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WA wordsmith... Tim Winton



Tim Winton © Penguin Random House

by Lee Tate

TIM Winton has stunned the book publishing world in an extraordinary effort, changing tack and yielding his latest blockbuster, *Juice*.

The doyen of Australian authors committed heart and soul to his first

dystopian novel.

Centred on Western Australia, *Juice* paints a painful picture of an apocalyptic world, crushed by catastrophic climate change.

Environmental warnings in the book, although fictional, are there to be taken by readers, says

the author.

Conservation is close to the heart of 64-year-old Winton who has spear-headed campaigns including protection of WA's Ningaloo Reef.

While immersed in conservation commitments, including a Ningaloo television documentary, the

book was fermenting in his mind.

"I guess it was six or seven years, all up," said the author of 30 best-selling books.

He told *Have a Go News*: "It was a bit of a grind, to be honest, partly because I was writing it while I was making the

Ningaloo documentary series (for ABC TV).

"As readers will probably sense, the book is set at Ningaloo. I was definitely trying to do two very hard things at the same time.

"There's only 24 hours in every day, so it was a tough job. A bit mad, really. But there was a sense of urgency about both projects, so, mad or not, I did it anyway."

Father-of-three Winton said he watched the climate situation get worse as politicians failed to respond to the challenge.

"They wasted nearly 20 years of opportunity to take meaningful action and now we're on a knife edge.

"Sadly, it's young people and their children who will suffer. And the worst effects will be felt by our poorest and most vulnerable citizens. I have six grandkids now, so I take this stuff personally."

Juice is a nightmare vision of the future – a future we must avoid. I'm hoping this book might help readers confront the reality of what's happening and spark some urgency.

"We need to elect people who will do more than talk about climate. We need leaders who will act in the interests of our kids and those who come after us."

Winton is brutally frank about his views on the corporate world.

"The CEOs who put profits ahead of life are criminals. But I still believe in the goodness and genius of people. And our greatest strengths, which are empathy, decency and solidarity.

"I'm not naïve, but I think we can and must, rise to the challenge. Like the generation that decided to fight fascism in the 1930s and 40s. They had a choice. But they had the juice to rise to the moment and do the right thing."

continued on page 12

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From the managing editor's desk



Tahlia Merigan



WE are gearing up for Seniors Week and look forward to seeing many of you at *Have a Go Day* on Wednesday November 13 from 9am to 3pm at Burswood Park. We are thrilled this year to welcome Channel 9 back to the event and we know you are going to enjoy a great day out – come and see me and the team at the *Have a Go News* hospitality tent, you may be surprised at who serves you a free cuppa. Our ambassador John 'Burgo' Burgess will be on hand and looks forward to welcoming people and having a selfie with them. We have

some great prizes for the Chocolate Wheel this year and that will be spinning on the hour between 10am and 2pm.

Since the inception of Golden Lens photographic competition, I have been honoured to be on the judging team. The 2025 competition is now open and will be running over the festive season offering a different angle for entrants with a fresh focus on capturing moments of connection during the holidays. See page 7 for details on how to enter.

Have a Go News is a finalist in the Family Business Awards of Australia, and we would love it if you can vote for us. Please head to www.kochiesbusinessbuilders.com.au/australias-favourite-family-business-2024/ to submit your vote – voting closes on November 17 and you can vote multiple times. It would be great to see our long running WA owned and independently operated newspaper take out this award.

Many regular readers will remember my daughter Tahlia is now a serving member of the Royal Australian Navy. I wanted to share the photo above of her during the King and Queen's

visit where she was on board one of the ships during the fleet review. I was certainly a proud mother that day and this year has seen her cross the Pacific aboard HMAS *Sydney*. I know many readers have asked me about her and this month she has transferred back to Canberra for a new role.

The Mount Lawley/Inglewood RSL will be holding a special service on Monday November 11 at the Mount Lawley War Memorial, on corner Queens and Clifton Crescent from 10.30am for Remembrance Day, all our welcome.

Our friends at Legacy WA are holding a fundraiser concert featuring the *Australian Army Band* on Sunday November 17 at 2pm at the Scarborough Sports and Community Centre. It will be a fabulous afternoon of entertainment and I hope you can support this event. Call 0417 559 973 to book, tickets cost \$35 and help fund this important charity.

Have a Go News is on social media and we would be thrilled if you follow our Facebook or Instagram page. We have a lot of fun there with an interesting array of content – simply follow or like

our page at www.facebook.com/Haveagonews/ or search for *Have a Go News* on Instagram.

Each month we provide a free electronic edition of the newspaper which you can receive direct to your inbox. We don't send any advertising material or have online registrations: just email readers@haveagonews.com.au with your name and email address.

This month we have done a lot of work on the *Have a Go News* website and enhanced the user experience by disabling all the annoying Google ads. No longer will you find an advert which takes over the page. We are really pleased with the new experience and this provides us with a platform to provide a variety of extra content which is updated regularly as well as listings of clubs and groups. Pay it a visit at www.haveagonews.com.au

Enjoy the spring weather and we look forward to seeing many of you during Seniors Week.

Jennifer Merigan
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Ageing snippet - Hey big spender!

INTERNATIONAL Longevity Centre research predicts that the next decades will see huge growth in consumption by older people – as there are more older consumers and they spend more per person on average. Spending by older consumers will rise from 54 per cent of total consumer spending in 2018 to 63 per cent by 2040.

They say older people are shifting their spending towards non-essential purchases such as leisure. The top three growing sectors for older consumers are recreation and culture; transport; and household goods and services.

Have a Go News Quick Quiz - Answers on page 44

1. Who was Prime Minister in 1944?
2. Which is the AFL's oldest club?
3. Which distinctive building alongside the Narrows Bridge is dated to 1835?
4. Who was father of mining heiress, Angela Bennett?
5. Name WA's largest cave.
6. Name the closest river to Augusta.
7. What big lake is in Chidlow?
8. Name WA's biggest river.
9. What, approximately, is Perth's population?
10. Who was Australia's first Prime Minister?

Amazing West Aussies - Did you know?

DERBY-BORN Callum Ah Chee, one of six boys, rose to AFL stardom after starting with South Fremantle at age 17. Of Aboriginal, Dutch and Chinese heritage, Callum was drafted to the Gold Coast Suns and moved to the Brisbane Lions in 2020, playing 142 games up to 2024. Callum kicked Brisbane into the 2024 Grand Final with a last-minute goal against Geelong.

Quote of the month

AS soon as you feel too old to do a thing – do it!

Margaret Deland

Noongar Words

Yongka – kangaroo
Boolkaala – Banksia

Noongar Season

Kambarang
Second spring - season of birth
Longer dry periods

Word of the month

Fugacious
Pronounced - Fyoo-Gay-shus
Adjective

A formal word which describes something that only lasts a short time.

Example
The band's success proved fugacious; within two years its members had moved on to other careers.

Fugacious first known use was in 1634 and comes from Latin fugax, meaning "swift, fleeting," and ultimately from fugere, "to run away" and best describes the ephemeral - that is, those things in life that last only a brief time before fleeing or fading away

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Have a Go News ambassador John Burgess is back on radio



John Burgess hits the airwaves every Sunday

TIMES they are a'chang- ing.

I'M taking a bit of a break from my radio and television story from years gone by to bring it up to the present for a minute.

Since I moved back to Perth in 2012, I've been giving my all to Radio 6IX where I had pretty good success doing both breakfast Monday to Friday and then Saturday morning 6 till 12.

During that time, I made the station quite a lot of money by selling heaps of advertising on

my radio show and doing a lot of appearances at personal and business locations around Perth, as well as hosting lots of competitions here and across the network. And I have to say, having a national personality here, can create revenue at an interstate level as well.

But as they say, all good things must come to an end. Not by my wishes, I might add, but they decided to change tack and replace me with reruns of the Monday to Friday break-

fast show. They have the right to do that of course, so no problems there whatsoever, but out of the blue came an opportunity to join 6PR which of course is a talk station.

It would be a complete reversal of what I've been doing for the last 59 years on the radio. I had of course done lots of interviews with a cross-section of movers and shakers during that time.

I've interviewed prime ministers, premiers, members of parlia-

ment, business leaders, sporting greats and the top recording artists of our time as well. So, it shouldn't be a big leap, I can hear you saying, but I have to tell you, chatting to people for four hours is something I've not experienced before.

In previous radio gigs, if I ran out of anything intelligent, funny or relevant to say, I would just bang on a record, easy. But now I'm responsible for the flow completely, a daunting prospect as I found out over the last couple of weekends as I embark on this new venture.

Of course, I've always been lucky to have excellent help in some form like Roland Green who pushed all the buttons for me at 6IX for a number of years and now at 6PR. I'm in great company again with Isaac who is producer extraordinaire and Andy who now has the very important job of keeping me on the air, just to name a couple of people.

I can assure you it's been a very exhausting time for them putting up

with the new boy. Anyway, we're underway and I've spoken to a lot of very interesting people already, like the Premier, Roger Cook, Lord Mayor Basil Zempilas, and the head of Sepsis Australia, Dr. Brett Abbenbroek. Sepsis is a terrifying problem, which almost floored me, as you would well know.

I've spoken to the Salvos in Mandurah who'd been broken into and \$7,000 worth of toys were stolen. I got on to my good friends at Kmart and they very generously donated 300 toys of all descriptions to the Salvos Christmas Appeal, helping kids who are underprivileged and needy. I've really enjoyed the experience and will continue to try and be informative and also helpful to people in need.

I've also taken Crime Stoppers with me.

Sergeant Alice Cockram will join me each Sunday and hopefully we can solve a few of those outstanding problems that Crime Stoppers do a fantastic

job with.

I also intend to have a bit of fun. I'll play some music from the 60s, 70s and 80s as usual. I'm continuing my association with Harvey Norman and will play *On The Street* with a \$200 gift card up for grabs each week. We'll have movie passes and lots more surprises as well.

I might even persuade the lovely Jen Merigan,

boss of this paper, to pop in from time to time and have a chat.

I'd love you to join me, 12 to 4 Sunday afternoon and if you want to have a chat, call me on 133 882 or SMS me on 0487 999 882. Love to hear from you. Next month we'll resume my journey in the radio and television industry.

Until then, cheers. Burgo out.

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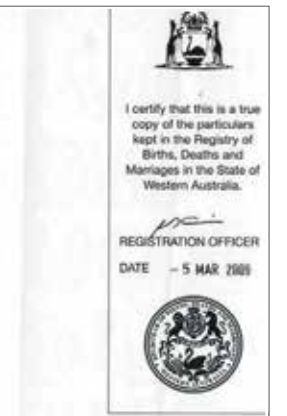
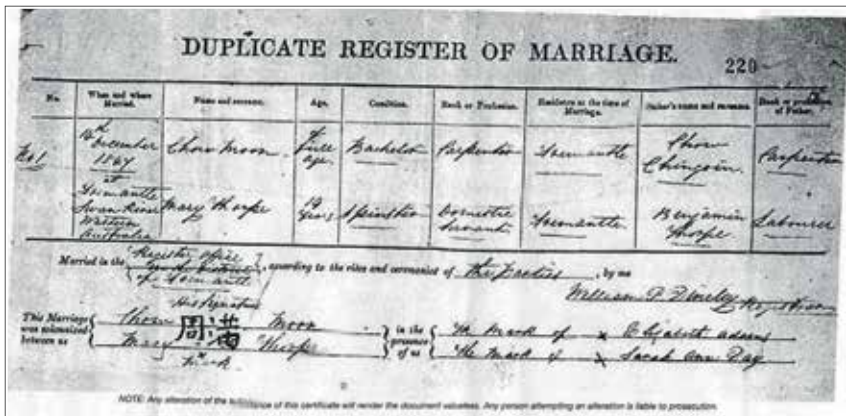
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Two centuries of Chinese heritage in WA



Above: Chow Moon and Mary Thorpe's marriage certificate Right; A promenade in Russell Square, Northbridge is named after Chow Moon

TWO Centuries of Chinese Heritage Project at UWA takes a biographical approach by weaving snippets from historical sources to uncover stories about Chinese people who came to Western Australia. In addition to a publicly accessible research portal, the project will also involve a series of podcasts, an exhibition, events and a book. This series of articles profiles many surprising stories being discovered and recorded as part of this history project. In this story we examine:

The First Chinese Western Australian - Chow Moon by Benjamin Smith and Yu Tao
 WELL-KNOWN early settlers of Western Australia are almost all of Anglo-Australian heritage, but amongst them was one Chinese man Chow Moon. He arrived in 1830, just one year after the

the Emily Taylor proves that *Chow Moon* arrived in Fremantle via Bombay. Chinese men being employed in Asian port cities such as Bombay, and particularly Singapore in later decades, is a common characteristic of nineteenth century Asian migration.

Chow Moon was a carpenter - a skill much in demand in the early years of the fledgling colony. He was employed to work for Henry W. Reveley, the first civil engineer and director of public works in Perth. Reveley worked on buildings such as the Round House in Fremantle and the original Courthouse in Perth. As such, it's possible that some of Chow Moon's carpentry is still extant in the windows and doors of our oldest buildings. Later, Chow Moon went on to become a boat builder.

Chow Moon married Mary Thorpe, a woman of English heritage, on December 14, 1847. Their marriage was possibly the first legally sanctioned interracial marriage in Western Australia. They had four children, though not all survived infancy. The confusion of Chinese naming conventions was carried through to Chow Moon's children who all took the name 'Moon' as their surname. Given discrimination against Asian settlers at the time, this

may have been a deliberate decision to adopt a more English-sounding name.

Chow Moon was also amongst the first non-English settlers to purchase land in Western Australia. An early map from the 1860s shows that he purchased a plot in Guildford, but there is no evidence that he developed it. Later it became almost impossible for Chinese Western Australians to own land.

Tragically, Chow Moon died on June 13 1877 after being struck by a mail van in Fremantle. His death led to the introduction of speed limits and the requirement for lights on vehicles at night, a lasting legacy of a fascinating individual.

Chow Moon is remembered in the Welcome Walls at the WA Maritime Museum in Fremantle, a promenade in Northbridge and his story has been celebrated in local theatre productions and even inspired the names of restaurants in Perth.

Interested readers are encouraged to explore the UWA research database and other aspects of the project at: www.chinesewa.net/.

As research material is being added constantly, the project team would love to hear from anyone with information about early Chinese migrants.

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Harry Perkins Institute of Medical Research's Dr Kieran Mulroneo

by Allen Newton

MEDICAL scientist Dr Kieran Mulroneo and his team are tantalisingly close to launching new technology that could save the lives of many of the 1.27 million people around the world who die each year from infections resistant to antibiotics.

Biotech start-up Cytophenix, led by researcher Dr Mulroneo, of the Harry Perkins Institute of Medical Research, has been awarded a second \$500,000 grant from CSIRO biotech incubator CUREator to help get the FloCAST diagnostic tool to market.

The Artificial Intelligence-powered diagnostic tool will help

physicians prescribe the correct antibiotics for bacterial infections within hours rather than days, saving lives and helping to combat antibiotic resistance globally.

"We are using antibiotics more and antibiotic resistance is worsening," he said.

"Take sepsis, a blood stream infection – the only way you survive is if the antibiotic you are given is effective on the bug.

"Doctors at the moment are using broad spectrum antibiotics saying they don't know what the infection is, so these are the ones that are most likely to work.

"But resistance gets worse and more and more often the initial diag-

nosis is wrong.

"The current process is you take a blood sample and send it to the pathology lab. They culture the sample and will say if there is a bug – and what it is once it has grown.

"And then they can do a test to say these are the antibiotics that are going to work – and that can take two to five days.

"If you have a bloodstream infection you have nearly a seven per cent risk of death for every hour that you don't get the right antibiotic.

"What we are doing with FloCAST is we take that blood sample and the actual tests take less than four hours to run. It means we can get the results back in the same day.

"Even if that first guess is wrong before the second dose of antibiotics is due the doctors have the tools they need to get it right.

"You get the results back when there is still a chance to save someone's life."

Getting FloCAST to market has been a long process that started when Dr Mulroneo was a PhD student working with two fellow inventors back in 2015. He is hopeful that it will finally get to market in the next two years.

Dr Mulroneo says it would certainly have been an easier path for him to pursue a medical career.

"It's an interesting pathway for me in that when I was young, I always thought medicine was where I wanted to be. I wanted to help people, be out there solving problems, all those sorts of good things.

"And then as I grew up and got out into the world and worked for a while, I realised my talents were better used solving problems. I wanted to look at the ways that we can change the system to help everyone rather than help just one person at a time.

Dr Mulroneo said he was lucky enough to come from a privileged background with a private school education.

"I'm a rich kid at the end

of the day, and I had the opportunity to do whatever I wanted, but what I wanted was to make the world a better place. That was what led me on that path."

That path started for Dr Mulroneo with university which gave him the foundations to build on. He returned to university and started studying again for an undergraduate degree when he was around 28 years old.

He says his motivation comes from finding a problem, something that really matters, that you can specialise in, that will take you where you want to go, what you want to do.

"It wasn't until I met a really influential lecturer who posed this challenge about antibiotic resistance and what that was going to look like in the future, that suddenly I realised that was where I wanted to be and what I wanted to do.

"It wasn't a light bulb moment. It was a little bit of a gradual shift to start with.

"As you learn more and you start to understand the way that we've built our knowledge about the world around us, you also start to see the holes in our knowledge.

"When I found out just how bad the problems around antibiotic resistance were getting, that's when that switch flipped

for me.

"Every year about 1.3 million people globally die from a resistant infection. They have an acute infection with a resistant microorganism – a bacteria or a fungus – and they die as a result of that.

"But if you go and look at people who have had one of these highly resistant infections and survived, that number is more like five million every year."

Dr Mulroneo says it is difficult working from WA.

"A lot of people want to tell you, 'oh, you should pack up, you should go to Boston, or you should go to Silicon Valley or Zurich, or the money's over there, you'll get everything you need, it'll be great'. But for us, the West Australian community has been such a big part of the journey and so supportive of what we've done,

that we didn't want to do that. We wanted to keep the technology grounded in the local community.

"There's more money, there's more expertise overseas, but we wanted to stay local, we wanted to stay in Western Australia and we want to keep giving back to the community that supported us. So we've balanced those challenges as we're going, but it is an issue that the West Australian government is doing their best to address," he said.

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Sue Boyd writes about her fascinating diplomatic career

by Josephine Allison

SUE Boyd had just returned to Australia from her first diplomatic posting to Portugal when the call came from then Prime Minister Gough Whitlam for a briefing on what was happening in the country.

"I was in Canberra when news broke that the Carnation Revolution had happened in Portugal," Sue tells *Have a Go News*. "Then I heard that the prime minister wanted someone from foreign affairs to brief him on the matter and he didn't want some old fuddy duddy; he wants someone who really knows."

"So I tidied myself up, pulled my mini skirt to a respectable level and tottered off to the old Par-

liament House through the rose gardens and met Gough, who asked:

"Susan, what is going on in Portugal, what does it mean for Australia and what should we do about it?"

The encounter with Whitlam was early in Sue's career as a diplomat which took her around the world as the head of diplomatic missions in Fiji, Hong Kong, Vietnam and Bangladesh. She also had postings at the United Nations in New York and in the former East Germany.

After migrating to Perth from Britain with her family in 1966, her experiences are recounted in her fascinating book, *Not Always Diplomatic, An Australian Woman's Journey through*

international affairs.

