

FREE MONTHLY

Have a Go NEWS

SINGLE?
We have your partner



Providing personal introductions on a 'one to one' basis since 1995

NO COMPUTER NEEDED!
9371 0380

SOLUTIONS
We have your partner

See Friend to Friend page for Solutions Contacts Column

www.solutionsmatchmaking.com.au

LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

PRINT POST 100022543

VOLUME 31 NO. 4 ISSUE NO. 356 NOVEMBER 2021

IN THIS ISSUE



Let's go travelling
- Fishing for Samson
- Australia's South West
- Gail Williams in the Goldfields



Have a Go News' Lee Tate speaks Sir William Heseltine



Allen Newton interviews *Falling for Figaro's* director Ben Lewin



Food & Wine
- Recipes and ideas
- Dining Divas
- Brunch with T

COMPETITIONS/GIVEAWAYS

Ad Words - \$200 Shopping voucher
\$100 Mastercard
Scratchies

Sealink Captain Cook Cruises

TICKETS - *British Film Festival, Best Sellers, Spider-Man No Way Home, A Boy Called Christmas*
DVD - *Help*

Visit www.haveagonews.com.au
Phone (08) 9227 8283

30 YEAR ANNIVERSARY 1991 - 2021
NOW PRINTING 80,000 COPIES

SUPPORTING SENIORS' RECREATION COUNCIL OF WA (INC)

Liz looks at life, love and getting older



Western Australian author Liz Byrski

by Josephine Allison

WHEN much-loved WA author Liz Byrski was a young girl growing up in Britain her mother took her to the Brussels Exhibition, a special event which stayed in her mind. This, and the polio epidemic at the time, are elements in her just-released book, *At the End of the Day*. "I think of this event in my childhood quite often," Liz tells *Have a Go News* from Busselton where she is on holiday. "I think there are a lot of people who don't know about the polio epidemic, especially if they are younger. "It interested me and I wanted to put it into a book. I am 77 now and I was about 14 when I went to the Brussels Expo with my mother, my mother's friend and her 13-year-old daughter who had just been released after three years in hospital battling polio." *At the End of the Day* focuses on Mim Squires and Mathias Vander stranded together on a disrupted flight home to Perth, finding they have much in common. Mim

owns a bookshop, Mathias is a writer, and both are at turning points in their lives. Mim's childhood polio is taking a toll on her life, Mathias is contemplating a cross-continent move to be nearer to his daughter. Readers will relate to the Perth and Fremantle settings and the couple's challenges of being aged in their late 70s and facing secrets from their past. "I remember my parents being really worried about the polio epidemic, trying to keep me away from other children for

fear I might catch it," Liz says. "I have a very dear friend who suffered badly with it and who I mention at the end of the book and his whole life has been really affected by it." Liz says she hopes her new book gives older people the feel for change. "I have found that as I have got older, I have become much more relaxed about everything. The pressures of work and family are not the same and so it is a great chance to explore new opportunities, that comes to the

fore in the book. "Reading it, I hope it gives people a sense of change that I have felt as I have got older, a lightness and a sense of there are lots of things to do. We don't have to conform as much as when we were younger and working for other people. "I think there is a lifting of that pressure. I didn't retire until I was 75 and so there is the chance to embrace other ideas, new friends and hobbies and sit down and read a book without feeling guilty. "A lot of that is due to how we feel when we get to old age. If we feel negative about it, you are going to have a sad time. If you are open to new things and new friends then you will have a much better old age. We have to accept the fact that we can't do certain things we could do when we were younger, but you can do lots of other things." London born Liz started working life as a journalist in Britain, moving to Australia in 1981. She worked as a freelance journalist and, from 1988 to 1990 and from 1993 to 1996, was a broadcaster and executive producer at ABC 720 6WF in Perth. From 1996 to 2003 she was an adjunct teaching fellow at Curtin University teaching professional writing, journalism and media ethics. She is the author of 11 novels starting with *Gang of Four* (2004) and 14 non-fiction books. Liz suffered a mild stroke while writing *At the End of the Day* which, she says, affected her memory dramatically. "I'm constantly having to ask people what I have said, where I am supposed to be and write everything down; I can't hold things in my memory anymore. "I found writing the book difficult because most of the ideas had evaporated with the stroke. Eventually I got back into it, the publisher had paid me in advance so I had to continue, which helped me in the long run.

continued on page 3



HARDLESS LEGAL
Barristers and Solicitors - www.hardlesslegal.com

Fixed fees available for simple Wills, Enduring Powers of Attorney and Guardianship
Initial appointments start at \$55 for the first half-hour



Philip Hardless, Principal of Hardless Legal

Practice Areas
• Wills & Estates
• Court Hearings
• Civil Litigation
• Family Law
• Restraining Orders
• Criminal Law
• Commercial Law
• Property Law
• Aviation Law

CONTACT HARDLESS LEGAL
CY O'Connor Village Unit 5D, 11 Erade Drive, Piara Waters
Phone: 9397 1393
Email: admin@hardlesslegal.com



CAPTAIN COOK CRUISES
A Brilliant TRAVELS EXPERIENCE

Have a go and explore the beautiful Swan River with the only tour in Perth that provides a seamless dining experience. Offering easy access and friendly staff, now is the best time to try Captain Cooks Fremantle Lunch Cruise.

HAVEAGO15

Use our exclusive discount for 15% off the Fremantle Lunch Cruise. Valid for travel until 30/11/2021.

08 9325 3341

From the editor's desk

PERTH community was shocked at the news of the death of much loved ABC radio announcer Russell Woolf. Russell was a warm and friendly person who I had the opportunity to meet on many occasions and he graced our front cover a few years ago. I and the whole team here at *Have a Go News* extend our sympathies to his family, friends and of course his loyal listeners. At only 56 years old, it was a life taken way too soon and he will be missed by many.

★★★

I would also like to pay tribute to Australian entertainer Bert Newton. We had the pleasure of meeting and interviewing Bert when he joined the cast of *Wicked* on stage at Crown Theatre and featured him on the front cover back in December 2010. He was a warm and friendly person and we felt honoured to spend some time with him.

★★★

The Western Australian Government has announced that grandparents who are caring for grandchildren and registered under the Grandcarers Support Scheme in Western Australia will now receive \$1,000 per annum for each child in their care. The increased payments begin this month with the new rate backdated to 1 July 2021. This will ensure top-up payments can be made to any grandcarers who have already received payments at the old rate within the current financial year.

★★★

Over the years we have helped many community groups connect with people suitable for their needs and I was thrilled when the Retired Teachers Association Choir let me know that they found a conductor through a callout in our pages. They are now looking for more singers so please see details on

page 16 if you're interested in joining a choir.

★★★

The question and answer service we offer for readers in conjunction with Hank Jongen's column from the Department of Human Services is well used by readers. It's always pleasing to see positive outcomes from this facility. Each month in the regular column we provide concise and up to date information about pensions and payments. See page 11 for this month's column.

★★★

Our *Have a Go News* Facebook page offers us an opportunity to stay in touch with people on a regular basis. If you're on that platform, like the page so you too can be part of the fun. We promote events, outline interesting information, share some good jokes and of course offer a variety of competitions. You can follow the page at www.facebook.com/haveagonews.com.au

Haveagonews/

★★★

Each edition we print 80,000 hard copies and we know many outlets are still running out. We're hoping to increase our print run again next year although this is subject to an increase in advertising support (c'mon WA Government get behind us). To alleviate the demand, we offer a service to email an electronic copy of the newspaper to people on the day of publication. We don't send you anything else except the newspaper and you can sign up at readers@haveagonews.com.au

★★★

I look forward to seeing many of you at events throughout the month. Enjoy this month's read.

Jennifer Merigan,
Editor

jen@haveagonews.com.au
www.haveagonews.com.au
Phone 08 9227 8283

Word of the month

Tatterdemalion

Adjective
Pronounced tə-tər-di-māl-yən

Meaning
RAGGED or disreputable in appearance or being in a decayed state or condition.

The exact origin of tatterdemalion is uncertain, but it's likely to be connected to either the noun tatter ("a torn scrap or shred") or the adjective tattered

("ragged" or "wearing ragged clothes"). Tatterdemalion has been used in print since the 1600s. In its first documented use in 1608, it was used as a noun (as it still can be) to refer to a person in ragged clothing - the type of person we might also call a ragamuffin. Within half the first appearance of tatterdemalion, it came to be used as an adjective to describe anything or anyone ragged or disreputable.

Noongar Words

Booladarlung - pelican
Darbal - Estuary
Dobitj - dugite
Garra-Katta - Mt Eliza at the foot of Kings Park

Ageing research snippet

Do some cognitive functions improve with age?

SCIENTISTS generally believe that cognitive functions, including attention, executive function, and reasoning skills, decline with age, but a new observational study which appeared in *Nature Human Behaviour* has challenged this belief.

Cognitive functioning refers to the performance of the mental processes of perception, learning, memory, understanding, awareness, reasoning, judgment, intuition, and language.

"People have widely assumed that attention and executive functions decline with age, despite intriguing hints from some smaller-scale studies that raised questions about these assumptions," says senior study author Michael T Ullman Professor of Neuroscience at Georgetown University, USA.

The researchers studied 702 participants who were aged 58-98. They examined alerting, orienting and executive functions.

The researchers found that only alert-

ing abilities declined. The other two processes - orienting and executive inhibition - improved.

"We use all three processes constantly," First author Dr. João Verissimo said. "For example, when you are driving a car, alerting is your increased preparedness when you approach an intersection. Orienting occurs when you shift your attention to an unexpected movement, such as a pedestrian. And executive function allows you to inhibit distractions, such as birds or billboards, so you can stay focused on driving."

"These results are amazing and have important consequences for how we should view ageing," says Dr. Ullman. "But the results from our large study indicate that critical elements of these abilities actually improve during ageing, likely because we simply practice these skills throughout our life."

More research is required to understand exactly which activities keep brains working best as we get older.

Have a Go News Quick Quiz

Meekatharra is in which WA region?
Name WA's biggest business conglomerate (with Coles).
How heavy is the world's biggest, heaviest and most valuable coin?
Where is the world's biggest, heaviest and most valuable coin?
Which Aussie airline crashed in the 2000s and has taken-off again?
What does Scott Morrison do (not the PM)?
Mathias Cormann belonged to what renegade WA Liberal group?
What large creatures feed on baitfish on Ningaloo Reef?
What was Michelle Grattan's profession?
Who is WA's State Development Minister?
See answers on page 48.

Great West Aussies - Did you know?

VALERIE Powell won the Australian Sports Medal in 2000 and was in the national pistol shooting teams of 1979-81 and WA teams in 1979-84, 2000-03. She was air pistol State champion in 1983, 91, 95, 97.

Quote of the month

COURAGE does not always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow."

Mary Anne Radmacher

Noongar Season

Kambarang - October and November - season of birth

Live for Free!*

Settle into Bethanie's beautifully refurbished apartments at Warwick Village and pay no village fees for your first year.*

Our contemporary one bedroom apartments offer retirement living within a vibrant community where you can socialise, entertain or just relax.

Plus, enjoy the surrounds of Warwick with picturesque parklands and conveniently located amenities.

Take advantage of this limited time offer today!

Find out more at bethanie.com.au/warwick and visit us at 312-314 Erindale Rd, Warwick. Call 131 151 anytime.

*Terms and conditions apply. Visit bethanie.com.au/warwick for full terms and conditions.



Bethanie



The Queen's former private secretary shares his story of life in the palace



Sir William Heseltine with Richard Offen

by Lee Tate

SCHOOLBOY Bill Heseltine developed a strategy to follow his school's church services.

"I found that if I stayed behind and collected the hymn books, I could avoid going to the gym," said a smiling Sir William Heseltine, now 91.

The Queen's former

private secretary was speaking to a jam-packed audience in the same church where he collected the hymn books 80 years ago, Claremont's historic Christ Church.

Sir William's extraordinary life has come full circle.

Dubbed by the media as 'the boy from Wyalkatchem', Sir William

is proudly a Fremantle-born boy who spent three years in Wyalkatchem as a toddler.

"Both sides of my family came out to Australia on the first fleet of convicts - although none was a convict, I hasten to add," he laughed.

"I come from rather a strong strain of teachers. Both my parents were teachers and my father took up a teaching post in Wyalkatchem."

In a rare public talk, Sir William was being interviewed in a fundraiser for the Royal WA Historical Society by its president, Richard Offen.

Sir William's high-ranking public service career began when he became private secretary to Prime Minister, Robert Menzies.

"Menzies seemed to accept that you couldn't come from a place called Wyalkatchem. Until one day on the prime minister's plane when we were

diverted over WA and the pilot announced: 'We have just flown over Wyalkatchem.'

"I said: That's my home-town."

Sir William said Menzies (later Sir Robert) "had such high standards. He would loathe if things were not done for his own personal standards."

This included changing ageing curtains.

"We were a team of just nine staffers, not like the 80 or 90 prime ministerial staff today who must get under the feet of each other," he said.

After five years as Menzies's aide, Sir William was seconded to Australia House in London, becoming a press secretary, then permanent member of the Royal Household at Buckingham Palace as the Queen's private secretary and Keeper of the Queen's Archives.

"In the summer holidays, when the royal family went up to Balmoral, I grew a beard. When the Queen saw it, she just said: 'Well, I suppose it's alright up here.'"

"So I thought I'd better have it off before we meet in London," he said.

Sir William said he had close contact with the Queen over the 27 years he worked at the palace and got used to seeing her over the breakfast table and in her riding clothes after her early morning horse rides.

He joined royal deer shoots and said that anyone who has an issue with blood sports should consider that deer were in big numbers in the highlands, no longer with natural predators.

"This is the most humane way to cull them," he said.

Sir William was given an instruction before his first hunt: "You have

to catch and kill every wounded stag. The other piece of advice was to drink the dram of whisky we were all issued with."

While picnicking with the Queen in Balmoral's extensive grounds, Sir William said a group of Scottish youths wandered in (public access to Scottish royal grounds is protected by law).

"A girl called out to the Queen: 'They tell me you're the Queen. What are ya doin' here?'"

"I live here," said the Queen.

In 1975, Sir William was woken by a phone call from Australia. It was David Smith, official secretary to Governor-General, Sir John Kerr.

"David said 'I'm ringing to tell you the Governor-General has dismissed the Prime Minister.'"

"What? But I thought at 3am I wasn't going to ring the Queen when she could do absolutely nothing about it."

"My colleague and I knew to get to the Queen at breakfast before she turned-on the 8 o'clock news."

Sir William said he had great respect and affection for the Queen and her existence is really what matters as head of the parliament, the government, the church and the military.

"Everyone agrees, the Queen has done a responsible job," he said.

Sir William Heseltine, GCB, GCVO, AC, QSO retired in 1990. He received a long and faithful service medal in 1985 for 20 years of service to the royal family.

Before leaving on his walking stick, Sir William told the historical society's huge crowd: "You're the first audience that's ever paid to listen to me. I hope you got your money's worth."

Thunderous applause.

Don't miss the Christmas edition of *Booked in for a Cuppa*

HISTORY West will present a great selection of Western Australian historical reads at their final *Booked in for a Cuppa* on Wednesday 8 December.

Master of Ceremonies, Patrick Cornish presents a series of WA authors including Leigh W Simmons (*Naturalist on the*

Bibbulmun), Alex Forrest (*Idle Torque*), Cindy Solonec (*Debesa*) and Sue Clarke covering a selection of children's books.

Tickets are \$10 and the event starts at 10am at Stirling House, 49 Broadway, Nedlands. Call 9386 3841 or email admin@histwest.org.au.

Join us online:
www.haveagonews.com.au

CLEAN & FRESH!

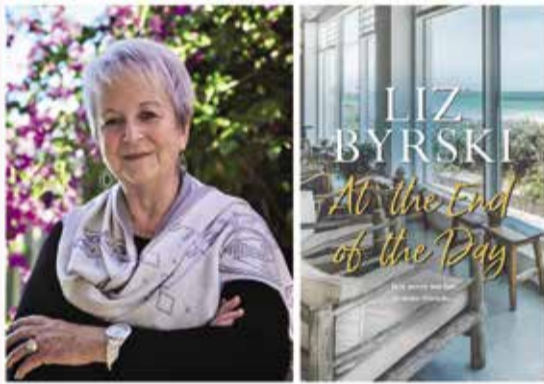
With just the push of a button...
this Bidet will clean you with warm water and then dry you with a gentle stream of warm air.

08 6315 4252

FREE BIDET*
*Call now to see if you are eligible for funding.

THE BIDET SHOP

continued from front cover **Liz looks at life, love and getting older** by Josephine Allison



Liz Byrski and her new book

"I have the idea for another book in my head so I know what the theme is and where it will be set. I'm looking forward to getting into it and starting something new; it makes me make use of my time. I live alone and, apart from responsibilities to my dog Gazza, I am in a straight forward situation."

Liz says she is very much a writer, reads a lot and does yoga.

"I spend a lot of time with friends and alone. I seem to need that. You can be outgoing when you need to but I get sad and depressed if I don't have time alone."

Liz started to write books involving older people when she was in her 50s.

"I looked around for books about older women and couldn't find anything. I found a few but they weren't Australian books."

"I wrote *Gang of Four* which just went so well, the publisher loved it and so did the readers. So, I thought I would continue with the theme of stories involving older women. It worked really well so I have kept on doing it."

At the End of the Day (RRP \$32.99, Pan Macmillan Australia) is available from all good bookshops.

B4U
EDS

LIFT CHAIRS and HI-LO ADJUSTABLE BEDS ALSO AVAILABLE

MENTION THIS AD TO RECEIVE:

- ✓ FREE DELIVERY IN PERTH METRO
- ✓ FREE ASSEMBLY IN PERTH METRO
- ✓ FREE PICK UP OF OLD BED IF REQUIRED IN PERTH METRO*

*MINIMUM SPEND OF \$1000

QUALITY PRODUCTS AT PRICES YOU WON'T LOSE SLEEP OVER!

BED AND MATTRESS PACKAGE

I CLOUD MESSAGE BED AND PREMIER COMFORT / CONTOUR MATTRESS

ADJUSTABLE BEDS WITH MASSAGE AT AFFORDABLE PRICES



- TV, ZG, Anti snore
- Head and foot massage
- 7 year warranty on electric motor
- 10 year warranty on frame
- Fitted with German OKIN motors
- Many preset positions for head and foot raise
- Wireless remote and adjustable legs
- Side rails for support can be added

16 different preset vibrations for head and foot



GREAT MATTRESS TO GO WITH ADJUSTABLE BEDS

- Made in Perth by Slumbercare
- 10 year guarantee
- Zoned pocket spring
- Gel infused memory foam in comfort layer
- Foam box on side
- Available in medium and medium firm feel

Up to 48 months interest free via Latitude Finance

BED & MATTRESS PACKAGE DEALS King Split \$3499 Queen Split \$3399 Queen/Double \$2399 King Single \$2199 Long Single \$2000

Beds 4 U - Malaga
2/643 Marshall Road
Malaga
9249 8449

Beds 4 U - Maddington
Maddington Central Shopping Centre
Cnr Attfield St & Burslem Drive
Maddington
0414 040 644

Beds 4 U - Mandurah
Mandurah Forum Shopping Centre
near Target, across from The Reject Shop
330 Pinjarra Road, Mandurah
0406 116 841

Beds 4 U - Armadale
Armadale Shopping City
opposite Best and Less
10 Jull Street
0414 591 652

Beds 4 U - Kwinana
Kwinana Town Centre
Next to BIGW
4 Chisholm Avenue
0406 986 607

Beds 4 U - Wanneroo
950 Wanneroo Road
Outside Wanneroo Shopping
Centre next to Commonwealth Bank
0424 983 868

www.beds4u.com.au

Beds4u Perth

Find us on

FREE MONTHLY
Have a Go
NEWS

Food & Wine • Club News • Healthy Living • Downsizing
 Healthy Ageing • Let's Go Travelling • Arts/Reviews

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

The *Have a Go News* DECEMBER edition will be published on Monday 6/12/21



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

Publishers: **Concept Media**
 Street address: 137 Edward Street Perth WA 6000
 Postal address: PO Box 1042 West Leederville WA 6901
Website: www.haveagonews.com.au
Tel: (08) 9227 8283
Fax: (08) 9227 8293
Editor: **Jennifer Merigan**
 /Travel Editor
Please address all correspondence to the Editor
 Email the editor/travel editor: jen@haveagonews.com.au
 Email to production: production@haveagonews.com.au
Printers: **IVE Group WA**
Assistant Editor: **Tahlia Merigan**
Journalists: **Josephine Allison** **Frank Smith**
Allen Newton **Lee Tate**
Columnists: **Colin Barlow** **Jon Lewis**
Karen Majer **Tahlia Merigan**
Mike Roennfeldt
Contributors: **Noelene Swain** **Vince Garreffa**
Production: **Suyin Boehm**
 /Graphic Artist
Advertising sales:
Direct Line: (08) 9227 8283
Email: advertising@haveagonews.com.au
Features Manager: **Tammy Scott**
Sales Account Managers: **Deb Smith**
Sue Uphill

The attention of advertisers is drawn to the Competition and Consumer Act 2010 and the provisions in the Act which apply to advertising. Warranty & Indemnity: Advertisers and/or advertising agencies upon and by lodging material with the publisher for publication or authorising or approving the publication of any material INDEMNIFY the Publisher, its servants and agents against all liability claim or proceedings whatsoever arising from the publication and without limiting the generality of the foregoing so indemnify each of them in relation to defamation, slander of title, breach of copyright, infringement of trademarks or names or publication titles, unfair competition or trade practices, royalties or violations of rights of privacy and WARRANT that the material complies with all relevant laws and regulations and that its publication will not give rise to any rights against its servants or agents. All advertising material submitted for publication will be accepted only on the understanding that the material provided is not in contravention of any provision of the Competition and Consumer Act 2010 and Trade Descriptions and False Advertisements Act (W.A.) and the publisher may rely on that understanding. Although every care is taken the Publisher shall not be liable for clerical or printers' errors or their consequences however caused and no responsibility can be accepted by the Publisher where publication is delayed or prevented by factors beyond the control of the publishers. The Publisher reserves the right in its absolute discretion to alter in whole or in part or to withdraw from publication any advertisement. No advertisement undertaken by a client shall be reliant on supporting editorial. All editorial submissions shall be used at the Editor's discretion. All editorial submissions published in this newspaper remains the property of the publishers and cannot be reproduced without written authority. The editorial views expressed in this publication are not necessarily those of the publishers.

Index



- 1-22 Early General News and columns
- 23-25 Food & Wine
- 27-35 Let's go Travelling
- 36 Healthy Living
- 37-40 Downsizing
- 41-42 Disability Awareness
- 43-44 International Volunteer Day
- 45-46 Have a Go Day
- 47-48 Great Home & Gardening
- 49-52 Arts
- 53 Friend to Friend
- 54-55 Puzzles

Booster covid shots may be necessary for some...



Boosters is like giving extra life jackets to people already wearing them...

by Frank Smith

VACCINE induced immunity to most viruses is not for ever. Data from Public Health England indicates that 20 weeks after the second dose, protection against symptomatic disease falls from about 90 per cent to 70 per cent with Pfizer and from 65 per cent to 50 per cent with the AstraZeneca vaccines. The decline is more pronounced in older people. As a result the UK Government is inviting all fully-vaccinated residents over 50 to have a third dose. The campaign is especially aimed at aged care home residents, front-line

healthcare and social care workers, people aged over 70 and adults who are clinically vulnerable or immunosuppressed. Booster shots in the UK are designed to reduce the risk of covid spreading further and of overloading hospitals in the northern hemisphere winter. In the US booster shots are being offered to everyone over 65, those with underlying health conditions and people in jobs with a high risk of exposure to the virus such as health care workers. The US has already given booster vaccines jabs to two million people with compromised immune

systems. Preliminary results of a trial at the University Hospital Southampton (UK) show the third dose of seven different vaccines was well tolerated and produced a significant boost in immunity. Final results are expected to be published this month. A trial of giving a booster shot to people over 60 in Israel found a 11-fold decrease in risk of infection and ten-fold decrease in the risk of severe illness when given five months after their second dose. This booster achieved approximately 95 per cent efficacy even against the virulent delta strain of covid. If an annual booster should become necessary the good news is that a University of Bristol (UK) trial of providing covid boosters together with an annual 'flu shot' has been successful. So, we won't all end up looking like pincushions. Not everyone believes in giving booster shots at this stage. The director-general of the World Health Organization, Tedros Adha-

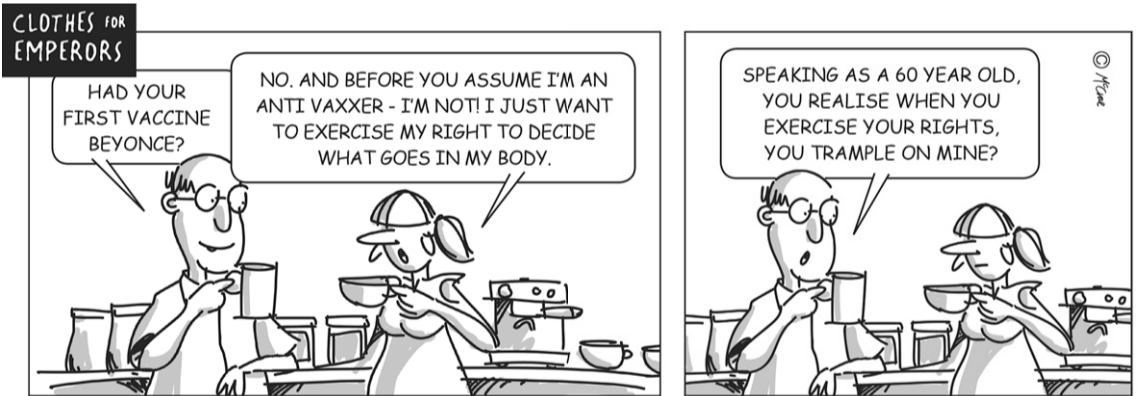
nom Ghebreyesus, has called for a moratorium on booster shots until the end of the year, to enable every country to vaccinate at least 40 per cent of its population. If all residents in wealthy countries are given a third booster dose of vaccine there will be little left over for poorer countries, many of which have still not been able to give a first dose even to their most vulnerable people. Dr Michael Ryan, executive director of the World Health Organisation's Health Emergencies Programme, was more forthright. He said boosters is like giving extra life jackets to people already wearing them while others drown. But that does not mean especially vulnerable people should not receive a booster. The pandemic will not be over until everyone is vaccinated as the virus can survive and evolve new strains in unvaccinated people. Booster shots are now available to anyone in WA who has had a second Covid shot six months ago.

Have a Go News no longer accepts plastic lids

HAVE a Go News is no longer a collection point for Lids for Kids. Currently there is no coordinator for Lids for Kids in WA and until something is set up for the future we cannot continue to collect lids. Lids for Kids in the eastern states has joined forces with

Re-think Recycling, but they are yet to set up centres in WA. We will keep readers up-to-date with developments as they come to hand. Containers for Change depots take clean lids and Precious Plastics in the southern suburbs will also take clean lids only. We take the opportunity to

thank the hundreds of people who have taken on this initiative and have recycled their lids. There is an obvious desire in the general public to recycle further, if you would like to encourage our state government to offer better recycling contact Environment Minister Hon Amber Jade Sanderson.



Read us online www.haveagonews.com.au

BETTER LIFE CENTRE
 SALES • HIRE • SERVICE • DVA & NDIS PROVIDER
 TRAINED TECHNICIANS TO SERVICE YOUR MOBILITY SCOOTER AND OTHER EQUIPMENT

Shop 4/76 Spencer Street, Bunbury 9791 3353 sales@blcbunbury.com.au
 50 Bussell Highway, Busselton 9754 7479 sales@blcbusselton.com.au
www.betterlifecentre.net.au

Gardens from Eden
 Landscape design, Construction, Consultancy and Maintenance
 Mobile: 0422 212 327 Ph/Fax: 9354 4176
 Email: gardensfromeden@inet.net.au
www.gardensfromeden.com

Patsy Durack's Rose Gardens
 A beautiful rose garden with hundreds of roses in the old Archbishop's holiday home • Devonshire Teas • Gift Shop

OPEN Oct, Nov, Dec and March, April, May
 OPENING HOURS:
 Sunday 10am-4.30pm, Monday to Saturday by appointment for tours and groups

33 Parke Rd, Gooseberry Hill Tel 9293 2719
patsy@patsydurackrosegardens.com
www.patsydurackrosegardens.com

WANTED TO BUY

Antiques and Collectibles
 Deceased Estate Specialists
 - Estate Sales conducted

We are looking to purchase the following:
 stamp collections • coin collections • banknotes
 old paintings • Royal Doulton • Shelley China • Australian pottery
 medals and badges • postcards • vintage handbags • costume jewellery
 militaria • old advertising • fountain pens • vintage cameras

From one item to a house full, we buy anything old and interesting as long as we don't have to feed or water it!

We are also down-sizing specialists and can organize a complete relocation - call Sally for more details

For a FREE consultation in the privacy of your own home call NICK 0498 009 880 or SALLY 0407 672 878

SUMMERLIN AUDIOLOGY

Hearing, tinnitus & balance clinic

- ✓ Affordable hearing aids from all leading manufacturers
- ✓ Independent audiologists
- ✓ Providers of fully subsidised hearing services under the Australian Government

Ph: 9481 0912
 West Perth | Edgewater | Manjimup
www.isaudiologist.com.au

STEM CELL

Release product now available.
 SAFE, EFFECTIVE and AFFORDABLE

Do You Suffer From:
 Arthritis? Heart Disease?
 Diabetes?

Call SANDRA 0412 479 156 to find out how it can help you.
Scientifically proven

Repair and Regenerate your body with Stem Cell Nutrition

Thanks to Covid, Perth plays host to international film director and producer



L-R; Hugh Skinner, Danielle McDonald and Ben Lewin - Joanna Lumley and Danielle McDonald

by Allen Newton

IT is likely that Perth audiences will see a new romantic comedy film, *Falling For Figaro* before one of its stars, Joanna Lumley, gets to see the film.

Director Ben Lewin, currently living in Perth with his wife, producer Judi Levine, says Covid has robbed cast and crew of their normal opportunity to sit down and watch the film together.

"I'm not sure if Joanna has actually seen the film," Ben says.

He and Judi will be sitting down with Perth audiences at the Luna Cinema in Leederville on Monday, 8 November to participate in an audience Q&A as part of the British Film Festival which runs in Perth to 1 December.

Ben's credits include his award-winning feature film *The Sessions*, a moving true-life story based on the sexual awakening of Berkeley-based poet and journalist Mark

O'Brien who spent most of his life in an iron lung.

Falling For Figaro, a romantic comedy set in the fierce world of opera singing competitions, stars Danielle Macdonald (*Dumplin'*, *Patti Cake\$*, *Skin*) and Joanna Lumley (*Me Before You*, *The Wolf of Wall Street*, *Absolutely Fabulous*).

Millie (Macdonald) is a brilliant young fund manager, who decides to leave her unfulfilling job and long-term boyfriend behind to chase her life-long dream of becoming an opera singer in the Scottish Highlands.

She begins intense vocal training lessons with renowned but fearsome singing teacher and former opera diva Meghan Geoffrey-Bishop (Lumley), where she meets Max (Hugh Skinner, *Mamma Mia: Here We Go Again*), another of Meghan's students who is also training for the upcoming Singer of Reown contest.

Residents of Los Angeles for the last 30 years, Ben and Judi are living in Perth, courtesy of a film, *How to Please a Woman* starring Sally Phillips, Erik Thomson and Cameron Daddo, being made here and due for release early next year.

Judi arrived in Perth in February and she was joined by Ben in August. He has been writing for a new project the couple are hoping to make next year.

"It's been terrific for me, I have a history with Perth. My family on both sides came through Perth on their way to Melbourne and I have a grandfather buried in Karrakatta Cemetery and some cousins here," says Judi, who hasn't been to Perth since she was around 10 years old.

The pair were in Scotland for the making of *Falling for Figaro* from September 2019, but they've been involved in projects all over the world.

Judi says the couple loved their five months in Scotland, although Ben says it was very cold shooting through the winter, with most of the filming taking place around Loch Lomond.

Falling for Figaro revolves entirely around opera, a subject Ben says he found a little daunting initially, coming to the production as not a great lover of opera.

But by the end of the film, not only he, but the crew, were all humming operatic arias.

"My initial feeling about opera was that it was something when I was a young guy in London in my twenties that I couldn't afford to see. It was this elitist thing like polo or something like that," he says.

"I kind of resented it in a way, but the truth is, the film is not really so much about opera as it is about music.

"I've always had a love affair with music of one

sort or another and certainly classical music. I listen to a lot of music when I'm writing anyway and so I just focused on opera and really teased out of it the opera that I liked.

"I realised I didn't like Wagner and for me there was a real crossover between opera and pop music. There's one track in there that's a classical piece, but if you listen to it carefully it's *Elvis I Can't Help Falling in Love With You*.

"It was fun watching the crew get engaged with the opera, which I hadn't anticipated."

Joanna Lumley is married to opera director Stephen Barlow, so she was well versed in the world of opera through him.

"Working with Joanna is delightful, she's very much a team player, doesn't behave like a diva at all, everyone really adored her and she went with the flow.

"I really enjoyed working with her as a comedian, watching her timing and the subtlety of her reactions, she's a very skilled comedian, but also the emotional moments.

"There's one particular shot where they are singing their duet for her. I decided at one stage in editing that I'd really plan the scene on her, not so much about them singing, but about how she reacted to it.

"It really amazed me how she could sustain the one shot with very little going on, but you could

really sense the emotional depth of her reaction."

Ben and Judi are looking forward to the Q&A at Luna and Ben says he loves being thrown curly questions.

Because of Covid it's been a while since they've done a Q&A.

"You hope that someone is going to ask you a question out of left field, that is going to be a bit provocative," Ben says.

"The best Q&A we ever did was in San Francisco and this man at the back

in this big cinema got up and announced that he was the father of the girl that our son was dating and I thought that was one that I wasn't expecting."

Falling for Figaro screens as part of the British Film Festival (3 November - 1 December). Luna Leederville hosts a Q&A with Ben Lewin and Judi Levine on Monday 8 November, see www.lunapalace.com.au for details.

Have-a-Go NEWS

Find us on social media

RECORDS & SHEET MUSIC WANTED

Single items or complete collections. PLUS memorabilia

Ring PAUL anytime on **0417 974 914**

All Saints Anglican Church of Gosnells

ANNUAL CHRISTMAS FETE

Saturday 4 December, 8am-1pm

32 Dorothy Street, Gosnells

Great buys: fantastic crafts, plants and much more

Morning teas and other foods

FREE ENTRY

Love facts? Then grab a copy of Lee Tate's new book



companion book, *Awe-some WA*, commended by Premier Mark McGowan, is still in strong demand (\$25) after several reprints.

Curtin Radio announcer Jenny Seaton said that she found Lee Tate's latest book to be entertaining, informative and surprising with amazing facts from Australia and around the world...

"I'm actually sharing these facts with my on-air listeners on Curtin Radio. They are fascinated... it is never too late to learn new and amazing facts. It is the perfect gift for someone who thinks they know everything," said Jenny.

Fascinating, Fun Facts: WA and the World is available from *Have a Go News* for \$25 plus postage. Phone 9227 8283 or see coupon on page 24. Or collect

at 137 Edward Street, Perth, in office hours.

You won't be able to put it down.

Life's journey starts and ends with family

Prepare your Will & safeguard your family

It's easy with HOMEVISITWILLS. We specialise in:

- Wills - simple and complex
- Testamentary Trust Wills
- Enduring Powers of Attorney
- Enduring Powers of Guardianship
- Advance Health Directives
- Probate
- Letters of Administration

FIXED FEE SERVICES. HOME VISITS Mon-Fri 8am-8pm

HOMEVISIT WILLS

Call now **1300 870 900**

Information at www.Homevisitwills.com.au

VETERAN journalist and author Lee Tate spent half his lifetime chasing and collating fascinating facts. His eye-opening, slim volumes, published exclusively by *Have a Go News*, make ideal gifts and can be posted cheaply.

He reveals many entertaining and informative gems in *Fascinating, Fun Facts: WA and the World*.

The author's earlier

Trek MicroLite is the lightest portable mobility scooter in the world

- Australian designed
- Sturdy and safe - stability control is standard
- Up to a 13km range per charge
- Easily assembled and dismantled
- Fits in the boot of your car or caravan
- Full service and after sales support available

ADH Mobility Equipment

TREK REALITY RESCUE

Ph 9302 2203

42 ACHIEVEMENT WAY, WANGARA

www.adhgroup.com.au

RETIRE WELL

RETIREMENT PLANNING SEMINARS

- Wednesday 24 November 6.30pm-7.30pm
- Location: Zig Zag Cultural Centre 50 Railway Road, Kalamunda
- Register: www.eventbrite.com.au
- Thursday 25 November 7.00pm-8.00pm
- Location: via Zoom
- Register: www.eventbrite.com.au

www.kpfinancialplanning.com.au

Phone 9293 3855

Email reception@kpf.com.au

Offices in West Perth and Kalamunda

KPFP KP Financial Planning

GDKP Pty Ltd ABN (61 606 192 769) trading as KP Financial Planning is a Corporate Authorised Representative (1237882) of Matrix Planning Solutions Limited ABN (45 087 470 200), AFSL and ACL No. 238256



TRANSFER YOUR FAMILY MEMORIES TODAY!

20% OFF if you bring in or quote this ad!

We transfer your old Film, Video & Images to DVD, Hard Drive or USB.

Call us on **08 9388 0800** www.diskbank.com.au

4/73 Troy Terrace Jolimont WA 6014

DiskBank

Radio 6PR celebrates its 90th anniversary of broadcasting in Western Australia



SHOPRIDER®

mobility

- MOBILITY SCOOTERS
- POWERCHAIRS
- ACCESSORIES
- SPARE PARTS

AUSTRALIAN OWNED + OPERATED FOR OVER 25 YEARS

GET THAT SHOPRIDER "PEACE OF MIND"

LEGENDARY RELIABILITY VALUE FOR MONEY
UNPARALLELED SERVICE AND SPARE PARTS NETWORK WITH 180+ "AUTHORISED DEALERS" AUSTRALIA WIDE

ASK FOR THE BRAND

Call 08 9248 4180
for your nearest "Authorised Dealer"



Top row from L-R; Crowd - Liam Bartlett, Steve Mills and Gareth Parker - Steve Mills, Garry Shannon and Jane Marwick - Liam Bartlett and Simon Beaumont - birthday cake - Tony McManus, Steve Mills and Basil Zempilas - Graham Mabury - Johnny Young. Above; Jen Merigan and Emily White

PERTH'S 6PR 882 celebrated its 90th anniversary of broadcasting in October with a special lunch at The National Hotel in Fremantle.

6PR host Steve 'Milisy' Mills hosted and broadcast from the event, which was attended by a who's who of Perth media, together with 40 lucky listeners. The gathering included a number of former 6PR presenters including Graham Mabury, who holds the record for the longest stint on the station, broadcasting for 33 of its 90 years.

"We are proud to celebrate an incredible 90 years of radio his-

tory," said 6PR content manager Emily White. "6PR has long played an integral part in the life of this city and will continue to well into the future.

"We have come a long way since 6PR was founded by the electrical and music warehouse company Nicholson's Limited, who were operating the station from a studio above their music showroom at 86 Barrack Street in the heart of the city.

"A lot has changed in the 90 years since, but what hasn't changed is radio's ability to connect with its audience, and for 6PR to tell the story of Perth."

WANTED TO BUY

- Coins
- Stamps
- Old jewellery
- Badges
- Banknotes
- War medals
- Old postcards

Collections welcome
Are prepared to visit you

Phone Dirk on **0407 211 980**
email: dirk@rainbowrarities.com

Write your book

a family history, poetry, a story ...

... from bound books to e-books, five copies or 500, according to your needs and budget.

Books are designed and produced here in Perth by a family business with 30 years experience offering a personal service.

For more details and samples of our work go to www.allinonebookdesign.com.au

phone Ian Finlay
0417 930 821

or email ianfinlay173@gmail.com

edit
design
print
ebook

Hearing aids shouldn't have hidden prices

Should've gone to Specsavers

Some hearing care providers may tell you that the cost of hearing aids can only be determined in an appointment. They really shouldn't, because this simply isn't true.

