

BAKERS HILL CHRISTMAS FAIR

Saturday November 25, 3pm–8pm
FREE event. Markets, food vans, Santa, live music. Bakers Hill Rec Centre and Oval Enq events.bakershill@gmail.com.

2023 CHRISTMAS TWILIGHT PERTH MAKERS MARKET

November 17, 4pm–9pm
STALLS, delicious food, pop up bar, live music and Santa. Supreme Court Gardens Perth

BYFORD CAROLS

Saturday December 2, 6pm–8.30pm
CAROLS, local artists, sausage sizzle, a night of singing, music and celebration. Free entry. Briggs Park Byford

CHRISTMAS MARKET

Sunday December 10, 12noon–5pm
LIVE music, craft, kids activities, plants, food and drink. St John's Lutheran Church 16 Aberdeen Street, Northbridge

Friend to Friend



Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

ALA: All letters answered	DTE: Down to earth
GSOH: Good sense of humour	ND: Non drinker
SD: Social drinker	NG: Non gambler
NS: Non smoker	NOR: North of River
SOR: South of River	TLC: Tender loving care
WLTM: Would like to meet	

Please nominate a category for your advertisement.

Tick one box only.

- Travel companion Wishing to contact
 Seeking a friend Seeking a partner

Name
 Address
 Phone Email
 I am over 45 years of age (Signature)

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.40) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

80+ GENT GSOH SD NS SOR WLTM lady of similar status for ongoing friendship. Interests; outdoors, travel, gardening, fishing, music. I don't like crowds.
Reply Box 9443

A SLIM genuine lady 70+ WLTM gent approx 80, similar interests; good companion, conversation, enjoy dancing, cooking, gardening, fin sec, GSOH, long term if compatible life in general. NOR.
Reply Box 9433

DON'T be alone. Ladies and gents 64+ come and join us sharing lunch, chats and various social get togethers with NOR friendship group, no fees. Reply with mobile phone number. ALA.
Reply Box 9438

FEMALE 68 seeking well-respected man in community, Australian. Likes quiet life, serious, educated, wholesome. I am Australian and all of above. I like metaphysics, garage sales, Egyptology, shipwrecks, beach, values, ecology, current affairs, gardening, reading. Written replies. Did we miss each other in 1997?
Reply Box 9432

HAVE a Go Meet a Friend Group 65+ calling ladies and gentlemen to share, to make friends, to have lunch together and mingle around for few hours every three weeks on Saturday. Reply with phone number and name.
Reply Box 9440

I LIVE in Carnarvon and I'm 83 years young, NS, SD, GSOH, WLTM educated lady who is DTE, in fairly good health, likewise self, like being active, travel, meeting people and generally socialising etc.
Reply Box 9442

POLISH Australian gentleman, personable, fit, slim, enigmatic, motivated, clean shaven, 71, 60kgs, 174cm, like reading, exercising, social outings and travel. WLTM confident, loving, active, petite lady, similar age for outings, company, give love another chance.
Reply Box 9436

SPANISH speaking ladies and gentleman 65+ feeling lonely and depressed. Let's get together for few hours, have lunch, enjoy and make friends and mingle around. If you are interested about reply with a phone number and name for more info.
Reply Box 9441

YOUNGER looking European gent still active, 72. Interests; meet single or widowed women, love movies, dinner, travel, love dancing, not good, NOR, NS, GSOH, age 60-70, SD, WLTM. Cuddles, friendship.
Reply Box 9431

Seeking a Partner

ALBANY lady 74 NS WLTM gentleman 70-77 NS for social outings and friendship. My interests; travel, caravanning, housesitting, photography, reading, swimming and table tennis.
Reply Box 9435

ATTRACTIVE lady 70+ UK Australian, medium build, educated, VGSOH, ND, SOR 6107. I enjoy reading, walking, music, gardening, country drives, socialising, current affairs, WLTM genuine, unattached (not separated), fin sec, well presented, gent, 67-75, with old fashioned values for permanent long term relationship, hills, country or metro areas. Genuine replies only. ALA.
Reply Box 9434

GENT 78 active, GSOH, lives one hour NOR, into beach, camping, fishing, mobile home, seeks active lady, 70+ to live with full or part-time, quiet life with animals if compatible on all levels of life, golden opportunity for lady in last 10 years of life.
Reply Box 9437

