





LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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VOLUME 30 NO. 06 ISSUE NO. 346 JANUARY 2021



Let's go travelling - Wander Out Yonder in WA -Denmark. Rottnest and more - Travel to Antarctica



Josephine Allison's interview with author



Have a Go News' Allen Newton speaks with Justin Langer



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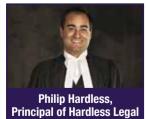
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30 YEAR ANNIVERSARY 1991 - 2021

Keeping the wind in his sails



John Longley out early on the Swan River with his skiff crew

by Lee Tate

PERTH'S world-sailing supremo John Longley has, at age 75, found a challenging new boating adventure that is striking a chord with seniors across Australia.

For the legend who helped mastermind Australia's win of the world's most elusive sporting trophy, the America's Cup, to his genius in creating the Endeavour replica against all odds, John still has the wind in his sails.

When he encountered a four-oared rowing boat, a Saint Ayles Skiff, at the 2015 Australian Wooden Boat Show, and saw what it could do for communities, he witnessed a ripple that is evolving into a hobby movement, now with his support.

It brings together individuals and groups of people, allcomers but especially seniors, build and own the skiffs and row them on river adventures. Perhaps like John Longley's team that rowed up the Swan River over a few days, camping on riverbanks, following in the wake of pioneer James Stirling.

The boats come in kitform from South Australia and are built, usually with the buyers' local timber, although full kits are also available. Top cost to completion would be \$10,000 and that could be shared among a group of buyers.

The boats are easy to row, even for first-timers, and can be rejigged to take sails, as John's was. Naturally.

John pulled together a small team at the Royal Freshwater Bay Yacht Club where he has been a member most of his eventful life and they assembled two skiffs.

"These skiff projects are incredible. They bring people together who perhaps haven't known each other or groups of friends, in an active hobby they wouldn't have ever considered.

are creating "Thev something useful and fun with a sense of owning something they can take out on the water anytime," he said.

In Tasmania, John encountered a group of 29 women who decided to build a skiff so they would have an interest and activity that didn't rely on their men.

Various groups have taken different approaches to building the skiffs and getting them into the water. Often scouting among their people to see who has hands-on skills for the various aspects of assembling a skiff.

"There is more involved than just assembling them. But it's amazing how people find someone who has this skill or that and get it done with a sense of achievement,'

he said

John explains that the 22-ft row boats follow ancient Scottish craft used for fishing and recreation around the Western Isles. And they were deliberately designed for community engagement.

"I watched one group of people from India, heading out on to the river. They had never been on the water before and they were smiling and singing songs from Bollywood.

"These skiffs bring people together, like community glue," he said.

Happy to support the movement. John points to information on the Saint Ayles Skiff website.

continued on page 9

Home Care for everyone

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From the editor's desk



Jen Merigan

HAPPY NEW YEAR to all our readers and advertisers. I do hope this vear proves to be less fractious than last and that we will continue to remain Covid safe in our community. I hope you enjoy our first issue for 2021. We have a great variety of stories and competitions this month to kick off the year and we look forward to celebrating our 30th anniversary with you.

I fondly remember when my Mum (Ju-dith) and Dad (Quentin) started this newspaper in 1991. They wanted to give a voice to mature people and provide them with a source of good

enjoy later life. I remember their excitement when they got the newspaper off the ground with the first edition published in July of that year. I came on board in 1998 and have had the pleasure of working here for many years. It's bitter-sweet to hit our 30-year milestone and not have them by my side to see the continuation of what was, 'a little retirement project' for them both. During this year, pandemic permitting, we plan on having lots of celebrations to mark this auspicious occasion with a special edition published in July which marks the official 30th anniversary.

Fringe World kicks off again this month and we are very lucky in WA that we will be able to hold this festival in Perth with events also running in Midland and Bunbury. We have a listing of some of the

shows we have hand-

picked for readers on

promoting some on our Facebook page too. It's a great way for people to enjoy something quite unique and see a variety of quirky entertainment mainly from local performers. The entertainment industry has been hit hard with lockdowns and border closures, so it really is important to get out and support our local talent.

I would like to wish a belated happy birthday to Joy Hornidge who turned 90 at the end of November. Joy is the epitome of the 'Have a Go' spirit, still working hard for her community with a variety of charities which she supports. For the last 20 years she has made the most delicious Christmas cakes for our staff. Last year when I popped into her house to pick them up, I nearly fell off my chair when she said she had celebrated her 90th birthday. She is a gem!

my condolences to the family of Linda Rebelo who over the years organised a variety of events including her famous rock and roll nights which we promoted through our pages.

We offer the opportunity of daily interaction with us on our Facebook page and we have lots of events, giveaways and fun. To join the fun, like or follow the page at www.facebook.com/ Haveagonews/

For those who are tech savvy we offer a free service to receive the newspaper digitally via email on the day of publication. Just email readers@ haveagonews.com.au to sign up.

*** I wish you a happy and healthy start to 2021.

Jennifer Merigan Editor jen@haveagonews.com.au www.haveagonews.com.au Phone 08 9227 8283

Ageing research snippet

Good nutrition improves health and longevity

TO KICK off the new year we look at the importance of good nutrition which is a critical part of health and development. According to the World Health Organisation better nutrition is related to improved health for all ages and lowers the risk of diseases and increases longevity.

Here's the top five nutrition tips to improve health.

- 1 Include protein with every meal. This can help balance blood sugar.
- 2 Eat oily fish according to research the omega-3 fatty acids are essential for cell signaling, gene expression and brain and eye health.
- 3 Eat whole grains whole grains contain nutrients such a vitamin B, iron and fibre and are essential for body functions which include carrying oxygen, helping the immune system and balancing blood sugar.
- 4 Eat a rainbow eating a rainbow of fruits and vegetables provides a wide variety of antioxidants beneficial for health.
- 5 Eat nuts eating a serve of nuts daily in place of red or processed meat, chips or dessert may benefit health and prevent long term weight gain.

Word of the month

Antediluvian

Adjective

Pronounced an-tih-dih-Loo-vee-un Definition

RELATING to the period before the flood described in the Bible. Or made, evolved or developed a long time ago or extremely primitive or outmoded. English speakers in the 1600s were using antediluvian to describe conditions

which existed before the great flood described in the bible. By the early 1700s, the word had come to be used as both an adjective and a noun referring to anything or anyone prodigiously

Charles Dickens described an older lady who informed him, "It is an extremely proud and pleasant thing ... to be an antediluvian."

Funny historical fact

THE longest living person known in history was Jeanne Calment who lived to 122 years from 1875 to 1997.

Quote of the month

THE age-old discovery - forgiveness, forgiveness is the only way to real happiness.

Sri Chinmoy

Urban slang

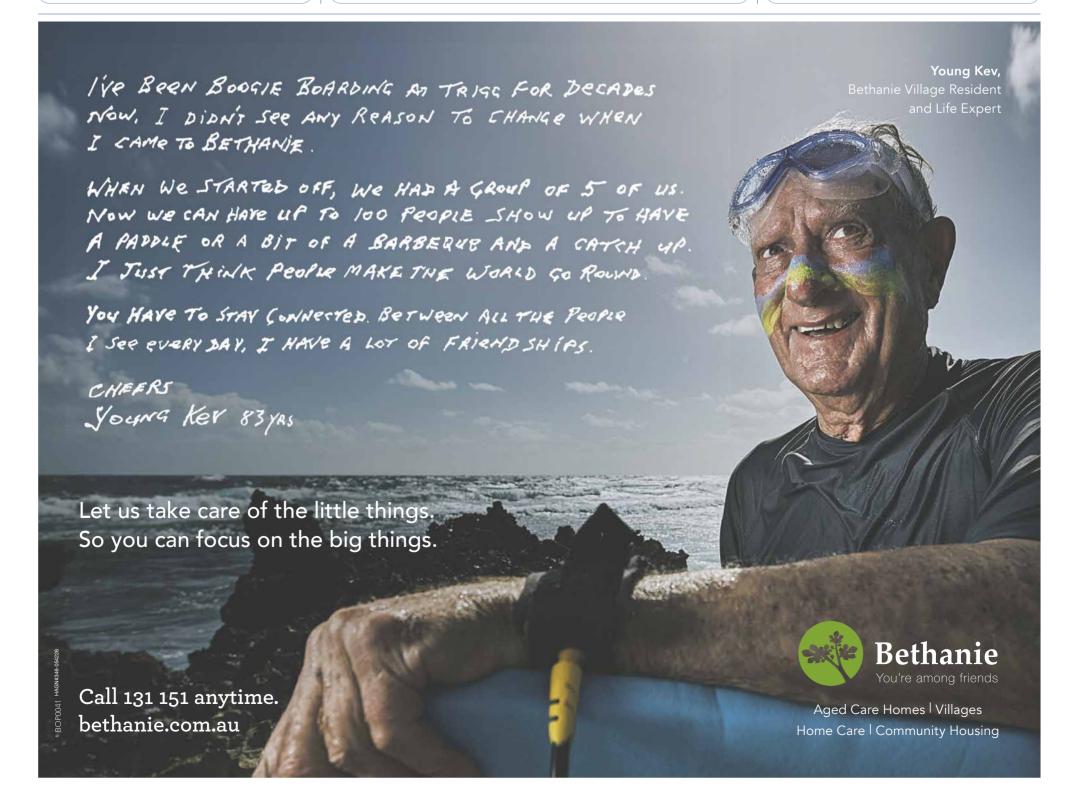
DOOMSCROLLING: During the pandemic many people have found themselves reading lots of news articles or watching depressing news videos detailing rising deaths and deep economic downturn. This is known as Doomscrolling which has been gaining momentum and refers to "an excessive amount of time devoted to the absorption of bad news".

Have a Go News Quick Quiz

- 1. WA's blue-tongue lizards are also known as?
- 2. What is tycoon Andrew Forrest's nickname?
- 3. Claude de Bernales created what Perth feature in 1937?
- 4. Perth's showpiece footy ground is named...stadium?
- 5. Subiaco's new school is named after which politician?
- 6. Geraldton's Point Moore Lighthouse was first lit in 1840, 1865, 1878?
- 7. Where is King George Sound?
- 8. South Australia's main island is named after what icon?
- 9. Name the N-W trees with thick trunks?
- 10. Name the tourist landmark West of Meekatharra?
- See answers on page 47.

Great West Aussies - Did you know?

LINDA and David Dodson were among Australia's leading show jumping riders. David represented Australia at the New Zealand Horse of the Year Show in 2004, the best international rider. He coached riders to success in World Cup qualifiers, youth Olympic selection, national young rider and senior squads.



Di Morrissey draws on her long links with newspapers for new book



Di Morrissey © Danni Harrison Photography

by Josephine Allison

BEST-SELLING Australian author Di Morrissey drew on her early career as a globe-trotting journalist for her latest book Before the Storm which focuses on career woman Ellie Conlan and her new life as a reporter on the trusted local newspaper run by her grandfather.

Ellie retreats to Storm Harbour, an idyllic Victorian beach town, but things aren't what they seem. She is confronted with many challenging situations and must face

her own demons from the past before she finds happiness.

Morrissey was a copy girl on the Australian Women's Weekly before working overseas as a journalist, but her affinity with newspapers goes back even further than that, she tells Have a Go from Wingham News NSW.

"My grandfather used to walk me up the street when I was five or six vears old and sit in the office of the old editor of the Wingham Chronicle, the little country town where I was born and am now living. The editor had the eveshade and silver arm bands and there was the old printing machine. I just loved the smell of newspapers and how important they were and then my uncle Jim Revitt became an ABC foreign correspondent and was a war correspondent in Vietnam so we had it in the family.

"Ellie's grandfather in the book was also in Vietnam so I borrowed some of that. Newspapers run strongly in my veins. When I left school I wanted to write novels but you can't just do that so my uncle put me onto the Australian Women's Weekly and said: "get a job as a copy girl and move your way up the ropes," and I did all of that.

"It was the best thing I could have done for novel writing. Then I worked as a journalist around the world and I was in my 30s working in television and thought, why am I doing this? I want to write books. So, I turned my attention to books and. about five years ago, I moved back to the area where I was born.

"I was shocked by the standard of local papers, all owned by big conglomerates and they wouldn't criticise the council because they advertised with them and they weren't telling a lot of the terrible things that were happening, so I decided to start my own newspaper, The Manning Community News.

"It comes out once a

month. I have managed to access a lot of friends to write columns and I have a lot of local talent who I have persuaded to write. For instance, the girl who works in the nursery knows all about plants, so I said: "why don't you write a gardening column?"

The main stories I do mostly by phone, people come to me now because the paper is very established. "I put aside one week a

month when I put the paper to bed. I gather all the information and off it goes to be printed in Sydney. I wanted to use someone local but they were too small and three times the price. I email the PDF and the newspaper is trucked to my gate. A team of volunteer retirees deliver the paper, some driving up to 200km. Many older people don't want to read the news online, they want to pick up a paper.

"So my newspaper and some of the incidents mentioned in Before the Storm overlap a little. Some issues in the book actually happened."

Before the Storm went to No 1 Australian fiction for week or so, Morrissey

"There were so many books coming out in October after Covid. I have published a record 28 books now. A new book comes out each October and I have to have the manuscript finished by July which means I do the research the previous September, but last September we had bushfires so I couldn't travel.

"I went to Victoria in February-March and just got back before the Covid lockdown; otherwise I would still be in Victoria."

Revered Australian writer Thomas Keneally is a good friend of Morrissey's. She met him in London years ago through a mutual friend.

"Back in Australia, I moved in next door to him, his daughter and my daughter are a similar age, a nice bond. He has been a wonderful friend and he sits and talks and you learn a lot.

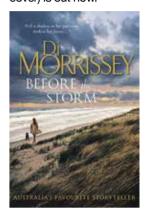
Morrissey says Co-

vid has meant she hasn't been able to carry out research but she is planning to write a book about her childhood which makes it easy.

She has a deep affinity for Broome and is hoping David Jowsey will make a television series of her most popular book Tears of the Moon.

"I try to get to Broome fairly often to visit my good friend Susan Bradley. I love Broome and go fishing in the Kimberley. Any chance I have to travel I will go to Broome."

Before the Storm (Pan Macmillan, \$34.99 hardcover) is out now.



Recycle your plastic lids and help WA kids



LIDS4KIDS COLLECTION

THIS year we continue

our Lids for Kids initiative.

Have a Go News is still a

collection point for this

grateful when the lids are

clean, colour sorted and

the plastic inserts are re-

The lids suitable for do-

nation are from milk, juice,

moved.

The volunteers are most

unique recycling project.

water and cool drinks and plastic bottle. Please ensure they are clean, and the inserts removed. No lids should be bigger than 5cm, please do not



include other lids. Check the photo for the correct lids to include.

Please do not include other items in the drop offs, we only need the lids and cannot do anything with other plastics.

The WA chapter of Lids for Kids is setting up a system independently from the project in the eastern states to turn plastic lids into products to assist local children, particularly those with disabilities and other challenges.

Donations can be made at the Have a Go News office at 137 Edward Street, Perth, Monday to Friday 9am to 5pm.

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The Have a Go News FEBRUARY edition will be published on Monday 8/02/21



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

Quentin Smythe (Dec)





Early General News and columns

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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,

I GET terribly dismayed at all the violence which is now reported on a daily basis. These days, it seems the norm to read of violence, stabbings, murders, terrible crimes and taking of innocent lives by terrible people.

As a child, I had the odd smack – as did my own children – so we knew from the start what was acceptable - and what was not. All of us - all my family - are lawabiding citizens who have never had a problem with the law. We all know that we have to work for a living - and always have. None of us has ever used drugs, or abused other substances, nor received handouts from any source.

It seems that discipline maketh Where have we gone wrong in recent times? It goes without saying. The softly, softly approach just doesn't seem to be working, except to keep our prisons and institutions filled to over-capacity.

And even then, a minor punishment for a major crime hardly seems worth the effort.

I'd vote for anyone who could bring back corporal and capital punishment!

Florence Mellott **Ferndale**

Dear Editor.

PERTH, our beautiful capital city is under siege. Regional shopping centres, high parking fees and now the coronavirus have taken their toll. If we are to have a vibrant city to rival other states Perth needs your help.

Grab your friends, catch a train or a bus, see a movie, find a little café for lunch, wander around the stores, buy something. Explore it's different areas and have great days out.

> **Rose Hope North Beach**

Dear Editor

IT'S better to be late than never. I would like to thank the organisers of Have a Go Day at Burswood Park.

The overall organisation was great, the information that was available at the venue was excep-

Crown Casino is also due for thanks for opening up the multi-story car park free of charge.

> Vic Smith Via email

Dear Editor,

MY recent letter regarding our Premier was about popularity and sitting on the fence, no more no

We all know the outcomes, we are doing ok, and are happy about that fact. This was never the point. If we believe the fake news, and we sure get plenty of it, his popularity will result in a landslide. My opinion is that he will be rejected. We will

have to wait and see.

Joe Lunn Via email

Dear Editor.

LEE Tate's article on media change in December 2020 issue is something I have to agree with.

I have not bought a newspaper since The Daily News stopped printing. I found you can read an article near the front of the paper then later in the paper, the same article by a different author contradicted the first article.

The TV news is not as bad, but too much sensational message rather than facts.

It is sad to hear bad news about celebrities but other people also have the same bad news.

I very seldom watch news and never read papers anymore, with the exception of Have a Go News, as this paper is about lifestyles and how we can benefit.

PS: loved the Bee Gees story, and yes, I saw the movie at Windsor on the first night.

> Ken Bradshaw Via email

Dear Editor,

AFTER reading Lee Tate's opinion piece on media change, I thought of the women's magazines on the market and their rubbish headlines: "such and such seen with such and such" her/his marriage must be on the rocks. "She has a bump, she must be pregnant.

I don't understand how these magazines get away with such rubbish. They always say an insider told them. Well name this so-called insider. I know if I was a celebrity, I would be suing them.

Well I've had my vent.

Joy Henry

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- 6. Wannadoo Tours 7. Four Seasons Holiday Park Busselton
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- 9. Persian Carpet Gallery
- 10. Luna Palace Cinemas 11. Bradford Exchange

Entrants can enter via email 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 5/02/21.

Congratulations to Leonard Koch, of Caversham, our December 2020 winner.

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5

Australian cricket coach on new path to promote hearing health



Left to right; ESIA Chairman of the Board John Schaffer, ESIA CEO Sandra Bellekom and Justin Langer

2019 for The Ashes and

Just before the first

"It was really bizarre,"

he said. "I describe it like

in Star Wars when they

start having their sword

fights with lightsabers

and this ringing is going

a day when I had no en-

ergy for a lot of the day

- and things progressed

constant tinnitus which

affects a lot of people

around the world, a con-

stant ringing in my left ear

and then I started getting

other vestibular prob-

lems, really bad vertigo.

Then I was diagnosed in

January with vestibular

"I was getting this

"Then I went down for

on in my left ear.

from there.

World Cup game he

started to get ringing in

The World Cup.

his left ear

by Allen Newton

AUSTRALIAN cricket coach Justin Langer's father was about the same age as Langer is now, when he permanently lost his hearing.

Langer, now 50-yearsold, started having his own hearing issues and worried that he was going down the same path as his dad.

Speaking to Have a Go News from Adelaide in the lead up to the First Test between Australia and India he said his own hearing issues had played a significant part in him taking up a role as an ambassador for the Ear Science Institute Australia in Perth, which operates the Lions Hearing Clinics.

Langer spent nearly five months in England in

having a huge impact on me personally because I just felt sick the whole time with vertigo and imbalance issues and then the ringing in my ear.

"I describe it like I was seasick and drunk for nearly nine months.

"But then thankfully I met an incredible vestibular physio in Perth which had a big impact, and I met an incredible neurologist Vincent Seet, who diagnosed my vestibular migraine – and from there at least I had some peace physically and mentally."

Langer said that while, at 50, he thought he was a little young to be having hearing problems, he'd since learned that these kinds of issues can affect people of any age.

"Because my father had an acoustic neuroma, which is basically a brain tumour on the auditory nerve, when he was about my age, I started getting really nervous and hoping that wasn't what was happening to me because I was getting very similar symptoms.

"I had brain scans and they were all fine, but he lost his hearing permanently 20-odd years ago, after a six or seven-hour operation to have the tumour removed."

Langer says he wonders about loss of hearing when he is sitting in a room with his family.

"I have four daughters, so when the girls are all talking maybe I just tune out, but they'll often say 'Dad, did you hear what I just said?'

"I think I did, or maybe I didn't which is a bit of a worry."

Langer says there is

also a degree of embarrassment when it comes to admitting to hearing issues.

"As an Aussie bloke and certainly in my role, I kept putting the mask on, because I couldn't show my players, or the public – and my family would see that.

"I'd come home from a day's work and I would almost collapse on the couch because not only was I going through the symptoms on the physical side, but I was putting the mask on and that takes energy as well because you're almost faking it the whole time.

"I've come to recognise it's part of the role as a leader that you have to try and stay as calm as possible regardless of what's going on. While I wouldn't say I was embarrassed when my wife or the kids say 'did you hear what I just said?' you say 'of course I heard', but you start worrying that maybe something is going wrong."

When director of the Ear Science Institute Australia, Professor Marcus Atlas heard about Langer's hearing issues he got in touch about him becoming an ambassador.

Langer was put on medication and when he gets acute vertigo, he goes to see physio Kate Wisbey who uses manoeuvres to remove the crystals in his inner ears.

"For so long, I had no idea what was going on, but I remember meeting Kate for the first time, and she said: 'yep, I know exactly what this is and I'm going to fix it'.

"I thought 'oh yeah, I've heard all this before', but she actually did, which puts your mind at rest because if I get this acute vertigo, I know I can go and see her and she'll fix it up.

"Then I went to see Dr Seet, who diagnosed me with all these other issues. He told me I was getting vestibular migraines and they would put me on a medication which would make a difference - and it did.

"The medication and physio have made a huge difference.

"I've spoken to people about the tinnitus and they give you a few lifestyle ideas that can make a difference.

"It's nice to know what's going on because the scary bit is when you don't know what is going on and you feel rubbish the whole time and it has a real effect on you, not just physically, but men-

"You are searching for answers and it's not until you meet these great people who are around, that can make a difference.

"The other thing about the Ear Science Institute Australia was that we have a world class research facility right on our doorstep in Perth next door to St Joseph's Church in Subiaco which I've been going to since I was a little kid.

"I always knew it as the George Jones Centre, because I know George and he's a brilliant person and a proud West Australian, which is the other thing that drew me to it, also it's right here on

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Langer's main objective as an ambassador will be to encourage everyone to get their hearing checked and to strive for early intervention when it comes to hearing related issues, similar to his own.

ve months in England in migraines, which was

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Retirees talk to kick off 2021

THE event to launch the new year at the Mandurah branch of Association of Independent Retirees (AIR) will be a talk by Dr Sheila Twine, who was recently named Regional Senior of the Year.

Sheila's talk is entitled 'London Sewers and other smelly places' – if that sounds interesting then you are cordially invited to come along.

AIR Mandurah Regional branch works for all Australians in retirement. They meet at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine, on Monday 18 January commencing at 9.30am.

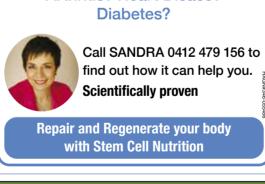
Admission is \$2 and a delightful morning tea is included.

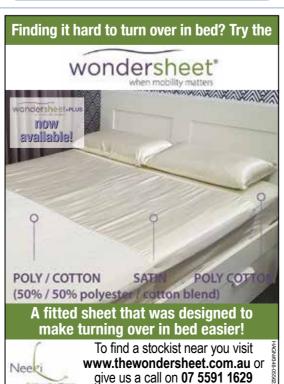
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Life upon the 'wicked' stage... and some of the wonderful characters









Peter Keogh has lived a theatrical life, meeting many people Left to right; Su Pollard and Peter Keogh -Su and Peter on their wedding day - Peter in costume - Cyndi Lauper with Peter

by Peter Keogh

GROWING up I always felt that I marched to the beat of a different drum that is until I discovered at about 15 that I was not the only person who marched to that drum and it opened a whole new world that I am happily involved in to this very day. The world of the theatre.

I discovered a group called the Beaumaris Players in Melbourne and was offered a role in a play called *The Shop at* Sly Corner. At the time I had a terrible stammer that caused me great

stress. however after hearing from the Hollywood actress Debbie Reynolds that the character I was to play did not have a stammer, I was able to play the part with no hint of a stammer. Ensuring a proud Mum and Dad in the au-

I then moved to Melbourne. I interviewed for my school newsletter, the multi-talented performer Tommy Steele - in his boxers - who was very kind to me. His manager however was the epitome of the 'wicked' part of being on the stage.

It was a few years later that I returned to Perth and started work, albeit voluntarily, at the Playhouse Theatre - painting a dressing room for the arrival of big star, Googie Withers, who was very regal and very charming. At the Playhouse I was also very actively pursued by a well-known gay actor who would quite literally chase me all around the space under the stage, but he never caught me. It was my second experience of the 'wicked' part of being on stage.

parents then moved to Sydney where I was fortunate enough to obtain work at the Sydney Opera House as a tour guide; supernumerary actor in the operas Carmen, Lakme and Aida; and as an usher, starting on the opening day in 1973. Exciting times indeed and not a hint of any 'wicked' experiences - in fact, the opposite. Whilst there I met Carol Burnett, who when I told her that the Opera House mural looked better by night said 'Don't we all dear!' and Dame Joan Sutherland who berated me for keeping her in the cold as she signed

a program for me. By then of course I was totally hooked on being involved in theatre and my life there took me on some magical journeys. After the Opera House, at both the The-

atre Royal and then His Majesty's Theatre I got to know quite well some of the most memorable people in show business, people like Peter O'Toole who I played cricket with; Douglas Fairbanks Jnr, a total gent; Stanley Holloway, who was exactly as he appeared in his movies; Derek Nimmo, a tough taskmaster; a very young and very good looking but also quite shy Mel Gibson; Peggy Lee, in a wheelchair backstage at The State Theatre; Julie Anthony, such a great talent; Geraldine Turner, who was magnificent on stage; Taina Elg, who spent Christmas with my family; Jill Perryman, now a dear friend; Reg Livermore, who was supremely talented; John

Farnham and Colleen

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Hewett who shone as the lovers in Pippin and of course the late, great Debbie Reynolds who became a close friend.

I then moved to London where I married British actress from the hit BBC series Hi-de-Hi, Su Pollard, so talented in so many ways with the most incredible voice. Through Su I met some of the biggest stars in Britain including the petite and very funny Barbara Windsor; Paul and Linda McCartney backstage at a Royal Variety Concert, both very friendly; Joanna Lumlev who was delightful; the beautiful Jean Simmons; Dame Anna Neagle who was very sweet; Beryl Reid - very camp; and the three stars of the series The Golden Girls, who we later saw film the

series in Hollywood. Su and I attended a luncheon at The Savoy Hotel for Princess Diana, we had a lovely chat with

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her and then met her again at a small function on the side of Westminster Abbey. She was exquisite and very, very friendly. In London I was chairman of the King's Cross Boy's Club and as such was invited to a private function at Buckingham Palace hosted by the Duke of Edinburgh. It was surreal and a day I will never forget.

In New York, where Su was performing, we attended a cocktail party with Jane Powell, who was like a little doll; Alexis Smith, who as tall and willowy; Van Johnson who when asked by Su whether he was married or gay replied: "Well I'm not married dear!"

How lucky have I been to have experience all the above plus much more while working in an industry that has become my passion! For me life upon the stage has been a total joy — with just a dash of 'wicked'.

Life saving

DIANELLA Autumn

Club has received a Community Ser-

vice Grant from the

City of Stirling to purchase a defi-brillator which has

been placed on the

outside wall of the

Dianella Community

Centre at 18 Kerry

This is for the use of

Autumn Club members, other users of the hall and the

wider community.

The unveiling of the defibrillator and plaque is being held at the centre on

Thursday 25 Feb-

ruary at 12 noon. It

will be attended by Council dignitaries. Club and communi-

ty members are in-

vited to come along

and celebrate the

installation of this life saving device for

the members and

St John Ambu-

lance will provide an

information session

on the use of the

defibrillator at the

community.

Dianella.

Street,



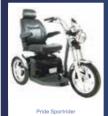
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Janet Alexander and Flint

by Lee Tate

HUMAN whirlwind Janet Alexander, 66, puts it this way: There are junior seniors, senior seniors and elderly seniors.

"It's state of mind," the leading fitness instructor tells me between her staggering spate of community activities.

"An elderly person can be a 'junior senior' and a 50-yearold can be an 'elderly senior'.

"It's not your age; but if you are just living in your own backyard and don't do anything and don't want to do anything, you are living as an elderly senior," says the Canadian-born straight-shooter.

Mum-of-one Janet, who landed in Australia after setting out from Toronto in 1979 to see the world, leads community fitness groups in Swan, Joondalup and Bullsbrook.

"Not only is this about physical exercise and staying active, it's also about companionship,

encouragement and helping to motivate others in a supportive environment," Janet declares on a city's website.

"It has been greatly missed by everyone (during the pandemic) and we are looking forward to getting their bodies moving again," she said.

With some of her regulars just about climbing walls, Janet really was climbing a wall at Burswood, joining in activities to promote fitness and being active at Have a Go Day.

Janet is a strong supporter of community activity events for seniors, driving for hours on every mission, sometimes flanked by golden Labrador,

"When people in my Be Active Together lessons see Flint they always ask: 'Can you bring Flint next time?'. Of course there's a limit to what activities I can take him to, but he's a very good traveller," she

With a house in Bullsbrook and a small rural property in Muchea, Janet doesn't bearudae the many laps between home and the three communities where she either works or volunteers.

"We get the music going and it rocks," she says of her fitness classes.