For upfront prices and straight up expert advice, visit specsavers.com.au/hearing

A holistic approach is the backbone of this hands-on Indigenous organisation



Mark Anderson

by Lee Tate

MARK Anderson talks of a jig-saw approach when explaining the multi-pronged mission of FISH, the Foundation for Indigenous Sustainable Health. Since 2014, FISH has been extending its reach across Australia and finding financial support in London and New York. A New York businesswoman recently deposited \$50,000 into a FISH account. When Mark spoke to her "I couldn't help but cry on the phone and I

said 'with everything we are working on, you don't realise how much this will do.'" But there was more. The benefactor said she could make only one \$50,000 transaction at a time, so another \$50,000 was coming. Mark said that despite the greatly welcome fiscal fillip, there was never enough funding for the extensive work that is needed. FISH's work is holistic, covering the needs of the individual, family and the community in bring-

ing positive sustainable change. Programs involve healing, housing, education, training, employment and financial stability. "Healthy spirit, heart, mind and body. Healthy families, community and land," he said. With his deep understanding of Indigenous culture and needs, Mark – described on the website as a Wadjela (white fella) – has worked widely in WA, including 10 years in the Kimberley and Pilbara and 20 years in the south of the State. He sits on government and non-government advisory and funding boards and was on the judging panel for the Prime Minister's Community Business Partnership Award. Holding the reins as FISH chief executive officer, Mark says he is surrounded by a strong team with a board, eight employees, 25 contracting people, volunteers and partner organisations. "Most board members and half our staff are Aboriginal," he said. "We have the largest retail outlet for Indigenous books in Australia with 230 publications and

eight publishing houses." FISH has partnered with Mt Lawley business, Local & Aesthetic. Their products are sourced from 100 per cent-owned Indigenous businesses, authors and artists and include artwork, books, bush medicines, bush tucker, teas, coffee and beauty, hair and skin products. There is a large selection of original artworks and prints from Indigenous artists around Australia. Their website explains: "At FISH we understand that art is one of the foundations of Aboriginal culture in sharing connection to and caring for country, custom, history, lore, maps and beauty." FISH, established to address the severe housing crisis in Indigenous communities throughout Australia, has come a long and progressive way in seven years. "Our work has since expanded to include education, health, justice and cultural initiatives," Mark said. FISH acknowledges that Aboriginal and Torres Strait Islander people have a living spiritual, cul-

tural, familial and social connection with country. FISH was seeking to bring healing to the spirit, heart, mind, body and land to help create healthy people and communities. A prototype project is the creation of a community on 11 hectares at Myalup. Now at its final planning stage and costing \$1 million to date, it will be established over four years from the turning of the first sod and is being watched from around Australia. "The Myalup community will be different people coming together, for healing, to reconnect with culture, to know who we are, where we are now, where we come from and taking responsibility for our own lives," Mark said. Other projects include working with school libraries, childcare centres and child protection organisations as well as teachers, students, schools and universities to widen understanding of Indigenous history and culture. Schoolkids to year 9 are taught Indigenous understanding and celebrating culture. Children in Years 9-12 are taught Indigenous history.

"We don't want to traumatise the younger children," Mark said. A typical response had been: "Wow, what an amazing culture. Now I understand our history of where we are." Mark said people who had been exposed to Aboriginal history and culture, typically wanted to know more. New Zealand teachers had to have full understanding of Maori culture and language and spend time listening to elders before they could teach. In Australia, Indigenous studies at universities are optional. FISH also runs art therapy programs in prisons

using artwork to connect participants back to country and develop their sense of self-worth. Artworks are sold with the proceeds supporting people on their release from prison, providing access to transitional support and accommodation, mentoring and employment assistance. The FISH holistic approach is probably Australia's first, agrees Mark. **Ed's note – I have bought most of my Christmas presents from the shop at Local & Aesthetic in Mount Lawley, they also have some wonderful artworks on display and some fashion pieces.**



Our popular Scratchie packs are back again to win!

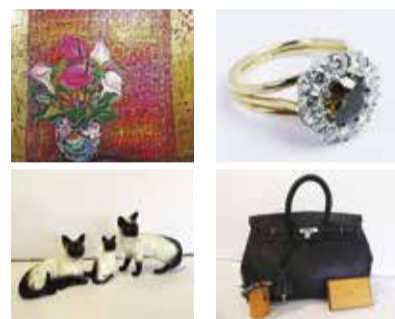
GREAT news! We heard from one of our winners who won a small prize of \$15 from their tickets last month. We are hoping for a big win one of these days. There are five, \$20 Lotterywest Scratchie packs to give

away to some lucky people this month. To be in the draw, simply email win@haveagonews.com.au with scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042,

West Leederville 6901. Closes 30/11/21. *Congratulations to Gwen McNaught, Karen O'Hern, Lois Gault, Leeanne Drummond and Roslyn Kay, our September Scratchie winners.*

AUCTIONS

Tuesday 23 November 2021, 6pm
Art, Jewellery & Collectables
Tuesday 14 December 2021, 6pm
Jewellery, Watches & Luxury Goods



Entries Always Invited
Great Prices for Good Items

Catalogue online soon: www.mckenzieauctioneers.com.au
P: 9385 4180 8 Stirling Road, Claremont
mgallery@inet.net.au

MCKENZIES Est. 1988
Auctioneers & Valuers

Finding a New Friend When You Least Expect It

We understand the importance of listening to our clients - planning their care and choosing their support team with their active involvement



WE ARE NOW LOOKING FOR CARE WORKERS TO BECOME PART OF OUR TEAM.

EXPERIENCE AND QUALIFICATIONS ARE IMPORTANT BUT EVEN MORE SO, IS THAT YOU SHARE OUR VALUES AND HAVE A GENUINE COMMITMENT TO CARE

WE CAN GIVE YOU TRAINING

CALL ANNIE 1300 665 082



Government approved provider of Home Care Services

❖ My Aged Care ❖ DVA ❖ NDIS ❖ Private Care ❖

Tel 1300 665 082



Caring for People Everyday
CPE Group

Home Care Provider

Where Opinions Matters - how will the community adapt to electric cars?



A Tesla Model 3 recharging at a charging station

behind the wheel of a racing car?

E-cars are as fast as supercars. Even the lower-powered, lower-priced electric cars are speed machines.

Petrol-driven four-cylinder cars costing under \$20,000 already take-off like rockets. But e-cars leave them in their wake. Will driver courses be upgraded and refresher courses be introduced?

A coming Audi e-car will reach 100 km/hr in 3.3 seconds, making it the fastest four-door Audi ever built for Australian roads.

A Tesla model can achieve times in the very low two-second bracket, on the way to a claimed top speed of 322 km/hr. Rolls-Royce says battery cars are 'as torque' as their powerful 12-cylinder petrol guzzlers and R-R will be going total e-

cars by 2030.

Engineers quickly jumped-on the out-comes of their new e-cars which can have two motors, one on each axle or even four, one for each wheel. E-cars generally have only one gear so there's no engine time lost changing gears.

Motoring scribe Stephen Corby says: "The fact that reasonably mainstream electric vehicles are now out-performing traditional supercars from famed houses of Italy has taken a lot of people by surprise.

"The initial goal of electric vehicles was to provide a form of sustainable mobility that could replace the internal combustion engine, not to create some sort of land-based rocket."

Common feedback points out that electric

cars don't make any engine noise and, we won't be able to hear them coming when crossing roads.

E-cars make some rubber-on-road noise but some models are fitted with recorded "zoom, zoom" noises. At the switch of a button, you generate the sound of a throaty gas guzzler.

Surely, peace on our city roads is a side-benefit of e-cars that we should be grabbing with both hands. Let's hope motorbikes swing over to electricity.

There are 10 million electric cars on the world's roads with countries spending a total \$20 billion to support e-car sales.

In Norway, battery electric cars reached a phenomenal 58 per cent market share. Strong

sales continue in Europe, the US and Britain as more governments provide e-car incentives, lowering e-car taxes and charges.

In Australia, EVs here accounted for only 0.78 per cent of the new car market in 2020, partly due to no government incentives, while they consider massive losses from petrol and diesel taxes. NSW, though, has budgeted \$490 million for incentives.

What will happen to the fuel-driven vehicles? What will become of mechanics (e-car servicing and updates are done online to your car's computer while you sleep) spare parts businesses and petrol stations?

When is the best time to trade petrol-guzzlers before the market is swamped and what's

going to happen to all those crushed cars, trucks and buses?

When is the best time to buy an e-car? New models are pouring out from all major car companies. What will happen to car yards as cars are sold for fixed prices online?

An issue in Australia, such as a big country, is the availability of car battery charging stations. Currently, there's one charging station for every 7.2 electric vehicles on Aussie roads. But all state and local governments have come on board and WA is charging ahead with charging stations.

Bottom line is: E-cars are 70 per cent cheaper to run than fuel cars.

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



by Lee Tate

ELECTRIC cars are hurtling down the road towards us at breakneck speed. And with implications for us all.

Would you let a teenager, with a newly-minted driver's licence, get

A straightforward step by step guide on how to get a good job after 50



How to Get a Good Job After 50
by Rupert French

Reviewed by Pat Paleeya

IN his introduction author Rupert French writes that above everything else confidence is the deciding factor when searching for a job, if you are confident that you will succeed then the likelihood of your success is strong.

He teaches the mature job seeker methodology and strategies to regain confidence and self-assur-

ance that will help sell themselves to prospective employers.

There are stereotypical misconceptions with regard to older workers yet according to a survey by Adecco of 500 hiring managers, 60 per cent would hire a mature worker for their reliability, skills, responsibility and work ethic. Experience also makes mature workers good problem solvers.

Chapters in this step-by-step guide deal with many issues such as networking, preparing for a job interview, addressing the selection

criteria, plus three chapters that deal with writing a resumé that will capture the employer's attention and interest from the moment it is presented.

There are specimen resumé included which are extremely helpful.

Chapter six deals with 'The Sizzle that sells the Story'. The sizzle is an achievement or accomplishment statement that convincingly describes your skills and motivation and the more specific this is the more it will convince an employer.

Although this guide has been

written to help older workers obtain work in today's market the advice that is contained therein will certainly be of great help to any person seeking employment, regardless of age. An excellent, straightforward and easy to understand book. You can almost feel Rupert French's hand on your shoulder in a very reassuring way, he's that good.

How to Get A Good Job After 50 (RRP - \$49.99) is available from www.exislepublishing.com and wherever great books are sold.

FREE ENTRY

You're Invited
TO OUR VILLAGE OPEN DAY

Sunday
14th November
10am til 3pm

Enjoy a day of entertainment with our friendly residents.



Take a leisurely stroll around our 4 Display Homes

Come and check out our
BRAND NEW
indoor heated
POOL & SPA

Customise your floorplan with no stamp duty + no exit fee option

New homes reserved by end of Dec 2021 will receive a
\$10,000*
open day
VOUCHER




CHAMPION LAKES
Lifestyle Village

Social, secure, peace of mind for over 55's
Corner Lake Road & Bay Court, Champion Lakes.

Ph: 9390 3909 / 0417 783 147

f www.ChampionLifestyle.com.au



*conditions apply

Is it trash or is it treasure? Local auctioneer gives his tips on buying and selling



Peter McKenzie

by Serena Kirby

THERE'S a number of reasons why you may need to sell precious artworks, antiques and objects. And if you ask Peter McKenzie, managing director of McKenzies Auctioneers and Valuers, he'll tell you they're known as the seven reasons

for sale. "Nearly every item that comes to us is due to one of seven reasons: deceased estate, debt, divorce, downsizing, de-cluttering, dementia or disillusion," says Peter. "It can be a sad and difficult process for many people so it's important to be patient and thoughtful when

dealing with someone's treasured possessions." The process can also lead people into the realms of a trash or treasure hunt, as what you think is worth a mint can sadly be worth a pittance. But, on the flip side, you may just have a highly prized, and highly priced, object sitting right under your nose – or in the back shed. So, before you cart boxes off to your local second hand shop or load them into a skip, take a closer look at what you have and do a bit of research. Peter, who's sold more than 20,000 artworks since he started his business 33 years ago and 600 objects alone in one recent auction, says it never ceases to amaze him what things are discovered. "Just recently we sold

a moulded glass inkwell for a world record price of \$34,000. Mind you it was a Lalique inkwell and extremely rare but here it was in our Perth auction. The buyer was from Monaco. Our catalogue goes online so buyers from all over the world are able to bid. Gone are the days when we were selling just to the local market; it's global now and this can lead to higher prices due to a larger buyer base and we've had items sell for as high as \$500,000." So what's in and what's out in the auction market? Peter says there's been a distinct move away from the dark timber, heavy-looking antique furniture that often filled our homes. "The newer and younger generation of buyers are more interested in quality Scandinavian fur-

niture from the '60s and '70s than Victorian style pieces. They want a lighter, less cluttered home environment so the market for older antique furniture and collectable objects is definitely narrowing. That can be very disappointing for people who've hung onto heirloom furniture thinking they'll make a fortune when it comes to selling it." Peter also says that the decorative and elaborate dinner sets of decades ago are also no longer in demand. With changes in dining habits and the advent of the dishwasher there's little or no demand for delicate china dinner sets that include everything from a gravy boat, entree plates to teeny tiny tea cups. Interestingly though, some things that are increasing in favour. Vintage

surfboards by well-known shapers, or boards previously owned by surfing champions, is one of them. A recent special collection of surfboards was snapped up amidst fierce bidding with one board alone fetching \$14,000. "Luxury items are also in demand and they're becoming the new collectables. Things like designer handbags, watches and even guitars," Peter says. "The key is to look for items made by revered makers. If something is well made by one of the best makers in that field then it's likely to be collectable. And, that means it's likely to sell for a good price." Jewellery is also still in demand and again pieces are more valuable if they're made by significant jewellers and feature

quality metals and/or precious stones. "We have a certified valuer onsite so we're able to tell people fairly quickly what items are worth. Sadly there are a lot of imitation stones, but sometimes we do literally find a diamond in the rough. We've been part of some remarkable stories where people have expected to make just a few thousand dollars and ended up with tens of thousands instead. Basically you don't know if something was a good buy until you sell it." Peter adds that the best way to start the valuing process is to look for signatures, brand names, imprints and maker's marks. You can then search the internet for similar items and email photographs to a quality auction house, like Peter's, for their opinion.

Find the secret word and win \$200



FIND the code letters in the advertisements in this edition to make up this month's word and go into the draw to win a \$200 gift voucher. There are 11 advertisements in this issue which

contain a blue circled letter for the Ad Words promotion. Find the 11 letters to make up the word and then send your entry in to be in the draw to win. Look out for these ad-

- vertisements in sequential order to discover the blue circled letter to make up the Ad Word.
1. DiskBank
 2. Shoprider Mobility
 3. Acacia Living Group
 4. BrigadeFM
 5. Acacia Living Group
 6. Asbestos Society of Australia
 7. Villa
 8. Queen of the Murchison Guest House & Cafe
 9. Bayview Motel Esperance
 10. The Sandalwood

Shop
11. Sunset Beach Lifestyle Village
Entrants can enter via email with Adwords in the subject line at win@haveagonews.com.au or write to Ad Words Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/11/21. Congratulations to J Thompson, of St James, our September Ad Words winner.

SECURITY PROBLEMS? We have the solutions!

ROLLER SHUTTERS - SECURITY DOORS - FACTORY DIRECT

WE WILL NOT BE "BEATEN" ON PRICE

\$400 GOVERNMENT REBATE Seniors Card Rebate
*Government rebate only valid for a short time

PERTH HOMEGUARD PTY LTD
Police Security Licence No. SA 00182

- FREE MEASURE & QUOTE
- ALL AREAS - North and South
- Police Security Licence No. SA 00182
- Domestic & Commercial Grade Roller Shutters
- Superior defence against burglary and vandalism
- Noise insulation, light and ventilation control
- Protection from the elements and reduced energy costs
- Realistic prices - no middleman
- Qualified tradepersons/licensed electricians
- Over 35 years experience

Ph 9209 8100 E phg@inet.net.au
www.perthhomeguard.com.au
SHOWROOM: 25 Millrose Drive, MALAGA

Call now to come and visit The Reserve Over 55's apartments – The Hidden Gem in the City of Melville.

PERTH'S OVER 55'S Hidden Gem

2 AND 3 BED APARTMENTS

\$2k Moving Pack*

EXPLORE THE RESERVE NOW

Get In Quick

Perth's Hidden Gem

The Reserve

is a new over 55's apartment development located in the City of Melville. With parkland views and a big list of exciting features it's a great place to call home.

For a limited time only, get a \$2000 moving package!*

- Serene parkside location far from traffic
- Large **two & three** bedroom apartments
- Indoor heated swimming pool
- Fully-fitted gymnasium
- Social centre / Club house
- Short walk to shops, cafes and medical services
- Up to two secure, undercover car bays available

The Reserve
by alchera living

Call 0429 893 018 or 9314 5884. Visit thereserve.net.au to view the online virtual tour. View display apartments at 40-44 Worley Street Willagee Wednesday 1pm - 2:30pm or Saturday 9:30am - 11am.

There's something for everyone!

Discover the lifestyle that suits you!

It's your retirement. You have the freedom to focus on what's important to you.

At Alchera Living, you're spoilt for choice.

With four Over 55's Retirement Villages located in the City of Melville; you can choose the option that suits you. Secure a Two Bedroom Villa or Unit from just **\$224,100!**



Call 0429 893 018 or 9314 5884. Enquire today or visit alcheraliving.com.au



Where did the time go? It's time to celebrate 30 years of the Perth Blues Club



by Rick Steele

IN 1971 in the Bushranger wine bar, Beaufort Street, opposite the Brisbane Hotel, I asked the bar manager if the guitar hanging on the wall worked or was it purely for display.

In turn he asked me if I could play.

"I know a few chords and a couple of Neil Dia-

mond songs," I replied. *Sweet Caroline, Cracklin' Rosie, Solitary Man* and John Denver's *Country Roads* got me an unwritten contract like *Mr Bo-jangles*; playing for drinks and tips.

The walk home to the share dwelling near the Astor Theatre became more difficult for the two poms, kiwi and Ozzy flat mates who developed alcoholic tendencies like ducks take to water. Four or five weeks passed until a gentleman, later to be known as scruffy, walked in and offered me \$50 and free drinks to play up the road at the Spanish Orion. Stewart Van Raalte, and moi began a journey

and a friendship that lasted a lifetime.

We also began the first Open Mike night in Perth. The late Christopher May was one of our guests on the Monday night session. The cheap wine, Brando, and apple cider made a singing syrup with attitude but hey, this was the seventies.

"Song sung blue, everybody knows one."

Ten years later, after a couple of thousand gigs in hundreds of establishments, here and in NZ. Garage Band night was established - Tuesday nights at the Civic Hotel, Inglewood. Well do I remember three young guys coming in about quarter to midnight with two of them blabbing on about getting their mate on stage.

"It is too late," I explained, "I can't do it."

"You'll regret it," they

said. The kid is now known as Johnny Diesel or just Diesel.

The show ran for five years and was going strong when a bloke rang me and explained he had registered the name, Garage Band Night and I was to desist from using the name forthwith. A river of water and beers under the bridge, and about 1988 Beat the Blues Show became established at the Indy bar and talk began of forming a Blues Club. Talk and more talk until 1991 a committee was formed and the show was on the road at the Charles Hotel. The club became incorporated on 9 December 1992.

A new family of volunteers mobilised and after years of blood sweat and beers our 30-year birthday celebrations will begin Saturday 4 Decem-

ber. Garden Party Blues with a car boot sale and nonstop entertainment is planned for Sunday 5 December.

Our Tuesday is Blues-day night. It will be extra special, and a free gig in the park and river cruise are all planned to self-congratulate the outstanding achievement of running what is known as the premier blues club in Australia.

This milestone could not have been reached without the thousands of hours put in by the volunteers, but also the stability and support of the hotel and management. Chris Angelkov, his family and staff have been pivotal in keeping the show on the road.

Incidentally, that is rule number one in any rock n roll or blues band.

A young lad went to his



mother and in a heartfelt soliloquy announced he was having trouble attracting attention from members of the opposite sex.

"I think my budgie is a little small and is lost in my smugglers," he cried.

"Son, next time you go to the beach put a potato

in there and you'll be Mr Popular."

The next day, after a day at the beach, he came home dejected and complaining to mum that her plan didn't work.

"But son, you're supposed to put it down the front!"

Cheers dears.

wondersheet⁺PLUS
As about our 'new' design

POLY / COTTON (50% / 50% polyester / cotton blend) SATIN POLY COTTON

Is turning over in bed difficult for you?

wondersheet⁺
when mobility matters

Try this unique style of fitted sheet that makes turning over in bed easier.

To find a stockist near you visit www.thewondersheet.com.au or give us a call on 07 5591 1629



Cycling has no age limits

THE MSWA Ocean Ride attracts the youth of today and the young at heart like the esteemed Percy Kotkis, 82.

Percy, an avid supporter of MSWA is taking on the 70km Challenge. To date there are over 250 cyclists born before 1961 taking part.

There is a distance for everyone, starting from 10km right up until 140km.

Meet Alan Grover, returning cyclist for this year's MSWA Ocean Ride - Powered by RetraVision.

"I would encourage anyone to participate in the ride. Age is no barrier, I am 73 and believe I have another 20 years of cycling in me.

"I want to be able to ride with family

and friends far into the future and this will establish a beautiful memory bank for them.

"Last year I encouraged several family members to join me on the ride. My two daughters, a granddaughter and my niece and her daughter, as well as another first-timer rider," he said.

We are eagerly looking forward to that special Sunday in November. The joy of being together and sharing the day is very special. Lots of laughter and effort and rejoicing together at the finish line."

Why not get your family and friends together like Alan and join him and Percy on the day? For more information visit MSWAOceanRide.org.au.

Motobility

You've got a friend

Regain your freedom and independence



Mobility Scooters • Lift & Recline Chairs • Adjustable Beds
Electric Wheelchairs • Stairlifts + More

Osborne Park and Mandurah • www.motobility.com.au • 9242 7333



Registered NDIS Provider

A light bulb moment about doing right and paying it forward



by Jon Lewis

"IF you are going to do it, do it right." A husband said to his wife.

The husband in question was not me and someone I have never met in person. Yet still there was a personal connection. This joining

of minds and emotions was facilitated by the wife in the story.

Sometime ago my darling wife Gloria was in desperate need of a stylish wooden lamp stand to match her equally stylish wooden lamp shade. This would then delight a corner of our dining area.

My darling wife had searched high and low, not just prices, locations... along with far and wide. Her fashion light shone bright into all the corners of the 'for sale' world.

At a time of almost giving up there it was. A lamp of a stylish wood

design.

Gloria asked if we could buy it and I merrily agreed as I fancied a drive out. Besides, even the lamp in the photo thought it was a good idea as I could clearly see a light bulb above it.

My trusty GPS took us the long way according to one passenger and arrived to a charming wooded leafy suburb. Where, I don't know. These are questions for my GPS. It was near a park and a beautiful nature reserve. It was indeed a most calming and tranquil environment.

My darling wife could

see the 'lamp' from the car and was pressing every button but the seatbelt release.

The lamp was perfect. I added it even had a light bulb and there the connection was made.

The lady, the wife in this story, had said it was her mother's and she actually wanted to give it to someone who would love it. Certainly that was my darling.

We were both quite surprised that this lady and her husband wanted to give it away as they felt no price was equal to it.

After being taken

back by this beautiful way of being, I pointed out we had light bulbs at home and this was clearly a new one, perhaps they would rather... and then it arrived...

The lady spoke: "My husband said if you are going to give it way, do it right and so we bought a light bulb to go with it."

We talked for about half an hour or more. I became fascinated in all the ideas and gentle philosophies shared with us. I even made notes.

Clearly for me, the most illuminating was the light bulb. More

than that, I feel it could even be a way of life.

I wondered, could this work in more areas. Could 'doing it right' or right as possible be a purifying force in life. Could this way of being, be a better way to be?

I thought more about this. Would doing it right take more time, money or energy?

There is only so much to think about before action is required. So I put it to the test. Do my best in all things for a while and evaluate.

I can now report that although more energy is required it was not more than I had. Plus, I

discovered the reward of doing a job right was by these actions, amplified. I found myself looking for a 'right' in more things... driving, preparing for work, making my darling wife breakfast and so much more. Plus, doing it right does not mean working harder or longer. It can even mean simpler and more elegant. I love it.

I may not have met the man in mind, however I can grow in knowing I met the mind of the man.

The kindly gentlemen and the equally kind lady wife.

All the best.

Have a Go News' Letters to the editor

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

Dear Editor,
I JUST wished to say how brilliant I found the October issue. Allen Newton's article on Despene Sattler was so uplifting and so relevant to us, such a fantastic ambassador.

And hats off to Lee Tate, reminding us of the wonderful talent and

person that is Johnny Young; his excellent report on a great Australian – John Curtin, and his granddaughter's heart-warming insights.

I don't know that I share Lee's enthusiasm for a change of flag, I'm over all the years of change the flag; the anthem; republic or not etc, etc, I'm very proud of our flag,

and our state's history – good and bad.

As always, an excellent entertaining, inspiring and very informative read. Looking forward to Have A Go Day, a standout event!

Sue Curtis
Via email

Superannuation and how it affects the age pension



by Hank Jongen,
General manager
Services Australia

FOR MANY of us, other than the family home, superannuation is the biggest investment we will make in our lifetime.

The purpose of superannuation is compulsory savings. You save money while you're working so that it can be invested and grow to help look after you in retirement. Your employer pays some of your wages into a superannuation fund on your behalf, usually at a lower tax rate than you'd normally pay. The trade-off for accessing super's tax friendly environment is that you have limited access to the funds. You generally have to wait until you meet a release condition of the fund before you can access the funds, such as turning a certain age and retiring.

If you want to access your super at an earlier age, you need to contact your fund. The Australian

Taxation Office is a great place to find information about super as well. Go to ato.gov.au and search for 'superannuation'.

How Services Australia assesses your super depends on your age.

Superannuation isn't counted in the income or assets test for people under age pension age, which is currently 66 years and six months.

For most people, once you reach age pension age, your super becomes assessable as a deemed financial asset whether you've chosen to access it or not.

I'm often asked what happens to your pay-

ments if you take a small lump sum from your superannuation. Is it treated as income?

If you're under age pension age, taking a lump sum out of super and putting it in the bank is moving it from an exempt asset to one that we'll assess. It isn't treated as income, but how we assess it will depend on what you do with it. If you've taken \$20,000 out and put it in the bank, then we won't assess the \$20,000 as income, but your bank account has grown by \$20,000 and that may cause a change in your rate.

You need to let Services

Australia know if you've taken a lump sum out of your superannuation fund and what you've done with the money. You can use your online account or the Express Plus Centrelink app to update your investment details and bank balances. To find out how, go to servicesaustralia.gov.au and search 'update bank details'.

That's all for this month. See you next time.

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

Mobility Scooters & Accessories

Freedom enquiries: info@beefreemobilityscooters.com.au



Bee Free to Live, Live to Bee Free

- Mobility Scooters
- Power Chairs
- Wheelchairs
- Walkers
- Mobility Aids
- Accessories
- Part & Repairs
- Lift Chairs
- Stair Lifts
- Hire Options Available



Call us on

9527 9933

like us on



Rockingham Central Unit 2/5 Leach Crescent, Rockingham
www.beefreemobilityscooters.com.au

WANTED TO BUY

Old china, Shelley, Royal Doulton, old jewellery silver or gold, pocket watches, clocks, furniture, plus any items of interest.

We can clear deceased estates.

CALL
0419 277 333

- Reduce your risk of heart disease and cancer
- Lose weight and improve your health
- Eat less and healthier
- Increase energy and strength
- Boost your immunity and mental clarity
- Feel and look great
- Live a longer and healthier life

Visit **Conscious Living Expo**
Perth's Largest Wellness Event

NOVEMBER 20-21

SATURDAY-SUNDAY 9.30AM-4.30 PM
UNIVERSITY OF WA WINTHROP HALL

FREE Gift



Get Tickets Online

Scan QR Code



FREE PARKING
Children FREE
DOGS
Welcome

SEE PROGRAM

consciouslivingexpo.com.au

Simplifying home care...

Because you have other priorities

We've made simplifying your home care journey our priority.

Introducing our FREE Demystifying Home Care Guide, your essential resource when it comes to navigating home care.

With over 45 years of caring for WA, we're helping you from the start with up-to-date information on funding streams, eligibility criteria – there's even clear tips on how to apply.

Free



Call 1300 660 640 for your FREE copy or download yours today at baptistcare.com.au

baptistcare

Listen to the experts to keep ourselves and the environment safe



by Karen Majer

AS you read this, the eyes of the world will be on the the United Nations 26th Climate Change Conference of the Parties (COP 26) in Glasgow.

This may be our last chance to set more ambitious targets and scale back the impacts of climate change.

As UK Prime Minister Boris Johnson puts it: "Securing a brighter future for our children and future generations take requires urgent action at home and abroad to turn the tide on climate change. It is with ambition, courage and collaboration as we approach the crucial COP26 summit in the UK that we can seize this moment together, so we can recover cleaner, rebuild greener and restore our planet."

The widespread international acceptance of the scientific evidence about our changing climate gives us hope that COP will at last lead to

meaningful action.

In Australia, we've observed how governments have listened to medical advice to achieve an effective, by world standards, response to the Covid pandemic. State premiers have stood side-by-side with chief medical officers to explain their policy responses.

Those of us who can bear to watch the daily media conferences have become instant experts on viral transmission, mutation and variants.

Respect for professional knowledge and advice hasn't extended to the subject of bushfires.

Yesterday I was one of 750 people who joined in a ZOOM, watching Kerry O'Brien interview Greg Mullins, AO, AFSM, former NSW Fire Commissioner. Greg Mullins was a familiar spokesman during the catastrophic 2019 bushfires. His 50-year experience speaks for itself, including fighting major fires around Sydney and the Blue Mountains for decades and studying bushfires in Europe, Canada and the US.

In early 2019 he tried to warn the government that a Black Summer was imminent so that adequate preparations could be made, but when he and other fire chiefs from across the country tried to meet with politicians to sound an urgent warning, they were ignored.

His new book, *Firestorm - Battling Super-Charged Natural Disasters*, combines stories of what it's like to be on the front line of Australia's first giga-fire with the

hard truths of human-caused climate change.

Greg Mullins' advice is that safety depends on preparedness. In my opinion, the interview is a must-see for anyone living in a bushfire-prone area, and for those who seek to understand the fraught interface between professional advice and government policy.

Australians are clearly willing and ready to tackle the issues facing us, whether related to health, safety, our environment or economy.

While there has been some dissent about lockdowns and vaccination, it seems that most Australians are willing to cooperate with the health advice. As I write this, more than 60 per cent of eligible Australians are fully vaccinated. Numbers are much higher in the worst affected states of Victoria and NSW. In Canberra, almost 100 per cent have received the first dose and our capital is on track to be one of

the most vaccinated cities in the world.

Australians are keen to see stronger action on climate change. According to the Lowy Institute Climate Poll 2021, 78 per cent of Australians support setting a net-zero emissions target for 2050. Nearly three-quarters say the benefits of taking further action on climate change will outweigh the costs.

Commonwealth Treasurer Josh Frydenberg has backed the case to cut greenhouse gas emissions to net zero by 2050 in a warning that Australia must not be left behind in a mammoth economic shift that will impose sweeping costs on countries that do not act on climate change.

State and local governments are leading the way, with all States and territories having a goal of net zero emissions by 2050. My local shire, Augusta Margaret River, has adopted an even more ambitious goal of net

zero by 2030 and a plan to work with the community to achieve that.

Sometimes it can feel like a scary world these days. I've found that taking matters into my own hands reduces anxiety. Here's my tuppence worth. If you haven't had a Covid jab yet, look at the medical advice and do it to help keep yourself, your family and the community safe. Hopefully, as we move to more freedoms, we will be personally armed with the know-how to stay as safe as possible in the circumstances.

Check out personal and local activities to reduce carbon emissions, and make your vote count. If you live in a bushfire prone area, make sure your bushfire plan takes the worst-case scenario into account, then you can relax knowing you are prepared and you know exactly what to do should the situation arise.

Stay safe folks.

"We provide convenient, professional denture care to all aged care facilities in the Perth metropolitan and Mandurah areas."



Bringing the denture clinic to you for:

- New full & partial dentures
- Same day* denture repairs and relines
- Flexible payment options:
 - All Private Health insurance accepted, DVA Gold Card welcome
- Staff training and education available

All services are backed by our Hygiene Protection Guarantee

To find out more contact **MOBILE DENTURE CARE** on **9457 7717**, visit us at www.mobiledenturecare.com.au or send us an email dentures@skdental.com.au

MOBILE DENTURE CARE - "Giving You Confidence!"



Have a Go News editor talks to AIR

MANY older people retirees are avid readers of *Have a Go News* which is celebrating its 30th anniversary.

How and why was the newspaper founded? Who is the editor at the helm, Jen Merigan, and what are some of her observations about ageing in a healthy and positive way?

The next meeting of the Association of Independent Retirees (Perth branch) on Friday 19 November, will welcome Jen Mer-

igan as the guest speaker.

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

Besides the meeting and morning tea they have a guest speaker, and over the year have embraced many interesting topics related to finance, travel, health, community

and special interests of members.

Visitors are welcome. Please bring your own coffee mug, and correct money (\$2 members, \$5 visitors).

As this is the final meeting of the year, The Spunky Spud food truck will arrive at noon for those who wish to enjoy a different sort of festive lunch.

Please advise Margaret (marghw@inet.net.au) if you will be staying for lunch. (\$10 members, \$15 visitors).



Juniper - a time and a place for you.

Juniper is one of WA's largest providers of aged care services. With over 70 years' experience, Juniper offers Home and Community Care, Residential Aged Care and Retirement Villages. Safe, quality care and support that is just right for you.

Speak to our friendly team on 1300 313 000 or visit juniper.org.au

Visit us at Have a Go Day!

Come visit us at Stand 88 at Have a Go Day on 10 November 2021 at Burswood Park.

Our friendly Juniper team are on hand to offer advice and answer questions on all things aged care and retirement living. Take a breather in our relaxing lounge, with free giveaways, refreshments and a chance to win a fantastic pamper hamper!





THE
GLORY
DAYS..

*You're
living them!*

Remember those moments that made your heart do a little flip? It's time to reconnect with your fun-loving self at Arcadia Waters retirement villages.

By reducing your home maintenance and relocating to an Arcadia Waters village, it will give you the time and opportunity to try new or perhaps reconnect with those activities that get your whole body smiling. From dusting off your skate shoes to falling in love or taking your hot rod for a spin.

Seize the moment and start being you again.

Contact us today | 1300 88 98 35 | sales@arcadiagroup.com.au | arcadiawaters.com.au

BICTON | GERALDTON | MADDINGTON | MANDURAH | SWANBOURNE

Have a Go News' Letters to the editor

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

Dear Editor,
RE Frank Smith's article on Mangowine Homestead October Have a Go News 2021
THIS homestead was very much on the colonial frontier when it was established in 1876.

Unfortunately, Mr Smith's wording is straight out of the previous century because it only mentioned the local Aboriginal population as people who needed controlling for killing sheep and pilfering settlers' goods.

Such a tone is considered highly inappropriate when writing about the violence that occurred on the frontier.

I might remind Mr Smith that such crimes committed in England in times past might have warranted transportation to the colonies but on the colonial frontier for Aboriginal people they involved they involved a death sentence for not only the perpetrator but often their entire family and community. No doubt many lives were lost at Mangowine by those people whose land and water sources were forcibly taken from them – the Njaki Njaki people of the Noongar nation.

In 2021, it is more important to include far more context and the honest unpolished truth in accounts of frontier violence.

I have visited Mangowine and the wording on its displays is amateurish, lacking respect and very much outdated. I have written to the National Trust.

Yes, tell the story of the homestead but please include some acknowledgement that such pastoral wealth was based on usurping on lands that belonged to others and that such land was never giving or ceded to the colonial powers.

**Dr Pauline Bunce
Claremont**

Frank Smith writes: The Mangowine story is about the Adams family pioneering during the 19th century. I told it from their perspective. I have seen no evidence that Adams maltreated the local Aborigines. It is not fair to criticise early settlers as if they had the choices and ethics available to us in the 21st Century.

Dear Editor,
WE see much encouragement for vaccinations with many celebs and non-celebs alike rolling their sleeves up and non-medically trained members of the public urging us all to get the jab, but how about a bit of reasoned debate?

Before I reluctantly submit to my Covid inoculation I would like to ask the following questions...

How can we trust the pharmaceutical companies when they have all lost (presumably for

putting harmful products on the market) so many lawsuits in the past?

Why have the Covid vaccine makers not tested their one-size-fits-all products on people with specific health conditions, ie autoimmune diseases etc?

If the virus continues to mutate how can vaccines be created quick enough to keep up with levels of mutation?

Where is all the raw data from the trials that produced the "90 to

95 per cent effective" claims?

And finally, there is no long-term safety data, so how do we really know vaccines, that have been available for just a few months are safe?

Yours sincerely,

**David Rudman
Port Kennedy**

Ed: Fair points but the rush to make a vaccine has been necessary to save many lives, especially of older people and those with other medical problems.

Dear Editor,
FLORENCE Mellott of Ferndale is not alone when talking about lack of service these days (October Have a Go News) and may I add some more examples.

Government employees who, when they know they will not be able to make an appointment, do not bother to contact you about that and so prevent you from doing other stuff that you need to do.

Coffee shops/cafes who in this time of pandemic do not have a manual sign in sheet for those of us who do not do apps on phones.

High school students who just barge onto the bus without letting any adult go first.

This one whilst not actually in the service area, does come under not thinking about others and that is people who park their vehicle over the footpath. This makes it dangerous for pedestrians especially people with prams or in wheelchairs.

So it would be nice to see a return to the good old days of service and consideration of others.

**Mrs Margaret Anne Ryan (another Old and Grumpy)
Ballajura**

Dear Editor
REGARDING Brian Morris's letter to the editor in Have a Go News last month, no Brian you are not alone in being concerned about government interference in our superannuation.

If somebody could give me a very good reason why it is necessary once more to tamper with our savings, I would be most grateful.

It would seem that it is okay to hand out \$30 billion in Jobkeeper payments to (many foreign owned) companies who profited during the pandemic, and who mostly have an aversion to paying tax in any country let alone Australia, but ardently pursue Centrelink clients for incorrect payments.

Is this the sort of government we need to sort out our super? I think not.

**Jason Leung
Via email**

There is too much waste and I feel those in their later years would at least appreciate being able to choose a different movie any time of the day to watch in a group or in their own room, in private.

Can we start a project, to collect and donate DVDs to retirement homes or to places whom would appreciate them.

I will at least put my hand up. I live in the northern suburbs and would be happy to volunteer to collect them and deliver them, if they are going for free, to those retirement villages wanting them.

Who is with me? Who wants to help and stop the waste? It would allow people to enjoy them, as long as they do have a DVD player.

Marilyn Krueger

Dear Editor,
WE live in a disposable society. When I was young we were lucky to have a black and white television. Those days they had video stores and you'd go hire a movie for either \$5 or \$7 for the night and then have to return it.

Nowadays people buy cheap DVDs and sometimes never even open or watch any of them. The internet market place offers them up for free or for very little. I just bought a whole basket of DVDs on sale for just \$20, to me that's crazy.

Wouldn't it be wonderful for Perth to have a DVD library, or donate to retirement homes. I think that would be a wonderful gesture.

I'm sure many people would enjoy choosing a DVD to watch on movie night.



55+ Digital Come and Try Sessions

Are you

- Over 55?
- Interested in learning more about how to navigate the digital world and becoming more confident and safer online?

Or, do you

- Know of someone who may benefit from learning more about digital information and resources?

For more information

Call **9400 4503** or visit joondalup.wa.gov.au

Come along to one of these FREE sessions

**Tuesday 9 November
10.00am – 12.00noon**
Westfield Whitford City Shopping Centre (near the Food Court)

**Wednesday 10 November
11.00am – 1.00pm**
Woodvale Library
5 Trappers Drive, Woodvale

**Friday 12 November
1.00pm – 3.00pm**
Joondalup Library
102 Boas Avenue, Joondalup



HAGNEWS-05/21/19

Dear Editor,
WE are all aware that there is a serious shortage of rentals here, for all people. But I want to highlight the problems seniors have in finding rentals in Perth and its suburbs.

I cannot afford to purchase and have to rent a property and I have been seriously searching for a home at a reasonable rent for about three months.

I am on the waiting list of about five over 55s villages.

At every turn there are no rentals available for seniors like myself. I am 70

years old. I am on the waiting lists of Homeswest but a lot of other seniors are ahead of me in the queue.

I have been asked to relinquish my current rental within one to two months.

Heavens know where I will go. Come on government bodies, look after your senior citizens, we are living longer and some of us have been single all our lives, and have no huge amount of superannuation to rely on.

**Linda McKeown
Via email**

Smile

@ Foothills Denture Clinic

- **New full dentures**
- **New implant retained over dentures**
- **Denture repairs & relines**
- **Sports mouthguards**

We also deal with Veterans' Affairs and all health funds through HICAPS

mediabank hbf HICAPS

Phone 9250 1733

for an appointment

Shop 4, 16 The Avenue Midland

www.foothillsdenture.com.au

Dental Prothetists Malcolm J McArthur & Raynee McArthur

Dear Editor,
I WAS delighted to get some mail from you recently. Excitedly opening it to see what was inside.

It was a pass to go to the movies and see *Ainbo*. Perfect timing as I was looking after grandkids during the school holidays.

I tried to use it during the first week. Loading three kids into the car and off we went, only to have the youngest one vomit all over his brother in the back seat when we were nearly there (sigh). So we postponed it till the next week.

We finally got there with five kids the following week. (paying for the extra ones of course). We all enjoyed it very much and would like to thank you for drawing us out of the barrel so to speak.

Once again, many thanks.