GENT 80, sociable, NS, enjoys movies, markets, dining out, well presented, honest, loyal. Likes long term relationship, enjoys walks on beach. Lady let's meet for a chat.
Reply Box 9429

LADY 60, active, well groomed, easy going, SOR. WLTM gentleman 60-68, happy, willing to give love another go, DTE, GSOH, NS, SD or ND, NG.
Reply Box 9427

SINCERE English gent 65, NS, SD, NOR, caring, affectionate, romantic. WLTM lady, partner, 52-70, to share life with, friendship to begin. Love photography, music, gardening, eating out. Please forward mobile number, arrange time for coffee.
Reply Box 9428

THIS active passionate lady 74 can add the spark to your life you have been looking for. Mix a bit of magic into your palette and enjoy the rest of our lives on the road together.
Reply Box 9430

WLTM a kind-hearted Asian lady, DTE enjoys country life for long term relationship. Enjoys simple walks on beach, dinner or just being cared for by easy going country gent 66yrs. NS, ND.
Reply Box 9439



Do you need a companion or friend? Let Have a Go News help you through our Friend to Friend page.

When replying to a Friend to Friend entry...



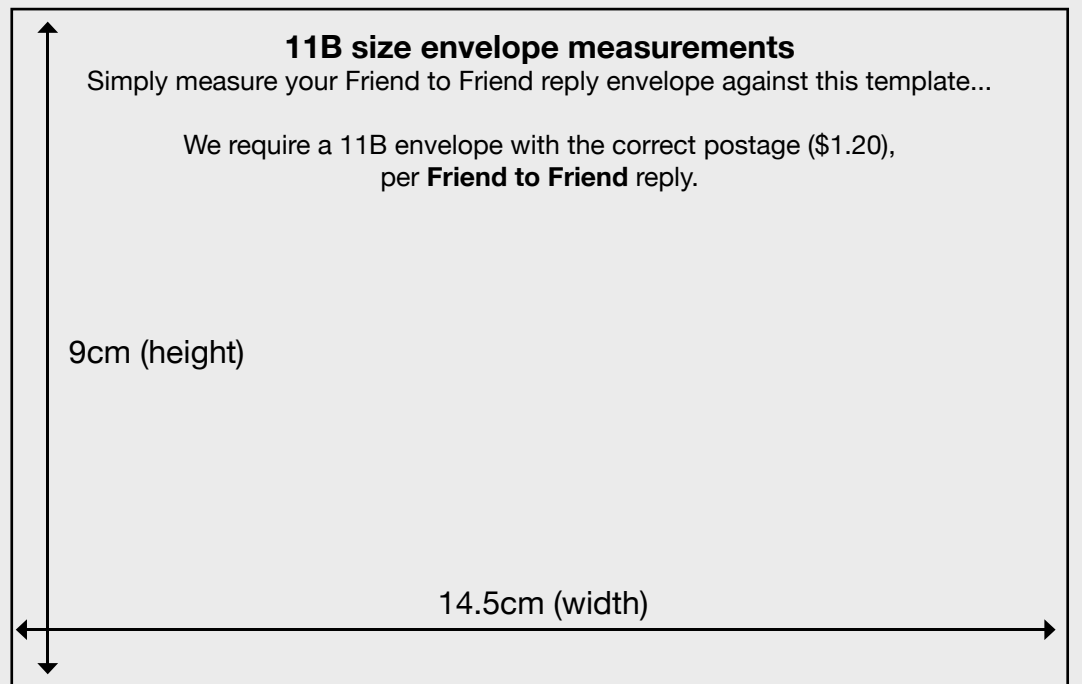
To reply to the advertisements in Friend to Friend nominate the reply box (the number

located at the right hand bottom corner of the ad) concerned and post to:
 eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)
 Write your reply on a single sheet of paper

and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see example above.
 No greeting cards,

bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not opened. Replies must be in response to reply boxes no older than three months.

Envelope size for Friend to Friend replies...