Sue Boyd AM has rubbed shoulders with some of the great political leaders in Australia (former foreign minister Gareth Evans is a good friend) and overseas, but her sense of humour and down-to-earth attitude shine through in her book.

Her love of art and collecting is depicted in colour plates at the front of the book, beside family photos and those taken at various overseas posts.

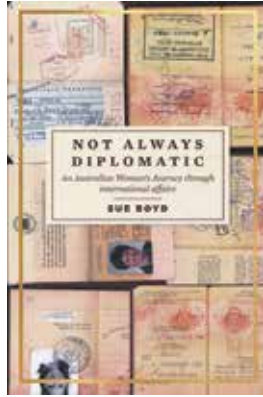
"Portugal was my first posting and after that I was posted to East Berlin in a hurry. They said: "we need someone in East Berlin and someone who speaks German and you do."

"So off I went and after that I was posted to the United Nations in New York and then Hong Kong and Bangladesh which was my first head-of-mission posting.

"I continued to serve overseas until 2002 when I returned to Perth because my father had died and my mother was here

with my sister Lynda and she really had the job of caring for our parents while I was away.

"It was time to come back, which suited me because I was young enough to then go on to a second career."



Sue joined the foreign service after leaving the University of WA in 1970 and a brief stint as a journalist on Perth's now defunct afternoon newspaper the *Daily News*.

"I was taken in as one of the 23 training diplomats and only two of us were women. The Department of Foreign Affairs at the time was a bit

hostile towards women, thinking we were a waste of money, that we would marry, get pregnant and have babies.

"But luckily, the federal government of the time had decided there had to be more women in the public service. So we had to show we were serious and weren't just there looking for a husband, we were there to do a good job and be respected.

"The hostility dropped off and they found that many of these prejudices towards women were unfounded. There were very few countries that women couldn't be posted to, so I had 35 years in the foreign service."

Sue says keeping diaries as a diplomat was not permitted because of security issues, so most of her book was written from memory.

In a foreword, former WA Governor and politician Kim Beazley, a friend from university days, says the book can be read at several different levels.

"At one level it is about a women raised in the last



Sue Boyd AM

phase of the British Empire in a family enmeshed in the business end of that Empire. Then an almost accidental migration to Australia.

"Where despite misgivings she flung herself wholeheartedly into the opportunities and affairs of her new country. A pioneer for women in the foreign affairs department.

"At another level, Sue's

book can be read as a view from the engine room, of the making of Australian foreign policy. This is so important now."

Not Always Diplomatic, An Australian Woman's Journey through international affairs (\$30, UWA Publishing) is available from the Lane Bookshop in Claremont, and directly from the publishers, UWA Publishing.

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End of year lunch for retirees group with retiring MP Margaret Quirk

MARGARET Quirk the retiring MLA for Landsdale will reflect on her life in politics at a meeting of the Perth branch of the Australian Independent Retirees (AIR)

on Friday November 15 at 10 am.

The aim of AIR is to protect and advance the interests of retirees who wholly or partly fund their own retirement.

They meet on the third Friday of each month from 10am to noon at the Cambridge Bowling Club, Chandler Avenue West, Floreat.

Besides the meeting and morning tea there is a guest speaker, and next year will include pre election forums for both State and Federal elections when we hope to hear what our local politicians aim to provide for

us if they are elected.

Over the year we will have speakers to address topics related to finance, travel, health, community and special interests of members.

Members - free and visitors - \$5. Enquiries can be addressed to Margaret Walsh - marghw@outlook.com

The November meeting will be followed by a catered end of year

lunch - booking required for lunch at events.hu.manitix.com/end-of-year-lunch-wknr4765/tickets

On Wednesday November 13 at 1.30pm the AIR Investors Discussion Group are holding their meeting at the same venue. For further information of this subgroup enquiries can be addressed to johnkwells@gmail.com.

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LESLIE Street Centre in the Peel region has some fabulous regular events happening. It encourages people in the Mandurah area to make the most of the centre.

Every Friday evening at 5pm enjoy a sundowner on the back patio where members and visitors are welcome to bring along drinks and nibbles and soak up the views and make new friends.

The Centre is keen to start bingo along with games of scrabble, mah jong and canasta on Wednesday afternoons and would love to hear from people who would like to join.

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An exploration of our food and the farming that puts it there



Jill Griffiths

by Serena Kirby

WHEN Jill Griffiths was a child, she loved to write and thought that some day she'd even have a career as a writer. But everyone told her that a writing career was rarely a

profitable one.

Taking that advice she chose to pursue her other passion which was science and after completing a biology degree she did a diploma in journalism.

"I saw this as a chance to combine

my two interests which would mean I could talk to experts in various fields of science and then write about it. I could tell the story behind the science," Jill says.

And that's exactly what she did and she's now been a successful science-writer for more than 30 years. Jill has also taken her interest in science writing to the next level with the publication of her book, *What's For Dinner?*.

The book has been incredibly well-received and was a finalist in this year's Premier's Award for Book of the Year.

Jill describes the book as: "an exploration of the food on the table and the farming that puts it there and what it all means for people who grow food and those who eat it."

She also says there were many surprises in what she learnt while researching for the book.

"I had lots of preconceived notions, things that I thought I knew about, that were either inaccurate or wrong. The first thing that surprised me was that 75 per cent of the world's food comes from just 12 species of plants and five species

of animal.

"It's actually even more concentrated than that because within those species the range of varieties and breeds is limited and continues to diminish. Discovering that was a real aha moment."

But this was just one of the surprises Jill uncovered as some of the things she learnt about chickens totally turned her upside down and inside out.

"I've kept chooks for a long time and I thought chickens were something I really understood. But I never knew how important they are to the world's food supply. Not only are chickens one of the top five animals in food production but they're the most important agricultural animal in terms of the amount they contribute to our food supply. Chickens make up 46 per cent of all meat eaten in Australia and that's huge."

Jill says research by the UN showed that, as of 2007, more people lived in urban areas than in rural ones. As most food is produced in rural areas the result is that fewer people are producing more food for more people.

She points out that food production, food quality and pricing are complex issues, loaded with nuances, opinions and theories and she doesn't claim to have all the solutions as to how we can adequately feed the world's population.

"Close to a billion people in the world are malnourished or undernourished. If we were hungry and desperate for food we'd not be so concerned about how it's produced. But we become very concerned about it when there's plenty of it. We've got choice and that's a privilege."

Jill says she tries to eat something from her own veggie garden every day – even if it's simply a handful of herbs. It puts her in touch with the seasons and reminds her to value the effort of food production. Valuable it most certainly is. Without the efforts of our hard working farmers, graziers, fruit and veggie growers, we wouldn't be asking: what's for dinner? Instead we'd be asking: where is dinner?

What's For Dinner? is published by Thames and Hudson and available from all good bookshops.

Get your cameras clicking - enter the Golden Lens photographic competition

THE popular Golden Lens photography competition for WA Seniors Card members returns for 2025, with a fresh focus on capturing moments of connection during the holidays.

With the holiday season fast approaching and many seniors using this period to spend time with family and friends, the *Golden Lens: A Season of Connection* competition encourages WA Se-

niors Card holders to capture images that reflect the meaningful relationships and connections that enrich our lives.

The competition aims to promote ageing well by celebrating the skills of Western Australians through the art of photography and to demonstrate that people can learn and be creative at any age.

The special edition will feature four categories including artistic photography, cher-

ished moments and traditions, seasonal wonders and directory of joy.

There will also be a people's choice category in which the public can vote via the WA Seniors Card Facebook page.

The winners will be invited to a lunch at Parliament House hosted by Minister for Seniors and Ageing, Don Punch. Selected photos will also be featured in the next

edition of the WA Seniors Card Discount Directory which will be published in the 2025-26 financial year.

The Golden Lens is more than just a competition; it's a celebration of ageing well and a testament to the fact that creativity knows no age limits," said Minister Punch.

"Western Australian seniors lead diverse and interesting lives and what better way to share their stories than

through photography.

"As the holiday season is arriving soon, now is the perfect opportunity to capture that moment with photography.

"There is a growing imperative for 'whole of community' commitment and action to ensure older people remain active and participate in their community.

"This competition is a prime example of how the

Cook Government demonstrates this very commitment and action," he said.

Prizes have been generously donated by participating WA Seniors Card business partners for the winner and runner-up of each category.

Entries close on January 15, 2025. Further information about entry requirements is available at www.seniorscard.wa.gov.au/the-golden-lens/.

Win a \$200 shopping voucher this month



WIN WIN WIN

Entrants can enter via email with Adwords in the subject line at win@haveagonews.com.au or write to Ad Words Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 1/12/24.

Congratulations to Sharon Nedeljkovich of Halls Head, last month's Ad Words winner.



FREE EVENT

Grandparents as healthy lifestyle champions!



Come along to hear from Dr Michelle Jongenelis about the latest research on grandparenting and how grandparents can promote healthy habits.

Catering and refreshments will be provided, and all attendees will receive resources that have been specifically designed to help families eat well and move more!



Details

Date: Wednesday 13th November 2024

Time: 10.00am - 11.30am

Venue: Bendat Parent and Community Centre, 36 Dodd St, Wembley

Register at <https://tinyurl.com/yvhf9fyf>

You can also scan the QR code or email behaviourchangecentre-MCBC@unimelb.edu.au



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

There are 11 advertisements in the main section of this issue which contain a blue circled letter for the Ad Words promotion.

Find the 11 letters to make up the word and then send your entry in to be in the draw to win.

Look out for these advertisements in sequential order to discover the blue circled letter to make up the Ad Word.

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Where opinions matter - recognising some of Australia's most influential people

by Lee Tate

WHO would you include in Australia's most influential people in the last 60 years? Many Western Australians can certainly be slotted-into the ranks of the nation's great and good.

In our lifetimes we would acknowledge Bob Hawke, Gough Whitlam, John Howard and Paul Keating as being influential.

Rupert Murdoch's News Ltd included them in its cabal of candidates.

Also included is Robert Menzies (Prime Minister, 1939-41 and 1949-1966) who served only in two

years in the last 60 years.

The list includes Kerry Packer (but not Kerry Stokes) and Julia Gillard plus Sandgroppers Lang Hancock, Gina Rinehart and Andrew Forrest.

But why, among other Aussies, ballet legend Li Cunxin aka *Mao's Last Dancer*? This brilliant performer rightly is recognised internationally, but influential in Australia in the last 60 years?

Li's ballet influence followed his defection to the United States in 1981. Li didn't come to Australia until 1995 when he moved to Melbourne with his Aussie wife, Mary. But

among Australia's most influential people since 1964?

Included are the yacht-*ing's Australia II* crew as well as landlubber luminaries Sidney Nolan, Ron Barassi, Kylie Minogue, Cathy Freeman, Greg Norman, Roma Mitchell, Ita Buttrose, Eddie Mabo and Bart Cummings.

Left out is internationally-acclaimed WA plastic surgeon Fiona Wood who, in collaboration with Marie Stoner, developed spray-on skin, a world-breaking medical breakthrough.

Also missing is WA epidemiologist, Fiona Stanley, noted internationally for her public health work, breakthroughs in child and maternal health and birth disorders such as cerebral palsy.

News Ltd neglects WA's Nobel Laureates, Barry Marshall and the late Robin Warren, who stunned the medical world, showing ulcers weren't caused by stress, spicy foods or too much acid but by the bacterium *Helicobacter pylori*.

Says University of WA on professors Marshall and the late Warren: "Their work on the bacterial basis



L-R; Lee Tate and Barry Marshall - Ita Buttrose - Fiona Wood - Johnny Young

for stomach ulcers revolutionised the treatment of gastro-duodenal ulcers by enabling an antibiotic cure and has led to a significant reduction worldwide in the prevalence of gastric cancer."

Changes to treatment of the condition spread around the world, easing pain and saving lives of millions of people.

Kim Beazley is missing from the list, despite his influential national political posts included Deputy Prime Minister, Acting Prime Minister, Leader of the House, ALP Leader

and Minister for Defence. The former WA Governor was also chairman of the Australian War Memorial and Ambassador to the United States.

Also missing is Major-General Michael Jeffery, Australia's 24th Governor-General and the first career Army officer to hold the position. He was a leader in the Australian Army, served in the Malayan Emergency conflict and the Vietnam War where he was awarded the Military Cross. Maj-Gen Jeffery was also WA's 28th Governor.

Deemed by News to be significantly influential were entertainers Nicole Kidman, Margot Robbie, Cate Blanchett, Sam Kerr, Nick Cave and AC/DC.

Yet, not included is Australia's only Hall-of-Fame member in both television and music, WA's Johnny Young. He devised, produced and hosted Australia's longest-running, continuous TV show, *Young Talent Time*.

The show launched the careers of Tina Arena, Danni Minogue, Jamie Redfern, Jane Scali, Debra Byrne, Sally Boyden and

Karen Knowles and produced new Aussie talent.

Young also penned a string of hits for Russell Morris, Ross D. Wyllie, Lionel Rose and Ronnie Burns with his songs covered by Kylie Minogue, *Midnight Oil*, *Herman's Hermits* and comedians Roy and HG.

Lists are invariably subjective, of course, but we don't like to see influential Sandgroppers left in the shade.

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

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Joy needs leftover knitting yarn

DO you have any leftover wool or half-knitted items in the cupboard?

Back in 2021 we asked readers to support local craftswoman and prolific community supporter Joy. She is a lifetime crafter and is always contributing to a variety of projects for local communities and an ongoing project in East Timor.

Readers supported this call very well, but after more than three years Joy has finally run out of yarn again and would love more donations.

She is looking for donations of wool, whether it's a part ball or a half-knitted garment which can be unpicked.

The knitting yarn will be used to crochet rugs for many charities, so donations will be well utilised in our community.

Ring Joy on 9364 1162 and leave a message if no one is home. Allow 59 seconds for the answering machine to kick in.

MSWA WE KNOW NEURO Curtin University CURTIN HEALTH INNOVATION RESEARCH INSTITUTE

Do you have or know someone with Alzheimer's?

Researchers at the Curtin Health Innovation Research Institute have discovered a potential new treatment that may be able to support memory in people with Alzheimer's disease.

Places are now available for a clinical study to test this new treatment.

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If you or someone you know is interested in finding out more information, please contact us via the details:
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A lifetime of fostering children has reaped many rewards



Lynette has been foster caring for more than 30 years

by Josephine Allison

HARVEY couple Lynette and Ed have been

fostering children in WA for more than 30 years. They faced problems but reaped the rewards of

seeing a child in their care blossom and grow.

"We were living in the rather remote area of Dundas in the Goldfields in 1991 and we've been fostering on and off since then," Lyn tells *Have a Go News*.

"We've had many children down the years, selling our Waroona farm three years ago and settling in Harvey. We've had around 27 children in our current home."

Lyn estimates all up the couple, who have three grownup children of their own, have cared for about 1,000 children down the years.

"I would say it's a good 1,000 because there were many children when we were living in a remote area who didn't go through the system.

"If the police had a runaway picked up near the WA border, they would ask us if we could care for the child for a few nights. Sometimes we would have them for weeks or even several years until they got their

act together."

Lyn and Ed currently have two babies in their care.

"The little boy was six months old when we first received him and we were supposed to have him for eight weeks; he's now 16 months.

"We also have a baby girl born 11 weeks' premature and we got her straight from hospital at four weeks old and she is now eight months old."

Lyn says that the family always sat around the table and discussed taking on foster children and if the answer was "no" they didn't go ahead.

"My daughter was wonderful because when she turned 15 she would collect the littlies from day care while Ed and I were both working."

What has motivated the couple, now in their late 60s and early 70s, to do what they did?

"We took foster children into our lives and the rewards have been many. We are being

somewhat selfish now because next year we want to travel and have asked the Department of Communities to find permanent homes for our two babies."

Lyn says she didn't really live with her parents as a child.

"My nana took me in even though I knew who my mum and dad were and I would return to them during the school holidays.

"My mother was a very violent person when I was younger, she didn't drink or anything, she was just that way. I went on to marry and have three children and my mother was a very good nana. We always wanted more children but we couldn't, so we turned to fostering.

"I couldn't have done all this without Ed but we are ready to move on now and have time for us."

Lyn says the couple are still in contact with a nine-year-old girl they had until she was about four.

"She was taken from us and she has had nine

families since and also a group home.

"We pick her up and have her for the weekend."

How do the couple survive financially?

"Babies grow rather quickly. We receive around \$32 a day allowance but you have to buy formula, nappies and medication. The clothing allowance every four months is around \$180.

"We have never done it for the money."

Lyn says the many rewards of seeing the children bloom is epitomised with the baby boy they currently foster.

"He had a flat head due to neglect and to see him now crawling and walking is a joy. The baby girl is also doing well.

"It's so rewarding when you see where these children have come from and where they are at now.

"When we go out, we have to co-ordinate. We also do this with late-night feeding, with each

of us having a book in which we write down the start and finish time of feeding and things like that."

In July this year Lyn informed the Department of Communities that the couple were planning to travel and asked the department to look at transitioning as they did not want the babies to go to strangers without any contact.

So far, nothing has happened.

Lyn has little time for hobbies but enjoys patch working and exercise, Ed has been involved in accounting and was treasurer of the Waroona Agricultural Society for 11 years.

The couple have booked a trip to Japan next year. There are plans to upgrade their car, buy a caravan and travel the country.

A reward for years of devotion and care of children who needed it.

For security reasons, Lyn and Ed's surname has not been published.

Peer leaders wanted for long running exercise program in Mandurah

STRONG on Your Feet program is currently looking to recruit several trainee peer leaders. They currently run 10 classes throughout the Peel region, each class has 20 seniors attending with two volun-

teer peer leaders

The position of volunteer trainer would be suitable for mothers who are reasonably fit and whose children are at school as most of the training and classes are held

within school hours.

Training is provided by a physiotherapist and is over one or two days then mentoring by current leaders until the trainee is confident to pass an assessment to

become a qualified leader.

Free training, uniform and a small travel reimbursement is included. SRCWA is a not for profit, volunteer driven organization and Strong on Your Feet is

a very worthwhile program to be involved with.

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Quarter century of Christmas magic - A family's legacy of light and giving



Sheila and John Ramsbottom

FOR 25 years the Ramsbottom family home in Woodvale has been a beacon of festive cheer, attracting visitors from far and wide with its dazzling Christmas Lights display.

What began as a tribute to the true meaning of Christmas has evolved into a beloved tradition, raising vital funds for worthy charities. As the family prepares to switch off their lights for the final time, they reflect on the incredible journey

that has brought joy to countless hearts.

After humble beginning in 1999, the family decided to create a Christmas lights display that would honour the religious significance of the holiday season. Their



first installation featured Mary, Joseph and baby Jesus in the crib and later added three camels with the biblical wise men.

This modest start sparked a passion that would grow exponentially over the years. As the display gained popularity the family expanded their creative vision. They transformed their patio into a festive wonderland, complete with interactive Christmas toys, singing and dancing for children, plus computer games

and static displays that enriched visitors understanding of Christmas. A plane on a ramp symbolising the Royal Flying Doctor Service became a staple, reflecting their initial charity partnership.

Over 25 years the family has raised, through community donations and the sale of their award-winning Christmas cakes, an astounding \$66,000 for two charities; the RFDS and the Harry Perkins Institute for Medical research. This remarkable achievement

demonstrates the family's commitment to their community.