She includes respiratory exercises, yoga, limber-cardio and resistance segments. Some regulars bring their own

After Janet married Aussie Nevil Alexander, a now-retired university lecturer, she worked a range of jobs in business and hospitality including restaurant and bar work, promotions for the WA Trotting Association, winery marketing and 20 years in furniture design.

"I was 57 before I became a fitness instructor," she ex-

In between came daughter, Victoria, 33, who has kept her love of horses and likes to get to their Muchea property where her father lives.

The Alexanders were devastated when a 2017 fire razed

their home and everything in it. "It was the worst tragedy. People coming to my fitness lessons would bring me plates and utensils and shampoo for Nevil's hair. Oh, the kindness of people," Janet said.

"What we do is more than exercise. Amazing come from it. It's not just a lesson. There's support and networking and mixing and talking over tea and coffee afterwards.

"With women there are two main things - bat wings under the arms and their hips. With men it's entirely different. But everyone wants an instant fix.

"I tell people 'don't get hung up on how you look.' I might read the riot act to them. I'm firm but fair," she says convincingly.

Roll of Honour suggestions wanted for the WA Women's Hall of Fame

THE WA Women's Hall of Fame was first established in 2011 in recognition of the centenary of International Women's Day, held annually on 8 March. The purpose of the Hall of Fame is to acknowledge and celebrate the enormous contributions and achievements women have made to Western Australia's community, history, and culture.

Since its inception, the WA Women's Hall of Fame has maintained a Roll of Honour to ensure that all Western Australian women could be recognised. Having reached the 10year milestone (2020) and given the circumstance of the last 10-months, this year, they will be reflecting on, and looking back to the inspirational women of the past who have not yet been recognised for inclusion in the Roll of Honour (posthumously).

They are looking from the women who were traditional custodians of this land for tens of thousands of years, to pioneer women who made this country their new home, all who were a part of growing this great State now known as Western Australia.

2021 marks the 111th anniversary of International Women's Day so in celebration, the organisation is seeking suggestions for women who made a significant contribution to WA's history prior to 1921.

Previous Roll of Honour inductees include Frederica Cooke, a truly inspiring woman who practiced midwifery in Boulder in 1904 under extreme difficulty. Lack of water and unhygienic conditions did not stop her. Nurse Cooke attended more than 1,000 births before she retired aged 78.

Others include the incredible Daisy Bates who worked with Aboriginal peoples in Beagle Bay on the Dampier Peninsula, Dr Roberta Jull who was the first woman to practice medicine in WA, and Georgiana Molloy, who become the first internationally successful female botanist in this

The 2021 WA Women's Hall of Fame Roll of Honour Inductees will be announced 8 March.

Suggestions will be accepted until 5pm, FriFor further information www.wawomen

day 12 February 2021. shallofame.com.au or email wawomenshall offame@gmail.com

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Where opinions matter - ensuring older generations will be well cared for



by Lee Tate

AUSTRALIAN seniors are on the cusp of a new era of unprecedented attention, care and bigtime funding. Years of disgrace, maltreatment and abuse have finally been exposed and widely reported.

From 2021, billions of taxpayers' dollars will flood to the care of seniors in aged care facilities and those staying in their own homes.

The Royal Commission's years of probing with astonishing revelations along the way

- reach a climax next month when the final report is released. Canberra is ready.

COVID-19 has helped burst the bubble on decades of shameless disgrace in the treatment and so-called care of our senior citizens.

Baby boomers facing their lives' final decades have good cause to celebrate the beginning of one of the most caring periods in history.

What we now need is for strong, empathic political and social leadership to steer the course that has opened so many possibilities.

The Royal Commission final report holds the framework of what has to be done, when and how. The key word will be immediacy.

"Ageing in your home instead of a residential home is the holy grail for most people," says aged care executive Jennifer Lawrence of Brightwater.

This coming policychange, handled the correct way, with greater understanding by carers of seniors' priorities, family members and supporters, is one of our nation's mightiest-ever challenges.

It includes huge numbers of people with dementia and other mental conditions who will need special, one-on-one attention and around-theclock support.

Drugged and lockedout-of-the-way is no longer tolerated.

Responsible aged care facilities can help weed out the money-making, weak links in their indus-

try.
Ita Buttrose, who has given her respected views to Have a Go News, has been one of the nation's leading advocates for converting aged care facilities into comfortable, caring places that have a closer resemblance to people's homes.

The new target will be to keep seniors at home longer with on-call home-visiting services. Canberra will announce many more home-care packages.

More than 180,000 Australians are in nursing homes, many with draconian visiting hours and poorly-trained staff. A large proportion of staff use aged care as an entry-point to employment in Australia.

Representing 91 nationalities in the aged care industry, many of them have English as their second language and can be hard for patients to understand. They are poorly paid at the basic wage, about \$20-an-hour - hardly an incentive to attract quali-

Some of them, of course, are understanding, caring and dedicated workers who gain little and give plenty. They need to be properly acknowledged and duly compensated.

At one stage during the pandemic when 900 deaths were recorded. 700 of them were agedcare residents. The Royal Commissioners called for immediate funding for more staff and Canberra committed \$40 million.

As well as overwhelmed and underqualified staff, the commissioners pointed to poor nutrition in nursing homes. Prominent cook Maggie Beer recognised this and together with Prof. Ralph Martins produced Maggie's Recipes for Life - 200 recipes to help reduce lifestyle diseases and a welcome guide for care homes.

While 1.3 million Australians are on essential home services, the system: "fails to meet the needs of its oldest, vulnerable citizens," the commissioners said.

Older people cost the Australian Government \$98 billion in 2017-18 which adds up to 21 percent of all government expenditure. The States chipped-in another \$25 billion-a-year and individuals contributed another \$5 billion.

An independent report on aged care providers found there was insufficient financial transparency about the use of funds from government and people in care, which in 2018-19 totalled about \$25 billion.

As we see, the money has been there, but it hasn't got close to decently supporting needy seniors.

Australia, with the

multi-billion-dollar invest ment we are about to take, faces an enormous and comprehensive overhaul to care for and protect our seniors.

We need smart political and social leadership, new training grounds and courses for carers, properly-paid staffs, widespread home-care packages, support for responsible aged care facilities and greater understanding of seniors' needs.

The Royal Commission into Aged Care Quality and Safety was established in 2018. We should salute commissioners Tony Pagone, Lynelle Briggs, the late Richard Tracey (a commissioner until his death in 2019) and Senior Counsel Assisting Peter Rozen.

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

Brexit may begin the move to unfreeze pensions for UK expats in Australia



by Mike Goodall

BREXIT has happened and UK State Pensioner organisations the world are working on strategies to take advantage of the UK's next step to build closer relationships with Common-

During 2020 a questionnaire was sent out by the secretariat of the All Party Parliamentary Group on Frozen pensions (APPG) requesting responses from expat pensioners. The results of this enquiry have just been published.

Here are some of the findings from the report:

Current policy places UK pensioners living overseas under serious financial strain, especially concerning to the APPG is injustices experienced by veterans, former public servants and

members of the Windrush Generation who moved to Britain from the Caribbean.

The APPG found that UK Government did not make enough effort to communicate this policy and its impact on pensioners thinking of leaving the UK. Most had no idea that their pension would decrease in real value each year.

policy Government illogical, favouring UK pensioners in some countries over others. It is now continuing to refuse to uprate the UK state pensions in 'frozen'

countries while pursuing new agreements with EU countries.

The main recommendation of this report is that the UK Government end the 'frozen' pension policy. Th APPG urges the Government to provide UK pensioners living in 'frozen' countries with their full uprated UK state pension as soon as possible, particularly given the recent impacts of COVID-19 on this group.

The APPG said this is such an injustice that the relatively modest cost should not be a barrier to ending the policy. Partial uprating of UK pensions could, however, be considered as an interim solution, with a view to later addressing the injustice built into the present policy.

The report only discussed full uprating until this last summary note. My belief is that if partial uprating were ever approved no further changes would ever be made.

It is clear from the evidence that the UK does not need to pursue reciprocal agreements to uprate the pensions of UK pensioners overseas in line with the triple lock

each year. However, submissions from Canada and Australia have shown a clear willingness to work towards an end to frozen pensions. UK Government should conduct talks with these governments on this issue immedi-

If any of you wish to comment about the above I would appreciate an e-mail from you. Am I UK State Pension

Age? UK Expats born between 6 October 1954 and 5 April 1960 will be eligible to claim their **UK State Pensions from** their 66th birthday.

The age at which those born after 6 April 1960 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 the above in greater detail or to understand any other aspects of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail mike cgoodall@btconnect.



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RETIRE WELL

Interesting speakers at northern suburbs retirees group

THE next meeting for the Perth Northern Suburbs branch of the Association of Independent Retirees (AIR) will be on 21 January and the speaker will be dietitian Fabienne

What better time to listen to a dietitian than following the Christmas and New Year festivities? So those of you who have over-done the festivities or wish to get into some better eating habits for the future, come along and learn the way to go.

The next meeting will be on 18 February and will feature community Ambassador and community and stakeholder engagement officer for NBN in Western Australia Ashley Merrett.

With the NBN being a very emotive issue and important component in everyone's lives, it is expected that there will be a large number of people wishing to attend.

The discussion will cover: What is the NBN™ and how to connect: In home optimisation and IOT (internet of things); Scams awareness and will end with a questions and answers section.

AIR represents the inpartly part self-funded retirees to government at all levels - they are completely apolitical, solely seeking to improve and maintain the positions of Australian retirees. Members derive at least a portion of their income from

independent means with the rest coming from the Age pension.

All meetings are held at the Penistone Park Community Sporting Facility, 27 Penistone Street, Greenwood.

AIR members and any interested guests are most welcome. Cost \$4 per person including raffle tea or coffee.

Under the current WA COVID-19 rules numbers allowed in the meeting room are restricted. terests of both fully and Therefore, if you wish to attend as a guest please reserve a seat by registering your interest with Mike Goodall.

> For further information please contact Mike Goodall on 08 6364 0859 or e-mail pnsair@gmail. com for further details.

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



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Father Stephen Conway 0478 514 516

Tour backstage at Perth Concert Hall

VENUE tours have recommenced at the Perth Concert Hall. Come along to delve into the backstage areas of the Hall and to see the new display of historical information on the Lower Gallery Foyer and audio and lighting equipment of old, on the Upper Gallery Foyer.

The next tours will be held on Monday 8 February, Wednesday 10 February and Monday 22

Each session runs for about 30 minutes starting at 10.15am and 11.15am.

Entry is by gold coin donation. To book, just email info@perthconcerthall. com.au stating what day and time you would like to attend.



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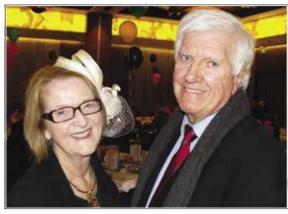
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Looking back 30 years ago as we celebrate Have a Go News' anniversary





Left to right; Have a Go News founders, the late Judith Treby and the late Quentin Smythe - front cover of the first edition of Have a Go News Volume 1 No.1 July 1991

by Lee Tate

HAVE a Go News, a rare, truly-independent, familyrun West Australian newspaper, has evolved over 30 years of grassroots journalism.

This newspaper's em-

bryonic year, 1991, was a memorable year for news everywhere and WA in particular.

West Australian son Bob Hawke was in the Lodge, proving to be one of the modern era's most popular leaders.

Carmen Lawrence was the first woman to become the premier of an Australian State.

The WA Inc Royal Commission began to make headlines for two years and after 543 witnesses, found evidence of widespread corruption. Following the findings of the royal commission, three former premiers were found to have acted improperly and Ray O'Connor and Brian

Burke were jailed. The blocking of the sun in the 1991 total solar eclipse, was perhaps a symbolic sign from above.

After receiving a phone call from President Bush, Bob Hawke gave battle orders to the Australian Navy stationed in the Gulf. Australia joined the international coalition contributing military forces to Operation Desert Storm.

Aussie Rules football took a different direction when the Grand Final was played at Waverley Park and not the Melbourne Cricket Ground which was being renovated.

The West Coast Eagles (13.8.86) went down to Hawthorn (20.19.139).

The same year, the Adelaide Crows played their first game in the AFL.

Professor Fred Hollows was 1991 Australian of the Year, Billy Joel arrived for his Australian Tour and Australia's unemployment rate fell to 8.1 per cent.

Australia's seven million workers won a 2.5 percent pay rise from a national wage decision and the report of the Royal Commission into Aboriginal Deaths in Custody was released with no criminal charges recommended.

In May, came first news of the infamous 'Kirribilli agreement', a deal agreed to but reneged on by Bob Hawke to hand over the ALP leadership to Paul Keating after the 1990 federal election.

Before the curtain fell on 1991, Paul Keating made his second leadership challenge and won, 56-51, becoming Australia's 24th Prime Minister.

In 1991, West Aussie ace author Tim Winton surged further ahead and his novel Cloudstreet was adapted for the stage, opened in Sydney with seasons in Perth, Melbourne, London, Dublin, New York and Washing-

Monica Seles became the youngest winner of the Australian Open Ten-Championship on Australia Day and the following day, Boris Becker beat Ivan Lendl and took the world's top ranking.

In July, Boris Yeltsin became the first elected President of Russia.

1991 saw the deaths of Sir John Kerr, (Governor-General 1974-1977), historian Manning Clark and heart surgeon Victor Chana.

Due to the imagina-tion and efforts of the late Judith Treby and the Quentin Smythe, 1991 marked the humble beginnings of the free, lifestyle newspaper for mature Western Australians...Have a Go News.

Thirty years has not altered our mission: "to sustain and provide mature Western Australians with a voice and connection to their community."

The reins of Have a Go News are today in the hands of the founders' daughter, editor Jennifer Merigan and her journalist daughter Tahlia.

John Longley sails regularly

Away from the public spotlight these days, the legendary sports family members are a close-knit clan, often assembling on the Denmark property of John's nephew, famous basketball star Luc and his celebrity wife, Anna Gare.

John, father of two adult boys and granddad to a tall, seven-year-old Marlon, still has important sailing roles after being sworn-in by the Governor-General to the Sydney-based National Maritime Museum.

The museum, with yearly

continued on from front cover Keeping the wind in his sails $_{\mbox{\scriptsize by Lee Tate}}$

visits by 850,000 people, has one of the world's largest floating historical vessel collections. This features the \$17 million Fremantlebuilt Endeavour, a replica of Captain Cook's historymaking vessel, which was brought to fruition by John.

Masterminding its construction and person-ally navigating the project through a mine-filled funding crisis. John sees it as his greatest personal achievement. On completion he circumnavigated the world on the Endeavour through 149 ports over six

A close second to John's long list of achievements is his America's Cup contributions: Five America's Cup campaigns, with the 1983 Cup win, flanking skipper John Bertrand selecting the Australia II crew, choreographing the team's sailing tactics and then serving in the crew in the exhaustive

role of grinder.

John was also Australia II's project manager until he had to totally focus on racing the boat and Warren Jones took over. John co-ordinated the boat's building with her controversial masterstroke, the winged keel. And with designer Ben Lexcen, he codesigned the boat's entire deck layout.

At 41, after being manager and grinder for Australia IV in the 1986 Cup defence trials, John retired

from Cup sailing. He co-wrote the San Diego Protocol, the text book for Cup challengers and was chairman and convenor of the conference of designers who developed the IACC (International America's Cup Class) rule.

Fremantle's favourite son was the natural choice as event director for the ISAF Sailing World Championships, held in Fremantle in

For services to yachting, in 1984 he became a member of the Order of Australia (AM). His gongs include: Ron Tough gold medal for services to WA sailing (twice), Fremantle Citizen of the Year (he was an employers' represen-

tative). Australian Sports Medal, Australian Centenary Medal, America's Cup Hall of Fame, Australian Sailing Hall of Fame, WA Citizen of the Year, BIWA boatman of the year and Australian sailing lifetime

achievement award.

John, however, feels there is one area where he comes-up short. Among all the towering Longleys, stretching up to 220 cms (7ft 2in), John says he's 'only' 198 cms (6ft 5in).

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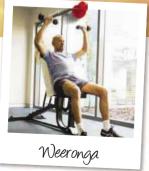
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It's back to the future as we herald in another new year



by Rick Steele

ANOTHER New Year's Eve is done and dusted: "And so, say all of us, and so say all of us." For 'musos 'you could nearly always make good money, but after more than 40 years I decided home alone and/or family and friends was a preferred option.

The office Xmas party, or New Year's Eve has always been up there as the most annoying drunks' favourite night to unleash their starring Oscar winning performance.

"Play this, play that, come on, you must know that. Everybody knows that! Mate, it's my girlfriends' favourite. Play something we can dance to."

I believe dancing part-

ners should be changed regularly, like nappies. My brother got kicked off the floor once trying to do the Hokey Pokey. Apparently, he was putting it in when he was supposed to be shaking it all about. Did you know it was a Scotsman who invented the Limbo dance? He was trying to get under the door of a pay toilet!

At a certain Goldfields hotel, five minutes to midnight in 1981, just as we were to launch into Auld Lang Syne, the pub emptied. With no one left to play to, we decided to check what's what.

The competition was

to throw your stubby, (emptied of course) at the town clock. The face stood 10 metres from the ground, so for an unsteady inebriated patron the challenge was on. Try and stop the clock striking 12. As the last bottle smashed to the footpath, it was back to the bar and dance floor and welcome to a bright and happy new year.

To these guys, planning for the future means buying two cartons instead of one. Let's face it, the future comes one day at a time. But after living through 2020 who wants to predict what's in store around the cor-

lucky country, and along with our NZ mates we have probably done better than any other country on earth. Nobody, to

my knowledge, ran out

Sure, we live in the

of toilet paper, and despite the travel restrictions, a bloke in Adelaide said he had a wonderful pleasure trip. He drove his in-laws to the airport. Hopefully, we will soon be able to travel interstate and avoid the dreaded two-week quarantine.

Some people are already planning a trip to Melbourne for the footy and the famous restaurants and coffee bars. In Victoria they are always telling us in the West how sophisticated they are.

l heard Melbourne McDonalds was going to get into promoting and selling a large prime rib steak burger. It was a 15-year-old recruit who pointed out it would be a big McStake.

From Flinders Street Railway Station Melbourne: toilets out of order... please use plat-

Here, in the Wild West, life for many has taken on a feel of almost normal. The shops are stocked, the blues bands are playing, and the dancers are tripping the light fantastic at the Perth Blues Club Tuesday nights like there's never enough time (unless you're servina it). Won't be long and we will be celebrating Australia Day with a multi-cultural concert. January 26 this year falls on a Tuesday and with the fireworks cancelled we have booked a great line-up to light yer fire.

Maera Paki from across the ditch returns, and after a long break, Gerard Maunick, Mauritius, and wife singer Tina Simone, Seychelles entertain with a special guest appearance from Michael Vdelli. As Molly Meldrum used to say: "Do yourself a favour!"

I, and I hope many other ozzies, were delighted, thrilled and excited to hear a lovely young indigenous lady sing the Australian National Anthem in her language and then in English before the rugby international in November.

Of course NZ has been doing this for 20 years or more. Welcome to Country has been a fine step in the right direction, and the anthem is yet another towards reconciliation.

The Perth Blues Club will support Australia Day, on its present date, but realise that it does not suit all people. Time for a national debate? What will the future bring? In 2021 anything could happen. We are not going back.

T'was the battle of Trafalgar and Captain H

Nelson stood proudly on the poop deck with his resplendent red jacket. Alwyn the cabin boy sidled up and politely

"Lord Nelson, why do you wear that red jacket in battle?"

The captain replied: "Son, if I were to be wounded, the blood would mingle with my jacket, the sailors would not see the blood and would continue to fight on bravely knowing their captain was safe.

"Wow," said Alwyn, "how brave."

Twenty minutes later, out of breath and clearly agitated young Alwyn, addresses the captain again. "Sir, Sir, there are 400 Spanish ships on the horizon heading straight for us!"

"Cabin boy, hand me my brown trousers!" Cheers dears.

Don't get caught up with resolutions - make sure you have a plan to achieve



by Jon Lewis

THIS time of the year of-

fers a refreshing chance to restart.

It provides permission to leave all the heavy baggage of the last year far behind and start a new year or as I prefer to write a different year.

You may well have heard the quote: "a definition of insanity is doing the same thing over and over again, but expecting different results". Did you know Albert Einstein said that? He was a smart person.

This new year means to me, we can start a different one.

I find with many new vear's resolutions we get caught up in the goal and we spend no time on the plan. If you have a new goal, gift it with a plan. If it's the same goal as last year you could refresh it with a plan that is refreshingly different. For fun and also to

help yourself, ask a friend what their new year's resolution is... then ask them what plan they have? It may help you and them.

I love the idea of permission to refresh. For me it's like a clean and clear desk with the hint of lavender cleaning polish. What is refresh to you?

Some of my last year goals are no longer relevant to me and it is perfectly fine to say goodbye to them. Some have become more important to me. As these goals are uncompleted a different plan is required. I will, as any time-conscious human being, employ the help of my friends.

In particular the ones that seem to be doing well in the area where I need assistance. It's always good at parties and other gatherings to seek out someone new. They may have the solution you need.

It is important to note... this is about permission to start again. If your plan is working, great! Keep going, you are doing well. If your plan has lots of hiccups, it's perfectly okay to start a fresh different

had an idea about rela-

Albert Einstein also

I hope in the great man's mind, he and you may have thought this was relevant.

Happy New Year 2021 and all the best.



Starting the year with hope - it may herald an end to nuclear weapons



Dr Peter Underwood



by Karen Majer

JANUARY 2021 may herald the beginning of the end for nuclear weapons.

Just when we needed some hopeful news to start the year, here it is. The United Nations Treaty on the Prohibition of Nuclear Weapons is set to enter into force on 22 January.

The treaty was adopted in July 2017 at the UN General Assembly, supported by 122 nations. Honduras recently became the 50th Member State to ratify it, signalling finalisation of the first mul-

tilateral legally binding instrument for nuclear disarmament in two decades. Leading campaigners are describing it as a new chapter for nuclear disarmament.

We can be proud that the origins of the treaty were in Australia. I asked peace activist Dr Peter Underwood, Fremantle resident, member of the National Executive of the Medical Association for Prevention of War (MAPW) and convener of the WA Branch for 27 years, how it came about.

"We've campaigned for a long time to make nuclear weapons illegal, bringing them into line with cluster bombs and chemical weapons," he told me.

"As medical professionals we know that there is no such thing as a small targeted nuclear attack. These weapons are immoral, impractical and non-strategic because of

the extent of destruction and catastrophic humanitarian consequences. There is absolutely no chance of medical and emergency services responding adequately. And people have buried their heads in the sand about the strong possibility that nuclear weapons could fall into the hands of tervisition.

"In 2007, four members of MAPW met in a kitchen in Melbourne, frustrated at the lack of traction of our efforts and inspired by the International Campaign to Ban Landmines. They decided to try a new and different campaign approach. The International Campaign to Abolish Nuclear Weapons (ICAN) was born," Peter said.

From these tiny beginnings, ICAN has grown to be a coalition of non-governmental organisations in more than one hundred countries. In 2017 ICAN was awarded the No-

bel Peace Prize for their: "work to draw attention to the catastrophic humanitarian consequences of any use of nuclear weapons" and "groundbreaking efforts to achieve a treaty-based prohibition of such weapons".

With the Treaty about to enter into force, I asked Peter what it would really mean.

"The treaty declares that the countries ratifying it must never under any circumstance develop, test, produce, manufacture or otherwise acquire, possess or stockpile nuclear weapons or other nuclear explosive devices." he said. "So far, the main nuclear powers of the United States, the United Kingdom, Russia, China and France, have not signed the accord. They campaigned strenuously against ICAN, so we saw how much they wished to avoid any restrictions.

"The nine nuclear-

armed states will keep their nuclear arsenal, but they are now international pariahs. This pariah status has been demonstrated clearly with countries retaining cluster bombs and chemicals weapons. Even Mr Trump condemned Syria as beyond the pale when its leaders used chemical weapons.

"It will be illegal to manufacture and test nuclear weapons so manufacturers will be under pressure too. We can expect companies to begin to stop producing nuclear weapons, and for financial institutions to cease investing in nuclear weapon-producing companies."

Shamefully, Australia has still not signed the treaty despite community activism and support from many parliamentarians. Peter believes it's time for Australia to re-evaluate our foreign policy to become more independent.

"The majority of the

world's states see the treaty as a step towards total abolition of nuclear weapons," he said. "The irony is that the whole movement started here. A small group of doctors and health care workers, committed citizens with little influence and outside the political framework, took on the establishment... and proved the power of committed individuals believing in a civil society.

"Decades of activism have achieved what many said was impossible. Using or owning nuclear weapons is illegal in international law. We now have real hope for a productive peace."

You can let the Government know that you support Australia signing by supporting ICAN campaigns. Find out how on their website icanw.org.

What a joyous action to start the year!

Services Australia wants to help people get financially ready for 2021



by Hank Jongen, General manager, Services Australia

THE start of a new year is a good time to look

at your financial behaviours and habits with a fresh eye. We have a great page on our website to help you do this called, 'Manage Your Money'. Here you can find tools to help you build your savings without having a big impact on your lifestyle. Check it out at www.servicesaustralia.gov.au/managey-

ourmoney
Pension Loans Scheme

If you're an Australian property owner aged 66

or older but don't feel you have enough income coming in, you may want to consider the Pension Loans Scheme.

The scheme is a reverse equity mortgage where eligible people can get a non-taxable fortnightly loan from us. You and your partner may use this to supplement your retirement income.

You can choose the amount you get each fortnight, up to 150 per cent of the full rate of the

Age Pension. If you're already getting some Age Pension, you can borrow the difference between what you're getting paid up to 150 per cent of the full rate of payment.

This is a loan, so it has an interest rate that's currently 4.5 per cent. You don't have to make any repayments on the interest or capital if you don't want to, so the loan amount will continue to grow until it is repaid. You can transfer the loan

to your new property if there's enough capital to cover it.

We recommend you get independent advice before applying for payments through the Pension Loans Scheme. You can also speak to a Services Australia Financial Information Service Officer to find out more about the scheme. Simply call us on 132 300 and say 'Financial Information Service' when asked why you're calling.

Debt repayments won't restart until February 2021

Last year, we paused debt repayments because of Covid and the pressure it put on budgets.

We've since started writing to people who were overpaid during this time to let them know so they can factor repayments into their future financial planning.

If you've been overpaid, you don't need to pay anything back until February 2021. There are tailored options for individual circumstances, including if you'd like to repay earlier.

I'm looking forward to a positive 2021 and continuing to provide support to those who need it.

Until next time.

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

New Year's Resolution

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Beyond the stories - as it happened - meeting the great train robber's wife



by Lee Tate

FIFTY-ONE years ago I was on the trail of Ronnie Biggs in Melbourne and it led to the front door of Charmian Brent, the Great Train Robber's

Biggs was just one step ahead of Interpol and had been working right under the media's noses.

When Biggs flew the Charmian was home in Doncaster East (Victoria) and a media pack was building. Journalists and photographers flew-in to join us from London's Fleet Street and TV cameras were being mounted on media vans.

I was at the front door about to knock and ask, no doubt fruitlessly, for a few words from the English woman who had fled her home country and stood by her man.

Then there was a strange moment.

A small car pulled up and a neat woman carrying a bag walked nonchalantly through a cordon of reporters, appearing blissfully unaware of what was going on.

Standing next to me, she pressed the doorbell. A muffled voice inside asked through the closed door: "Yes, who is it?"

The visitor said: "Avon calling.'

It was like something out of a comedy. The door opened and in went

the Melbourne Avon rep, stepping onto hallowed territory beyond the reach of the world's Press.

Charmian kept us waiting in vain for hours until we dispersed to pursue other clues of the world's most wanted man, backtracking his movements in Australia.

Biggs was working as a carpenter at Channel 9 while Charmian worked in a biscuit factory.

Following their 1966 escape from Britain, months apart, Biggs had plastic surgery in Paris and slipped into Sydney on New Year's Day in 1966 under an assumed name. "Mrs Brent" arrived in Darwin six months later and they drove to Melbourne.

As a teenager, Charmian fell for the charismatic Biggs, 10 years her senior, hoping to change his

At 18, Biggs had joined the Royal Air Force but was dishonourably discharged for desertion two years later after breaking into a chemist shop. He then went to jail for car stealing. He was next involved in a failed robbery

of a bookmaker. With Charmian's father's strong objections to their relationship, they eloped.

Charmian was unaware when her husband joined a gang assault on the Glasgow to London Royal Mail train, loaded with bags of money, on August 8, 1963.

His part in the brazen heist for \$5 million in cash (£2.6 million), came as a deep shock to Charmian, especially the violence by the gang.

The train's driver, Jack Mills, was knocked unconscious and codriver David Whitby was thrown over a railway embankment.

Biggs got 30 years but escaped. The couple went on their circuitous journey to Melbourne.

"I didn't want the children to grow up without a father so the possibility that we were going to go somewhere else in the world together and start life afresh was what I wanted," Charmian said

We learnt they were living under the false name of Cooke, with their three children, in Blackburn North.

Two of their children attended the local primary school while Charmian worked at the Bowater Scott factory.

There are two versions of how Biggs heard that the authorities were closing-in. One was that he got an anonymous letter from London and the

other is that a newspaper report by a Reuters correspondent in 1969 gave the game away. It was on the Channel 9 news.

Biggs bunkered-down with friends in Melbourne for five months before joining a passenger ship from Melbourne (using his friend's altered passport) to Panama and then Brazil.

There were plenty more Biggs adventures: his Brazilian affairs, birth of a son and his kidnapping by a gang of British ex-soldiers. The boat broke down at sea and the Barbados coastguard towed them into port and freedom back in Brazil because both Brazil and Barbados had no extradition treaty with Britain.

Charmian was arrested and her children removed. But media tycoon Frank Packer helped to arrange her release three days later.