Have a Go Day - a LiveLighter Event MAJOR RAFFLE ENTRY FORM*



WIN WIN WIN: To be in the draw, to win one of these great prizes, simply fill in this form and place in the entry barrels at the information booths at site 24 and 71 between 9am to 2.30pm at Have a Go Day, a LiveLighter Event. *One prize per family

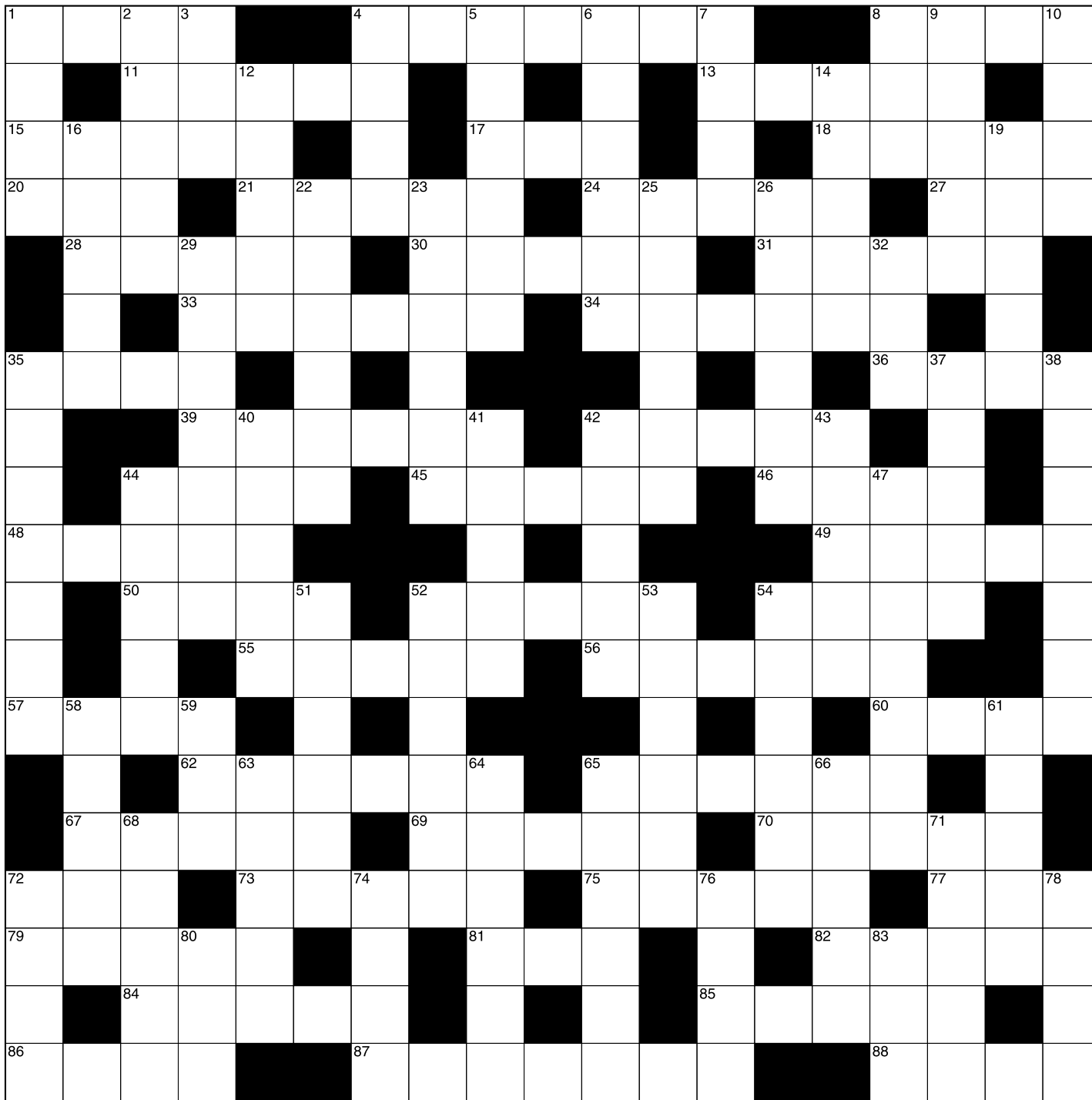
- First Prize - Donated by Crown Perth**
- One night's accommodation for two people at Crown Towers Perth in a Premier Club Suite Room
 - Crystal Club access for two people
 - Valet parking for one vehicle
 - \$500 Crown Gifts Card
- This will be in the form of a \$500 Crown Gifts Card and a Premier Club Suite Package Gift Card.
- Second Prize - Donated by Have a Go News and Kings Tours and Travel**
- A \$500 Coles/Myer voucher
- Third Prize - Donated by SRCWA**
- 1 pair of Pole Walking Poles