The family garden is ablaze with vibrant colours and whimsical inflatables. A Santa sleigh pulled by six kangaroos, a face board and a majestic display of Christmas trees decorated with religious themes are just a few of the many attractions.

As the family bids farewell to their beloved display, they take pride in the memories created and the lives touched.

As the lights fade on this iconic display, the Ramsbottom legacy endures. Their selfless dedication to sharing the spirit of Christmas has inspired the countless individuals and families. The charities they have supported will continue to benefit from their tireless efforts.

"We are grateful for their opportunity to share our passion with the community. Our Christmas light display has been a labour

of love, and we are proud of the joy and funds we have generated for worthy causes. As we close this chapter, we hope our legacy will continue to inspire others to spread love, kindness and generosity," said Sheila and John Ramsbottom.

As the curtain falls on this extraordinary display, the Ramsbottom's family's commitment to the true meaning of Christmas will shine brightly in the hearts of all who have experienced their magical creation.

Final viewing: 119 Chichester Drive, Woodvale from December 1 to Christmas Eve 24 from 7pm with a special sausage sizzle on Friday December 6 from 7pm.

Donations to Harry Perkins Institute of Medical Research.

Come and witness the splendour of this iconic display one last time and be a part of the Ramsbottom legacy.



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Congratulations to our September 2024 winners: S Walsh, Patricia Jacobsen, Ulla Jespersen, Yvonne Ashworth and Helen Thacker.



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If you would like to help provide Guide and Assistance Dogs for West Australians who need them in the future, please consider including a gift in your Will to Guide Dogs WA.

To find out more please contact Kay McIntyre on (08) 9311 8285 or for more information please scan the QR code or visit guidedogswa.com.au/supportus/gifts-in-will/



ABN 11 157 291 960 Guide Dogs WA is owned and operated by EverAbility Group

British pensions update - archaic systems



by Mike Goodall

LAST month I wrote about the Electronic Travel Authority (ETA) required to Travel to the UK from Australia.

The UK Visa and Immigration Department has confirmed that If you are a dual citizen with British or Irish citizenship, you do not need an ETA. You can also prove your per-

mission to travel using a British or Irish passport or another passport containing a certificate of entitlement.

However, they stipulate that you have to book your travel using you UK Passport which could of course create problems on returning to Australia.

Talk to your travel agent if you are travelling next year to ensure that you can enter the UK, and return to Australia.

Women born before April 6, 1953 may be eligible to claim a pension based on 60 per cent of the years contributed by their husband towards his basic pension.

Prior to 2008 a wife

who was already claiming her pension was not automatically checked for eligibility for an additional pension.

The way many women found whether they qualified for an extra entitlement was if their husband ticked a box on his state pension application. Then a second pension application was posted to him to give to his wife.

Women missed out if their husband failed to tick the box, if the Department of Works and Pension only issued one form, or if the husband did not pass on the second application form to his wife.

Women who did not

make an additional claim remained on their lower pension and if they discovered that they were eligible for a possible uplift they were only permitted to backdate the increase for one year.

This is probably another case of maladministration by the Department of Work and Pensions. The Parliamentary Ombudsman has launched an investigation into what has been described as being an archaic and sexist retirement system.

If only we could persuade the Parliamentary Ombudsman to investigate the discriminatory policy of freezing pensions in some countries but not in others. (We are working on it).

Am I UK State Pension Age?

People born between October 6, 1954 and April 5, 1960, who have worked for at least 10 years in the UK, are eligible to claim their UK State Pensions from their 66th birthday.

Those born after April 6, 1960 can claim their pension one month later for every additional month of birth date until March 6, 1961 when it will become their 67th birthday. This is now subject to a UK Government review due in January 2026.

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



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With No Appointments or Hearing Tests Required, they are Ready-To-Use the moment you receive them.

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"I started with a pair of Jaspa 3 BTE aids and just moved up to the Jaspa 3 Dura rechargeable. I wear them in both ears all day, very comfortable. My family are very happy with not having to repeat everything. I'm happy because I can join in conversations now." – Gary, NSW

"I already had the Jaspa 3 BTE hearing aid which has been life changing for me so I had no hesitation in upgrading to the Jaspa 3 Dura when it became available. It has the same excellent quality of the previous model and I strongly recommend it." – Roy, ACT

"Jaspa 3 is the third hearing aid I've had since I commenced using them six years ago. They are by far the best value for money you can buy, in my experience. Each ear can be adjusted individually for surround needs and the 10 levels of volume will cover all requirements. This versatility is a delight. Once you can accustom yourself to the manual operation it is just a dream. Sounds and voices I have not heard for some time are available now. Congratulation to Jaspa 3 for developing this product." – Morton, NSW

"Very discreet and as good for my hearing as my \$6500 pair. They don't give off noises in windy conditions and are much easier to wear." – Stephen, ACT

"My Jaspa 3 hearing aids are better than the \$13,000 ones I had before. It is wonderful to be able to select an appropriate program myself, not needing to visit an Audiologist to do it." – Cornelis, VIC

"Way ahead of my first 8K\$ units, easy to use, recharging system brilliant, have to retrain wife to stop shouting at me! Makes driving safer, easier to join in family activities. Brilliant!" – Trevor, NSW

"I am most impressed with Jasper 3. I was given hearing aids when Covid had just started, they were hopeless, useless and sat in the draw. As hearing aids are so expensive I kept putting it off. Friend told me of Jasper 3. So happy with it, don't get all the background noise in dining room particularly, such as scraping plates and the noise of cutlery on plates. Also able to run down volume on television substantially. Thanks so much, Rosemary." – Rosemary, QLD

"I was not happy with the sound quality of 2 different hearing aids I had purchased from a well-known company. I intended to try a different company, when I read your advertisement, and the comments from users. I decided that the price was affordable so rang the next morning. I am happy with the sound and the operation of my hearing aid, the hearing aid is more comfortable than the others I'd used and my family will tell you I can hear better with this one! Thank you!" – Mary, NSW

"Having not been happy with my government-supplied devices, I purchased 2 of the Jaspa-3-Duras. Could not believe the difference in hearing quality, and all in a rechargeable unit. Left with nothing to pay after claiming with my health fund. Thank you." – Sue, QLD

"I am very pleased with my Jaspa hearing aids. I wish I had bought them sooner, they outperform my units supplied by the government and the price is right." – Stuart, QLD

"They are wonderful. So much better than my expensive ones that fell out of my ears and got lost. I'm about to recommend them to a friend of mine. Thank you." – Lynette, NSW

"As a user, until now, of the free Government supplied hearing aids and of having put up with them for four years there is just no comparison, yours leave them for dead." – Peter, WA

Until now, many pensioners and part-pensioners who have received subsidised hearing aids through an audiology clinic have had nowhere to turn when they were not happy with their devices, with regulations restricting their access to hearing aids to one set every 5 years, and with the subsidy only allowing for coverage of the most basic entry-level devices. Given the enormous expense of in-clinic hearing aids, many people have had nowhere to turn to access quality hearing aids on their own terms.

New ready-to-use hearing aid technology from PocketAid, priced at just 10% of the cost of typical in-clinic hearing aids, is changing that.

"We utilised insights from over 1000 experienced hearing aid wearers from Australia, who had been using hearing aids for many years, to build a new range of ready-to-use hearing aids, that work straight out-of-the-box, and do not even require a hearing test for use. Many of our customers now say these hearing aids perform just as well as, and often better than, the aids they had previously spent thousands of dollars on. Our customers have also been able to overcome many of the challenges they faced with their previous devices.

Many of our customers have solved comfort and sound quality issues, like tinniness and echo, with our new rechargeable behind-the-ear hearing aid. Others, who have always worn behind-the-ear devices, but wanted to try an in-the-ear style, are now doing exceptionally well after switching to our completely-in-canal (CIC) style. Many pensioners with existing hearing aids are so pleased to now have two sets of hearing aids, rather than being reliant on

one pair, similar to owning multiple pairs of glasses. The benefits have been endless and an incredible resolution for many frustrated hearing aid wearers."

Additional features such as automatic noise reduction and automatic speech enhancement technology are included in all of the devices, meaning the PocketAid range of hearing aids are designed to perform well in difficult listening environments, such as in a restaurant and in noisier social settings.

Customers can choose from three different options seen below. If you'd like the hearing aid to be discreetly hidden behind the ear, choose from either the Jaspa 3 Dura Rechargeable (recharging system included), or the Jaspa 3 BTE (takes a standard size 312 hearing aid battery, 2 months supply included). If you'd instead like the hearing aid to be discreetly hidden inside the ear canal, you can choose the Spot Mini 6 (takes a standard size 10 hearing aid battery, 2 months supply included).

All devices are suitable for hearing loss levels ranging from mild to severe, are ready to use straight-out-of-the-box, and give users access to various settings and volume levels via a simple on-board push button. No digital apps or programming are required. Prices range from just \$429 to \$595 per aid.

All PocketAid orders come with a 30-day money back guarantee, and free delivery Australia wide. No hearing tests or appointments are required to use the devices. The hearing aids can be purchased at

www.PocketAid.com.au or call

1300 903 355 to order over the phone.

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Jaspa 3 BTE



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Hidden In-the-Ear

Spot Mini 6



13mm

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A Pair for \$965

HEALTH FUND REBATES NOW AVAILABLE

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

Simply phone 1300 903 355 or email info@PocketAid.com.au to start the claiming process.

*Check your own health fund cover to determine your eligibility and level of cover for hearing aids.

Food for thought this summer - tackling some big ticket items



by Karen Majer

AS we head into summer, many of us are concerned that we may be facing another long hot dry season following last year's deadly drought.

Dead trees and brown landscapes, where spring wildflowers should be

creating a colourful display, are a reminder that Perth had its driest six months on record while Western Australia sweltered through its hottest summer.

In a world-first study, scientists used caves to show that the decades-long decline in rainfall in the south west has reduced the replenishment of groundwater in the region to an 800-year low.

Climate change models are pinpointing south-western Australia as a warming and drying hotspot. Large-scale plant die-offs like those

experienced in 2023-24 will become more likely, along with pressures on water supplies, increased frequency and severity of bushfires and impacts on our precious wildlife. Human health impacts of heatwaves, especially on vulnerable people including the elderly, are another major concern.

At the same time, leading into the festive season, our minds are turning to gift giving and holidays.

At first glance, drought and Christmas festivities may seem to be unrelated. However a recent article in *The Conversation*:

Enough, already: why humanity must get on board with the concept of sufficiency, makes a clear link. "Humanity's rapacious consumption is more than Earth and its climate can handle, which is driving an ecological crisis. Australians are the worst offenders per person due to our excessive resource use."

Sufficiency is "a policy approach gaining momentum around the world. It aims to avoid demand for energy, materials, land and water, and ensure wellbeing for all humans, while staying within

planetary boundaries.

What does this mean in practice? Workplaces closer to homes; public transport systems that everyone can access and afford; fewer cars on the road; sharing building spaces and providing enough housing, goods, clothing and food to meet our needs, but not exceed them."

At a policy level, Australia is lagging behind other places such as Europe.

In 2023 the World Resources Forum said: "The current economic model, relying on ever-increasing demand as a driver

of economic growth, is leading humanity to live beyond the limits of a safe operating space, exacerbating climate change, pollution and biodiversity loss."

As a whole-of-government approach, sufficiency provides a framework to reduce resource use and waste, including addressing food waste, the clothing industry, building and transport.

However it's equally relevant to all of us in our everyday lives. Sufficiency means enough to meet our needs. That seems like common sense, but it's easy to

get caught up in the rampant consumerism that characterises our society especially around Christmas.

This season is a great opportunity to think about how much stuff we actually need and to rethink the presents we give. Maybe a grandchild has enough toys and would like the gift of a shared experience instead.

Sufficiency is about more than saving the planet. It can tackle global inequality, improve our wellbeing and reduce the cost of living.

Food for thought as we go into summer.

Enjoy free entertainment at the Perth Town Hall every Tuesday morning

ENJOY the free weekly entertainment at the *Holly Wood Tuesday Morning Show* every Tuesday at the Perth Town Hall sponsored by the City of Perth.

Compère Bernard Carney OAM looks forward to welcoming you along.

Running for many years the show was named in honour of the late socialite and social writer Holly Wood who worked tirelessly for the benefit

of seniors and many charities in Perth.

Morning tea kicks off for a gold coin donation from 9.30am and the free show starts at 11am. All are welcome.

What's coming up...

November 5

No show - Melbourne Cup Day

November 12

Jennifer Merigan from *Have a Go News* will update you on the news, events, and competitions in this month's issue.

Outback Paddy is a singer songwriter entertainer who loves to communicate with his audience and invite them to sing a chorus or two. There will be some Irish songs to sing along with and some originals that capture the beauty of the Emerald Isle.

November 19

Destiny is a four-person variety show serving up a smorgasbord of swing, Bossa Nova and 60s hits in solo duo and ensemble form. Add in a

sprinkle of comedy and it'll be a great show.

November 26

Brother Olly Pickett from *Wheelchairs for Kids* will talk about the latest news, designs, projects and partners of this wonderful organisation.

Perth Scottish Fiddlers are a group of musicians who come together to play the rich and extensive violin and dance repertoire of Scotland. They play traditional and contemporary

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

Following the show head to the *Citiplace Community Centre* situated on the upper level of the City Railway Station complex, which offers seniors a range of low-cost refreshments and services in a warm, friendly environment.

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WA wordsmith... Tim Winton by Lee Tate

continued from front cover

Ningaloo niggles.

"It's a nursery system, Exmouth Gulf, still under siege by developers who want to industrialise it. Germans want to build a massive salt facility on its wetlands. And a Perth company wants to dig a deep water port in the middle of the

whale refuge.

"It remains in immediate jeopardy and we're waiting for (Premier) Roger Cook to do the right thing and protect it once and for all.

"But of course, longer term, if we don't save the climate, everything up there will be cooked, from the Kimberley to Ningaloo

and the Abrolhos.

"The best of those beautiful places will be gone. Which is why we need our polities to stop listening to the polluters and take action on the scientific advice."

Winton has wound-up an arduous national book tour, describing it as: "like two weeks at the dentist. Actually, it's harder than that. At least at the fang doctor you mostly lie back and let someone else do the work.

"But for all my whinging, I have to say it's a good way to meet the thousands of readers who've stuck by me for 40 years or more."

Now he has some time to unwind.

"I muck about with the grandkids. I still love to get out on the water. Still surfing and snorkelling and chasing squid in the tinny. I need to run a bit of salt water over the gills every day to stay sane."

Does he have other books in mind?

"Oh, I have a couple of rounds left in the magazine. But I don't want to jinx myself by blabbing about them. It's been a great ride. I feel very lucky to have been able to do what I do for so long, so if



Red hot: Dymocks Subiaco owner, Tim Thomas, with Tim Winton's book, *Juice*

I have a few more in me. That'd be gravy on the top," he said.

Juice, published by Penguin, Hamish Hamilton, 528pp, \$49.99 (hardback).

Tim Winton - Wordsmith
Author of novels, non-fiction books, children's books and short stories. Four-time Miles Franklin Award winner (equal record). "Living Treasure" (National Trust).

Officer of the Order of Australia (2023) for "distinguished service to literature as an author and novelist, to conservation and to environmental advocacy." Centenary Medal for service to literature and the community. ABIA Lloyd O'Neil Award for outstanding service to Australian book industry. Curtin University lecture theatre in his name. Winton's books are published in 18 languages.

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Being a senior can be fun... come on and just have a go



Premier of Western Australia, Hon. Roger Cook MLA and Ric Steele at Have a Go Day 2023

by Rick Steele

FROM my Collins Australian 1982 English

dictionary:

Senior: A person of higher rank or longer service.

Senior Citizen: An elderly person...especially one who has retired.

Well, that's not too bad I thought, perusing one of my kid's old school books. Out of the corner of my senior eyes I happened to notice the word directly above 'senior'.

"Senile": Showing signs of old age: as memory loss... senility.

"Struth, thought I, but I'm not there yet, am I? My advice has been not to worry 'bout senility... when it hits you, you won't know it anyway. I'm a senior who still likes to chase women... but only downhill. Whenever I feel like exercise, I lie down until the feeling passes.

I've got a bloke in the band, who, if weren't for

the fact that the TV and the fridge were in different rooms, wouldn't get any exercise at all.

I was pleased to read a couple I know have decided to marry. He is 85 and she's 80. Recently whilst shopping they noticed the chemist had a sale on.

"You got heart medication?" he asked. "Yes sir, on special." Was the reply.

"What about pills for high blood pressure?"

"Yep, we got."

"OK. what about cream for arthritis?"

"Sir, we have the latest imported from Germany on a special low price for seniors."

"Sleeping pills, vitamins and supplements?"

"Yes, a number of different types."

"OH, one more thing, what about viagra?"

"Certainly sir, plenty of stock." The chemist replied.

"Excellent, that's great! In that case we would like to register here for our wedding gifts."

Sounds like a case of plenty of space in the house, but no room in the medicine cabinet.

My mate went for his annual medical check-up.

"You're hearing is getting worse," said the doc," and you will have to cut out drinking, smoking and sex."

"What! You gotta be kidding. Just so that I can hear better?"

"But doctor, I want you to lower my sex drive."

"Oh c'mon now. Se-

riously your sex drive is all in your head."

"That's exactly what I mean. You gotta do something to lower it."

Couple of weeks after a medical check senior bloke is strutting down the street grinning ear to ear with a voluptuous younger maiden on his arm when he sees his doctor approaching.

"Hi doc, just doing like you told me. Get a hot mamma and be cheerful."

Quack replies... "I actually said, you've got a heart murmur so be careful. You'd better come in for a hearing test."

So, as you stand at the bottom of the stairs of life, and you try to recall whether you were just about to go up and grab something

from the bedroom, or you just came down to occupy the kitchen; try and compute that Seniors Week 2024 begins Sunday November 10, *Have a Go Day* is Wednesday November 13, Burswood Park is the venue and you are invited to this exciting free event.

There's something for everyone and it's a fantastic opportunity to get involved, stay active and connect with others.

Last year I took my wife of 50 years, and 'what's her name' and me had a glorious day out. I met some beaut people and even had my photo taken. I think he said his name was Roger. Seemed like a good bloke.

Cheers dears!

Birds of a feather stick together - a local wildlife rescue



by Jon Lewis

THERE I was merrily following the loving guidance of my darling wife Gloria and attempting to electric chainsaw the many long branches of our far too healthy trees until my

saw, saw...

I stopped suddenly, in shock, surprise and growing sadness. There in the thicket was a little bird's nest. I have seen these from time to time on the ground or exposed empty in trees during summer, but this one was different. It was starting to fall due to the sawn branch and the weight in the nest.

Gloria continued to steady the ladder as I reached out a gloved hand and caught a little flightless bird. Its sibling was somehow able to hold tight to the nest. We placed the nest, now

containing the two young very surprised chicks into a wicker basket that was just the right size.

Oh, what to do now... Everyone said: "don't touch them."

Too late now. Also there was little of the tree left to protect their home in safety.

We were worried. Thankfully, Gloria had dealt with this as a child and knew what to do.

At the now late hour I gathered the knowledge of every celebrity vet in my phone book. Dr Rick Fenry (*Red Dog*) helped me greatly with wisdom and

local knowledge, so too did Kelly Gilgour of Randford Veterinary Hospital.