"I was paid \$65,000 for the story but the tax man took \$40,000 of it," she

said in 2001. "I was left with enough money to buy a house,

\$19,000 at the time." The rest paid for Biggs' escape from Australia.

Their eldest son, Nicholas, was killed in a car accident in 1971. Police and reporters attended the funeral in case Biggs appeared.

Their middle boy, Chris, played a footy season in 1981 as a promising forward for Fitzroy.

Charmian Brent, died peacefully in Melbourne on December 11, 2014. She was 75.

Biggs, released from English prison on compassionate grounds in 2009, died in a nursing home in December 2013. He was 84.

Celebrate our 30th anniversary

packs were our most popular competition of 2020 and we continue this in our 30th anniversary year. We have our fingers crossed that one

of our readers will have a big win. This month we have five, \$20 Lotterywest Scratchie packs to give away to some lucky people.

To be in the draw,

WIN a \$200 shopping voucher

with Have a Go News'

Ad Words.

See page 4 for details.

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 31/1/21.



The Entertainers are ready to perform



Musical Mayhem The Entertainers © Jaz Photography

LOCAL 10 piece musical group The Entertainers

love entertaining people at aged care centres and retirement villages. They were shut down due to COVID but are now back on the road and ready to perform

They have just performed at the pre-opening of the new Amaroo Village in Gosnells and would like people to know that they are a not for profit band that gets satisfaction from performing for older people and putting a smile on their faces.

Should you wish to be entertained by this lively group contact George Williams 0412 062 251 or email georgew49@out look.com.



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- Stroll to Melville Recreation Centre and the Melville Library renowned for its vast collections and resources
- Enjoy the sights at Fremantle located 7 km away

Junk food advertising ban called for by health advocacy group in Western Australia



PHAIWA Director Associate Professor Christina Pollard

by Frank Smith

THE PUBLIC Health Advocacy Institute of Western Australia (PHAIWA) based at Curtin Univer-

sity, is calling on the State Government to end junk food advertising on government property, including trains, buses, bus shelters, billboards and

sporting venues.

Healthy WA, a website of the WA Department of Health says: junk food describes food and drinks low in nutrients (eg vitamins, minerals and fibre) and high in kilojoules, saturated fat and added sugar and salt. Junk foods are not a necessary component of any diet.

Nevertheless surveys have shown that junk food provides 41 per cent of children's and 34 per cent of adult's energy intake.

The prime aim of the proposed ban is to reduce the exposure of children to this advertising, but it is also important for seniors.

So the proposed advertising ban is equally important for senior's health

PHAIWA Director Associate Professor Christina Pollard said good nutrition is important for older people. They need to maintain a good qual-

ity diet.
"The advertisements are aimed at everybody, not just children. They remind people of food items they might like. It is similar to the two fruit, five veg campaign; it keeps reminding people.

Older people, especially those living alone, often lose the energy and enthusiasm to cook healthy meals, relying on prepared 'ready meals'

which just needs reheat-

ing. "Ready meals are sometimes good. They can be low in sugar and fat and with adequate fibre, but the temptation is to eat frozen pizza, pies, biscuits or sweets that are high in fat.

The reason we are pushing this now is that we have a State government that is big on public health. Australian states have control over advertising and the WA government can use its power to encourage the public to eat well" she said.

A ban on unhealthy food and drink promotions on all state premises is one of the recommendations in the Sustainable Health Review released by the State Government in 2019. At present there are no regulations restricting advertising of unhealthy food.

Already London, Amsterdam and the Australian Capital Territory have banned the advertising of unhealthy foods and beverages on publicly owned assets.

The Australian Institute of Health and Welfare (AIHW) reported in August 2020 that older Australians - people aged 55 vears and over - are being strongly caught up in the national obesity epidemic.

The AIHW says the number of obese older Australians trebled over the past 20 years, due to the combined effect of an ageing population and the obesity epidemic. These older Australians are about 6 - 7 kg heavier on average than their counterparts were 20 years ago.

The WA Cancer Council in a report prepared by Deakin University Global Obesity Centre, says unhealthy diets, overweight and obesity are the greatest risk factors for death and disease in Australia and globally. Consumption of unhealthy food and sugary drinks increases toxic fat and puts people at risk of 13 types of cancer, type II diabetes, heart disease and other chronic illnesses

Affordable 'Back-Up' digital hearing aids take-off during Covid-19



ONE of Australia's first low-cost digital hearing aids is now available and delivered directly to your front door. The Jaspa 3 hearing aid was originally developed as a 'back-up' digital hearing aid, or loan device, for audiology clientele, whose current pair of hearing aids were either in for repair or servicing, or had

Audiology clientele could simply pick up the Jaspa 3 hearing aid without the need for an appointment or hearing test.

The surprise came when the majority of customers who used the Jaspa 3 hearing aid during the interim period, were extremely reluctant to return the hearing aid to their audiology clinic, even after their more expensive hearing aids had been repaired and were ready to be

Once Covid-19 restrictions set in, demands for a non-contact 'back-up' digital hearing aid were in full flight, with most audiology clientele putting off hearing appointments altogether.

Found Hearing's Suzanne Porter said: "Understandably many hearing aid wearers have not wanted to put themselves at additional risk by having to attend hearing appointments. Consequently, we realised that access to a

high-quality 'back-up' digital hearing aid is essential for most hearing aid wearers, but not just during a pandemic.

"Even the most expensive hearing aids regularly require repairs, servicing, adjustments and are commonly lost or misplaced. When this occurs many hearing aid wearers have to suffer with poor hearing until the problem is resolved. Often this can be days or even weeks that someone has to be without their hearing aids. It is extremely frustrating not just for the hearing aid wearer, but also for friends and family who are struggling to communicate with them.

The Jaspa 3 digital hearing aid has been advanced even further since the pandemic began, and now operates on one of the world's leading aid microchips. It holds much of the same technology as found in expensive hearing aids, including fully digital sound processing, wide dynamic range compression, feedback cancellation, noise reduction, and digital operation across 12 bands.

Suitable for mild to severe hearing loss, it is equipped with a simple to use volume and program control, with all other features operating automatically.

As a broad-prescription aid, it will work for various types of hearing loss without the requirement for a hearing test. The style is a discreet 'behind-the-ear' open-fit design, that the majority of hearing aid wearers are already accustomed to inserting and managing. It takes a standard 312 hearing aid battery.

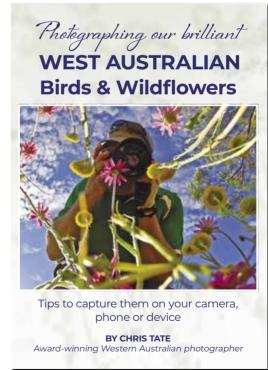
The Jaspa 3 hearing aid is \$429 per device and includes a 30-day money back guarantee and free delivery within Australia. No hearing test or appointments are required. The Jaspa 3 hearing aid can be ordered online at www. foundhearing.com.au or over the phone on 1300 240 114.

Celebrating Western Australia in two books



ostage & handling

Awesome WA, 1001 Fair Dinkum Facts about Western Australia - Journalist Lee Tate has compiled this book about the weird and wonderful of Western Australia.



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Photographying our brilliant West Australian Birds & Wildflowers Author Chris Tate provides tips and tricks to capture nature on any device. Includes a beautiful selection of photographs.

For further information contact *Have a Go News* on accounts@haveagonews.com.au or 9227 8283. Books can be purchased from the office Monday to Friday 9am-5pm. See page 18 for order form

Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor, MY wife and I couldn't

agree more with the comments by Lee Tate re the media and the news in the December 2020 issue of Have a Go News.

Most of our friends seem of the same opinion and many tell us they don't listen or watch the news as it is not news as it used to be.

Do we need two news readers to read the news? No.

Did the ABC have to stop the 7.45am news? No.

Does the media have to carry on for so long on the same subject? No. We grownups get it!

One news station on TV before going to their outside commentator lets us know on screen that it will be "live", I should hope so.

Finally (for now) on the front cover of Volume 30, No.05 Issue No.345 was a picture of two long time newsreaders.

We watched an interview of a WA Liberal politician by the lady newsreader in that picture about the coronavirus and how WA was fairing. The poor man could hardly get his opinions in before being interrupted by the interviewer. I am not a Liberal voter.

> Ron Hetherington, Success

Dear Editor,

LEE Tate pretty much nailed it with his article on the media.

The word truth may have been a good word to have been used as that appears to not be in their dictionary. The only truth quite often being the date on the front page. Sadly if the editor is left wing they knock the right and distort stories to suit the political persuasion and vice versa.

The old adage of doom and gloom, put downs and glamourising is out of control all over the globe, but it sells does it not?

Money is always the main objective at the expense of some poor individual who they care little about.

The worst thing is what we have seen in the USA; how they can influence the mindset of millions - that is a serious problem now whichever way you look at it.

If a political situation is going to curb media power they will do everything to discredit and brainwash the uninitiated.

We have all said: "I read it in the paper" so we assume it is correct, when most times it is a distortion of the truth or plain lies which none seem really answer-

The power the media has to make or break anyone by pushing boundaries is despicable in my view. Ask yourself why we never seem to get both sides of

the story so one can make an educated guess of the truth.

The black lives matter saga would be a classic example as all lives matter.

So it begs the question. Who really is manipulating the outcomes of elections, court cases, or even running the country's mindset? I think you may agree it is a very fine line and if it is not in the outlet's interest they print

rubbish. This needs seriously looking in to and the power bases reduced, as 'guilty before being proved innocent' is not right and has gone on way too long.

Chris Webb, Gnangara

Dear Editor,

ONE of the best decisions I have made in recent times was to join the COCOA (Come Out Camping Older Adults) Club.

From the bush to the beach, all the camps have been held in spectacular scenic locations and the accommodation has been under cover and comfortable, along with great food. There have also been some really great days out and the club is like a big family.

I would like to thank Have a Go News for publishing my articles on the group's

If any readers would like further information about the club, please contact Judy Hampson on 0450 735 415.

Rose Hope, North Beach

New UK drama out on DVD



PENANCE follows the lives of Rosalie (Julie Graham) and Luke Douglas (Neil Morrissey) and their

teenage daughter, Maddie (Tallulah Greive). Following the loss of their son, Rosalie and Luke find their marriage under immense strain.

Maddie and Rosalie find themselves in the caring hands of Jed (Nico Mirallegro), a charming and charismatic young man that they encounter at bereavement counselling who is also suffering under the weight of his own grief. Jed rekindles a hope for the future within the Douglas household. But un-

derneath, a deadly and morally corrupt triangle is taking shape.

Out now Penance DVD features three episodes - RRP \$29.95.

WIN WIN WIN

We have five DVDs of Penance to give away to some lucky readers. To be in the draw simply email win@ haveagonews.com.au with Penance in the subject line or write to Penance c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/1/21.



2021 AUSTRALIAN ESCORTED HOLIDAYS UNIQUELY DESIGNED BY KINGS TOURS & TRAVEL



| Nestern Australia | | TWIN PP | SINGLE |
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| ALBANY Southern Edge Food & Wine Festival | 25 TO 30 MARCH 2021 | \$2,790 | \$3,250 |
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| EXMOUTH GETAWAY | 31 MAY TO 4 JUNE 2021 | \$2,690 | \$3,050 |
| KIMBERLEY COUNTRY KUNUNURRA | 26 TO 30 JULY 2021 | \$3,550 | \$4,000 |
| BROOME Including the Shinju Matsuri Festival | 25 TO 29 AUGUST 2021 | \$3,190 | \$3,790 |
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| Interstate | 27 FERRUADY TO 0 MARGH 2024 | TWIN PP | SINGLE |
| TASMANIA (Direct Flights) 5 Seats Left | 26 FEBRUARY TO 8 MARCH 2021 | \$5,590 | \$6,695 |
| BEST OF SOUTH AUSTRALIA Adelaide, Kangaroo Island & The Murray Princess | 19 TO 29 MARCH 2021 | \$5,590 | \$6,850 |
| EASTER ON THE MURRAY PRINCESS | 1 TO 9 APRIL 2021 | \$4,650 | \$5,750 |
| WHITSUNDAYS Rainforest Retreat, | | | |
| Spirit of Queensland & Hamilton Island | 26 APRIL TO 2 MAY 2021 | \$3,990 | \$4,600 |
| THE RED CENTRE Alice Springs & Ayers Rock | 29 APRIL TO 4 MAY 2021 | \$3,990 | \$4,750 |
| SOUTH AUSTRALIA FOOD & WINE TOUR | 4 TO 9 MAY 2021 | \$3,790 | \$4,390 |
| GOLD COAST GLAMOUR | 11 TO 17 MAY 2021 | \$3,490 | \$3,950 |
| GHAN EXPEDITION Darwin to Adelaide including Coober Pedy | 10 TO 16 JUNE 2021 | \$5,190 | \$5,390 |
| NORFOLK ISLAND | 12 TO 21 JUNE 2021 | \$4,590 | \$5,290 |
| SUNSHINE COAST, QLD | 16 TO 23 JUNE 2021 | \$4,250 | \$4,850 |
| CAIRNS | 20 TO 27 JULY 2021 | \$4,250 | \$5,290 |
| - · · · · · | | | |
| GHAN EXPEDITION | | | |
| | 6 TO 12 SEPTEMBER 2021 | \$5,190 | \$6,090 |



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Seniors Recreation Council Jottings



Seniors Recreation Council of WA hopes everyone had a wonderful break over Christmas and New Year and looks forward to an exciting year bringing our programs and events to WA Seniors.

Have a Go Day 2020 a LiveLighter Event,

Thank You morning tea.

The Have a Go Day 2020 a LiveLighter Event, Thank You morning tea for sponsors and volunteers was held on Tuesday 24 November at the Department of Local Government, Sport & Cultural Industries building. The sponsors who attended the morning tea expressed how happy they were with the turn out of the thousands of seniors on the day. Everyone was impressed with the layout, the attention to detail and adhering to all the Covid recommendations that were in place at the event. The morning tea was attended by about 45 volunteers and it gave SRCWA the opportunity to thank everyone for all the effort that was put into producing this event.

It is a privilege to acknowledge and thank our sponsors and volunteers for their support and hard work in making Have a Go Day 2020 a LiveLighter Event such a brilliant success

SRCWA Rockingham Branch Christmas Concert

On Wednesday 18 November, SRCWA Rockingham branch held their 2020 Christmas Concert at the Gary Holland Community Centre. A full house was treated to an afternoon of entertainment by Moira J Scott and Wayne Pride. During the concert the audience enjoyed a delightful afternoon tea and had great fun winning all the raffle prizes. Congratulations to branch president, Carole Overington and the Rockingham branch committee and volunteers for a wonderful Christmas Concert.

SRCWA Tech Savvy Seniors Internet Banking Forum, 5 February 2021

The SRCWA Tech Savvy Seniors (TSS) program will be presenting a forum focusing on Internet Banking and other technical issues on Friday 5 February. Representatives from ANZ Bank and NBN Co will be presenting at the event. It will commence at 10am and conclude at 12noon, morning tea will be served.

If you wish to attend this event you must register due to limited numbers, please call Martin on 9492 9774, as places fill up fast, also if you wish to be included in the TSS data base for contact regarding other events mention that when you call.

SRCWA's Annual Seniors Ball

The Annual Seniors Ball will be held in the Astral Ballroom, Crown Perth on Wednesday 2 June 2021 from 1pm to 4.30pm. A three course afternoon tea is provided with entertainment featuring the live band Satin Doll and afternoon floorshow. There will be a door prize and many other prizes donated by Crown Perth and Have a Go News. Tickets will be available in the new year. For further information call

This event is proudly sponsored by Crown Perth and Have a Go News.

Key Diary Dates for 2021



1 to 6 February SRCWA Annual Seniors Camp at Quaranup

5 February

Tech Savvy Seniors Internet Banking Forum

4 March

LiveLighter Aged Care Games - Avon

31 March

Rockingham Have a Go Day, a LiveLighter Event, Mike Barnett Sports Centre

LiveLighter Aged Care Games - Bunbury

17 May

Seniors Activity/Information Day - City of Vincent

Annual Seniors Ball, Astral Ballroom, Crown Perth.

Seniors Activity/Information Day - Peel Region

7 to 14 November

WA Seniors Week

10 November

Have a Go Day, a LiveLighter Event, Burswood Park.

LiveLighter WOW Swims events see record participation



Participants at one of the WOW Swims

by Tarquin Bateman **Communications &** events coordinator **Masters Swimming WA**

ROUND two and three of the 2020/21 LiveLighter WOW Swims were held in December, with great success and incredible participation from both Masters swimmers and the general public.

The Fremantle Ports Swim Thru was held on 12 December at South Beach Fremantle. More than 450 swimmers of all ages jumped into the water for this sold-out event.

Conditions were picture perfect with calm, flat waters, and warm weath-

er. The Fremantle Ports Swim Thru was first held in 1922 and was the first ocean-water swimming race in Western Australia. The heritage of the swim has been kept strong in its modern iteration through the inclusion of the Maisie Boyle trophy, this year won by swimmer Frank Van Rooyen who took out the 1.6km classic mile distance in a time of 23:03:09.

Congratulations to event Fremantle organisers Masters Swimming Club; in particular Kendall and Lucy who did a fantastic job of promoting and running the successful event.

This year's event helped

to raise funds for the Street Doctor Mobile Health Clinic and St Patrick's Community Support Centre. Swimmers were able to donate directly during registration and donate old towels on the day. A further donation from the overall proceeds was made by the event organisers.

The Christmas 10k Swim, held on Saturday 19 December at Coogee Beach, was also a fantastic sold-out event. There were two distances to swim on the day including the Fremantle Ports 10km Challenge and the City of Cockburn 1-Lap (3.4km) Cruiser.

More than 400 swim-

mers hit the beach for the event, with over 250 of those taking on the 10km challenge.

Conditions were perfect for a large part of the event. However, when the sea breeze picked up, the final lap was more challenging for those towards the back of the field. Well done to everyone who took part and everyone who posted a Rottnest Channel Swim qualifying time.

The Christmas 10km provided swimmers with the opportunity to replicate conditions that they will encounter if they choose to compete in the Rottnest Channel Swim or Port to Pub. Swimmers were able to bring their own paddlers to practice feeding and navigating, something provided by no other lead-up event on the

Congratulations to the event organisers Cockburn Masters Swimming Club, and in particular Nick, Elena and Peter, for a fantastic well-run event.

There are plans to add a Merry Mile to the line up for 2021, which will allow swimmers of all abilities to get involved in the

Masters Swimming WA executive officer Sophie Row is impressed with participation num-

bers across the board. "It's great that we have had three swims sell out already, including the upcoming Coogee Jetty to

Jetty," she said. "People are really keen to get back in the water after what has been a challenging year for us all.

"What a fantastic testament to the swim organisers and our swimming community to see so many people wanting to come together and swim for fitness, friendship and fun," she said.

We have two LiveLighter WOW Swims events coming up in March 2021 - the City of Joondalup Mullaloo Mile and the Coogee Jetty to Jetty. For more information or to register, please visit www. wowswims.com.au.



Walking club winds up 2020 and kicks off new year with twilight walks



Walking club members win a bounty

OVER 55 Walking Association of WA (OFFWA) celebrated the end of another successful year with a luncheon at the delightful Swan on Ascot where 114 members were treated to a sumptuous buffet lunch.

The hotel has a beautifully appointed restaurant and large parking area. Lorraine the hard working OFFWA lunch coordinator found John, the restaurant manager, very helpful.

He even drew the lucky door prize numbers and presented the wine and chocolates to 11

It was a delightful end to a year of walking, which at one stage we thought wouldn't happen due to the coronavirus.

The first morning walk for next year commences on Tuesday 16 March. However in the meantime they have twilight walks at Burswood (near the outdoor cinema) on the following dates: Tuesday 19 January, 02 February, 16 February at 5.30pm.

Bring a folding chair and a

Please check the very comprehensive website www.over 55walkingassociation.org further details or phone Shirley the president on 0400 577 738.



Wither shall we wander - exploring the natural environment in a canoe



Canoes parked as paddlers explore

by Ken Westover

AS well as enjoying the pleasure of immersing ourselves in our natural environment, all-be-it intertwined with suburbia, there is a strong urge within the Over 55 Canoe Club (O55CC) to explore further afield, often delving into far flung places, not readily accessible either by road or on foot.

The club executive and committee are constantly looking to introduce the membership to new paddling venues, sometimes involving more travelling but always in areas of considerable scenic attraction.

With a view to catering for the interests of all, when a paddle is offered which involves extended travelling or perhaps some chal-

lenging fast water, an alternative flat water paddle is provided closer to home. A paddle then for the more conservative paddler with another for the more adventurous.

To the city's north is one such paddle for the more adventurous. On several occasions the O55CC has paddled the Moore River, from Indian Ocean Drive to Guilderton. Once again, some of the fleet started from Indian Ocean Drive on a one way 14km paddle down to Guilderton, while the remainder left Guilderton to paddle upstream with the intent to rendezvous midway with the downstream paddlers for the return paddle back to Guilderton.

This paddle has the added uncertainty of whether the sand bar blocking the river mouth had been breached. If the sand bar is intact the river upstream can become a lake in which the river is lost, but if it is breached the river is narrow and, in places, strewn with trees, making progress a challenge and

the paddle more interesting.

With winter rains the pretty town of Toodyay offers delightful fast water paddles on the Avon, with low grade rapids to get some adrenalin pumping. The club has enjoyed paddles on the Avon, both upstream and downstream from Toodyay.

Further south, Lane Poole Reserve near Dwellingup draws the club like a magnet, with the attraction of a string of low grade rapids on the Upper Murray River, as it winds its course through the towering forest cladding the Darling Scarp.

After a quick check of the water level at Island Pool rapid, a one way paddle begins, starting at Sandy Pool, with a rapid to negotiate at the S Bend, morning tea at Yarragil, then the Double Drop and finally the best of them all, the rapid at Island Pool.

For the enthusiastic, a quick portage back up above the rapid allows it to be shot once more. And then, maybe another, just to keep the adrenalin flowing.

Still further south is the Blackwood River at Bridgetown. Here, the distance from home precludes a day trip, so a five day camp is in order. The beautiful Blackwood provides moving water through a heavily forested valley, with scenery to die for and the challenge of negotiating water moving through a tangle of fallen

And then there is the Summer Camp at Augusta, where, over seven days in March, the Club explores the lower Blackwood River, with paddles from Sues Bridge, from Alexander Bridge, Chapman Pool and there is Swan Lake on the estuary. And this year there is talk of paddling the Margaret River and an ocean paddle at Hamelin Bay. How good is that?

Last year the summer camp was at Walpole. Here the Club was spoilt for choice with a paddle deep into the forest up the Deep River, a paddle across the Nornalup Inlet to its mouth and the magnificent paddle up the beautiful, heavily forested, Frankland River to Monastery Landing.

So, if a quiet paddle on the Swan or Canning close to home is your thing, then O55CC is here for you. But if the spirit of adventure kicks in and you yearn to explore our wonderful natural environment, paddling rivers near and far, then, once again, we can take

If you are interested in paddling with the O55CC please contact: club president Chris Cocker on 0410 479 024 or club secretary Dale Winn on 0420 733 024.

As technology advances horseless carriages become driverless too...



Seniors test out the driverless bus

by Frank Smith

SOME 120 years ago horse-less carriages had to be preceded by a man (it was always a man) with a red flag. Now we are looking at horseless carriages losing the driver as well as the horse.

Self-driving (autono-

mous) vehicles are under development and selfdriven buses are being tried on our roads.

But what do potential passengers think about riding in a bus with no driver?

Curtin University researcher Leon Booth, says previous studies have found that older adults are usually more hesitant about using selfdriving vehicles than the general population.

Curtin researchers have designed a project in conjunction with SwanCare Bentley to find out how older adults feel about using self-driving vehicles and if exposing them to a self-driving shuttle bus would make them feel more comfortable about traveling on one in the future.

Curtin's self-driving bus was taken to the Swan-Care retirement village to show the residents the bus, allow them to interact with it, and provide them with an opportunity to ask researchers questions about this emerging technology. They were encouraged to express their enthusiasm and/or concerns about using a self-driving bus, and to provide practical advice for making these buses as suitable as possible for older adults.

Nearly two-third of seniors said they were either positive or very positive to autonomous vehicles prior to the trial. The majority of those participat-

ing in the study were open to the idea of using a self-driving bus to travel around the SwanCare retirement complex, however they were a bit more reserved about using the bus on public roads.

Some SwanCare residents also came to Curtin University to ride the self-driving bus around the campus and experience it in operation. To find out if the ride experience changed their opinions about self-driving vehicles, the residents completed a short survey before and after riding the bus.

The results show that they generally felt more comfortable about the idea of using self-driving vehicles after riding the bus, and were more likely to see themselves using a one in the future. They found the ride experi-

ence to be enjoyable and felt safe while riding the bus; a few residents even wanted it to go faster.

Some residents were more cautious: "As long as there is a technician there to make sure that things are okay," was one comment.

Nearly 90 per cent of residents were prepared to use a driverless bus on the SwanCare campus and two-thirds to use self-driving ride share service such as Uber.

Swancare CEO Graham Francis said: "We were excited to help with this project, which is one of a number of partnerships we have with Curtin University.

"It's was great to see our residents actively embracing technology and expressing interest in learning more about the self-driving bus. "The future of retirement is changing fast, especially with rapidly progressing technology. We endeavour to be innovative in our practises and focus on continuous improvement with technology in our SwanCare community," he said.

Self-driving vehicles are expected to bring numerous benefits to society, including reduced traffic collisions, fewer road fatalities, better traffic flow, less vehicle emissions and more enjoyable travel time.

Older adults are likely to benefit from self-driving technology because it will provide them with an alternative transportation option that will help them to maintain their independence, especially when they are no longer able to drive a conventional ve-

WA photographer publishes unique book on WA's birds and wildflowers



CHRIS Tate bought his first camera when he turned 11 - a Kodak Instamatic. Then he and a school mate tried valiantly to photograph wild birds.

He has learnt a lot since those years with a long resumé of his photographic sucesses.

His love for photography inspired Chris to want to publish his own book and share his tips and tricks with readers.

"Photography is a creative and artistic activity that gets me outdoors, bush-walking, travelling and enjoying nature. I have met some really interest-

ing people, been on some incredible adventures and seen so many amazing natural sights," he said.

Chris' book Photographing our brilliant West Australian Birds & Wildflowers is published by Have a Go News and offers tips for enthusiastic photographers to capture photos on their camera, phone or other device.

The book costs \$25 and contains a collection of superb photo-

graphs taken by Chris along with a wealth of tips and tricks.

See page 18 to order or buy direct from the office at 137 Edward Street, Perth during business hours. Call 9227 8283.

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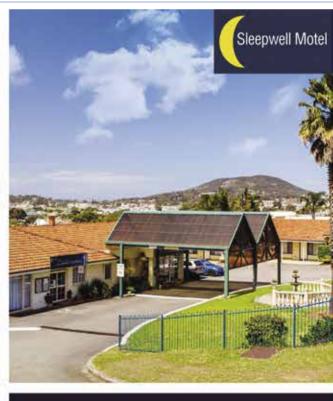
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Free Life Now yoga, mindfulness and tai chi for people living with cancer

CANCER Council WA's Life Now program is offering free introductory yoga, tai chi and mindfulness courses to people living with cancer. Term one timetable begins in February 2021.

The program is specifically designed to provide Western Australian cancer patients and their primary carers with a range of evidence-based exercise and meditative courses and is the result of generous community donations.

Weekly Mindfulness

Life Now's eight-week mindfulness course equips participants with practical coping techniques to counter the effects of cancer-related stress. Participants are taught

to experience the present moment non-judgementally, to help reduce excessively thinking of past or future stressors.

Weekly Yoga

Life Now's six-week yoga course quides participants through gentle stretching to help improve fitness, flexibility and overall wellbeing. Studies

have found that regular yoga practice can improve mood and sleep quality and decrease cancer-related stress. Weekly Tai Chi

Life Now's six-week tai chi course offers participants a form of moving meditation where they are guided to be mindful of their posture, movements, and breathing

with an inwardly directed focus. Research has found that the practice of tai chi can have positive effects on fatigue levels and quality of life.

Online participants require access to a steady internet connection and a device with video/audio (webcam) functionality, such as a laptop, iPad, smart phone or

smart TV.

Some eligibility criteria apply. Registrations are essential as spaces are limited.

To register, visit the Cancer Council WA website at www. cancerwa.asn.au/patients/ support-and-services/exer cise-and-meditative-courses or call 131120 to speak to a cancer nurse.

Interesting speaker covers navigating the parliamentary world at retirees meeting

GUEST Speaker on the first meeting this year of the Western Australian Self-Funded Retirees Association (WASFRA) will be the member for Curtin, Celia Hammond MP. She will speak on the subject 'Navigating the Parliamentary World - A Beginners Reflection.'

Celia who was born in Northam, graduated from the University of WA in 1991. She practised law for several years before moving to a career as a legal academic at the University of WA and later at Notre Dame University (WA) where. in 2008 she became Vice Chancellor, a position she held before resigning to contest

She was awarded an Honorary Doctorate

She currently participates in several sensitive and high level committees including the Joint Standing Committees (JSC) on Corporation and Financial Services, Human Rights, the National Redress Scheme, The House of Representatives Committee on Education Employment and Training and the House of Representatives Committee on In-

The meeting will be held at 10am on Friday 12 February at the usual venue, the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

Visitors are welcome. For more information please contact Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.



Sandra Barnsley

the seat of Curtin as the Liberal candidate. from the University of Portland in 2017.

Do you suffer from arthritis, heart disease or diabetes?

NATIONAL Institute of Health has identified 74 diseases that are treatable using stem cell-based therapies. So, it makes sense to increase the number of stem cells available.

