

LiveLighter Aged Care Games Peel Region
THE SRCWA LiveLighter Aged Care Games in Peel

were held on Tuesday October 10 at the Murray Aquatic and Leisure Centre. SRCWA Peel branch president Jan McGlinn OAM and her group of dedicated volunteers supported by Alcoa volunteers and the state office presented an event for seniors in care with 12 teams competing in a range of specially modified activities.

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

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

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

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

Have a Go Day, a LiveLighter Event, Celebrating 31 years in the beautiful grounds of Burswood Park, Wednesday November 15 – 9am to 3pm

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

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

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

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

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

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

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

SRCWA Annual General Meeting

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

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

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

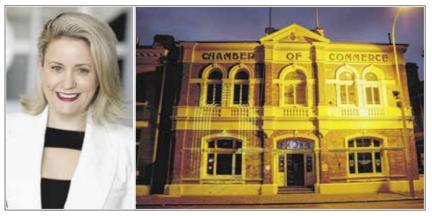
At this year's Expo SRCWA partnered with The City of Vincent who provided the venue and through the Good Things Foundation, were fortunate to secure a Be Connected Grant, enabling SRCWA to conduct the event. Exhibitors gave a short presentation on their products and services and explained how they can be of help to seniors in their day-to-day life.

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

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

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

Fremantle Chamber of Commerce marks 150 years



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

by Allen Newton

FREMANTLE Chamber of Commerce celebrates its 150th anniversary this year

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

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

It was founded as the Western Australian Chamber of Commerce and changed its name to include Fremantle in 1873. It has been based in its historic 'grand dame' building on Phillimore Street for 112

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

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

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

holders through our leadership, advocacy and practical support."

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

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

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

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

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

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

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

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

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

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

transformation of our

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

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

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

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

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

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

Life member Stan Wallin contributed much to canoe club





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

by Janet Gatt

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

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

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

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

USA navy vessels vis-

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

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

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

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

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

and later repatriated.

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

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

tary Forces.

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

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

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

While Stan is more stayat-home, he and Barbara have enjoyed inter/intrastate tours and a cruise visiting Asian ports.

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

In 1988 Stan met John

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

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

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

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

For more information visit: www.over55canoe club.org.au.

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