That night it got down to about 5°C. We brought the wicker basket, with a most convenient carry handle, into our home and tried to feed the little birds a mixture of very crushed rolled oats and filtered water.

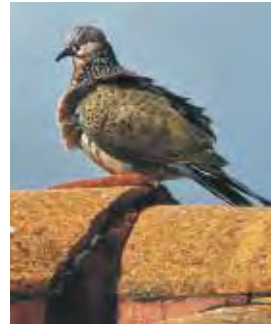
We were told by our wildlife adviser friend, Lynne, to use a slightly cut straw to help as a spoon. We checked their very little and empty gullets, then gently encouraged them to accept a little food. To my delight they opened up for more.

With more telephone guidance we placed the nest and basket under a blanket with a small opening near a window and they nestled in together tight for the night.

The next morning at first light we placed the nest, in the basket, back into the remains of the tree, surrounding it with many branches. I added bird seed I had bought the night before in a naive hope that it could encourage their mum and dad to return.

That evening, we brought them in again as

another cold night was forecast. But their gullets were full. We wondered had we given them the wrong food? Was it not digesting? Were they not well? Or had mum found them?



The following morning, at first light we returned them to the tree and added leafy camouflage and more bird seed.

Then the most beautiful thing happened. Mum fluttered near them, while dad took a vantage point and looked on. They both took turns to eat our seed and water while the other watched... then mum fluttered over to the chicks and fed them.

I think we cried. They ate and ate and ate. Mum went back for more.

We left them there and

made sure mum and dad had lots of water and the best bird seed we could buy.

On very cold nights, I climbed up and placed some little clean cotton sheets to hold back the chilling wind. They looked at me with brave but defensive faces, then kind of relaxed and gave me the OK as they snuggled into the warmer environment.

One day, after about two weeks, we saw the two chicks up high on the

neighbour's roof, there with mum.

Our job was done. Phew! We had looked after the birds for three weeks. I wonder how our mums and dads did it with us over a lifetime.

The birds come back from time to time, and we continue to feed them with the best seed and love.

Jon Lewis can be heard on Capital Community Radio 101.7FM Mondays noon to 3pm

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The Golden Lens
Photographic competition
A Season of Connection

The Golden Lens is an opportunity for WA Seniors Card members to share photos they have taken, that reflect the meaningful relationships and connections enriching our lives during this holiday season.

All winners will win a prize donated by participating businesses of the WA Seniors Card program.

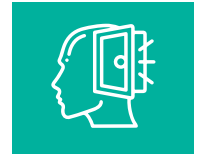
Members can submit an entry of one photo per category.

- ▶ Artistic Photography
- ▶ Cherished Moments and Traditions
- ▶ Seasonal Wonders
- ▶ Directory of Joy

Entries close 15 January 2025

For more information visit www.seniorscard.wa.gov.au/the-golden-lens

HAVA GO RETIREES AND RECREATION



Members of OFFWA at Woodbridge

Fundraising, friendship and walking in a group

ONE of the favourite walks for OFFWA (Over 55 Walking Assoc.) members is at Mundaring.

Not at the weir but a pathway along the disused eastern railway line to Midland.

The group gather at the reserve in Jacoby Street. This is an annual springtime walk when the wild-flowers are abundant.

Another reason for it being a favourite venue with members is that instead of bringing their own sandwich from home for lunch

they purchase lunch from the local Girl Guide company. The parents of the Guides prepare delicious soups, plates of assorted sandwiches and cakes. These are distributed by the guides (it is school holiday time) at a very reasonable cost from their premises which is opposite where the walking group meets.

This venture has become so successful that it is now the Guides main fund-raising event of the year and is very enjoyable for

the OFFWA Members too.

The club's weekly Tuesday walks finish early in November and will resume early in March 2025. Meanwhile informal walks will take place at Burswood (next to the outdoor picture theatre) at 5.30pm on the following days.

Tuesday December 17; January 7 and 21; 4 and February 18.

Please bring a folding chair and picnic tea. For any queries call president Faye on 0449 667 558 while the website is being updated.

Seniors Recreation Council Peel branch exercise programs



IT'S time to register for the Double Dip swimming program which starts in early January at Town Beach. Registration day is on Tuesday December 10 and Thursday December 12 from 8am to 9am. Cost is \$70 for the season but you must be registered prior to the program starting on January 7. Lifeguards are in attendance and each session is carried out by an experienced instructor.

A seniors' yoga class will be held at Leslie Street Centre by a qual-

ified instructor for one hour every Friday at 1pm. Participant are required to supply their own yoga mat. The cost for registration for the year is \$25 and \$5 per class.

A chair yoga class is perfect for anyone who struggles getting up from the floor. This class is held on Tuesday morning from 9am to 10am at the Leslie Street Centre. Participants will use chairs to exercise with yoga style movements which are beneficial for well-being. Registration for the year is \$25 and

classes are \$5.

Strong on Your Feet has been running for many years and has 10 classes available throughout the Peel region including Mandurah, Lakelands, Dudley Park, Pinjarra and Waroona. Classes are only \$5 and are conducted weekly.

To find out more about any of these programs or register for the Double Dip in December, please contact Jan McGlenn on 0427 088 615, 9535 4749 or email dmc56456@bigpond.net.au.

Join a badminton club...

OCEANRIDGE Badminton Club are looking for new players.

Previous experience would be great but is not essential. The group get together on Monday, Wednesday and Friday from 9am to 11am. Games cost \$3 per session. You must be over 55 years old.

They have lunches and dinners every month and when you have played 20 games or more there is a subsidy towards your meal.

The club meets at Heathridge Community Centre, Sail Avenue in Heathridge. For details ring Steve on 0403 231 362.



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Join us if you are concerned about issues related to self-funded/partly self-funded retirees

We need to speak with a strong united voice regarding:



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- Health
- Aged Care
- Discounts & benefits for seniors

Join **Australian Independent Retirees** who advocate for **Australians in Retirement at Federal, State and Local levels.**

AIR aims to advance and protect the interests and independent lifestyle of Australians in or approaching retirement.

AIR seeks equitable economic, taxation and social environment outcomes that recognise and address the specific issues faced by those who fully or partly self-fund their retirement by representing the views and concerns of our members to government at all levels on issues relevant to the living standards and lifestyle.

Members receive monthly newsletters and can attend meetings to share views and hear guest speakers on subjects of interest to independent retirees.

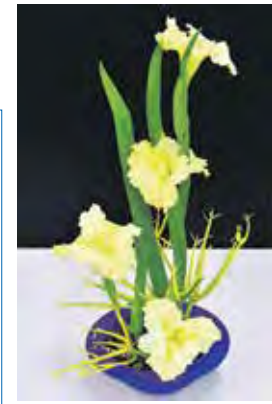
Annual membership - \$32 single \$48 couple to 30th June 2025

For more information on AIR contact: www.independentretirees.com

President - Janice Ricks - 0408 959 990 - janice43kg@gmail.com

Secretary - Margaret Walsh - 0487 290 097 - marghw@outlook.com

WA Floral Art Society News



THIS stunningly simple design was made by Jane Meralls, one of our extremely talented members. Quite amazing what Jane has done with a few iris (which she grew herself) and a bit of lipstick euphorbia.

Whilst being mindful of sustainability and the environment, Jane has used a kenzan (often known as a needle aid) to hold her pieces in place. Kenzans have been used by the

Japanese in Ikebana for ever and are now widely used elsewhere. They replace the need for floral foam.

We would love to share our art form with you, so why not come as a visitor and check us out?

Do not be deterred thinking that this is all way above you. We all started somewhere. We are a very friendly group and we provide a scrumptious afternoon tea, as well as a lovely afternoon's entertainment. Besides, what a lovely way to spend a Saturday afternoon?

We meet on the second Saturday of the month, excluding January, at 1pm at the Osborne Community Hub, 9-11 Royal Street (behind BP Service Station, corner Royal and Main Streets), Tuart Hill.

Further details about us are available on our recently redesigned website www.wafloralart.org.au This is well worth a visit.

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



Village Retirement WA
FOR RESIDENTS OF RETIREMENT VILLAGES

Helping WA's RETIREMENT community since 1991

THE Western Australian Retirement Villages Residents Association (WARVRA) was formed in 1991 to provide an independent voice for the residents of retirement villages in Western Australia.

Today we are known as **Village Retirement WA** and recognised by the **Western Australian Government as the peak body representing the rights and interests of all residents living in retirement villages in the State.**

Over the last five years Village Retirement WA has played a key role in influencing legislative reform of the retirement village sector. This new legislation is likely to come into effect from November 2024 and

will help protect the rights of retirement village residents and their families.

Run by a Council of volunteers elected by its 6000 plus members, **Village Retirement WA** is non-profit organisation free of political, corporate and religious affiliations. This means members receive independent, impartial support on matters related to living in a retirement village.

To help members navigate retirement village rules and regulations we run in person and video-linked presentations covering topics, such as: community rules (constitutions); resident committees; changes to retirement community regulations; and, educational workshops.

This includes support for rural members with annual visits to communities across the state.

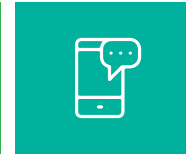
A collection of freely available articles for individuals thinking of living in a retirement village, residing in villages or transitioning out of a village is also now available on our new website.

Members are encouraged to attend our Quarterly General Meetings where our Council provides updates on Village Retirement WA activities, and guest speakers present and lead discussions on retirement living and other issues affecting older West Australians.

Village Retirement WA also collaborates closely with operators and village management training providers to convey a resident's perspective on a range of matters identified by our Council.

In recent years the growth of retirement villages has been extraordinary and it has become apparent that the residents of retirement villages, and also prospective residents, need somewhere to go where they can obtain reliable information and assistance. **Village Retirement WA aims to provide this service to members and prospective members and we encourage you to find out more by visiting our new website at www.villageretirementwa.org.au**

HAVA GO LETTERS TO THE EDITOR



Dear Editor
I MUST congratulate Australia Post on their efficiency, well on the fact that my cat would be more efficient than Australia Post.
At the end of August, I sent some mail to a company in NSW in their reply paid envelope, so there was no mistaking the address, this morning I received a phone call from the company to say they had just received the

letter so it took Australia Post over a month to get my mail to its destination.
I wonder if other mail that I send regularly to another eastern state address is getting there or if it is all going via the Antarctic and is still being perused by penguins or polar bears and they are deciding which century my mail will get to its destination.
On top of that I have not only used up all

of my concession stamps about two months ago, I have now used up all the ones that I bought from friends who do not use all of their allocation. So, between now and next March when I can access my next allocation of pension concession stamps, I am going to have to outlay a small fortune on the cost of normal stamps.
Today (8/10) I spent six dollars on four

stamps which will be gone in less than a week so when the politicians have the gall to say that the pension is an adequate amount to live on, I would love to be talking to them face to face when they said that, because boy would I give them an earful.

**Margaret Anne Ryan
Ballajura**

Dear Editor,
I RECENTLY won one of your lovely prizes. I want to thank your newspaper and Club 55 for this prize. My friend and I thoroughly enjoyed our day out to Wokalup pub for a lovely meal, and Harvey Cheese factory. Club 55 put on morning tea at Pinjarra as well. We met some lovely people and will travel with this bus line again in the near future. Thank you all.

**Moya Scholte
Two Rocks**

Dear Editor,
I NOTE that one of your writers complained about the lack of response by companies and specifically named Alinta. Why are you still with Alinta? The company was sold to the Chinese in 2017.
A quick call to Kleenheat and you can change with ease to an Australian owned company.

Susan Sadler

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

Dear Editor,
FIRSTLY I agree with Ted Rees regarding the headline in the September issue. John Burgess is not a baby boomer although he was well known as Baby during his career, but he is not a true boomer.

In relation to Brian Morris's letter, I admire our editor's ability to include all items of interest for the readers enjoyment. Many of us have a good sense of humour and laugh out loud at some of the ramblings of David. The editor is

aware of this and allows us the pleasure of his comments.
I often read what I consider drivel or ramblings but soon settle down to enjoy what is available.

**Joe Lunn
Bedford**

Dear Editor,
I AM concerned that many of your readers may not fully realise the impact of the utility service charges they are paying.
Currently, based on today's rates, consumers face an annual supply charge of \$376 for electricity, even if they don't use a single unit.
Similarly, based on today's rate, consumers face an annual daily wa-

ter charge of \$290 even if no water is consumed. With around 890K households, the government collects around \$593M annually from these daily service charges.
Is this fair and reasonable?
The Minister of Water's response was: "Successive state governments have long considered Water Corporation's current

charging system to be the most equitable and practical way of sharing the costs of these essential services across the many properties that benefit from them."
I am yet to hear back from the Minister of Energy.
I find this response both perplexing and unsatisfactory. It raises the question of why the basis for service charges should remain

unchanged when previous administrations have not addressed this issue. Blaming the LNP for inaction during their time in power is not productive, since there were no significant inflationary or cost of living crises at that time.
What are your readers thoughts on these charges?

**Choon Soh
Canning Vale**

Dear Editor,
RESIDENTS of strata properties in Perth are suffering in silence when it comes to cigarette smoke drift.
Cancer Council WA's survey of 200 non-smokers in apartments, townhouses and villas found that nearly 40 per cent had been impacted by a neighbour's cigarette smoke.
We regularly receive calls from

distressed residents, some with respiratory conditions, who feel they have no choice but to move house.
They are let down by WA's strata law, which ignores smoking. The good news is that Landgate is currently reviewing WA's strata law and welcomes feedback from the public by October 31.
Cancer Council WA will be call-

ing for sensible reforms – model by-laws that ban smoking on common property and in circumstances where it is affecting neighbours. Let Landgate know that more can and should be done to protect the health of West Australians who do not smoke by visiting www.can cerwa.asn.au.
**Ashley Reid
Cancer Council WA CEO**

Dear Editor,
JUST to comment on the letter from Brian Morris in the October edition.
Drivel, it may be and I'd bet a bottle of fine malt whisky that my wife would wholeheartedly concur.
Many is a time I would feel a forceful gust of air as a frying pan, saucepan or similar piece of artillery hurtles inches away from my head, in

a culinary domestic dispute. Please don't call the authorities, I'm well and truly used to it and have paid my latest insurance instalment. It's amazing what a fellow can put up with for a good meal!
Like it or not, on the whole there is currently a two-tier society, one that believes government and mainstream propaganda and another

that does not. There is also a less subservient group that floats between both camps. Evidently Mr Morris belongs in the former category and I have no problem with this at all, it's his choice.
I have the greatest respect for Karen Majer and nothing personal is ever intended, I just happen to disagree with her. Likewise, the

rest of the HAGN team, who have always shown kindness, patience and tolerance without any hint of malice. Their willingness to print the other side of the story confirms that this newspaper is way ahead of the regular censoring media outlets that seek to ignore or ridicule any dissenters.
I strongly believe that we can have

opposing views, discuss them in a civilised manner and still walk away on friendly terms. Isn't this what democracy and freedom of speech is all about?
I am sorry about your mother, Brian. I lost mine way too soon as well.
**David Rudman
Port Kennedy**



Celebrating Occupational Therapy Week and the inspiring journey of a paralympian



MOBILITY store in Balcatta hosted a special breakfast to honour the invaluable work of occupational therapists (OT), who help people lead fulfilling and independent lives, last month.
Guests were treated to an inspiring talk by Sally Pilbeam, an Australian paralympian, whose remarkable journey of courage and determination has been shaped by the support of occupational therapy after losing her arm to cancer in 1999.
With the guidance of her OTs, the unwavering support of her family, and her own indomitable spirit, Sally re-

gained her independence and went on to achieve extraordinary success as a triathlete.
She has been competing internationally since 2013, most recently representing Australia at the 2024 Paralympics in Paris. She has just returned to Perth after competing at the October World Triathlon Para Championships in Spain where she came third.
Her illustrious career includes winning the World Triathlon Series Finals title in 2014 and 2015, and placing as runner-up in 2016, 2017, and 2018.
Sally's journey from patient to


paralympic champion is a true testament to her resilience, but it also highlights the critical role occupational therapists play in transforming lives.
From helping her adapt to daily tasks to supporting her pursuit of elite competition, OTs were by Sally's side every step of the way.
For the 80th year OT Week was held in October. Let's recognise the countless individuals whose lives have been transformed through the care and dedication of occupational therapists—and celebrate the triumphs that arise from these partnerships.





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Seniors Recreation Council Jottings



"Be Connected" Seniors Tech Expo - 2024 Get Online Week

SRCWA partnered with The City of Vincent for the Be Connected event now in its seventh year and held at the Vincent Community Centre in October.

There were presentations on using Google Translate when travelling and guest speaker Ashleigh O'Reilly talked about Internet banking and staying safe on the internet, the prevalence of scams and how to avoid and report them. Participants visited static displays and gathered interesting and informative information from ANZ Bank, Be Connected, Camera Electronic, City of Vincent Library, Consumer Protection WA ScamNet, Department of Transport, Guardian Safety Pendants, Injury Matters, Innogreen Technologies, UnitingWA Financial Wellbeing Svc, WA Inclusion Project and WA Seniors Card.

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

Have a Go Day, a LiveLighter Event, Burswood Park, "Age is No Barrier"

Wednesday November 13, 2024 9am to 3pm

HAVE a Go Day, a LiveLighter event is an activity and information day for over 50s, presented in the grounds of Burswood Park. Minister for Regional Development; Disability Services; Fisheries; Seniors and Ageing; Volunteering; The Hon Don Punch MLA will officially welcome everyone at 10.30am at the entertainment stage site 105.

There will be a wide variety of activities to have a go at, including seated volleyball, disk bowls, Trishaws for Seniors, Lazer pistol shooting, squash, on land artistic swimming demos, exercise activities and more.

The hospitality tents sponsored by *Have a Go News*, Phoenix Insurance and Auscare Group provide free tea, coffee and bottled water for participants.

The Juniper entertainment stage has a line-up of artists including *Rebound RockNRoll Band*, WA Social Rock & Roll Dance Group, Moyra J Scott, Kevin Bennett and others.

The event would not be possible without support from our partner LiveLighter Healthway and major media partners *Have a Go News*, 6PR and our new partner Channel 9 Perth.

SRCWA wishes to express a huge thank you to all our valued sponsors and supporters: Burswood Park Board, Lotterywest, Crown Perth, *Have a Go News*, Government of Western Australia, LiveLighter Healthway, Channel 9, Radio 6PR, Juniper, Telstra, Phoenix Insurance Brokers, Auscare Group, Curtin Radio 100.1fm, Kings Tours & Travel, Classic Hire and Scarborough Toyota. Further information is available by calling 6118 2716

LiveLighter Aged Care Games Peel

The SRCWA LiveLighter Aged Care Games for the Peel region was held in early October 2024 at the Murray Aquatic and Leisure Centre. Peel branch president Jan McGlenn OAM and her group of dedicated volunteers supported by Alcoa volunteers presented an event for seniors in care which was enjoyed by all. Twelve teams competed in a range of specially modified activities.

Robyn Clarke MLA - Member for Murray-Wellington officially opened the games with state vice president Colin Steer master of ceremonies for the event.

The legendary Eddie Storm entertained the crowd with a variety of songs with everyone showing off their dance moves.