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Stem cells are the only cells in our body capable of repair and renewal. We need them every day, for daily repair and renewal of our tissues. Cells are constantly breaking down and being replaced where possible, but the older we get - fewer and fewer stem cells are be released into

The more stem cells there are in vour blood stream the healthier you are. People always make stem cells, but their ability to move from the bone marrow decreases. The rate of natural decline of stem cells in the blood stream as we age is 45 per cent by the age of 35, 50 per cent by the age of 50 and 90 per cent by the age of 65.

capsules of stem cell nutrition, up to 34 per cent more stem cells will be released into the bloodstream within an hour. This has been proven, leading to potentially an extra four to 10 million stem cells in circulation.

If you would like to find out more about how Stem Cell Nutrition can transform your life, phone Sandra Barnsley 0412 479 156.

Fremantle Performing Artists are bringing new blood to Bram Stoker's Dracula

FREMANTLE Performing Artists will be presenting the stage adaptation of Bram Stoker's gothic tale of romance and horror Dracula, in February.

Cast and crew have been working tirelessly to prepare for this production, which will play from 4

to 6 February at Koorliny Arts Centre, Hutchins Way, Kwinana with shows each night at 7.30pm and a matinee on Saturday 6 February at

Lucy Westenra (Pyper Stancer) is struck down by a strange phenomenon that has caused a tremendous blood loss. Her fiancé, Dr John Seward (Lincoln Hitchcock), a psychiatrist at London's Institute for the Criminally Insane, has called upon his friend and former professor, Dr Abraham Van Helsing (Andrew O'Connell), to help discover the cause of Lucy's ailment. Van

Helsing believes that supernatural powers are afoot, somehow connected to Seward's mysterious neighbour, Count Dracula (Ashvath Singh Kunadi).

Directed by Brenton Foale, Dracula promises to deliver everything one would expect from Bram Stoker's gothic masterpiece.

Fremantle Performing Artists is a not-for-profit community theatre group, founded by long time actor/ director Brenton Foale who starred in Neighbours from 1987-1990.

Tickets can be booked online at www.koorliny.com.au or 9467 7118.

COMMUNITY NOTEBOOK

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

BUTLER LOCAL VOCALS

Saturday 16 January 5pm-8pm Kingsbridge Park. Butler Free. No booking necessary. Presenting an array of incredible live music from talented local artists.

MARKETS BY THE SEA

10 January, 14 February and 14 March 9am-2pm

Whitfords Nodes Reserve Hillarys. Free entry. Kid friendly and dog friendly on leashes. Event creator Brook Wren. 0452 595 005

BURNS BEACH TWILIGHT MARKETS

Held each Wednesday to April 2021 Burns Beach Foreshore Park. Food trucks, plenty of giftware to browse and entertainment to enjoy.

CAVERSHAM BEECHBORO BRANCH of RETIREES WA

Meet every Wednesday at 9.30am

Caversham Community Centre. Suffolk Street Come along for companionship, outings, games or just a cuppa and a chat Čarolyn 9378 3326

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SUNSET @ SUBI FREE PICNIC CONCERTS

Presented by the City of Subiaco Sundays 5pm-7pm

17 January, Tropicalia; Authentic Latin music showcasing salsa, merengue and other rhythmic grooves.

24 January, Murphy's Lore*; A tribute to Aussie rock legends. * Auslan interpreters will be present at this concert

31 January, The Australian Beatles; A special

tribute to the Fab Four and to the golden age of rock 'n' roll. 9237 9222

MANJIMUP REPAIR CAFE

What to do with your broken items that need repairing? Bring them along to the Repair

Wellness and Respite Community Centre 1A Edwards Street Manjimup. 1 February and 8 March 10am-1pm. Fixers are ready to meet you and repair it together. Volunteer fixers are needed for this project to be a success. 9771 6900

AUSTRALIA DAY CELEBRATIONS Tuesday 26 January

CITY OF MANDURAH

7am-11.30am Free event. Mandurah Eastern Foreshore. www.mandurah.wa.gov.au

COOGEE BEACH FESTIVAL

8am-12noon Free event Coogee Beach Reserve. Powell Road, Coogee, Cockburn Central. 9411 3444

www.cockburn.wa.gov.au

BUNBURY SKYFEST

4pm-9pm Koombana Drive Bunbury www.bunbury.wa.gov.au

SHIRE OF YORK

7.30am-11am Free event

The York Recreation Centre and York Swimming pool.

email records@york.wa.gov.au

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Let's GO MOTORING

ADVERTISING FEATURE

KIA Sorento GT-Line and Volvo XC40 Recharge featured this month







L-R; Kia Sorento GT-Line is sensible and a joy to drive - Volvo XC40 - Kia's new 10.25 inch dash has an easy to use digital instrument panel Inset; Kia Sorento does more than look good - Volvo XC40 Recharge



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

TOGETHER we sit in 2021, contemplating the simple joys of life and there are many for which we can be grateful. We live in the best state, and the best country in the world. Is it perfect? No.

Is it without complications? No. Would you choose anywhere else? Hell no.

Over the Christmas/ New Year break I tested a couple of cracking new motor cars, the Kia Sorento GT-Line being the standout.

In a sometimes crazy, mixed up world, the latest Kia Sorento is just so sensible. Believe me, I never thought I'd say that about any car.

The range starts from \$46,990 drive-away, the diesel GT-Line is \$64,990.

The creature comforts remind me of Audi and VW; the 2.2-litre

turbocharged four cylinder engine is quiet, silky and a joy to drive; the all-wheel drive reassuring; the tactile seats dash and steering all comforting. All the while knowing you've spent way less than had you splashed the cash on Audi.

Kia's new 10.25-inch dash, is surrounded by some shiny black, then into a larger 12.0-inch digital instrument panel; so easy to use.

New technology also brings some smart features; the pop-up blindspot cameras when you use the indicator are curiously engaging.

There are USB points hidden within the front storage compartment; the GT-Line gets a phone charging pad as well. Sorento does more than just look good, with seven seats that have more design features than a Swiss watch. The second-row are heated, front seats have heating, ventilation and electric adjustment. Very comfortable, wonderful for cruising.

Third-row comfort is quite good for kids; grown-ups will bump heads on the roof; the window is a little tiny, but that's all pretty characteristic of

third-row passengers.

The seven year warranty remains a reassuring factor in buying decision. Go for it.

And then there's the exquisite Volvo XC40 Recharge.

Where other XC40s are powered by 2.0-litre turbocharged four-cylinder petrol engines, the Recharge Plug-In Hybrid combines a 1.5-litre turbocharged three-cylinder engine with an electric motor and 10.7kWh lithium-ion battery pack.

From around \$64,990 plus, this is so much fun around town; plug in overnight and drive happily around 45kms,

before the engine kicks in; when it does you will miss the quiet.

This Recharge version is quick to 100km/h; 7.3 seconds. My brother hates it; I'd own one in a heartbeat.

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





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:

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 GSOH: Good sense of humour SD: Social drinker

NS: Non smoker SOR: South of River WITM: Would like to meet DTE: Down to earth ND: Non drinker NG: Non gambler NOR: North of River TLC: Tender loving care

| | Name Obtaining replies to your Friend to Friend | | | | our Friend to Friend | |
|--|---|--|--|--|----------------------|--|

Please nominate a category for your advertisement.

Tick one box only.

☐ Travel companion

Seeking a friend

Wishing to contact Seeking a partner

FILIPINA lady 73, slim,

attractive, young looking,

long hair, affectionate,

NOR, WLTM caring gent

for outing, travel, cinema,

dancing, dining, quiet

evening for permanent,

long term relationship,

FINE senior gent, educat-

ed, professional, financial.

Enjoys good food, wine,

travel, classical music,

theatre, sports, history,

gardening. I am looking

for elegant, romantic, sen-

ior lady for hugs, cuddles,

wining and dining, outings

and more.

Reply Box 8717

Reply Box 8718

coffee, chat to start.

educated Asian lady, 65,

enjoys cooking, reading,

music, old movies, keep-

ing fit, WLTM well pre-

sented single male 65-75,

NS, ND, NG with good

Christian values interested

in establishing a commit-

ted long term relationship.

AUSSIE lady 59, single,

no ties, medium build, old

fashioned morals, GSOH,

DTE, SD, smoker, seeking

Aussie male around same

age, no ties, same morals.

likes travel, outings, SOR,

Rockingham and sur-

EASYGOING guy, 64,

seeks Asian lady. Enjoys

country life for life togeth-

er, walks on beach with

TLC from a DTE gent, to

share life together and

grow old with someone

you care about. NS, ND,

GENUINE lady, educated,

philosophical, social, 71,

motivated to share life's

journey with man of simi-

lar vintage. Enjoy theatre,

music, reading, writing,

exercise regularly, seek

relationship, companion,

ALA to genuine replies.

TLC and living for today.

Reply Box 8714

GENT 71. WLTM lady to

rounding areas.

Reply Box 8704

Reply Box 8719

Reply Box 8705

ATTRACTIVE

and coffee.

single,

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

Seeking a Friend

80 YEAR old, fit widower, still acting like 18 year old. WLTM 70 year old widow, companion, NOR. Dating agenda two days per week and romantic WA getaways planned winter months. Must be self supporting. Guaranteed laughs and TLC. Reply Box 8710

AUSSIE lady early 60s seeking a gent friend/ companion only in 60s, NOR, NS for drives, walks, coffee, movies, lunches, dinners, exhibitions, not offering a relationship other than friendship. Limited spending money. Sick of

my own company Reply Box 8716

BUNBURY gent WLTM loving lady friend to share life's good times with coffee, cinema, outings, campervan trips and quiet times together, hanging out. I am NS, ND with GSOH and healthy, 78. Reply Box 8713

GENT Euro 70+, NS, ND, single, willing to meet slim, Asian lady in Australia NOR for chat and coffee, maybe relationship later. **Reply Box 8709**

NEWS UPDATED DAILY www.haveagonews.com.au

UK/Australian, 72, 180cm tall, presentable, educated, VGSOH, sociable, NS, SD, enjoys travel, gym, family, beach, coastal walks, usual social activities seeks intelligent, attractive, compatible, easygoing lady, to mid 60s, all travel modes, destinations considered Northern suburbs. Cof-

Reply Box 8722

LADY 58 enjoys outdoor activities, NS, ND, GSOH, WLTM same gentleman for friendship with view partnership, loves animals, fin sec, no time wasters, genuine replies only. Perth hills. ALA

Reply Box 8706

LADY 70s, caring, affectionate, lonely, loves hugs, cuddles, WLTM gent similar, spend time together, walks, drives, dining, outdoors, gentle nature, NS, ND, meet for cuppa, chat, ALÁ.

Reply Box 8707

LADY 70, postcode 6401, medium build, NS, WLTM gent 68-72 for friendship possibly long term relationship, unattached who enjoys good company and days out and about, camping, art, reading, theatre, movies, carpet bowls.

Reply Box 8724

LONELY gent 69, WLTM lonely lady 60-65, live NOR, European, for company, like walks, movies, dinner, SD, NS, GSOH,

Reply Box 8708

WONDERFUL beautiful lady, Singapore, Malaysia, happy, healthy, fun, travel, beach, adventure, seeking kind, sincere, compatible gentleman, 45-65 to share and enjoy life together, GSOH. DTE.

Reply Box 8711

travel Australia, fishing, sightseeing, exploring this wonderful country.

ÁLA.

I'm of solid build, 180cm tall. GSOH, NS, SD, caravan, 4x4 travel, do warm weather and cool, also term relationship.

> NOR, SOR. Reply Box 8712

GENT 75, 5'8", 70kgs, NS, SD, SOR, GSOH, 60s, music, house, car, swimming, play carpet bowls, walking. WLTM

LADY tall, 5'6", WLTM genuine 68-78 year old gent, happy natured. I enjoy usual social activities. reading, movies, wine/ dine in/out, gardening, walking, travel in/out Australia etc. mostly a special friend to take on this adventure with me. Possible relationship.

Reply Box 8720

lady similar interests, TLC

Reply Box 8725

WELL presented, attrac-English/Australian ladv 72, feminine, med build, postcode 6107, GSOH, ND, own home, WLTM genuine, caring gentleman, hills, country or city, 67-72 for permanent relationship (not separated). I enjoy music, reading, walking, countrydrives, gardens, markets. ALA and a happy New

Reply Box 8723

Wishing to Contact

SEEKING Deb. an Asian 45 year old lady, widowed three years, who replied to easygoing guy 'bub' with a sensational dreamy letter but no contact phone number included. Would love to hear from you again. Looking forward to making contact.

Reply Box 8721

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.

New outlet in Maddington

Have a Go News is now available at Pharmacy 777, located at Unit 4, 2 Sheoak Road, Maddington. Contact them on 9459 6179 or visit them online www.pharmacy777.com.au.

Pharmacy



SOLUTIONS MATCHMAKING "The safest way to meet a genuine and suitable companion"

9371 0380

MANDURAH LADY 69 slim, attr. youthful, modern, intell, d.t.earth, fit & active. Enj sailing, tennis, walks, travel, dining, sk gent 65-75.

BALCATTA LADY 72 gorgeous, slim, petite, brn eyed blonde, very well grmd, young at heart, sweet, kind, funloving, loves life, sk gent 67-76.

PEEL REGION LADY 71 slim, petite blonde, widow, young at heart & mind, reliable, well armd, adventurous, easy going, loves bowls, sk gent 68-78

ROCKINGHAM LADY 68 slim, active, positive, dependable, broad minded w/ GSOH, keeps fit, loves o/doors, Christian o/look. Sk gent 65-73.

WAROONA GENT 79 quiet, e/going, very happy w/ simple things in life, is generous, kind-hearted, eni travel, reading, tinkering, garden sk lady 75-82.

PALMYRA GENT 75 tall, trim fit, good looking, modern, well grmd, sincere, d.t.earth, family minded, handyman, loves life. Sk lady 68-76.

SOUTH WEST GENT 68 friendly, d.t.earth, good conversationalist, 183cm, active, country mindset, love o/doors, travel, footy, simple things. Sk lady 62-69.

DIANELLA GENT 82 retired professional, well-travelled, accomplished, physically active, healthy o/ look, loving, loyal, dependable, sk lady 70s/80s.



SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995

Seeking a Partner

ACTIVE lady 61, slim, 175cm, VGSOH, tertiary education, travelled, enjoys arts, exploring inddoors/outdoors, animals, WLTM positive, warm, reliable male to share the good things life has to of-

Reply Box 8715

When replying to an 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)

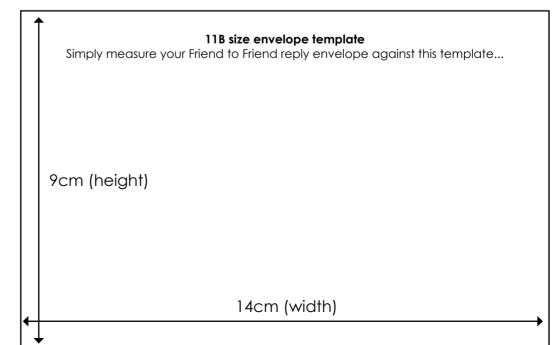
Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.

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.



Classes and Courses







Looking for something different to do? Then come along and ring those bells



Handbells in Peel Inc at Pinjarra Junction Shopping Centre

HANDBELLS in Peel Inc is a Mandurah based community not-for-profit group which meets weekly to ring handbells.

All of the ringers are aged over 60, with most in their 70s and 80s. The group has been ringing handbells for more than 10 years. Most of the original ringers are still ringing, having transitioned from being tower ringers/campanologists to become handbell ringers or tintinnabula-

The sound of handbells is traditionally English and unique. Originally tower ringers used handbells to practice

change ringing sequences in the local pub. This meant that locals' evenings were not disturbed by long and loud tower ringing sessions.

Also in colder weather, the interior of the pub would be much warmer than a draughty bell tower in the local cathedral or church. Handbells were traditionally made by the Whitechapel Bell Foundry in London, but are now also made by two foundries in America.

The handbell choir has participated in biennial conventions of the Handbell Society of Australasia in Adelaide, Port Macquarie

and Fremantle since inception. Some members also rang at the International Handbell Symposium in Cairns in 2018 where more than 450 handbell ringers from around the world gathered to share and develop their skills. The Symposium finale was a multicultural selection of music performed by the massed handbell choir with conductors from China, Hong Kong, Canada, UK, USA. New Zealand and Austra-

Handbells in Peel Inc has a set of three octaves of tuned handbells that are used to ring musical scores. Each ringer has two

bells, being different notes in a musical scale. Most of the musical compositions have been arranged by musical director, Di

In past years they have visited aged care and retirement villages in the Mandurah area to entertain residents with handbell music during the year, and especially at Christmas time. Last year they performed in Mandurah and at London Court.

Anyone who would like to find out more or join the club is welcome to contact Carol Davis on 0417 098 442 or email secretary. handbellsinpeel@gmail.com.

Enjoy the benefits of dancing

BALLROOM dancing is a great activity for any age whether it's about keeping fit, as a hobby, to socialise or just have fun. Moving with a partner to all types of music is a wonderful and very enjoyable pastime.

Daele Fraser OAM has had her studio in Morley for more than 30 years and along with her qualified and experienced staff has taught many people how to dance.

Dance for every occasion whether you just want to keep fit, take exams, participate in competitions or are getting married. Daele and her staff will make it happen. All styles are taught, ballroom, Latin, new vogue, salsa, mambo and of course the most popular social dances.

Daele Fraser Dance Studios (DFDS) offers a wide range of tuition at very reasonable rates. No contracts or

deposits, just pay as you go. From eight week courses for beginners to advanced, social classes, private lessons or form your own group there is a great choice of instructional classes. The studio offers classes for all ages.

Parents... involve your child in a hobby they can enjoy all their life.

Classes every Thursday 4pm commencing 4 February. Adults every Wednesday 7pm and 8pm commencing on 27 January. Seniors every Wednesday 10am to 12noon commencing 27 January.

If you want more information phone Daele 0412 954 659 and she will assist you with your dancing needs. Ask about the free trial lesson for new clients to DFDS.

Come and try and have a go. See ad on this page.

Circuits strengthen women inside and out



CURVES has been the leading women's gym for more than 25 years.

When people get stronger they increase flexibility to prevent injury, setting the stage for a healthy, more active fu-

Curves has helped women around the world

get healthier and stronger with their unique fitness solution. In just 30 minutes they can work every major muscle group through a proven gym program of strength training, cardio and stretch-

Members can take as many gym classes as they like. The classes range from low to high intensity, which means there is always a program which works for everyone.

My Curves On Demand brings their 30-minute total body workout online, so people can exercise when they want. It is their own workout program that can be done at

home, while traveling, or just whenever and wherever it suits.

For more information

son on 9305 9877 or email clarksoncurves@ gmail.com



Social Dancing

Come and dance the most popular social dances in a bright, positive atmosphere. Assistance for beginners if required. All seniors and adults welcome. Wednesdays 10am to 12noon Commencing from Wednesday 27 January

Daele Fraser Dance Studio 23 Rudloc Road, Morley

Air con; Sprung jarrah floor: Great music Qualified teachers; Lots of fun; Parking Tea/coffee included: \$10 each No contracts/Deposits: Pay as you go For more details newsletter/brochure Phone Daele: 0412 95 46 59

DANCE STUDIO AND FITNESS

New classes for 2021

Striped Valentine's Day Butter Iced Cake Class



13 February 12.30pm-3.30pm

Fault Line Cake Class



27 February

Basic Cake Decorating Class



15 February - 22 March 1 night per week 6-8pm

Purchase instore, online or phone 9418 5929 MY DELICIOUS CAKES & DECORATING

4/3 La Fayette Boulevard, Bibra Lake

www.mydeliciouscakes.com.au info@mydeliciouscakes.com.au

WA STAGE SCHOOL wastageschool.com.au **Specialised Casual Adult Classes BOORAGOON | MALAGA Boogie Beats** Low Impact | Age 50+ Tap Beats **Ballet Beats** For class information, visit:

www.wastageschool.com.au/beats-program or call us on 9249 8558



*New and returning female adult members who sign up to a 12-month Curves Fitness direct deb at participating clubs. Total min. cost \$1142.50 (12-month Fitness Membership and discounte Offier ends 31/01/2021. Standard membership and health conditions apply. Visit http://c terms-and-conditions-offers-trials-and-promotions for T&Cs. © 2020 Curves. All rights rese







'Join Prime Movers'

Our classes for 2021 recommence throughout the greater Perth area the week starting Monday 1 February. Start the year on the right foot and come along and give it a try and enjoy our friendship

and camaraderie for both men and women.

Over 5,000 members 80+ classes a week Classes include stretching, low impact exercise and muscle work Instructors are trained by health and fitness professionals

Annual membership \$20 with a class fee of \$3 Visitors are welcome to try a class for \$5 Phone 0444 560 037

between 9-5pm Monday to Friday www.primemovers-exercise.com.au COVID safe precautions will be in place at all our classes.

let's go travelling travelop







The last full moon for 2020 in Roebuck Bay, Broome

so much greener with a

stunning range of colours

across the land. It was so

different from when I made

mv inaugural visit a few

months ago. The frangipani



HAPPY New Year to all our readers

I spent the new year in Broome to experience the

wet season. As expected, trees were bursting with it was hot and humid and blooms and the boabs had disappointingly, we only lots more foliage with some had one storm over the of them in flower. It really is six days. Personally, I was a magical part of the world hoping for lots of thunder and lightning. I was surprised at the change in the landscape which was

and I have enjoyed exploring this part of the state. With borders opening and then closing it certainly makes planning any travel outside the state particu-

larly difficult. We continue

to focus on travels around

Western Australia and our

journalists have been out and about discovering further delights in our great state. This month Lee Tate revisits Rottnest Island, Frank Smith headed to Denmark and Tim Dawes explores Walpole.

There are plenty of events

and activities scheduled in the coming months with the very first Pinot Picnic taking place from 11 - 14 February in the Southern Forests. The area is an emerging wine region with its cool climate and rich soils along with a range of boutique and artisanal gourmet produce. Lovers of good food and wine will be able to enjoy an exquisite picnic event matched with local pinot varieties in the stunning surrounds of Manjimup and Pemberton. This is the heart of Karri country and just three and a half hours drive from Perth. The full program will include family picnics, live entertainment shows, sparkling soirées, tasting masterclasses, vineyard experiences and wine-match-

ing brunches, lunches and dinners. Find out more at www.pinotpicnic.com

The Porongurup Festival will be held on 28 February at Jingalla Wines. It will showcase local wines, spirits and beer, produce, arts and community projects. The festival brings together visitors, locals, community groups, artisan producers and chefs together for a day of indulgence and entertainment.

*** Taste Great Southern will be running this year from 18 – 28 March and features a range of events celebrating the best of the region. The Albany Food & Wine Festival presented by Mt Barker Chicken will be held on Saturday 27 March and will be a memorable day of award-winning wine, craft beer, local food, live music and talented chefs! Held at the new Agriculture Society Exhibition Pavilion in the heart of Albany, the festival will feature brands from across the Great

Southern. Discover cooking tips and inspiration from Paul West, Derek Lau and more at the Harvey Norman Cooking Stage or taste and learn at the Wine Sessions with Foni Pollitt, all while enjoying live local artists from the music stage. Tickets for these events are on sale now. Visit www.ta stegreatsouthern.com.au.

We have had lots of readers book to join the group to fly to Antarctica on the day trip of a lifetime. Business Class is almost full so if you are keen to join us, it's time to book. We have detailed information available for readers on this page. The trip will depart on 14 November 2021 onboard a Qantas Dreamliner aircraft which will offer better viewing with the larger windows.

Mask wearing is now mandatory in all domestic airports in Australia and people will be required to wear a mask on all flights. Even if you are visiting the

airport you will still be required to wear a mask. This has been put in place to try and reduce transmission due to the more virulent strains of Covid which have hit our shores.

*** Don't forget to support our advertisers, they provide us with the means to be able to publish this newspaper and most have supported us for many

If you have a travel issue or would like to share some information or a photograph of a recent trip, don't hesitate to contact me on email. Our website also has a selection of great travel information which is updated regularly, visit www.haveagonews. com.au.

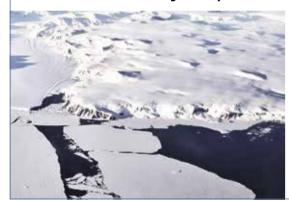
Happy trails

years.



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

Join the day trip of a liftime on this bucket list adventure flying to Antarctica



HAVE a Go News is excited to again be leading a group for this day trip of a lifetime flying to Antarctica in 2021.

We do not know when our international borders may open and this is a wonderful opportunity to safely tour the last great wilderness -

Bookings are strong so don't miss your opportunity to join our group for the departure from Perth in November 2021.

Since Qantas retired the Boeing 747, the 787 Dreamliner is now in service, with fewer seats but larger windows which will provide a better viewing experience for passengers.

All seating classes experience spectacular views and the trip provides the complete Antarctic experience - Antarctic experts on board. live crosses to the Australian station, videos and other informative activities.

Passengers will receive a comprehensive information kit, two full service Qantas meals plus in-flight snacks and full bar service - including champagne, wine, beer, spirits, soft drink and use of the state of the art entertainment system.

This flight departs Perth on Sunday 14 November 2021 at 8am and returns at 8.30pm. Seats are selling out guickly.

The following seating is available:

Economy Class Standard - \$2199 per person Superior Economy Class – \$3199 per person Premium Economy Class - \$3999 per person Business Class - \$6499 per person

Business Class Deluxe -\$7999 per person (last

A \$300 deposit is required with booking and full payment is required eight weeks before de-

Travel insurance is available for \$175 and must be paid with deposit.

For further information, brochures and booking forms please call the office on 9227 8283 or email info@haveagonews.com.au

Family Holiday Park only 1 hour from Perth



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

Enjoy a taste of the Great Southern with Kings Tours and Travels

FOOD and wine festival Taste Great Southern features events spread out over an area the size of Switzerland, so it makes sense to let somebody else do the driving.

For the first time, Australian tour company Kings Tours & Travel, is offering two itineraries that will take the driving out of visiting the festival in March.

The tours will encompass a selection of some of the 40 individual events held across the Southern region Great from 18 to 28 March.

Both packages include pick up from home, flights to and from Perth and Albany to enjoy some of the unique events celebrating the wine and food of the region without having to

worry about driving.
The Albany Dining The
Great Southern Region Tour is five days from 18 to 22 March and costs \$2650, the Albany Southern Edge Food & Wine Festival is six days from 25 to 30 March and costs \$2790.

Both tours will be at a relaxed pace and will take in the region's spectacular scenery and food and wine events. Each tour will take a maximum of 21 people.

Albany Southern Edge

includes a visit to Oyster Harbour for a forage and fish traps event; the threecourse, long table dinner, Beef it Up at Due South: Albany Farmers Markets: VIP seating at the Albany Food and Wine Festival; Views from The Gap; Lunch at The Lake House in Denmark; a visit to Elephant Rocks; an Albany Cocktail Walking Tour; and a day tour to Bremer Bay

including lunch. Both tours include home pick up and return by Hughes, return economy airfares and taxes, fully escorted by a Kings Tour Manager, accommodation at the Clarence on Melville

and luxury coach with a professional driver.

Albany Dining includes an Albany Highlights Tour; Women of the Region Dinner at the Princess Harbour Sailing Club; Tour of Two Peoples Bay Nature Reserve and Oyster Harbour Fish Traps; The Denmark Night Markets; the Albany Farmers Markets: Sandalwood Nut High Tea; scenic view from The Gap; Galafrey Long Table Lunch; and the Albany Cocktail Walking Tour.

For more information call 9380 6656 or visit www.kingstours.com.au/ tour/albany-southernedge-food-wine-festival/







Join our waitlist

Our tours include:

Transfers

Courtesy pre and post home/hotel transfers (Perth/Mandurah metropolitan areas)

Featuring Cape Le Grand National Park, the Recherche Archipelago & Bremer Bay Resort



Transport

Accommodation

7 DAYS

1 – 7 Feb



Attractions

\$2,370pptw



Tour Leaders



Local Guides

WA & Interstate Adventures

Western Australian Escapes

| Departing February |
|---------------------------|
| Esperance & Bremer Bay |

| Albany Great Southern Featuring the Torndirrup National Park, the National Anzac Centre & Kalga | 6 DAYS an River cruise | 3 – 8 Feb | \$1,770pptw |
|--|---------------------------|-------------|-------------|
| Jalbrook – Wine, Women & Song Featuring the South West Opera Ensemble's performance of Wine, Wome | 3 DAYS In & Song | 19 - 21 Feb | \$995pptw |
| Delightful Denmark Featuring William Bay National Park, regional gourmet delights & local art | 4 DAYS | 23 – 26 Feb | \$1,110pptw |

| Featuring William Bay National Park, regional gourmet delights & local art | 4 DAYS | 23 - 26 Feb | \$1,110pptw |
|--|---------------------------------|---------------------|---------------------|
| Departing March | | | |
| Bridgetown Rustic Charm Featuring Harvey Dickson's Country Music Centre & a murder mystery nig | 4 DAYS tht | 2 – 5 Mar | \$1,295pptw |
| Albany Great Southern Featuring Torndirrup National Park, the National Anzac Centre & a Kalgan | 6 DAYS River cruise | 3 - 8 Mar | \$1,770pptw |
| Esperance & Bremer Bay Featuring Cape Le Grand National Park, the Recherche Archipelago & Brei | 7 DAYS mer Bay Resort | 8 – 14 Mar | \$2,370pptw |
| Majestic Southern Forests Featuring Pemberton Tram Co ride, Beedelup Falls & the Bicentennial Tree | 4 DAYS e 4 DAYS | 9 – 12 Mar | \$1,255pptw |
| South West Op Shop Featuring Mandurah, Bunbury, Busselton, Dunsborough, Margaret River & A | 4 DAYS Augusta | 15 - 18 Mar | \$1,035pptw |
| Discovery - Bremer Canyon Orca Experience Featuring a Bremer Canyon Orca expedition & Bremer Bay Resort | 4 DAYS | 16 – 19 Mar | \$2,150pptw |
| Delightful Denmark & Picturesque Pemberton Featuring D'Entrecasteaux National Park, Donnelly River cruise & Valley of | 7 DAYS the Giants | 23 – 29 Mar | \$1,865pptw |
| Easter Tours in the Great Southern Contact us for prices and departure dates | Albany 6 DAYS | Esperance 6 DAYS | Pemberton 5 DAYS |

Interstate Autumn Adventures*

Departing April

| The Man from Snowy River Bush Festival | 7 DAYS | 5 – 11 Apr | \$3,340pptw |
|---|---------|-------------|-------------|
| Splendid Bright, Beechworth & Yackandandah | 9 DAYS | 19 – 27 Apr | \$3,895pptw |
| Anzac Day on the Murray Princess, SA | 5 DAYS | 22 – 26Apr | \$2,995pptw |
| Norfolk Island in Autumn | 9 DAYS | 22 – 30 Apr | \$4,120pptw |
| Departing May | | | |
| Discovery Outback South Australia & Red Centre | 14 DAYS | 5 – 18 May | \$6,710pptw |
| South Australian Splendour | 10 DAYS | 8 – 17 May | \$5,015pptw |
| Alice, Uluru & the Red Desert, Northern Territory | 7 DAYS | 14 – 20 May | \$4,210pptw |

*Subject to WA's controlled border arrangements

Ask us about our single options!