Janine Stacey



Gifts in Wills help us fund

Research Support Prevention

As the leading, independent cancer organisation in the state we are committed to our community; working across every area of every cancer through research, prevention and support. Cancer never rests, and for that reason neither do we. That's why we're here for all West Australians affected by cancer.

Gift hope to future generations by including a gift in your Will to Cancer Council WA and help us work towards our vision of a cancer free future.

To find out more contact us on **08 9212 4333** or visit cancerwa.asn.au.



Get out and enrich older people's lives by volunteering



L-R; from left, back: Kevin Spark, Bron Foreman, Lisa Kelly (lead Mandurah), Jeff Haywood. Front, left, Wendy Haywood, Barbara Kind, Jackie Beaton - Group at Mandurah WayFairer Cafe Connect at Falcon eLibrary Christine, Erin Taylor (lead Kalamunda), and Helen at Kanyana Wildlife Discovery Centre

by Josephine Allison

OLDER people have much to offer in the community, but are sadly often overlooked, according to Lisa Kelly, of the Mandurah WayFairer Project. Mandurah and Kalamunda WayFairer Projects aim to connect older adults in the 50 plus age group with clubs and organisations looking for volunteers or people wishing to gift their time and talent.

"The Mandurah and Kalamunda Wayfairer Projects have been operating for almost three years under the umbrella Inclusion Solutions," Lisa said. "We are supported by the City of Mandurah and the City of Kalamunda and funded by the Department of Communities. It is a free program for WayFairers and clubs."

Lisa, the lead for Man-

durah and Erin Taylor for Kalamunda, are the driving forces behind the project.

"We realise the demographic being targeted may not be on social media, have a mobile phone or computer so we ask everyone to be the 'eyes on the street' for us," Lisa said. "This means that if they see older adults, who appear isolated or down in spirits, to pass on the WayFairer details so we can arrange a coffee catch-up, a chat on the phone or encourage them to come to a Café Connect to meet other people."

"The project has impacted hundreds of people over the two sites in Mandurah and Kalamunda. There is so much knowledge to be injected into our community that will be lost if we do not involve older adults."

Lisa says the WayFairer Project ensures older adults in the community feel valued in society from being involved in clubs and organisations needing voluntary roles, or in a social capacity by attending a WayFairer Café Connect to spend time with other Wayfairers and listen to guest speakers talking about organisations in the area seeking volunteers.

"We believe the project is unique to WA but would like to see this rolled out in other states around the country," Lisa said. A pilot project was carried out in the Town of Cambridge in 2018.

Lisa says the projects aim to ensure older people feel that they do not have a 'use by' date.

"There is so much knowledge and talent they can give if given the chance. We encourage our Wayfairers to think

about their passions and what makes them happy.

"If anyone takes on a voluntary role, it needs to be something that brings joy and, if connected with a role, the return far outweighs what they have given."

Lisa says there are some people who have never tried volunteering. This could be because they did not have the time or were brought up in a family where volunteering was foreign.

"There have been some great matches that have made a huge difference to a Wayfairer's life socially and as a valued team member. For example, a man named Alan, an electrician by trade with a passion for gardening, was connected with an organisation named Chorus which aims to keep people in their homes.

"Alan now gives his time and talent three days a week with different teams doing gardening. In the process, new skills have been learnt all round.

"The Wayfairer Proj-

ect benefits many older adults in the Mandurah and Kalamunda areas but, hopefully, further afield in the future."

For more information about the Mandurah WayFairer Project con-

tact Lisa Kelly on 0438 889 522 or email lisa.kelly@inclusionsolutions.org.au. For Kalamunda contact Erin Taylor on 0430 306 166 or email erin.taylor@inclusionsolutions.org.au

Bespoke Wills and Estates Lawyers



Services we offer:

You know you should have a Will, but for one reason or another, you have put it off. Or, perhaps you have a Will and it no longer meets your circumstances, which may cause substantial problems for your loved ones after your death.

Shirley and Emily have been recognised by the Doyles Guide for their extensive experience in Wills and Estates.

- Quality customised Wills that meet your specific circumstances;
- Enduring Powers of Attorney;
- Enduring Powers of Guardianship;
- Extensive experience with simple and complex Probates and Letters of Administration

Phone: 9445 2686 Email: office@bespokewills.com.au
Web: www.bespokewillsandestates.com.au Suite 6, 14 Main St Osborne Park

Feel the warmth of *friendship*

Enjoy the comfort of living in your own home within our welcoming independent seniors rental community.

Take a virtual tour today or call one of our friendly Community Managers and discover why our residents feel so secure and connected.

TAKE A VIRTUAL TOUR NOW



CAREY PARK 130 Forrest Ave, Bunbury 9721 9011 OCEAN GROVE 5 Sticks Blvd, Mandurah 9534 7166
SEASCAPE 2 Bower Dr, Mandurah 9581 4459 SEVILLE GROVE 15 Brechin Rt, Armadale 9498 2778
SWAN VIEW 301 Morrison Rd, Swan View 9255 3288 YAKAMIA 10 Barnesby Dr, Albany 9842 8433

Ingenia Gardens

As it Happened: beyond the stories - an about face on WA's state flag



Flag of Western Australia

by Lee Tate



THIS month, in 1875, the design of Western Australia's flag with its black swan was confirmed in despatches by Governor William Robinson. It began a drama that continues today, 146 years later. Five years previously, in

1870, Governor Frederick Weld had proposed a flag design depicting a black swan on a yellow backdrop, the same image confirmed by his successor, Governor Robinson.

Weld reasoned: "The colony at its commencement was known as the Swan River Settlement and the Black Swan is represented upon its seal, and has always been considered as its special badge, or cognisance."

But it created a heraldry hiccup: On the approved design, the symbolic swan faced the observer's right. An about-face was required.

In heraldry, the observer's left is "the point of

honour toward which all emblems should face." It was considered in 1936 by concerned officials at the College of Arms. Then, with the prospect of a 1954 royal tour, the vital question was raised in State Parliament.

So, on 3 November, 1953, our symbolic swan was given an about-face to face to forever gaze to the observer's left, adhering to vexillological convention.

Western Australia's flag, of course, is similar to the flags of the other five States with blue ensigns plus their respective state badges. When all are flown, together with the national flag,

WA's flag is a lowly sixth in order of precedence.

"This is indicative of its position on the Commonwealth Coat of Arms," says an official document.

The black swan, unique in the world, came as a shock to wide-eyed Europeans with their white-feathered species and was an obvious choice of symbol. In 1697, after Willem de Vlamingh observed black swans, he named their home the Swan River (Zwaanenvier in Dutch).

The British then used "Swan River Colony" as the name for its settlements at Fremantle and Perth in 1829. The black

swan, attacked and eaten by early arrivals, was adopted as an unofficial symbol. It became the State's bird emblem in 1973.

The colours and symbols of our flag are said to carry cultural, political and regional meanings: "The blue ensign is a conspicuous symbol of Great Britain, Australia's mother country," explained an official document.

But, with Australia's weakening ties with British royalty, Europeans' maltreatment of original inhabitants, questions of a future republic and the political correctness of Australia's national and State flags bearing

a symbol of Britain, WA's flag may be facing another about-face.

The challenge would be to redesign our flag to be fully-inclusive, representing a proud and prosperous State that has been inhabited for at least 60,000 years, not just since the flag was hoisted beside the Swan River by European settlers.

Note: Australia's national flag was first raised officially by Governor-General Lord Hopetoun at Melbourne's Royal Exhibition buildings on September 3, 1901, watched by the public and Prime Minister, Sir Edmund Barton.

Singers wanted for friendly choir

RETIRED Teachers Association choir is looking for new singers to join their friendly choir. They sing a variety of fairly easy and interesting songs.

There are no political or religious affiliations, just melodious singing. There is no age limit or auditions.

The choir meet every second Monday from 10am to 11.30am and a social morning tea follows.

They welcome anyone who is interested or just slightly curious.

For more information call Peter Hopper on 0466 436 218 or 9381 9558.

Flowers and friendship



Floral design by Maureen Young

WA Floral Art Society offers people the oppor-

tunity to discover friendship through flowers.

Meetings at 12.45pm for 1pm start are held at Osborne Community Hub, 11 Royal Street, Tuart Hill, on the second Saturday of the month. It's \$10 entry to see members designs, demonstrations, afternoon tea and raffle.

Please note parking is available under the venue behind BP Garage. Take the lift to the ground floor.

For more information check the website www.wafloralart.org.au or ring Penelope Brunning 0403 552 811.

Musical memories at Dianella

TO end the year on a happy note, the Dianella branch of the Association of Independent Retirees (AIR) has invited the well-known star of *Musical Memories*, Ric Waugh, to entertain on Wednesday 1 December.

Ric will sing hits of yesteryear and will include some well-known Christmas songs.

His wife Polly will supply the music and there will be a sing-a-long.

All AIR members and any interested visitors are very welcome to join the group to listen to the entertainment, have some refreshment and to hear about the guest speakers and social gatherings planned for 2022.

All meetings start at 9.30am and are held in recreation room 2, Living Grace, 68 Waverley Place, Dianella.

Cost is \$8 each for visitors and \$5 per AIR member. The cost covers the entertainment, light refreshment and a door raffle.

For further information please contact Joy Rourke on 0419 9444 32 or email joysrourke@iinet.net.au.

Enjoy Ageing!



Together with a
Senior & Specialty Move Manager®


ne:
solutions

Aged Care Navigation : Dementia Support : Personal Concierge

1800 637 658


connect@nesolutions.com.au nesolutions.com.au

GREAT VALUE




GIFT VOUCHERS

2020 Travelers' Choice




Tripadvisor



- FLIGHTS TO ROTTNEST
- PERTH CITY JOY FLIGHTS

www.rottnestairtaxi.com.au



FOR DETAILS

0421 389 831



Find us on social media



OMG!

You must stop in and try the award winning artisan cheeses at Harvey Cheese - the home of OMG



Ha Ve Harvey Cheese

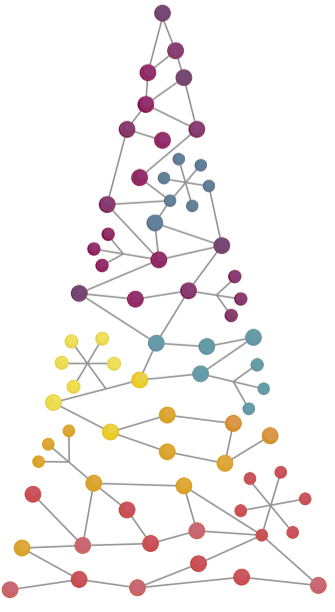
11422 South Western Hwy, Wokalup
Open daily 9.30am to 5pm



Your gift this Christmas could power our world leading research for 2022

Donate at neon.ly/Christmas

Help us raise \$50,000 for equipment we need to continue researching treatments for Stroke, Parkinson's, MS and more!



perroninstitute.org

Discover community radio as it delivers invisible voices around Perth



George Lewis-Hall

by Daryl Binning

RECENT television programs have propelled

relatively unknown people to celebrity status. They become household names because of their

screen popularity and photographs in the print media.

Successful contestants in *The Voice* and similar shows have to adjust to becoming used to being accosted in the streets for autographs and surrendering their privacy to adoring fans – a price many were prepared to pay.

Another group of media personalities are those, such as presenters at Perth's community radio stations who are less identified in public and rarely face these problems. However, socialising in new small

groups also throws up its own peculiar moments.

George Lewis-Hall is a presenter on Perth's only seniors-focused volunteer operated and programmed community radio station.

From their studios at Wireless Hill in the Perth suburb of Ardross, Capital Community Radio broadcasts on the frequency of 101.7 on the FM band and on digital radio as well as on the web to many interstate and overseas listeners.

George has a weekly program of his selection of music which is enjoyed by fellow seniors

in homes and retirement villages throughout the State and elsewhere. The station's presenters regularly receive phone calls while on air from listeners in all parts of the globe.

Early this year George and his wife Maureen moved from their home in Winthrop to the nearby Royal Australian Air Force Association retirement village at the Air Force Memorial Estate at Bull Creek. After settling into their apartment in the new Cirrus building they began to socialise with the other new residents. That is when odd

things began happening. Often after being introduced to new people some would say, "It's strange, but I have the feeling I have met you somewhere before". Little did they realise it was the voice with its Yorkshire accent they recognised but not the face.

When the connection with the seniors' station was suggested, all became clear and many new friends were made with those who previously had only known George as a voice. It soon became evident there were many of the station's members and

listeners on the estate. George and Maureen soon became great friends with many, all sharing a common love – the music played on their favourite radio station. It was obvious other RAAFA and similar retirement communities also appreciated the efforts of fellow seniors and the varied musical selections of the invisible presenters playing popular tunes. This reminded them of the great times they had during the golden years of radio. Happily, George is no longer invisible.

Delays in UK pension applications may cause issues for expats in Australia



by Mike Goodall

THE time taken by the Department of Works and Pensions to process UK State Pension applica-

tions has now blown out to 22 weeks. However, they will still only accept applications four months in advance of your Pension Date. They pay four weeks in arrears for those who are on four weekly payments. So if your application lands on their desk four months before you reach State Pension Age (SPA) it will be nine weeks before you receive your first payment.

A reminder for those UK State Pensioners who are

getting ready to jump on a flight to the UK as the borders reopen. You are entitled to claim your UK State Pension increases for the time that you are in the UK provided that you are there on a day that is your State Pension pay date. To find your pension day check the letter you received when you first claimed your State pension.

If you reached after April 2016 your day of the week is determined by the last two digits of your Na-

tional Insurance Number, i.e. 0-19 Monday, 20-39, Tuesday etc.

Even if you are in the UK for two days and your pension date is one of those days they will pay your increase for the whole week.

However, there are now strict rules that you must adhere to. The best option is to call the International Pension Centre (IPC) between four weeks before and four weeks after you are due to arrive in the UK. They require your Na-

tional Insurance Number, your full name, date of arrival and departure (they will check immigration records) and an address where they can write to you in the UK. If you are not staying at a UK address, tell them and they will write to you at your home.

Now that the UK is returning to more normal working conditions, they will be issuing more 'Life Certificates'. You must respond or your pension will

be stopped. It is therefore imperative that the IPC has your correct current name and address because if your letter doesn't reach you your UK State pension will stop.

Am I UK State Pension Age?

UK Expats and Australians born between 6 October 1954 and 5 April 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 6 April 1960 can claim a pension will increase by one month for every additional month of birth until 6 March 1961 when it will become their 67th birthday.

Anyone who would like to discuss any aspects of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail mikecgoodall@btconnect.com.

Seniors Week - late events

SENIORS Week runs from 7 – 14 November and we have had a few events which didn't reach us in time for our Liftout last month.

The Town of Bassendean will celebrate their amazing seniors from 8 – 12 November with free activities. Most will take place at the Bassendean Seniors and Community Hall at 50 Old Perth Road in Bassendean.

On Monday they run a craft group in the morning, a seniors' walking group and art workshop. Tuesday is games day. Wednesday there will be a workshop for seniors, Thursday will be a rice paper roll workshop and Friday will be carpet bowls and the Bassendean Melody Club.

For more information contact sdesilva@bassendean.wa.gov.au or call 9377 2191.

The Armadale Visitor Centre is running pole walking sessions during Seniors Week with a one hour session of this complete body work utilising Nordic poles. A gold coin donation is all it takes to hire the poles and enjoy a session on either Monday 8, Tuesday 9, Thursday 11 or Saturday 13. Sessions take place at 40 Jull Street, Armadale – call 9394 5414 for details.

Council on the Ageing will be holding a Let's Talk Scams session at the Riverview Room, Perth Convention and Exhibition Centre on Monday 8 November from 10am to 12noon. Registrations call 9472 0104.

Umbrella Multicultural Association will hold a Multicultural Seniors Festival on Tuesday 9 November from 10am to 2pm at the Stirling Adriatic Centre, 78 Jones Street Stirling. It's free and will be a fun day of entertainment along with information, health checks and free tea and coffee.

Old cyclist to speak at Perth northern suburbs branch meeting

THE guest speaker at the next meeting of the Perth northern suburbs branch of the Association of Independent Retirees (AIR) will be Alan Naber. Alan is well known in WA as the "Old Cyclist". We are looking forward to an entertaining presentation. Bring your cycle clips and join in the fun.

The meeting will be held on Thursday 18 November held at 9.30am. Please note that there will be no meeting in December and the next meeting will be on 20 January 2022.

Under the current WA Covid -19 rules we are restricted to the number we are able to have in the meeting room. Therefore, if you wish to attend 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, WA 6024 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, tea or coffee. For further information please contact Mike

Goodall on 08 6364 0859, e-mail mikecgoodall@btconnect.com or e-mail pnsair@gmail.com for further details.

THE ARMY MUSEUM OF WESTERN AUSTRALIA
 Located in an historic artillery barracks on Burt Street in Fremantle
Seniors Week at the Museum from 7 November

Wednesday	10.30am-3pm
Thursday	10.30am-3pm
Friday	10.30am-3pm
Sunday	10.30am-3pm

Closed Monday, Tuesday and Saturday

Check the website
www.armymuseumwa.com.au
 or call 9430 2535 for further details.

Santa needs some help in Perth!

Are you retired?
Looking for casual work?
Love children?

Where Santa needs help:
MYER Perth
MYER Karrinyup
Joondalup
Lakelands (Mandurah)

Then we may have just the right job for you!

Call Chris 0433 757 803 for information.

It's not often residential care rooms are available at Menora Gardens.



Here's why.

Surrounded by beautiful landscaping, Menora Gardens combines exceptional clinical care with Aged Care facilities that are second to none. Hotel-style accommodation sees private bedrooms with ensuites and built-in robes. Residents can take advantage of a full range of on-site personal care services. There are even Extra Services Rooms that come with a full-time Extra Service Concierge.

With all of these features, it's understandable that vacancies are few and far between. Not today.

Residential care rooms are now available for what will surely be a limited time. Contact Sharmaine today on 9436 2151 or email corporate@acacialiving.com.au for more details.

16 Freedman Road
 Menora
acacialiving.com.au



**Have a Go Day, a LiveLighter Event
Burswood Park,
Wednesday 10 November 9am to 3pm**

AGE is no barrier at *Have a Go Day*, a LiveLighter Event the activity and information day for over 50s. There will be a wide variety of activities to have a go at with plenty of entertainment. Remember to keep hydrated by utilising the hospitality tents which provide free tea, coffee and bottled water.

All Covid-19 safety requirements will be adhered to including advice on social distancing, hand sanitisation and extra space to enable people to enjoy the event in the grounds of Burswood Park.

Seniors Recreation Council of WA gratefully acknowledges the invaluable support of a major grant from Lotterywest towards *Have a Go Day 2021*, a LiveLighter Event in Burswood Park.

We also express a huge thankyou to all our valued sponsors who provide the means with which to make *Have a Go Day*, a LiveLighter Event possible: Burswood Park Board, Lotterywest, Crown Perth, *Have a Go News*, Dept of Local Government, Sport & Cultural Industries, Dept. of Communities, LiveLighter Healthway, Channel 7, Channel Seven's Home in WA, 882AM 6PR, Ingenia Gardens, Studio TwentySix Photography, Telstra, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, Classic Hire and Scarboro Toyota. Further information is available by calling 9492 9772.

SRCWA ANNUAL GENERAL MEETING

SRCWA annual general meeting was held on 29 September. SRCWA executive officer Dawn Yates acknowledged all the volunteers for their dedication to the organisation, along with the Woorloo Trustees who help out at numerous events and welcomed representatives from the SRCWA branches. A minute silence was observed for long-term dedicated board member and past state president Hugh Rogers and Greater Geraldton branch president Christine Mullendar who both passed away earlier in the year, they will be sadly missed.

The following SRCWA board of management members were re-elected unopposed; state president Phil Paddon; state vice president Graham Bennett, treasurer Colin Steer and branch president's representative Jan McGlenn.

The SRCWA Annual Report 2020/21 and audited financial reports were presented.

Guest speaker was Emeritus Professor Jo Barker whose presentation on choices as we age was well received. Thank you to all those who attended and for your continuing support.

Doug believes in favourite days... every day



Doug on the river

by Karen Finlayson

"WHAT day is it?" asked Pooh. "It's today," squeaked piglet. "My favourite day," said Pooh. Familiar words for readers of A.A. Milne – perfect words to describe Doug. Every day's a great day, always has been Doug's mantra. He enjoys every one of them. He has travelled extensively and enjoyed visiting many remarkable locations, but Perth is still his favourite place.

From a young age he was drawn to water – living by Herdsman Lake with an auto-wreckers down the road, he and his mates looked for car roof tops that could be cut to

size to pole around the water. This pastime led to skills he would use 50 years later with the Over 55 Canoe Club (O55CC). Sporting activities were a major part of his school life with footy being his long-term favourite. His sisters took him to ballet lessons, but their father stepped in and refused to give him the two shillings entrance fee. Regular swimming training at 6am was never a hardship, helping him to become the cross-country running champion he was at Churchlands Senior High School. In 1962 Doug was part of the initial intake for what has become the largest school in the state.

Living the life of a rocker

in his youth, he spent some wild years hanging out in Scarborough. The beach front became jam-packed with trendy teenagers hooking up for a surf, eating hamburgers at Peter's-By-the-Sea, or watching the active outdoor dancing.

Leaving home at nineteen he worked in Melbourne and Brisbane but fell in love with New Zealand. After a third visit to work and hitchhike around the two islands, he returned to Perth to settle down, obtain his Master Builders' Registration and start his own business.

Later in life, as a single-parent he was back to studying again, making lunches, ironing and learning how to cook! When he discovered a meal he and his sons enjoyed he would cook it for three months, with cook books becoming the go-to gift from his sons for birthdays, Father's Day and Christmas.

Enjoying fatherhood included taking his two sons to footy training and watching their games. As a carpenter, Doug was well able to build his eldest son a set of stilts, when in his mid-teens he became interested in juggling and circus stunts. Thirty-five

years later his son's successful Bizircus, is still based in Fremantle. With highly skilled circus acts including acrobatic stunts and hilarious character comedy, they have regularly toured Asia, Europe and the Americas.

Doug is very proud that both sons completed university degrees. Recently he was invited by his younger son to attend a work award's ceremony in Barcelona. After a fantastic awards-night where his son was a recipient, they spent 10 days mixing with the locals in the great cosmopolitan city of Spain.

Doug loves to travel and can't stay away from water. After travelling the coast of Croatia, he accepted an invitation from his Perth neighbours, who were holidaying in their beautiful home town of 365 churches, Lake Ohrid, Macedonia. He felt like a local when he was invited to a wedding and loved every minute of his week-long stay.

Ten years ago, Doug joined the Over 55 Canoe Club to learn the skills of a kayaker. A valuable lesson learnt was wearing the correct gear for various locations. He was glad of his helmet at Bell's Rap-

ids when he was thrown from his kayak onto rocks with his head taking a whack and his ears being gashed.

In recent years white water rafting in Bali and Phuket have been fun, but his greatest experience was in Kenai, Alaska during a two-month trip around North America. The thrill and buzz of racing down the river in the wild, freezing-cold water in an inflatable boat with six others, all dressed in dry suits, couldn't be beaten.

Doug finds delight in each new day, which according to Buddha brings about good health and happiness – it's called living in the moment.

If you are interested in paddling with the Over 55 Canoe Club contact: club president Chris Cocker on 0410 479 024 or club secretary Dale Winn on 0420 733 024. For more information please view the website at www.over55canoeclub.org.au



25th anniversary concert for choral society



CHURCHLANDS Choral Society's 25th Anniversary Concert, including well-loved music and a violin soloist, will be held on Sunday 5th December at 2pm at the Floreat Uniting Church, Berkeley Crescent, Floreat.

Tickets are \$25 with children under 12 free and will be available through Trybooking from mid-November and at the door. Afternoon tea will be served after the concert. Christmas hamper and Voyces Christmas concert raffle tickets will be available in the foyer.

Please come along for a delightful afternoon of song and supper.

For further information please contact Alison on 0405 285 692.

LiveLighter Aged Care Games Peel Region

THE SRCWA LiveLighter Aged Care Games in Peel were held in early October at the Murray Aquatic and Leisure Centre. SRCWA Peel branch president Jan McGlenn OAM and her dedicated volunteers were supported by Alcoa volunteers and SRCWA staff and volunteers. Nine teams competed in a range of activities specifically for seniors in care. The entertainment for the games was *Voices in Harmony* who had the crowd singing along to a variety of songs.

Best presented team on the day was *Aegis Greenfields Greenfield's Circus*, in third place was *Greenfield's Circus Team 1*, second place was *Wearne Warriors - Amana Living* and first place by a small margin was *Quambie Park 1*. Our oldest competitor on the day was 101 1/2 years young, May Elvard, from Bedingfeld Park. SRCWA thanks and acknowledges the hard work by the all the volunteers who helped to make this a most enjoyable event for the participants.

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

SRCWA and Telstra's Seniors Tech Workshop

HELD in September at the Loftus Recreation Centre and attended by 130 people. Participants enjoyed presentations from; Telstra Health - Community Health Solutions, Telstra IOT (Internet of Things), with Cruzr the Humanoid Robot, Telstra Plus Retail Presentation, SRCWA Digital security solutions at home, WA Seniors Card Safety and Security Rebate Scheme and DPIRD Pantry Blitz 2022. Presentations were also made from ANZ Bank, Camera Electronic/Wanderlust Perth, Guardian Safety Pendants, Sofihub, Consumer Protection WA, WA Scamnet, WA Seniors Card and *Have a Go News*. Thanks to The Good Grocer Leederville IGA who provided catering. Thank you to our long-standing supporter *Have a Go News*. The door prize donated by Camera Electronics and Wanderlust by Camera Electronic which was won by Peter Francis.

**"Be Connected" Seniors Tech Expo
Get online Week**

SRCWA as part of the Be Connected network held a Technology Expo on 22 October. The theme this year was "get on line get connected" 76 people attended who enjoyed presentations from various exhibitors. Through the Good Things Foundation SRCWA was fortunate to secure a Be Connected Grant, which enabled SRCWA to run the event. Our thanks go to the organisations and government departments who supported it, and helped introduce and encourage people to the wonders of being online. A big thank you to the SRCWA staff and volunteers who worked hard to facilitate this event.

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

Regular breast screening saves lives

HAVING regular mammograms is one of the best things you can do to detect breast cancer early, often before it can be felt or noticed by you or your doctor.

A mammogram can detect up to 90 per cent of breast cancers. Although breast cancer cannot be prevented, the earlier it is detected, the better the chance of successful treatment. All it takes to positively impact on your long-term breast health is about 15 minutes of your time every two years.

Screening mammography has been shown to be effective in reducing cancer mortality in women ages 50-74 years.

However, the World Health Organisation has found that there is insufficient evidence of benefit to recommend screening in women 74 years and older. Women over 74 are strongly encouraged to discuss the benefit of continuing regular screening with their GP.

Booking is easy, either online www.breastscreen.health.wa.gov.au or call 13 20 50. Group bookings are available. Remember – once is not enough.



Umbrella Multicultural Community Care Service Inc presents

Multicultural SENIORS' FESTIVAL

Mini Expo. Cultural Performances. Music. Dance.

09 November | Tuesday
10 am - 2 pm

FREE EVENT

Stirling Adriatic Centre
78 Jones St, Stirling

The event is part of Seniors Week 2021.
Join us as we celebrate our multicultural seniors.

PART-TIME CLEANERS REQUIRED

We are looking for part-time commercial cleaners to work in offices, libraries, community centres etc in the local area. The hours are flexible and we supply all equipment and training. This would suit any active retired or semi-retired people at above award rates.

Please email a brief resume to: admin@brigadefm.com.au or message to 0466 660 741

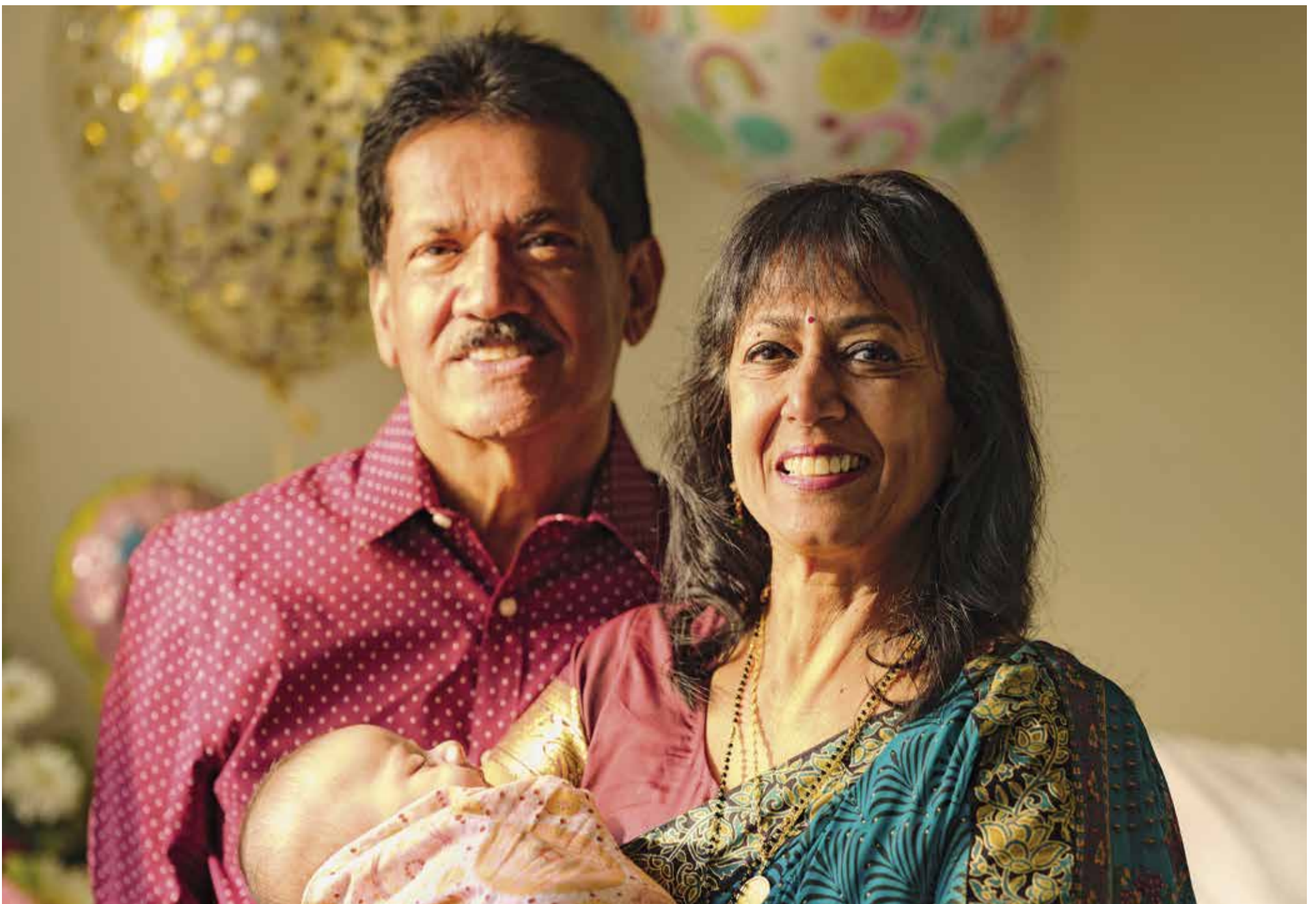


Seeking volunteers...

SENIORS Recreation Council Rockingham branch is seeking volunteers to help out with a variety of events.

The branch organises a mini *Have a Go Day* every year, along with concerts and other events promoting recreation for seniors in the area.

If you would like to help them out and be a part of this important organisation please contact Carole Overington on 0412 715 173 or email: caroleoverington@iinet.net.au



Where to roll up for your COVID-19 vaccine



Participating GPs



Pharmacies



Community Clinics

(No appointment needed)

Visit Roll up for WA to book your COVID-19 vaccination with participating GPs, pharmacies, Aboriginal Medical Services and community clinics. You can also roll up without an appointment at community clinics.

**Roll up
for WA**

COVID-19 Vaccination

 **Roll up for WA**

A lifetime in the fashion industry created Kay's love for Kashmir shawls



Kay Trethowan

by **Serena Kirby**

KAY Trethowan certainly

knows a thing or two about the world of high fashion. More than 40 years ago, when Kay

was starting out in her fashion career, she worked for London couturiers, David and Elizabeth Emanuel. Those names may not mean much to most people, but if we add the words, 'Lady Diana's wedding dress', you're likely to realise just how famous this couple were.

"I worked as the Emanuels' assistant in the late '70s at their exclusive couture salon in Mayfair," Kay says. "This was just before they were commissioned to create Diana's famous wedding dress. It was always their ambition to dress Charlie's bride, even before Diana was on the scene."

The likes of the Duchess of Kent and Bianca Jagger were regular clients of the Emanuels and Kay was often dropping off dresses at Kensington Palace. She also assisted with dressing the world's top models for photo shoots for *Vogue* and *Harper's Bazaar*.

"It was incredibly demanding and high pressure work. After a while I got itchy feet and took off travelling, eventually ending up in Australia.

Fashion was still my first love so I started to work with Laura Ashley, Benetton and Country Road in WA. Eventually I opened my own boutiques, named Pukka, in Perth."

Having now retired to regional life in Albany, Kay is still a collector, wearer and purveyor of exquisite shawls from the Valley of Kashmir. She says she fell in love with these seductively-soft shawls on her very first trip to the region several decades ago.

"When I saw these shawls being made, I was totally in awe and just had to have one. Now I have several and each is totally unique."

The origins of Kashmir Valley shawls date back to antiquity, but it was only in the late 18th Century when they came to the attention of European aristocracy after Napoleon gave one to his much-loved Josephine. They have since become a favourite among the rich and famous and are often displayed at museums.

Shawls from the Kashmir Valley are still created using

traditional methods; no machines, no factories and using embroidery designs that have been handed down from one generation to the next. The gossamer-fine thread, known as pashm, is spun from the wool of Himalayan goats and is known as some of the finest in the world. Even though the spinning of the wool is on small wooden spinning wheels done by women in their homes, it's actually the men who do the embroidering.

"These shawls can weigh as little as 200g and it can take months for the delicate needlework to be completed," Kay says. "A design may be replicated but genuine shawls are never identical."

With mass production now the norm in the clothing industry many shawls – often called pashminas – are sometimes confused with, and even misrepresented as, Kashmir shawls.

"It can only be called a pashmina if it actually contains pashm wool, so always check. Also be aware that an authen-

tic Kashmir shawl will never have a label or tag sewn on to it. And, look for initials or a shape that's been stitched on to the end of the shawl, as very often the artist will leave their mark just like an artist signs a painting."

The fact that authentic shawls have been touched by very few people since leaving the hands of their creator is something Kay believes is important to a shawl's provenance. Hence, the shawls she now imports come direct from the Kashmir Valley artisans themselves. She does not sell to retailers, only private buyers, as a way of avoiding extra handling.

"When someone buys a genuine Valley of Kashmir shawl, they are buying a piece of wearable art," Kay says. "It will last a lifetime. It's an heirloom of tomorrow and every time you wear it you add to the shawl's history – to its story."

If you're interested in finding out more about Kay's Kashmir shawls, contact trethowan.kay@gmail.com.

Family History WA helps people find their fascinating history

FAMILYHISTORYWA – Researching World-wide is an organisation of members fascinated by tracing histories of families from all over the world. The FHWA Library and Research Centre is

in May Street, Bayswater. Here assistance is available from a group of dedicated volunteers, who enjoy helping people discover where and when their family arrived in Australia as well of the

history of a family in places overseas.

Regular meetings of special interest and user groups for different topics and areas of the world are held online and face to face at May Street.

There are events where people can meet other members who are enthusiastic genealogists. Many of our members enjoy sharing the stories of their discoveries within our family history com-

munity. The journal, *Western Ancestor* is a well-respected professional publication. It contains a wide variety of informative articles including stories from members

describing their intriguing family histories.

The extensive website, which has won prestigious awards, together with online presentations and face to face workshops, provide

an excellent service for both beginning family historians as well as those who have been tracing their family trees for years.

See advertisement on page 46 for more details.

COMMUNITY NOTEBOOK

VOLUNTEER DRIVERS

Urgently needed to transport frail aged clients to various appointments. Primarily within the Fremantle, Melville, Cockburn and Rockingham area. Drivers needed Monday to Friday between 8am to 4pm. Volunteer Home Support 9331 2933

YOUR VACCINATION CERTIFICATE ON YOUR PHONE

5 and 17 November 1pm South Perth Learning Centre Free class on myGov, Medicare, and vaccination certification. Details/bookings splconline.org.au

WILLETTON LADIES PROBUS INC

Meets the second Thursday of every month at the Church of Christ. 9.15am 55 Agaicourt Drive, Willetton. Fun, laughter, friendship, outings and listen to our guest speakers. Contact Raylene 0421 953 328

PARKINSONS SUPPORT GROUP

Meetings held last Thursday of every month 1.30pm for a 2pm start. Guest speakers, afternoon tea Masonic Lodge Hall Rear of Corinthian Village 3A Moolanda Boulevard, Kingsley Bev Hannan 0428 053 324 bev hannano6@gmail.com

GOSNELLS COMMUNITY MENS SHED

Community open day including 25 plus other local organisations 20 November 10am-4pm Face painting, crafts, food and live music. Something for everyone to enjoy. 9398 4064 Web: gosnellsmensshed.org

AUSTRALIAN MODEL RAILWAY ASSOC MODEL RAIL

Sunday 5 December 10am to 4pm 24 Moojebing Street, Bayswater View numerous layouts, various scales and sizes U-drives and puzzles plus

sausage sizzle \$2.50 Entry is gold coin donation. 9377 3456 amra.trains@westnet.com.au

OPEN GARDENS WA

13-14 November LAKEHOUSE 8709 Maitland Road, Beverley www.opengardenswa.org Please check on the website before leaving home in case of late changes.

EAST FREMANTLE'S GEORGE ST FESTIVAL 2021 5 December, 11am-6pm An afternoon of artisan fare, food, stalls plus music and fun family activities.

3 IN ONE MARKET Claremont Showgrounds Saturday 13 and 14 Sunday

November 9.30am-4.30pm Over 300 Market stalls Handmade crafts. Antiques. Collectables. Polka Dot Village Market Free antique valuations 12-3pm



FREMANTLE ARTS CENTRE BAZAAR 2021

Friday 3 December 5-9pm Saturday and Sunday 9am-5pm Entry \$2 Kids under 12 free Showcasing the work of 50 local designers, artists and makers. Bar open, food available. Fremantle Arts Centre grounds

CLASSICAL PIANO RECITAL

Sunday 21 November, 10.45am Morning tea before concert 10.15am Willetton Uniting Church, Herald Avenue Amazingly talented young pianists Admission by donation Part proceeds to Youthcare



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

More Home Care services for less money? Too easy.

Home Care is designed to help you stay in your home as you get older. Funded by the Federal Government, Home Care packages are made up of individually selected services that make life a little easier. Some of those services include cleaning, gardening, meal preparation, home maintenance, shopping, medication administration and more.

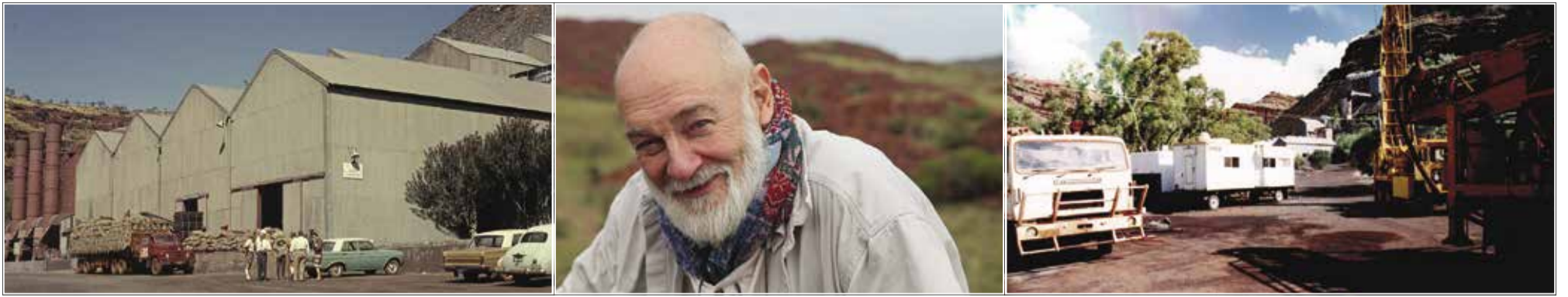
Our local Home Care team can help you choose the services you need and have your package ready to start within 48 hours of signing your Home Care agreement.

For an obligation-free quote, find your local Home Care Manager at acacialiving.com.au/homecare

Acacia
LIVING GROUP
acacialiving.com.au



Why cleaning up Wittenoom and surrounding areas is important



Left to right; The Colonial Mill at Wittenoom - former Greens MP Robin Chapple has asbestosis - in 1991 exploration crews working out of Colonial Mine

by Allen Newton

FORMER Greens MP Robin Chapple has asbestosis. The 74-year-old, who retired prior to this year's State election, says his health is reasonable and his condition hasn't evolved into the far more deadly lung disease mesothelioma.