Best presented teams on the day was *Greenfields The Quambie Tradies*, third place was *Bindjareb Golden Oldies 2*, second place was *Bindjareb Golden Oldies 1* and first place by a small margin was *Wearne Warriors*. Our oldest competitor on the day was 102-years-young, Chu Saw, from the *Wearne Warriors*. SRCWA thanks and acknowledges the hard work by the team from Alcoa Australia staff, SRCWA state branch volunteers and staff who helped to make this a most enjoyable event for the participants. The SRCWA Peel branch LiveLighter Aged Care Games supported by LiveLighter Healthway, Government of WA, Alcoa and the Shire of Murray.

Annual General Meeting

The SRCWA Annual General Meeting was held on September 25 and state president Graham Bennett spoke about the history of SRCWA and acknowledged all the work done throughout the year. SRCWA executive Officer Dawn Yates welcomed representatives from the branches and thanked all the volunteers for their dedication to the programs and events. She also thanked the Woorlooloo Trustees who provide invaluable assistance at numerous events. Graham Bennett was elected to the position of state president, Mavis Owens as vice president and Eileen Stark is the accredited volunteer representative. SRCWA's annual report for 2023/2024 was presented and the guest speaker was Justine Esmonde from nbn Local who presented an enlightening talk on digital legacies.

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



by Hank Jongen, General Manager, Services Australia

THERE may come a time when you need to authorise someone to make decisions for you because you're not in a position to do it yourself.

It might be for something as simple as giving someone the authority to pay your bills while you're travelling overseas, or you may need someone to make your financial and legal decisions for

you for the long term because you aren't capable of making important decisions any longer.

A Power of Attorney is the document you'll need to make that happen.

It is a legal document that appoints someone to conduct another person's financial, legal, or personal affairs. Powers of Attorney operate when the principal is alive and wants or needs someone to make decisions on their behalf. When the principal dies the attorney stops having any power.

The rules for setting up and administering a Power of Attorney differ from state to state, so check out your state or territory government's website for more information.

To create a Power of Attorney, you need to be over 18 and able to show

you have the capacity to understand what you are signing and what powers you are giving to your attorney.

If you're going to be out of communication for a while, you might want to consider establishing a General Power of Attorney. It authorises someone to make financial and legal decisions for you, but usually only for a specified time. Say, for example, you're going to settle on a property but you're overseas and not contactable, your General Power of Attorney can work for you in this instance.

Importantly, General Powers of Attorney become invalid if you lose the mental capacity to make your own decisions.

This is where you need

an Enduring Power of Attorney. This is a document you can set up at a time when you have the capacity to understand what you're doing, authorising a person or a group of people to manage things for you when you don't have the capacity to make decisions anymore.

You can specify what powers or limits your attorneys will have, but the document doesn't cover all aspects of your life. An Enduring Power of Attorney allows the person to make your legal and financial decisions.

You also need to consider creating an enduring guardian and an advance care directive to cover all the decisions you might be facing. I will be writing about both of these in coming months.

Making someone your Power of Attorney is giving them a lot of responsibility. It's important to carefully consider who you appoint as they're in a position of trust. Discuss your intentions with them first as you need to make sure they have the time and ability to take on the role, and they need to agree to be your Power of Attorney.

If you're thinking about setting up a Power of Attorney, talk to your solicitor or your state or territory Public Trustee.

Until next time.

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

Paddling around Perth - a great way to enjoy activity and nature



L-R; Maali Bridge to Woodbridge paddle is 9km - Paddlers triumphant after completing Maali Bridge to Woodbridge paddle

by Janet Gatt

EARLIER this season our Over 55 Canoe Club treasurer Ken D (Young Ken) suggested a series of seven paddles, from Lower Bells to Bathers Beach, Fremantle, to stimulate interest for our members. The program was enthusiastically endorsed, and the following segments, not paddled in sequence but when conditions were appropriate, have now been completed:

Lower Bells to Maali Bridge 12km; Maali Bridge to Woodbridge 9km; Woodbridge to Garratt Road Bridge 11km; Garratt Road Bridge to Coode St carpark, South Perth 13km and Coode St Carpark, South Perth to Beaton Park, Nedlands 11km.

The sections from Beaton Park to Zephyr Café East Fremantle 12km and Zephyr Café to Bathers Beach Fremantle 7km are still to be paddled, as is a marathon paddle from

Spring St/Royal St Bridge to Applecross Jetty, 21km.

Paddling numbers have varied recently as, being a vibrant mob, quite a few club members have travelled overseas or interstate or been otherwise unavailable. Less stalwart members, myself-included, have been sometimes deterred by negative weather forecasts, and the day has defied all predictions and proved to be ideal paddling weather.

Our vice president, Iris Mickiewicz, has provided a colourful narrative describing the second segment of the series, from Maali Bridge to Woodbridge:

Thursday morning as we all set off from our homes across the suburbs, the rain drizzled down; the traffic from south of the river was very slow and the Northies enjoyed a much better trip not having to cross the Great Divide.

As 16 kayaks, 17 pad-

dlers, arrived at Woodbridge Reserve the rain cleared away to reveal a beautiful morning. Young Ken and Kim soon had us all helping and organised as to whose boats went onto which vehicles to transfer the kayaks up to Maali Bridge.

Upon arrival at Maali, we dragged our boats up and over the bridge to discover the mud on the far left was extremely slippery. Fortunately, no one ended up with a muddy bum. We hurried to get onto the water to begin the next leg of Ken D's creation 'Bells to Bathers'. What a joy to see the water running so quickly. At one point John M declared we were doing 7kms per hour.

We were very sociable, thoroughly enjoying the scenery and the wildlife, including a tree full of black white-tailed cockatoos.

As we paddled happily along, Gay suddenly remembered there had

been a suggestion, we paddle up Jane Brook. Whoops! the entrance was just there. We swung in to find the water was pouring down to join the river. As we paddled further up it became more challenging as the brook narrowed, pushing more water ever faster in addition to branches, tea trees etc.

Iris reached her limit and turned around, not very elegantly and was sent backwards in a great hurry.

A few stronger men paddled on until... we heard three magic whistles, man overboard. Fortunately, the water wasn't very deep, so the poor wet, cold culprit was able to stand, remove his boat from between two trees, empty the water and jump back into his kayak. By which time we had all paddled back down stream towards our much-anticipated morning tea stop. Exiting

our boats at the ramp at Middle Swan was fraught with danger of any one of us taking a swim. No one decided they desperately needed cooling off.

Following morning tea, we continued our lovely paddle to Woodbridge with no further exciting events. Thanks to Young Ken for leading us on a wonderful paddle and to Karen and Fred executing the Tailenders job with absolute aplomb.

If you are interested in joining, or learning more about the club, call Chris (president) on 0410 479 024 or Iris (vice president) on 0438 926 578.

Website: www.over55canoeclub.org.au



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to preserve your footage is to take it to DiskBank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films, videos, images and audio recordings into modern, digital formats.

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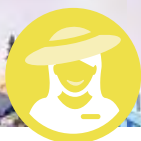
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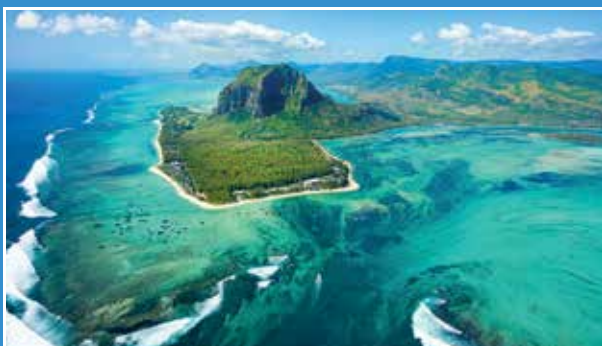
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Beyond the stories...looking back - the Swan River's long history



Peppermint Grove circa 1910

by Lee Tate

THE crowd started gathering early along the banks of the Swan River, dressed neck-to-ankle with everyone wearing hats.

It was always hats in 1800s Perth when ladies also wore full-length dresses, often with gloves, men wore coat

and ties and children attended kindergarten and school in their hats.

Little girls sat in classrooms, wearing broad-brimmed hats wide enough to protect them from the harshest sun rays.

Perth's new settlers made frequent use of the Swan River for recreation, trade and transport. Two



centuries ago air-conditioning wasn't even on the horizon.

"It had been the fastest and cheapest form of transport to Fremantle from the earliest days," wrote Dame Alexandra Hasluck (wife of former Governor-General, Sir Paul Hasluck) in Victorian and Edwardian Perth from Old Photographs (1977).

Black and white photos show picnickers along the riverbanks, black swans galore and little girls, in their flamboyant hats, wading in the water, their

dresses rolled-up below their knees.

Men and women paddling in dinghies are dressed in formal day clothes. Men rolled-up their trousers to their knees.

At Canning Bridge, passengers are boarding S.S. *Silver Star*, armed with picnic baskets while another photo in South Perth shows the crowded S.S. *Westralian*, the S.S. *Decoy* and the S.S. *Torrens* in mid-stream.

In 1850, a full 21 years after colonial settlement, Perth's population was still only 5,886, so people out on their riverside excursions would recognise many familiar faces.

By 1875, when paddle-steamer S.S. *Enchantment* was launched, river trips were imbedded in local life. The ship was long and sleek and had a

bar on board.

Excited, decorously-dressed paddle-steamer passengers sang songs through the stary nights to Fremantle and back.

Under Mt Eliza, next to an old men's home that become the site for Swan Brewery, flocks of black swans (unheard of in Europe where all swan are white) mingle with picnickers.

Right through the late 1800s and early 1900s, popular ferries, paddle steamboats and leisure boats operated on the Swan River.

The *Duchess* transported passengers from Barrack Street Jetty to South Perth, with its inaugural run to Mends Street Jetty on December 11, 1898, two months after Perth Zoo opened. It continued until 1927.

The *Zephyr* ferried peo-

ple along the river in the mid-1900s and berthed at Barrack St Jetty.

Five streets around Elizabeth Quay are named after historic boats: Enchantress Way, Duchess Way, Zephyr Place, Valdura Place and Ophir Walk.

In 1897, two divers in full, deep-sea diving gear, complete with air hoses (John Cobb and T. Hearn) were snapped getting ready for construction work at Barrack and William Streets jetties.

The river views and summer breezes led to the building of the riverside grand hotel, Harper's Hotel, in 1898. Just up from the riverbanks, at the foot of William Street, came an open-air theatre in 1912.

A glorious black and white photo shows the city waterfront with Water Police buildings and

boatsheds, the Old Courthouse and a glimpse of the roof of Government House Ballroom.

The riverside was reclaimed and the Water Police buildings demolished to provide a site for the Supreme Court and gardens in 1903.

In a 1905 scene a suited and hatted gent can be seen rod-fishing off a river jetty at the foot of steep steps at Peppermint Grove. Osborne Steps ascended the rocky sides of Freshwater Bay to Devil's Elbow, a stroll to the Osborne Hotel.

The river coursed through the proverbial veins of the colony, serving colonials with transport, relief and relaxation.

Swan River (Derbal Yerrigan), with its many sacred and spiritual sites, has served Aboriginals well for many generations.

Vintage and rare textiles up for sale in fundraiser for History West



ROYAL Historical Society of Western Australia has received a very large donation of one family's textile treasures and they are having a rare vintage textile sale.

The Society has a wide range of vintage hand-made items on offer for those looking for an early Christmas gift.

Many items are pristine and unused. Some of these were lovingly hand-made by the donor's mother and others are commer-

cial hand-made household linen purchased but never used.

There is also a range of used vintage items in good condition. The creatively inclined, however, will love the voluminous collection of tatty timeworn pre-loved hand-work just begging to be repurposed.

Forage through an eye-watering range of vintage and hand-made textiles, carefully curated by the society's museum team.

There is an abundance of unused hand crocheted doyleys, Battenburg lace pillowcases, linen and lace duchess sets, cutwork guest towels, vintage embroidered doyleys, mid and late 20th century dress patterns, haberdashery, babies' clothes, dolls, babies' blankets, aprons, crocheted cushion covers, vintage knitting and crochet pattern books and other craft books.

There is also a collection of

crocheted shawls that would make a perfect gift for an older relative or friend.

All funds raised will go towards the planned move to new premises. Come along, grab a bargain and support the Society's future.

The sale will be held on Saturday November 16 from 9.30am to 3pm at the Royal Historical Society of WA, 49 Broadway, Nedlands.



MUST WATCH PROGRAMS THIS NOVEMBER



TODAY PERTH

Join Karl Stefanovic, Sarah Abo and the Today team for breakfast! Includes live Perth news, sport and weather updates as well as local traffic reports.

WEEKDAYS FROM 5.30AM



9NEWS AFTERNOON WITH MONIKA KOS

Join Monika Kos and the 9News team for a live one-hour, state-wide bulletin bringing viewers up to date with the news and debates of the day with a mix of live reports and expert chats.

WEEKDAYS 4.00PM



TIPPING POINT AUSTRALIA

Hosted by Todd Woodbridge, three players pit against a mesmerising machine. Mystery prizes and a jaw dropping jackpot up for grabs for any player with the skill and strategy to see off their human rivals and conquer the machine.

WEEKDAYS 5.00PM



9NEWS WITH MICHAEL THOMSON

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

NIGHTLY 6.00PM



A CURRENT AFFAIR

Hosted by 2024 Logie Award winner Ally Langdon. Covering the realms of politics, crime, human rights, science, technology, celebrities and entertainment - all investigated by a dedicated team.

WEEKNIGHTS 7.00PM



THE BLOCK

The Block's highly anticipated 20th season auction is just around the corner, with the five luxury holiday homes waiting to go under the hammer on Phillip Island. Catch up on the latest season on 9Now.

SUNDAY, NOVEMBER 10 AT 7.00PM



WHO'S WHO IN THE ZOO

Entertaining, revealing and heart-warming - the front gates are open and the award winning, observational documentary Taronga's Who's Who In The Zoo is back for a fifth series

WEDNESDAYS 7.30PM



THE ARIA AWARDS 2024

The 2024 ARIA Awards are here! Join us for Australian music's night of nights

WEDNESDAY, NOVEMBER 20 AT 8.30PM



AUSTRALIAN PGA GOLF 2024

Wide World of Sports presents the BMW Australian PGA Championship live from the Royal Queensland Golf Club, Brisbane. A stellar field of Australian and International players will compete for the Joe Kirkwood Cup.

STARTS THUR, NOVEMBER 21

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

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The Rando existential recumbent morning bed exercise program



by John Rando, Lawyer, musician, social scientist, existential philosopher

ONCE upon a time, many years ago, when I was young, coming up to my prime, with black hair on my chest (and head), I joined the Laurie Potter Health Club, Perth.

As a bold, ambitious, upwardly mobile lawyer, I paid \$750 for a life membership at Laurie Potter's, expecting I would

be hanging around for a while. At least for my life or that of Mr Potter.

It was a classy, clean, well run gym (men only). Mr Potter was a friendly chap. He regularly walked about the gym and mixed with members around the gym floor. Although to me, he looked a little podgy, a little overweight and not as fit as many of the gym members.

Unexpectedly, the gym went broke within a few months of me enrolling. It turned out to be the end of my life membership. However, I was still very much alive, less \$750.

So, I enrolled at Lords Gym, Subiaco, convenient to my law office, and still operating.

Fees were reasonable.

A well run gym. However, I needed to get out of bed early morning before court, drive to Lords, exercise, drive back home, shower, get dressed, then off to court for the day. After my Laurie Potter experience, I was apprehensive about paying for another 'life membership', whether it might be my life or the life of the gym.

These days, I am slightly older, slower, wiser and have established my personal health academy. No need for me to clamber out of bed early mornings, drive to a gym. I have established the Rando existential, recumbent morning bed exercise program, with vocal accompaniment, which has changed my

life significantly.

Convenient, effective. No membership fees.

The three components of my program are:

- physical exercises. The option of vigorous, moderate or mild.
- deep breathing so you have a lung full of fresh air before you get out of bed and face the world.
- singing to yourself (or partner).
- humour. Others may laugh when they first hear about the program, or you may laugh at yourself.

The outline of my program:

- No need to get out of bed in the morning when the alarm goes off.
- Remain lying on your back in bed, throughout the program. Sim-

ply throw off sheets and blankets.

• Preliminary warm-up exercise. Twinkle toes and fingers. Gently first; vigorously after a few minutes. Inhale deeply through the nose. Exhale through the mouth.

• Sing *Twinkle Twinkle Little Toes*, f**k I wonder who I am etc. This exercise sounds silly and may be silly but should make you smile, and wake you up. Keep singing - *Tip-toe Through the Tulips* falsetto or baritone voice. Breathe deeply, in through the nose, out through the mouth, ten times. Pause. Repeat ten times. Rest between each exercise.

• Next, lift right leg high in the air, inhale deeply through your nose as

you lift. Exhale through the mouth as you lower your leg. Pause after five times. Repeat in groups of five, singing to yourself *Macho Man*. Pause after each five lifts of the leg.

• Repeat previous leg exercise with the left leg. Deep breathing, sing YMCA. Ten times.

• Using two 5kg weights, one in each hand, lift arms from bedside high in the air - sing *Let's get physical* (Olivia Newton-John). Breathe deeply in through the nose, exhale through the mouth, on each lift.

• You should be laughing loudly (or silently) by now. Humour and deep breathing are important aspects of this exercise program. I never got to laugh at Laurie

Potter's or Lords Health Club. Although I almost cried when Laurie Potter Health Club went broke, closed down and I lost \$750 and my life membership.

My program is cost free and may help you to get fit, or smile and laugh.

This program is designed for myself. Check with your doctor or health expert to obtain advice before embarking on the program. It has helped me enormously and may assist you, with possible modifications, depending on your age and level of fitness and health. Exercise without getting out of bed, lying on your back.

For any comments or feedback, let me know. johnrando@westnet.com.au.

The wise words of Bob Maumill... being cool at 86



by Bob Maumill

MY mate Barney has an eighteen-year-old neighbour named Janean. She is in her first year at university. Her name is a combination of her par-

ents' names. Jayne and Dean. Janean's friends say her name is 'cool'.

Her friends also think Barney is 'cool'. They refer to him as Mr Barney. They like the colour of his old ute (fire engine red) and the rude messages painted on its rear. Especially those that say: "before you taigate me ring your doctor for an appointment". Another one says: "be patient, if you were born in WA, i might

be your grandfather".

They also say Barney's tattoos are wicked, and his lime green T-shirt with the words I'm hot for CHARLI XCX is Brat.

Not knowing much (anything) about Charli XCX, I asked Janean to enlighten me. I also asked her to explain Brat.

I now know that Charli XCX is a woman. A singer/songwriter. (Why am I not surprised?). The

cover of her latest album is lime green. Dedicated fans have adopted the colour. Some dye their hair lime green.

What about the importance of being Brat?

Janean said: "Being Brat is being yourself, presenting yourself to the world as you want to be seen. Letting free the real you. Being an individual. Living your way in the here and now."

I said: "We all must

live by rules and societal standards."

Janean said: "That statement explains why Mr Barney is brat, and you are not."

Feeling miffed, I said: "In some places, I am referred to as a cool old guy."

Janean laughed and said: "Mr Bob, you could not become cool in a refrigerator."

Hurt, I asked: "Why not?"

Janean replied: "You do not know who Charli XCX is, you wear Crocs and socks and a Tee shirt with a happy face saying 'Have a Nice Day', you have Country and Western songs on your car's Apple Player, and admit you do not know the name or title of one Taylor Swift or Charli XCX song or album."