FreeCall 1800 066 272 or visit villa.com.au

to subscribe to our travel alerts

Conditions: Tour prices are per person twin share, ex Perth unless otherwise stated and include home collection (Perth and Mandurah metro only). Villa tours are escorted and include accommodation, most meals and attractions. Prices correct at time of printing. Tours are subject to change. Full terms and conditions can be found on villa.com.au or ask us for them when you call.



™ travel@villa.com.au



Find us on Facebook (c) @VillaCarlottaTravel











et's go travel options for the mature west australian



Rediscover the island playground of Rottnest and meet a quokka or two







Looking out to the breakers - The main drag of Rottnest - Beautiful beach bays

by Lee Tate

ROTTNEST Island's undisputed stars seem to have exploded. Of our many island visits over a generation, quokkas seem to be in their biggest numbers ever.

After dusk, along roads, tracks and trails there are hordes of nibbling quokkas including many young ones winning the hearts of tourists.

quokka selfies With dominating the island's human activities, could it be that quokkas are being

lured closer to settlements with nibbles?

Despite no-feeding, notouching quokkas signs, there is clear evidence of our furry friends being hand-fed to get them closer for happy snaps.

There are also new chapters in our beloved island's evolution: Road sealing, accommodation upgrades and greater choices of places to stay.

As well as the introduction of glamping, road-tested by Have a Go News, there are the basic Caroline

Thomson cabins, abutting the camping ground. That's where we stayed.

At the economy-scale end of accommodation, were well-serviced and adequate for the busy tourist who's out-andabout most of the time. The walk to other settlements, shops and beaches is not long, so carrying back supplies isn't a deterrent.

Hotel Rottnest is a credit to its proprietors, with comfortable, stylish outdoor eating areas including a big sandpit with snow-white

Also enquire

about our

Margaret River,

Wave Rock

& Pinnacle

Stargazing tours

sand underfoot and a few easy-chairs and tables un-

The Hotel Rottnest blurb says it is: "built around sustainable and locally sourced products, committed to supporting Western Australia farmers, sustainable fisheries and ethical farming practices.

We gave it 10/10.

The island also has a cottage in Governors Circle that facilitates access for people with mobility impairment.

A strength of the island is its natural appeal.

Beach beauty, scenic strolls, trail trekking - including the Wadjermup Bidi series of walk trails across spectacular headlands and past inland lakes - are high on the Rotto must-do list.

The bus tour is the best way to get a starter's feel for the island layout, before starting walks or bike tours.

We set out at different times of day and night to ural environment.

Early evening on the jetty outside the hotel, a massive stingray – resembling a mighty manta ray - cruised through the clear, shallow water. Then, much to the delight of whooping, torchbearing kids, comes a second gigantic stingray. Then a third! Brilliant.

During the day, black king skinks wander onto the warm bitumen - some quickly changing direction, fatally finding themselves under bus wheels. The island's biggest lizards with long black tails, they are sometimes confused with when ducking snakes through bush.

Around the reef-protected, blue-green waters of Salmon Bay and Porpoise Bay. New Zealand fur seals drifted lazily, clearly in sight from easily-accessible boardwalks.

Wedge-tailed shearwaters - mutton birds - are still a habitual breeder here and their nesting tunnels, up to 4m long, are easily sighted.

These birds spend most of their time out to sea in the Pacific and Indian Oceans and when diving for fish appear to be flying underwater. They come to Rottnest from halfway around the world to have their one chick a year.

Snakes are common with the Rottnest Island dugite smaller and genetically-distinct from its mainland relatives. All are venomous.

Unexpectantly, we come close-up to a pair of green rock parrots whose numbers are perilously-low. They are too quick for us to photograph.

Around the island are new bus shelters, more added toilets. showers and clear information signs. Protected bays, the Basin and Pinky Beach are favourites with families and camera-wielding groups.

Old-timers with memories of gearless, rusty old rental bikes will be taken aback by today's colourful, new cycles everywhere.

Thankfully, there is vast variety of eateries although they operate at varying times. Limited eateries remain open outside normal dining hours. Prices between venues doesn't alter much.

All eateries are much more comfortable, food and service standards are vastly-higher and so are prices. A careful plotting

of food choices is recommended to contain costs.

Choices at the quickeats, the bakery and the general store are greatly improved. More outdoor cover is also provided. Attacking crows and seagulls – plus quokkas underfoot – are a growing problem as a result of human-feeding.

Rottnest Island is easy to get to, retains a natural environment in parts, has history worth investigating (including its sad chapters of Aboriginal imprisonment and mistreatment, as well as the island's war-time role), has abundant volunteer support and wide accommodation choices.

Ferries are cheaper than ever due to the new Sea-Link ferries starting their service from Fremantle and Perth a few years ago. These modern catamarans are a far cry from the old ferries of yesteryear, quick and stable, the Sea-Link ferries are fully wheelchair and gopher accessible, have disabled toilets on the main deck and the big windows give it a light and relaxing feel. There is a real focus on service which makes the start and finish of the Rottnest adventure that much more enjoyable.

Prices have risen with standards and tourism is booming. For locals, offseason visits are highlyrecommended. Take kids and grandkids. They'll never stop thanking you.

Rotto beckons.



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Using a favourite lure has some great rewards



Having a Twisty rigged and ready can pay dividends

by Mike Roennfeldt

motoring were westwards from Thevenard Island, riding a stiff easterly on our way to a reef that promised an afternoon of great fishing at anchor. If this day's weather followed the pattern of the previous few, when the time came to head home, the easterly should have dropped out. It was just common sense, using the conditions to our advantage so

that we had comfortable travelling both ways.

We didn't have much bait on board because I'd stuck my neck out and suggested that getting more was as simple as picking up a small tuna on the way. The rest of the crew were a bit sceptical and I was starting to curse my overconfidence when we hadn't seen so much as a hint of a tuna school in 20 minutes of travelling. But luck was on our side and

a tight knot of screaming seabirds appeared off our port bow just one kilometre or so short of our destination.

A couple of splashes under the birds were just what we were hoping to see. The boat was throttled back into neutral as we drew within 30m of the commotion and as soon as I felt balanced enough to cast, I fired the 40g Twisty out past the fish and started a flat-out retrieve. Within seconds the mad winding came to an abrupt halt as the rod bowed into the weight of what felt like a solid fish.

Five minutes later, after a series of short, fast dashes, a nice little mackerel tuna around 4kg was gaffed aboard. Fresh bait and berley, as simple as that.

It turned out to be just the start of the lure casting action that afternoon. That same Twisty lure accounted for a small shark mackerel after it was cast at a flurry of surface activity while we were at anchor, followed by a much better sharkie as we tonked around the reef before heading home at the end of the day.

Lure casting is arguably one of the most satisfying and productive techniques available to the small boat fisher-

man. Not just for getting fresh bait or berley as described above, but for targeting a variety of species that includes most of the trevally, mackerel and tuna families, as well as queenfish, barracuda, tailor, Samsons, salmon, yellowtail kings, dolphinfish and more.

I like to use my faithful Twisty, but everyone has their own favourite lures for this sort of thing. As more people chase fewer fish along our coastline, it pays to be ready to make the most of any chances that come your way. I try whenever possible to have a Twisty-rigged casting rod within reach, regardless of the boat I'm

It's at its best up north but even down in Perth waters it's worth being prepared. Striped tuna, small southern blues and even occasional longtail tuna are always a possibility and the number of small yellowtail kings around Rottnest seems to grow each year. In salmon season you are likely to come across them in shallow reefy areas all along the metro

Be prepared because if you're not rigged and ready to go, you might just miss a crucial opportunity.

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als, couples and small groups. They pick up from various locations around Perth, including Belmont, Booragoon, Bassendean, Innaloo, Whitfords and Perth City. Membership to the Travel Club is free and people can register on the website or simply give them a call. They have a variety of great tours coming up.

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ing clubs and retirement villages groups are also very well looked after and can choose from more than 70 specialdesigned outings. All tours are done at an enjoyable leisurely pace.

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et's go travel ing travel options for the mature west australia













Left to right; Mary Helen at Wilson Inlet which meets the sea - Paraglider - Baudin's black cockatoos - Denmark River Inset; Mary Helen and Giovanni wine tasting at Castelli Estate, Denmark

by Frank Smith

DENMARK has long been our go-to-place for a short break. In fact we have holidayed in the town six times in 30 years. While some changes have taken place over the years, many businesses have just been rebadged and carry on as before.

Denmark is nothing to do with its Scandinavian namesake. The Denmark

River was named for Dr Alexander Denmark RN in 1829. The town was established as a timber town in 1895 and later took to fruit and vegetable farming with beef and

Now the town is noted for a laid back attitude. catering for wine and tourists with blue gum plantations and beef cattle grazing on the lush perennial pastures.

As a tourist town Denmark has much to offer, its cool climate makes for a refreshing change from Perth summers; it has all the advantages of Margaret River without the crowds and frenetic activity.

> There is one hotel and a motel but most visitors tend to stay in cottages or bed and breakfast establishments. The tavern and the hotel serve acceptable pub grub, there is an Indian restaurant and fish and chips, but the best plan may be to eat a main

meal in the middle of the day at one of the many wineries serving meals ranging from vineyard platters to fine dining. Most are only open for

For snacks the Denmark Bakery café claims to make WA's best pies and sausage rolls, including Vinda-roo pies. This claim is supported by an impressive series of gold medals from the Perth Royal Show. There is also Ducketts Mill where you can sample local cheese and local wine amongst

other delights

In this post-Covid world it is usually essential to book food and accommodation in advance as workers in hospitality are in short supply limiting the number of customers that can be served. Many tourist businesses are only open three or four days a week.

Denmark's cool climate is ideal for Riesling and Pinot Noir but most vinevards also grow familiar grape varieties, such as Chardonnay and Sauvignon Blanc. The former West Coast Howe winery has transmogrified into the Boston Brewing Company and Willoughby Park Wines serving food, mainly in the beer garden, but spoilt when we called by thousands of ill-mannered bush flies.

Swiss couple Claudia and Biorn Form have established the Bushfood Factory at Young's Siding a few kilometres east of Denmark. They offer café food made with indigenous ingredients, accommodation and a native plant nursery.

You are never far from nature in Denmark. Our B&B hosts claim to have spotted nearly 80 different bird species in their garden and the adjacent river

bank. Two Baudin's black cockatoos posed for us while attacking coastal Rhagodia berries and there are several walking trails through forest and wetland including the railway heritage trail, Mokare's trail along the river, walking paths around the Wilson Inlet, Mount Lindsay National Park and of course the Bibbulum track for the serious trek-

Visitors with small cars should be warned that the Mount Shadforth and Scotsdale tourist drives deteriorate to long gravel stretches a few kilometres out of town.

Other activities include boat trips to the Denmark river mouth, hand gliders at West Cape Howe, the most southerly point of WA and for the adventurous Denmark Thrills Hydro orbing. This is a get-wet experience. Participants enter a 3m diameter ball with 40 litres of water and roll down a 150m built track. Not for the faint hearted.







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Enjoy a quiet surprise between forest and sea along WA's Rainbow Coast













Clockwise from top left; Giants at the Tree Top Walk - farmland on the way to Conspicuous Cliff - trees at sunset at water's edge, Rest Point - the beach at Conspicuous Cliff, black stream slashes sand - Conspicuous Cliff - silvery late afternoon at Walpole Inlet © Tim Dawe

by Tim Dawe

I'VE never previously stayed at Walpole on WA's south coast. I have always driven through it to somewhere else.

A coastal settlement of 450, it lacks the broad open vista of an inlet lapping at its doorstep - like Denmark, the town next

Walpole is not named for the British prime minister but Captain William Walpole, a comrade of WA's Governor Stirling. It provides fuel for passing vehicles and, compared with other towns along the Rainbow Coast, provides modest food and accommodation. But in the hinterland of farm and forest is a range of cosy rural retreats, ideal places to unwind with a book and a bowl of soup before the fire, in autumn.

My mission on a threeday break was to walk along the world renown, almost 1000km Bibbulmun walking track that, unusually, goes right through town.

Walpole is First impressions are of a one-horse town strung along one side of the highway. Then I discover Coal Mine Beach and Rest Point... and I discover that the 100ha Nornalup Inlet is actually on the town's doorstep,

except it's completely hidden by high dense scrub.

Coal Mine Beach, a 20-minute walk from town, is a campsite cum holiday village shaded by peppermint trees; a safe haven for youngsters to wade, play and explore. It's extensively provided with every amenity for holidaying families. Rest Point, a 7km

drive, is bathed in a golden glow on my late arrival, seemingly an unfair advantage for an already beautiful spot. Perched between forest and inlet and facing the tall-timbered Walpole knoll, it is the place time forgot.

Holiday-makers from the 1940s or '50s would find it familiar; unsupervised kids, barefoot, grubby and wet, whooping in chase; dads in singlets preparing boats or lines and mums chatting on the landing or at a picnic table. In front of tree-hidden cabins and the old-fashioned, twostorey boarding house is a wide, grassy swathe extending to the beach bookended with 30m trees at the water's edge.

Walpole's inlet remains open to the sea yearround, providing fish with a constant passage and assuring fishers consistent catches. Just a glimpse, but it is at once serene and exuberant.

Next day at 8am I'm already on the Bibbulmun track at the end of my street. It takes me through salt plains of uniform scrub, past Coal Mine Beach and the hot and dusty tidal flats to the highway that edges the forest. This road is Narnia's wardrobe. On crossing, and entering, I'm suddenly alone on a forest track enveloped in a cool and shady world. Soon the track veers from the shared logging road and goes up... and

A much-needed rest stop is Hilltop Lookout where, away in the distance, the Franklin River feeds the inlet. There's an instinct to keep taking rhythmic steps one after the other; a feeling that moving is achieving. But to stop, to sit and listen and let the forest close in, is the prize. Birds are louder, more visible and the light more at play.

Beyond the Great Tingle Tree I pass through what my guidebook says is the finest stand of giants - karri and tingle - in the Southern Forest. I agree. Near the Franklin River Campsite, nominally the end of a day's hike, and armed with just a camera, water and mixed nuts, I realise it's time (3pm) to retrace

my steps.

Dav two's walk, after a short drive, starts mid-morning because of yesterday's exertion and also I keep stopping and looking around on my way to Conspicuous Cliff, aptly-named as the triangular-shaped attic atop its broad cliff face visible to sailors far out to sea.

Under the cliff a long crescent of sand, halved by a tumble of limestone rocks, stretches to a flattened headland, providing good surfing. High-placed platforms allow views of occa-

sional whales and the sweeping beach with its black stream slashing the sand. I meet bleachhaired teenagers, boards under arm, gaze fixed on the middle distance searching for the right break... or perhaps, courage.

I ask for directions. "I dunno. There's no track here." They haven't read my Bibbulmun guide. After nearly an hour of dogged determination back and forth I find 5cm of the top of the official marker post poking out of the sand drift. It points me over the dunes where mated. A recent bushfire "We've seen more of leaves white ash, black twigs and flies. The track is hot, dusty and smelly

the heathland is deci-

but several kangaroos

happily nibble at the

first green shoots. Life

abounds. I call it a day and console myself that, if not the track, the natu-

ral splendour of Con-

spicuous Cliff has been

Between my walks I

relax under peppermint

trees watching blue

wrens at play and chat

Australia than most Australians," says Birgit. I wander around water and forest: Nornalup, the

giants of Tree Top Walk, Circular Pool, Peaceful Bay and Knoll Drive near Walpole. Further afield lies Mt Franklin, Swarbrick and Fernhook Driving to Walpole

through the magnificent karri trees of the Southern Forests is inspiring. Staying at Walpole on WA's south coast is surprising. And enjoyable. Gold at the end of the



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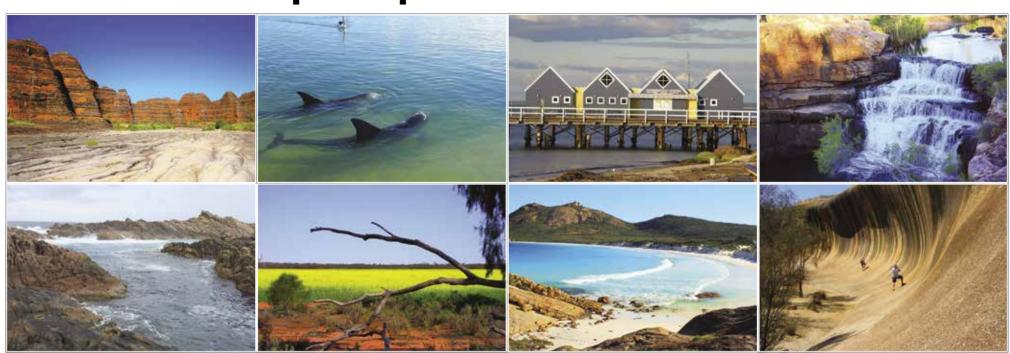






et's go travel options for the mature west australian

Steve Collin's top five places to visit in Western Australia



Clockwise from top left; Dry Creek Bungle Bungles - Pelican and dolphins Monkey Mia Shark Bay- Busselton Jetty - Bell George Falls - The wave at Wave Rock - Twilight Cove Cape Le Grand National Park Canola Field near Mukinbudin - Canal Rocks

by Steve Collins

LIKE many West Australians, I'm an import. I recently celebrated the 40th anniversary of my arrival in WA after being transferred here from Sydney by my employer.

As soon as my wife and I arrived here, we felt we were home. During those decades, we have become staunch Sandgropers. Perth is where we bought our first home and where we raised our family. We love Western Australia.

During the early years of living in WA I became a travel writer and broadcaster, and have had the great fortune to visit most of Western Australia. So, as a passionate West Australian I have formulated the five favourite places that I have visited here in WA

No. 5 - The Wheatbelt

The Wheatbelt spans across 154,862 km² in the south west of Western Australia and has five sub-regions: Avon, Central Coast, Central East, Central Midlands and Wheatbelt South.

My fascination is with the granite outcrops which dot the Wheatbelt. They are fascinating, unique and spectacular, particularly during wild-flower season when the land surrounding these magnificent outcrops bursts into colour.

Western Australia is renowned for its wonderful flora with more than 12,000 species which carpet many hundreds of hectares with everlastings during the season.

There are two main types of granite outcrops, being either inselbergs (isolated rock hills or knobs) or monoliths, (a single massive stone or rock). Erosion usually exposes these geological formations, which are often made of very hard and solid metamorphic or igneous rock such as granite.

The most famous is Wave Rock, near Hyden. A granite cliff, it is 15 metres high and 110 metres long. It's rounded shape has been caused by weathering and water erosion which undercut the base and left an overhang. Water from the springs running down the rock during wetter months dissolve minerals adding to the colouring of the wave. In 1960, crystals from the rock were dated as being 2700 million years old, amongst the oldest in Australia.

This is a monolith, and when you climb the rock you discover that it is much bigger than its face would suggest. Nearby is the equally fascinating Hippo's Yawn.

Northeast of Mukinbudin is another fabulous rock, Beringbooding, from which you get fabulous views of the surrounding countryside. The rock features the largest rock water catchment tank in Australia.

Just over 17 kms away is Elachbutting Rock

which has a reputation for being bigger, better and more pristine than any Wheatbelt granite rock formation that you may have seen before. It has a spectacular colourful wave similar to Hyden's Wave Rock with the added beauty of 'Monty's Pass', a 30m tunnel caused by a rock slide. An echoing cave similar to an amphitheatre is close by. Elachbutting Rock is massive, as the 6km track around the rock will prove

Why is the Wheatbelt number five on my list? Wildflowers, stunning farmland, intense colours and those wonderous rocky outcrops that are well worth exploring.

No. 4 - The Coral Coast

How lucky are West Australians? The Coral Coast begins just over two hours north of Perth at Cervantes then stretches along 1,100km of breathtaking coastline to the World Heritage-listed Ninggloo Peof

Along this remarkable coastline you can discover the spire-like Pinnacles in Nambung National Park; fabulous Jurien Bay; the windswept, horizontal trees of Greenough; cruise to the Abrolhos Islands off Geraldton; admire the pink waters of the Hutt Lagoon; enjoy the cliffs, gorges, inlet and beaches of Kalbarri; discover Shark Bay World Heritage Area with its outstanding scenery, see the world's oldest living organisms – stromatolites, mingle with dolphins at Monkey Mia and walk

along the world's longest shell beach.

I took a scenic flight and was astounded by the grandeur of the bay from the air, amazed by the size of the salt pool at Useless Loop, fascinated by the Zuytdorp Cliffs and Steep Point, the western-

most point on the Australian mainland.

Then there's extraordinary Ningaloo Reef, the world's longest fringing reef. Take just one step into the water at Coral Bay and you are snorkeling over the reef. From Exmouth visit the gorges and fabulous coastline, drift along Turquoise Bay, swim with whale sharks – our Coral Coast has it all and it is relatively undiscovered by international and overseas visitors.

Why is the Coral Coast number four on my list? It is a magnificent and very special part of the world that is filled with natural wonders.

No. 3 - The South West

This is accessible from Perth and is ideal for a weekend getaway.

Down south you can easily enjoy WA's natural beaches, beautiful vineyards, forests, caves and much more in just a single day.

It is much bigger than you realise, with an area of 23,000km² covering the south west corner of Western Australia. It's hard to believe but the South West has 1,000km of awe-inspiring coast-line and surf breaks that are renowned throughout

the world

Rich soils and fertile land allows this region to provide us with the best in fresh produce and gourmet experiences. The Margaret River region's more than 200 wineries produce more than 25 per cent of Australia's premium wine. Marry that with wonderful produce and fabulous accommodation, we have the best the world can offer.

Now that we are getting direct flights to Busselton from Melbourne, the South West is no longer a state secret, but one we can share.

Why is the South West number three on my list? We are so fortunate to have this treasure of a place virtually on Perth's doorstep. Humans have had an impact here, but they have enhanced rather than ruined such a perfect place.

No. 2 - Esperance coastline

I have travelled to much of Australia and in my opinion the coastline around Esperance including the Fitzgerald Coast and the coastline east to Eucla is the most beautiful and engrossing in Australia.

This region boasts some of the State's most pristine coastal scenery. It is adorned with national parks and marine playgrounds.

The brilliant blue waters, snow-white beaches and more than 100 islands of the Recherche Archipelago are accompanied by rich farmland and some of Australia's biggest farms on the mainland. It's the perfect place to indulge your love of nature and energise the soul with fresh clean air swept from the southern oceans.

The township of Esperance is an ideal base from which to explore a string of stunning beaches. Nearby are some amazing national parks, including Cape Arid National Park and my favourite, the majestic Cape Le Grand National Park.

Breathtaking almost describes the overwhelming beauty of this extraordinary piece of coastline. Lucky Bay, which curves between two large headlands in a long arc, has been scientifically proven to be Australia's whitest beach. Twilight Cove next door is just as gorgeous, and not as well visited.

West of Esperance, Hopetoun and Ravensthorpe are the gateways to the impressive Fitzgerald River National Park, home to an incredible array of animal life and 1,900 species of beautiful and bizarre flowering plants.

Why is Esperance number two on my list? It's not replicated anywhere else in Australia and those cold, Southern Ocean waters which lap magnificent beaches just look so inviting.

No. 1 – The Kimberley

A Kimberley holiday offers some of Western Australia's unique wilderness experiences. As you travel through the Kimberley you will visit some of the oldest places on Earth.

Covering nearly 423,000 km² this ancient region has fewer people per km² than almost anywhere

Be prepared to be amazed, and to see places that are totally untouched or changed by human-kind.

Hidden in the region's heart are remarkable landscapes, spectacular gorges, impressive waterfalls and wonderful landscapes.

Iconic Broome is a town like no other, especially the wide-verandered shops which overlook Roebuck Bay

Some of the fabulous adventures you have is to walk through the spectacular Windjana Gorge with its soaring walls that are embedded with thousands of fossils, while freshwater crocodiles idly sun themselves on the sand. Nearby, enjoy the surreal experience of walking along an underground creek as you explore the ancient cave systems at Tunnel Creek National Park.

During the dry season drive along the Gibb River Road and divert to visit the many gorges that will keep you incredulous.

Some of these gorges require long, arduous walks in order to reach them. The reward is always a soothing swim in cool pools that are fed by waterfalls. Some, such as Galvan's Gorge are just off the road and are easy to reach. Each is stunning in its own distinctive way.

Visit vast outback stations such as Mt Bennett, Home Station and the famous El Questro, each one of which will surprise with its geological diversity.

Kununurra is a fabulous outback town and a great base for cruising the immense man-made inland sea that is Lake Argyle, or for visiting the lush farms of the Ord Irrigation Area.

Close to Halls Creek, but down a long, winding dirt road is one of the most incredible places I have had the good fortune to visit, the World Heritage listed Purnululu National Park, featuring the famous beehive-shaped Bungle Bungles.

I've both flown over and walked through the Bungle Bungles and both experiences induce a sense of wonderment about how special these ancient, striated rock formations truly are.

The real treat when camping out in the Kimberley is the night sky. With no ambient light, hundreds of kilometres away from small towns, the night sky lights up and comes alive. It is vast. Encompassing. Overwhelming.

Why is the Kimberley number one on my list? Because it is so ancient, vast and pristine that I feel emotional each time I visit. In the Kimberley I realise that humans may have had a devastating impact on the world, but in the Kimberley nature fights back and keeps the best to itself.

Aussie Red Back Tours excited about the new year of touring

AUSSIE Redback Tours would like to thank all passengers, new and old, for their amazing support throughout 2020.

It has been a very trying year for them but they are still here, thanks to their supportive passengers.

The new year 2021 is shaping up to be a busy one, with many bookings already flooding in for tours, like our Nullarbor-Port Lincoln-Flinders Rangers, Adelaide

to the Red Centre, Darwin to Broome and the extremely popular Kimberley Dreaming, Savannah Way and Cape York as well as WA Coral Coast, to mention a few.

They also conduct day tours from Perth to the country areas of WA and these tours are very popular. Their next day tour is on Australia Day, so why not join them?

Aussie Red Back is particularly excited about going to Cape York

this year; only a few seats remain, for this once in a lifetime adventure.

They also specialise in art tours around Australia with world renowned tutors. Next year's tours are already filling. Artists Greg Allen, Ross Paterson and Leonie Norton will be conducting them around Australia.

Many fares, such as flights, boat cruises, helicopter rides, museums and entries to national parks and most attractions are included in the tour fee.

For anyone who would like to see our beautiful country, Aussie Red Back are the people to call. They pride themselves on giving passengers more time in locations and true value-for-money experiences.

As one of their passenger's recently commented: "Aussie Redback Tours are fantastic people and fantastic value for money." So, why not give them a try? Call them for their new 2021 brochure which is now available. They know there will be something for everyone.

By the way, it's not too late to book on their New Year specials - the three-day WA Southern Getaway - \$740 pp senior and the seven-day Kalbarri-Monkey Mia, only \$1990 pp for seniors.

Their number is 1300 662 026 so give them a call today.



Look at the fundamentals for a quality lifestyle in retirement



Venturing into a new interest and or activity in retirement may work towards healthy longevity

by Lee Tate

WITH Western Australia's limitless opportunities and abundant lifestyle choices, the sun is shining on retirees.

Few places in the world can compete with the high standards, social support and glorious environment of the Sandgroper State.

The weather itself is a boon to retirees, even those with limited resources or without fat bank accounts, who want to relish their golden years.

The latest research, around the world and supported by computer-driven scientific breakthroughs, underscores the importance of the fundamentals for a good life: nutrition, sleep and mental and physical activity.

erest and or activity in vards healthy longevity

To be healthy in the modern world is to enjoy natural foods, to turn our backs on the copious temptations that have

created widespread obe-

sity and, importantly, to

challenge our minds.
For those coming-up for retirement, there are naturally decisions to be made. The bottom line is often the bottom line. How much money have we got? How much do we need? How will we cope? Where will we invest? What's left for our heirs?

We dwell on it as a priority and we worry what steps to take. Is this stress what we want in the socalled golden years?

Few of us are experts in finances, so we need to bring-in a money-manager. The challenge with enrolling outsiders is to get the right ones. Retirees need to focus not on maximising their profits with risks but protecting what they have. Keyword: conservative.

conservative.

Evidence shows us that engaging a reputable finance specialist will relieve worry and maximise benefits – notwithstanding there are sharks everywhere out there.

In the year approaching retirement, it is advisable to make appointments with Centrelink and all bodies connected with your investments to lay it on the line. Where do we go from here? What are our entitlements? What are our options?