The former Greens spokesperson for energy and climate change, mines and petroleum, has had a keen interest in the Pilbara. He worked in the mining industry and serving on the Port Hedland council before going into politics to represent the Mining and Pastoral Region for the Greens.

He is urging the State Government to clean up asbestos-ridden Wittenoom in the Pilbara.

He came to Australia from the UK in 1974 and as a relatively young man he wound up spending a couple of months in 1976 working in asbestos dust at the Wittenoom asbestos mine for Hancock Prospecting, maintaining

their vehicles at the Wittenoom workshops.

"In hindsight the conditions were pretty atrocious because in those days the workshop walls didn't quite go to the ground. They had an airspace underneath them to keep you cool, but the problem was all the asbestos tailings surrounding us used to blow in there overnight and during the day. So prior to working every day we had to sweep out the workshop.

In those days work clobber in the hot and dusty conditions was thongs and shorts.

"Being quite young and gung ho, we didn't comprehend the risks and there was nothing to advise us that asbestos was an issue."

His views have changed dramatically since then.

"I then went to work in Port Hedland for BHP and got myself on the council there. I became fairly politically active within the Labour Party

and as a union convenor started thinking about occupational health and safety and became much more attuned to the problems."

Just before the 2021 State election, Robin was diagnosed with asbestosis. He had been having routine scans, knowing he was an ex-Wittenoom worker. Being unsure what the future held with the disease, prompted him to retire.

Robin believes issues with making the asbestos mines safe can and should be resolved.

"While the State Government is saying quite clearly it can't afford it, with a \$4 billion surplus this year and most likely a \$5 billion surplus next year, they have the money, they could do it."

Robin believes the most effective solution will be to pump the tailings back into the shafts they came from as a slurry.

An original estimate of the cost to clean up was around \$2.4 million which

blew out to \$24 million and Robin estimates the cost would now be around \$600 million.

But a clean-up, if the government decides to go ahead, is still some time away and in the meantime, Robin says people are still foolishly going into Wittenoom.

"I was up there at a place called Driller's Ridge, which overlooks the Wittenoom Gorge and Joffrey Creek and No Name Gorge where the asbestos is. While we were up there, there were campers down by the tailings piles.

"There are big signs everywhere and they've cut up the road, but a four-wheel-drive can get in there. A few years ago there were some Facebook posts where people were encouraging others to go into Wittenoom and explore inside the mines as a tourism venture.

"I have pictures of kids inside the mines.

"And while people say Wittenoom is terrible it's 11 kilometres from the

contaminated area, Karijini Lodge is only five, so while we harp on about Wittenoom the town, the tailings are 11km down the road, but a 5km walk will take you up to the Karijini Lodge.

"You can try and dissuade people from going there, but this is the largest, most dangerous contaminated site in the Asia-Pacific region.

"This area exists, people will go there and you have to look after it.

"And you also have to remember the Banjima people, who have native title over the area. They don't have native title over the Karijini National Park because that was excluded, so they lost that bit of land.

"Now the area is designated a contaminated site so you can't go to all of Wittenoom area.

"When you get native title you would expect whoever was responsible for contaminating the area - contaminating your land - should clean it up.

The Asbestos Diseases Society of Australia (ADSA) has launched a community education campaign to discourage visitors to the closed mining town of Wittenoom.

It is hosting an online petition for a permanent memorial to be erected in Karijini National Park

with the names of the thousands of Wittenoom workers, residents, traditional owners and their family members who lost their lives to asbestos related disease.

To sign ADSA's petition for permanent memorials in Perth and the Pilbara visit www.change.org/WittenoomMemorial.

Have-a-Go
NEWS

COMMUNITY PHONE NUMBERS

<p>Police: 131 444</p> <p>Crime Stoppers: 1800 333 000</p> <p>Emergency: 000</p> <p>Poisons Information Line: 13 11 26</p> <p>Lifeline WA: 13 11 14</p> <p>Centrelink: 13 24 68</p> <p>Medicare: 132 011</p> <p>My Aged Care: 1800 200 422</p>	<p>ATO: 13 28 61</p> <p>WA Senior Card: 6551 8800</p> <p>Seniors Recreation Council: 9492 9773</p> <p>Western Power: 13 13 51</p> <p>Water Corporation: 13 13 75</p> <p>MyGov: 13 23 07</p>
--	---



Wittenoom...

Urgent message to all travellers to the Pilbara region of WA

Do not visit Wittenoom, not even to take a photo, it is NOT SAFE. The town and surrounding areas are heavily contaminated with blue asbestos fibres from CSR's mining and milling operations. Scientists have established that there is no safe level of asbestos exposure. Sadly the death toll from Wittenoom won't stop until visitors stop.

www.asbestosdiseases.org.au | www.facebook.com/AsbestosDiseasesAus



asbestos diseases society of australia inc.

Proudly supported by **Slater Gordon** Lawyers.



A dream drive may never come to fruition but here's a Golf and a ute to think about



Left to right; Mazda BT-50 - Golf GTI



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

IT'S now looking very unlikely I will ever own a Rolls Royce; a declaration of which I'm not pleased. The idea of RR proprietorship has consumed me since child-

hood, after first experiencing a Silver Ghost in the flesh. To this day, I spend too much time searching the World Wide Web looking and learning more about Rolls Royce. The latest models are extraordinary, the Phantom a masterpiece. The latest Ghost considered merely entry level to Rolls Royce ownership.

My Rolls Royce dream is now on life support, particularly after recently driving a 1970's Shadow. A tired old thing, it left me underwhelmed, disappointed and dripping

in despair.

So after flirting with spending nearly \$30,000 on an ageing Rolls Royce, jumping back into my Volkswagen Golf GTI test car; life made infinitely more logic.

The Golf name has been around for many decades; I suspect nearly as long as Corolla. Both have sold in their billions. And deservedly so. They suit purpose; to carry passengers in a safe and reliable manner.

And in the case of Golf with lashings of sportiness.

The Golf GTI is a fun car, a hot hatch with immense desirability, even though German competitors have made massive inroads with slightly superior versions. It's not perfect; wheel spin during our wet October became annoying, but many other elements more than compensated.

The GTI can be driven with both enthusiasm and kindness; it curiously drips with understatement. There is so much happening under the lid, it preserves high

driver interest. At around \$54,000, the whole package represents value and a pure joyful driving experience.

So enter the Mazda BT-50.

The Western Australian fascination with a ute completely escapes me. Apart from Colin the Carpenter and Fred the Farmer, no one needs one. The idea of driving a workhorse as a daily drive holds no appeal. But I know I'm alone on this. The market over the past 10 years confirms it so.

Inside the Mazda BT-50, there is enough going on. The accessories in the test car were plentiful. A 9.0 inch screen, surprisingly good speakers, smart leather-trimmed seats and leather steering wheel provided some appeal. 18-inch wheels, LED daytime lights and a rural backend all combine to satisfy those who love a workhorse.

Spending a week or so with the latest Mazda BT-50 was an experience I won't easily forget.

Designers of latter day utes seem to insist they

be noisy, clatter and not be particularly comfortable. They have achieved it all. These things range in price from \$30, to nearly \$70 grand; and sell like Auntie Helen's hotcakes.

But last weekend in Bunnings carpark, I've never felt so alive.

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

Friendship Force Club celebrates its 20th anniversary in Perth

FRIENDSHIP Force Club of Perth recently celebrated its 20th Anniversary when 70 members gathered together for a gala dinner to look back on what the club has achieved since its inception.

Friendship Force Perth is just one of 360 clubs world-wide which are part of Friend-

ship Force International, a non-profit, non-religious, non-sectarian organisation formed 45 years ago by Wayne Smith and endorsed by US President Jimmy Carter.

The club provides opportunities to explore new countries and cultures from the inside by bringing people together at the personal level.

Through its signature program of home hospitality, local hosts welcome international visitors into their culture, sharing with them meals, conversation, and the best sights and experiences of their region.

With the onset of COVID, travel between clubs has been put on hold, but the Friendship

Force Club of Perth has remained active by keeping up with social activities. It will be raring to go as soon as travel restrictions are lifted.

New members are always welcome. For more information, please contact the Friendship Force of Perth membership@friendshipforceperth.net

9 NEWS

LOCAL 5.00
with **MONIKA KOS**

FULL STORY 6.00
with **MICHAEL THOMSON**

food & WINE

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



Match your wine to your food or food to your wine and enjoy these delicious drops...



by Frank Smith

MATCHING wine and food is an arcane art, but there are some ground rules.

Serve dry, light-bodied wines, like Riesling and Vermentino with light dishes and full-bodied, high alcohol wines like Shiraz with foods with

lots of animal fat and protein, dairy or rich sauces.

Serve a dry Riesling, Sauvignon Blanc, or Pino Grigio with dressed salads, goat's cheese and tomato-based dishes and accompany deserts with wines that are as sweet or sweeter than the food.

If in doubt sparkling wines go with almost everything.

But these rules are made to be broken and personal preference is paramount. Here are a few interesting wines to go with food.

Taltarni Sangiovese Cabernet Sauvignon 2020 from the Pyrenees

region of Victoria is a blend of 64 per cent Sangiovese and 36 per cent Cabernet Sauvignon. It is crimson red in colour and medium bodied. The wine has aromas of cherry with mixed spices and a touch of earthiness. The palate features cassis, cherries and blueberries, with unobtrusive oak. The wine has great length, with a velvety finish. Serve with hearty red meat dishes. RRP \$26.

Patina Reserve Chardonnay 2017 has aromas of apricot, white stone fruit and crisp apple balanced by a little creaminess. Toasty notes are accented by hints of

peach, melon and honey complemented by nutty oak aromas. The palate displays ripe fruit up front mixed with nuttiness derived from the oak. This wine is fresh, smooth and well balanced with excellent length. Goes with a range of foods from steak to soft cheese. RRP \$60.

Carillion Origins old graft Semillon Hunter Valley 2021 Situated on the limestone soils of the historic Hunter Valley, Carillion's Tallavera Grove vineyard is noted for quality Semillon fruit. It displays aromas of white flowers, lemon zest and other citrus aromas with a palate of mouth-wa-

tering natural acidity and balanced minerality. The finish is crisp and dry. This wine goes well with oysters and shellfish. RRP \$30.

Angullong 'Fossil Hill' Sangiovese 2019. Sangiovese is one of Italy's most popular varieties. The Angullong 'Fossil Hill' Sangiovese is a medium bodied wine with aromas of violets, blueberries and dried herbs. The palate features flavours of blueberry, sour cherry and spice complemented by savoury herbs and soft tannins. This is an ideal wine to accompany Italian food. RRP \$28.

Castle Rock Estate 'Skywalk' Riesling 2021 Skywalk is named after the lookout which is fixed to the side of Castle Rock itself, providing great views of the surrounding area. The wine is pale straw with green hues. It has aromas of orange blossom and lavender, with hints of musk and passionfruit adding to the complexity and interest. The palate is rich and balanced in a full and flavoursome Riesling style, displaying floral characters and an element of citrus and minerals with a long crisp finish. Accompany seafood and even spicy dishes. RRP \$21.

Knife and fork talk with the Dining Divas



A couple of Lo Quay River Café's delicious and extensive lunch menu; grilled haloumi salad, and spinach, cheese and vegetable pie

by Judith Cohen and Pat Paleya

THIS month we went to a restaurant in Wilson that was recommended by a friend.

There is definitely nothing low key about the Lo Quay River Café sitting alongside the Canning River. A picturesque spot with market umbrellas and shady trees totally ideal for dining under,

unless you prefer dining inside.

There is an extensive lunch menu, \$25 and under. Difficult to choose from but we managed.

We chose spinach, cheese and vegetable filo pie (\$18.50) and grilled haloumi salad (\$24.50).

The pie was delectable, the filo was crispy top and bottom and the filling was manna from heaven. The cheese

spinach and vegetables were soft moist and morish, an ideal combination of flavours wrapped up

inside a perfect pastry parcel. This came with a seasonal salad of mixed greens, onion and grape tomatoes tossed in a very tasty dressing, the meal was a delight, and there was plenty of it.

The grilled haloumi salad was substantial and brimming with small chunky pieces of pumpkin, beetroot, sweet potato, avocado, baby spinach, cranberries and the best candied pepitas ever eaten by this diva. All of these ingredients blended well and created a most delicious dish.

We will be visiting many more times. The wait staff were friendly and efficient which should be a feather in their cap as the café was chock-a-block with chatting, cheerful, chompers all enjoying the vibe surrounding them, the river, the trees, and this fabulous café.

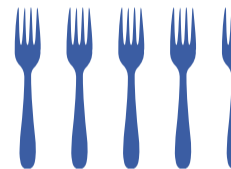
Just a tip, probably better to book.

We took the 178 bus from Elizabeth Quay bus station but there may be other choices.

4½ Forks
Lo Quay River Café,
300 Fern Road, Wilson
Open daily 8am – 5pm.
www.loquay.com.au
phone: 9358 4486

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

AMARETTOS RESTAURANT
Mon-Sun 11am-3pm
\$24 and under lunch special.
Ellen Stirling Parade
Ellenbrook 9296 9333

LO QUAY RIVER CAFE
Lunch menu \$24 and under
7 days 12pm-3.30pm
300 Fern Rd.
Wilson 9358 4486

BAYSWATER HOTEL
\$21.99 seniors lunch buffet
Mon-Fri 12pm-2.30pm
Railway Pde
Bayswater 9271 7111

PARKERVILLE TAVERN
Old Timers \$18 lunch.
Mon-Fri 12-2.30pm
6-18 Owen Rd.
9295 4500

CAFF ON BROADWAY
All day menu under \$23
7 days 6am-3pm
3A Broadway
Bassendean 9279 2082

THE HERDSMAN
\$16 seniors menu
11.30am-3pm
seven days
33 Herdsman Parade
Wembley 9387 5555

GREENWOOD TAVERN
Lunch menu \$25 and under
7 days 11am-4pm
349 Warwick Rd.
Greenwood 9246 9711

THE WELL
\$18.95 seniors menu
Mon-Fri 11.30am-2pm
Valid with seniors card
21 Chiswick Pde.
Wellard 1300 843 935

Vince's delicious stuffed pork fillet - perfect for romantics or singles



- 2 sliced mushrooms (medium tomato size)
- 2 slices of bacon no rind (one left long and the other diced small)
- 1 tablespoon chopped garlic
- 1 tablespoon chopped Italian parsley
- ½ cup fresh breadcrumbs (from a three-day old loaf, no crust)
- sea or lake salt
- freshly cracked black pepper
- white wine
- olive oil

THIS recipe is easy. It is also perfect for two, so the romantic among you can cook this as foreplay to disrobing and trying a couple of new pages in the karma-sutra. You may also want to keep the yellow pages open on chiropractors just in case.

Ingredients for two
1 pork fillet (about 300g)

Split the pork fillet two thirds deep (not all the way through) with a knife. Now stuff the gap with a mixture of sliced mushroom, half the diced bacon, half the garlic, half of the parsley and all of the breadcrumbs.

Alternatively fry the mushroom and bacon

in olive oil until soft, add the garlic and parsley for a minute, stir well then add 50ml white wine and cook for a minute, add breadcrumbs and mix off the heat, cool then stuff into the pork fillet. Once the pork fillet is filled, cover the split and the stuffing with the slice of bacon and tie neatly to stop the stuffing falling out.

Season the visible pork fillet with salt and pepper (not the bacon). Now fry in a little olive oil at high heat for three to four minutes until the bacon and the pork are nicely coloured.

Add the other half of diced bacon to the pan around the pork and allow it to colour for two minutes while turning the pork. Do not burn it. Now splash 200ml white

wine over pork, lower the heat to a simmer, add the other half of garlic and parsley and pan steam for five minutes with the lid on.

Do not allow the pan to dry; add more wine if required. When the time is up, leave to rest with the lid on for five more minutes then slice, plate and serve with sauce from the pan.

If the romance is a worry to you, lock the door and eat it all yourself. You will still respect yourself in the morning, I promise.

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



by Vince Garreffa



Letters to...Vince Garreffa

If you want a particular recipe of Vince's, don't hesitate to drop a line to *Have a Go News*. Address your enquiry to Vince Garreffa c/- *Have a Go News* PO Box 1042, West Leederville 6901, or email your question to vince@haveagonews.com.au. Please include your phone number.

SOUTH PERTH SENIOR CITIZENS CENTRE

RENEWAL FOR 2021/2022 FINANCIAL YEAR DUE NOW ONLY \$20

Come and join the South Perth Senior Citizens Centre for some activities

SERVICES AVAILABLE
(bookings essential - members only*):
Hairdresser - by appointment only
Podiatry - by appointment only
Meals on Wheels \$11

NEW CHEF ARRIVED! DELICIOUS MEALS SERVED FOR LUNCH ON TUESDAYS

LIFESTYLE ACTIVITIES:
Bingo, Bridge, Scrabble, Mah-jong and Chess.
Tuesday; Pilates **Wednesday;** Yoga and Tea Dance
Thursday; First Thursday of the month - Book Club
Friday; Zumba, Bingo and afternoon tea.

TUESDAY LUNCHES: \$15 members; \$20 non-members



53 Coode Street, South Perth
Phone 9367 9880
Email spscc2@bigpond.com
Find us on

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

ADVERTISING FEATURE

Brunch with T - there's nothing better than a cup of tea in a china cup



Clockwise from left; Iced coffee and loose leaf tea served in tea cup from a teapot - bao bun with pork belly - Peking duck cigars with cucumber vinaigrette - rice vermicelli omelette bee hoon - delicious little cake - Bloody Mary - Chapels on Whatley is a beautiful Eurasian themed tea shop and cafe - enjoy loose leaf tea poured from classic glass teapots



by Tahlia Merigan

THIS month I decided to check out the café strip in Maylands along Eighth Avenue and Whatley Crescent for our review.

There are eight or nine cafes in the area - all offering a variety of brunch options.

Mum (editor Jen) and I seemed to be drawn to Chapels on Whatley, getting swept into the beautifully decorated Eurasian themed tea

shop and café. If drinking tea is one of your life's great pleasures, then check out the well-stocked tea shop at the front of the store with loads of lovely teas, beautiful china cups, pots and other knick-knacks.

Chapels had a very welcoming atmosphere. After a quick browse through the shop we settled in the courtyard for brunch.

The café offers Eurasian cuisine on their all-day menu, which also has a few brunch classics including a big Ozzi breakfast and Eggs Benedict.

There was a very friendly vibe to the place and we spoke to several patrons, including a couple of ladies opposite us

who were regulars. They were enjoying their favourite Chinese tea which was served in a clear pot with a tea light candle underneath.

For brunch we decided to share and chose the signature dish of rice vermicelli omelette bee hoon which is an Asian stir fry of vermicelli noodles, shitake mushrooms, Chinese cabbage, chilli, onion and garlic stuffed into an omelette and garnished with sweet chilli, Java sambal, crispy shallots and coriander (\$22.95). We also ordered a bao bun with pork belly (\$12.95) and Peking duck cigars with cucumber vinaigrette (\$12.95).

I understand why the Bee Hoon is the signature dish, it really is delicious, full of crunchy vegetables

in the perfectly formed omelette. The sambal was tasty and spicy and adds a good kick if you like that extra zip. A family who were sitting near us were toying with their decisions; the grandmother spotted the omelette and decided to change her order after we recommended it.

The bao bun was bigger than expected and full of salad and hoisin sauce with a perfectly cooked piece of crunchy pork

belly. The Peking duck cigars' cucumber vinaigrette was the star of that show and we scooped up every morsel of that sauce with the crisp rolls.

We also ordered an iced coffee (\$6.95) and a delicious little cake (\$3.95) from the cabinet.

There's nothing better than enjoying a cup of loose leaf tea in a gorgeous quaint china tea-cup poured from a pretty pot (\$5.50) and I savoured this treat. I also liked the

fact that the teapot is refilled as required and is included in the price. I could have sat there all day sipping the delicious tea in the beautiful cup, people watching.

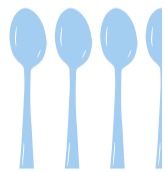
As we were leaving a group of six ladies were enjoying a sumptuous high tea (\$49.95 per person) all beautifully laid out on exquisite china. Again we stopped for a chat and they were full of compliments for the experience.

The staff were very friendly and so were the patrons, which all added to the pleasant and eclectic atmosphere which is Chapels on Whatley. Well worth a visit. Bookings a must for high teas.

3½ spoons
Chapels on Whatley,
 phone 0452 295 196
www.chapelsonwhatley.com.au
 Open Sunday to Thursday 8am to 4pm, Friday and Saturday 8am - 8pm

T's 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.



Win a cruise on the Swan River with lunch thanks to Captain Cook Cruises



Captain Cook Cruises offer superb lunch cruises on the Swan

THERE is no better way to combine a delicious lunch and a wonderful cruise on the magnificent Swan River than

Captain Cook Cruises' Fremantle lunch cruise. Departing Perth, this unique cruise includes a buffet of Western

Australia's abundant seasonal fresh produce while enjoying a relaxing view of the calm Swan River.

Upon boarding the vessel you are shown to your reserved table.

Enjoy the new interactive commentary during

the cruise downstream to the port city of Fremantle. Upon the return journey, you are invited to enjoy the hot buffet complemented by seasonal salads, all followed by a scrumptious desert buffet.

With a fully stocked bar on board, why not enhance your light lunch with an ice-cold beer, chilled chardonnay, or smooth shiraz.

Our friends at Sealink Captain Cook Cruises have given us six lunch cruises for some lucky readers to enjoy.

Valued at \$80 per person this is a fabulous

way to enjoy the beauty of the Swan River.

www.captaincookcruises.com.au/cruises/fremantle-lunch-cruise

WIN WIN WIN
 Thanks to Sealink Captain Cook Cruises we have three double passes which includes lunch and cruise to Fremantle and return to give away valued

at \$160. To be in draw simply email win@haveagonews.com.au or write to Sealink Captain Cook Cruise Competition C/- Have a Go News PO Box 1042 West Leederville 6901. Please note - all entrants details will be passed on to Captain Cook Cruises. Closes 30/11/21.

Is it hard to see what's in your pantry?

To fix your pantry. Call Brett Gaffin. The Inner Drawer Specialist at Easy Access Kitchens.

Make your kitchen better with inner drawers from Easy Access Kitchens

DONT CHANGE YOUR DOORS

BUILT IN CORNER PANTRY

PANTRY-MICROWAVE

PULL OUT CORNER

DEEP DRAWERS

NARROW PANTRY

JUST FIT INNER DRAWERS

Easier to see what you need to buy.

The Kitchen and Pantry Drawer Specialist.

3/4 CAROUSEL UNIT

CALL BRETT FOR HELP ON

EASY ACCESS KITCHENS

For your safety we only use blum 65kg drawer runners & Guarantee our drawers will make your life easier.

It doesn't have to be...Call **0416 067 493**

Read what our customers have said at www.easyaccesskitchens.com.au

What's on at St Patrick's Anglican Church Mt Lawley



10.15am each Sunday

Regular services of Holy Communion

Kids Program

Kids Program; Each week the children have great fun listening to a story from the Bible, talking about it, singing, playing and doing craft.

Kids Program runs during school terms

Holy Honey

Buy Father Steve's organic raw honey



www.stpatricksmtlawley.com

Father Stephen Conway 0478 514 516

Overweight people can still be fit people - it's more about exercise than weight loss...



Increase your physical activity for better health

by Frank Smith

WHEN trying to get fit and reduce your risk of premature death it is more important to increase physical activity than to lose weight, according to a review article publishing recently in the journal *iScience*.

The authors, Glenn Gaesser of Arizona State University and Siddhartha S. Angadi of the University of Virginia, USA, say that employing a weight-neutral approach to the treatment of obesity-related health conditions also reduces the health risks associated

with yo-yo dieting. "We would like people to know that fat can be fit, and that fit and healthy bodies come in all shapes and sizes," says Professor Gaesser. He says weight loss should not be actively discouraged – obesity is not entirely benign.

In Australia 5.8 million adults are obese. Men (33 per cent) are more likely to be obese than women (30 per cent). Obesity is more common in older people; more than 40 per cent of adults aged 65 to 74 are obese according to the Australian Institute of Health and Welfare.

As in Australia, in the US a lot of health profes-

sional and media attention is paid to people's excess weight.

"We realise that in a weight-obsessed culture, it may be challenging for programs that are not focused on weight loss to gain traction," said Professor Gaesser. "We're not necessarily against weight loss; we just think that it shouldn't be the primary criterion for judging the success of a lifestyle intervention program."

Obesity is associated with a number of other health conditions, including cardiovascular disease, diabetes, cancer, and osteoarthritis.

But yo-yo dieting – where people diet to lose

weight and then quickly regain it – is associated with health problems such as muscle loss, fatty liver disease, and diabetes.

Professor Gaesser says if people focus on fitness rather than weight loss, they can get the health benefits of exercise without the risks of yo-yo dieting.

In diabetes prevention programs in the US and Finland, twice as many participants achieved the physical activity recommendation than were able to achieve the weight loss goal.

During a 16-year follow-up of adults with coronary heart disease, those who did a little ex-

ercise had 19 per cent lower all-cause mortality risk and those who did more exercise had 36 per cent lower all-cause mortality risk, compared to those who remained sedentary.

Weight loss, by contrast, was associated with a 30 per cent increased mortality risk, unlike weight gain that made no difference to death rate.

"The benefits of exercise are dose dependent, with the biggest benefits coming from just moving out of the couch-potato zone to doing at least some moderate-intensity activity," Gaesser says. "It's also important to emphasise that physical

activity can be accumulated throughout the day. For example, multiple short walks during the day (even as short as two to 10 minutes each) are just as good for your health as one long walk."

Australian Department of Health guidelines for older adults aged 65 or older is at least 30 minutes of moderate intensity physical activity on most days. For those who have limited ability to exercise some activity, however light, is better than none at all.

The authors found that increasing fitness and physical activity consistently reduced health risks more than intentional weight loss.

It's important to feel comfortable with a support worker



WHEN thinking about applying for a Home Care Package there is often the reservation – how comfortable am I going to feel having a stranger coming into my home to assist me – how is this going to work for me?

Well, with a little planning that stranger could become someone you look forward to seeing.

A support person needs to be someone you can trust, someone you can feel comfortable with and someone

you look forward to welcoming into your home. So, when choosing your Home Care Provider, one of the important questions to ask is whether you can be actively involved in selecting who this will be. Most Home Care Providers should be happy for you to do this.

General manager of CPE Group Home Care Provider Annie Carvell said people do have concerns about inviting someone into their home to assist, so CPE Group believe

it's important to have the client involved in who this will be.

Mrs Carvell said that although they select all their support workers for their ability to show understanding and respect as well as for their experience and qualifications, each client has their own preferences and should be able to choose who will be coming to their home.

Ms Carvell said that by listening to their clients and working together, they build

a team of three or four support workers that are right for each client, so they can still feel comfortable with whoever is visiting should one of the team be unwell or on holiday.

By choosing a Home Care Provider who will support people in this, with just a little planning they may find they are looking forward to welcoming a support person into their home.

If people would like to know more, please call Annie on 1300 665 082.

9 MUST WATCH PROGRAMS THIS NOVEMBER



9NEWS AT 5.00
Join Perth media stalwart Monika King for the latest developing news with insight as well as lifestyle, entertainment, sport and weather.
LIVE & LOCAL 5.00PM



9NEWS AT 6.00
MADE IN PERTH, FOR PERTH
Join Michael Thomson, Matthew Pavlich and Scherri Lee Biggs weeknights at 6.00pm a comprehensive 1 hour bulletin.
FULL STORY NIGHTLY 6.00PM



A CURRENT AFFAIR
Host Tracy Grimshaw, celebrating her milestone 40 years in media, covers the realms of politics, crime, human rights, science, technology, celebrities and entertainment – all investigated by a dedicated team.
WEEKNIGHTS 7.00PM



PARENTAL GUIDANCE
Parenting. Everyone's got an opinion. But which way is the right way? Ally Langdon and parenting expert Dr. Justin Coulson team up to put the methods of ten sets of parents to the test, and determine who has Australia's best parenting style.
STARTS MON 1 NOV, 7.30PM



DESTINATION WA
Hosts Jo Both Taylor, Scherri-Lee Biggs, Trevor Cochrane, Christina Morrissy, Carmen Braidwood and Nikki Parkinson have traversed the great expanses of the state to bring viewers the best places and hidden gems WA can offer.
SUNDAYS 5.30PM



TODAY
Wake up with Karl Stefanovic and Ally Langdon for Australia's most talked about breakfast show! Bringing you the latest news, current affairs, sports, politics, entertainment, fashion, health & lifestyle.
WEEKDAYS FROM 5.30AM



TODAY EXTRA
Hosted by David Campbell and Sylvia Jeffreys, enjoy an exciting mix of topical issues, celebrity interviews and the latest in fashion and beauty trends.
WEEKDAYS FROM 9.00AM



60 MINUTES
Join Perth's Liam Bartlett and a team of top reporters for Australia's leading current affairs program, with a proven record of excellence over four decades.
SUNDAYS



SNACKMASTERS
Join hosts Scott Pickett and Poh Ling Yeow for a unique cooking contest where highly awarded chefs at the top of their game go head-to-head to perfectly replicate famous Aussie snacks. Can our top chefs crack the magic snack?
COMING SOON

let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian



THIS month in our pages Lee Tate makes a visit to Donnybrook and Bunbury and Allen Newton finds some great day tours out of Katanning. Gail Williams heads to the Goldfields in a campervan and Deryn Thorpe is planning a tour to Tasmania next year to visit some of the stunning gardens in the apple isle. If you haven't planned your Christmas

trip yet, many of our tour operators still have some places available over the festive season.

Barry Green from Western Tourist Radio has asked me to remind readers who are travelling to the South West to tune into the local community radio stations available in Harvey, Donnybrook, Bunbury, Augusta and Balingup. You can access details at the link below. Along with the station guide, it also includes a listing of WA country number plates – so you can learn a bit of WA geography on your travels. www.touristradio.com.au/pages/station_guide.pdf.

★★★★

As we transition to living with the virus we can expect change. If you are looking at heading overseas in 2022 you need to be aware of the extra requirements and costs. Qantas requires all passengers to be fully vaccinated and many other airlines will expect the same. As countries begin to open up for fully vaccinated travellers, not only will you have to show your vaccination certificate, but also a negative Covid test (possibly more than one on entry and return) many destinations will require visitors to hold travel insurance which covers them for Covid.

As far as travel insurance goes some com-

panies will not insure for Covid. Some credit cards for example offer travel insurance but may not cover for Covid so it is important to check. I know that CoverMore will allow claims for medical treatment if you catch Covid when away, but not if you've been on a cruise ship and if you catch Covid from a close contact they will not cover isolation costs. As we venture into this new territory it will be important to do your homework if planning to travel abroad. As we learnt at the beginning of the pandemic, working with a travel agent will offer the best solutions as they will have all the checklists and informa-

tion necessary to ensure travel is as seamless as possible.

★★★★

Bonza Airlines is a new start up low-cost airline offering flights to regional areas not serviced by the usual carriers. Backed by a large private investment firm based in North America with assets under management of more than \$US6 billion and aviation as a cornerstone, they seem to tick all the boxes for stability. They also have successfully launched a low-cost carrier based in Canada. Bonza is currently waiting for its Civil Aviation Safety Authority approvals and the launch should be in the first quarter of 2022. It's

believed they will undertake some direct flights from Perth to destinations such as Byron Bay. It should provide some diversity and encourage more people to visit regional Australia and hopefully offer more options for Western Australian travellers.

★★★★

I always encourage readers to support our advertisers as these businesses allow us to bring you this newspa-

per for free each month.

★★★★

We would love to hear from anyone who would like to share some information or a photograph of a recent trip. Our website also has a selection of travel information which is updated regularly, visit www.haveagonews.com.au

Happy trails

Jennifer Merigan
Travel Editor

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



The beautiful rolling hills of Ferguson Valley gnomes know bounds



Left to right; Where's Chloe amid gnomes? - Lush valley farming © Chris Tate

by Lee Tate

A COLLECTION of garden gnomes brought the magnificent Ferguson Valley into national focus.

Just a couple of driving hours from Perth, the rolling hills had remained out of sight and mind of the travelling holiday hordes motoring every year to the South-West.

We West Australians didn't pass on to our visiting friends and relatives any knowledge of this magic corner of the State. We barely knew about it ourselves.

Besides, being in the car with the kids for a couple of hours and heading to the south coast, how popular are we going to be with them diverting into a longer, country drive?

A single garden gnome started an evolution. Placed on a country road roundabout, the cheeky little chap spread like a rabid virus into a village of gnomes in all shapes, siz-

es, colours and postures.

In at least one national list of the best places in Australia to visit, is Gnomesville. Silly as it may sound to the sceptic, we recommend to the uninitiated to follow the word of music guru Molly Meldrum and "do yourself a favour" and call in on the great gang of gnomes.

There is no development nearby but the gnomes are enough to keep you, kids and grandkids amused easily for an hour or two, especially if cannily-timed to be in the vicinity with your own picnic lunch and camp chairs.

The place has been mooted for a coffee outlet or café but might be a financial risk out of season. A coffee van would never run out of summer customers. (With gnome cookies and lolly bags?).

Gnome-importing people have been so inventive, vastly boosting Gnomesville. For first-timers, especially with children,

there's a great temptation to become send-timers, to find a nook or cranny to add their own little gnome – with mandatory photos, of course.

The greater Ferguson Valley is nature's gem, destined to become one of our greatest getaways, with or without the gaggle of gnomes.

It's not easy giving newcomers directions to Gnomesville or some other secrets in the Valley. Best to start at Dardanup where Ferguson Valley Visitor Centre will put you on the right track.

It's 24kms from Dardanup to Gnomesville. Grab a touring and attractions map and head through those lush and rolling places with peaceful, pleasant panoramas and nature's unfolding surprises.

The romanticism of the beautiful surroundings is proving to be a popular drawcard for wedding and event organisers. Adventures await cyclists, foodies, wine and beer lovers, artists, motorbikes and vintage cars.

Thankfully, the peaceful Valley hasn't been over-

run with noisy vehicles or massive mobs. In the depths of winter, at its greenest, Ferguson Valley is blissfully a Sunday driver's dream.

Mountain bike and outback horse trails offer spectacular rides and in historic Dardanup townsite there's a human's watering hole aka pub. Wineries, breweries and taverns are flourishing in the Valley.

A cruise around the country roads, with varied country accommodation, will bring you to eateries with a kiosk at Wellington Dam and outlets for local products from truffles to cheeses.

Art galleries, handwork studios, glassware, sculptures and heritage activities all add to the Valley flavour but it is not so built-up as to detract from the great appeal of the place – a sensational sanctuary.

The Coalfields Highway – between the South Western Highway and Collie – is a clue to the region's coal-mining past, instrumental to the State's growing economy and development.

Wellington Dam has been popular for generations, surrounded by Wellington National Park and attractions including Honeymoon Pool, Quarry Amphitheatre and Wellington Mill.

Adventure-seekers can join up to the Bibbulmun Track.

The fertile Ferguson Valley stands apart from industry and develop-

ment. This peaceful pocket of calming countryside, understated for so long as a tourist attraction, now has added character, reshaped by an army of tiny, silent sentinels.

There's no business like Gnomes business.

More details: www.fergusonvalley.net.au, email: info@fergusonvalley.net.au, phone: 9728 1551.

ROYAL GALA TOURS

Albany Amble Extended
Wednesday 10 - Saturday 13 November, Cost \$1400
Includes accommodation, entries, transport, morning & afternoon tea and lunch.

Northcliffe Delight - Wednesday 17 November, Cost \$125
Inc. transport, morning & afternoon tea and lunch, visit to Green Tea Sencha Farm, lunch at Northcliffe Hotel, Diamond Tree, Powerup Museum, Pioneer Village and King Jarrah Tree.

Christmas Shopping Midland Gate
Thursday 25 November, Cost \$60
Includes transport, morning & afternoon tea. BYO lunch. Shop till you drop - more than 180 specialty stores.

Patrons Christmas Lunch - Sunday 5 December
Cost \$75 Includes transport, morning & afternoon tea, lunch. Singing, entertainment and good cheer.

DAY TOURS EXTENDED TOURS CHARTERS

1300 233 556
royalgalatours@bigpond.com
www.royalgalatours.com.au

"Get caught in the travel web" with
Aussie Redback Tours

Day Tours 2021/2022

Sat 11 December	Manjimup Cherry Festival
Sun 19 December	Christmas Mystery Lunch
Wed 26 January	Australia Day Mystery Tour
Sun 6 March	Country Pub Mystery Tour
Sun 27 March	Moore River Cruise - Gin Gin

\$105 Seniors \$115 Adults includes morning tea, picnic lunch or restaurant meal as stated.
Day tour pick-ups Joondalup, East Perth and Rockingham

Extended Tours 2022 - Flights Inc!

WA's Southern Getaway	12 March	3 days from \$910 senior
Albany, Walpole & the Great Southern	26 March	4 days from \$1220 senior
Nullarbor, Port Lincoln, Flinders Ranges	2 April	10 days from \$3720 senior
Shark Bay, Monkey Mia, Kalbarri	3 April	6 days from \$1950 senior
Kangaroo Island	15 April	6 days from \$2930 senior

2022 BROCHURE OUT NOW

Phone us now on 1300 662 026
Email: info@aussieredbacktours.com.au
www.aussieredbacktours.com.au

Missing Bali? Don't!

Bali@Avalon
Beachside Bed and Breakfast
Mandurah's Hidden Gem
Only 1 hour and a world away
GIFT VOUCHERS AVAILABLE
www.baliavalon.com.au
E: hosts@baliavalon.com.au Tel: 0416 167 172
ENQUIRE ABOUT SENIORS DISCOUNT MON TO THU

HOSPITALITY
ESPERANCE

- Spacious motel and executive rooms
- FREE Wi-fi, FOXTEL
- FREE tea, coffee and biscuits in your motel room
- Central town location opposite the bay
- Pool, restaurant, cocktail bar, BBQ & guest laundry

44-46 The Esplanade, Esperance
T: 9071 1999
E: esperance@hospitalityinns.com.au
W: www.hospitalityinnesperance.com.au

Tweed Valley Lodge
On the Blackwood River, Bridgetown

RAC ★★★★★ Your tranquil adult retreat in a picturesque riverbank setting 2 kms from Bridgetown CBD featuring

- Spacious, self-contained, luxury accommodation
- Stunning riverside location
- Bird lovers' paradise with late afternoon feeding
- Unit for disabled available with king size or twin bed configuration

View our website and/or give Julian and Jenny a call
Tel: 9761 2828
www.tweedvalleylodge.com.au

let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

A journey into the Goldfields' mesmerising Gormley statues of Lake Ballard



Gail Williams visits CY O'Connor's pipeline - One of Sir Antony Gormley's 51 sculptures in Lake Ballard

by Gail Williams

WE sat, with a handful of strangers, and gazed in silent, tearful awe at the sun going down on 51 Gormley sculptures dotted around Lake Ballard – a dry salt lake millions of years old and light years away from suburbia.

The spindly metal statuettes were haunting, they were eerie and they were every bit as mesmerising as we knew they would be. They were there. Then they weren't there. They shimmered in the mirage. Some looked twice the size as they were reflected on the water. But

it wasn't water. Occasionally one moved. Oh, and then we realised that was just one of the intrigued people wandering amongst them trying to make sense of it all. Were they communicating with us? Were they communicating with each other?

As we watched in silent contemplation, thoughts turned to the Menzies residents who modelled for Sir Antony Gormley, the so-called eccentric British artist who was commissioned in 2003 to create the installation Inside Australia for the 50th anniversary of the Perth International Arts Festival.

Where now, is the skinny, athletic teenage boy? What happened to the child of the pregnant woman? Surely the old man is not still alive? How had their lives panned out since 2003 when they played their part in putting the historic isolated mining town of Menzies – 135km north of Kalgoorlie – on the map as the gateway to Lake Ballard with its silence, peace, white sand and dreamlike beauty.

We couldn't help but wonder, too, at those who made a similar journey to this, the largest outdoor gallery on earth, and described the experience as underwhelm-

ing. It is the exact opposite – overwhelming – on so many levels. But the journey to get to that awesome space is best done slowly. As with many of life's special moments it is getting there that makes the impact of the final reveal even more profound. Forget flying into Kalgoorlie and hiring a car to dash off to Lake Ballard.

Winding your way through a slowly-changing landscape of wildflowers, canola, rolling hills, wheat fields, granite woodlands, historic railway dams and wild west gold mining towns in a six day journey in a rat-

tling motor home is the way to go.

It not only offers a chance to appreciate the vastness of our country but ensures a healthy respect and appreciation for those who eked out an existence on this land for thousands of years and empathy for the later ones who pushed wheelbarrows along the same route in search of gold.

Our constant companion for most of the way – along with the rattle, jingle jangle and bumpy bump of kitchen utensils, crockery and bottles (Chardonnay, of course) was the Big Boy.

That's CY O'Connor's pipeline – the legacy and constant reminder of his incredible engineering feat to supply water to the goldfields. It was there every time we looked out the window, occasionally disappearing and then surfacing reassuringly again.