"Sorry Mr Bob, you are uncool and unbrat." I replied sullenly, "Bar-

ney wears Crocs and socks."

Janean smiled and said: "But his Crocs and socks are lime green. That is soooo brat."

I now know, I will never be cool or brat.

By the way, Janean does not know the name of a single Slim Dusty song or album. That might not be Uncool in Janean's world, but it's downright UnAustralian in mine.



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8 ~ 17 NOVEMBER 2024





Busting brunch all over - the evolution of the Dôme Cafés



by Buster the Bruncher

A SNAPPY train trip from Perth plonks us in suburban Maylands where, under a dazzlingly-decorated dome, we relish one of our best-ever brunches.

Mind you, the bar was set high 34 years ago when 1970s triple jump Olympian, Phil May, planted the seed that sprouted into the international Dôme empire.

Today, the Maylands eatery shares historic Old Peninsula Hotel with Dôme's HQ in one of Perth's most beautifully enhanced historic buildings, opposite Maylands station.

Under the café's painted ceiling, brunch buddy Professor Ken orders us a smoothie each, an Amazonian and an Evergreen (\$10.95 each), while

we scan the menu and chat over Dôme's evolution.

It began when the late Phil May bought a French antique roaster in Melbourne, shipped it to Perth and started supplying Matilda Bay Brewery, overseen by founders Patria Jafferis and Phil Sexton.

The three musketeers then "dreamed up" the Dôme coffee concept that spread across several nations with more than 130 outlets.

Their formula of fresh food, wonderful atmosphere with generous, comfortable seating and snappy service exceeded our expectations.

Their prices are at the higher end of Perth eateries but worth every cent for a special event or just personal pampering.

Pesto mushrooms on ci-

batta toast (\$15.45) with fresh rocket and crumbled feta tickled our tastebuds.

Salmon eggs hollandaise (\$22.95) is a tasty complement to the mushrooms dish, delivered with two poached eggs and layers of smoked salmon.

Dôme balances it well, offering side dishes including sausages (\$5.75), baked beans (\$3.45) and avocado (\$4.45).

It's 34 eventful years since the first Dôme café opened in Cottesloe. Phil May had won six national titles in the triple jump and was a four-time long-jump national champion in the late 60s and early 70s.

The Western Australian Institute of Sport Hall of Champions inductee was about to leap into culinary fame.

The Peninsula Hotel story cannot be ignored either. The

richly-detailed Edwardian hotel was the brainchild of Perth building contractor, Wilhelm Friederich Gustave Liebe, who worked with architects on Queen's Hall (1899), His Majesty's Theatre (1904) and the Public Art Gallery (1908).

"During the 1920s and early 1930s, the hotel was the start and finish line for the Beverley to Perth Cycle Race, inaugurated by Mr Percy Armstrong," says a history sheet.

The National Trust has classified the heritage building.

Back inside, we scan offerings of all-day breakfasts, salads, soups, sandwiches, hot kitchen classics, decadent cakes and sweet little treats.

Over classy coffee (\$5.95 a mug, \$4.60 regular) we give in to lemon lime brûlé (\$8.95, baked lemon and lime custard

tart) and chocolate brownie (\$6.75, rich choc with hazelnuts and almonds).

If you have to break a diet, start with them.

For health-eaters, perhaps choose the nourish bowl with roast pumpkin, chickpeas, avocado, quinoa, brown rice, cherry tomato, cos lettuce, coriander, pomegranate seeds, feta cheese with a "Green Goddess" dressing.

For the kids, there's a separate menu (and complimentary coloured pencils). Offerings include home-style baked beans with white toast triangles, lightly crumbed tender chicken breast with chips and tomato sauce plus a pizza with mozzarella cheese and Virginian ham.

Perhaps help the kids eat

with topping choices of fresh strawberries, sliced banana, maple syrup, vanilla ice cream or fresh whipped cream.

Spin-off with your own dish of apple, raspberry and rhubarb, encased in puff pastry and served with warm custard and whipped cream.

Next time, and hopefully soon, we'd like to tackle Dôme's fruit toastie: "Golden toasted fruit loaf filled with mixed berries, chocolate, dollop cream and drizzled with maple syrup." Perhaps washed down with a Margaret River citron pressé (\$5.95).

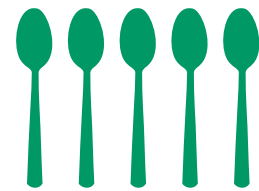
All beneath the decorated Dome.

5 Spoons
Dôme, Railway Parade,
Maylands
Open 6am daily.
Phone 9386 3099.



Buster the Bruncher spoon ratings

- Five spoons** – excellent food and service – you must go!
- Four spoons** – overall good food and service well worth a visit!
- Three spoons** – reasonably good food and service but could make some improvements.
- Two spoons** – food and service needs improvement.
- One spoon** – would not recommend.



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Wines from the Orange and Mudgee regions in NSW

by Frank Smith

THERE are more wine regions in New South Wales than the Hunter Valley, but they tend to be unknown outside the state. Two of interest are the Orange and Mudgee regions. These regions are at relatively high altitude which allows the production of cool climate wines far from the moderating effect of the Tasman sea.

Orange, about 210km west of Sydney, is one of the highest vineyard areas in Australia. It is one of the largest in-

land cities in New South Wales with a population of around 32,000 and at about 870m above sea level, it is also one of the highest cities. The weather is relatively cool and the landscape is dominated by the extinct Mount Canobolas volcano. This fast-growing region has become a serious dining destination thanks to its 60 wineries, restaurants and local produce.

Mudgee is in the broad fertile Cudgegong River valley 260km north-west of Sydney, population about 12,000. The

somewhat lugubrious sounding name is derived from a Wiradjuri Aboriginal term, Moothi, meaning nest in the hills. It has become a popular weekend getaway thanks to its flourishing food and wine scene, set within a historic, down-to-earth region. Mudgee wineries are known for innovation, sustainability and creative winemaking.

John and Helen Nichololas bought a small vineyard 26 years ago 600m above sea level and extended it, specialising in Italian varieties. The award-winning wines are true to their heritage, offering a vibrant and exciting varietal range that are perfect for any occasion, and like all Italian varietal wines, come alive with food. Their premium range includes Barbera, Sangiovese, Montepulciano, Vermentino, Fiano, Pinot Grigio and Sangiovese Rose as well as highly regarded Prosecco.

Here are two wines we

tasted typical of Mudgee.

First Ridge Fiano 2024 is an Italian white variety with aromas of ripe pineapple and toffee apple aromas. The palate is textured with flavours of bright, rich tropical fruits and fresh honey blossom. Barrel fermentation gives the wine a richness which, coupled with the slightly riper fruit at picking makes it a different style to First Ridge's other varieties. Drink as an aperitif or with white meats. RRP \$30.

First Ridge Barbera 2024 is an Italian red variety with aromas of bright spicy berry aromas. This leads to a palate of rich dark plum and spice flavours, with supportive vanillin oak, backed by crisp acidity, and soft tannins, which are a hallmark of this variety. A wine to accompany red meat and pasta dishes. RRP \$45.

And two wines from Jonathon Hambrook, who specialises in Bor-

deaux red varieties in the Orange region

Stockman's Ridge Signature Range Cabernet Franc. This 100 per cent Single Vineyard Cabernet Franc is deep purple in colour yet still bright and clear. The aromas are delicate with red ripe berries and hints of chocolate. The palate is medium bodied with a delicious fruit profile and fine tannins that add elegance and structure. Best decanted to allow the delicate aromas to shine. Pair it with a smoky barbecue meal or enjoy on its own. RRP \$45.

Stockman's Ridge Signature Range Cabernet Sauvignon. Grown in volcanic soils, this single vineyard blend epitomises the essence of a cool climate Cabernet Sauvignon. Displaying overtones of mulberry and red cherry, it leads to a well-balanced and persistent oak finish. Roast lamb with mint sauce is a perfect match. RRP \$30.

HAVA GO FOOD & WINE
EAT, DRINK AND BE MERRY



Knife and fork talk with the Dining Divas - a delicious find in Maylands



by Judith Cohen and Pat Paleeya

THRIVING bustling café and bake shop – Sherbert in Maylands – was our choice this month. We arrived at 10.30am and were surprised to see a hungry crowd gathered already inside and out. We decided to book a table for 11.30am and we were lucky to snag one. It might be better to book rather than take a chance.

It's open at 6.30am to 4pm and all meals are under \$20.

We chose a lentil and Danish fetta salad bowl \$14.90 and pumpkin and fetta frittata \$15.50.

In the salad bowl there were len-

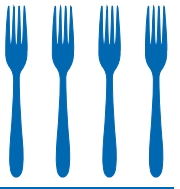
tils, spring onion, rocket, Danish fetta, cherry tomatoes, zucchini and vinaigrette. The brown lentils were just right, not mushy but soft and flavourful. This was a healthy colourful dish and all the ingredients were enhanced by the fruity fresh olive oil and zingy vinegar. A lovely lunch treat.

The pumpkin and fetta frittata consisted of roasted pumpkin, fetta, basil, parmesan and caramelised onion. This was served with a side salad and home-made relish. The texture of the frittata was very light, this wasn't just another frittata this was in a league of its own. It was a wedge of utter delight, there were

small chunks of perfectly cooked pumpkin and caramelised onion and fetta which at the very first mouthful was testament to the popularity of the café.

The side salad was fresh and dressed lightly with the same fruity oil. This café would definitely be one of our favourites. The decor has a vintage theme and in the studio area where we were seated the walls are covered in eclectic music posters.

Four Forks
Sherbert Cake and Bake Shop,
206B Whatley Crescent,
Maylands
9371 8004
<https://sherbetbakeshop.au>



Knife and fork talk ratings

Five forks – excellent food and service

Four forks – overall good food and service

Three forks – reasonably good food and service but could make some improvements

Two forks – food and service needs improvement

One fork – would not recommend

WEEK DAY LUNCH SPECIALS
Information correct at going to press

AUTHENTIC SOUP DUMPLINGS
All meals under \$20
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Northbridge 0449 876 666

BULLCREEK TAVERN
\$20 seniors meal
From 11am all day everyday
Cnr South St & Benningfield Rd
Bullcreek 9332 4636

CHURCHLANDS CHINESE RESTAURANT
Under \$20 lunch menu
Tues-Sun 12- 2.30pm
271 Selby St Churchlands
9269 9226

FRIAR TUCKS IRISH HOUSE
Early dinner specials
11.30am-4.30pm everyday for seniors
6 Rees Pl. Wannanup
9534 4788

HANKS
\$24 and under seniors menu
Mon-Fri 11am-2.30pm.
Lot 504 Ennis Ave,
Cooloongup
9527 6666

ORCHARD EXPRESSO
Lunch/brunch under \$25
Mon-Fri 7am-3pm Sat 8am-3pm
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Roleystone
9397 7370

WARNBRO TAVERN
\$20 seniors meals
Mon-Fri 12pm-2.30pm
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7 Hosking St Warnbro 9593 1597

THE WANNEROO VILLA TAVERN
\$20 seniors menu
Mon- Fri from 11am-
18 Dundas Rd Wanneroo
9405 2777

Mondo recipe of the month - Katica Martinovich's risotto



by Vince Garreffa

MY mother-in-law Katica was a great Croatian cook. She now cooks in heaven for the angels. We always make enough risotto for two meals but my kids eat it cold out of the fridge, so I miss out on leftovers.

Ingredients for eight persons

- Stage 1**
2 onions finely diced
4 cloves garlic chopped
½ bunch of Italian parsley diced
100ml olive oil
- Stage 2**
50ml olive oil
1kg beef minced fine
- Stage 3**
2 tablespoons paprika
1 tablespoons nutmeg
1 tablespoon cinnamon
salt and pepper
2 tablespoons tomato paste
4 cans pureed peeled tomatoes
4 cups of beef or chicken stock
- Stage 4**
1kg Arborio or short grain rice

Stage 5
Extra stock on hand
100g Butter
Pecorino cheese to taste (minimum half a cup)

Method
In a big pot sauté stage one ingredients in olive oil until soft. Then, add stage two ingredients; mix and stir fry at a high heat until meat is well cooked. Now add stage three ingredients,

stir well, and bring to boil, then lower the heat so it simmers on low for one and half hour, stirring constantly so it doesn't stick.

Now add your rice and a cup of extra stock and stir well. It is very important to constantly stir the mix so it doesn't stick to the bottom of the pot and when the rice absorbs the stock add more stock – one cup

at a time. Don't add too much at a time otherwise it will stew like a soup and it's too easy to stir which means that your arm doesn't get sore from stirring.

Katica used to say if your arm is not sore then

the risotto is no good.

The final step is to cook until the rice is tender, then remove it from the heat and add 100g knob of butter and stir it through. Add half a cup or more of grated pecorino cheese and stir

it through. It will look and smell great. Serve with freshly grated pecorino cheese on the side for greedy people.

Dobar-Tek (Croatian dinner blessing)

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Health & Wellness Liftout

Reason to run, no matter their age.

The oldest is 90 and the youngest 77. Between them, these four inspirational seniors have taken part in HBF Run for a Reason an incredible 29 times. In May this year, they once again proved that age is no barrier to staying fit and active.

It was a real family affair when 90-year-old Bernard Francis set off to enjoy a 4km walk as part of Perth's biggest annual fitness fundraising challenge.

Four generations of the retired electrician's family, including two of his great-grandchildren, came together for a morning of fun and fitness for a good cause.

A keen weekly walker with Perth's Over 55 Walking Association (OFFWA), Bernard was one of 10 Francis family members crossing the finish line in an hour and 12 minutes.

"I support and encourage anyone to have a go," Bernard said. "And I've already been told I'll be doing the walk again next year!"

Competitive streak

For 85-year-old runner Gillian Smith it was her grandsons who spurred her to better her time from last year's event when she was the fastest in her age group.

"I wasn't the fastest this year, but I did beat my time from last year," she said.

"This year the grandsons beat me, they're competitive and I am too, but it does us all good from a health point of view.

"I grew up on a farm in England with three siblings. You always wanted to beat the one ahead of you."

A former nurse, Gillian tackled her first HBF Run for a Reason in 2015 at the age of 70 and has completed 10 in total. Dealing with blood pressure problems, asthma and chronic lung disease has never stopped her from keeping active.

"If anyone is thinking about taking part in a community activity, then just do it!" she said.

Today's the day!

Smashing new fitness goals this year by taking on a whopping 21.1kms – a half marathon – was 85-year-old David Colling.

Taking part in his fifth HBF Run for a Reason, the former WAFL boundary umpire had conquered 4km and 12km in previous years but decided 2024 was the year he would take on his biggest challenge yet.

"I'd always wanted to do a longer distance in the HBF Run for a Reason and thought I'd better do it this year," he said.

David notched up an impressive average of around 9 minutes per kilometre, walking the half marathon in three hours and 21 minutes.

"It seems I was the only entrant aged 80+ who did the half marathon – you could say I came first and last in the 80 – 89 age range!"

David, who had been diagnosed with a heart flutter a few years ago, stunned his cardiologist when he went for a long-standing check-up just days after his impressive walk as a 2024 HBF Run for a Reason participant.

"I told him I'd done a half marathon at HBF Run for a Reason on Sunday, and he said 'That's bloody amazing. You don't need me anymore!' so he was quite pleased with the results.

"When I was younger, I did fun runs. I always loved running, but now it's come down to walking," David said.

Catching the running bug

Alison Johnstone took part in her first fun run more than 40 years ago and arguably hasn't stopped running since.

"I just caught the running bug," the 77-year-old said.

Alison and 82-year-old husband Bob have both taken part in all 12 HBF Run for a Reason events.

"Running is a pleasurable way to keep fit," Alison said. "It's changed our lifestyle so much. Every time we go on holiday, we do a run somewhere."

"Many older people might think they couldn't do a fun run, but you've just got to start slowly and build up," Alison said.

"Just start off by going out the front door and run or walk up the street a bit. Even if it's just 10 or 15 metres more each time you do it, you'll automatically increase because you're doing it softly."

If you're thinking about starting a fitness routine, it's best to begin with simple exercises and slowly do more according to your ability. For more helpful tips, read HBF Physio therapist Jakub Chudy's advice at hbf.com.au/exercisetips



David, Gillian, Bernard and Alison



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Find out more: hbf.com.au/health-programs 1300 886 513

Goodbye kilos, hello happier joints!

A specially designed weight-loss program is helping HBF members who have osteoarthritis put the bounce back in their step and find relief from joint pain.

When the pain of osteoarthritis started to affect his enjoyment of golf and gardening, Leo Kostarelas decided the time had come to take the pressure off his sore joints by shedding some excess kilos.

Leo is one of around 2 million Australians* with osteoarthritis, a debilitating chronic condition that causes pain and stiffness, typically in the knees, hips and hands.

Maintaining a healthy weight can slow the onset and progression of the condition, easing pain and stiffness, and improving mobility.

A lifelong HBF member, 71-year-old Leo had started to notice symptoms of osteoarthritis in his 60s.

“My hands were the first to be affected, then my knees, then over time it got worse and was really noticeable when I was playing sport or doing any sort of heavy work,” Leo said.

Now, after spending 18 weeks on the Osteoarthritis Healthy Weight for Life program, the Currumbine resident is not only 10kg lighter, but he no longer complains of sore joints.

Leo met the eligibility criteria to access the Osteoarthritis Healthy Weight for Life program, fully covered*, through his HBF membership.

With the support and motivation of a team of health professionals via phone, online chat, video and email, plus a package of printed guides and information delivered to his door, Leo made small changes that made a big difference.

“I rid myself of biscuits and sweets such as chocolate. I ate smaller meals without eliminating the foods that I like, and I learned to keep an even balance with my diet,” he said.

Leo makes time for regular physical activity, knowing he’s improving his mobility and building muscle strength to stabilise his joints.

He’s aiming to shed another 6kg, confident his new habits will help him lose the weight and keep it off.

The diet that didn’t feel like a diet at all ...

For 75-year-old Susan Harwood, it was an HBF event that kicked off her weight-loss journey with the Osteoarthritis Healthy Weight for Life program.

“The program surprised me because not only was I able to lose weight, but I’ve kept the weight off. I’d tried other diets before and put the weight straight back on again,” Susan said.

While chocolate-covered shortbread is now off the menu for the Treeby resident, Susan has discovered tasty new foods to enjoy as part of her healthy food plan.

Homemade low-fat dips with cherry tomatoes, mushrooms or celery have become favourite snacks and she makes sure she drinks 2 litres of water a day.

“It’s not really felt as if I’ve been on a diet. It’s all about balance and sticking to the plan. The recipes are easy to follow and delicious too,” Susan said.

Susan was diagnosed with osteoarthritis eight years ago. Surgery, including a knee replacement, failed to provide relief and then excess kilos crept on after a hip replacement.

Now 8kg lighter, Susan says her knee pain has eased and she’s becoming more mobile.

“I can fit into clothes again and feel better in myself. I’m so happy that I found something that actually works for me and has enabled me to keep the weight off,” she said.

Find out more about Osteoarthritis Healthy Weight for Life, call the HBF Health Programs team on 1300 886 513 or email hbfhealthprograms@hbf.com.au



Susan preparing her new favourite snacks

* <https://www.aihw.gov.au/reports/chronic-musculoskeletal-conditions/osteoarthritis>. ^HBF health support programs are fully covered for members who hold an eligible level of HBF Hospital cover and meet the program eligibility criteria. Members may only participate in each HBF health program once per lifetime.