Entitlements and benefits apply from statutory retirement ages but don't wait till you reach them. Centrelink doesn't backdate benefits.

Retirees have lifestyle benefits like never before: State Governments and councils cater for seniors with social activities, events and offers. Track them down.

History tells us retirement once involved drifting from work into golf, painting pictures or houses and taking a one-in-alifetime voyage. Taking it as it comes.

Happiest retirees today join organisations, socialise, widen their circles, follow current affairs, get on committees, take a genuine community interest and have a life outside their past activities.

Children and grandchildren play a major role with retirees, many finding they can't spend enough time with the kids. Others opt for a balance with retirement life's other offers.

Making use of seniors' free and discounted services is a well-deserved entitlement: Suburban bus and train trips as well as a yearly gratis trip across the State that many don't take up.

many don't take up.
Exercising the grey
matter is crucial. Recent
science demonstrates
that, contrary to past theories, the aged brain can
find new life with stimulation and activity.

Neurons in the brain are best challenged. If you are a crossword enthusiast, it's not enough. To challenge the brain, you need to crank-up a higher level.

New interests, inspiration and variety all work towards a healthier and longer life.

Getting out of bed with a purpose may be something new for someone whose life has been work-regimented.

Planning is part of successful retirement and this requires taking into account your partner, family and those close to you. Do you intend doing solo activities, joint activities, wanting time to yourself, plan regular library visits, joining a club or social group?

Which activities can you do with your partner? What treat are you going to give yourselves: Trip of a lifetime? New tools? Cycles? Personal makeover? A new sport or hobby?

Some people overplan, some under-plan retirements. Discussing it and getting started is more likely to get required outcomes: Americans call it 'shooting for goals'. If you don't aim for a target, you are unlikely to hit it.

Volunteering is growing as an important ingredient in a retirement mix. A small number of retirees return to the workplace to assist or instruct. Women often play a big part in school activities, hospitals and nursing centres. Men and women drive disabled people to events in community buses or along hospital corridors in golf carts.

Most communities have seniors' centres or dedicated events and there are arts outlets everywhere.

The challenge for everyone retiring in style comes down to choices. Happiest are those who find the right activity

where there is a happy mix of people.

One grandfather tells me he has great fun getting up at 5am to pickup a granddaughter and take her to her school's twice-weekly river rowing training.

training.

The blokes were all strangers to each other but clicked during the pre-dawn hours unloading and then reloading rowing boats, safety equipment and gear.

A couple of dads sponsored a team with a new boat and ceremoniously christened it with the girls and teachers.

A 71-year-old granny

volunteered at three op shops over a year until she clicked with one. The group of ladies laugh along and compete with their morning teas.

Happiest retirees, say the experts, are flexible retirees. The world trip, the holiday house, the new car, the big boat, the expensive family gifts aren't mentioned when most people take a retrospective of their lives.

The people, stories, laughs, activities, challenges, successes, failures and families count most. Enjoying them in our golden years is retiring

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With loneliness and feeling unsafe becoming so common for over 50s, and limited options available to afford a great lifestyle, Helena Valley Lifestyle Village provides an affordable, gated community with fabulous resort facilities where people feel safe and enjoy wonderful activities, bringing a sense of joy and purpose to life again.



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Let's start the new year with plans to beautify your home and garden



Zofia's favourite room makeovers from 2020



by Zofia St James

HAPPY New Year to you all. I hope you all had a wonderful Christmas with your families and like me took such delight in seeing the joy and wonder of Christmas in the eyes and squeals of

grandchildren, family and friends.

I had made a particular effort to relish each day leading up to and over the festive season, as it engendered a sense of relief from all the challenges that came in 2020.

I have learnt a lot last year about life and myself. Like a lot of others, there were a few mountains to climb however once you have done that, there is the precipice of resolve and a magnificent view to enjoy. I am filled with gratitude and the wonder of trusting to really believe that all really

will be well.

This time last year I remember writing about having a plan and giving some thought to what it is you would like to accomplish for yourself, your home or garden. We were somewhat distracted last year and some plans went by the wayside. However, I'm sure you would agree that given the year seemed to vanish into thin air it would be great to get back on track and start ticking things off your wish list.

Late last year the lovely Anne phoned me. After what could have been

years she finally reached out for me to come out and help her declutter and assist her to let go of junk. I was very proud of what we accomplished going through three bedrooms. It was the motivation she needed to keep going and the decision for myself and the Sherlock Homes Group to do a bathroom and kitchen renovation. Those results I look forward to bringing vou in the near future.

If I can just say that daily living and looking at rooms that grieve you is sheer torture, which is something that Anne and I had discussed.

I really do know the amount of mental and physical effort that is required to set a change in motion is intense, but the results will thrill you and then like any good thing you crave more.

It's really a lovely role I have to assist in facilitating and holding the hand of someone fearful but wanting to make changes.

I hope this year we are all able to check off items on our list that we have either in our mind or written down. Writing it down is actually a powerful first step toward bringing to life what you want to achieve.

This year let us firstly aim to simplify and you'll know what that can mean for your situation. Once this has been achieved you have not only created more space in your home but more importantly in your head.

I have included a few photos of my favourite looks from 2020 to inspire you to help you plan and decide on how you can beautify your home and garden. Let it begin. We are already into January... let's make

a plan to achieve goals and anticipate the smile that accompanies this adventure. Have a truly wonderful month and a happy, healthy and safe year ahead.

Zofia offers an interior style consultation for readers and she offer reader's 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 intshg@gmail.com



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Lifestyle villages are a great choice for over 50s to downsize but not everyone wants to, or can afford to tie up the capital to buy into one. Apartment blocks only offer short term leases and retirement villages are known for high entry and exit fees. Providence Lifestyle offers boutique living where you can rent rather than buy and live in a friendly safe gated community with great facilities to enjoy life.



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Reform stamp duty to help with downsizing - New South Wales shows the way



Maintenance and mobility are key issues when downsizing to a smaller residence

by Frank Smith

A SURVEY conducted by National Seniors in 2017 found that many seniors want to downsize as they age and their

children move out of the family home.

Downsizing has considerable social benefits for the community as well as for the individual. It frees up underused

housing for families and enables seniors to live in purpose built housing with universal access, appropriately sized yards and easy-care gardens.

The main reason older people decide to downsize is because a smaller residence is more suitable for them. Other major reasons include the cost and physical effort necessary to maintain a large home and yard, lifestyle reasons and the need for a single-level home as their mobility becomes limiting.

One-third of ple surveyed said they would be encouraged to downsize if the extra money from sale of the family home did not affect their pensions.

In a world first, the

smartphone-watch in-

corporates two inno-

vations which work in

Following the 2017 Federal Budget downsizers were allowed to make a super contribution of \$300,000 (\$600,000 per couple) from the proceeds of selling the family home. National Seniors say that as a result about 38 per cent more people were prepared to consider downsizing.

The other major stumbling block to downsizing is the cost of stamp duty. Only limited stamp duty concessions are available to pensioners. This varies from state to

Stamp duty has been around in Australia for 170 years. But in the 2020 state budget the NSW government gave property owners

option of paying stamp duty when they moved or a much smaller annual land tax.

Writing in The Conversation Professor John Freebairn of the University of Melbourne welcomed the move with reservations.

He said the federal treasury's 2015 tax discussion paper showed that the 'marginal excess burden' (collateral damage) done by stamp duty amounts to 70 cents for each dollar raised.

"It means people and businesses change addresses less often than they should. Households live further away from their work than they would like to, are reluctant to move to where

there is better work, and spend money extending houses instead of moving to better ones," he

A review commissioned by NSW Treasurer Dominic Perrottet found that 26 per cent owner-occupiers remained in the same property for at least 20 years.

These long-term owners benefit from the services provided by the state over that time, but they contribute very little to the cost of these essential services and critical infrastructure. Those who move frequently, for whatever reason, contribute most.

In contrast, the treasury found every dollar raised by land tax actual-

ly also benefits the community by making land more likely to be used for its best purpose and less likely to be not used at all.

Swapping the Stamp Duty for Land Tax should provide a huge economic payoff for use of property, for productivity and for living standards. It would also be fairer, said Professor Freebairn.

From the point of view of the state, a change from stamp duty to land tax ensures a regular tax take, unaffected by fluctuations in the real estate market. It also causes few if any distortions in that market.

Not to mention the obvious advantages to downsizers.

Wearable technology keeps seniors safe and connected in style



traditional display.

"Spacetalk Lifé is also

a security device and a

more fashionable solu-

tion than an SOS neck

pendant that some se-

niors find embarrassing

to wear. We invested

heavily in style because,

along with useful fea-

tures and functions, it

THE rapidly ageing global population of 60 years and older is forecast to increase from 900 million in 2015 to 1.14 billion people in 2030.

The Australian Government spent \$19.9 billion in 2018/19 providing aged care to more than 1.3 million people. Most received home based care and support.

Keeping senior Australians safe and connected to their loved ones at the push of a button is now a reality with the launch of Spacetalk Life - an all-in-one wearable 4G smartphone, watch and GPS device created by listed technology company Spacetalk Ltd (SPA).

Mark Fortunatow, founder and chief executive of Spacetalk Ltd, says: "Our objective was to create a practical, useful, reliable and secure smartphone-watch for our senior citizens. But we were also committed to building a beautiful looking timepiece that seniors would be proud to wear. A strong, scratch-resistant gorilla glass face forms part of a smart

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tandem. The first is 'safety call

back', which initiates a return call when a person is unable to answer due to a fall, or other mishap. Safety call back enables an approved contact to use an app to initiate a voice call from the device to check on their well-being. The device alerts the wearer that a call is about to be made with the option to cancel the call. Otherwise, a connection is made and the safety of the wearer can be established.

The second innovation is 'location by request' to deal with emergencies. This feature enables approved track and pinpoint the wearer. If they wish to retain privacy, a request can be rejected from the device. Wearers have ultimate control over who can see their loca-

The smartphone-watch incorporates other useful features, such as SMS, step counter, weather reports and advanced battery performance. It's also water and dust resistant.

The device is simpler and easier to use than a traditional mobile smartphone. It meets the needs of healthy people enjoying life, participating in activities, such as a daily walk or a game of golf. Importantly, the device also provides a person with a disability - whether living at home

dential facility - an easy way to stay in touch with family and friends.

"We believed wearing smartphone-watch was far more convenient and prevents the frustration most of us experience in trying to find our mobile phones," said Mark.

"We also wanted our device to address the needs of a broad audience given the health and lifestyles of senior Australians varies great-

"Spacetalk Life caters for those with significant health issues, to others playing golf in their 60s and beyond. We designed it to change the lives of seniors for the better.

"And, we ensured our device meets the highest legal standards of safety, cyber security,

reliability and privacy. No expense was spared."
WIN WIN WIN

We have a Spacetalk watch to giveaway to one lucky reader. To be in the draw simply email win@haveagone ws.com.au with Spacetalk in the subject line or write to Spacetalk Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/2/21.







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Keeping fit in retirement - strength training benefits both men and women...



MEN and women aged over 50 can reap similar relative benefits from resistance training, a new study led by UNSW Sydney shows.

While men are likely to gain more absolute muscle size, the gains relative to body size are on par to women's.

The findings, recently published in *Sports Medicine*, consolidated

the results of 30 different resistance training studies involving more than 1400 participants. This paper specifically compared the results of men and women aged 50 and

"Historically, people tended to believe that men adapted to a greater degree from resistance training compared to women," says Dr Amanda (Mandy) Hagstrom, exercise science lecturer at UNSW Medicine & Health and senior author of the study.

"The differences we found primarily relate to how we look at the data – that is, absolutely or relatively. 'Absolute' looks at the overall gains, while 'relative' is a percentage based on their body size."

The paper is the first systematic review and meta-analysis to examine whether older men and women reap different resistance training results. The findings add to past research on differences in younger adults (18-50), which suggested that men and women can achieve similar relative muscle size

The researchers compared muscle mass and

strength gains in 651 older men and 759 older women across the 30 studies. The participants were aged between 50 and 90, with most having no prior resistance training experience.

While 50 is not typically considered an 'older adult', it was selected as the threshold for this study given the potential for menopausal hormone changes to influence resistance training outcomes.

"We found no sex differences in changes in relative muscle size or upper body strength in older adults," says Dr Hagstrom.

"It's important for trainers to understand that women benefit just as much as men in terms of relative improvement compared to their baseline."

Gender-specific workout tips

Older men tended to build bigger muscles when looking at absolute gains, the researchers found. They were also more likely to see greater absolute improvements to upper and lower body strength.

But when it came to relative lower body strength, older women saw the biggest increases.

"Our study sheds light on the possibility that we should be programming differently for older men and women to maximise their training benefits," says Dr Hagstrom.

The team conducted a sub-analysis of the literature to see what resistance training techniques gave the best results for each sex.

"Older men might benefit from higher intensity programs to improve their absolute upper and lower body strength," says Dr Hagstrom.

Hagstrom.

"But older women might benefit from higher overall exercise volumes – that is, more weekly repetitions – to increase their relative and absolute lower body strength."

Longer training durations could also help increase relative and absolute muscle size (for older men) or absolute upper body strength (for older women).

"Changes to exercise regimes should be made safely and with professional consultation," says Dr Hagstrom.

Strengthening future health

Feeling stronger and having bigger muscles aren't the only benefits to resistance training.

Resistance training can

offer other health benefits, like increasing a person's stamina, balance, flexibility and bone density. It has also been shown to help improve sleep, sense of wellbeing, and decrease the risk of injury.

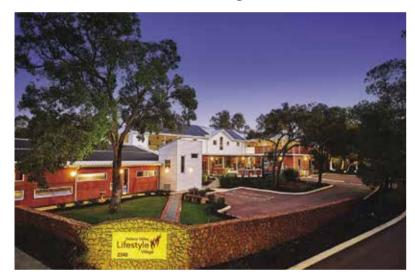
"Strength training is very important and beneficial to our health – especially for older people," says Dr Hagstrom.

"It can help prevent and treat many age-related chronic diseases, like diabetes, heart disease and arthritis."

Dr Hagstrom hopes her future research can identify more best-practice prescriptions for resistance training exercises.

"Learning more about resistance training and its benefits could help improve overall health outcomes for Australia's ageing population," she

Helena Valley clubhouse now open and looking fantastic



IN CASE you haven't heard, Helena Valley Lifestyle Village's \$6m two storey clubhouse is now complete and looking brilliant.

The rammed earth walls complement the scenic ambience of the location and provide an immediate sense of quality from the moment you walk in. Once inside, you can't help but be impressed by the beautiful combination of elegance, warmth, and joy.

The picturesque entry leads to the popular café area, which boasts a commercial kitchen and servery on one side and a gas fire (which also serves the library) on the other.

The large main hall features an elevated stage complete with lighting, screen projector, dance floor

and a sound system that pipes music to eight separate clubhouse zones. While the hall can easily cater for 200 plus people, it doesn't feel overwhelming for daily use, due to its scattering of lounges and seating areas.

The list of facilities is seemingly never-ending and includes the downstairs games room and bar, which also serves the lavish outside alfresco area. The aquatic area features an indoor heated swimming pool, spa and sauna with a large, modern and fully equipped gym located, just opposite the change rooms.

Take the lift or stairs to the second storey to find the relaxing sunset lounge and the spectacular tree top terrace – a fabulous outside covered terrace with views to the valley. For more intimate and low-key evenings, pay a visit to the sunset bar or champion den, a second games room which features pool, darts and sporting memorabilia. This room opens onto the large sunset terrace, which is a magic location to enjoy a sundowner and soak up the scenery.

Surrounding the clubhouse is the barbecue alfresco area, arts and craft building, bowling green and newly installed village green grassed area.

For more info on Helena Valley Lifestyle Village contact Richard 0400 219 691 or Mark 0404 852

Retirement is the perfect opportunity to share your life story with the world

NO-ONE will know your life story unless you tell it. With the Galley Press team by your side, creating a memoir or legacy publication is both easier and more affordable than ever.

Galley Press writer Mia Lacy says her first advice to prospective clients is to ask themselves why they want a memoir.

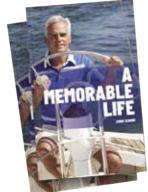
"Ask yourself some simple questions: is it a legacy for your relatives, or do you want to share insights with others about something that you've gone through? As long as you have a clear idea why, the rest will work itself

A memoir – as opposed to an autobiography or biography – is a narrative about your personal experience.

"The main difference between a memoir and an autobiography is that a memoir focuses on reflection and establishing an emotional connection, rather than simply presenting the facts around your life," says Mia.

There are different approaches you might like to take as you approach putting together your memoir.

"The Snapshot Memoir is where you take a single period of time out of your life and pick the very best pieces out of an experience – like when you were an aid worker in Fiji, or lived in London during the 60s. Then there's the Slide Show, where you select a theme and write only the particular months, or years that belong to the theme of your story.







Then there's the Big Picture, where you imagine your life as a continuous line from birth to the present. This is the commonly perceived 'life' memoir."

Galley Press has become well-known for creating legacy publications, as well as other bespoke books and magazines. Working together with managing editor and writer Gabi Mills, art director Cally Browning, and local printers and photographers, the team collaborates closely with their clients over several weeks - and sometimes months - creating an end result which is a truly beautiful, lasting testament to a person's life story.

Gabi says everybody's life story deserves to be told and recorded.

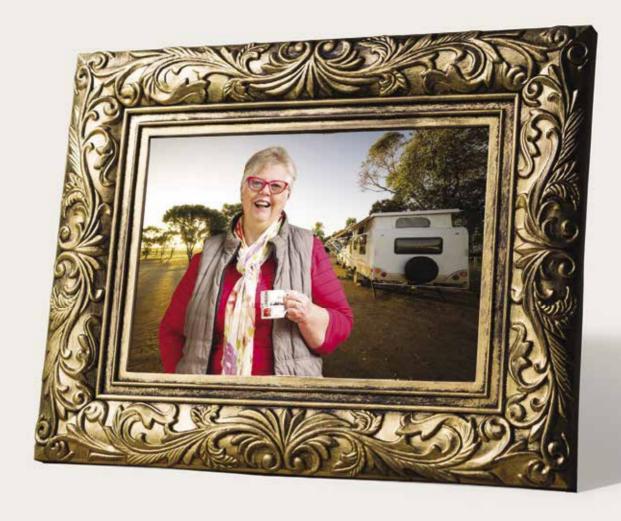
"We tell the stories of ordinary people's lives,' she says. "Often, we are commissioned by a client's family who simply want to preserve the stories they've grown up with about their parents and grandparents. We help the client recount their memories and we work with them to capture things which are important to illustrate those memories, whether it be a newspaper clipping or a treasured possession which is significant to their timeDepending on the client, a memoir usually takes between three to six months to create, from first conversations to finished book.

"Presenting a completed memoir to a client is a great thrill," says Gabi. "It is such a privilege when someone gives you their life story to tell."

To find out more, email galleypresscopy@gmail.com or call Gabi on 0414 336 470.







Retirement looks different with a Reverse Mortgage

An avid traveller and adventurer. Cheryl Collins (72) is not one to sit back in retirement. Working as a nurse for 47 years, Cheryl had built significant equity in her home. Wanting to make the most of her well-deserved retirement and do what she loves most – travel. Cheryl looked at options to access these funds. Realising that a P&N Bank Reverse Mortgage was a way to unlock the equity in her home, Cheryl's retirement took her on a string of new adventures. "Since I have taken out my P&N Bank Reverse Mortgage,

I have travelled overseas three times, bought myself a new car, and now I'm travelling around Western Australia in my own camper van. It's also helped me pay a couple of significant medical bills over the past 12 years. I wouldn't have done half of the things I've done if I hadn't learned about P&N Bank's Reverse Mortgage." said Cheryl. Reverse mortgages allow retirees to convert the equity in their home into accessible cash for a more comfortable retirement.

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Now is the time to spread your wings and take to the skies



One of the pilots at Bunbury Aero Club

by Allen Newton

IF you are healthy enough to drive a car, you are healthy enough to fly a plane. Catherine Forknall, Club Manager at the Bunbury Aero Club (BAC), says that seems to be reflected in an increased number of older people taking to the skies. Established in 1963, BAC is one of the oldest aero clubs in Western Australia, so it seems appropriate that its members are not all young top guns looking to get into the air.

Among the significant numbers of older people who want to learn to fly is retired Process Engineer-

The 66-year-old from Australind has been interested in flying since child-hood and Graham says he is not alone.

ing Technician with Worsley

Alumina, Graham Evans.

"I know people who are approaching 80 years of age who are active pilots," he says. These are often people who flew in their younger days but are now getting back into it.

Club members come from a wide range of backgrounds and include medical professionals, trades people, farmers, and business people.

Catherine says health concerns when it comes to pilot licences are pretty similar to those when it comes to driving a car.

"Medical standards now are a bit more flexible, even though you have to be fit and healthy, there are more options. For example, you might not be allowed to fly at night, but quite often people find if they do have a slight health concern they can quite often speak to a medical examiner about it and find a class of licence that still allows them to go out there and have fun."

As well as a focus on flying, Graham says the social element at the club is strong

"The BAC is very welcoming with friendly staff and very experienced instructors. It's a great place to catch up with like-minded people," he says.

Club members often get together for beers on a Friday afternoon or will fly out to a club or winery to explore around the south west.

Graham's own flying journey began at Midland Technical School's Redcliffe Annex and he gained his restricted private licence at Jandakot in 1983. He moved to Bunbury in 1985 and joined the BAC, staying for a year or two and flying club aircraft before giving it away to concentrate on paying down

his mortgage and consolidating finances.

He started flying again in 2015, when he had retired, had more time on his hands and had the money to pursue it, doing his navigation training at BAC.

Graham owns a kit-built Van's RV7A, a two-seat aluminium plane with a cruise speed of 150 knots and safe endurance of four hours

He flies for fun and to get around.

"In two-and-a-half years of ownership my wife and I fly for fun around the south west and have flown to the eastern states twice and as far north as Broome."

He flies weekly and racks up about 120 hours in the air each year.

The club is a not-forprofit community-based organisation, which promotes and encourages all aspects of aviation as well as providing facilities for the community to enjoy.

It offers recreational and career pilot training courses for young and old, as well as a range of ratings and endorsements for the beginner and for the more experienced pilot.

For people wanting to learn to fly, but don't know where to start, the Bunbury Aero Club offers free learn to fly seminars or a trial 30-minute introductory flight for \$125, which allows participants to take the controls of the plane.

Catherine says it could

almost be that a majority of newcomers to flying are people who are semi-retired or retired.

"They are people who have thought their whole life about wanting to do it but have had other commitments like work and kids that get in the way.

"Now they have more time and more cash they revisit the idea and go ahead and get their licence.

"There's definitely more older people than we've seen previously."

Catherine says part of the change may be down to flying becoming more affordable and flexible and people were looking for further training to add to their skills.

She says some of these people are also up for the idea of owning an aircraft because the way aviation is going it could be a bit more viable for them.

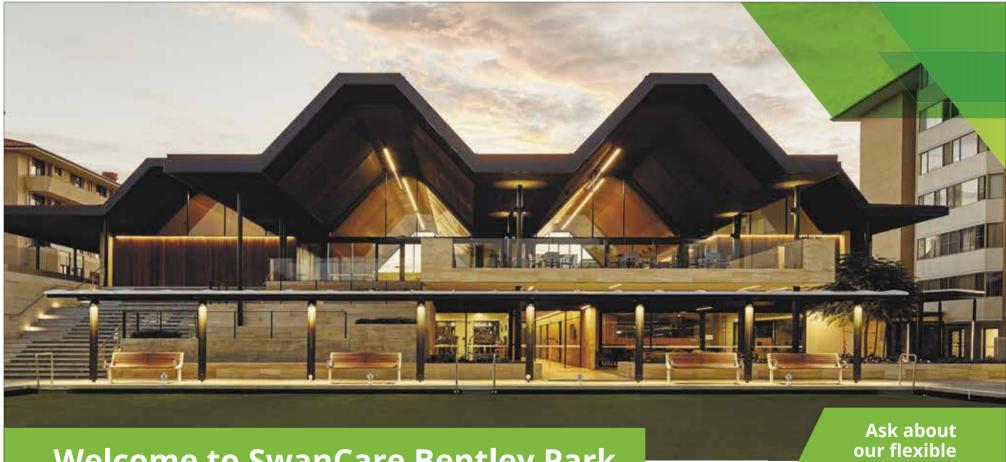
"People do it for a hobby, and we've seen a lot of that previously, but a lot of other people are finding ways to use it as a tool for their work as well and people with farming backgrounds use it as a method of keeping in touch and keeping close to people."

Catherine says people can buy a light two-seater plane for around \$40,000.

"Sometimes we see people driving cars that are more expensive than their planes," she said.

Want to have a go? Call 9725 4377.





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Downsizing or 'right-sizing' choices available for people in their 50s, 60s and 70s



Providence provides safe, gated communities with great facilities

by John Wood, Director, Providence Lifestyle

LIFESTYLE villages emerged in Perth 20 years ago and have become a popular downsizing option for the over 50s. They

provide quality homes in secure communities with resort style facilities, where people can make lifelong friends and build a camaraderie not typically found in the suburbs

But there's a problem.

Not everyone wants to or can afford to tie up the capital to buy into one. Many people would like to use their capital more wisely or just don't have enough. Statistics say that 50 per cent of married couples are, or will be divorced after 50 (thereby halving their capital) while many of the married couples want to get out of the trap of mortgages, maintenance, rates and other costs that come with home ownership.

It seems clear that as we get older and the nest is empty, we want to free up our capital to enjoy the better things in life, rather than keeping it all tied up in the house we raised the family in.

We want to enjoy it today, rather than leaving it for the kids, who let's face it, are probably far better off at their age than we were.

A new entry to the market in WA called 'Providence Lifestyle' offers a new long-term lease solution for downsizers and right-sizers.

Apartment landlords typically only offer short term leases so you never know if you

are going to have to move out, or how much your rent increase might be? Similarly, retirement villages (if you can afford to buy into one) have high entry and exit fees and are generally designed for an older cohort.

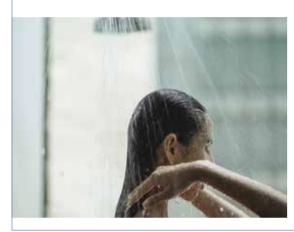
Here's where Providence Lifestyle shines. Providence offer boutique and affordable lifestyle communities where you can rent for 10 years or more, with options up to 19 years. This provides long term security, and the opportunity to free up your capital. Maybe buy some new toys or invest into a dividend-paying annuity income to fund a sustainable lifestyle – the choice is yours.

sustainable lifestyle – the choice is yours.

Providence provides safe, gated communities with great facilities and brand new one, two or three bedroom homes for long-term rent. There's a workshop to tinker around in, a central club room, library, gym, arts and craft rooms, and a community bus. But truly, the best part is the wonderful community of likeminded people who may share similar interests as you.

They are definitely worth a look. Take the opportunity to free your future!

Swap your shower head for free in new program from Water Corporation



PERTH and Mandurah residents will have the opportunity to exchange their inefficient showerheads for waterwise alternatives under a new metropolitan Showerhead Swap program, announced by Water Minister Dave Kelly last month.

Already available in some regional communities, the free Water Corporation program is being extended to metropolitan households, allowing them to replace up to two inefficient fixtures with WELS 4-star rat-

ed showerheads. The water efficient showerheads only use 7.5 litres per minute, and come in two stylist designs; hand shower and high rise.

The program could reduce water consumption in an average Perth household by 20,000 litres a year and potentially save around 92 million litres of precious water in total.

Around 10,000 showerheads are available until 31 May, 2021 or while stocks last. Exchanges can be made by registering on the Water Corporation's website and taking your confirmation email and old showerheads to a participating Reece Plumbing store in the metro area.

The Showerhead Swap program has proved a hugely successful water efficiency initiative in many regional communities, where it is offered through Water Corporation's Waterwise Towns program.

Last year, nearly 900 regional households exchanged 1274 inefficient showerheads,

saving around 18 million litres of water.

Showers make up almost 22 per cent of total household water use. One of the most effective ways to reduce consumption is by limiting showers to less than four minutes and installing water efficient showerheads with a flowrate under nine litres per minute.

For more information about the program and advice on how to be more waterwise, visit watercorporation.com. au/metroshowerheadswap

40 Years Experience

Home builder grant extended

DATA from the Australian Bureau of Statistics (ABS) shows WA comfortably recorded the highest increase in building approvals of all states over the last year, increasing by 96 per cent.

The state to record the second highest growth was New South Wales at just 39.6 per cent.

The surge in building approvals follows the introduction of the State Government's \$20,000 Building Bonus and the Commonwealth Government's HomeBuilder grant in June last year.

As at 30 November, RevenueWA had received 4,369 Building Bonus and 3,301 HomeBuilder applications and paid out almost \$20 million in grants.

The Homebuilder program, which is administered by RevenueWA, will be extended to 31 March, 2021.

The grant is \$15,000 for contracts signed between 1 January and 31 March, 2021.

The RevenueWA online application process allows HomeBuilder applicants to lodge their application with a copy of the signed building contract prior to the application close date of 14 April, 2021, then upload other supporting evidence when it is available after this date.

For the WA State Government's \$20,000 Building Bonus grant, contracts must be signed between 4 June and 31 December, 2020, but applications can be lodged up to 31 December, 2021.

The requirement to commence construction of a new detached home has been extended to 12 months from the date of the contract for the Building Bonus grant. There have been no changes to the timeframes for contract dates, single-tier developments and owner-builders.

Applicants can speed up the timing of grant payment by making sure they submit all evidence required with their application. Currently, about 90 per cent of applications are unnecessarily delayed because correct documentation is not provided to prove HomeBuilder requirements have been met.