NAME:
 CONTACT NUMBER:
 EMAIL:
 ADDRESS:

*One prize per family



BIG CROSSWORD - SEE PAGE 45 FOR SOLUTIONS



ACROSS

- 1. Begin, ... off
- 4. Plunged blade into
- 8. Engage (gears)
- 11. Extend arm
- 13. Hollywood award statuette
- 15. Gambols
- 17. Coronation regalia, ... & sceptre
- 18. Saying
- 20. Bar bill
- 21. Brown photo shade
- 24. Holy images
- 27. Mournful
- 28. Tiny landmasses
- 30. Laundry machine
- 31. Anaesthetic gas
- 33. Tickled
- 34. Couch
- 35. In current state (2,2)
- 36. Hotel's cleaning lady
- 39. Overthrow
- 42. Feasted, ... & dined
- 44. Mocking remark
- 45. Visual perception
- 46. The D of DOA
- 48. Horned beast, white ...
- 49. Hazard
- 50. Antiquated
- 52. Successors
- 54. Skin opening
- 55. More secure
- 56. Spanish carnival
- 57. Facts
- 60. Udder tip
- 62. Din
- 65. Develop
- 67. Overweight
- 69. Reason
- 70. Face disguises
- 72. CD brand (1,1,1)
- 73. Worships
- 75. Long curl
- 77. Assent with head
- 79. Outmoded
- 81. Leaf brew
- 82. Jet black
- 84. Pig's grunts
- 85. Of the nose
- 86. Isn't able to (3'1)
- 87. Strangeness
- 88. Woe!

DOWN

- 1. Retained
- 2. Zodiac crustaceans
- 3. Map guide
- 4. Store
- 5. On ship
- 6. Newborns
- 7. Extinct bird
- 8. Angry
- 9. Eradicate
- 10. Cultivated (ground)
- 12. Advantage
- 14. Indian class system
- 16. Lions' abodes
- 19. Flavouring sachet, bouquet ...
- 22. Break-out
- 23. High standards
- 25. Ledger entry
- 26. Caught (butterfly)
- 29. Cataloguing
- 32. Dress edge
- 35. Beautified
- 37. Waltz virtuoso, ... Rieu
- 38. Least interesting
- 40. Woodwind instruments
- 41. Northern sea duck
- 42. Dock
- 43. Bus base
- 44. Jumbo (size)
- 47. Carbonates
- 51. Ballroom performer
- 52. Religious deviation
- 53. 25th wedding anniversary
- 54. Sacred songs
- 58. Smell
- 59. You ... what you eat
- 61. Fire-lighting crime
- 63. Colorado ski town
- 64. Tried
- 65. Housing complex
- 66. Flower jars
- 68. Buffalo
- 71. Grassy hill
- 72. Lengthy movie
- 74. Additionally
- 76. Immense periods
- 78. Pigments
- 80. Take (exam)
- 83. Bleating sound



Gift these books to your family or friends this festive season



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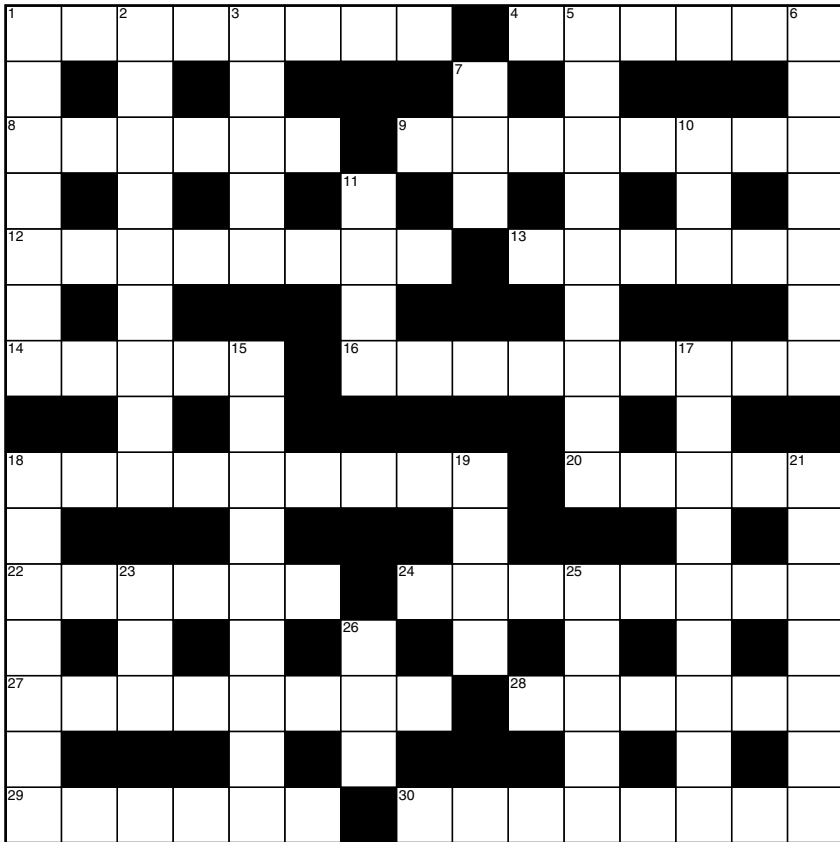
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CRYPTIC CROSSWORD