Exercises for golfers, gardeners and dancers

Hobbies help keep us fit and active – both physically and mentally. But what can we do to make sure we’re able to enjoy our passions for as long as possible?

Here’s a list of handy tips from physiotherapist Mike Pope, one of the exercise and movement specialists at HBF Physio.

Mike has tailored his exercise tips for some of the most popular hobbies and interests, from golf and gardening, to fishing, dancing and lawn bowls.

If you’re a golfer, you’ll benefit from:

- Regular exercises to improve spine flexibility.
- Strengthening your core with abdominal exercises.
- Mobilising/stretching your hips.

If you’re a lawn bowler, you’ll benefit from:

- Learning to lunge with good technique.
- Strengthening the muscles around your knee.
- Stretching your back and hips before commencing a game.

If you love gardening, you’ll benefit from:

- Bending your knees when lifting.
- Powering up through your legs to lift weight.
- Sitting on a small stool when working at low heights for prolonged periods.

If you enjoy fishing for the one that got away, you’ll benefit from:

- Strengthening your rotator cuff and shoulder muscles.
- Strengthening your biceps.
- Exercises that work on your grip strength.

If you love dancing, you’ll benefit from:

- Warming up with calf raises, mini squats and spinal stretches.
- Building up your leg strength.
- Exercises that improve your core strength.



Mike from HBF Physio

From stiff necks to stubborn injuries, feel your best again with HBF Physio. Eligible HBF members get a no gap initial consult* at HBF Physio. Book today at hbfphysio.com.au

*For eligible HBF members with physiotherapy extras at HBF Physio. Offer covers an initial general consultation. Not available in conjunction with any other offer. Limit of one per person per calendar year. Waiting periods and other exclusions apply. Learn more at hbfphysio.com.au

Italian Tuna Express Salad

Try Leo's quick and easy go-to lunch recipe from the Osteoarthritis Healthy Weight for Life program. Easy for a single serve or double the recipe to have another serve ready for the following day.

Serves: 1

Prep time: 10 minutes
(including cooking the pasta)

Ingredients

- 1 cup cooked pasta
- ½ cup canned flavoured crushed tomatoes such as basil and oregano
- 1 cup cooked seasonal vegetables such as zucchini, carrot, broccoli, pumpkin
- 1/3 cup tuna canned in springwater, drained (50g)
- ¼ cup reduced fat grated cheddar cheese

Method

Combine all ingredients in a bowl, mix until well blended and eat straight away. Can prepare and refrigerate up to 1 day prior.

Mix up your salad combination to include options like spinach, celery, chilli or fresh herbs. Tuna can be replaced with 50g of cooked chicken, lean mince or salmon.

Prefer vegetarian? Swap out tuna for ½ cup of chickpeas, lentils, black beans, or a poached or boiled egg.



Health wins with COACH

The results are in! If you're managing a chronic condition, it could be time to up your game with your own health coach.

It's not just elite athletes and celebrities enjoying the benefits of one-on-one coaching to keep them as fit and healthy as possible. Everyday West Aussies at risk of chronic health conditions are benefitting from the expertise of a personal health coach when it comes to preventing and managing chronic conditions.

Eligible HBF members currently managing or at risk of a chronic health condition can receive one-on-one health coaching through COACH via telephone over a period of six months, funded as part of their hospital cover.

"Working with a health coach can help you feel more confident in your health management, which can lead to better health outcomes long term," Mary says.

Bringing it all together

For many participants, COACH demystifies the issues.

Como resident June Booth certainly agrees. The busy 71-year-old says working with our health coaches enabled her to build knowledge around her heart health in conjunction with her doctors. June has heart damage following breast cancer treatment.

"Phaedra was wonderful. Easy to talk to and I could ask her anything," June says.

"The six months on the program made me more aware of what was going on in my body. It made me want to ask my doctors questions, whereas I wouldn't have done that before.

"I would absolutely recommend COACH. Plus it was fully covered for me as part of my HBF hospital cover."

COACH is suitable for those currently managing, or who are at risk of other chronic conditions, including diabetes.

To find out more about The COACH Program, call 1300 886 513 or email hbfhealthprograms@hbf.com.au

Q&A with Mary, HBF Health Coach



Health Coach
Mary

Q. What sort of things will we chat about?

The focus is on helping you understand your diagnosis. We're aiming for optimal health management. We'll chat about risk factors such as cholesterol, blood pressure, blood glucose, nutrition, medications and exercise. Our conversations are a safe space in which you can ask questions and gain confidence in managing your health and wellbeing.

Q. What will COACH cost me?

Other than your time, it won't cost you anything to take part in COACH if you hold an eligible level of HBF hospital cover and meet the program eligibility criteria. You can quickly find out if you're eligible by phoning 1300 886 513.

Q. What do people like most about the program?

Those who have participated in COACH tell us they really appreciate the holistic approach and attention to detail. We help join the dots and fill in the gaps when it comes to managing a heart condition, diabetes or respiratory condition.

Q. What's the number one thing you'd like people to know about COACH?

No matter how good your doctors and specialists are, the one thing they're usually short on is time. They simply can't cover off all the information our health coaches have access to. There's also so much information out there that it can be difficult to know what to focus on. Our health coaches will help you understand where you need to focus on to optimise your health - we've done all the homework for you.

Osteoarthritis Support Programs

Helping you help your **joints**.

Find out more: hbf.com.au/joints 1300 886 513

Eligibility criteria applies.



COACH Program



About The COACH Program

Provided at no additional cost for eligible HBF members*, this over-the-phone support program is led by qualified health professionals who provide individualised guidance to better manage chronic health conditions.

Find out more:

 hbf.com.au/coach

 1300 886 513

Helping you help your health.

hips
knees
heart
weight
body

*HBF health support programs are fully covered for members who hold an eligible level of HBF Hospital cover and meet the program eligibility criteria. Members may only participate in each HBF health support program once per lifetime.

HAVA GO DOWNSIZING



It's all go at Providence Mandurah Lifestyle Resort



IT'S full steam ahead for Providence's wellbeing and nature-inspired Mandurah Lifestyle Resort, with start-up works now officially underway on the site.

Providence's head of development Sandra Klarich said the master-planned over 50s resort, nestled at the corner of Pinjarra Road and Riverside Drive, had proven so popular

it had already been extended. "We're experiencing unprecedented demand for homes in our gated and architecturally-designed lifestyle resorts – of which Mandurah is the fourth – and Australia will see another significant influx of retirees in the next two to five years," she said. "On the back of this, and the fact that Stages 1 and 2 are selling so strongly, we've expanded our picturesque Mandurah Lifestyle Resort to 112 one, two and three-bedroom homes. "This is up from the original 77 abodes and allows us to provide more over 50s with a wonderful lifestyle opportunity

while still being small enough to be a close-knit community." The larger resort will also encompass a conservation wetland and include direct access to the Serpentine River foreshore. With trucks and surveyors now on site and active works underway, Ms Klarich said those who'd already purchased energy efficient, low maintenance homes at the Resort were already planning their moves. "It's a busy time for our team and thrilling for our first homeowners – many of whom are downsizing from the local area but still very young and

active – who are readying themselves to settle in around July next year," she said. "Buyers love that Mandurah Lifestyle Resort has a permanent holiday feel and so much on its doorstep – from golf courses to bushland to walk and cycle in, stunning fishing and camping spots, local breweries, wine bars and cafés, and more. "There's also deep interest in our contemporary clubhouse, which is designed to act as the social centrepiece of the Resort." The three building clubhouse features a wellness centre, indoor heated swim-

ming pool, bar, art studio, barbecue, garden courtyard, cardio room, bowling green and more. At Providence Lifestyle Resorts, there are no entry or exit fees and no stamp duty. Each home boasts all-inclusive high specification fittings, appliances, solar panels, battery pack and landscaping, and is on its own fenced lot with private gardens and entertaining area. Figures from the Australian Bureau of Statistics released in May reveal 226,000 Australians intend to retire in the next two years and that number will swell to 710,000 within five years.

Downsizing: navigating the emotional journey of letting go



Image: OlenaYakobchuk/Shutterstock.com

THE decision to downsize is not just a financial or practical choice. It can be an emotional and deeply personal one, especially for those who have lived in their family home for decades. There are many advantages to downsizing, from reduced expenses, to a home that better suits your current lifestyle. **Making downsizing easier** These are steps you can take to make the process smoother and less emotionally taxing. **1. Start early:** Begin planning early, even if you're not yet ready to move. This will give you time to process the decision without pressure.

2. Declutter gradually: Start with small areas, and take it one step at a time. You don't need to make quick decisions – allow yourself to reflect on what is truly meaningful to keep. **3. Focus on the positive:** Downsizing can lead to new opportunities, whether that's being closer to family, moving to a more accessible location, or simply enjoying a home that suits your current needs. **4. Involve family:** Involving family members in the downsizing process can make it feel less isolating and more manageable. **5. Seek professional help:** A property appraisal by experts from The Agency is a good starting point to help you explore

your options. **Looking Forward** Downsizing doesn't have to mean saying goodbye to cherished memories. You are not leaving behind your experiences, but simply making a choice that reflects your current stage in life. Contact The Agency principals Tim Gosage on 0411 284 074 or Daniel-Paul Filippi on 0412 991 361 to organise an appointment in the comfort of your own home. The journey of downsizing can feel like an emotional mountain to climb, but with the right support, you can make a well-informed decision that brings peace and comfort for the years ahead.

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Mandurah Lifestyle Resort for over 50s

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For more information please contact:

Mark Jewell
Sales Consultant
Mandurah Resort
T 0411 497 111

* See website for details



Don't rely on AI chatbots for safe information about drugs



Image: Mongta Studio/Shutterstock.com

by Frank Smith

MICROSOFT'S Bing and Google's Gemini artificial intelligent (AI) chatbots often give misleading and dangerous advice and you may need a degree in a life science to understand them.

Patients often check details of drugs on the

Internet after they have been prescribed by a GP, but using search engines rather than going direct to trustworthy source can lead to misinformation.

In February 2023, search engines were fitted with AI-powered chatbots. This promised enhanced search results, comprehensive answers, and a new type of interactive experience.

Wahram Andrikyan, a PhD student at the Institute of Experimental and Clinical Pharmacology and Toxicology in Germany and colleagues used Bing co-pilot to ask 10 typical patient questions about the 50 most prescribed drugs in the US, generating 500 answers in total. The questions covered what the drug was used for, how it worked, instructions for use, common side effects, and contra-indications.

The chatbot answers were assessed for readability by calculating the Flesch Reading Ease Score which predicts the educational level required to understand a particular text.

The overall average answer scored was just over 37, which indicates the need for degree level education to understand it. Even the most readable chatbot answers still required completion of high school.

To assess the completeness and accuracy of chatbot answers, responses were compared with the drug information provided by website drugs.com which contains up-to-date drug information, peer-reviewed by healthcare professionals.

Current scientific consensus, and likelihood and extent of possible harm if the patient followed the chatbot's recommendations, were assessed by seven experts in medication safety.

Agency for Healthcare Research and Quality (AHRQ) scales were used to rate the likelihood of possible harm as estimated by the experts.

The average chatbot answers were only 77 per cent complete. Only five questions were fully answered, while question three (What do I have to consider when taking the drug?) was answered with the lowest average completeness of only 23 per cent.

Chatbot statements didn't match the drug reference data in 26 per cent of answers, and were totally inconsistent in three per cent of answers as assessed by a panel of pharmacological experts evaluating independently of each other.

Over 40 per cent of chatbot answers were considered likely to lead to moderate and 22 per

cent to severe harm or even death if the patient followed the chatbot's advice. Only one third were judged as unlikely to result in any harm.

"In this cross-sectional study, we found that search engines with an AI-powered chatbot produced overall complete and accurate answers to some patient questions," the authors wrote.

"However, chatbot answers were difficult to read and answers often lacked information or showed inaccuracies, possibly threatening patient and medication safety."

A major drawback was the chatbot's inability to discriminate between reliable and unreliable sources on the Internet or to understand the underlying intent of a patient who posed a question.

"Despite their potential, it is still crucial for patients to consult their healthcare professionals, as chatbots may not always generate error-free information."

"Caution is advised in recommending AI-powered search engines until citation engines with higher accuracy rates are available," they concluded.

The article was published last month in *British Medical Journal Quality and Safety*.

What's happening at Alzheimer's WA



study to understand people's experiences providing informal care. They want to know what kinds of support carers may need.

Click on this link to be taken to the study: mquini.qualtrics.com/jfe/form/SV_daTcL58iwpiL4UC

Alzheimer's WA End of year Appeal

Alzheimer's WA has launched an end-of-year appeal to support 48,000 Western Australians living with dementia. Every donation, big or small, goes a long way, ensuring that the organisation can always support people living with dementia.

Alzheimer's WA are committed to ensuring people with dementia never have to face their journey alone. With your help and generosity, they can provide the best care and support for people living with dementia in Western Australia. Please make a tax-deductible contribution visit alheimerswa.org.au/donate/#donate_now or call 1300 66 77 88.

ALZHEIMER'S WA, the leading provider of dementia care in Western Australia, invites all members to its annual general meeting on Thursday, December 12. The meeting will be held at City West Lotteries House, 2 Delhi Street, West Perth starting at 4.30 pm.

This year's theme is "Connected Care in the Community". Join them to reflect on the care journey, celebrate progress, and look ahead to the next 40 years of making a difference in the lives of West Australians living with dementia. The meeting will highlight 2023-24

achievements, including the opening of Walker House in Woodvale, the expansion plans of respite services in Albany, and Alzheimer's WA connected care in the community.

To RSVP, please call 1300 66 77 88 or email events@alheimerswa.org.au.

Dementia Carer Survey Now Live

Alzheimer's WA, in collaboration with Macquarie University is seeking feedback from informal carers of people living with dementia. The Macquarie University Lifespan Health and Wellbeing Research Centre are running a new

Stem cells therapy may relieve arthritis

Advertorial
ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection and also to start the healing process.

The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to the need

for joint replacement surgery. It begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion.

Research shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue, adult stem cells

can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent of the number of stem cells you had in your bloodstream when

you were 25.

Stem cell nutrition encourages your body to naturally release millions of new stem cells – which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better.

If you would like to find out more about how stem cell nutrition can transform your life call Sandra Barnsley on 0412 479 156.

Experience the best of both worlds in aged care



ROSHANA Care Group, a leading provider of aged care in Australia, continues to redefine the aged care experience with two standout facilities: Grandton Roshana Care in Applecross and Roshana Carmel Aged Care in the Perth Hills.

With more than 14 facilities across WA, NSW, QLD and VIC, and over 20 years of experience in healthcare, Roshana is committed to offering the highest standard of care, tailored to the diverse lifestyles of its residents.

Grandton Roshana Care: australia's first vertical

aged care oasis.

Grandton Roshana Care, an Australian first, is a 15-storey vertical aged care facility in Applecross that blends luxury with cutting-edge care. Overlooking the Perth skyline and the Swan River, Grandton offers an urban lifestyle with a range of premium amenities, including private suites, a gym, cinema, heated pool, and rooftop gardens. Residents can enjoy all the sophistication and convenience of city living while receiving top-tier care in a beautiful, modern setting.

Roshana Carmel Aged Care: hillside serenity

For those who prefer a peaceful, nature-filled environment, Roshana Carmel Aged Care in the Perth Hills is the perfect retreat. Surrounded by lush greenery, this highly-rated facility offers a calm, serene lifestyle for residents, with thoughtfully designed communal spaces and landscaped gardens. Carmel blends the tranquility of nature with Roshana's high standard of care, making it an ideal choice for those who want to enjoy a slower pace of life without compromising on quality.

A nationwide leader in care

Roshana Care Group is not only known for its aged care services but is also a leading provider of home care, mental health care, and retirement living. With over 14 facilities across Australia, including five in Western Australia, Roshana has built a reputation for delivering quality care across a range of services. Whether it's aged care, home care, or mental health support, Roshana's 20 years of experience ensure that residents receive the best care possible in every setting.

Experience Roshana's approach to care

While Grandton and Carmel are Roshana's newest facilities, the group's mission is to provide the highest standard of care consistently throughout its nationwide network. Whether you prefer the vibrant city views of Grandton or the peaceful, natural surroundings of Carmel, Roshana has something for everyone.

The best way to appreciate the Roshana experience is to see it for yourself. Book a personalised tour of Grandton or Carmel today and discover the Roshana way.

Call 0457 882 872 to find out more or to book your tour.

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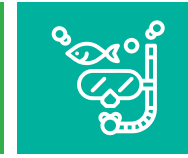


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HAVA GO TRAVELLING



L-R; DB train photo by Daniel Abadia on Unsplash - Gary Tate's illustration of Italy's Portofino



tions across the Asia-Pacific region. Data from Australian Travel Industry Association shows that Indonesia continues to be the top destination for Australians, with over 30 per cent increase in travellers, reaching 1.6 million. Japan recorded the highest growth, with a 103 per cent rise in Australian visitors, totalling 730,000 for the year. Other key destinations include New Zealand (up 10 per cent to 1.3 million) and the United States, which saw 730,000 Australian visitors, reflecting a 17 per cent increase. Holidays

remain the primary reason for outbound travel, accounting for 60 per cent of trips in August 2024 with visiting friends and relatives comprised 27 per cent of travel, while business travel showed modest growth, representing 5.8 per cent of total trips.

★★★
The last time I went to Europe I utilised the train service booking with Rail Europe prior to leaving Australia. It proved a seamless way to travel, less stressful than airports and certainly a wonderful way to see more of the

countryside. Starting this December, travellers can travel between Paris and Berlin in just eight hours on the new high-speed service operated by Deutsche Bahn and SNCF.

Connecting from city centre to city centre, the journey passes through Strasbourg, Karlsruhe and Frankfurt. With more than 25 million passengers crossing between Germany and France by train each year, this new service is set to boost those numbers, while offering an efficient, affordable, and sustainable alternative.

Tickets are available now and prices start from €59 for second class and €69 for first, with special deals for families, youth, and business travellers. Visit www.raileurope.com for details and booking.

★★★
If you are looking for a once-in-a-lifetime experience, don't miss the opportunity to book your spot on the world's most amazing day trip, flying to Antarctica in a day. The next flight departs Perth on February 9, 2025 and if you would like to join the trip, please email me at jen@haveagonews.com.au or call the office on (08) 9227 8283 and we will email or

post you a brochure, see details on page 34.

★★★
Talented reader Gary Tate created this illustration from one of his photos of Italy's Portofino during his cruise around the Mediterranean. Thanks to Gary for sharing so many of his wonderful photos with us.

★★★
Readers are encouraged to share any photos, tips or advice.

Our website www.haveagonews.com.au offers more stories not found in the newspaper along with topical and timely ones.

Make happy memories on your travels!

Jennifer Merigan



WE are excited this month to offer readers the oppor-

tunity to win an overnight stay, including breakfast, at the newly refurbished Pan Pacific Hotel in the city. We are always thrilled to offer readers the opportunity to win prizes such as these – see page 32 for details.

★★★
Australians are embracing international travel more than ever, with major increases to key destina-

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

On tour with COCOA club - a local adventure and social club for seniors

by Rose Hope

"WHAT'S this then?" He asked, pointing to my latest accessory, a stout walking stick.