For more information and eligibility criteria, visit: www.wa.gov.au/government/announcements/building-bonus-grants







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GREAT HOME and GARDENING



It's time to trowel through those New Year garden resolutions









Some garden tips to help your garden thrive and flourish in 2021, L-R; Dead head roses - plant a range of colourful and aromatic tomatoes - a seaweed solution will help reduce stress from heat. pests and disease - encourage your lawn to grow strong and healthy with a fertiliser

by Colin Barlow

ANOTHER year is just beginning. This year will hopefully be better for all of Australia and the world. There will still be lots of challenges, struggles and changes ahead of us, but you can always rely on your garden to provide respite from the stresses of our daily life.

You could feast on Christmas and New Year leftovers, but I am sure that gardening will be much better for your health and wellbeing, plus it is a great way to work off those extra kilos.

December

brought us the expected prolonged summer period of hot, dry weather with temperatures in the 40s and high 30s; many gardens have consequently suffered. So now is the time to give your garden that extra little bit of love and attention.

Work in the garden during the cooler parts of the day - early morning. late afternoon or early evening, avoiding the hottest parts of the day. Don't forget to slip, slop, slap to protect your skin as you enjoy the clean fresh air and serenity of your green

So here are my garden

health care tips to help your garden thrive and flourish in the New Year.

Lawns · Many lawns around Perth and Western Australia are looking a little brown after the prolonged period warm temperatures. Check that sprinklers are working efficiently and are not obstructed by grass. Use an old steak knife to cut around the sprinkler heads, then take the heads off and flush them out to remove any debris.

· Wait for a cool couple of days and apply soil wetting agent during the early morning or late afternoon. Both granular and liquid

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forms such as Ezi-Wet, Everydrop, Grosorb, Waterwise or Wettasoil are effective but must be watered in thoroughly afterwards.

· If your lawn has suffered compaction during the festive period it needs aerating. Use a garden fork or lawn aerator to make holes in the lawn to allow air and water to penetrate down into the grass roots to help relieve compaction.

 Raise the height of your lawnmower to allow the grass to grow a little longer and shade the root system during summer. This will keep it cooler and less prone to drought and sun-

Fertilize your lawn with fertilisers such as Scotts Lawn Builder 'All Pur-Powerfeed 'Lawnpose'. Feed', Bailey's 'Brilliance', Richgro 'Éxtra Green' and Munns 'Golf Course encourage Green' to strong healthy growth and cover any worn or bare

Vegetable Patch

Veggies to plant now include tomatoes, beans, beetroot, capsicum, chillies, cucumber, corn, eggplant and zucchini.

Cover your crops with fruit fly netting to help keep out troublesome pests including caterpillars, fruit fly and birds.

• Plant your crops in a partially shade position in Perth during January and February or use 30–50 per cent shade cloth to protect your crops from extreme

· Try under planting your tomatoes with a range of the colourful and aromatic varieties of basil including sweet, lime, lemon, spicy globe, red rubin, purple ruffles, cinnamon, thai, perennial red and holy. They are ideal for growing in large pots and containers.

 Feed your vegies fortnightly to encourage quick nutritious healthy growth. Organic based fertilisers, including Powerfeed, Scotts Performance Naturals All Purpose. Charlie Carp, Baileys Soil Matters and Yates Dynamic Lifter will help to improve the soil structure by feeding the soil microorganisms and the plants at the same

· Mulch your crops with a layer of lupin mulch or pea straw to help control weeds and to keep plant roots cool

• During hot humid summer cucumbers, conditions zucchini, watermelons. pumpkins, rockmelons and squash can be prone to powdery mildew problems. Remove badly affected leaves or spray with Eco Fungicide, Mancozeb or Copper oxychloride.

Fruit

· Feed tropical fruit such as mangoes, avocado, guava, paw paw, figs, citrus and passionfruit with a complete fertiliser every six to twelve weeks to encourage strong healthy and vigorous growth.

Summer prune most stone fruit including peaches, plums, nectarines, almonds and apricots at the end of February to reduce their vigour, and to remove non-fruiting watershoots. This will help promote fruiting spurs to increase fruit production and size. It also helps to reduce the incidence of bacterial canker on apricots.

• Protect your fruit from fruit fly attack with fruit fly netting, attached securely around the tree trunk right up to harvest. A combination of baits and traps such as Eco Naturalure, Ceratrap, Natures Way Fruit Fly Killer and Richgro Naturally Based Fruit Fly will help to reduce overall fruit fly num-

Garden

· Pull out and remove any dried weeds in the garden to reduce the number of viable seeds that could produce more weeds during autumn and winter.

· Mulch your garden beds to reduce water loss and to keep them cooler and with a 5 to 10cm layer of coarse organic mulch such as woodchips, pine bark or lupin mulch.

Apply a wetting agent to your whole garden and water it in well during cooler weather in Februarv. This will encourage a deeper root system and reduce the run-off. Wash the wetting agent off the plant leaves to avoid burning of the plant foliage.

· Turn on your irrigation system and check to any blocked or damaged sprinklers or any that are impeded by plants causing dry spots.

· Dead head roses, geraniums and salvias and then apply an organic fertilizer to encourage more flow-

· Apply a seaweed solution to your whole garden every fortnight to help reduce stress from drought, heat and pest and diseas-

· If your plants are a little crispy or sunburnt after the hot weather, avoid cutting them back hard until autumn. The old leaves and stems will provide some extra sunburn protection to buds further down.

To all the readers of the Have a Go News, I wish you all a very happy, healthy and prosperous New Year of gardening in



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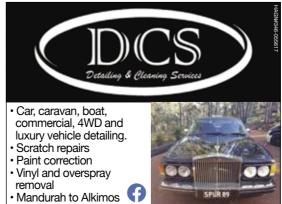
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YOU CAN FIND SATISFACTION AT THE RIGHT PRICE

THE REASONS TO INVEST

- Peter Faeghi of Persian Carpet Gallery at 181 Stirling Highway Nedlands, is the largest importer of Persian carpets in Australia. His knowledge of the Persian carpet industry and his skill in selecting stock is unsurpassed. His skill comes down from generations of expertise and his own lifetime of experience. Many of the rugs are of museum quality. Some of these pieces can never be repeated in today's changing Middle East. Each one is meticulously handcrafted and guaranteed to be authentic and with a trade in value.
- The reasons to buy an authentic, hand-knotted Persian carpet are varied as the rugs themselves. Their versatility in design, function, and color are what makes them so special. Persian rugs will often give a sense of being expensive, opulent, and extravagant, whilst also being surprisingly affordable, practical, and durable.
- Persian Rugs Are Great For Decorating. There are so many decorating uses for Persian rugs. Maybe you have a grand entry that needs a grand statement or a room that needs an accent piece. Persian rugs are the perfect complement to go under an antique table. Possibly you have a small space that could use some color and definition.
- Shopping for the perfect fit feels like a treasure hunt. When you find the one that feels right, it is very satisfying. These hand-knotted rugs are very durable pieces of art and usually increase in value over time. Unlike modern rugs that need replacing every 5 to 10 years time. Persian rugs are heirloom pieces to pass down to your children and known to last for generations.
- The richness of a genuine Persian carpet lies



not just in the artistry of its design, colours and textures, but also in its investment value. All are all hand knotted. The weaver ties the material (whether it be wool or silk) around the warps of the foundation using one of several different knots.

- They also provide a much needed eclectic twist to modern interiors. Providing the required punch of colour and vitality that ensures that your interior, whilst modern, will always be timeless. They are a testament to the fact that you are not a slave to fashion and that you know a good thing when you see it.
- However Persian rugs are not just for investment and decorating. They are for comfort as well. Their dense fibres stay warm. If your feet get cold when they step on cold floors, a handknotted wool rug is a perfect solution. The

fibres also trap the vibrations of sound from reverberating off walls and hard floors. Persian rugs are the ultimate in high-quality comfort without compromising style.

- Each rug is made to a design. Rug design can be described by the way the ornaments are arranged within the pile. One basic design may dominate the entire field, or the surface may be covered by a pattern of repeating figures.
- A Persian carpet has as much appeal and application today, as they no doubt did 2.500 years ago when they adorned the flooring of basic structures such as tents and huts. In their 'journey' throughout the centuries their use has stretched between palaces and modern buildings. In all situations these carpets had beauty, and sometimes almost a mystical beauty and charm."



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health options for the mature west australian





Exercise may help the older brain work better and reverse cognitive decline



Dr Elissa Burton

by Frank Smith

A WORLD first trial at Curtin University will attempt to reverse cognitive decline in seniors, by a program of balance and walking exercises.

Senior Research Fellow Dr Elissa Burton said people with mild cognitive impairment experienced significant memory loss without losing other mental abilities.

"They are usually able to function independently and do not show signs of impaired reasoning or judgement.

"However they tend to experience poorer mobility, balance and physical fitness, have poorer quality of life and greater depressive symptoms than those not cognitively impaired.

"They are also 72 per cent more likely to fall than others in the same

age group."
Dr Burton says people with mild cognitive impairment can sometimes revert back to normal cognition, although others may remain living with mild cognitive impairment or even get worse leading to dementia.

"Physical activity, in particular balance exercises, have been shown to reduce falls for older people without cognitive issues, but we don't know if they can also assist people with mild cognitive impairment.'

Aerobic exercise like walking has been shown to improve cognition for people living with mild

cognitive impairment. A trial at the University of Sydney, reported earlier this year, found that weight training prevented or at least delayed the onset of dementia.

One hundred volunteers were divided into four groups, one group received weight training, another were given computer-based brain training, and a third group a combination of the two, while a fourth group were given sham exercise and brain training to serve as a control. All participants undertook two sessions per week for 30-45 minutes over six months.

The study found that

high intensity weight training is important for brains, not just brawn. Pumping iron improves the mental abilities of older people with mild cognitive impairment - a common precursor to dementia.

Professor Maria Fiatarone Singh, the study's chief investigator, said the demonstrates research the potential of exercise to reduce dementia risk.

"We know weight training stimulates hormones that make muscles grow and it's possible these hormones are also having similar benefits for brain function," she said.

The Curtin study will attempt to reduce falls for people living with mild cognitive impairment. At the same time researchers will look to see if a program of balance and walking exercises improves physical health, quality of life and reduces the rate of cognitive decline.

Dr Burton is looking for people aged 50 years or over, who live in the Perth metropolitan area and have mild cognitive impairment or memory issues and would like to participate in this study. Volunteers will receive free treatment and will be able to do the exercises in their

The study will involve two groups, one group will

be randomly selected to do the exercise program and the other (control) group will continue living as they are. The balance and walking group will see a physiotherapist 10 times over six months.

The study is supported by a National Health and Medical Research Council (NHMRC) Investigator grant.

For more information please contact Dr Elissa Burton, School of Physiotherapy & Exercise Science at Curtin University on E.Burton@curtin.edu. au, phone 9266 4926 or check out the website www.balanceonthebrain.

The Western Australian Premier gives mark of approval to Karingal Green

MARK McGowan MLA, Premier of Western Ausvisited Karingal Green Health and Aged Care Community in High

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Wycombe in November to take a tour of the newly opened state-of-the-art 160-bed home.

The Premier attended

Karingal Green's 'breaking ground' ceremony in 2018, returning on 26 November to share a special afternoon tea with residents

Hall & Prior CEO Graeme Prior said it was an honour to welcome the Premier back to the home.

"Our sector has been under enormous pressure this year and we opened Karingal Green amidst the Covid-19 Pandemic," Mr Prior said.

"I am immensely proud of my team for their hard work and I thank the Premier for doing a tremendous job this year in keeping us all safe in Western Australia.

"Karingal Green is the aged care facility of the future and we work very closely with the Commonwealth Government to be able to provide homes like

"We know that the Premier has had a very challenging year, so we are honoured that he could find the time to come to Karingal Green and meet with our residents and staff."

The Premier said he was impressed with the facility and Hall & Prior's vision for the project.

"Congratulations Hall & Prior for their commitment in the aged care sector and for bringing on more aged care beds for Western Australians through the Karingal Green development," he said.

"In late 2018, I was able to join Hall & Prior and local Kalamunda MLA Matthew Hughes to mark the start of construction on this development

"It was pleasing to visit again to see this extraordinary residential aged care facility complete and hear directly from the wonderful residents about the benefits it has brought to the electorate of Kalamunda.

"Hall & Prior are a great local provider and have done a wonderful job.



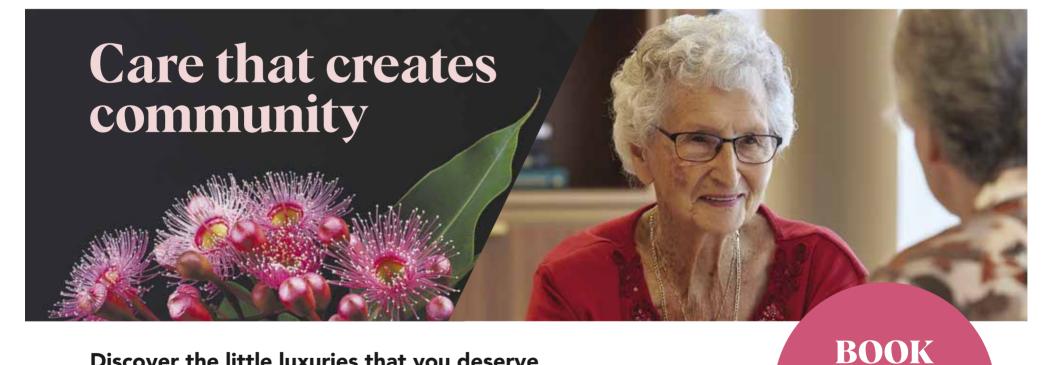
Mark McGowan MLA with Karingal Green resident, Maddy

Karingal Green Health and Aged Care Community officially opened its doors in May 2020.

To find out more about Karingal Green or to book a tour please visit www.karin galgreen.com.au

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health options for the mature west australian







Erika (left) and Mariela Ramirez with residents at Baptistcare Gracewood

When working in aged care becomes a family affair

THEY may be miles away from their former home of Chile, but Mariela and Erika Ramirez have found their own 'aged care' family here in Perth.

The mother and daughter, who are both care partners at Baptistcare Gracewood Residential Care, lovingly call the seniors in the Salter Point facility 'familia'.

Mariela and Erika believe their mother and daughter dynamic is what makes their interactions with residents unique.

feractions with residents unique.
For this dedicated duo, spending time

at Baptistcare Gracewood isn't only about rostered shifts.

They visit during their time off and even joined the residents for Christmas Day lunch.

"We got together to celebrate, sing carols, and dance with the residents. It brings us so much joy to see them happy," said Frika.

CEO Russell Bricknell said Mariela and Erika are one of several mother and daughter employees working at Baptistcare, which he believes is a testament to the sense of family that underpins the organisation's approach to care.

"The respect, empathy, and friendship people like Mariela and Erica bring to our residents is very special," he said.

"But they, in turn, seem to get so much out of the work they do and the relationships they form, which is humbling and inspiring."

For more information about Baptistcare career opportunities or residential care facilities, visit www.baptistcare.com.au

How artificial intelligence can help support older people during a fall

INTELICARE was founded in 2016 with one aim: to enable Australia's older population to live independently and safely in their own homes for as long as possible.

They identified that Australia's aged care system was in a crisis and this was long before the Covid-19 pandemic brought to light all its flaws.

InteliCare's purpose is to ensure their system – InteliLiving – is as accessible as possible. It uses artificial intelligence (Al) to learn each client's routine and then alerts family and carers if there are deviations from that routine. For example, if someone does not begin to prepare their breakfast around the same time that they usually do. This could mean

they are unwell or have had a fall, which brings us to one of the most common questions we are asked about our system - what happens if I have

Level One: InteliLiving uses a smart GPS

pendant.
InteliLiving can be paired with a Falls GPS Pendant that immediately alerts your care network if the button is pressed, or if the pendant detects an obvious fall. The nominated emergency responders will then receive an SMS or phone call, and the carer team or family members will be able to see the exact location.

Level Two:
The InteliLiving app.
If you do not have a pendant or you're unable to press the button, or if

you haven't fallen but require help, the InteliLiving app is powerful enough to detect what is and isn't normal behaviour for you and will alert the carer network that something may be wrong.

While most assisted living solutions provide 'spot checks' or basic data about movement within a room, InteliLiving learns how people live, what a regular day looks

like and sends notifications to caretakers if there is absolutely anything out of the ordinary. As an added measure, members of the care team can check the InteliLiving app to review a live stream of activity and identify if anything is out of the ordinary.

Level Three: 'Failure to Arise' alerts

Conventional assisted living systems can often report false alerts as they

are often programmed to a schedule. However, InteliLiving is more sophisticated and able to learn personal routines so it can notify family and carers if people don't get up at their usual time in the morning.

Once InteliLiving detects that people are up and about, the heads-up notification will be cancelled. But if they don't get up, InteliLiving goes

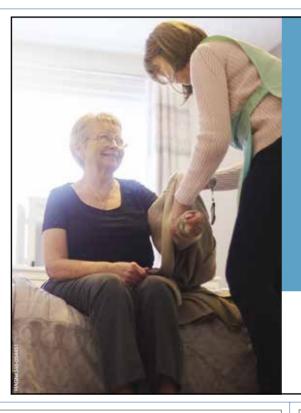
into Red Alert and sends an SMS to your care team.

Prevention

Prevention is better than cure, and that is at the heart of what InteliCare is all about. InteliLiving works as an early-warning wellness system. It identifies changes in activity that may indicate emerging health issues that could increase risk of a fall, hospitalisation

or residential care. The smart sensors can track things like worsening infections, poor sleep, changing eating habits, increased bathroom trips at night and more.

Jason Waller is the CEO and Managing Director of InteliCare, an Albased home monitoring solution allowing people to live at home independently. Contact 1300 001 145.



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Are you missing out...

MY AGED CARE has been available for almost four years, but it's still a bit of a grey area for a lot of people. However, with funding ranging from \$9,000 to \$52,000 annually, it's worth finding out about.

According to CPE Group client relationmanager, Annie Carvell, the most common misconception is that it provides only for personal care, however funding can also be used for house work, gardening, minor home modifications, shopping, transport, social support, cooking, podiatry, physiotherapy and equipment - how about a handyman to climb the ladder and change a light bulb or someone to remove the flyscreens and clean the windows?

Annie says My Aged Care could be considered as a top up to the Age Pension when that is no longer sufficient to provide the support needed to remain in your own home, if you wish to do so, rather than go into residential care.

An equally common misconception, is that you can get the funding as soon as you need it. However, after being approved for a package, it can take up to 18 months before receiving any funding at all. Sometimes this means that those waiting are unable to get the support they needed to stay in their own home and must go into residential care before the funding becomes available to them.

To be eligible for My Aged Care funding you need to be 65 years or older and to be able to demonstrate that you have a need for the assistance it can provide.

People may be surprised what is available and who is eligible. Find out on My Aged Care's excellent website at www. myagedcare.gov.au or call CPE Group on 1300 665 082 for a copy of their Guide Through My Aged Care.

Book a FREE information session on planning a Will followed by a Will Writing Day

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Summer is here and it's time to enjoy the joys of barbecue daze

by Noelene Swain

long, BLESSED with warm days in WA it seems madness not to partake in a little alfresco eating. What better way to do it than with a classic Aussie Barbie? 'Throwing another Shrimp' has become a tongue-in-cheek part of our vernacular and for good reason. Hot grill plates are designed for absolute cooking simplicity and is just a matter of selecting your choice of meat, fish and veggies then cracking open an icy thirst quencher whilst the barbecue heats up.

Prawns, funnily enough, are a fantastic choice and delicious threaded onto rosemary skewers and doused with a little lemon juice and olive oil before serving. This method of skewering also works equally well for firm white-fleshed fish and vegetables like capsicum, mushroom and cherry tomatoes.

Marinades are a fantastic and easy way to add a distinctive touch to a barbecue. A homemade tandoori paste of lemon juice, garam masala, paprika, garlic and natural yoghurt is wonderful smothered on chicken prior to grilling. A little Dijon mustard and vinegar brushed on potatoes towards the end of cooking gives a tangy

kick to an essential barbecue side

Large flat mushrooms work really well marinated in olive oil, lemon juice and pepper then grilled gill side up, until cooked and garnished with a dollop of a soft white cheese such as goat's, ricotta or buffalo mozzarella.

Alternatively get creative with a mix of your favourite nuts and herbs bound together with some chewy sundried to-

Foil parcels filled with delicious vegetable treats another fuss-free barbecuing option. A combination of tomato, black olives and cubed, cooked potato is lovely, as is a parcel of swiss brown and button mush-

until cooked to your lik-

ing. This is a particularly

good option for vegetar-

matoes for a tasty filling.

rooms, butter and haloumi cheese. Simply seal and pop on the barbie

ians or fussy eaters - get them to create their own favourite combinations.

The best thing to accompany some aromatic grilling is a fresh, crunchy salad and what's more, they're one of the simplest of dishes to prepare. A classic green salad is enlivened by the addition of some toasted nuts and unusual salad varieties such as tatsoi and snowpea tendrils. A fantastic potato salad is an absolute staple of any barbecue - experiment with different flavours such as dill, mustard, bacon and cumin.

So go on... do what those pesky foreigners expect and throw another shrimp (or whatever you desire) on the barbie! Give the following variation of the classic burger pattie a go.

Recipes brought to you by Fresh Finesse - www. freshf.com.au

Greek lamb and Portabello mushroom burgers

Preparation 20 minutes; cooking 22 minutes; serves 4



Ingredients 400g Portabello

- mushrooms 1 tablespoon olive oil
- 1 brown onion, grated 2 garlic cloves, crushed 1 teaspoon each ground cumin and coriander ½ cup flat-leaf parsley
- leaves
- ½ cup mint leaves 400g lamb mince
- 1 egg, beaten cup fresh breadcrumbs 4 hamburger buns, split,
- toasted ½ cup tzatziki 2 ripe tomatoes, thinly
- sliced 1 Lebanese cucumber, very thinly sliced Lemon wedges, to serve

21 January

Australia Day

Lunch 19 January FINELY chop mushrooms by hand, or alternatively, pulse in a food processor until finely chopped or

Heat one tablespoon of oil in a large frying pan over medium heat. Add onion, garlic and spices. Sauté for five minutes or until softened. Add mushrooms, increase heat to high and cook for eight minutes or until moisture has evaporated. Set aside to cool for 10 minutes. Transfer to a bowl.

Finely chop herbs. Add mince, egg, breadcrumbs and chopped herbs to mushroom mixture. Mix well to combine. Shape mixture into four patties (about nine cm diameter and two cm thick). Place onto a tray, cover and refrigerate for one hour if time permits (this helps hold patties together when cooking)

Heat barbecue plate or a large non-stick frying pan over medium heat. Add remaining oil. Add patties and cook, for five to six minutes on each side or until just cooked through.

Serve with barbecue fare or create hamburgers with bread bun bases with tzatziki, top each with, tomato, pattie and cucumber. Sandwich together with burger top. Serve with lemon wedges.

What's fresh in the markets this month

Honeydew melons: A treat coming from Northampton and the southwest, honeydew melons are as sweet and juicy-crisp as the name implies. A mature and ripe honeydew will lose its green colour and become white, with the skin taking on a waxy appearance. Slice into slivers and toss with fresh mint and chilli for a nice dish with seafood.

Spring onion: Plentiful and great value, a bunch of spring onions in your fridge will go a very long way. Store wrapped in a plastic or cloth bag in the fridge, and only wash just prior to using. Slice roots off and peel thick outer layer before slicing. Potatoes and spring onions are great mates; toss cooked potato with lots of spring onion, a touch of good mayo, lemon zest and grilled and chopped pancetta.

Button mushrooms: With their subtle flavour and compact size, button mushrooms are perfect for adding whole to meals like salads, stir-fries and to blend with any minced meat meals like bolognaise, taco or burgers. Mushrooms are so quick and easy to use: apart from a quick wipe over with a cloth or paper towel, no further preparation is necessary.

Bananas: Fabulous lunchbox bananas are coming down from Carnarvon. Buy them at varying degrees of maturity, so you always have ready-to-eat bananas on hand. Very ripe bananas may be stored in the refrigerator; cold temperatures cause the skin to blacken although the flesh will remain unaffected. Freeze bananas (peeled or unpeeled) when you have excess for later use in cakes and smoothies

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Recipe for One: grilled peaches with vanilla ricotta

Preparation time: 10 minutes; cooking time: 5 minutes; serves: 1



1 yellow peaches, halved and stones removed 1 teaspoon caster

sugar 1 teaspoon maple

syrup ½ teaspoon butter 1 tablespoon fresh

ricotta cheese ¼ teaspoon vanilla paste or vanilla extract

PLACE peach on a grill tray cut side up, pour a little syrup over each peach and dot with a little butter. Cook under a hot grill until bubbling and

Mix together ricotta, sugar and vanilla. Serve ricotta cream with the grilled peach halves.

Chicken & mushroom nachos



Preparation 10 minutes; cooking 38 minutes; serves 4 as light meal

250g button, cup mushrooms 2 teaspoon olive oil 1 teaspoon taco seasoning 250g chicken mince 300g jar Mexican tomato salsa 230g bag Mission brand tortilla strips

1 cup grated tasty cheese

FINELY chop mushrooms by hand, or alternatively, pulse in a food processor until finely chopped.

Heat oil in a frypan over medium heat. Add mushrooms and mince, cook, breaking up mince with a wooden spoon, for 8-10 minutes until browned. Add tomato salsa and bring to a simmer. Reduce heat to low, a simmer for 10 minutes or until sauce thickens.

Preheat grill. Line a baking tray with baking paper. Arrange tortilla strips over base of tray. Sprinkle three-quarters of cheese over tortilla strips. Top with mince mixture. Sprinkle with remaining cheese. Grill for 10 minutes or until cheese has melted and tortilla strips are heated through. Top with mashed avocado, sour cream, chopped pickled jalapeno and chopped fresh coriander leaves. Serve.

Address:

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Dining Divas discover a secret garden for their knife and fork talk





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



Don't miss cooking this saffron chicken stew

40ml extra virgin olive

60g blanched almonds,

1 cup small diced fresh

½ teaspoon cinnamon

1/4 cup chopped flat leaf

10 saffron threads

4 garlic cloves

Method

bread, no crusts and

toasted

powder

parsley



by Vince Garreffa

THIS is an everyday family recipe I use regularly, but I noticed that it is finished off just like the Greeks do with lemon and egg at the end - still very delicious. This is a great meal to cook up. Freeze some meals or

share with family and friends. Easy and deli-

Ingredients for 4

1 free range chicken, cut into 8 - 10 pieces, about 1.5kg 2 Spanish red onions, finely chopped 150ml fino sherry 400ml chicken stock 2 bay leaves, fresh or dried 1 tablespoon fresh thyme leaves 50ml lemon juice 3 egg yolks organic lake salt cracked black pepper

extra virgin olive oil

Ingredients for almond

(EVOO)

Season the chicken pieces, then fry them in a hot frypan with 80ml EVOO. Cook until the pieces are well sealed and coloured, about five minutes, and then set aside. In the same dirty frypan add the onion and cook till soft, then return the chicken pieces and any juices to the pan. Immediately add sherry and stir, stock and stir, then add bay leaves and thyme and cook at a simmer with a lid on for 30 minutes. Continue to cook for 20 lid but keep on stirring.

While the chicken is cooking, blitz all the almond paste ingredients in a food processor until it is a coarse crumble, (not too fine).

Remove tender chicken to a serving bowl and add almond paste/ crumble to the frypan to create a liquid sauce cooking for two minutes. Remove frypan from the heat and rest for two minutes, then whisk lemon juice with egg yolks and 50ml EVOO and mix this with the sauce that has been resting in the frypan, stirring well to thicken it. Pour sauce over chicken and garnish with parsley. Lick your

Vince is the proprietor 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 Pat Paleeya and Judith Cohen

CRUISING was on the agenda for our lunch this month, so we opted for a mini one, across the Swan River to South Perth for our chosen venue, which was the Secret Garden in Angelo Street. The walk to the restaurant is about one and half kilometres, so plan your route or take a number 32 bus from the city.

On entry the size of the venue is quite deceiving. After ordering and paying at the counter you follow a veranda which opens up into an amazing garden full of shady trees, umbrellas, a fountain, a wishing well, lots of tables and a wonderful atmosphere.

On offer are the chef's specialities for \$17 and under. All served with chips, vegetables and salad.

We ordered chicken cordon bleu and a stuffed mushroom.

The grilled crumbed chicken breast was tender, moist and so soft that a baby could have eaten it. The filling of spinach, napolitana sauce and ricotta complemented and flavoured the chicken perfectly.

The stuffed mushroom was described on the menu as a baked field mushroom stuffed with grilled vegetables and fetta. The mushroom was quite small. not the usual chunky, stuffable mushie as expected. It was topped with some chopped zucchini and a slice of tomato.

Unfortunately, there wasn't any fetta at all, not one little cube, although there was a white topping which could have been melted cheese but quite unlike fetta.

A tasty mixed salad and crunchy chips, broccoli and carrots accompanied both

We were early birds and noticed that many tables had a reserved sign on them, therefore it may be better to book.