We needed that reassurance as we learnt to live in a two-person Jayco motor home with each day posing a new problem to sort out. So many questions. How

does the wastewater tank hose work? Why is the wastewater tank still showing full on the electronic panel when it has been emptied? How could the gas bottle have run out so quickly? How do you even clean your teeth in that tiny wash-basin? Who invented the foot-operated lever that releases the table to turn into a bed? And why would they position it so far under the table you can't reach it with your foot? Oops, there goes the back again.

What sort of sadistic mind would design a motor home where you bang your head every time you try to enter the passenger seat from the cabin?

How do people larger than us – only a tiny bit larger, mind you – manoeuvre themselves round a two sleeper? And don't even begin to ponder the thought of them in the shower.

But, over six days we warmed to our pocket-sized space, finally getting just the right technique to convert the bed into the table and vice versa, learning to push and pull the table to one side so the other person could squeeze in and working out how to wash the dishes while the other person sat at the table and dried.

See what I mean about the journey?

By the time we reached Menzies, standing like a ghost town monument to its gold mining past we were intrigued, as to Gormley's choice of location – a stark environment miles from nowhere.

We had seen his famous works at Crosby Beach in Merseyside, where 100 cast-iron figures, modelled on his own naked body, face towards the sea. We'd also seen his work in

Cambridge, where he studied archaeology, anthropology and the history of art at Trinity College.

The answer comes from one of Menzies 108 residents who remain undeniably proud of the hamlet's colourful past and tends its remaining buildings including the general store, the visitor centre and a café on the tidy main strip.

Gormley apparently visited the region in the early 2000s, and was captivated, saying: "You come to the edge ... and it's absolutely magic. A feeling of being at the edge of endlessness. It's like being on the lip of the edge of the world."

"I am trying to ... unite a notion of the interior of this continent with the notion of an interior of the population."

From Menzies it's a 54km trip – 16km of it unsealed – along the Sandstone-Menzies Road to a free campground looking over the dry lake bed. There is no drinking water and most campers stay for just one night, spending a few hours wandering around the statues which spread over 10km² of the lake bed dotted with seven islands.

We spent a couple of hours wandering, then watching the sun go down and the statues disappeared into darkness but the sky was, by then, filled with stars. Watching the marvel unfold was a gentle reminder of our tiny place in the scheme of things.

Everything – including our by now beloved motor home with its idiosyncrasies and jingle jangles – was all right with the world.

When someone finally spoke – they said. It is definitely overwhelming.

And it is a journey definitely worth taking.

Christmas in ALBANY

4 DAYS/3 NIGHTS 23-26TH DECEMBER 2021
COST: \$1450 per person twin/double, \$165 single supplement

TOUR INCLUSIONS:
 4 days fully escorted Luxury Coach travel
 3 night's accommodation Ace Accommodation Albany
 Meals as indicated: 3 x breakfasts, 3 x lunches, 3 x dinners.
 Wannadoo Tours morning teas
 Entry fees and attractions as indicated in itinerary.
 Complimentary home transfers

For more information or bookings please contact Wannadoo Tours
 Wannadoo Tours, PO Box 876 Mandurah WA 6210
 (Phone) 1300 146 757 (Email) wannadoo@westnet.com.au OBBSA 1000411

Support the Advertisers

HOSPITALITY

KALGOORLIE

- Spacious motel and executive rooms
- FREE Wi-fi, FOXTEL
- FREE tea, coffee and biscuits in your motel room
- Pool, restaurant, cocktail bar, BBQ & guest laundry

HOSPITALITY
MOTEL

560 Hannan Street, Kalgoorlie
T: 9021 2888
 E: kalgoorlie@hospitalityinns.com.au
 W: www.hospitalityinnkalgoorlie.com.au

HAS01958-066415

Garden Tour to

Queensland

with Sue McDougall

Visiting Mt Tamborine, Hervey Bay, Noosa and Toowoomba for the Carnival of Flowers

Highlights include Mt Tamborine Botanic Gardens, Bamboo Down Under, Eudlo Cycad Gardens, the Edna Walling Memorial Garden, Buderim Pioneer Cottage, Noosa Botanic Gardens, spectacular Fraser Island, Queens Park Botanic Gardens and Toowoomba's Japanese Gardens.

7 – 18 September 2022

Spring Garden Exploration of

Tasmania

with Deryn Thorpe

Visiting Devonport, Launceston and Hobart

Highlights include Old Wesleydale garden, Table Cape Farm, Emu Valley Rhododendron Gardens, Tasmanian Arboretum, Kaydale Lodge, Woolmers Estate, National Rose Garden of Australia, historic Brickendon, Clarendon House, Panshanger house and garden, Crawleighwood Garden, Inverawe Native Gardens and Corinda garden.

11 – 21 October 2022

Garden Tour to the South Island of

New Zealand

with Deryn Thorpe

Visiting, Christchurch, Omarama, Queenstown and Dunedin

Highlights include Christchurch city tour and Botanic Gardens, Ohinetahi garden, Broadford Estate, Coombe Farm, Potters Croft country garden, Amberley House, Flaxmere gardens, Trotts garden, Chantecler garden, the three thousand roses at A Wild Dream garden, Birchwood garden and Glenfalloch Woodland Garden.

19 – 30 November, 2022

Start 2022 Down South

Great Southern Delights

4 DAYS > 14 to 17 January 2022

\$1,095 pptw
\$165 single option

Highlights

- Denmark Arts Markets
- National Anzac Centre
- Princess Royal Fortress
- Mount Romance Sandalwood Factory
- Denmark Toffee Factory
- Torndirrup National Park
- Darrel Radcliffe's bush gallery
- Quindanning Tavern – farewell lunch

Esperance & Bremer Bay

7 DAYS > 31 January to 6 February 2022

\$2,515 pptw
\$380 single option

Highlights

- Bremer Bay & Wellstead Homestead
- Cape Le Grand National Park
- Esperance scenic cruise
- Recherche Archipelago
- Esperance Stonehenge
- Esperance Bird & Animal Park
- Hopetoun, Wave Rock & Hyden
- Corrigin & the Bedford Arms Hotel

Albany Great Southern

6 DAYS > 2 to 7 February 2022

\$1,840 pptw
\$275 single option

Highlights

- Denmark & Greens Pool
- Chocolate, toffee & tastings
- Darrel Radcliffe's Bush Gallery
- The National Anzac Centre
- Wildlife & history cruise
- Albany's Historic Whaling Station at Discovery Bay
- Torndirrup National Park

Tasteful Margaret River

4 DAYS > 21 to 24 February 2022

\$1,255 pptw
\$230 single option

Highlights

- Margaret River
- Olio Bello
- Margaret River Chocolate
- Margaret River Nuts and Cereals
- The Berry Farm
- Woody Nook Wines
- Augusta
- Cape Leeuwin
- Caveworks Eco Interpretive Centre
- Prevelly
- Anniebrook Wine & Flower Emporium
- Farewell lunch

YOUR FULLY INCLUSIVE, ESCORTED TOUR INCLUDES



Transfers

Courtesy pre and post home/hotel transfers (Perth/Mandurah metropolitan areas)
A country collection service is also available



Transport



Accommodation



Meals



Attractions



Tour Leaders



Local Guides

A

Terms and conditions: All Villa tours are fully escorted, depart from Perth and tour prices include courtesy home collection (Perth and Mandurah metro only), most meals and attractions. Tours are subject to change. Full terms and conditions can be found on villa.com.au or ask us to send them when you call.

1800 066 272

travel@villa.com.au

villa.com.au

/VillaCarlottaTravel
@VillaCarlottaTravel



villa

let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

A look at life in Kenya - just one of the interesting talks at U3A



Kenya's Maasai men

KENYA is located on the equator in East Africa. Before becoming a British colony in 1888, Kenya's long coastline on the Indian Ocean had been visited by Arab traders and explored by Portuguese and Ottomans.

The 'lunatic line' railway was built 120 years ago and links the port of Mombasa with the capital Nairobi before continuing into Uganda. Railway workers suffered the hazards of man-eating lions, tsetse flies, malaria and hostile tribes in opening the interior of Africa for European settlement and bringing the modern world to Iron Age peoples.

The film *Out of Africa* told of life there in the early 20th century through the experiences of Karen von Blixen.

Kenya gained its full political independence in 1962. The cities

have expanded rapidly, with huge slums, open drains and a high crime rate. Many tribes, such as the ancient hunter-gatherer Bushmen and Maasai herders, have retained their distinctive traditional lifestyles.

Despite large-scale poaching, Kenya still has an abundance of big game like lions, elephants and rhinos with massive wildebeest migrations on vast savannah grasslands. There is also great scenic beauty in the dramatic Rift Valley, lakes and mountain highlands. Most of northern Kenya is desert.

China is now building new highways and repairing existing roads which had not been maintained since Independence.

Jane Bwye has lived most of her life in Kenya and explained to members of U3A North Coast that

despite the changes brought about by Independence, 'life goes on'.

She recalls the resilient, smiling people, their happy greetings and infectious laughter despite the poverty and poor conditions.

Jane has two adult children living in Kenya and still supports a charity which provides micro-finance to assist up-country village women establish small, grass-roots businesses, enabling them to become fully self-supporting.

This is just one of the many interesting talks in the U3A North Coast regular weekly program of meetings, talks and discussion groups at Stirling Leisure Centre, 20 Belvedere Road (off Beach Road) Hamersley.

New members are most welcome. Call Don Manning on 0419 040 813 for details.

Discover the gardens of Tasmania with Deryn Thorpe next year



Explore the gardens of Tasmania

JOIN garden media personality Deryn Thorpe on a tour of some of Tasmania's most beautiful gardens next October (2022) with Travelrite International.

The tour visits the is-

land's gardens when tulips, spring blossom, rhododendron and peonies are at their peak.

Some of Australia's most spectacular gardens are in Tasmania. The tour includes cot-

tage gardens, vegetable gardens, native gardens and historic woodland gardens. Showstoppers include Old Wesleydale, an 1829 property with historic stone walls surrounding one of the

most beautiful cottage gardens in Australia, Kaydale Lodge with an espaliered pear walk and gardens full of Fritillarias, Erythroniums, Trilliums and daffodils and fields of tulips at Table

Cape Farm.

Tree lovers will enjoy Crawleighwood Garden in the Huon Valley where there is a Gondwanan arboretum and many maples in their decorative spring foliage, the Hobart Botanic Garden and Culzean in Westbury where tour members can stroll around a 1.2 hectare lake surrounded by mature trees, some planted in the 1870s, underplanted with masses of daffodils, bluebells and wood anemones.

Passionate garden owners will share their horticultural challenges and triumphs with the group during visits to the private gardens, many of which are rarely open

to the public.

Deryn is a fanatical gardener and an award-winning horticultural writer and broadcaster who has led garden tours for more than 20 years. She presents *All The Dirt*, Australia's most popular gardening podcast, writes for *Gardening Australia* magazine, and regularly features on talkback radio.

She'll provide a wealth of plant and design knowledge on the trip and help tour members work out how to create similar displays in their own back yards.

As well as gardens the tour will visit historic homes, take in inspiring scenery on scenic drives between gardens

and have leisurely lunch stops in quaint historic villages to enjoy some of the Apple Isle's delicious food and wine.

Designed to make travel easy, the tour minimises packing and unpacking with two nights in Devonport, four nights in Launceston and four nights in Hobart where there is a free afternoon for visiting the Tasmanian Art Gallery, MONA (Museum of Old and New Art) or strolling through the streets to view the historic houses of Battery Point.

For a full itinerary and costs visit www.derynthorpe.com.au or www.travelrite.com.au or phone toll free on 1800 630 343.

BOLGART HOTEL









A country hotel located in the Wheatbelt serving great food, craft beers and ciders by Funk Cider.

Bolgart is an easy 90 minute drive out of Perth on a convenient route for car and bike clubs

Call Craig 0430 571 585 to book and/or to customise a set menu for your guests.
Group bookings and club outings are welcome

Bolgart Hotel is located at 28 Poincarre Street, Bolgart

Sustainable packaging at The Sandalwood Shop

THE Sandalwood Shop has made environmental awareness part of its ethos within the different facets of the business.

As part of the Quintis group, with the largest Indian sandalwood plantation comprising well over 12,000 hectares, it is only right to adopt principles and practices that set a high standard for the rest of the industry.

They have pledged to convert their entire consumer product packaging usage to recycled polyethylene terephthalate (rPET) within the next 12 months. Widely used for packaging and more, polyethylene terephthalate (PET) is a lightweight plastic commonly used for bottled water, and it's the most recycled plastic worldwide.

So, when the often single-use PET plastic gets recycled, it lessens the pressure for landfill and becomes what's known as rPET. This means that rPET packaging has a much lower carbon footprint than a standard virgin PET bottle.

The company have significantly reduced the use of cellophane and unnecessary packaging in stores, instead, bundled products are tied with biodegradable twine.

Plastic tamper-proofing for products such as lipsticks are being replaced with paper tamper-proofing.

Gift hampers too have a makeover underway, with plastic soon to be scrapped in place of 100 per cent plant based sustainable packaging, using process residues from agricultural tree waste.

Post-consumer recycled packaging is the way to the future. So, watch this space and fingers crossed that the shop will have environmentally friendly gift boxes in time for the Christmas season.

For the month of November, The Sandalwood Shop has two amazing pre-Christmas sales on offer. Keep your eyes peeled on their socials-facebook and Instagram @thesandalwoodshop for more details.





Kalgoorlie - Quality Inn Railway Motel

Opposite the train station - 5min walk to Hannan Street

SENIORS DISCOUNT 15% OFF

Includes 15% OFF breakfast for two each morning

Phone: 9088 0000 www.railwaymotel.com.au



RAIL YOUR WAY IN WA *with Kevin Pearce*



SOUTH WEST ESCAPADE RAIL TOUR - 3 DAYS

DEPARTS Perth 30 March 2022 TOUR COST from \$868 Pensioner



All aboard the Australind train for a fabulous mid-week getaway to our delightful, green SOUTH WEST!



INCLUDES

- Return travel to Bunbury on the **Australind** train
- Two nights accommodation at the first-class Abbey Beach Resort in Busselton
- Station to hotel transfers including portage
- ALL meals including one with drinks and entertainment
- Sightseeing tours to Canal Rocks and the Murals on Wellington Dam
- Wine tasting and a gourmet lunch at Palmers Winery in Dunsborough



GOLDFIELDS-ESPERANCE RAIL & COACH TOUR - 6 DAYS

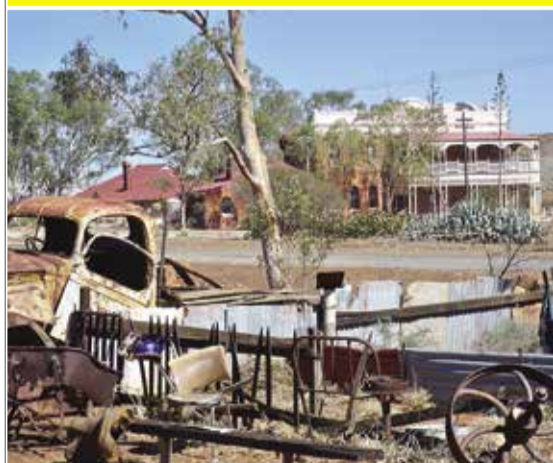
DEPARTS Perth 02 May 2022 TOUR COST from \$1898 Pensioner



INCLUDES

- Return travel to Kalgoorlie aboard the **Prospector** train
- Three nights accommodation in Kalgoorlie and two nights in Esperance
- ALL meals including one feature dinner with drinks and entertainment
- Kalgoorlie-Gwalia-Leonora-Kookynie sights
- Coolgardie Museum and Warden's residence
- Bay of Islands Cruise in Esperance including lunch on Woody Island
- Morning teas every day
- Portage of your luggage throughout the tour
- First class touring coach

Explore our historic **GOLDEN OUTBACK** and discover beautiful **ESPERANCE** on the South Coast!



Train buff **KEVIN PEARCE** will be your Host and Tour Manager.
CALL NOW for a brochure - PHONE 9246 2177 or CALL KEVIN direct on 9316 1504
Suite 4 Carine Quarter, 473 Beach Road, Duncraig
EMAIL travel@tourdeforce.com.au

let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

Fishing for Samson - a powerful fish to catch and tasty to eat



Samsons are not only a tough proposition to catch; they taste okay as well

by Mike Roennfeldt

WHILE often much ma-

igned for what has been seen as its poor eating quality, our powerful

Samson fish is always challenging to catch and capable of putting on a fight that tests both tackle and angler.

This streamlined, muscle bound fish usually hangs out in reefy country and around structures. It is known to grow to around 50kg, although I once saw one at the Abrolhos that must have weighed at least 20kg more than that.

Most times Samsons are accidentally caught by anglers chasing other more glamorous bottom species such as snapper or dhufish. So power driven is the fight, that it

usually doesn't take experienced anglers more than a few seconds to correctly call a hooked fish for a Sambo.

They don't have any serious teeth and normally just swallow their prey whole. At least a couple of times I've been fishing for skippy and have had hooked fish of around a kilo in weight swallowed by a Samson during the fight. On both occasions the Samson swam around for ten minutes or so while I just hung onto the little spin rod hoping for the best. Each time the Samson coughed up the fish and I was able to wind in a

skippy that was by now a bit the worse for wear.

The accidental nature of most Samson catches turned around a few years ago when big spawning aggregations of the fish were discovered in deep water behind Rottnest. Jigging for these great fish with heavy metal jigs became an almost overnight craze and many a fisho, fishing with a locked drag for the first time, had a taste of what it feels like to be brought to their knees by the brute force of a freshly hooked Samson.

It was a catch and release fishery that lost

some of its gloss when the shark population behind Rotto woke up to what was happening and moved in for an easy feed of hooked fish.

Successful boats like Shikari continued to do well by finding other, smaller aggregations of Sambos that hadn't yet been discovered by the sharks.

Samsons are still about in reasonable numbers off the metro coast and are still keeping anglers honest. And as for their bad reputation for eating quality, that largely came about as a result of some fish being infected by a tiny

parasite. While harmless to humans, it turns the flesh to an unattractive mushy texture when cooked. It's something we don't seem to hear much of these days and I've eaten Samsons on numerous occasions.

The best way to cook them I've found, has been to fry thin fillets in batter. Done that way, Samsons are every bit as good as some of our more highly prized fish-and-chip species.

Tell a little white lie if you have to when serving up Sambo fillets, because you won't get any complaints when they try it.

Head out and discover Western Australia's best kept secrets of the north

GO off the beaten track to an outback and island adventure in Western Australia's Pilbara region and discover a side of WA you never knew about.

Located a two-hour

flight or 1,500km drive north of Perth, Karijini Eco Retreat is hidden in the depths of the spectacular Karijini National Park, featuring unique, quality eco tents and cabins, a campground

and an outback style restaurant and bar. One of Australia's leading eco-tourism attractions and proudly 100 per cent Aboriginal owned, the Retreat is designed with the environment in mind and provides access to the park's walks and guided adventure tours.

Explore a wonderland of ancient natural landscapes formed more than two billion years ago, with deep gorges, sheer cliffs, towering waterfalls, sparkling swimming holes and rocky, tree-lined watercourses, home to a variety of wildflowers and native wildlife. A short

walk trail leads directly from the Karijini Eco Retreat into the breathtaking Joffre Gorge, known for its stunning curved waterfall inside a natural amphitheatre, flowing after rainfall.

Whether you are camping or glamping, Karijini Eco Retreat offers the perfect blend of creature comforts, genuine mateship and friendly hospitality.

From Karijini, drive through to the coast, passing red earth, bushland and mountain ranges, and discover the quaint coastal outback town of Onslow. Stay at the Onslow Beach Resort overlooking a unique red sand beach and the deep blue Indian Ocean. The resort offers relaxed sophistication and a refreshing wel-

come, with stylish, modern self-contained suites and a restaurant and bar right on the beachfront. Resort facilities include free Wi-Fi, an outdoor swimming pool, barbecues, gym, paddle board hire, tour desk and parking.

One of the only places in WA that you can see both a sunrise and sunset over the ocean, plus the staircase to the moon natural phenomenon, Onslow is dotted with giant termite mounds, white salt lakes and plenty of history. Explore the old town ruins, the Anzac Memorial and the Goods Shed Museum.

Lying a short 45 minute hop off the coast of Onslow, the Mackerel Islands conjure up memories of simpler times, sandy feet and

sunshine. The accommodation comprises of spacious beachfront cabins stretched along the main bay, each featuring a kitchen, lounge and dining area, plus an alfresco patio with a barbecue, table, chairs and a hammock. Perfect for relaxing, reading a good book and watching the ocean.

A range of tours and activities is available, including fishing, snorkelling, kayaking, stand up paddle boarding, boat hire, 4WD bus trips and Dinner Under the Stars events.

The marine wildlife is nothing short of amazing, with sea turtles, dolphins, dugongs, stingrays, wobbegongs, crayfish, goppers, colourful tropical fish and beautiful coral formations. Whales visit the islands during their migration and calving season in July and August and they are a magnificent sight. Bird watching is also a popular activity, and at night you'll see the sky light up with millions of stars.

To find out more or book, visit www.karijini.ecoretreat.com.au, www.onslowbeachresort.com.au and www.mackerelislands.com.au.

CUNDERDIN MUSEUM
No.3 Pump Station

Open Daily 10am-4pm
100 Forrest Street, Cunderdin, Western Australia
ph/fax: 9635 1291 e: museum@cunderdin.wa.gov.au

THE GOLDEN PIPELINE
A NATIONAL TRUST PARTNER

Australia's missing link in the space race...

CARNARVON SPACE & TECHNOLOGY MUSEUM

OPEN October to March 10am-2pm, and April to September 9am-4pm
PHONE 9941 9901
EMAIL frontdesk@carnarvonmuseum.org.au
Mahony Ave, Carnarvon (next to the OTC Satellite Dish)

KALBARRI EDGE RESORT

Wildflowers @ Hi Vallee Farm:
Enjoy a walk amongst the rare and endangered flora with our knowledgeable friends Don and Joy Williams of Hi Vallee Farm. This is a great tour to do with Lesueur NP for a full day wildflower experience.

JURIEN BAY ADVENTURE TOURS

1300 GO ADVENTURE
1300 462 383
www.jurienbayadventuretours.com.au
BOOKINGS ESSENTIAL phone/text 0490 072 156 for availability

WANT TO GET OFF THE BEATEN TRACK? WE ALSO OFFER TAILOR MADE TOURS TO SUIT GROUPS...

No frills half price SALE!

STUDIO SUITE 3 NIGHTS
just \$309*

SPA SUITE 3 NIGHTS
just \$419*

BOOK NOW:
www.kalbarriedge.com.au
info@kalbarriedge.com.au
1800 286 155

Enjoy outback hospitality - you deserve it

Visit the historic gold mining town of Cue and spend a day or two in our spacious and relaxing two storey Guest House. Built in the good old days when ceilings were high and jarrah was used extensively. Secure off-street parking, air-conditioned for your comfort, guest tv lounge, free continental breakfast. Book direct on-line.

QUEEN OF THE MURCHISON GUEST HOUSE & CAFE
53 Austin Street, Cue
Phone 9963 1625 www.queenofthemurchison.com.au
Email info@queenofthemurchison.com.au

THE OLD CONVENT DALWALLINU

Ideally located 1km South of Dalwallinu on 50 acres of beautiful countryside, in the ideal location for Wildflower hunting

The Old Convent has 28 rooms with a variety of rooming configurations, get in early to secure a room with its own private bathroom (these are limited). Each room has tea/coffee making facilities, TV, bar fridge & reverse cycle heating/cooling. All room rates include a basic continental breakfast. Packed lunches & evening meals are also available. We also have a unique function space available for hire & are also able to provide in-house and external catering

Enquiries: 08 9661 1551 or
admin@theoldconventdalwallinu.com.au
www.theoldconventdalwallinu.com.au

Follow us on Facebook



Shh - it's a secret - head to Katanning and join one of these unique day tours



L-R; Katanning is located south of Perth - The newly renovated Premier Mill Hotel in Katanning - rabbit proof fence

by Allen Newton

KATANNING isn't the first WA tourism destination that comes to mind.

The town, in the heart of the Great Southern region, first settled by Europeans with the arrival of the Great Southern Railway in 1889, has established itself as a rural hub for crop and livestock farming, but it also has plenty to offer the curious traveller.

That's particularly the case since the crumbling 127-year-old Katanning flour mill was given a two-year multi-million-dollar restoration and opened as the luxury Premier Mill Hotel in 2018.

It's become very much the focus for an inland Great Southern tourism experience - and as part of that experience has developed a series of one-day tours, based around Katanning to highlight the region's beauty, industry and history.

The hotel has created several beautiful little booklets which guests are free to take from their rooms. They outline various aspects of the hotel's history, a guide to the Great Southern's wine region, a printed map of the day tours, and the hotel services.

They can also be found online at premiermillhotel.com/our-trails.

The day tours are a fabulous way to get a better understanding of this lesser-known region of WA, particularly while travel to other states and overseas is restricted.

The hotel is certainly a stylish spot to base yourself for a few days to get out and about with trips that offer insights into the region's Noongar history, Lake Dumbleyung, Castle Rock's Skywalk with its fabulous views over the mountains, the more than 90 world class wineries in the region and of course, Bluff Knoll, one of the rare places in the state that gets a smattering of snow.

Discover Katanning is the first tour on the list - and it makes sense to get to know a little about the town where you are based with either a walk, cycle or drive.

This takes in the local historical sites including the museum and arts centre, along with Kobeelya House, an extravagant property overlooking Katanning, built in 1902 and now used as a conference centre and retreat, and the ruins of the Piesse family

vineyard.

There's also a nod to the town's multicultural nature with its mosque; to leisure where an impressive building is one of the biggest single span structures in the Southern Hemisphere; an all-ages playground and the largest undercover sheep saleyards in the Southern Hemisphere.

The Coast Less Travelled is a drive to Bremer Bay and its beautiful beaches, skirting the north-eastern edge of the Stirling Ranges through Gnowangerup and Borden, taking in the rural landscape set against the ancient mountains. It explores the Goreng Noongar country and some of the more recent European history at Peppermint Grove where the first house built in the region stands among a group of faithfully restored buildings from the 1800s.

The Mountain Wine Trail takes in the spectacular Porongurup Mountains with its surrounding farmland and unique habitat for flora with 10 species of plant found nowhere else and fauna that are relics

from Gondwanaland.

The region has also developed a spectacular reputation for its cool climate wines, in particular Riesling, Chardonnay and Pinot Noir. Many of the wineries here offer lunch to accompany their wine tastings.

The Eastern Waterholes takes in a circular route from Katanning through Broomehill, Gnowangerup, Ongerup, Pingrup, Nyabing and Badgebup before returning to Katanning.

Highlights of the journey include the start of the Holland Track which early gold miners used to make their way to Coolgardie, the heritage buildings of Gnowangerup, including the open-air farm machinery museum and Noongar heritage museum, the Yongergnow Australian Malleefowl Centre for the endangered birds, and the pink Chinocup lake system.

A Track Back in Time heads to Kojonup and its award-winning Kodja Place, an interactive visitor centre that blends the heritage of the Noongar people and the history of

the pastoral families who opened up the land, then to Carrolup which gave birth to the unique art of the Carrolup kids and to Lake Dumbleyung where in 1964 Donald Campbell travelled at 444km per hour to break the world water speed record.

The River Wine Trail is a half-day drive that explores the wine country of Frankland River and crosses paths with explorer Thomas Braidwood Wilson whose reports on the area encouraged settlers to move there in the late 1850s.

A Stirling Mountain Drive focuses on the splendid Stirling Ranges and spectacular views and takes in the history of the region including the Lily Windmill, one of the biggest traditional windmills built in Australia and the only operational flour-producing windmill on mainland Australia.

A Day in King George Sound heads south to the port of Albany, the first European settlement in Western Australia. It was settled in 1826 by Major Edmund Lockyer, aboard the brig *Amity*. He claimed

the whole of New Holland for Britain.

The drive to Albany takes in the town of Mount Barker with its Federation era buildings and once in Albany visits the National Anzac Centre, and the rugged splendour of Torndirrup National Park.

An Outback Mission takes in some of Australia's famous rabbit-proof fence as it heads north-east through Dumbleyung, Dudinin, Jatarning, Kulin, Lake Grace and Kukerin before heading back to Katanning.

Historic buildings, rolling wheatbelt fields, and the Tin Horse Highway with its humorous sculptures in paddocks mark the journey.

A Walk Among the Clouds is geared toward walkers of various fitness levels wanting to climb the peaks of the Stirling Ranges and Porongurups.

The Premier Mill Hotel has enough options

to keep its guests busy for many days and is an ideal way to get a thorough

introduction to the lesser-known parts of The Great Southern.

Your day escape

ONLY \$77.00 PER PERSON

Price discount for groups of 10+

WELLINGTON DAM & COLLIE MURAL TRAIL

Departing Perth every Wednesday

9490 2455 TO BOOK YOUR SEAT

GREAT WESTERN COACH TOURS

www.greatwesterncoachtours.com.au

Creating memorable touring experiences since 1994

Esperance Getaway

Clean, comfortable and affordable

ATTRACTIVE SPRING RATES!

Group bookings

BAYVIEW MOTEL

31 DEMPSTER ST, ESPERANCE PH: 9071 1533

Email: reception@bayviewmotel.com.au

Family Holiday Park

only 1 hour from Perth

Lake Navarino Holiday Park

We cater for all, as we have cabins, cottages, glamping tents, caravan/tents sites and beautiful natural unpowered sites all in bush setting.

We are two minutes drive to the lake where you can swim, enjoy water sports, relax and even camp the night under the stars.

Come and see us, we look forward to meeting our old and new friends.

147 Invarell Road, Waroona Ph: 9733 3000

Email: linda@navarino.com.au www.navarino.com.au

VALLEY OF THE GIANTS TREE TOP WALK

is an internationally-recognised nature-based tourism attraction located in Australia's South West, giving you a bird's eye view of some of the biggest timber giants on earth - Western Australia's majestic tingle trees.

Climbing 40 metres into the forest canopy and meandering through the treetops for 600 metres.

VALLEY OF THE GIANTS road between Denmark & Walpole

Open daily: 9am-5pm (last ticket sale at 4.15pm)

Ph: 9840 8263 www.treetopwalk.com.au

Collie River Valley TOURIST PARK

STAY 5 NIGHTS and PAY FOR 4 NIGHTS*

*QUOTE HAGN5088 TO BOOK

Check in 2pm-5pm Check out 10am

Kui Parks

Department of Biodiversity, Conservation and Attractions

PARKS AND WILDLIFE SERVICE

Sustainable Tourism Accredited Business

Ph: 9734 5088 E: info@crvtp.com.au www.colliecravanpark.com.au

WA's GREAT Outdoors Australia's South West

CARAVANNING • CAMPING • ACCOMMODATION let's go travelling

Beautiful Bunbury flourishes au naturelle with many attractions



Left to right; Bunbury Farmers Markets - estuary - Regent Parrot

West region and with mineral discoveries and widespread farming, the port is predicted to have a far bigger role in the State's trade.

Keeping up with the times, the region also invites your dogs for paw-some holidays.

And they mean it: "Your dog doesn't have to miss out on all the fun. From forest and water-side walks to dog-friendly water holes, campsites, cottages and farm stays, these are some of the best places you can enjoy with your pooch." A long list of doggy-welcome sites is provided in *Found*, the Bunbury Geographe magazine.

Greater Bunbury embraces the City of Bunbury and the shires of Capel, Dardanup, and Harvey and extends between Yarloop in the north, Boyanup to the south and Capel to the South-West.

With its population going into the 80,000s, Bunbury retains its appeal to incoming families and hobby farmers seeking sea-change and tree-change, but also as a holiday and shopping destination for South-West residents.

Few travellers can pass fabulous Bunbury Markets without stopping for provisions, especially fresh local produce to take home and for sumptuous, healthy holiday snacks.

This rural region, a sizeable pocket of unique nature, will continue to enlighten and amaze visitors as it has done for centuries.

Visitor Centre: Free-call: 1800 Bunbury or 9792 7205 www.visitbunburygeographe.com.

ALBANY HOLIDAY UNITS

1, 2, or 3 Bedroom Holiday Units
Fully Self-Contained. Free Wifi

19-21 Golf Links Rd Middleton Beach
www.albanyholidayunits.com.au
p: 9841 7817
e: info@albanyholidayunits.com.au

by Lee Tate

BUNBURY is generously indulged in natural attractions, not least of all its playful dolphins, happy to swim and interact with humans.

Bunbury doesn't need an artificial landmark like a giant apple, king prawn or poster girl at its city entrance.

Having been sighted by the French, Bunbury delights is being au naturelle.

We are tempted with bike riding, bird watching, country walks, city strolls, open-water swims, horse racing and grape-growing. As well

as arts and culture.

A great bonus for Perth tourists is being less than two hours (175km) by car – or a country train ride which will excite the kids and grandies. The South Western Railway dates from 1893.

It's not too big an outing stretch for families to make Bunbury a full day expedition. The region has enough appeal to occupy visitors for many days.

There are bike rides in all directions. From the city, a redeveloped bicycle route takes cyclists all the way to Australind. With Leschenault Inlet

on Bunbury's doorstep, flocks of birds are easily observed, especially on early mornings and early evenings. A mob of roos grazes on a waterside property.

Nearly a dozen protected birdwatching sanctuaries, within short distances from the city, are available to the viewing public. Big Swamp is a two-minute drive from the CBD and, with a wheelchair-friendly path, allows visitors to observe 100 recorded bird species, including raptors and swans.

Leschenault Peninsula Conservation Park separates the ocean from the 13.5km estuary which collects water from the Preston and Collie Rivers. Up to 2,000 black swans at one time have gathered at the estuary which can be observed through a telescope provided there.

Visitors don't have to be bird experts to relish the flourishing natural world that wraps the region. There's the popular Bunbury Wildlife Park, too.

French explorer Captain Louis de Freycinet,

was attracted to the area, in 1803. His botanist, Leschenault de La Tour, gives his name to Port Leschenault. Geographe was named for another ship in the fleet. Lieutenant Governor Sir James Stirling ordered Bunbury's establishment in 1836. He chose Bunbury's moniker to salute Lieutenant Henry William St Pierre Bunbury, who had forged a challenging inland route from Pinjarra to Bunbury.

Generations of Indigenous families lived long and fruitful lives, fishing and hunting along the coast and throughout the lush region known to them as Goomburrup.

With all its rich, varied history and evolution as a port city, Bunbury relishes its country-city mix and is highly-rated by food and wine reviewers for its high-quality eateries and wines.

With strong surf along the raw coast and lapping the city's edge, sightings of seals, whales and dolphins are not uncommon and fishing is still a big lure.

The natural harbour made a generous-sized port for the wider South-

Emu Point

MOTEL AND APARTMENTS IN ALBANY

Beach and nature at your doorstep; a 5-minute walk to beautiful Emu Point and Emu Beach
4 Star rated

All studios are air conditioned with fully equipped mini kitchens, WIFI and lots more located in a garden setting. Free WIFI and BBQ

www.emupointmotel.com.au
info@emupointmotel.com.au
PHONE 9844 1001

Jacaranda Guest House

A short walk to town centre, beach and the Busselton Jetty

SPRING SPECIAL 20% OFF Mid Week Stays
Conditions apply. Not including Public Holidays

Centrally located in the town of Busselton, Jacaranda Guest House was the first guest house there in 1961. Nestled amongst English-style gardens with a BBQ and outdoor seating. Free continental breakfast served daily.

Ph 9751 5973 30 West Street, Busselton
Email: jacarandaguesthouse1@westnet.com.au

KALBARRI SEAFRONT VILLAS

Tel: 9937 1025 Fax: 9937 1525
Email: info@kalbarriseafrontvillas.com.au
Visit www.kalbarriseafrontvillas.com.au

Double Beach CARAVAN PARK

We are a very neat and tidy caravan park located 10kms south from the city centre of Geraldton

- Greenough Rivermouth is one minutes walk from the office
- Beach is 5 minutes walk
- Free bbqs and camp kitchen facilities
- Large laundry and drying area.
- Swimming pool
- Tennis courts, large bird aviary with peaceful surrounds
- Excellent fishing
- Office and mini mart open 8.30am to 5.30pm daily.

Fully self contained accommodation
Powered sites (twin share) \$200 for one week or \$350 for a fortnight.
We are pet friendly.

4 Hull Street, Cape Burney
PH 9921 5845 Email grcp@wn.com.au
www.doublebeach.com.au

WE'RE OPEN!

Book your stay and discover Pemberton.

A community owned park, set amongst beautiful Karri forest and bordered by the Lefroy Brook

- Located on the Biblumun track and Munda Biddi
- Walking distance from town centre
- Walk trails, pool & mountain bike park right next door

1 Pump Hill Road, Pemberton
Office hours 10am - 5pm Ph 9776 1500
E bookings@pembertoncaravanpark.com.au

Ask about our TRUFFLE WEEKEND PACKAGE and our COOKING WORKSHOPS...

A HIDDEN GEM OF OLD AUSTRALIAN CHARM!

Recently recognised by the Urban List in the top 10 BNBS in Western Australia for large group bookings.

Chris and Lady Lola welcome you to Historic Dingup House, situated in the gateway to the Southern Forests of Western Australia.

Located just six kilometres from town and only three hours from Perth, set on 45 acres of beautiful countryside.

Lovely expansive gardens, a tennis court and a rustic old barn oozing with character surround the heritage homestead which dates back to 1870.

A perfect venue for your wedding, a relaxed picnic style party, group functions or relax with a cuppa on the verandah.

Enjoy a farm life experience by feeding chooks and collecting eggs, pat our baby goats and calves and be charmed by Lady Lola the resident dog.

269 Dingup Road, Manjimup
P: 0407 193 231
E: chris@dinguphousebnb.com
www.dinguphousebnb.com

let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

Take a drive down to Donnybrook - it'll be the apple of your eye



Left to right; Bridge over tranquil waters - Restored beauties

by Lee Tate

APPLES may be the core activity around Donnybrook but a bit of digging reveals a history extending from a goldrush to Australia's biggest free playground.

Donnybrook beckons with its natural environment, rural lifestyle and restful countryside. Even a day in and around the town reinforces the pleasures of taking a break from city life.

Just over two hours motoring from Perth makes Donnybrook an

ideal distance for both quick and leisurely get-aways with the kids or grandkids and there's plenty of attractions for everyone once you get there.

Weekend in Donnybrook opens the opportunity to go further afield with the town the ideal distance to serve as a springboard to other quaint country towns.

Donnybrook, long-time home to Noongar Aborigines, was settled by Europeans around 1842 when George Nash and others moved to the area.

Stunning forests, winding rivers, rolling hills, vineyards and lush orchards are listed among the shire's appeal. But, for the kids, there's much more.

Apple Fun Park was declared to be the biggest, free playground in Australia. Opened in Easter 2008, the playground, in the heart of Donnybrook, was upgraded in 2019 when the Shire of Donnybrook Balingup secured \$1.5 million under the Federal Government's Building Better Regions Fund. Revitalised, it was

officially re-opened recently.

The playground certainly makes a statement with an eight-metre-high apple-crate tower, treetop suspension rope tunnels, speed-spiral tube slide and curly apple peel tube slide.

There are 26 shade sails, 125 extra play activities including swings, trampolines, double cableway, little train-track, giant hamster wheel and more than 50 activities for under five-year-olds

Donnybrook may be Irish for melee but WA's

town of Donnybrook is peaceful and orderly. Donnybrook was founded by hard-living, hard-working Irishmen and women who named the town in 1894 after a Dublin suburb. Part of the town is known as Irishtown.

In 1898, the town's population was just 430, comprising 294 men and 136 women.

But that was about to change because what they found, among the rolling hills and rural beauty, was a region rich in soil, including gold, just several kilometres from

the town centre. And for a few years, the area had a glorious goldrush.

Thanks to Richard Hunter's gold discovery in 1897, the government made provision for a town to be called "Goldtown". By 1901, 200 miners were camped on the goldfields but gold dribbled out in 1903 and the Hunters Venture goldmine closed.

While some fortunate souls cashed-up with proceeds from the yellow metal, seeds were being planted for a more widespread and enduring industry.

In 1900, the first Granny Smith apple tree was planted and, after World War I, it branched out to become an orchard industry. Donnybrook became the apple capital of Western Australia.

The town introduced apple-shaped lights on the main street, at the entrance of the delightful Old Railway Station. Atop the east Donnybrook hill went a 20m-high apple-topped tower. An apple became the symbol of The Big Apple Farmstay (the former Big Apple Tourist and Wildlife Park).

There's a seven-metre-tall, fibreglass Lady Williams big apple, declared as "one of Australia's big things." And why not?

In 2005, Mark McGowan opened a 60m timber and steel pedestrian bridge over the picturesque Preston River.

The centrepiece of a \$1.5 million Preston River Community Park Redevelopment Project serves as a link between the east and west sides of the Donnybrook townsites. What followed were the Preston River walk trail and Lions sandhills walk trail and Lions forest walk trail.

The town also became known for its English oak trees including Australia's largest known English oak, planted in 1893 and with a time capsule placed under it.