ACROSS
 1. Gazelle found before long easy walk (8)
 4. Diplomacy, I see, is a strategy (6)
 8. In the Sahara, Fatima found Yasser (6)
 9. Delay mail? Post office

directions (8)
 12. Donkeys, sulphur or a property valuer (8)
 13. Chore I concoct for joint successor (6)
 14. Ambushes most Spartans on their way back (5)
 16. Fan that a dentist

might use? (9)
 18. Frieze tile expressly for pool stroke? (9)
 20. Beat repeatedly when in bathrobe (5)
 22. Acquiesce nicely, having panoramic views (6)
 24. Sing about corn being

contemptuous (8)
 27. When asked for ice, cite 'vision' (8)
 28. Collision is the deed of a little devil (6)
 29. Ease off steering line for puppets and pearls (6)
 30. Hugh mainly spoke in a compassionate way (8)

DOWN
 1. In Canada, man takes firm (7)
 2. Alter ants? Change tongues (9)
 3. Deals out title roles (5)
 5. In the past, Ron authorised driver of rocket (9)
 6. Cleaner making little change more apparent (7)
 7. Who turns in what way? (3)
 10. Poem written in Rhodes (3)
 11. Appear in taco menu (4)
 15. Slight trace of what Caesar's wife must be above? (9)
 17. Finish term in eight, say (9)
 18. Cultivates forests perhaps? (7)
 19. Engrave in stretcher? (4)
 21. Rumour of bigger tree caused prejudice (7)
 23. Sheep coming from both sides (3)
 25. Ballroom dance needs some drum backing (5)
 26. A ship, a woman or a song, by Aznavour (3)

SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9.

RATING: ★★☆☆☆

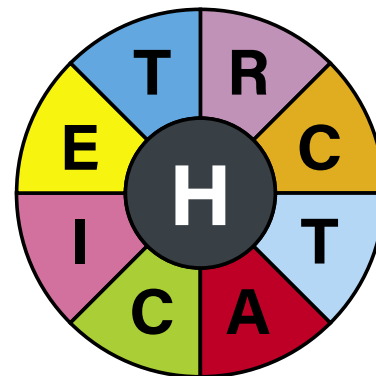
								5
	4		9	1	7			2
9		1		3				
1	5	6	3					7
	9		6	8	5		2	
3					1	9	5	6
				7		5		4
8			4	9	6		7	
6								

WHEEL WORDS

Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals ending with S. See if you can find the 9-letter word using all the letters.

Wheel Words

23 Good 30 Very Good 42+ Excellent



© Lovatts Puzzles

WORD SEARCH



S	E	L	I	T	P	T	O	I	L	E	T	M
D	O	I	M	L	D	I	Y	Y	H	O	O	U
N	K	R	O	P	I	Q	C	T	D	O	U	D
I	H	S	O	S	N	I	A	T	R	U	C	T
L	K	W	R	P	I	B	E	D	U	A	T	W
B	I	O	S	A	N	Y	E	G	R	R	A	S
B	T	D	E	N	G	B	R	P	A	R	E	F
S	C	N	M	T	R	L	E	D	D	R	O	S
K	H	I	A	R	O	T	I	R	N	Y	A	D
O	E	W	G	Y	O	P	O	G	E	U	Q	G
E	N	T	R	Y	M	B	E	R	H	E	A	M
L	O	U	N	G	E	R	O	O	M	T	L	L
L	S	R	I	A	T	S	D	O	O	R	S	S

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