3 forks

Open Monday to Friday 7.30am to 4.30pm, Saturday and Sunday 7.30am to 5pm

Secret Garden 64 Angelo Street, South Perth 9367 5597

www.thesecretgardencafe.com.au

WEEK DAY LUNCH SPECIALS

Information correct at going to press

AVOCADOS

\$15 Senior lunch Mon-Sun 11am-3pm 2 Mount Street Kelmscott 9496 3838

BAYSWATER HOTEL

\$20 Seniors lunch special Mon-Fri 12pm-2.30pm Railway Parade Bayswater 9271 7111

BERRIGAN BAR &

BISTRO \$14 Lunch special Mon-Wed 11.30am-2.30pm 758 Berrigan Drive Southlake 9417 4811

GOSNELLS HOTEL

\$15 Senior lunch 11.30am-9pm everyday 2149 Albany Highway Gosnells 9398 2224

LEISURE INN

\$14 Senior lunch special 11-3pm everyday Chalgrove Avenue & Read Street Rockingham 9527 7777

PUBLIC HOUSE BAR & RESTAURANT \$18 Lunch specials

Tues-Fri 11am-3pm 263 Adelaide Terrace Perth 6117 0675

SECRET GARDEN

Chef's specialities \$17 & under Mon-Sun 11am-4pm 64 Angelo Street South Perth 9367 5597

SOUTH STREET ALE HOUSE

\$20 and under bar menu 11.30am-8.30pm everyday 277 South Street Hilton

THE CARINE

\$16 Senior lunch special 11.30am-4pm everyday 493 Beach Road Duncraig 9447 7400



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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.

minutes more without

A little tipple is good for the mature brain says new research

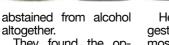


by Frank Smith

A US and Chinese study published in JAMA Network in June last year, found the mental status of those who drank a low or moderate amount of alcohol during middle and old age was better than those who







They found the optimal level of drinking for brain health was between 10 and 14 drinks per week. Coincidentally that is close to the current guidelines of the National Health and Medical Research Council.



Here are some sugaestions for getting the most enjoyment from that ration.

Salena Estate Twisted Sticks organic Cabernet Sauvignon 2019 is a rich mouth-filling wine from South Australia. It displays aromas of blackberries and cassis



and a palate of red berries and fine tannins on the aftertaste. RRP \$24.

Freixenet Pinot Grigio is an elegant white wine made from fruit grown in the Garda region in northern Italy. It is packed full of fruity and floral flavours, with hints of citrus. A well-balanced

its own on a hot summer's day or pair it with a hearty salad or seafood.

Clandestine Vineyard Pinot Grigio 2020 from the Adelaide Hills, South Australia, has a strong aroma of pears, citrus and green pea. The palate also shows floral flavours. It is a true 'Grigio' - bright clean and pristine fruit with great acidity, freshness and intensity of flavour that lingers. RRP \$28.

And three wines from the Margaret River region

Clandestine Vineyard Chardonnay 2020 Wilyabrup is a clean yellowish green colour with aromas of grassy fruit and crisp refreshing acidity. The palate is typical oaked Chardonnay, due to 11 months maturation in

wine perfect to drink on French oak barriques with no lees stirring or malolactic fermentation. Vegan friendly. RRP \$28.

Flametree 2018 Embers Cabernet Sauvianon. 2018 was one of the best years at Margaret River. The wine has aromas of violets, ripe black fruits with chocolate and a touch of cedar. The palate has flavours of Satsuma plum, blackberry and chocolate. Medium bodied with soft fruit and a fine tannin. RRP \$20.

Flametree 2018 Embers Rosé made from Shiraz grapes is salmon in colour with aromas of red berry fruits, particularly cherries and cranberry. The palate has a gentle texture and flavours of cherries and other red berries. Serve as an aperitif or with fish, fowl or salad. RRP \$18.

Streicker Ironstone

Block Chenin Blanc 2017 This unusual white wine, made from 100 per cent Chenin Blanc grapes has aromas of almonds, lemon curd and spiced pears. The palate is dominated by stone fruit and spices. It is fresh with hints of oak, quince and meringue. The finish is complex and lingering. Cellar up to eight years or drink while young. RRP

Margaret Clairault **River Cabernet Merlot 2017** is a blend of Cabernet Sauvignon and Merlot with a dash of Petit Verdot. It displays aromas of cherries, blackberries, chocolate and ground coffee. The palate begins with flavours of cherry and light tannin progressing to blackberries and potpourri on the finish. Cellar up to eight years or drink now. RRP

Brunch with T - a serendipitous find in Morley kicks off the New Year



Left to right; Adele, Lyn and Maggie - beef burger served with aioli and chips - enjoy old fashioned service and delicious food at Cafe Mulberries - fruit pancakes with compote and fruit platter



by Tahlia Merigan

HAPPY New Year to readers as we bring you our first brunch review of 2021. This find was serendipitous; the café I had planned to visit was closed, so we meandered up to Morley and stumbled upon Café Mulberries and what a great find it turned out to be.

When I stuck my head in, nearly every table was taken, and the al fresco area was filling up fast. We grabbed the last table inside and perused the large menu which offered

something for everyone, including all the favourite traditional breakfast items, eggs benedict, corn fritters, burgers, pancakes, French toast and a selection of delicious home-made pastries and muffins.

There was a plethora of choice and it seemed every little taste was catered for including what bread you would prefer. The other thing I liked is everything on the menu is available to order all day.

We sat down and chatted with Adele, Lyn and Maggie who were sitting next to us and this lively group of girls happened to be the best ambassadors for the café. They couldn't heap enough praise on the place. Once they found out we were from Have a Go News, they told us how much they loved this newspaper too.

The ladies visit Café

Mulberries just about every day, remarking how welcoming and friendly managers Jason and Kelly are and how willing they are to cater for everyone's needs. They also said how good the food is and how it was just the perfect spot for them to start their day.

And they were not wrong...

Ordering is at the counter and I liked the way the cash register has a double facing screen so you can see your order and the

We started with a flat white in a mug, a tasty coffee which wasn't bitter, complete with a swan design on the foam. My friend ordered an ice coffee without ice-cream and we shared a freshly squeezed mixed juice of carrot, orange and apple.

I ordered the fruit pancakes which came with a compote of fruit on top. It was served with a fresh fruit platter with a double serve of cream, ice-cream and maple syrup. It was such good value, the pancakes were perfect; light and fluffy and the fruit was ripe and delicious. The whole dish felt like it had been made by your mum, with lots of love and care.

My friend ordered a beef burger served with a beef patty, bacon, egg, cheddar, tomato chutney and aïoli which also came with a small serve of freshly cooked chips. The huge burger was delicious, the patty tasty and the bacon perfectly cooked. He said it was very tasty with not too much sauce and well layered.

We have been writing this column for more than five years and this was one of the best priced brunches; our total bill was \$35.60 and the serves were so big we couldn't finish it all.

I liked the way each table had a fresh rose in a vase and sugar came in the old pourers (not sachets) along with the salt and pepper.

The café is very clean and the staff very friendly, the décor is modern and they deliver absolutely delicious food in a really pleasant atmosphere.

There are plenty of great specials including coffee and cake for \$7.50, raisin toast or banana bread and coffee for \$8.50.

There really was something for everyone and I imagine they do a roaring trade at lunch time too.

Café Mulberries is just down the road from the Galleria, there's parallel parking out the front and seating inside and out.

We loved the service, food and the atmosphere. Mulberries ticked all our brunch boxes so we gave it top marks. Pop it on your list to visit and enjoy some

old fashioned service and delicious home cooked food, it really is a little gem in Morley.

5 spoons

Café Mulberries, Shop 3/4 Progress Street, Mor-

9276 3802

Open: Monday to Friday 6am to 3pm, Saturday and Sunday 7am to



<u> I's spoon ratings</u>





2021 season filled with stories that celebrate WA talent and local connections



Tim Finn will feature in Star Navigator © Sean Finney

WEST Australian Opera's (WAO) program for the 2021 season offers audiences a range of experiences from outdoor free events through to grand opera in His Majesty's Theatre. The year celebrates a return to live performance with world premieres and new productions.

West Australian Opera Music Director, Chris van Tuinen, said: "WAO 2021 will celebrate a milestone for Opera in the Park, see two new productions for

Perth involving a man called Figaro, launch collaborations with the tertiary sector and regional communities, visit the heartland of Italian verismo, watch Star Navigator set sail, and show respect for the oldest continuous living culture by presenting the first indigenous opera performed in Noongar. We hope you're moved, delighted, challenged, and entertained

The City of Perth Opera in the Park supported by Lotterywest (26-27 February) will take the form of a Gala Concert featuring Western Australian stars performing opera and musical theatre hits. This free event will run over two nights to ensure that capacity audiences can attend under Covid restrictions, but ticket registration is essential.

In April, Rossini's *The* Barber of Seville will open at His Majesty's Theatre. This is a hilarious story about a matchmaking barber, a lovelorn Count and a lecherous guardian all revolving around the bewitching young heroine, Rosina. Under the direction of Lindy Hume, this colourful production will be new for WA audiences

In May, attention will turn to the University of Western Australia's iconic Winthrop Hall for Mendelssohn's masterwork, Elijah. This will be presented in collaboration with the UWA Conservatorium of Music and feature more than 150 student performers sharing the stage with WAO Principal artists.

In July, the company returns to His Majesty's

Theatre for the classic double-bill featuring Ca-valleria rusticana by Pietro Mascagni and Ruggeri Leoncavallo's Pagliacci. While these two operas were not written to be performed together, their pairing has become inseparable over the years.

Fortunately for WA au-

diences, Star Navigator will return from the cancelled 2020 program. This new work, written and composed by Tim Finn OBE, is based on the true story of Tupaia a Tahitian Star Navigator who sailed with James Cook on the Endeavour. Featuring outstanding principal opera artists and Tim Finn with the West Australian Symphony Orchestra, this work will be performed at Perth Concert Hall in August for a special onenight only concert event.

In October, Koorlbardi wer Wardong will make its world premiere as the first Noongar opera with thanks to the support of principal partner Wesfarmers Arts. This new Australian commission is written by award-winning song writers Guy Ghouse and Gina Williams. The opera for young people will be performed in the Noongar language and shares the creation story of two jealous brothers, Koorlbardi (the Magpie) and Wardong (the Crow) and how they got their

colours. The final production for the 2021 Season will be a new production of The Marriage of Figaro by Mozart. A comedy of servants and masters changplaces, pageboys playing at soldiers, ruined flowerbeds and nighttime trysts form the backdrop to some of the most beautiful music ever written. This work celebrates one idea, that true love is life's most valuable gift and should be nurtured. cherished, and fought for.

In launching the 2021 Season, West Australian Opera executive director Carolyn Chard AM said: 'Our dream is to speak to the heart through the human voice. We want to share the joy of music through opera and the powerful stories opera tells. We are uniquely proudly Western Australian and we bring audiences and artists together to celebrate sung stories that are relevant to our people, time, and places.

"The 2021 program is filled with works that embody this vision."

New rom com to hit screens



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STARRING Diane Keaton and Jeremy Irons, Love, Weddings and Other Disasters is a multi-story romantic comedy about the people who work on organising weddings to create the perfect day for a loving cou-

At the same time their own relationships

are outlandish, odd, crazy and far from perfect. A great feel-good comedy for the new year. In cinemas 11 February.

WIN WIN WIN

We have 10 double passes to give away to some lucky readers. To be in the draw to win a pass simply email win@haveagonews.com.au with Love in the subject line or write to Love Film C/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/1/21.

WA's new boy next door will hit the stage this month...



Ethan Jones

TAKING on the role of Peter Allen in The Boy from Oz – the role which made Todd McKenney and Hugh Jackman famous - in the new Platinum Entertainment production of this iconic Australian musical is an opportu-

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nity that highly talented, energetic Ethan Jones relishes.

The WAAPA graduate and Perth resident is looking forward to showing off his singing, dancing and acting skills to a new generation of Peter Allen admirers whilst admitting he has huge shoes to fill.

"This is the opportunity of a lifetime," says Ethan. "I've dreamed about playing Peter Allen for years and am absolutely thrilled - and a little daunted - to be following in the footsteps of such luminaries of the stage."

Upon hearing the news, Todd McKenney, the original Boy from Oz, sent the following message: Ethan, on landing one of the best roles in Australian musical theatre: Pe-

our friendly club.

drinks at club prices

Different band each week. Members \$10, non-members \$15

Meals available from 6.30pm,

Enquiries to jazzcaterina@gmail.com

ter Allen in The Boy from Oz. You not only get to tell Peter's amazing personal story through brilliant songs and amazing dance routines but you also get to talk directly to the audience - which provides some of the most moving moments.

"It makes me verv proud to be passing on my MARACAS to such a talented young man!"

The Boy from Oz, the story based on the life of Australia's own singer/ songwriter, Peter Allen, will feature a bevy of world-class musical theatre performers including Lucy Williamson as Judy

be directed and choreo-Australia Home. graphed by Drew Antho-

The Murray Music and Drama Club

shows amaz-

ing catalogue of songs

includes I Go to Rio; I

Honestly Love You; Quiet

Please, There's A Lady On

Stage; Tenterfield Sad-

dler, We Don't Cry out

Loud and the song which

has become our sec-

ond anthem - I Still Call

The

Entertain-Platinum ment, which recently received huge accolades for their production of We Will Rock You, has put together a fantastic team of cast and creatives to work on the show which will open at Crown Theatre Perth on 23 January.

Tickets on sale now at www.ticketmaster.com.au

Written by

Tom Smith

8pm 5, 6, 12, 13 March 2pm 6 & 13 March

Director Jacinda Gordon

Bookings 0458 046 414

We are a COVID safe business

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Tickets \$22

Cabaret seating





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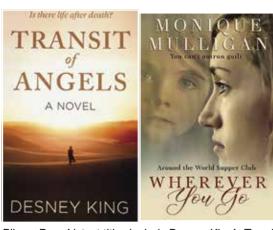








Innovative group of women take a different look at publishing in 2021



Pilyara Press' latest titles include Desney King's Transit of Angels and Monique Mulligan's Wherever You Go

TRAIL-BLAZING of Australian aroup women writers has embraced the latest digital technology to publish both ebooks and traditional books around the world. Pilyara Press was set up by best-selling author Jennifer Scoullar, who leads a professional

team of Australian fellow authors, editors and publishing veterans.

As an independent small press operating on a global scale, Pilyara Press can deliver a single book or a bulk order anywhere in the world.

The authors, known for their previous titles

published by major Australian and international publishing houses, offer a diverse and distinctive range of page-turners.

Scoullar, who established Pilyara Press in 2018, has assembled a talented team to show how publishing can be

"We're a bunch of professionals and each of us brings a specific talent to the group," she said.
"I'm a former lawyer

and know the ins-andouts of publishing and we have a wealth of skill and experience in editing, media, publicity, proofreading and the business of publishing. Through digital publishing, we are accessing the global market on our own terms, without the constraints of big-volume traditional publish-

ing. "We can deliver a sin-

gle book anywhere in the world, or an eBook, or a whole shipment to a traditional retailer.'

The Pilyara Press team consists of Jennifer Scoullar publisher, Kathryn Ledson editor-publicist, Kate Belle project manager, Monique Mulligan copy editor, proofreader, social media, Desney King editor, proofreader, Jenn J McLeod formatting, Olwyn Conrau publicity, social media and Shel-

mentor. Pilyara takes its name from an Indigenous word for eagle and its 'books that soar' have included best sellers by Jennifer Scoullar, Kathryn Ledson and Jenn J McLeod.

ley Kenigsberg editing,

Pilvara Press is offering a three-book giveway of its three latest titles, starting with Scoullar's Wasp Season, Wherever You Go by Monique Mulligan and Transit of Angels by Desney King.

Wasp Season offers remarkable insights into the world of insects. When Beth's marriage ends, she is determined to build a new life in the country for herself and her children.

She thinks she has achieved the impossible, a civilised separation, a happy home and a cordial relationship with her estranged husband Mark with even the promise of a new love looming.

But her world is turned upside down when European wasps invade her garden and chaos ensues.

Wherever You Go by Monique Mulligan is the impressive first novel by a successful author of popular children's books. Set in the south-west of WA, a life-shattering tragedy threatens to tear apart Amy Bennet's marriage.

Desperate to save it, she moves with husband Matt to Blackwood, a country town where no one knows where they are. With her marriage crumbling Amy turns to what she knows best: cooking and opens a café showcasing regional seasonal produce. opens a supper club and serves mouth-watering feasts to new friends.

Rich with unexpected characters and insights, Wherever You Go is an uplifting story of loss, recovery and redemption.

Transit of Angels by Desney King is another impressive first novel by the veteran book editor who survived a series of strokes to re-emerge as a novelist.

"Is there life after death? Angelica is 34 when her beloved hus-band Bill is killed in a motorbike accident. She knows Bill is dead but yearns to be reunited with him and in desperation begs him for a sign.

What happens next makes her leave the city and move to a quaint mudbrick cottage in a remote river valley where even the impossible feels

WIN WIN WIN

Thanks to Pilyara Press we have a threebook giveaway of Jennifer Scoullar's Wasp Season, Wherever You Go by Monique Mulligan and Transit of Angels by Desney King. Simply email win@ haveagonews.com.au with Three Books in the subject line or write to Three Books c/- Have a Go News PO Box 1042 West Leedervuille 6901. Closes 31/1/21.



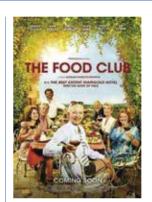
Australian drama hits screens this month

SET against the stunning landscape of 1930s Arnhem Land, *High Ground* chronicles young Aboriginal man Gutjuk, who in a bid to save the last of his family, teams up with ex-soldier Travis to track down Baywara - the most dangerous warrior in the Territory, who is also his uncle.

As Travis and Gutjuk journey through the outback they begin to earn each other's trust, but when truths about Travis' past actions are suddenly revealed, it is he who becomes the hunt-

In cinemas 28 January

WIN WIN WIN We have 10 double inseason passes to give away to this film. To be in the draw simply email win@havea gonews.com.au with High Ground in the subject line or write to High Ground c/- Have a Go News PO Box 1042 West Leederville 6901. Closes



Delicious new comedy

THE hit Danish comedy The Food Club begins on Christmas Eve when Marie finds out that her husband has another woman and wants a divorce. Desperate, she wonders what will become of her life. But above all, what will she do with this Italian cuisine tasting course for two just received as a present from her children? After summoning her girlfriends from her youth, the inconsolable widow Vania and the liberated and independent Berling, the decision is made: to add a seat at the table and go together in the direction of beautiful Puglia, Italy!

In cinemas 4 February.
WIN WIN WIN

To be the draw to win a double in season pass simply email win@haveagonews.com.au with Food in the subject line or write to Food Club c/-Have a Go News PO Box 1042. West Leederville 6901. Closes 31/1/21.

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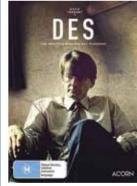
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True crime drama on DVD



DES is a true crime drama focusing on one of the most infamous criminal cases in UK history,

the 'kindly killer', Nilsen (David Tennant, Good Omens, Broadchurch) was a civil servant who spent five years murdering boys and young men he met on the streets of London's Soho from 1978 to 1983.

When he was finally caught on 9 February 1983 Nilsen had murdered a total of 15 men over a period of five years, making him Britain's most prolific serial killer of the time. After his arrest, Nilsen was astonishing in his honesty admitting outright to all 15 murders in the police car outside his flat. But infuriatingly for the investigating detectives, he couldn't remember any of his victims' names. With no apparent motive, inconclusive forensic evidence and most of Nilsen's victims living off grid, the police started the biggest manhunt investigation in UK history. This time not for the murderer, but for the murdered.

The DVD is out now and features three 60 minute episodes, RRP \$29.95.

WIN WIN WIN We have four DVDs of Des to give away to some lucky readers. To be in the draw simply email win@haveagone ws.com.au with Des in the subject line or write to Des c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/1/21.

INTERNATIONAL COMMEMORATIVE ANNOUNCEMENT







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**Bradford Exchange

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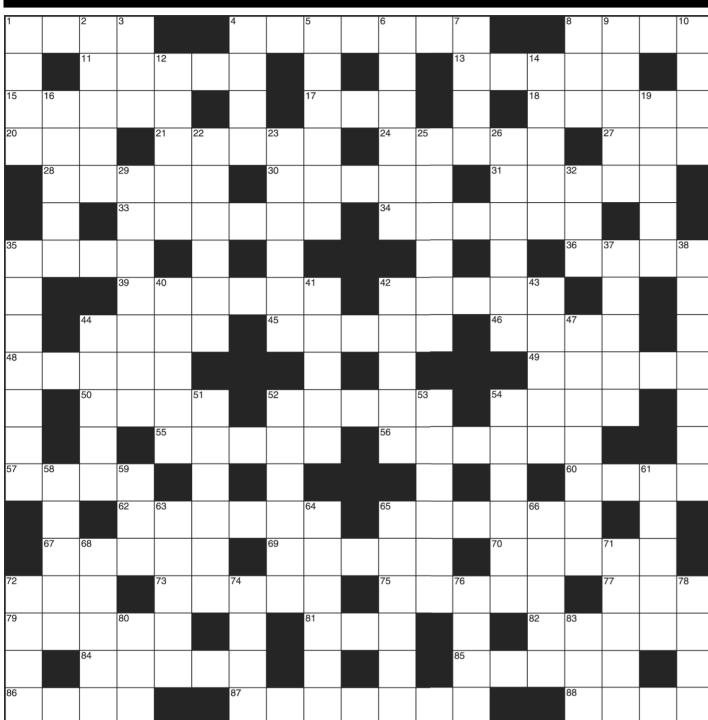
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Solution for Crossword page 47

| Т | R | Α | Z | S | Р | Α | R | Ε | Ν | Т |
|---|---|---|---|---|---|---|---|---|---|---|
| R | | | | Α | | С | | L | | ı |
| Α | | J | | S | | Т | R | ı | Е | S |
| _ | | Z | | Ι | | 0 | | М | | |
| Г | Α | R | K | | O | R | U | ı | s | Е |
| Е | | Е | | S | | S | | Ν | | Ν |
| D | Е | F | Е | С | Т | | С | Α | Р | Е |
| | | ı | | R | | Α | | Т | | М |
| O | Α | Ν | 0 | Е | | F | | Е | | ı |
| С | | Е | | W | | Α | | | | Е |
| Р | Е | D | Е | S | Т | R | I | Α | N | S |

PRISM solution page 47: Pine, teak, magnolia, hawthorn, sycamore, oleander

Answers for Have a Go News Quiz page 2:

1. Bobtails 2. "Twiggy" 3. Perth's London Court 4. Optus 5. Bob Hawke 6. 1878 7. Albany 8. Kangaroo 9. Boab 10. Mt Augustus.



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- 1. Untie
- 4. Insistent
- 8. Windmill arm
- 11. Desert water hole 13. Early Peruvians
- 15. Creme de la creme
- 17. Indian mausoleum, ... Mahal
- 18. River mammal 20. Transgression
- 21. Helmet peak
- 24. Painter's tripod
- 27. Public house
- 28. Hideous monsters
- 30. Cavalry spear
- 31. Bellows
- 33. Infuse
- 34. AWOL student
- 35. Scandinavian city
- 36. Unassuming
- 39. Swarmed
- 42. Sounded like crow
- 44. Comprehend writing
- 45. South Korean capital 46. Cul-de-sac, ... end
- 48. Drummer, Ringo ...
- 49. Beg
- 50. Tiny landmass
- 52. Eventuated
- 54. Skyrocket
- 55. Cheeky
- 56. Chooses (government)
- 57. "No" votes 60. Young children
- 62. Agreement
- 65. Former Spanish currency unit
- 67. Native American tent 69. Leader
- 70. Animal skin disease
- 72. Drain
- 73. Top laver
- 75. Very pale
- 77. Expression of disgust
- 79. Needle stab
- 81. Fellow
- 82. Fizzy 84. Fees
- 85. Up in the air
- 86. Fair to middling (2-2)
- 87. Corrected (wrong)
- 88. Muscle firmness

DOWN

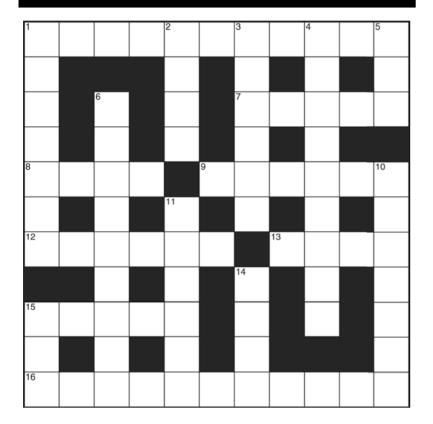
- 1. Applications
- 2. Performing
- 3. Cereal grass
- 4. Unchanged (2,2)
- 5. Stellar
- 6. Miserable
- 7. Nervous twitches
- 8. Wine keg
- 9. In motion
- 10. Receive (salary)
- 12. VII
- 14. Gut part
- 16. Fierce felines
- 19. Happen next
- 22. Dispatched 23. Martini garnishes
- 25. TV reception pole
- 26. Obliterated
- 29. Unruly demonstrators
- 32. Cash machine (1,1,1)
- 35. Male rowers
- 37 Northern sea
- 38. Arouses (interest in) 40. High-ranking lords
- 41. Belittle
- 42. Damn
- 43. Bus terminus 44. Showery
- 47. From US Arctic state
- 51. More effortless
- 52. Stage players
- 53. Seniors
- 54. Plan
- 58. Church table
- 59. Dine late
- 61. Coffee sediment
- 63. Narrow land links
- 64. Spice 65. Satay kernel
- 66. Ballroom favourite
- 68. Heroic tales
- 71. Enthusiasm
- 72. Jet-baths 74. Soviet region (1,1,1,1)
- 76. Principal
- 78. Overblown publicity
- 80. Dove call
- 83. Rear



Have a Go News PUZZLES PAGE Have a Go



CROSSWORD



CRYPTIC CLUES

Across

- 1. Rants upset father or mother that's very clear (11)
- 7. Hears evidence in court of experiments (5)
- 8. Clarke admits having a bit of fun (4)
- 9. Crews suggested a boat trip (6)
- 12. Desert flaw (6)
- 13. Garment required by escapees (4)
- 15. When ocean is wild you have to paddle your own (5)
- 16. A diner steps aside for those on foot (11)

- 1. Deli art brought up the rear (7)
- 2. Buys a shirt with hidden waist band (4)
- 3. Cast or cast, perhaps (6)
- 4. Get rid of the Spanish item lan cracked (9)
- 5. A little fetish? It is, to poets ('3)
- 6. Rough fur, in need of restyling (9)
- 10. I see men becoming adversaries (7)
- 11. Cheats prison wardens (6)
- 14. A long way off in safari (4)
- 15. One hundred up for trophy (3)

STRAIGHT CLUES

Across

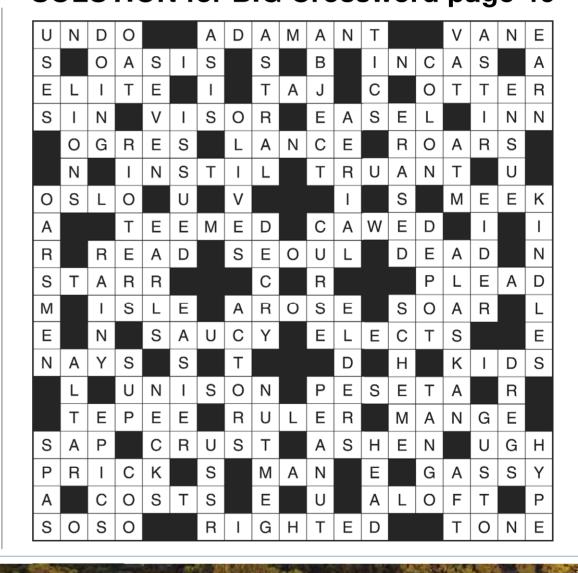
- 1. See-through (11)
- 7. Has a go (5)
- 8. Songbird (4)
- 9. Shipboard vacation (6)
- 12. Imperfection (6)
- 13. ... of Good Hope (4)
- 15. White water craft (5)
- 16. Walkers (11)

Down

- 1. Fell behind (7)
- 2. Beauty queen's ribbon (4)
- 3. Movie stars (6)
- 4. Rule out (9)
- 5. ... the season to be jolly ('3)
- 6. Crude (9)
- 10. Foes (7)
- 11. Spiral fasteners (6)
- 14. In the distance (4)
- 15. ... & saucer (3)

SEE PAGE 46 FOR #346 JANUARY EDITION PUZZLE SOLUTIONS

SOLUTION for BIG Crossword page 46



Track down the six trees hidden in our prism. The words appear either clockwise or anti-clockwise and are on alternate spaces.



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NOW OPEN FOR ALL YOUR HEARING CARE NEEDS

My life changed when I was fitted with hearing aids

Annette Taylor with

Audiometrist Thea Halliday

I love my hearing aids and know very well that without them, my life would lack the quality I now really enjoy. For a few years I had only one aid, and I managed, but catching what was said when people weren't directly facing me was problematic. And when they turned their back and walked out the door still talking to me, I needed to ask them to repeat what they'd said. That might mean them having to stop, either turn and face me to speak, or even to yell at me. This can be very irritating for those without hearing loss who don't understand what it's like. It was pretty demoralising for me

too, as it's really stressful when you

want to hear but just can't.

Like many people at that time, in my early career I was exposed to excessive noise while working in a factory with machinery banging away all day. In those days, nothing was on offer to

prevent damage to hearing and that experience wouldn't have benefitted my hearing. Sometime later I worked in a pharmacy where people would talk to me over the counter and I'd have to ask them to repeat what they'd said. Eventually I had to leave that job because it was really difficult and embarrassing

to have to ask for repeats of everything that was said.

> But my hearing loss wasn't diagnosed until following the birth of my daughter. At home, the television would be turned up beyond what

> > my husband Blaike and daughter Kelly found comfortable, yet they were good sports and didn't complain. I remained blissfully ignorant of this though, until I was fitted with hearing aids, and then it was I who asked for the volume to be lowered.

My life changed when I was fitted with hearing aids, and it is very difficult for me to understand why others refuse to try, in spite of really needing them. Everyone around people with hearing loss knows about it, but they seem to think they can hide it. I'd

like to recommend that anyone who does have problems hearing checks it out, and does a trial of hearing aids. It can change your world. At the same time, I want to mention the fantastic kind and understanding audiologists at Brad Hutchinson Hearing who take such trouble in their approach to my hearing loss. They really are good at what they do, and the aftercare is wonderful. **Annette Taylor**



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