For tourists, apples are harvested between March and May and prominently display their blossoms in October. Today, avocado trees are replacing many apple trees and more grapes are being planted for wine-making.

Donnybrook continues to evolve.

Explore the Bibbulmun Track with the experts on annual walk



Bluff Knoll (1094 metres) and are rewarded with the breathtaking 360 degree views.

Participants walk on the Track with only a small daypack. A private air-conditioned bus provides transport to and from the Track each day. Each evening the group returns to comfortable accommodation in the rural towns and villages along the Track to relax and enjoy the local fare. All meals, accommodation, transport to and from Perth, entry to attractions, guides and a Bibbulmun Track branded souvenir day pack and water bottle are included in the tour price of \$2,980 twin share.

The flexible itinerary allows people of all experience and fitness levels the chance to explore the

Track. Expert guides go the extra mile to ensure that participants have the best experience.

The Bibbulmun Track Foundation is a not-for-profit, community organisation dedicated to provide support for the management, maintenance and marketing of the Bibbulmun Track to ensure its long-term sustainability. They have been providing free information and conducting guided walks on the Bibbulmun Track for over a decade. All proceeds from this trip go straight back into the ongoing maintenance of the Track.

For more information call 9481 0551, email events@bibbulmuntrack.org.au or visit www.bibbulmuntrack.org.au to download a dossier and booking form.

LIMITED places are now open for walkers to join the annual Bibbulmun and Beyond nine-day guided tour departing Monday 2 May 2022.

This special itinerary is operated by the track specialists - The Bibbulmun Track Foundation. The Foundation's lead guide, Steve Sertis, says: "we have walked every step of the Track many times - we know the Track intimately and are passionate about sharing it with others".

The Bibbulmun Track in Western Australia has an international reputation, having been called one of the "World's Best Epic Trails" by National Geographic, stretching 1000kms from Kalamunda in the Perth Hills to Al-

bany on the south coast.

The Track passes through some of the most diverse and unique areas of Australia's south west. From the small mountains and hills of the Darling Scarp through to magnificent ancient forests around Pemberton, the low lying Pingerup Plains, the giants of the Tingle Forests and then on to coastal heathlands with spectacular views and some of the finest coastal walking in Australia.

The Foundation's nine day itinerary incorporates full and half-day walks along sections of the Bibbulmun Track and beyond into the Stirling Range National Park near Albany. Participants climb to the summit of

PORTABLE AIR COOLER

TRANSCOOL
PORTABLE 12 VOLT EVAPORATIVE COOLER

SITE 187

- Compact and light - 1.5kg dry weight
- Environmentally friendly
- Low current draw - 0.7 to 1.7 Amps
- 4 Directional vents
- Use anywhere - indoors/outdoors, stationary or on the move
- 2 Year warranty
- Use 12/24 Volt DC or 240V AC
- Designed & constructed in Australia

Tent • Caravan • Camper • Boat • Truck • RV • 4WD • Pets

Ph 0418 510 862 www.transcool.info

ENGINEERED FOR LIFE

EU22i

\$2249
RRP

4-STROKE LEISURE AND COMMERCIAL GENERATOR

SUPER QUIET GENERATOR

- Maximum output of 2200W/240 volt AC and 8.3 amp DC to run appliances and charge automotive batteries simultaneously.
- Compact and lightweight (21kg).
- Greater fuel efficiency via Built-in Eco-Throttle.
- Engine protected by low oil alert system.
- Increased diameter of oil filler for improved draining and catching of oil.
- Improved run dry switch allows the engine to continue running until majority of fuel is consumed before engine shuts off. This prevents stale fuel and is useful for storing.

- 4 Year Warranty*
- 2200W Max Output
- Inverter Technology
- 8 Operating Hours*
- Commercial Quality

▶ Scan to watch the EU22i in action

See full range at honda.com.au or visit your local dealer

HONDA

*4 Year warranty applies to domestic use and does not apply to engines sold as separate units. *With Eco-Throttle switched on when rated at 1/4 output. Usage applications are recommendations only.



healthy living

ADVERTISING FEATURE

health options
for the mature
west australian

Reduce joint and back pain by up to 30 per cent in the comfort of your home



Exercise is important every day

by Robert Vander Kraats, Sport Physiotherapist.

THE older we get the more important it is to exercise daily. This can be done in the comfort of your home,

going for a walk around the neighbourhood or shops, swimming, being involved in a group class and many other ways.

Physiotherapists are

experts in assessing your health and creating an individualised exercise program that is safe, effective and can be done at home.

Research has shown an individual who engages in the correct exercise can reduce joint pain by up to 25 per cent. It is commonly believed that you should not move if you suffer joint pain. This is a myth. Movement has been shown to reduce pain in the joints. It is therefore important to seek advice as to what exercises can benefit you if you have pain in a joint.

Exercise your back pain away

Specific exercises have been shown to re-

duce back pain by up to 30 per cent. Often when an individual gets a back spasm or acute low back pain, he or she will decide to reduce their amount of movement; this is wrong. All the research into low back pain suggests the opposite. Individualised exercises are given that do not provoke more pain. Importantly, a subsequent appointment should be made with a physiotherapist so the exercises can be progressed.

Reduce the risk of debilitating falls

Many exercises that a physiotherapist can give help reduce the risk of falls. Falls are very serious and can result in fear of

future falls. The best way to approach this, is not to fall in the first place. Exercises can be given which can assist prevention of falls. Current research suggests that falls can be reduced by 35 per cent.

Exercise – nature's natural anti-depressant

Engaging in exercise results in your body releasing a chemical called an endorphin. One of its roles is to interact with receptors in your brain which reduces the perception of pain. Another role is to trigger a positive feeling in the body. Current evidence suggests that exercise can reduce depression and associated mental health conditions

by 30 per cent, leading to an improved quality of life.

Any exercise should be completed in a safe manner, for example in front of a sturdy chair or table. Some exercises that can be completed in your comfort of your home include:

- A stationary march
- Sit to stand (off a chair)
- Standing hip extension (moving leg backwards in a standing position)
- Side leg raises (moving leg out to side in a standing position)
- Single leg stand (with something in front of you)
- Arm/chest stretch (arms forward with hands together)

• Tricep stretch (by putting your bent arm behind your body when sitting and applying a downward force with the other hand to your elbow)

• Quadricep stretch (holding onto a chair, and bending one knee holding onto the ankle)

• Calf stretch (keeping the knees straight, push against a wall)

These exercises are just a guide and have not been individually recommended for you. Phone 9203 7771 to make an appointment with Robert and Jeff today for your individualised exercise program at 291 Warwick Road, Greenwood, www.ngp.net.au, 9203 7771.

Home is where the heart is for Dolly and Ken Weaver



Ken and Dolly Weaver

WITH a schedule that rivals the most active millennial, Dolly Weaver 88, might just be one of Western Australia's busiest seniors.

The octogenarian's weekly itinerary includes a part-time job, going to the gym, spending time with family and friends, shopping, visiting her church, knitting, cooking and gardening.

Dolly is also the primary carer for her husband of 66 years Kenneth, who lives with dementia.

The couple are determined neither age nor health challenges will force them to live apart, so they have engaged Baptistcare to provide home care support.

Having a dedicated support worker visit two days per week allows Kenneth to remain in familiar surroundings with the many treasured items he has collected over the years.

It also gives Dolly peace of mind knowing her beloved husband is in good hands while she gets out and about pursuing her favourite hobbies and church activities.

Dolly said while getting help with household chores and gardening has been wonderful, the support and friendship extended to Kenneth during their support worker's visits has been life changing.

To find out how Baptistcare can support you or your loved one at home, visit baptistcare.com.au and request a free copy of our Demystifying Home Care Guide – your essential resource when it comes to navigating home care.

Stem cell therapy and arthritis symptom relief



ARTHROSIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection – but also to start the healing process. The most common form of arthritis is osteoarthritis. This is a degenerative disease and

often leads to 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 and cartilage cells. They have also been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent of the number of stem cells you had in your bloodstream when you were 25.

Stem cell nutrition encourages your body to naturally release millions of new stem cells – which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better. If you would like to find out how stem cell therapy can change your life, phone Sandra Barnsley 0412 479 156.

Do you have Type 2 Diabetes?
Are you over 18 years old?

You could play a role in improving the management of diabetes by participating in the BRADiCARDIA study.

What does it involve?
The BRADiCARDIA study will investigate the effects of reducing heart rate on kidney, eye and skin damage in people with type 2 diabetes.

You will be asked to:

- ▶ Participate in a three-month trial
- ▶ Attend three appointments at Royal Perth Hospital
- ▶ Attend two appointments at the University of Western Australia
- ▶ Possibly (50:50 chance) take daily medication for the duration of the trial

What benefits do I receive?

- ▶ No associated costs for your scans, laboratory tests or other study activities.
- ▶ An opportunity to help investigate a new treatment for diabetes complications.
- ▶ Flexibility to fit clinic appointments into your personal schedule.
- ▶ Some reimbursement for any reasonable travel and parking expenses associated with project appointments.

Royal Perth Hospital
Government of Western Australia
East Metropolitan Health Service
HAGN356-057421

If this sounds like something you would like to participate in, please contact the study coordinator for more info: Royal Perth Hospital Study Coordinator, Louise Woodhams 0422 410 206, louise.woodhams@postgrad.curtin.edu.au

Conscious Living Expo: Perth's largest wellness event



There will be many therapists at the expo

CONSCIOUS Living Expo provides holistic solutions for people to take charge of their health and wellbeing in these challenging times.

This November the Expo takes place in the beautiful garden surrounds at the University of WA.

Keynote speaker Dr Peter Dingle will address the health conditions which commonly develop in older age, from dementia, Parkinson's disease, diabetes 2, hypertension, arthritis, pain, gout and poor immune health. Based on cutting-edge scientific information, connections and insights into gut health he will explain what can be done now which affects how we age.

Author, Dr Sherrill Sellman has researched the keys to regaining hormonal balance for women and men, as well as getting younger and healthier every year. She will be speaking about ways to re-

claim hormonal balance as well as how to access feminine powers of rejuvenation.

The speaker program of 14 seminars and workshops is free with admission and will also be live streamed on zoom.

At the Expo visitors can consult with health practitioners, sample nutritional supplements, shop for eco-friendly products and Christmas gifts for home and personal care. There is delicious healthy vegan friendly food as well as Himalayan momos and chai available at the Main Stage Café. There are plenty of healthy activities for kids including glitter tattoos and storytelling.

Parking is free and dogs are welcome too. The Conscious Living Expo runs from 20 – 21 November at University of WA.

Seniors' admission tickets are \$9 online, visit consciouslivingexpo.com.au

Friendly, reliable in-home support

Supporting older Australians to remain living at home is something we are passionate about at HenderCare.

We deliver a range of care options, including nursing and therapy services, personal care, domestic assistance, home & garden support and more.

Speak with our Home Care Package team today!

hendercare 1300 764 433

APPROVED Home Care Package PROVIDER

Spend \$250* FREE Gift box valued over \$100

Spend \$100* FREE Sandalwood Essence valued \$29.95

Storewide SALES SALES

Starts 5th until 12th Nov 2021 Midnight WST

*Values excludes shipping, exclusions apply

Lookout for Pre-Christmas SALES

The Sandalwood Shop

2 Down Rd, Albany WA 6330
Ph: (08) 9845 6817
www.thesandalwoodshop.com.au

Downsizing

ADVERTISING FEATURE



Melville is an age-friendly city and that in-turn makes it friendly for everyone



City of Melville's director community development, Christine Young - Active in the Park offers free fitness classes

by Frank Smith

FEW cities were designed to be age-friendly, but many throughout the world are trying to become age-friendly, with varying amounts of success.

The World Health Organisation (WHO) has drawn up a checklist of age-friendly city features including maintenance of well-lit, safe and attractive public areas, non-slip pavements, accessible buildings, affordable public transport, suitable housing and opportunities for social participation.

WHO says age-friendly environments are free from physical and social barriers and supported by policies, systems,

services, products and technologies that promote health and build and maintain physical and mental capacity across the life course and enable people to continue to do the things they value as they age.

The City of Melville joined the WHO global network of age-friendly cities and communities in 2007 as one of the pilot cities of the project. Since then, it has developed the four major priorities of community transport and health services, transportation, housing and communication and information in ways that resonate with seniors.

Director community development, Christine Young says the city's age-friendly policy was

drawn up following extensive consultation with residents and community groups from diverse backgrounds.

"We target hard-to-contact groups, such as the large Chinese community, to involve as many people as possible," she said.

From these residents the city established a community reference group to advise the council.

Key achievements include Melville's Fit for Life campaign to support people over 55 to exercise and maintain their health and independence. The city also subsidises gym membership; the fees decrease the older the member, to reduce the drop out of

older people as they age.

"Seven thousand seniors regularly attend city fitness classes," says Ms Young. "And more than 1500 attended free outdoor classes called Fitness in the Park."

An unusual innovation is a weekly quiet hour at Melville Plaza shopping centre. This provides a low-sensory shopping experience for people living with dementia or autism. During quiet hour, unnecessary lights, in-centre music, including Coles Radio and PA announcements are banned except in emergencies.

Register and scanner noise is reduced to the lowest level possible and no trolleys are collected. Extra staff are also ros-

tered on to support customers and free fruit is on offer.

"Melville has the second largest number of people living with dementia who still live at home. We support local businesses to improve accessibility and help them train retail staff to become age and dementia friendly.

"Other shopping centres have expressed interest in following suite."

For people living with dementia and their carers Melville has instituted monthly memory cafés.

"There are 15 to 20 memory cafés. It is the place people go to when first diagnosed with dementia. It helps them remain socially engaged and feel they are still part of the world," she said.

Melville also supports 'ageing in place' initiatives and works to raise older people's awareness about housing choices and affordable housing options. A Housing Decisions Toolkit for Older People has also been designed.

Other innovations include bin pull. Truck drivers fetch out rubbish bins for elderly and disabled residents.

The city library stocks large print books, runs

digital literacy classes and delivers books to homes on request.

The city partners with transport providers to deliver transport information and solutions and identifies the specific transport gaps and requirements of older people. It designs and maintains pedestrian infrastructure to improve walkability.

"Evaluating what we have achieved is part of the age-friendly city model. Melville has received overwhelmingly positive responses from local government surveys, she said.

Becoming age friendly must come with some cost to ratepayers.

"The cost of becoming age-friendly involves a

whole range of services. It has involved no extra staff but just ways of working differently, training and marketing."

Ms Young says Melville wants older people to feel that they matter, belong and have affordable opportunities to live life well. It works to combat social isolation and promotes access information about bereavement, death and dying.

Melville residents come from a wide range of cultural and linguistic backgrounds and the city's age-friendly policies are designed to help everyone participate fully in the community.

"Making the city age friendly makes it friendly for everyone," said Ms Young.

30th
ANNIVERSARY 1991 - 2021
Join us online:
www.haveagonews.com.au



BEAT THE 1ST DECEMBER PRICE RISE



SAFE • SECURE • INCLUSIVE

OUR \$6 MILLION CLUBHOUSE IS NOW COMPLETE

Be quick, homes are selling fast!

1, 2 & 3 BEDROOM HOMES FROM \$248,500*

- Spa • Sauna • Gym • Stage • Library • Dance Floor
- 2 Games Rooms • Arts & Craft Room • Hobby Workshop
- Commercial Kitchen • Indoor Heated Swimming Pool
- Main Hall (235 capacity) • 2 Second Storey Terraces
- Bowling Green • Village Bus • BYO Café and more

* Terms and conditions apply, visit helenavalleylifestyle.com.au for more info. With just a \$500 deposit you can move into a brand-new display home.

LOCK IN YOUR FUTURE AND SAVE, WITH ONLY A \$500* DEPOSIT

Due to the recent construction boom, increased resourcing demands, shortage of materials and a price increase on materials, prices on all our NEW Homes will increase on December 1, 2021. The great news is that we are giving you the chance to lock in the current price for only \$500*.

So, this November, beat the price rise and secure your home - and your future!

BOOK A VILLAGE TOUR TODAY AT helenavalleylifestyle.com.au

FOR MORE INFORMATION PLEASE CALL



Call Richard Nowland
0400 219 691



Call Mark Emberson
0404 852 272



2340 Helena Valley Road, Helena Valley

e helenavalley@nlv.com.au

f [facebook.com/helenavalleylifestyle](https://www.facebook.com/helenavalleylifestyle)

Downsizing

ADVERTISING FEATURE



Karrinyup Shopping Centre's Loop offers a range of stores not seen before in Perth



A selection of pieces from Coco Republic at the new-look Karrinyup Shopping Centre



by Zofia St James

HAPPY November. I love the feel of November; not just because it's my birthday month but that vibe that starts to creep in and joyfully announces that spring has arrived as the jacarandas bloom

in all their lavender glory.

You can feel the warmth in your bones and excitement in the air. Nothing motivates you more than knowing there looms the date for which you had promised yourself the need to get 'stuff' done by. You all know what that is, I am sure.

As most of you may be aware, Karrinyup Shopping Centre has reached yet another milestone in their major redevelopment and unveiled a whole new section referred to as The Loop.

While the new section boasts a variety of amazing stores and a number of which you would be already familiar with, there is one that I am extremely happy to see come to our shores. That is Coco Republic. The furniture is of a classic contemporary aesthetic and perfect for those who want a whole new feel and look, or pieces that would give some of your more treasured and traditional furnishings a more modern feel.

I was thrilled with what

I saw and felt they offer a different point of reference to what's been available here in WA for a while.

In addition to being able to peruse a beautiful range of furniture, accessories, lamps, bedding and outdoor furniture, you can ponder your decorating decisions over lunch and a cocktail in the gorgeous cafe/bar they have opened to accompany the whole experience.

Next month I have been invited back for an interview and cocktail

with Jordan, the regional manager for Australia and New Zealand, who has temporarily relocated and had the mammoth task of establishing Coco Republic here in Perth.

I look forward to being personally walked through the new range that arrives shortly. I will bring you my impressions of what are the real stand outs for me.

I took only a couple of quick trips around the loop but I must say I was impressed.

The new Adairs store,

Bed Bath and Table, Myer, David Jones and all the other retail outlets and cafés give the north side of the city a shopping centre that really does have everything you could want or need.

But take a compass with you, if like me, your sense of direction fails dismally, even after a few visits.

Now that we have a new season remember to pack away the coats and heavy quilts and any reminder of winter, open the windows and refresh your interiors

with the feeling of spring.

How about a makeover for your bedroom and ensuite? Take a peek at the new seasons looks in Adairs and treat yourself to a new quilt cover set in colours that sing and towels that breathe new life into your rooms.

Nothing makes you smile more than having something new to wear or enjoy looking at every day.

Thank you everyone for your calls. I take a lot of pleasure in being able to assist pointing you in the direction of what you desire to accomplish.

Have a wonderful month ahead.

Zx

Zofia offers an interior style consultation for readers and a free over the phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email zofia.stjames@hotmail.com

"To me, SwanCare means care, safety, good friends, and above all, peace of mind, of which there is no end!"

- E. Harris



Retirement. Reimagined.

SwanCare Bentley Park is WA's largest full-service retirement and residential aged care campus. On site you will find award-winning facilities, numerous services on your doorstep, more than 40 clubs and groups to enjoy, and continuity of care when required. With 60 years of experience, you can rest assured knowing that you are part of a vibrant and secure community. The future of retirement living is here.



To experience all that SwanCare has to offer, call Matt on **(08) 6250 0016** email **retire@swancare.com.au** or visit **swancare.com.au** for an online tour.



Retirement Living • Home Care • Residential Aged Care

**65%
OF STAGE 1
SOLD**
**STAGE 2
NOW SELLING**



Create the Life you want to wake up to

Have your kids left home, and you want something more?

You still feel young and run rings around people half your age, but your house has become too big, empty and time consuming?

You have the time to do plenty of things in the future and have looked at your options, but you haven't been that inspired by what is on offer - or what you have liked is out of financial reach.

You are not alone

You are part of the 'Baby Boomer Generation', one of a growing number of singles and couples who don't feel as safe or free as they should. Many baby boomers and early retirees would also love to have enough spare cash to be able to 'lock and leave' for holidays or 'live and play' with extra cash to fund a better lifestyle.



One of the Resort's 2 pools (the 2nd is for when the grand kids visit).*

The first lifestyle resort in the Perth metro area in a decade

Imagine life in a brand new, secure, and carefree lifestyle resort! A place where you feel a sense of belonging, but where you own your own home and maintain your individuality and privacy.

A place where someone else takes care of the chores like the pool, gym, music studio, theater, BBQ's and resort gardens while you enjoy an array of recreational facilities in a vibrant gated community.

You don't need to be rich to enjoy a rich life

Buying a home at Piara Waters Lifestyle Resort provides the opportunity to up-size your life, and your financial future, by downsizing your weekly living costs, without compromising the things that are important to you.

There are also significant benefits for homeowners if (or when) they receive a pension as the federal government pays nearly a third of the weekly fee for living in the resort.



The entry to Providence Lifestyle, Piara Waters.*

A prime location

Piara Waters Lifestyle Resort is just two minutes from the Harrisdale shopping centre, five minutes from Cockburn central and 400 meters from the CY O'Connor bar and bistro. It is only a 20-minute drive to the city but is surrounded by many parks and tourist destinations.

*Artist impression † Terms and conditions apply see website for details.

An investment to suit a younger generation

There are 3 great advantages available at Piara Waters Resort;

- No Stamp Duty
- No Exit Fees - Enjoy 100% of capital gains
- Community solar and battery micro grid means no more power bills!†

A contemporary new home with a low-maintenance life

A brand-new home means no more unforeseen repair and maintenance bills. A modest weekly fee covers the water and Council rates, gated security and video surveillance, Resort Management, rubbish collection, landscaping, and maintenance of all the fantastic resort facilities. Even your weekly power consumption is included!



Feeling Groovy - one of thirteen 1, 2 and 3 bedroom home designs.*

Stage 1 - Early bird VIP buyer benefits

31 house and landscape packages priced between \$289k and \$529k are available and include one, two and three-bedroom designs. Stage 1 homes will be available in February and March giving you time to plan ahead.

The Lake House, positioned within a landscaped wetland, will provide facilities for the Resort's first homeowners, and the main Clubhouse will soon follow.



The Lake House will be ready for stage one homeowners.*

Early bird buyers in Stage 1 will enjoy zero weekly fees until the main Clubhouse is completed, as well as saving approximately \$20,000 on Stage 2 prices. Now is a great time, during this buoyant market, to sell the family home! Some of our early bird buyers have sold their family home for more than their asking price to secure their new life!



Providence Lifestyle

PIARA WATERS
FREE YOUR FUTURE

LIFESTYLE RESORT LIVING FOR OVER 50s



Call or email **Janine Thomas:** 0407 048 505 | janine@providencelifestyle.com.au

piarawatersresort.com.au

Downsizing

ADVERTISING FEATURE



Move into beautiful Hilltop Grove Estate within 12 months



Hilltop Grove Estate

TO celebrate the last remaining three lots on offer, purchasers can choose either a \$5000 rent rebate while the home gets built or a floor covering/window treatment package valued at \$5000.

Purchasers at Hilltop Grove Estate will also receive an impressive \$5000 grant to go towards a landscaping package and all the advice from the expert garden guru (6PR's) our very own Sue MacDougall. Sue is a qualified horticulturist and landscape architect and has been proudly nominated the Ambassador for

the Hilltop Grove Estate in Mundaring.

Sue said: "It is a wonderful place to live and so close to the unique Mundaring community."

Every backyard has the common property of retained bushland and every garden has access to this treasured outdoor space, there is even an established environmental garden with edible plants.

Great Living Homes are building some innovative homes up at the estate and are well worth your time exploring. Design your

home on your lot at Hilltop and enjoy it being 100 per cent yours in the freehold 55+ estate.

Recent changes to the real estate market in the Perth Hills reflect a wider trend in the Perth metro area. In short the market is still heating up.

With spring upon us and such a beautiful place to live in, the Perth Hills now is the perfect time to secure one of only three lots remaining - fencing included.

Please Call Sharon on 0417 926 385 to discuss this rare opportunity.

Sight impaired volunteer heroes at SwanCare Bentley



Jenny and Trevor Dawson

THE moment you meet Trevor and Jenny Dawson, you are struck by their approachability and intelligence. But there's more to them than you may think.

They give much of their time to help others who, like them, are vision impaired.

Trevor had been asked to mentor Jenny when he

worked at the CBA Bank and their relationship bloomed. In 1984 they were married and later went to live on a half-acre block in Roleystone with their two boys.

Upon Trevor's retirement they decided to make the move to SwanCare.

"If you haven't got good eyesight, it's really important to move while you are competent enough to learn a new area," said Jenny. "SwanCare was one of the few places we visited. The transport is great here and the care facilities are on the campus."

When Trevor and Jenny moved to SwanCare six years ago, one of the first things they did was to form a support group for the vision impaired. Recently they have extended this initiative to visiting those at the SwanCare Residential Aged Care Centres, with some residents fearing the future of their eyesight.

With help from others, Trevor plays lawn bowls at the village and Jenny likes to take part in line dancing. They have both made wonderful friends and give special thanks to those that help them along the way.

Downsize to a refreshing lifestyle on the coast



DOWNSIZING provides the opportunity to enjoy a new stage in life and there is nothing better than enjoying this by the coast.

Sunset Beach Lifestyle Village is a fresh new development for the over 55s on the edge of Geraldton.

This premium coastal pocket in the Mid-West will host 80 homes with a range of exclusive designs reflective of the location.

Development Solutions is behind the project with director Craig Gemmill highlighting the coastal de-

sign selections for buyers including the Abrolhos, Batavia and Coral designs, offering centrally located kitchens and wide open spaces.

Publicly listed accommodation provider Fleetwood Housing Solutions were chosen for their logistical capability and ability to deliver homes on time and on budget.

Mr Gemmill said that the beach side location was a strong selling point along with its planned community facilities.

"The village has been crafted with active living in mind and to complement the Geraldton community which has a thriving population of those seeking lifestyle changes," he said.


"It will attract people who want to live by the beach, own a dog and have a lock up and leave lifestyle.

"I think Covid-19 got a lot of people thinking about their lifestyle options and it's warm in Geraldton, our community will be 500 metres from the beach and I think people will really embrace it."


The Sunset Beach Lifestyle Village display homes start from \$195,000 with a \$1000 deposit.

Interested people can view display homes on Saturday and Sundays from 1pm - 5pm at 18 Bosley Street, Sunset Beach.

Email info@devsol.com.au or call 0435 427 384.




COMING SOON
SIXTYSIX
JERSEY

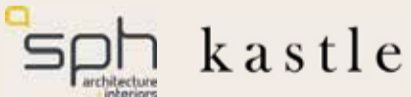



A boutique selection of 8 penthouse style apartment suites

- 2 Bedroom - Up to 190m2 of living space
- 3 Bedroom - From 230m2 of living space



Ryan Abel 0419 690 111 | ryan@abelproperty.com.au
Brett van Son 0403 171 092 | brett@abelproperty.com.au



Downsize and live your holiday life in Geraldton



Houses from \$195K



Affordable, Secure and Quality lifestyle under 500m from the beach




Reasons to buy in Sunset Beach Lifestyle Village:

- Walking distance to the beach
- Secure gated community with like minded friendly neighbours
- Downsize and use as central base to explore Western Australia
- Full turn key product, ready for you to move right in!
- Rates, onsite management, security covered in ground lease fee.



STAGE 1 SELLING NOW!

ENQUIRE TODAY! www.sunsetbeachvillage.com.au info@devsol.com.au | SALES ENQUIRIES: 0435 427 384

Wheelchairs for Kids celebrate their 50,000th wheelchair



Premier Mark McGowan officially opens the factory in Wangara - One of the wheelchairs ready for shipment - The purpose-built factory is a hive of activity

by Jennifer Merigan

THERE is no better example of the power of retirees working to change lives than the Wheelchairs for Kids story.

An initiative of Rotary Scarborough and headed up by Christian Brother's Olly Pickett AM since 1998, they have manufactured more than 50,000 wheelchairs.

The band of around 250 merry volunteers are making a huge difference to the lives

of children and their families one wheelchair at a time.

They are designed as a rough terrain chair adaptable for a variety of terrains and conforming to World Health Organisation standards.

Over the years they have modified the design of the wheelchair nine times and now have a fully adjustable wheelchair with spoked wheels, self-propelling rims and removable table. The chairs can adjust to children's growth and

changing needs.

The wheelchairs have been sent to some of the poorest countries across the world with 27,908 chairs sent to Asia and the Pacific, 22,084 sent to Europe, the Middle East and Africa, and eight to the Americas.

More than 100,000 beautifully coloured rugs and soft toys accompany the chairs. These have been made by skilful volunteer knitters, sewers and crocheters.

On a rainy Perth October day more than 600 people

came together to celebrate the 50,000th milestone achievement along with officially opening the state-of-the-art factory at 10, Buckingham Drive in Wangara.

The purpose-built workshop is a well-oiled machine which will provide a supply chain for production in the years ahead.

A village of volunteers have responded to the needs of children and families they will never meet and never know.

Premier Mark McGowan

was the special guest at the festivities and spoke of the dedication from so many people who work to provide freedom and mobility for disadvantaged children across the world.

"The craftsmanship involved in these wheelchairs is quite remarkable. They are the Landrover of wheelchairs.

"What this does is make the lives of these children a little bit easier," he said.

"The volunteer force of this organisation uses skills

they may have generated in their working life or new skills they have developed here, using their abilities and time for a greater purpose.

"I am very inspired by each and every one of the 250 volunteers who work here, and I thank everyone of you," said the Premier.

There is a lengthy waitlist for volunteering opportunities for the organisation but donations are always welcome.

Find out more at www.wheelchairsforkids.org.

Perron Institute is proud of their volunteers and you can join too



Perron Institute volunteer Isaac Barry

PERRON Institute CEO Steve Arnott says every person's contribution to the Perron Institute community is unique and valuable.

"We're committed to providing our people with great opportunities and the Institute is fortunate to have such committed and community minded volunteers as part of our program," he said.

"Our volunteers are a friendly face of the Institute, here to take extra care of our patients and their carers; to help make their day easier at our specialist neurological treatment clinics."

Operations manager, Ann Convery says people volunteer for different reasons.

"The Institute understands this and we aim to fulfil the various goals of our wonderful volunteers," she said.

Postgraduate neuroscience student Isaac Barry joined the Perron Institute's volunteer team recently.

Isaac is currently undertaking his Masters of Neuroscience at the University of Western Australia, having last year completed his Bachelor of Biomedical Science (majoring in human biology) at Edith Cowan University.

Isaac's decision to study Biomed was influenced by a history of neurodegenerative diseases within his family. When his brother was diagnosed with epilepsy, Isaac wanted to understand why brain circuitry can misfire or short circuit, and this was a factor in his decision to undertake postgraduate studies in neuroscience.

In future, Isaac would like to work in a lab or as a microbiologist. His long-term goal is to lead his own research team,

potentially in transcranial magnetic stimulation (TMS), a non-invasive therapy used for depression and neurological conditions. He first saw a TMS machine at ECU and was intrigued by the potential application of guiding neuronal (brain cell) growth and creating new pathways.

"I'm fascinated by the brain and how it works. It's complex, and there's so much that is overlapping and interconnected.

"I'm honoured to be surrounded by inspiring minds at both the Perron Institute and UWA. I have thought-provoking lecturers such as Associate Professors Stuart Hodgetts and Wilhelmina (Helmy) Mulders, and I have already learned so much.

"I'm interested in neurodiversity and how neurodevelopmental syndromes develop. I hope I can make a valuable contribution in the future."

Isaac has previously volunteered at St Vincent de Paul and continues to volunteer at Autism WA. In his spare time, he enjoys drawing and playing basketball and chess.




Volunteering at Perron Institute.

If you're interested in becoming a volunteer at the Perron Institute for Neurological and Translational Science in Nedlands, please email reception@perron.uwa.edu.au.



Mable is a website where people living with disability can find and connect directly with independent support workers.

By joining Mable, you're able to:

-  **Choose your independent support workers**
-  **Choose which services you need**
-  **Choose when you receive services**

Better still, you can choose with confidence knowing all workers have the relevant Police and reference checks.

To find out more, visit mable.com.au or scan the QR code.



New way for people with disability to get information about Assistive Technology



A FREE assistive technology (AT) portal designed to help people with disability across Australia store their AT information, get specialised peer support, and build their knowledge, is being launched today by AT Chat.

AT Chat is an Independent Living Assessment initiative that creates peer-led information and peer support to help increase the confidence of people with disabilities to make AT decisions. Over the past four years, AT Chat has grown to a

community of more than 5000 people with disabilities around Australia who share their lived experience and knowledge of AT.

The World Health Organisation defines assistive technology (AT) as products or systems that enable a person to perform tasks they would otherwise be unable to do, or which increases the ease and safety with which tasks can be performed.

It can be difficult for people to find impartial information to make AT decisions, so AT Chat co-designed the AT Portal with members of the disability community to help them navigate the

complex world of selecting AT.

The AT Portal is the central hub where people with disabilities can search through more than 15,000 products via the National Equipment Database (NED) and store the information about the make, model, and service schedule of each piece of technology.

People with disabilities can also connect with AT Navigators who will answer their questions, research information, and provide a solution guide to help them reach their goals. The Navigators are expert AT users with specialised training from a health professional. They are dedicated to utilising

their lived experience with disability to support their peers.

AT Navigator, Martin Duff said working with AT Chat was a wonderful opportunity to share his experience with others about how AT shaped his life.

"AT has made such a big impact on me, so guiding people to find the right AT fit that suited them, was a challenge I was excited to be a part of," he said.

The co-design journey of the AT Portal and Navigator service began more than three years ago and involved hundreds of people with disabilities and AT Chat's research partner Dr Natasha Lay-

ton (WHO, Monash University).

AT Chat's co-design ethos ensured that the portal, and the Navigator service are a holistic, person focused, AT decision-making support model that is based on three building blocks of evidence: co-design, a peer support model and research.

Famous AT Chat community member and paralympian Elizabeth Edmondson said she was looking forward to setting up her AT Portal to stay in touch with her peers and find out about the latest technology.

"The Portal will help me connect with the AT community by having a one-

stop-shop for what I need and other ideas for what I didn't know I needed."

Together, with the AT Portal, the new e-Learning platform AT Discover will provide the community with a place to learn from peer-led modules. The e-Learning tool will provide users' the opportunity to learn more about a range of AT topics at their own pace.

The AT Portal, navigators and the e-Learning platform will offer people with disabilities a free space to journey, navigate, and discover the world of AT, and build their capacity to make informed decisions.

Find out more at portal.atchat.com.au/.

Shane makes a difference at Mosaic



LOTS of things can get in the way of enjoying life, but living with disability shouldn't be one of them.

Take Shane for example... after seeing a 'Containers for Change' advert on TV, Shane decided that this could be a good way to make some extra money, and help the environment.

With support from Mick, his community worker at Mosaic,

Shane spends time collecting cans and bottles, removing lids and giving them a quick rinse in soapy water. They then sort the containers into bags and deliver them to the local refund point. Shane absolutely loves the whole process and with on-going support from Mick and the Mosaic team he plans to do more work with his local community.

Whatever you want in your life – more independence, new friends, your own home, a new hobby or a job – the team at Mosaic are here to provide support and a solution that works for you. You can contact them on 9314 8900 or visit mosaic.org.au to discover how they can help you live the life you want.

Service for safe and accessible transport for last wishes



ST John WA has donated one of its decommissioned ambulances to Ambulance Wish Western Australia, a recently established charity that aims to provide meaningful and positive end-of-life experiences for terminally ill, immobile Western Australians.

Coined the Wish Ambulance, the vehicle donated by St John WA supports fulfilling the last wish of terminally ill patients by providing the safe and accessible transport required to get immobile patients to their wish destination.

As the first ambulance secured by the charity,

the donation from St John WA marked a meaningful milestone in Ambulance Wish WA's Western Australian operations, allowing the charity to officially commence offering its services. Ambulance Wish WA anticipates the Wish Ambulance can provide about 350 final wishes each year.

St John WA CEO, Michelle Fyfe said the donation acts as an extension of St John WA's commitment to caring for the Western Australian community.

"Each and every day the staff and volunteers at St John WA support the Western Australian community with their healthcare needs – be it routine or emergency services. The donation of our decommissioned ambulance to Ambulance Wish WA acts as an extension of our care and commitment to supporting patients and the wider Western Australian community," Ms Fyfe said.

"We anticipate the Wish Ambulance will support hundreds of Western Australians in living out their final wish through meaningful and positive end-of-life experiences. These priceless experiences provide comfort not only to the patients, but also their families by knowing they have supported fulfilling their loved one's dream," she said.

Ambulance Wish WA Chair, Susie Wilson said the generous donation from St John WA will support countless final wishes for Western Australians.

"The Wish Ambulance generously donated by St John WA will enable us to make a difference by customising and honouring wishes without the burden of mobility and transport restrictions. Through our service, we aim to celebrate a person's life and bring comfort to those closest to them – acknowledging that great care includes physical, mental, spiritual support, which often extends beyond the terminally ill patient," Mrs Wilson said.

Ambulance Wish WA expects to open bookings for its Final Wish services this month. For more information on Ambulance Wish WA, visit: www.ambulancewishwa.org.au/



Unit 1, 29 Hampton Street, Mandurah
Ph: 9582 0420



UNDER NEW MANAGEMENT

PRODUCTS
Mobilities (New & Used)
Sun Top Canopies
Shopping Bag Carriers
Tyre & Tubes
Batteries
Spare Parts
Accessories & more...

SERVICES
Sales & Instruction
Mobility Hire
Servicing & Repairs
Modifications
Battery Testing
Pickup Deliveries
Free Quote

Scooter Sale • Servicing & Repairs • Hire

Having Difficulty on the Stairs?

Maintain your independence, let Acorn Stairlifts keep you safe to enjoy your freedom!




- The only company to supply and install our own stairlifts
- For straight or curved staircases
- Indoor and outdoor stairlifts
- Free home assessment
- Fast installation
- Safe and reliable

CALL 1800 990 838 for your FREE Survey & Quote
www.acornstairlifts.com.au



MOSAIC

Creating possibilities,
transforming lives.



Lots of things can get in the way of enjoying life. Living with disability shouldn't be one of them.

At Mosaic, we've been supporting people with disability and their families since 1992, exploring possibilities, making dreams a reality and transforming lives.

One person, one family, one life goal at a time.

9314 8900
mosaic.org.au

Registered NDIS Provider



Celebrating International Volunteer Day 5 December

Late retirement results in less volunteer work undertaken by retirees



Flinders University's senior lecturer Business Economics College of Business, Government and Law, Dr Rong Zhu

by Frank Smith

THE age at which Australians become eligible to receive an aged pension is set to increase to 67 by 2023.

This will have unfortunate consequences for

the number of people doing volunteer work in their retirement says Dr Rong Zhu a business economics lecturer at Flinders University.

Every year about six million Australian volunteers contribute more

than 500 million hours of unpaid work for community and not-for-profit organisations, environmental and charitable activities.

Australian Bureau of Statistics estimated the value of all this unpaid work at more than A\$17 billion in 2012-3 financial year.

Volunteering not only makes a major contribution to the active functioning and productivity of these vital groups but also contributes to a healthy, active and community involved retirement for older people and their families.

Dr Zhu used data from the Household Income and Labour Dynamics in Australia (HILDA) Survey. He found ongoing changes to increase pension eligibility ages for the Australian Age

Pension is prolonging working lives and causing an unintended and undesirable shrinkage in the valuable volunteer workforce.

"While examining the impact of retirement on the supply of volunteer labour, we see that retirement, as a discrete change in lifestyle, leads to increased voluntary work among both older Australian men and women," he said.

"However, the duration of retirement was found to increase volunteer labour supply of females only.

"Older people's retirement also impacts positively on the volunteer behaviour of their family members.

"All of these are important avenues for greater personal and community wellbeing and the ad-

vantages that prolonging working lives can impact," he says.

Australia has no compulsory retirement age, but most people see eligibility for the pension as a trigger to give up full time work. Over 70 per cent of older people in Australia are eligible to receive an age pension based on their income and assets, of these about two-thirds receive full benefits.

When the Age Pension was introduced in 1908, the qualifying age threshold was 65 for both men and women. It was soon reduced to 60 for women in 1910. Eligibility ages for men and women remained unchanged until July 1995,

when the age threshold for women gradually increased, reaching 65, the same as men,

in 2014.

From July 2017, the qualifying age for both genders started rising again by six months every two years until reaching 67 years of age in July 2023.

Life expectancy has increased in most countries. To relieve the financial burden of publicly funded pension schemes, many governments have extended the compulsory age thresholds for pension-related entitlements.

Most countries are in the process of raising their retirement age to 67 or 68. The major exceptions are retirement in the UAE at 49 and India at 50.

However, policies aiming at prolonging working lives and increasing workforce participation are not without costs.

Doctor Zhu says policymakers need to consider the trade-offs between the market and non-market labour supply of the elderly population.

Pensioners who have recently left paid work often have ample free time and many of them are potentially part of the volunteer workforce. Policymakers could provide them with economic incentives, information on opportunities and an understanding of the benefits of voluntary work.

Volunteering work is in the interests of both the seniors themselves and the welfare of the wider society, said Dr Zhu.

The research was published recently in the *Journal of Economic Behavior and Organization*.

Looking to make a difference in your community?

EDCONNECT Australia trains and support volunteers to work in local schools, providing a safety net for young people – in school and life. They are Australia's only intergenerational volunteering organisation which operates within both primary and secondary schools.

"I started volunteering because I really needed some young people in my life. I always felt it was very worthwhile thing to do when you aren't working. By volunteering you find a purpose, you get a lot from the people you volunteer

with. It's enriched my life," said Sue Jacobs, volunteer at Hilton Primary School.

The impact on students is immense, with participating schools reporting that 98 per cent of students in the program have improved social skills, 99 per cent improvement in self-esteem and 96.5 per cent improvement in concentration.

"I think the benefits flow both ways. The volunteers bring a breadth of experience so our students feel very comfortable. They

often ask if the volunteers are coming.

For the volunteers there is a great sense of purpose because maybe for that child, for that day, having that person is the one thing that makes them smile and allows them feel much more comfortable, and competent, and confident at school," said Steve Routledge, principal at Spring Hill Primary School.

For more information or to start your application, visit www.edconnect.org.au or call 1300 668 550.

City of Perth

Thank You

CITY OF PERTH VOLUNTEERS

Volunteers play an integral role in much-needed City of Perth services including the Citiplace Community Centre, the Access and Inclusion and LGBTQIA+ Advisory Groups, Heritage Perth and the iCity Visitor Service.

The volunteer team are invaluable to the City, its visitors and the local community. As such, the City of Perth would like to thank the volunteers for their time, energy and incredible commitment in 2021.

For further information or to volunteer, contact info.city@cityofperth.wa.gov.au

Find us on social media

Have-a-Go NEWS

Facebook icon, Twitter icon

WE ARE SEARCHING FOR YOU!

Volunteers helping students thrive

We connect volunteers who want to make a difference, with young people in school who need extra help and guidance, be it mentoring or learning support. We aim to equip young people with the life skills they need to succeed.

EdConnectAustralia.org.au | 1800 668 550 | edconnect@edconnect.org.au

Astley Care would like to sincerely thank all our volunteers, past and present, for more than 35 years of care, compassion and commitment towards our clients.

9490 2393
23 Astley Street, Gosnells
email: admin@astleycare.com.au
www.astleycare.com.au

EXCELLENCE IN CARE AWARDS Winner
SACSA AGED CARE AWARDS 2020 Volunteer of the Year WA WINNER

We value our volunteers!

Got caring hands and a kind heart?
Give the gift of volunteering today to help protect and connect our most vulnerable.

Southcare
Making a difference in the community, everyday!
6117 3029 southcare.org.au

VOLUNTEERS ARE THE HEART OF VINNIES

Thank you

vinnieswa.org.au

Celebrating International Volunteer Day 5 December

Charity celebrates 40 years of community care



Left to right; City of Stirling Mayor, Mark Irwin, Kachie Taylor and Cassi Richardson - Wendy Gardner and City of Stirling Mayor, Mark Irwin

by Jennifer Merigan

THERE are a variety of charities which provide community support throughout Western Australia which often slip under the radar. One of those is Uniting Aid which provides amazing community support within the City of Stirling. This year marks their 40th anniversary.

In 1981 the churches in the Yokine Region Uniting Parish began a phone contact service from the Dianella church offering to assist people in the local community with emergency food, domestic help, shopping and respite support for home carers.

Caring services for people in need were extended during the first decade with training courses offered in a variety of areas including budget cooking, keeping fit classes and a free legal advice service.

These services have continued since then and evolved to become Uniting Aid today. This operates out of a purpose built facility in Nollamara.

In the last 10 years this charity has provided more than \$1million in relief payments and food to 20,000 family units in the City of Stirling.

CEO Margaret Weller said they want to celebrate their amazing volunteers and all they do

and continue to do for their clients.

"Virtually all our volunteers are retired professionals, and they bring their wide range of skills each day to help our clients and try to find the best solutions for them.

"It also shows what older people can achieve and how they can help their community even though they may be retired," she said.

Uniting Aid marked its 40th anniversary with a special ceremony last month attended by City of Stirling Mayor Mark Irwin, along with state govern-

ment local member Amber-Jade Sanderson MLA and other dignitaries.

Two of their volunteers, Charis Page and Wendy Gardner were recognised for their service to the community with two rooms at the facility named in their honour.

Volunteers are the backbone of this important service and *Have a Go News* was pleased to attend the event and find out about the important work this charity does week-in week-out.

Wendy Gardner was one of the inaugural volunteers of the charity. After completing a diploma in voluntary welfare studies she accepted the role of coordinator in 1983. Her administration skills, great compassion and sense of following a dream have enabled her to spread help and friendship for many years. The Uniting Aid reception room was named in her honour.

Charis Page passed away in 2020 at the age of 94 but her contributions to the organisation were abundant over many years. Her life mission was to help the underprivileged and she was described as a strong, generous and loving person. The pantry was named in her honour.

Uniting Aid is always keen to welcome volunteers or donations. Contact CEO Margaret Waller at admin@unitingaid.org.au or call 9344 3840.

Organisation celebrates 100 years



Soroptimists prepare shoe boxes

SOROPTIMIST International (SI) is celebrating 100 years of servicing projects local, national, and international which impact the lives of women and girls.

Since the founding of the very first Soroptimist club in Oakland, California in 1921, Soroptimist International has sought to bring about change to the lives of women and girls worldwide. Through its global network of four federations and its dedicated volunteer membership of over 75,000, SI is driven by its mission of transforming lives through education, empowerment and by enabling opportunities.

The SI vision is that women and girls will achieve their individual and collective potential, SI's advocacy work and on-

the-ground projects seek to drive the realisation of these aspirations and ensure that women and girls have an equal voice in creating strong and peaceful communities, now and in the future.

The name Soroptimist was coined from the Latin soror meaning sister, and optima meaning best - so, Soroptimist is perhaps best interpreted as 'the best for women'.

Soroptimist International Joondalup was formed in 1978 and is now the largest club in the South West Pacific region. During the last 43 years SI Joondalup has organised, funded, and supported many projects local, national, and international.

These include East Timor Chicken Coop Proj-

ect, Wheelchairs for Kids, Jacaranda Lodge, Aged Care, Grandparents Rearing Grandchildren, Youth Future, Days for Girls, Amana Living Dementia Care, Kiva Micro Finance, Catherine Hamlin Fistula Foundation.

To celebrate Soroptimist International centennial, SI Joondalup planted 100 trees in collaboration with the Shire of Joondalup at Peristone Park, Greenwood. This project was deemed appropriate as the first project SI initiated was "Save the Redwoods" which were being felled extensively.

Members knitted hundreds of beanie's, scarves and mittens for the homeless people in Perth and the Salvation Army. They also filled shoe boxes with goodies/essentials and donated them to Grandparents Rearing Grandchildren and SOS (Starting Over Support).

While members work to foster the wellbeing of women and girls, they also have fun, meet likeminded people, enjoy monthly business dinner meetings at the Currabine Bar and Bistro and many social occasions.

New members are always welcome, for more information contact Wendy Wheildon (membership) on w-wheildon@bigpond.com or Maggie Church on email sjoondalup@siswp.org

Have a Go Day A LiveLighter Event

Come and meet Perth Mobility Scooters at *Have a Go Day*



PERTH Mobility Scooters has built a reputation for providing an extensive range of mobility solutions as well as highly personalized service.

As a 100 per cent Western Australian owned and operated company, they

stock an extensive range of leading brands of mobility scooters, power wheelchairs and accessories including hoists, batteries, and battery chargers.

Senior sales representative, Debbie Borello said: "I love getting to know a person and finding out what will help them lead a happier and more independent life.

"I make sure I take the time to understand exactly how they are going to use the equipment, and what they want to achieve, so I can match them up perfectly. We have such a big range that there are plenty of

options." With modern, spacious showroom facilities, they offer a unique space to trial mobility scooters and power wheelchairs.

For those who cannot make it into our showroom they also have a personalised mobile showroom service bringing mobility scooters and power wheelchairs out to you.

Perth Mobility Scooters will be at the *Have a Go Day* on Wednesday 10 November at Burswood Park, Great Eastern Hwy. Located at Site #10 there will be equipment on display, giveaways and great prizes to be won.

Volunteers wanted in Rockingham area...

SENIORS Recreation Council Rockingham branch is seeking volunteers to help out with a variety of events.

The branch organises a mini *Have a Go Day* every year, along with concerts and other events

promoting recreation for seniors in the area.

If you would like to help them out and be a part of this important organisation please contact Carole Overington on 0412 715 173 or email: caroleoverington@inet.net.au.

Volunteer and support people living with cancer

SOLARIS Cancer Care is looking for qualified therapists across their five centres who can provide relaxation massage, reflexology, Bowen therapy, hand and food massage and Kinesiology. They rely on volunteer therapists to support people with cancer and their carers.

The ideal volunteer will be trained and have practical experience with the above therapies or have worked with people who have a cancer diagnosis. If you are a vol-

unteer who can offer other support please still get in touch.

Solaris Cancer Care has been providing cancer support services to the WA community for more than 20 years. Based on that experience, the evidence-based approach can help people living with cancer feel more informed, empowered, and supported. They offer a range of ways to learn and experience how simple lifestyle changes can support health

and wellbeing.

Solaris locations are at Perth (Cottesloe, SCGH - Nedlands and SJOG - Subiaco), Bunbury and Albany.

To deliver therapies and services to help people live well with cancer Solaris rely on volunteers. If you can spare a few hours a week, a fortnight or a month please get in touch by with Aimee at admin@solariscancercare.org.au or call 9384 3475.



Volunteer and support people living with cancer

Locations: Perth (Cottesloe, SCGH - Nedlands and SJOG - Subiaco), Bunbury and Albany

Solaris Cancer Care is looking for qualified therapists who can provide:

- Relaxation massage
- Reflexology
- Bowen therapy
- Hand and food massage
- Kinesiology
- Other complementary therapies

We rely on volunteer therapists to support people with cancer and their carers so if you can spare a few hours regularly please contact Aimee at admin@solariscancercare.org.au or call 08 9384 3475.



**Seniors Recreation Council of WA
Peel Branch, DOUBLE DIP
Saltwater Aerobic Beach Exercise
Registration required for 2022 program
will be held Tuesday 30 November 2021
and Thursday 2 December 2022
from 8am to 9.30am both days at
the Town Beach Reserve in the
Marina complex (next to Seashells)**

Cost of registration is \$50 per person for the three-month program. You will need to bring your own pool noodle, beach towel, water and sun screen. The program will run every Tuesday & Thursday during January, February and March 2022, commencing from Tuesday 4 January and Thursday 6 January 2022 onwards between the hours of 8am and 9am.

Lifeguards will be in attendance.

**Enquiries Jan 0427 088 615
or dmc56456@bigpond.net.au**



VisAbility is your local Commonwealth Home Support Provider

- Social activities and groups
- Local transport within 5km
- Exercise Physiology
- Specialist advice
- Daily living aids and equipment

1800 847 466
info@visability.com.au
visability.com.au

VisAbility

We chose Comfort Keepers to provide the support we need at home.



See you at
Have A Go Day
10th November
Stand 74

Staying at home is easy with WA's most trusted partner in Home Care.

Comfort Keepers specialise in in-homecare for seniors providing a range of support services that are designed to help you live the life you want to live in the comfort of your own home.

We take care of you in every way. Personal care, meal prep, laundry, light housekeeping, grocery shopping, transportation. The list is endless. And to make things even easier we have a

range of Government funded packages that make in-home care and support affordable for everybody. If you want to stay at home and need a little help to do the things you want to do **call us today.**

One of our Comfort Keepers team members will give you all the help and advice you and your family need to ensure you stay safe and comfortable at home.

North of the River

Phone : (08) 9492 8920

Email : info@comfortkeepers.com.au

Web : www.comfortkeepers.com.au

South of the River

Phone : (08) 9315 2200

Email : adminsouth@comfortkeepers.com.au

Web : www.comfortkeepers.com.au



**Comfort
Keepers**
In-Home Aged Care Specialists





Come and enjoy this year's *Have a Go Day* - see you there...

READERS are encouraged to come along for a fabulous free day of fun and entertainment at Burswood Park on Wednesday 10 November from 9am to 3pm.
Have a Go Day is specifically designed for older people to get out, have a go and see the range of information, services and activities.
 Minister for Seniors and Ageing

Hon Don Punch MLA will officially welcome everyone at 10.30am at the entertainment stage site 98.
 Try your hand at canoeing on the river, test your skills on the climbing wall, have a go at throwing a boomerang, find out about the latest technology and enjoy great entertainment.
 Event organisers' Seniors Recre-

ation Council of WA remind everyone 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 hospi-

tality 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.
 Social distancing is the new buzz word and all Covid requirements will be observed at the event. Hand sa-

nitisation and extra space has been provided to enable people to enjoy the opportunity to the event in the grounds of Burswood Park, Great Eastern Highway, Burswood.
 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!

Staff at heart of Comfort Keepers' success - meet them at *Have a Go Day*



THE importance of quality in-home care for seniors, has never been more important in our community.
 With a goal of helping all West Aussies to stay happy, healthy and independent, in the comfort of their own homes, Comfort Keepers has more than 100 Support Workers on the road across Perth and key regional areas.
 Director, Craig Billings, says it's the passion and attitude of staff that makes all

the difference.
 "Our philosophy is based on a global model of success, that places staff at the heart of our care solutions - and this makes all the difference.
 "As a small and nimble company, we can quickly adapt to meet client and family expectations and go the extra mile. For us, no job is too big, or too small.
 "Our team believes in delivering compassionate and genuine care, as if looking after a mem-

ber of their own family. This is the consistent feedback we receive from clients. They tell us that our staff are like an extension of their families and feel comfortable having us in their homes.
 "After 16 years in aged care, however, we're still surprised how many people are unaware of the range of Government funded care options, available.
 "As a Government Approved Home Care Provider, our experienced staff love helping

to find the best services and guiding people through the process.
 "It's vital that we work together to ensure that West Australians receive the best possible quality of care - they deserve it.
 "We look forward to sharing the Comfort Keepers' 'Stay at home Experience' with more families, in the future."
 Visit the Comfort Keepers Stand 48 at *Have a Go Day*.
 Ph: 9492 8900
www.comfortkeepers.com.au

Family History WA
 Researching worldwide

Are you interested in tracing your family's history?

Start today with our help...

experienced and helpful volunteers will guide you through the resources available at our Research Centre and on our website

08 9271 4311
 secretary@fhwa.org.au
 www.fhwa.org.au

Familyhistory.WA

FIVE LITTLE PIGS COUNT THEIR BRITISH PENSIONS

Country	Pension Amount	Notes
EU	£137	THIS LITTLE PIG WENT TO MARKET (COMMON)
UK	£137	THIS LITTLE PIG STAYED AT HOME
USA	£137	THIS LITTLE PIG HAD ROAST BEEF
PHILIPPINES	£137	THIS LITTLE PIG HAD NONE AND THIS LITTLE PIG CRIED YYYI YYYI ALL THE WAY HOME
AUSTRALIA	£67	THIS LITTLE PIG HAD NONE

(All five retired in 2000 when the pension was £67 per week)

FIGHT TO 'UNFREEZE' THE PENSION

JOIN
 British Pensions in Australia Inc.
 PO Box 438 Gordon NSW 2072
 1300 308353 | www.bpia.org.au

Elite TOURS

Proud supporter of *Have a Go News*

Tel: 9314 2170 or 0432 247 784
 Email: mike@elitetours.net.au
www.elitetours.net.au

Join the Elite Travel Club 'FREE MEMBERSHIP'

Getting to Have a Go Day

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



WAIVE GOODBYE to MONTHLY FEES

Our new residents are enjoying their monthly fees paid until 30 June 2022*

Make your move to a Masonic Care WA retirement village and start saving on monthly fees. Call or visit us online for more information.

www.mcwa.net.au ☎ 08 9409 2322



LIONS DRYANDRA Woodland Village

Come and stay in the heart of Dryandra Wildflower Woodland 28,000 hectares of natural bush land located south east of Perth.
 The Woodland has many walk trails

Weekday discounts for seniors

Call John and Lisa on 9884 5231 or visit www.dryandravillage.org.au



GREAT HOME and GARDENING



TerraCottem - innovation in soil technology that can improve your gardens



From left to right; Colin Barlow with TerraCottem products - Louisiana Iris - Bob Melville's Open Garden

by Colin Barlow

SPRING is the perfect season to be planting in your garden. So, anything that can make it more successful must be worth looking at. Recently I used TerraCottem, an all-in-one product that enhances the growth of trees, shrubs, general plants and lawns and is ideal for the dry and sandy soils of WA.

A one-time application of TerraCottem will improve your soil with water absorbing polymers, bio stimulants, controlled release fertilisers and carrier substances to aid distribution through the soil or potting mix. This results in healthier plants needing less maintenance with stronger and deeper roots, increased survival rates and resistance to drought and diseases. Plus, there is less loss of nutrients by leaching and water savings of up to 50 per cent.

TerraCottem has been used in poor soils and challenging climates all around the world with great results. One application lasts for up to eight years, providing your plants with an ideal start for growth, cutting costs and saving both water and nutrients. Four different types of TerraCottem are available, including the original all round Universal formulation.

TerraCottem Arbor is specially for tree and shrub planting and includes balanced fertilisers lasting up to 12 months plus starter fertilisers. This helps the tree establish quicker by enhancing root and plant growth and increasing the overall survival rate.

TerraCottem Turf contains zeolite, a natural

volcanic mineral that helps to increase soil fertility and water retention. Turf specific fertilisers and humic acids are included to increase water retention, improve soil structure and microbiological activity. This enables quicker grass establishment, enhanced root and leaf growth and improved turf quality.

TerraCottem Complement is designed to be used as a top up in flower beds and horticulture projects where the Universal soil conditioner has been previously used. It will continue to keep the growing medium in optimal condition by replenishing used nutrients and soil conditioners.

So next time you are planting in your garden give your plants and lawn the best start in life and treat them to the perfect all-in-one

soil conditioner. TerraCottem is available at Stratagreen throughout Australia. You can find out more at www.stratagreen.com.au

Spring showstoppers!
Take a trip to one of the many spring shows and plant sales on this month.

- The Bonsai Society of WA presents the Bonsai Awareness Weekend 2021 "Tranquility" at the Morley Sport and Recreation Centre, 12 Wellington Road on the corner of Mangini Street, Morley, opposite Coventry Village. The show is open from 9am until 5pm on the 13 - 14 November. Entry is by gold coin donation. For further details go to www.facebook.com/groups/bonsaisocietyofwa/ or www.bonsaisocietywa.com.
- The combined WA Fern Society and Palm and

Cycad Society Plant Sale will be held from 9am to 4pm on 13 - 14 November at the Manning Community Centre, 2 Conochie Crescent, Manning. Entry is by gold coin donation. There will be some interesting plants on display and for sale. Speak to the growers and pick up a few tips on the best varieties to grow indoors or outside in Perth. For information call George Sevastos on 9448 4816 about palms or Ray Chester from the Fern Society on 0402 045 620.

- The Late Flowering Orchid Display in conjunction with The Orchid

Society of WA will be held at the Senior Citizens Centre, 3 Downey Drive, Manning on 13 - 14 November from 9am to 4pm on Saturday and 9am to 3pm on Sunday. Entry is \$5. To learn more about what orchids will be on display, contact Helen Stretch on 0419 197 043.

- Also taking place on the weekend of the 13 - 14 November will be the Cactus & Succulent Society Annual Show at the South Perth Community Centre Hall, on the corner of Sandgate Street and South Terrace, South Perth. Make sure that you get in early for the best bargains

and unusual varieties. For more information contact Bob Hunter on 0438 905 229.

- Open Gardens WA have a couple of gardens open this month including The Lakehouse in Beverley which features a large lake next to a fairy tale stone cottage. The owner's love affair with daylilies and irises resulted in Lakehouse Nursery with over 750 hybrid daylilies and over 300 varieties of tall bearded and Louisiana irises. The gardens are

open on 13 and 14 November from 10 am to 4pm each day. For more information visit www.opengardenswa.org

WIN WIN WIN
To win one of three TerraCottem Universal Soil Conditioners (750g) worth \$40 each simply email win@haveagonews.com.au with Soil in the subject line or write to TerraCottem Competition c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 1/12/21.

ALL YOUR TV SOLUTIONS

OAP Discounts

New Antennas
New TV Points
TV Wall Mounting
TV Setups

Matt 0484 543 333

The CACTUS and SUCCULENT SOCIETY of WESTERN AUSTRALIA Inc.

Cactus and Succulent STATE CHAMPIONSHIP AND SHOW

Sat 13 Nov, 10am to 4pm & Sun 14 Nov, 10am to 2pm
South Perth Community Centre, cnr South Terrace and Sandgate Street, South Perth Entry: Adults \$5

A huge number of plants on display and for sale • Talk to the growers
• Take home a few gems • EFTPOS available
• Kitchen open for tea, coffee, snacks, sandwiches
• Plant crèche in operation • COVID-Safe - contact details required

For info contact Bob Hunter: bjbhunter@westnet.com.au, 0438 906 229.
Web: <http://csswa.org.au/> Email: info@csswa.org.au
Facebook: "The-Cactus-and-Succulent-Society-of-Western-Australia-CSSWA"

ARMADALE LOCK & KEY

Mobile service
Restricted masterkeyed systems
Safe repair
Supply & installations
Residential & commercial locks

6/219 RAILWAY AVE KELMSCOTT **9390 8888**

iBreeze AIR & SOLAR EXPERTS

SOLAR POWER EXPERTS
'Perth to Bunbury'

9534 9491 www.ibreeze.com.au
15/33 Galbraith Loop, Falcon

REPAIR or REPLACE Annexes

ZIP REPLACEMENTS
REPAIRS
NEW ANNEXES AND AWNINGS
Made to order
WIDE RANGE OF
CANVAS/TARPS/PVC MATERIALS
AUTO, MARINE, OUTDOOR OR COMMERCIAL

Total Canvas **PH: 9371 1719**
HIRE A TARP

E: sales@totalcanvas.com.au
41 RAYMOND AVENUE, BAYSWATER
www.totalcanvas.com.au

BORE REPAIRS & SERVICING UNREAL GARDENS

- * Water Bore Specialists
- * Installation & Maintenance
- * Rebores to new & existing wells
- * Best on price & quality

Owner operator -
38 YEARS EXPERIENCE
Phone **GREG 0412 389 664**

Mrs Fixit!

MARDI GLADWELL:
Female Electrical Contractor for all your domestic and commercial electrical needs

TV/ANTENNAS LIGHTS
POWER POINTS
SAFETY SWITCHES/RCDS
SMOKE DETECTORS
REPAIR & MAINTENANCE
HOT WATER SYSTEMS

PHONE 0430 035 345

AAA AIRCONDITIONING & ELECTRICAL

DUCTED EVAPORATIVE DUCTED REVERSE CYCLE
ALL ELECTRICAL WORK SPLIT SYSTEMS
INSTALL SERVICE REPAIR SALES

EC: 9162 ARC: L067314
0423 255 247

GGM GUILDFORD GARDEN MACHINERY

9279 6977 guildfordgardenmachinery.com

Ride-on mower from \$8,299

Have a Go News PUZZLES SOLUTIONS

Solution for BIG Crossword page 54

C	A	P	E		B	L	O	T	C	H	Y		W	A	I	F		
U		O	R	A	T	E		C		O		O	S	C	A	R	A	
B	U	S	E	S		A		E	L	M		U		E	D	I	C	T
A	D	S		K	A	R	M	A		M	U	R	A	L		A	L	E
	D	E	F	E	R		I	N	C	A	S		C	L	O	S	E	
	E		A	D	D	E	R	S		S	E	N	I	O	R		A	
W	R	E	N		E		R				F	D		B	E	N	D	
R			T	E	N	D	O	N		L	U	C	I	D		W		I
A		R	A	N	T		R	E	N	A	L		C	E	D	E		R
P	A	U	S	E			P		N			B	U	R	S	T		
S		G	Y	M	S		L	A	U	D	S		T	I	C	S		I
U	B		Y	O	K	E	L		S	H	E	A	T	H				E
P	A	Y	S		O		V			E	V		E	Y	E	D		
	C		T	E	N	S	E	D		P	A	N	E	L	S			N
	T	H	Y	M	E		R	A	Z	O	R		R	E	S	E	T	
D	O	E		B	R	A	S	S		U	S	I	N	G		L	E	A
E	R	A	S	E		H		H	E	N		M		U	S	U	R	P
A		L	A	D	L	E		E		C		P	I	P	E	D		E
R	A	S	P			M	U	S	S	E	L	S			W	E	L	D

Solution for Sudoku page 55

6	8	7	9	1	2	3	4	5
4	5	9	3	6	8	7	1	2
3	2	1	5	4	7	8	6	9
7	9	3	1	2	4	6	5	8
8	6	2	7	9	5	4	3	1
1	4	5	8	3	6	2	9	7
5	7	6	4	8	9	1	2	3
9	3	4	2	7	1	5	8	6
2	1	8	6	5	3	9	7	4

Solution for Crossword page 55

B	R	E	W	S		A	S	H	E	S	
A		A		C		P		A		T	
N			T	R	A	V	E	L	S		E
K				R		S		T		E	
S	O	S	O		C		G	E	A	R	
	W			D	R	A	M	A		L	
F	L	E	E		P		S	A	L	E	
A		A		E		C				R	
C		S	P	R	E	A	D	S		E	
E		E		A			N		U	C	
T	A	S	K	S			E	V	E	N	T

PRISM solution page 55:
Snap, Ludo, Scrabble, Monopoly, Patience, Dominoes.

Answers for Have a Go News Quiz page 2:
1. Gascoyne 2. Wesfarmers 3. One tonne
4. Perth Mint 5. Virgin 6. Sports coach
7. The Clan 8. Whale Sharks 9. Journalism
10. Roger Cook

WHEEL WORDS solution page 55:
Arum, Bare, Barm, Bear, Berm, Brag, Burg, Burr, Garb, Gear, Germ, Grab, Gram, Grub, Hare, Harm, Hear, Herb, Mare, Rage, Rare, Ream, Rear, Rhea, Urea, Urge, Amber, Argue, Auger, Barer, Barge, Barre, Bream, Brume, Burgh, Gamer, Harem, Huger, Rearm, Rheum, Rumba, Umber, Umbra, Arguer, Armure, Burger, Burgher, Umbrage.
9-letter word: HAMBURGER.

GREAT HOME and GARDENING *Trades and Services*

CARPENTRY TRADESMEN
All aspects of carpentry
Competitive rates and prices - FREE quotes
Ph **ALAN 0403 052 248**
or **Mick 0419 854 733**

WA Fern Society with Palm & Cycad Society
Annual Plant Sale
Sat 13 Nov 9am-4pm
Sun 14 Nov 9am-3pm
Manning Community Centre
Cnr Bradshaw Cres & Jarman Ave, Manning
FREE ENTRY
Ferns: Ray 9314 1736 or
Palms: George Sevastos 9448 4816

The Roofing Specialists
FREE GUTTERING WITH FULL RE-ROOF NO DEPOSIT REQUIRED
• All Re-Roofing - Tile & Tin Roofing to new Colorbond or Zincalume Sheeting
• All guttering - replace any guttering to new colorbond or zincalume
• All tile roof repairs - ridge cap pointing
• New patios and carports - colorbond, gable or flat
Absolute Roofing & Maintenance 0401 533 111
FREE QUOTES - All works guaranteed

CHOCKERS GUTTER CLEANING
Industrial Vacuum Gutter Cleaning - it's fast and no mess is left behind.
5% Senior Discount
www.chockersguttercleaning.com.au
see our website for more info, or call
0415 484 409

Join us online: www.haveagonews.com.au

QUALIFIED PAINTER & DECORATOR
Painting and Home Maintenance
✓ Small & large jobs
✓ Licensed and insured
✓ Good work ✓ Premium paint
PH Emin: 0407 505 044

TV MAGIC
• TV Antennas
• Tune and Setup
• TV Wall Mounting
• Home Theatre
• New TV Points
Sam 0488 808 801

WA HARDWOOD FLOORS
★ Installations ★ Sanding ★ Repairs
★ New & Old Floors ★ Decking ★ Skirting
FREE QUOTES 0408 180 074
wahardwoodfloors@gmail.com
www.wahardwoodfloors.com.au

MARANGAROO CEILINGS
Specialising in Decorative
• All sagging ceilings • Maintenance • Painting
• Over 46 years experience • Work guaranteed
Steve 0411 885 473
Office 9247 3925 Fax 9247 5423

STOP LEAKING SHOWERS WITHOUT REMOVING TILES
A WA Family Owned & Operated
Pensioners Discount - 30 Years Experience
20 Year Product Guarantee Available Now
Leaking Showers and Balconies
Waterproofing & Tiling
Regrouting Wall & Floor
Hob Reductions & Bath Conversions
Free Quote From Your Local Specialist
0488 033 857 - jno73311@bigpond.net.au

Luxurious warmth from your feet up...
From full design through to installation **WARMTECH** has the technical expertise, installation manpower and experience to deliver practical heating solutions on time and within budget. **WARMTECH** heating is economical to run, simple to operate a luxuriously warm.
warmtech 0407 552 777
warmtechwa@globaldial.com
www.warmtech.com.au

DA Whitelaw Ceilings 40 Years Experience
CEILING - WALLS CRAFTSMAN
• Replaced • Suspended
• Repaired • Plasterglass
• Partitioning • Decorative Cornice
FREE QUOTES
Ph: 9356 3322 - Darryl 0411 756 830
E: whitelawceilings@westnet.com.au

ROBERTO'S PAINTING & DECORATING
• Free quotes • Interior/exterior
• New or repainting
• Competitive quotes with high quality finish guaranteed
Ph 0449 128 987 www.robertospainting.com.au

FOR ALL YOUR PLUMBING & GAS
✓ Fully Insured & Licensed
✓ No.1 Service & Quality
Phone Nathan 0488 018 334
\$0 CALL OUT www.plumb1services.com

CARPET CLEAN MAGIC
Carpet Cleaning **3 ROOMS from \$100**
Sofas: Upholstery, Leather or Fabric
Mattresses: inc FREE Sanitising & Bacteria Clean
Tile & Grout Cleaning
15% promotion discount*
20% pensioner discount*
Quality Workmanship & No Cowboy Jobs
Call **ROSS 0438 844 358**
www.carpetcleanmagic.com.au
**conditions apply*
I have had experience working both in a franchise carpet cleaning business & as a private operator. I pride myself to be the best in the business & offer a money back guarantee if you're not satisfied with my work.
Ross, Carpet Clean Magic





WASO horns section © Linda Dunjoy

WASO talent shines in final 2021 mainstage concerts

WESTERN Australia is a hotbed of incredible talent. Across 2021 the West Australian Symphony Orchestra has showcased some of the finest musicians from across the country, but their final classical concerts for the year bring the focus closer to home.

Shining a spotlight on the orchestra's very own talented musicians, Miracles and Triumphs and Mozart and Bruckner put WASO players centre stage, performing as soloists and demonstrating that the State orchestra in one of the most isolated cities in the world is

nothing less than world-class.

Miracles and Triumphs features WASO's blazing horns performing Robert Schumann's virtuosic showpiece, *Konzertstück* for Four Horns and Orchestra. Reputed to be the trickiest instrument to play, the French horn can also be one of the most exciting and evocative. In the hands of WASO's horn section, this joyously euphoric piece bursts with energy in a rare treat from the orchestra.

Mozart and Bruckner then showcase some of WASO's finest string players, with

assistant concertmaster Semra Lee-Smith and principal viola Daniel Schmitt in harmony for Mozart's *labour of love*, Sinfonia Concertante. Regarded as Mozart's most successful work that sits between a symphony and a concerto, the work soars with the composer's irrepressible ideas and talent to create a work of sheer beauty.

Neither concert is one to miss, as WASO rounds out its mainstage program for the year with the very best homegrown talent. Book now at www.waso.com.au

New telemovie a timely story of hope and friendship



STARRING Emmy award winning actress Jodie Comer (*Killing Eve*) and Stephen Graham (*The Line of Duty*), *Help* is a timely story of tragedy, profound friendship and hope.

When Sarah starts a job in a nursing home, to her surprise she is really good at it. She's a natural with the residents and begins to form a special bond with Tony, a younger resident who has early onset dementia.

The home is chronically un-

derfunded and when the Covid pandemic hits, it suffers from understaffing, sickness and heartbreaking losses. Seemingly forgotten by the system built to protect it, a feeling of helplessness engulfs Sarah as one by one the residents fall fatally ill.

Her fears turn to Tony, unable to bear the thought of losing him too, she sneaks him out of the building. If she can hide him for long enough and prove he isn't sick, he might stand a chance of

being moved out. Whatever happens, the home is no longer safe, he cannot go back there.

Help on DVD and digital is out now. RRP \$34.95

WIN WIN WIN

We have eight copies to give away to some lucky readers of *Help*. To be in the draw simply email wine@haveagonews.com.au with *Help* in the subject line or write to *Help C/- Have a Go News PO Box 1042 West Leederville 6901*. Closes 30/11/21

"A buoyant evocation of the life of **Julia Child** enhanced by voluptuous images of food." - Wall Street Journal



Nothing is impossible when you believe... don't miss this film

A *BOY Called Christmas* will be the family film to see for Christmas 2021, starring an incredible ensemble cast including Maggie Smith, Jim Broadbent, Sally Hawkins and Kristin Wiig.

The origin story of Father Christmas is re-imagined in Gil Ke-

nan's live action *A Boy Called Christmas*. An ordinary young boy called Nikolas sets out on an extraordinary adventure into the snowy north in search of his father who is on a quest to discover the fabled village of the elves, Elfheim.

Taking with him a

headstrong reindeer called Blitzen and a loyal pet mouse, Nikolas soon meets his destiny in this magical, comic and endearing story that proves nothing is impossible

WIN WIN WIN

We have five family passes to give away to *A Boy Called Christ-*

mas for some lucky readers. To be in the draw simply email win@haveagonews.com.au with *Christmas* in the subject line or write to *A Boy Called Christmas c/- Have a Go News PO Box 1042 West Leederville 6901*. Closes 26/11/21.



THE TEMPEST

BY WILLIAM SHAKESPEARE

OCTAGON THEATRE
20 NOV - 11 DEC

SOME DREAMS AWAKEN YOU

We invite you on a dream-like journey through a strangely familiar world. Sea shanties crash against Indian raags, on an island brimming with music, magic and wonder. *The Tempest* is a 400 year old lesson in love that asks: What do you need to let go of? Join us for an experience that will awaken you.



VIEW THE TEMPEST TRAILER HERE

BOOK NOW BSSTC.COM.AU





At Optus Stadium, don't let the players on the field have all the fun



Chris Parry enjoying the highest seats at Optus Stadium

by Chris Parry

THE Romans knew the value of a good stadium didn't they? Can you imagine doing a tour of the Colosseum when it was at its peak? Game day at the Colosseum may have had more on the line for most of the participants but just to have walked through the service tunnels and

holding cells and then maybe walking around the top, seeing up close the linen sails that extended outwards on elaborate rope and pulley systems to provide shade for the audience, would have been amazing.

Having zipped up my Ozone 'Ghostbuster' jumpsuit and climbed into my harness and adjust-

ed my straps, I walk with the other members of our merry band through the bowels of Optus Stadium, past crates of plates and all sorts of things destined for what is above. There are no lions, gladiators, Roman centurions or terracotta amphorae filled with wine, but there's still a lot going on.

But we're going higher

than those who are sitting in the seats and corporate boxes, we're even going higher than the stadium's halo roof, a continuous fabric cantilevered structure that circles the stadium, providing valuable shade and spectacular lighting displays.

We're heading more than 40 metres off the ground to a small row of seats where harnesses keep you safe but can't restrain your excitement as you watch a match unfold from a perspective even Roman Emperors couldn't dream about.

This is what amplifying your experience is all about when you come to Optus Stadium. Getting as much out of your experience as possible and being a part of the narrative of your adventure, not just relying on the teams playing on the field below you to provide all of the drama and excitement.

If the height and the view is not quite enough of a challenge then you can always do the lean

out, relying on your tour leaders' instructions and your harness to prevent your fall. With your back to the field, you inch your way backwards, right to the very edge, and hold your harness line and then lean out and let go of your harness.

A few photos will be taken that show you holding your arms out or pretending to handball a footy. I've already decided to do the tour again because I want to do the lean out and pretend I've gone up for a big mark of the footy.

This experience is all about levels. Literally and metaphorically. You literally go up to the highest level of the stadium to reach your seat. You ride a lift, climb 78 steps, emerge through hatches and at each level the view gets better and better. On a catwalk alongside the stadium lights, you walk around the stadium until you're at the eastern end.

This is where you'll find your seat, the highest seats in the house and if

you think it can't get any better that's when you can take it to the next level and lean out over the edge.

From a sporting perspective I enjoy my footy but have mates who love it more. I couldn't help thinking of my mates, not just for the excitement of the experience, but for the perspective you have with an aerial view.

Every twitch of a player, the transfers of play, the switches and flow of the game is entrancing. It's like watching the coach's magnet board come to life!

As a precinct, get ready to do more than watch some great sport when you come to Optus Stadium. Get ready to participate. Get ready to lean out off the edge of the most beautiful stadium in the world and let rip with a huge scream.

With the HALO experience, Matagarup Bridge climb and soon to be launched 400m zipline, plus Aboriginal cultural tours and stadium behind the scenes tours, there's

so much you can do with your time when you visit Optus Stadium.

There doesn't even need to be a game on. Optus Stadium is more than a beautiful sporting arena, it's already got history and atmosphere and even though it's new, it has that rite of passage feeling about it that means you want visit it, whether you're visiting Perth or looking for a day out if you live in Perth.

Want to know more?

The Ozone booking office and merchandise store is located at the western end of Optus Stadium and their website is www.theozone.com.au.

Verdict

With only a moderate level of fitness you can do the game day rooftop experience all year long, or on a quiet weekday with no sport. The HALO experience will meet your need for an awesome view and level of excitement with great staff and great harnesses. And you get a free cap!

Spiderman returns...



FOR the first time in the cinematic history of Spider-Man, our friendly neighbourhood hero is unmasked and no longer able to separate his normal life from the high-stakes of being a Super Hero. When he asks for help from Doctor Strange the stakes become even more dangerous, forcing him to discover what it truly means to be Spider-Man.

Spider-Man No Way Home, stars Tom Holland, Zendaya, Benedict Cumberbatch, Jon Favreau, Jacob Batalon with Marisa Tomei and is directed by Jon Watts.

In cinemas 16 December.

WIN WIN WIN

We have 10 double passes to give away to some lucky readers this month. Simply email win@haveagonews.com.au with *Spider in the subject line or write to Spiderman c/- Have a Go News PO Box 1042, West Leederville 6901 to be in the draw. Closes 1/12/21.*

Celebrating the life of Edgar Allan Poe



DARK and dazzling, bizarre and beautiful, *Nevermore - The Imaginary Life and Mysterious Death of Edgar Allan Poe* is a unique and wildly theatrical musical play combining haunting music, poetic storytelling, and stunning stagecraft to chronicle the fascinating and moving life story of iconic American writer

Edgar Allan Poe, one of the world's most famous and fascinating writers.

Nevermore blends fact and fiction to create a darkly immersive experience that is difficult to describe, but impossible to forget. A literary rock star in his day, Poe struggled with tragedy and addiction, poverty and loss, yet produced some

of the world's most original, visionary and enduring literature before dying in unexplained circumstances at the age of 40.

At once gorgeous and grotesque, exploring the events that shaped Poe's character and career *Nevermore* gives powerful expression to Poe's words "all that we see or seem is but a dream within a dream."

This production has adult themes and will run at the Subiaco Arts Centre from 1 - 4 December.

For bookings scan QR code;



British films on show



BRITISH Film Festival returns to Perth from 3 November - 1 December, presenting a program of 31 films screening at Palace Raine Square, Luna Leederville, Luna on SX and Windsor Cinema.

Highlights including Dame Helen Mirren and Jim Broadbent in *The Duke*, Joanna Lumley in *Falling for Figaro* and Sir Michael Caine in *Best Sellers*. There is a plethora of fabulous films across the festival.

See the full program online at www.britishfilmfestival.com.au.

WIN WIN WIN

Thanks to Palace Cinemas we are giving away 10 x double passes valid for any film screening at Palace Raine Square excluding Special Events. To be in the draw simply email win@haveagonews.com.au with *British in the subject line. Winners require an email address to receive tickets for this film. Closes 11/11/21.*

Stories on stage returns to Koorliny Arts Centre this month



Sara Foster

BESTSELLING author Sara Foster will be in conversation with fellow WA author Monique Mulligan for *Stories on Stage* at Koorliny Arts Centre, Kwinana, on 24 November.

They will chat about Foster's new release, *The Hush*, a pulse-pounding thriller that is already tipped to be one of the books of the year.

Anything can change in a heart-

beat ... *The Hush* takes an unflinching look at a society close to tipping point and a story for our times, highlighting the power of female friendship through a dynamic group of women determined to triumph against the odds.

Sara Foster has written five critically acclaimed novels: *Come Back to Me*, *Beneath the Shadows*, *Shallow Breath*, *All That*

is *Lost Between Us* and *The Hidden Hours*.

She was born and raised in England, and moved to Australia in 2004. She lives in Perth with her husband and two children.

Stories on Stage starts at 7pm and costs \$15, which includes supper, door prizes, book sales and signings. Bookings are essential on 9467 7118.

BRITISH FILM FESTIVAL 2021
Films from the British Isles

Celebrating the finest filmmakers and acting talent the British Isles has to offer with exquisite performances from favourites including Jim Broadbent, Helen Mirren, Olivia Coleman, Colin Firth and Timothy Spall.

SCREENING NOW until DECEMBER 1 at LUNA LEEDERVILLE, LUNA ON SX and WINDSOR

LUNA PALACE CINEMAS

Advance Tickets and Festival Programme at www.lunapalace.com.au

wayjo presents **WAYJO Swings WAAPA Sings!**

A spectacular night of vocal jazz, gospel & soul

Sat 27 Nov, 7.30pm
Quarry Amphitheatre City Beach

Tickets **wayjo.com**

30th

ANNIVERSARY 1991 - 2021

Join us online:
www.haveagonews.com.au

Miracles and Triumphs

Beethoven's most popular symphony plus WASO's blazing horns

MACA CLASSICS SERIES
Friday 26 & Saturday 27
November, 7.30pm
Perth Concert Hall

Joseph HAYDN Symphony No.96 *The Miracle*
Robert SCHUMANN Konzertstück for Four
Horns and Orchestra
Ludwig van BEETHOVEN Symphony No.5

Johannes Fritzsch conductor
David Evans horn
Julia Brooke horn
Robert Gladstones horn
Francesco Lo Surdo horn



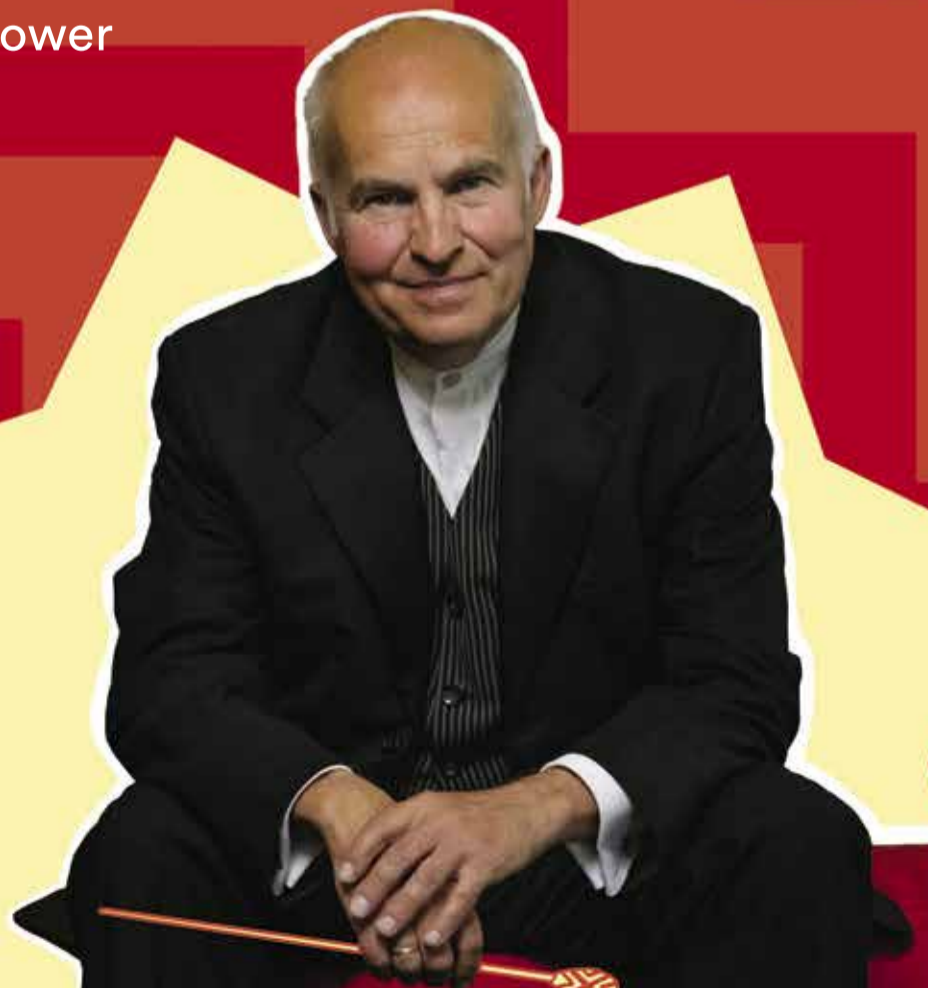
Mozart and Bruckner

Experience exquisite lyricism and raw power

MASTERS SERIES
Friday 3 & Saturday 4
December, 7.30pm
Perth Concert Hall

Wolfgang Amadeus MOZART Sinfonia Concertante
Anton BRUCKNER Symphony No.7

Johannes Fritzsch conductor
Semra Lee-Smith violin
Daniel Schmitt viola





Parish priest keeps his eyes down to engage with his community



Father Stephen Conway

by Allen Newton

BECOMING a bingo caller is just one way for Anglican parish priest Father Stephen Conway to show his commitment to community.

Treasurer for the Inglewood on Beaufort community group, which runs the Inglewood Monday Night Markets and is the prime driving force behind St Patrick's Mt Lawley Christmas Festival, Father Steve, will be getting out the bingo

machine for the Monday night markets as part of a way to build community resilience.

His first stint will be on 8 November at the Red Fox Den bar in the car park next to the Inglewood Library.

From Maylands to Mt Lawley, Father Steve juggles parishioners from all walks of life, and bingo is another way to involve himself in community, which is at the heart of everything he does.

When he was appointed to run St Patrick's Church in Mt Lawley around six years ago, he was a little surprised to discover the church didn't have an event to celebrate Christmas, something he set about changing and which has now grown into a day-long affair which sees a section of Beaufort Street closed off and more than 5000 people enjoying the activities.

This year's St Patricks, Mt Lawley Christmas Festival, will be on Sunday 28 November from noon to 8.30pm.

Held along Beaufort Street, at Copley Park and at St Patricks Church the community fun family day will feature activities including a Christmas pageant, water slides, kids' rides, live music and other entertainment, an old-world fair, artisan markets with 30 stalls, 25 food trucks, Carols by Candlelight and lighting the big star on the 30-metre St Patrick's Christmas tree.

And while the annual Christmas festival is a big feature in Father Steve's community efforts, his role as treasurer of community group Inglewood on Beaufort and its Inglewood Monday Night Markets, which operate every Monday for six months of the year provides a more regular community focus.

Father Steve shares his time equally ministering at St Luke's in Maylands and St Patrick's and in both parishes community events are an important outreach.

He says the church has the wherewithal to get involved in community and it is important to be open-handed with those resources to promote community spirit for the life we want to promote for friends and family.

When he found out that St Pat's had no Christmas event it was an obvious hole to fill.

"We're the Church and we have naming rights over Christmas, so it seemed good and appropriate for us to be able to do that," he says.

"I often lament going to local shire Christmas events that they have very little to do with the historic Christmas and a lot to do with modern commercialism. Therefore the capacity to build something from scratch and to be supported by the City through their grants process and Inglewood on Beaufort through the contacts with vendors and all of the in-kind help that they are able to provide, has been really amazing.

"The festival has grown into a bit of a Leviathan now and something we would never have dreamed of doing five or six years ago – shutting Beaufort Street and bringing the local community together.

"Because of the City's generosity and because of our vision for the Christmas festival, we really want it to be family friendly and child friendly – I only have two kids, but I know of others who

"We want it to be a less commercial kind of thing, a family experience and a community experience.

"The other thing that's key for me is we keep the historic Christmas story in front of people for that next generation who are growing up with a whole bunch of other narratives and critical thought, which is fine, but often to the detriment and exclusion of the Church's cultural story."

Father Steve believes events are important to build communities.

"It's the only reason I

do it. The Monday night markets, we don't run for money, it's not a profit-making exercise, it's run largely by volunteers and it wouldn't run if it were a commercial enterprise. It runs purely to get community activity happening."

While Father Steve says that from looking outside in, these events seem like well-oiled machines they rely on the contributions of volunteers to make them work.

"It's really up to people to put their hands up and participate. Coming to the event is great and that's wonderful, but thinking of the talents and skill set you have, how can you offer that in different contexts is really important for the longevity of these things so that we can still be doing a Christmas festival in 20 years' time.

"I want to put the call out for people to be brave and to put their hand up and to contact their local community group and volunteer."

We are such stuff as dreams are made on, and our little life is rounded with sleep



The Tempest Group © Garth deBruno Austin

IN celebration of Black Swan State Theatre's 30th birthday, they asked their audience which of the Bard's 37 plays they should perform at the end of the 2021 Season.

More than 1,800 votes were cast, and they are thrilled to be staging *The Tempest*, where it all began for Black Swan State Theatre 30 years ago – at the Octagon Theatre, on the beautiful grounds of UWA.

The season runs from 20 November to 11 December.

The Tempest, written in 1611, is considered to be Shakespeare's final masterpiece. It is set on a desert island inhabited by the flawed yet powerful magician

Prospero, his virtuous daughter Miranda, a wild man and a magical sprite, Ariel.

Join them on a dream-like journey through a strangely familiar world. Sea shanties crash against Indian raags, on an island brimming with music, magic and wonder.

The Tempest is directed by award-winning Matt Edgerton, whose career has included positions as artistic director of Western Australia's Children's Theatre Company Barking Gecko, and resident artist at Australia's national Shakespeare Company, Bell Shakespeare.

Matt has described *The Tempest* as: "the most musical and

magical of all of Shakespeare's plays. The script is lyrical, mysterious, funny, filthy, violent, delicate and wise. It was likely Shakespeare's last solo-authored play and is infused with a world-weariness set against the giddy wonderment of youth"

The Tempest is full of both fresh and familiar faces and will be performed with live music by a multi-generational ensemble of 11 extraordinary Western Australian actors who never leave the stage for the entire performance.

The Tempest is a 400-year-old lesson in love that asks: What do you need to let go of? Join them for an experience that will awaken you.

City of South Perth Historical Society Inc

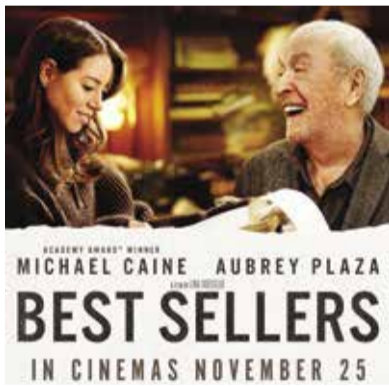
ART MUSEUM AND LOCAL HISTORY

GALLERY & SHOP OPEN:
Friday 10am-4pm
Saturday & Sunday 1pm-4pm

FINALIST in the...
2021 WA Heritage Awards

Heritage House, 111 Mill Point Rd, South Perth
9367 9243 southperthhistoricalsociety.org

Michael Caine stars in new film



an ambitious young editor goes on a book tour with the bitter, booze-addled author who put the publishing house on the map.

Comedy-drama *Best Sellers* stars Michael Caine and Aubrey Plaza and officially opens in cinemas 25 November.

WIN WIN WIN

Thanks to Rialto Distribution we are giving away 10 in-season double passes to see *Best Sellers*. To be in the draw simply email win@haveagonews.com.au with Best in the subject line or write to *Best Sellers C/- Have a Go News PO Box 1042 West Leederville 6901. Closes 24/11/21.*

IN a last ditch effort to save the boutique publishing house her father has left her,

A Fortunate Life, live in cinema



Christine Harling (Albert Facey's granddaughter) and Jenny Davis © Green Man Media

WESTERN Australian theatre company Theatre 180 and new entertainment platform CinemaStage are thrilled to return their highly successful unique account of the beloved West Australian true story *A Fortunate Life* by AB Facey, to Perth; this time to Grand Cinemas, Joondalup 27 and 28 November and 4 and 5 December.

The live performance in a cinema setting production has already toured to Midland, Albany, Busselton, Geraldton, Rockingham and Warwick cinemas as well as a number of regional centres, but due to popular demand has scheduled two special weekends of performances.

Adapted and written for the stage by Jenny Davis and Stuart Halusz and using the large screens in cinemas as the backdrop to re-create significant landscape scenes filmed by Green Man Media, the live performance from Theatre 180 takes place within the cinema as a cast of three bring to life the story of Albert Facey's much-loved and award-winning biography.

A Fortunate Life was published in 1981, nine months before Facey's death. It chronicles his early life in Western Australia, his experiences as a private during the Gallipoli campaign of World War I and his return to civilian life after the war. A documentation of Facey's extraordinary life of hardship, loss, friendship and love; the story is a favourite among readers all over the world and continues to be studied within the school syllabus.

All performances are at 3pm, and tickets can be booked on: www.afortunatelife.com.au or at Grand Cinemas Joondalup

HAMA PRODUCTIONS PRESENTS

THE WIZARD OF OZ

By L. Frank Baum with music and lyrics by Harold Arlen and E. Y. Harburg. Based upon the Classic Motion Picture owned by Turner Entertainment Co. and distributed in all media by Warner Bros.

The Wizard of Oz is presented by permission of ORIGIN™ Theatrical on behalf of Tams-Witmark LLC, A Concord Theatricals Company

FROM 31 DECEMBER 2021 CROWN THEATRE

Book now at ticketmaster.com.au

THEATRE 180 & CINEMASTAGE PRESENT THE AWARD-WINNING AUSTRALIAN CLASSIC

A.B. Facey's A Fortunate Life

IMMERSIVE LIVE THEATRE PERFORMANCE IN CINEMAS

ADAPTED FOR THE STAGE BY JENNY DAVIS & STUART HALUSZ

BOOK TICKETS NOW | WWW.AFORTUNATELIFE.COM.AU

"A THEATRE EVENT UNLIKE ANY I'VE EVER EXPERIENCED."

"A MUST SEE FOR YOUNG AND OLD."

AB Facey's award-winning autobiography brought to life using immersive cinema projections and a live theatre experience.

Friend to Friend



Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

ALA: All letters answered	DTE: Down to earth
GSOH: Good sense of humour	ND: Non drinker
SD: Social drinker	NG: Non gambler
NS: Non smoker	NOR: North of River
SOR: South of River	TLC: Tender loving care
WLTM: Would like to meet	

Please nominate a category for your advertisement.

Tick one box only.

- | | |
|---|---|
| <input type="checkbox"/> Travel companion | <input type="checkbox"/> Wishing to contact |
| <input type="checkbox"/> Seeking a friend | <input type="checkbox"/> Seeking a partner |

Name

Address

Phone Email

I am over 45 years of age (Signature)

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

DELIGHTFUL Aussie lady WLTM Australian born Aussie guy, friendship, 68-70, decent appearance, good conversation, NOR, 6022, GSOH, SD, NS, like movies, theatre, some sports, drives, dining out, footy, modern music, genuine, honest replies with phone number.
Reply Box 8966

FELLA, 72, widower, into motorbikes, new and old, like to meet lady who could be pillion or has own bike. If not sure give it a go, you'll never, never know if...
Reply Box 8960

GENT 82, active, DTE, GSOH, NS, ND, WLTM a lady to stop our singleness. ALA.
Reply Box 8974

GENT postocde 6030, WLTM friendly, easygoing, lady for friendship and companion. I am 82, 166cm, 73kgs, my interests; all types of music, some sport, tv, radio, comedy, gardening, walking the dog. I love all types of animals and wildlife, going for a coffee and the occasional meal. I live NOR, DTE, SD, NS, GSOH. Let's meet and see how we get on. TLC.
Reply Box 8964

GENTLEMAN 63, young at heart, active and adventurous, WLTM a nice lady.
Reply Box 8958

HAVE a Go Meet a Friend Group is calling all single ladies and gentlemen, 60+ to join us. If we never try, we will never know. No fees other than the cost of your own beverage. Please include a mobile phone number in your reply.
Reply Box 8955

I AM 80, lonely gent, GSOH, caring, NS, NOR, seek lady of same, any nationality. Meet for chat ALA.
Reply Box 8969

Do you need a companion or friend? Let Have a Go News help you through our Friend to Friend page. Get writing and send in your coupon.

I ENJOY heading north in winter, all travel modes, flora and fauna, dining, social and family time, history, bridge, mostly ABC & SBS TV. I dislike AFL, live alone but not lonely, slim, independent, mild mobility issues, well travelled, knowledgeable (not a know it all) WLTM compatible unattached NS, late 60s, early 70s to share a few laughs and respect-ful ongoing friendship.
Reply Box 8972

LADY WLTM educated, slim gent, 70s. Interests; travel, genealogy, theatre, camping, nature, music, dining, adventurous spirit, GSOH, NS, SD, NG, SOR, own home, friends, family, good listener, good conversation, non-racist.
Reply Box 8961

LIKEABLE caring widower, 81, NOR, postcode 6066, WLTM petite, attractive widow in mid 70s, Fin sec, smart dresser for Covid-safe alfresco outings, 1-2 days per week. Nature lover for walks, picnics. Must be NOR near postcode.
Reply Box 8959

PERSON 60+ wanted for some help with some chores for lady with rheumatoid arthritic hand, no personal care needed, police clearance, current driver's licence and car, references from three people. Suit person working full-time or part-time. Rent free. 3 months trial. Little dog okay.
Reply Box 8970

Seeking a Partner

A BLIND date for a lady 81, needs dance partner aged 70-80. I am a fit dancer, New Vogue is my favourite plus Old Time. Me; 5'3", 58kgs, NS, DTE, ND, apply phone number 0421 061 538.
Reply Box 8956

ATTRACTIVE cultured, simple, healthy lifestyle, gent, Indian Portuguese, 60, GSOH, NS, enjoy nature, togetherness, walks, beach, gardens, picnics. Seeking genuine longterm relationship with caring, attractive lady. Happiness is sharing and creating memories together. Let's explore.
Reply Box 8957

NEWS UPDATED DAILY
www.haveagonews.com.au

ATTRACTIVE lady, 70, med build, feminine, educated, SOR, postcode 6107. I enjoy reading, walking, music, country drives, gardening, socialising, WLTM fin sec, well presented gentleman, 65-75, (not separated) who lives Kalamunda or Hills area for long term permanent relationship. Genuine replies only. ALA.
Reply Box 8968

DEAR HAGN lady, we've met twice, you came with me to Bells Rapids, Swan Valley, House of Honey, Chocolate Factory. But tragedy! I've lost your phone number! Please call ASAP. I'm pining for your lovely smile.
Reply Box 8954

DON Quixote of the Hills. A self-made man, fit, slim, philosophical, spiritual, each day is a gift, a mystery. Seeking adventurous, similar build lady, 60-70. I will change your life forever, come join me.
Reply Box 8963

DOUBLEVIEW lady, WLTM a gentleman, 67-75, active to enjoy my life's pleasures, play golf, beach walks (Scarborough Beach), also I have lots of love to give. I take pride in myself. Love to hear from you, if you are wanting the same thing.
Reply Box 8965

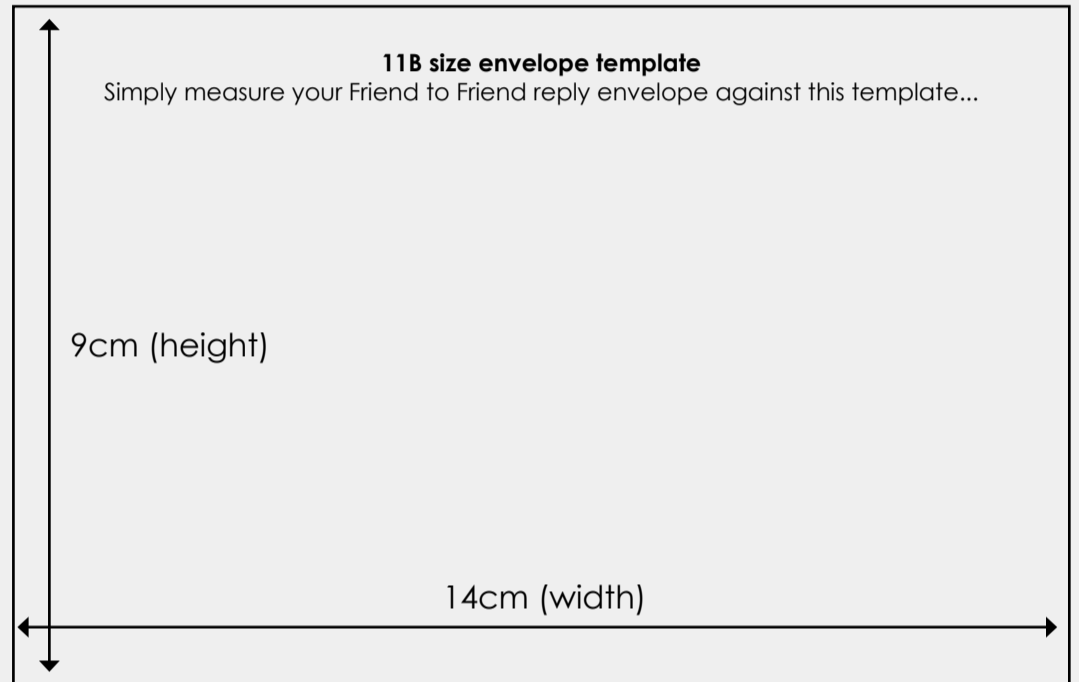
GENT WLTM sweet, loving, attractive Asian lady, 48-60ish, with similar and other varied interests. If you're still wanting to enjoy/share life with someone. Let's get to know each other and see where it goes.
Reply Box 8953

LOOKING for lady 66-75 for outings and dancing, movies and dining out also travel. Prefer NS and SD. Would also like to have GSOH.
Reply Box 8962

WIN a \$200 shopping voucher... See page 9 for details.

MATURE guy, 70, well presented, GSOH, NS, SD, romantic, SOR, 6210, enjoys caravanning, camping, social outings, music, car shows, good conversation, cooking, WLTM that special lady for friendship that will grow into a solid relationship.
Reply Box 8967

When replying to a Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to: eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only) Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service,

it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below. No greeting cards, bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not opened. Replies must be in response to reply boxes no older than three months.

Have you met your match?

We at *Have a Go News* are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you?
 If you would like to share your story please email helen@haveagonews.com.au or write to: Friend to Friend PO Box 1042, West Leederville WA 6901 Your privacy will be respected.

Wishing to Contact

SAMCERO who replied to Friend to Friend reply box 8911, lives 6108, gent, 77, SOR, you didn't leave a contact number. Could you please reply again to me with the number? WLTM.
Reply Box 8973

Win a \$100 Mastercard

WE like spreading joy at *Have a Go News* so every month we give one lucky person the opportunity to win a \$100 Mastercard. The card can be used anywhere and offers the winner an opportunity to treat themselves to something special. To be in the draw to win email win@haveagonews.com.au with Master in the subject line or write to Mastercard Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 30/11/21. *Congratulations to V. Lewis, of Midland, the September Mastercard winner.*



"The safest way to meet a genuine and suitable companion"
9371 0380

BASSEDEAN LADY 80 lovely Eurasian, slim, petite, very well grmd, kind, warm hearted, bright & cheery, sks active man w/ pride in himself 77-86.

SECRET HARBOUR LADY 70 tall, slim blonde, elegant, widow, honest, active, reliable, funloving. Enj golf, bowls, dancing, socialising. SK happy, humorous gent 68-74.

SHELLEY LADY 76 gorgeous blonde, widow, slim, petite, fashionable, bright, loving, affectionate, very active, full of life, sk gent 74-80 similar.

WILLETTON LADY 72 honest, easygoing, independent, d.t.earth blonde, enj bushwalks, beach, caravan travel, movies, dining out. Sk gent city or country 68-75.

PEEL REGION GENT 78 Fit, good looking, tidy, well presented, young for age, generous, respectful, helpful, loves the outdoors, sk active, refined lady 70s.

BUSSELTON GENT 70 handsome, well spoken, very well grmd, d.t.earth, retired prof, sociable, family oriented, enjoys quality in life, travel, dining, concerts, festivals, sk youthful lady 60-70.

YANCHEP GENT 71 friendly, good conversationalist, reserved, Christian outlook, community minded, enj dancing, tennis, golf, fishing, travel, sk lady 65-73.

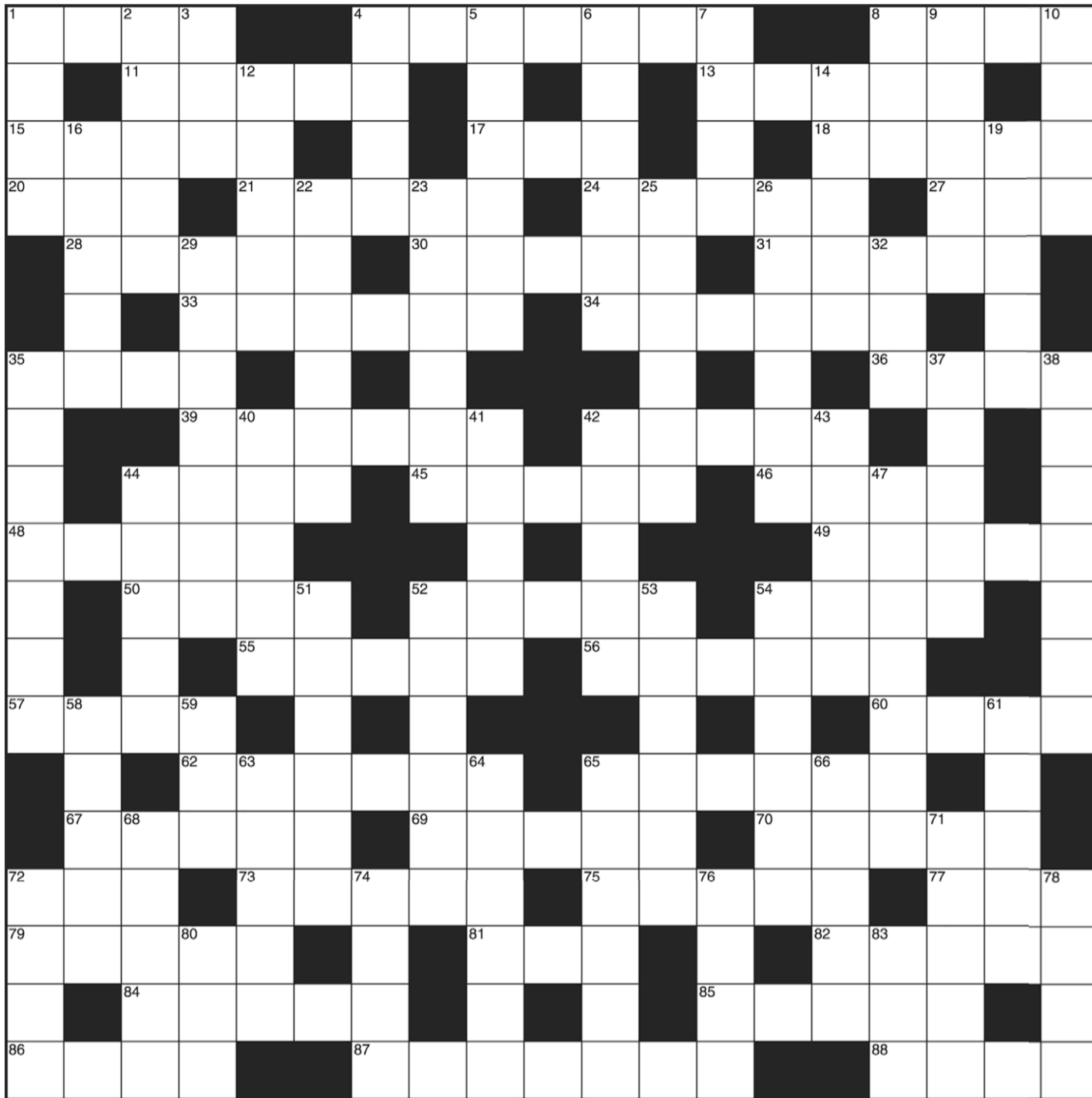
FREMANTLE GENT 72 happily retired, educated, professional, fit, honest, personable, trim, well grmd, enjoy tennis, boating, country vacations, beach, golf & enjoying life.



Have a Go News PUZZLES PAGE



BIG CROSSWORD - SEE PAGE 48 FOR SOLUTIONS



ACROSS

- 1. South Africa's ... Town
- 4. Patchy (complexion)
- 8. Street urchin
- 11. Speak publicly
- 13. US film award
- 15. Conveys by coaches
- 17. Deciduous tree
- 18. Authoritative command
- 20. Classifieds
- 21. Destiny
- 24. Wall fresco
- 27. Pub drink
- 28. Delay
- 30. Early Peruvians
- 31. Intimate (friend)
- 33. Vipers
- 34. Eldest
- 35. Tiny songbird
- 36. Flex
- 39. Sinew
- 42. Clear
- 44. Talk wildly
- 45. Kidney treatment, ... dialysis
- 46. Relinquish (territory)
- 48. Stop momentarily
- 49. Pop (balloon)
- 50. Work-out clubs
- 52. Exalts
- 54. Muscle twitches
- 55. Hillbilly
- 56. Scabbard
- 57. Outlays money
- 60. Ogled
- 62. Stiffened
- 65. Door sections
- 67. Cooking herb
- 69. Cutting blade
- 70. Adjust (clock)
- 72. Buck's mate
- 73. Military leaders, top ...
- 75. Taking illegal drugs
- 77. Meadow
- 79. Delete
- 81. Egg-layer
- 82. Wrongfully seize (power)
- 84. Serving spoon
- 85. Wrote in icing
- 86. Croak
- 87. Edible shellfish
- 88. Fuse (metal)

DOWN

- 1. Havana is there
- 2. Sheriff's search party
- 3. Before (poetic)
- 4. Child's toy, teddy ...
- 5. Atlantic & Pacific
- 6. Punctuation marks
- 7. Belonging to you
- 8. Lump (of chewing gum)
- 9. Soprano solos
- 10. Doom
- 12. Invited
- 14. Stringed instrument
- 16. Goat mammary gland
- 19. Sanitary
- 22. Passionate
- 23. Reflector
- 25. Worthwhile
- 26. Sharp-tasting
- 29. Daydream
- 32. Monarch's sphere
- 35. Finishes off (5,2)
- 37. Pitchers
- 38. Made grubby
- 40. Adversary
- 41. Asian nation
- 42. Provinces
- 43. Show sum owed
- 44. Football code
- 47. Duke's wife
- 51. More promptly
- 52. Control handles
- 53. Wool clippers
- 54. Inn
- 58. Movie star
- 59. Hog's home
- 61. Step inside
- 63. Lodge deeply
- 64. Rushes
- 65. Swoop
- 66. Boost (3-2)
- 68. Cures
- 71. Avoid (capture)
- 72. Highly priced
- 74. Interrupting cough
- 76. Naughty kids
- 78. Imitated
- 80. Drain
- 83. Stitch

Preserve your memories by converting old films to digital



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

As time passes, old film footage slowly degrades.

Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already begun to break down and lose quality. Now is the time to take action and ensure your priceless recordings aren't lost forever.

ings aren't lost forever.

One of the best ways to preserve your footage is to take it to DiskBank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films, videos, images and audio recordings into modern, digital formats.

If the film has already begun to decay or develop mould growth, DiskBank can take steps to revive your footage if the

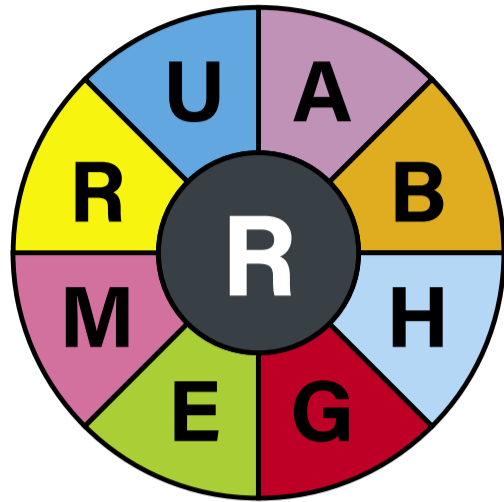
damage has not spread too far.

DiskBank can transfer your recordings to DVD, Blu-Ray, USB or digital files, with the latter being the recommended format.

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

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

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.

19 Good 28 Very Good 33+ Excellent

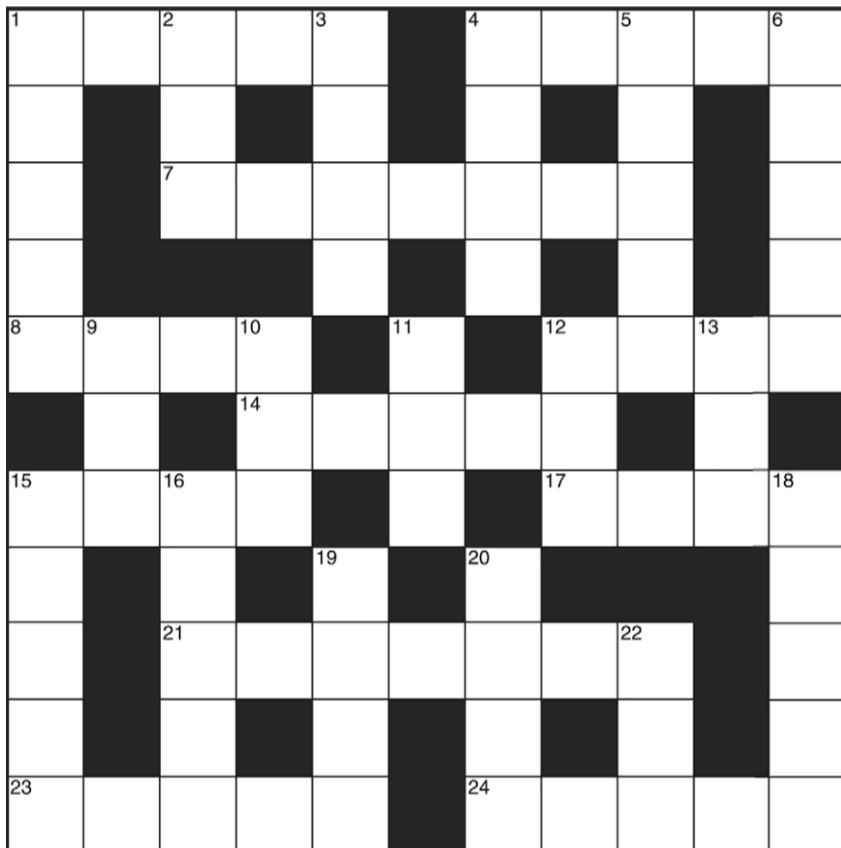
© Lovatts Puzzles

SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. **RATING: ★★☆☆☆**

6								
	5					7	1	
	2			4	7	8		9
7		3	1	2			5	
8	6			9			3	1
	4			3	6	2		7
5		6	4	8			2	
	3	4					8	
								4

CROSSWORD



STRAIGHT CLUES

- ACROSS**
- Makes beer (5)
 - Fire remains (5)
 - Goes overseas (7)
 - Not too bad (2-2)
 - Equipment (4)
 - Theatrical piece (5)
 - Rush off (4)
 - On the market, for ... (4)
 - Scatters (7)
 - Chores (5)
 - Happening (5)

DOWN

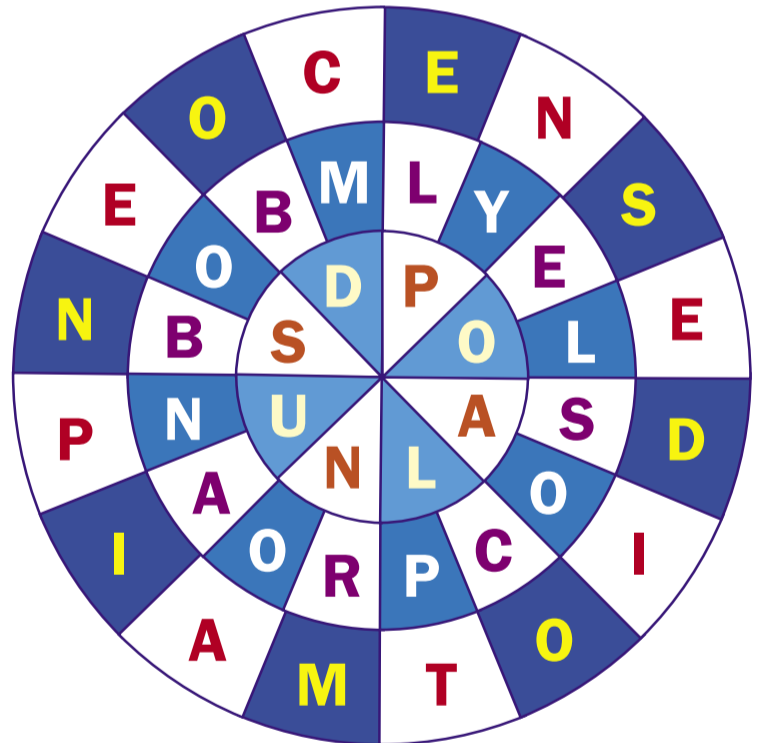
- Money boxes, piggy ... (5)
- Have a meal (3)
- Wound mark (4)
- Mimics (4)
- Undue speed (5)
- Take the wheel (5)
- Wise bird (3)
- Lyrical verse (3)
- A feather in one's ... (3)
- Vapour (3)
- ... or nothing (3)
- Aspect (5)
- Abates (5)
- Upright (5)
- Historical ages (4)
- Sugar source (4)
- Buddy Holly song, Peggy ... (3)

CRYPTIC CLUES

- ACROSS**
- Bruise, they say, develops ominously (5)
 - Was he seen holding cricket trophy? (5)
 - Valets about to include initial request for voyages(7)
 - Mayday circle is only fair (2-2)
 - Tackle transmission setting (4)
 - Crisis played out on stage (5)
 - Run away when the fleet takes tea (4)
 - Shop clearance keeps Alex inside (4)
- DOWN**
- Finance houses on either side of river (5)
 - What you are expected to do at every other repast (3)
 - Such airs, oddly enough, disfigure (4)
 - Monkeys seen in Budapest? (4)
 - He sat around in a hurry (5)
- ACROSS**
- Guide bullock (5)
 - At night it flies unusually low (3)
 - Poem written in Rhodes (3)
 - Upper limit of dental crown (3)
 - Fuel discovered in Madagascar (3)
 - Are leading letters everything? (3)
 - East, in fact, is one surface of many (5)
 - Relieves most diseases (5)
 - Build what I heard 'e wrecked (5)
 - Ears damaged over long periods (4)
 - Beat with walking stick (4)
 - Even assume to take action in court (3)

PRISM

Track down the six table games in our prism. The words appear either clockwise or anti-clockwise and are on alternate spaces.



Finding you the right chair is not a puzzle

The solution is to experience true comfort in the world's most comfortable seating
easyliving.com.au

- Automatic head and lumbar support
- Choice of size in each model
- 10 year mechanism guarantee
- Footrest or retractable leg rest



easyliving
Furniture & Interiors

P: 9386 6311
 144 Stirling Hwy, Nedlands (under City Farmers)
 OPEN Monday to Saturday 9am-5pm

JUST 3 LOTS REMAIN IN OUR 55+ ESTATE

SECURE YOUR HOUSE & LAND PACKAGE FROM \$495K

The purchasing of our lot, service and settlement – we are 100% satisfied. The contract with the builders has been timely, informative and transparent.

HELEN & RICHARD
LOT 25

Sharon provided great service and information when I decided to purchase my house and land package and made the process very easy for me. It is a beautiful Estate that I know I will be very happy to live in.

RICK
LOT 3

What luck... finding HGE, meeting Sharon & securing my little piece of paradise. It has been an absolute pleasure! It is rare to find the ongoing support and service I have had from her and the personalised approach from Great Living Homes whilst building my dream. The estate is everything I could wish for.

CHRISTINA
LOT 9

OPEN

**WEDNESDAY
10TH NOVEMBER
11.30am-1pm**

**SATURDAY
13TH NOVEMBER
12pm-1.30pm
OR BY APPOINTMENT**

The purchase process was made very easy by Sharon. She became a mentor and friend throughout the process of purchasing the land (easy) downsizing and selling our home (not so easy). With Sharon's expertise she guided us through it all. She was fast and efficient while still being understanding of our needs. Walter and Great Living Homes were great, enabling us to build the home we wanted. They are a supportive friendly team while still being efficient and responsive to our needs.

ALAN AND SHAUNA
LOT 20

END OF PROJECT BONUS

Choose from:
\$5000 rent rebate while you build OR...
\$5000 toward your flooring/window treatments




**Hilltop Grove
Estate**

PHONE SHARON 0417 926 385
sharonj@impelpropertygroup.com.au

FENCING AND LANDSCAPING INCLUDED

HILLTOPGROVEESTATE.COM 1425 JACOBY STREET, MUNDARING

ANOTHER SUCCESSFUL DEVELOPMENT BY COMMERCIAL PROPERTIES GROUP