"This is my weapon of mass destruction. I'm ready for all contingencies. Should I encounter a vile thief or a desperate sex offender. Watch out!" I declared, waving my stick in the air.

"Oh!" replied the rude dude. Giving me a bit of the old left nostril, "I'd have thought that if... you had encountered a desperate sex offender... you would have thrown the stick away."

The cosy room we were in was alive with creative energy as folk displayed their capacity for producing imaginative craftwork. Outside mother nature hurled her fury dumping down buckets of rain blown by gale force winds in all directions.

It was a sharp contrast from the previous day when 60 COCOA club members had boarded a coach. It had cut a swathe through green wooded meadows, home to cattle, sheep, grape

vines, pine and blue gum trees and orchards. There were also areas containing impenetrable scrub. A reminder of all the hard work it took to create this beautiful region that has so much to offer to the well-being of the state.

Our first stop was The Maze at Yallingup. I opted to visit the museum where I admired the colourful Aboriginal paintings and artifacts, whilst others headed for the shop for a coffee fix. This amazing complex has its own mini golf course, a huge playground and parkland at the back. It is surrounded by great Australian bushland and tall trees, their bare limbs awaiting the warmer weather to spring to life.

Our next destination was the delightful township of Cowaramup. We were deposited at a beautiful park from where we were able to explore the town or just sit and soak up the peaceful atmosphere in the park where we were served a picnic lunch.

Afterwards we headed for Hamelin Bay where I viewed the water tumbling in from the ocean into the

wide blue bay with its rocky island and white sandy beaches.

I was on a five-night getaway with the club and my room was situated in a building with five other rooms set in magical bushland each with their own facilities.

In the mornings we were awakened by the twittering of birds and the bugling of magpies. Some folk went for a ramble through the bush, coming back with bunches of flowers. Fellow cocoanut Ann and I took a flying visit (I'm not joking) to the Busselton Op shops and the Senior Citizens for a coffee, where the folk were so friendly that we got held up and really had to fly back in time to grab the leftovers for lunch before the mob demolished the lot!

One night Ann's door slid open, and she was shocked to find a handsome dude standing there.

"Oh." He gasped, "I was looking for Margaret."

"Next door!" said Ann trying to hide her disappointment. Well, we could all hear voices, but try as we might we couldn't distinguish what was being said.

Next morning all eyes were upon Margaret. "OK Fess up. You had a bloke in your room!"

"The poor fellow has a snorer, loud as a chainsaw,

in his complex, so I gave him some of my ear plugs."

All too soon it was time to pack up Maureen W's car for the return journey home, always an adventure, as

it's a case of "Oh my God! We've taken the wrong turn. Where the bloody hell are we?"

The COCOA club connects older citizens on ad-

ventures. We have three getaways per year and great days out. To find out more look it up on www.co.coawa.com or ring Judy on 0450 735 415.

Get on board with Club 55's free travel club

DISCOVER Club 55, Perth's over-55's travel club. Offering diverse day trips and extended tours across Western Australia, Club 55 caters to those seeking leisurely-paced adventures.

With convenient pick-up points throughout Perth, members can easily join solo, as couples, or in groups.

They also specialises in group outings for Probus clubs, bowling clubs, and retirement villages, boasting 80+ tailored trips departing from your premises.

Whether you're after a scenic day out or a multi-day exploration, Club 55 has something for every interest.

Ready to embark on your next adventure? Visit www.club55.com.au

to explore itineraries. For a brochure, call Tanya at (08) 6285 6269 (Mon-Fri, 9am-5pm).

Club 55 is free to join; rediscover the joy of travel with like-minded explorers.

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HAVA GO TRAVELLING



A simple and low cost way to soak up luxury amenities while on holidays



Infinity pool at Ritz Carlton, Langkawi – pic by Serena Kirby

by **Serena Kirby**

HERE'S a great travel hack for luxury-seeking

travellers on a budget... It's called a resort pass and it's well worth investigating.

A resort pass (or day pass) is as the name suggests; it's a pass that gives you day access to

luxury hotels and resorts without the cost of booking a room. This means you can stay in your own budget accommodation elsewhere while still enjoying a day of five-star luxury.

With many resorts having multiple (and stunning) swimming pools, private beaches and all manner of luxurious amenities, a resort pass gives you access to these – for a fee – without being an in-house guest.

While the concept of day-use of five-star hotels has been around for years, it was the pandemic that led hotel companies to more actively promote this holiday perk as a way of getting bums on pool lounges (as opposed to bums-in-beds). There's now several

online apps and websites dedicated to selling hotel day packages. More than 2000 hotels across 30 countries offer official resort passes in places like Canada, the USA and South America to name a few.

The number of Australian hotels offering day-use are thin on the ground but there are places like Queensland's InterContinental at Sanctuary Cove offering a basic \$30 per person resort pass to enjoy their idyllic one-acre lagoon pool and outdoor spa for a day.

There are loads of other options still close to home in Asia.

A good example is the Hanging Gardens of Bali. This jaw-droppingly beautiful boutique hotel

in Ubud has an overnight room price of around \$1,000. The cost of a resort pass is around \$200 and gives you all-day use of the tropical infinity pools, a three course lunch, a reflexology massage and a sunset cocktail among the inclusions.

But just because a hotel isn't listed on one of the day-use websites doesn't mean they don't offer a day-use deal.

A case in point is the Ritz Carlton in Langkawi, Malaysia, where a simple email asking if they offered a day pass revealed they did. The \$100 per person pass includes use of their pools and private beach, a welcome drink, discounts at their spa treatments and best of all – a \$100 food and beverage voucher to

use at any of the resort's bars and restaurants. This voucher goes a long way in Langkawi and as the resort's two restaurants are touted as some of the best on the island it's a really great deal.

A close relative to the resort pass is a daycation which has the added inclusion of giving you day-use of a hotel room. The cost difference between an overnight stay and a day-use room can be several hundred dollars and is another good option especially if you have time to kill between flights.

You can easily find a selection of day-pass offers at www.resortpass.com or by doing a quick online search for hotel day use, resort pass or hotel day pass.

Lots going on at Aussie Redback Tours

IF you're on the Aussie Redback Tours mailing list, your new brochure is on its way to your mailbox. It's filled with lots of popular tours throughout our fabulous country and they've also added their regular one-day tours for those who like to have a day out in the countryside.

If you're not on their mailing list, call them to-

day on 1300 662 026 and they'll send you a brochure.

But wait, there's more. After the brochure was printed, Aussie Redback Tours decided to add a tour to Tasmania in March 2025. You can see the tour on their website (www.aussieredbacktours.com.au) or you can call them on 1300 662 026 for

more information.

The Tasmania tour dates are March 14 to 25, 2025, and prices start at \$5,150 per person.

Just a reminder too that Aussie Redback Tours still have some one-day tours before the end of the year, plus a new one that is also not included in this year's brochure.

The new added tour is to the Manjimup Cherry Festival which is being held on Saturday December 14. The tour includes a delicious morning tea and a visit to a cherry farm, and they've dropped the price to \$100 per person to enable you to purchase your own lunch whilst enjoying the artisan food and creative market stalls of the festival.

Call 1300 662 026 or email them at info@aussieredbacktours.com.au to make your booking.

Friendship group is a force in worldwide travel

JUST a week... a week visiting another country, a chance to see the sights, to taste new food, to meet new people, a week staying with another family... and that was the experience of members of the Friendship Force club of Richmond, Virginia, USA just a few weeks ago.

What a week it was, as Perth members welcomed new friends into their homes to share with them some of the highlights of Perth and surrounds.

During their stay the visiting Americans toured Fremantle prison, cruised along the Swan River, rang the bells at the Perth Bell Tower, took a walk alongside Bells Rapids and enjoyed the wildflowers at Kings Park.

After a week of getting to know new friends, it was sad to see them go, but long-lasting friendships were made.

This was a reciprocal journey as Perth Friendship Force visited Richmond several years ago giv-

ing some folk the opportunity to renew friendships.

This year, Perth Friendship Force has also hosted a club from Japan and in a few weeks' time will host another club from the US.

The Friendship Force of Perth always welcomes new members who don't mind sharing their home for just a week. Local members host visitors in their homes, give them breakfast and take them to events organised by the host club. It is always an enjoyable week with lots to do and much to see.

If you would like to be a part of this exciting, friendly group please contact the membership coordinator, Janet 0438 943 033 or visit the website: friendshipforceperth.net.

As well as hosting visiting clubs, Perth members have the opportunity to travel and next year will be home hosted by clubs in India, Nepal and Belgium as well as a visit to the Bundaberg club

in Queensland.

Sixteen Perth members will soon travel to Norfolk Island to attend the Friendship Force Gathering, a less formal conference, then will visit the Newcastle club for a week's exchange.

Friendship Force has more than 350 clubs in over 60 countries, is a non-profit, non-religious, non-political international organisation founded in 1977 and endorsed by former US President, Jimmy Carter.

Friendship Force is not a travel club, although it does facilitate travel between clubs and gives members the opportunity to travel with a group of like-minded people to visit other clubs throughout Australia and overseas. In return members are asked to host a visiting FF member for a seven-night exchange.

Perth FF will again have a display at this year's *Have a Go Day*, so please come and visit us and talk to the club members.

Dalgety House Museum
Museum AGM Saturday December 8
For further information phone 9173 4300
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Xmas Lunch Mystery Tour "FILLING FAST!"	Sun 15 Dec	\$110 Seniors \$115 Adults
Australia Day Mystery Tour	Sun 26 Jan	(\$115 Seniors \$120 Adults in 2025)
Country Pub Mystery Tour	Sun 23 Feb	includes morning tea, picnic lunch or restaurant meal as stated.
Hotham Valley Train	Sun 16 Mar	Day tour pick-ups Joondalup, East Perth and Rockingham
Pinnacles Desert / Lobster Shack	Sun 27 Apr	

Extended Tours 2025		Flights included in fare
Tasmania "The Apple Isle"	14 Mar to 26 Mar	12 days from \$5,150
Albany/Denmark/Walpole	30 Mar to 2 Apr	4 days from \$1,340
Mt Augustus/Walga Rock	6 Apr to 10 Apr	5 days from \$1,470
Nullarbor/Port Lincoln/Flinders Ranges	13 Apr to 22 Apr	10 days from \$4,450
Flinders Ranges/Lake Eyre/Coober Pedy	2 May to 10 May	9 days from \$4,500
Adelaide to Darwin - The Explorers Way	13 May to 26 May	14 days from \$5,750
Darwin / Kakadu / Litchfield National Park	29 May to 4 Jun	7 days from \$4,600
Kimberley Bound - Darwin to Broome	6 Jun to 16 Jun	11 days from \$4,900

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For bookings and more information call +61 8 9224 7777 or email

dining.ppper@panpacific.com.

WIN WIN WIN

Thanks to Pan Pacific Perth we have an overnight stay in a Premier River Room for two, including breakfast (no exclusions, just subject to availability at time of booking) for a lucky reader to win. To be in the draw simply email win@haveagonews.com.au with Pacific in the subject line or write to Pan Pacific Stay c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 11/12/24.

HAVA GO TRAVELLING



Off for a day down south to sample a piece of WA history



L-R; Josephine Allison - Pinjarra Suspension Bridge - Harvey Cheese

by Josephine Allison

VENTURE not far from Perth and the real picture of our history and some of its beautiful little towns unfold just as spring is breaking and the gardens are at their best.

We did this recently on a Club 55 one-day trip to Pinjarra, the historic Wokalup Tavern and Harvey Cheese. There were 40 people on board, the lucky winners of Club 55's offer

of a free day trip for *Have a Go News* readers.

We boarded at Cockburn with several other couples as we headed to Pinjarra with driver Glenn at the wheel, lending his expert commentary on local history. He's a full bottle on WA and it makes the trip so much more enjoyable.

We stopped for morning tea laid out by Glenn near the historic homestead of Edenvale in Pinjarra.

The homestead offers a glimpse into the life of former WA Premier, Sir Ross McLarty.

McLarty lived at the homestead throughout his childhood and for much of his political life.

We popped into Murray Districts arts and crafts at Edenvale and I would have loved to explore the Victorian-style house and its 17 rooms considered typical of its era. Perhaps another time?

Some of our group headed to the op-shops across the street while I popped into an excellent second-hand book shop and purchased a biography which caught my eye.

It was back on the bus and past historic Fairbridge, once the home of child migrants but now used as a registered training organisation for school and community camps.

Lunch at the Wokalup Tavern was a delight with

pre-ordered meals for the visitors served with ease. The tavern has its own brewery which overlooks the indoor dining area.

The current owners took over the historic 1907-built pub with the dream of starting a craft brewery and it works well with the new addition - modern yet giving an historical nod to the original pub.

We travelled through Waroona (population 1800), sighting a scale

model of the Sydney Harbour Bridge inside Bonny's Vision Splendid garden, once the home (built in the 1940s) of Ed and Bonny Brooks.

Final stop at Harvey Cheese was a highlight, with a range of offers including creamy ice-cream to cheese making using time-honoured methods and the freshest, creamiest milk.

There is also a gin distillery for those so inclined to

savour a gin and tonic.

We drove past the Big Orange in Harvey, which sits atop a 10-metre tower with 62 steps to a viewing platform, at the Harvey River Estate, which has a citrus orchard and an award-winning winery.

Viewing Yarloop on the way home was an eye-opener. With more than 160 homes destroyed, 69,000ha burnt and two fatalities when fire swept the area in January 2016, its rebirth is a tribute to locals and former premier Colin Barnett who vowed the town would be rebuilt.

New homes line neat streets but you can catch a glimpse of the devastation the bushfire caused more than eight years ago.

It's great that people could remain in the town they love, thanks to enterprise and hard work.

Back to the city with thoughts of country people who love and respect their town and welcome visitors.

Last seats available to discover intriguing Nepal and Bhutan in the Himalayas...

THE landlocked countries in the eastern Himalayas - Nepal and Bhutan - provide a unique insight into a different way of life.

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This fully escorted tour will capture the essence of the Nepalese and Bhutanese people. It includes all international flights, four-star accommodation, most meals, entrance fees, tours and transfers and internal flights.

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left for people to join this sought-after tour.

Starting in the ancient city of Kathmandu enjoy eight days touring through Nepal including searching for wildlife in Chitwan National Park. Marvel at the scenery of Pokhara and see the panoramic views of

the Himalayas.

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nity to join this all-inclusive package traversing the landscapes and heritage of Nepal and

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HAVA GO TRAVELLING



Country stargazing - here comes Astrofest



by Carol Redford and Donna Vanzetti

NOVEMBER has a bumper line-up of fabulous stargazing treats and the big-ticket item is this year's WA Astrofest.

Held on Saturday November 9, this free and family friendly event will have dozens of big telescopes to look through, astronomy talks, children's space activities, astrophotography and

much more to overload your cosmic senses. Visit www.astronomywa.net.au/astrofest.html.

Another superb supermoon This month's supermoon will be the final of four in a row. Because the moon's orbit around Earth is slightly elliptical, every month, there's a time when the Moon is at its closest distance to Earth (perigee) and another time when it is at its furthest distance from Earth (apogee). A supermoon is when a full moon is closest (at perigee), and a micro-moon

is when a full moon is at its furthest (apogee).

When and where to look: On November 16 the Moon rises in the east at 7.39pm.

Believe it or not, we are on a collision course with one of our biggest cosmic neighbours, the Andromeda Galaxy. Both the Milky Way and Andromeda are giant spiral galaxies and they are on course for a head-on collision due to the mutual pull of gravity between the two galaxies. There will be a massive disturbance within the galaxies when this

happens but lucky for us, its predicted to occur in about another four billion years.

November is the best time to spot the mystical Andromeda Galaxy. Throughout winter the orientation of Earth allows us to look into the centre of our own galaxy, but in summer we look away from the centre, allowing us to search for other galaxies. Andromeda is 2.5 million light years away and known as the most distant object visible to the unaided human eye.

You will need a very

dark sky with no moonlight and a clear view to the northern horizon to see Andromeda. Using a star chart or a free online tool like SkySafari AR or Stellarium will help you find it.

First, using a star chart or app, search for and locate the star called Mirach, low on the northern horizon. Use this star and the pattern of fainter stars that are below and to the left of Mirach to try and locate Andromeda with the naked-eye.

When and where to look: From 9pm, be-

tween November 23 and December 4. Look low on the northern horizon. Unfortunately, because it lies so far north, Andromeda will never rise more than 16° above the horizon making it very difficult to see from Perth.

For more on these stargazing opportunities and the best stargazing under a dark night sky, visit one of WA's Astro-tourism towns, www.astrotourismwa.com.au.

For stargazing events to attend, visit www.startracksastroevents.com.au.

Don't miss the opportunity of a lifetime to fly to Antarctica in a day

COME and join one of the best day trips in the world, one which can only be experienced

from Australia. Journalist Allen Newton boarded the flight on Australia Day this

year and said it was an amazing experience with the most extraordinarily striking landscape he has ever seen.

"The pilots tilt the plane from side to side to give all its passengers the best possible views. Half-way through the flight those of us sitting by the windows swap with passengers seated in the middle of the craft to ensure everybody has an opportunity to take in the scenery.

"Views from the Dreamliner's windows, 65 per cent bigger than

other aircraft of this size, provide a fabulous perspective of the landscape and we all wander around the plane looking for vantage points to get the best photographs."

It's a bucket list experience and one not to be missed. You too can depart Perth on February 9 next year and make your own memories.

Included in the price is full Qantas International food service, which include two meals, all drinks and snacks. Joining the flight will be our expert commenta-

tors who have lived and worked on Antarctica.

This flight departs Perth at 8am and returns around 8.30pm and seats sell out quickly for this amazing experience.

The following seating is available:

Economy Class Standard - \$2199 per person

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A \$300 deposit is required with booking and full payment is required eight weeks before departure.



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HAVE A GO DAY 2024

a Livelighter Event - BURSWOOD PARK, November 13



Have a Go Day, a Livelighter event welcomes you to Burswood Park



HAVE a Go Day, a Livelighter event is specifically designed for older adults to get out, have a go and see the range of information, services and activities available for them to live their best lives.

We look forward to seeing people at the fabulous free day of fun and entertainment at Burswood Park on Wednesday November 13 from 9am to 3pm.

The Hon Don Punch MLA will officially welcome everyone at 10.30am at the entertainment stage site.

Try your hand at canoeing on the river, check out a new activity, find out about the latest technology and enjoy great entertainment.

Event organisers Seniors Recreation Council of WA remind people that age is no barrier and invite everyone and anyone over 50 to come along dressed to participate.

Are you looking for a new hobby? There is a huge range of clubs and groups for people to join from dancing to collectables to exercise groups.

Have a Go News runs the hospitality tent and our famous chocolate wheel will spin every hour from 10am to 2pm with great prizes to win including movie tickets, and passes to *Pinocchio the Pantomime* at the Regal Theatre this Christmas.

Enjoy free tea, coffee and water and take some time to sit and relax before you head off to

have more fun.

Channel 9 Perth will be on board with loads of giveaways and we look forward to welcoming their team. You may be surprised who will serve you a tea or coffee this year!

More than 15,000 people attend this event and take the opportunity to enjoy the surrounds of Burswood Park, Great Eastern Highway, Burswood.

Shuttle buses are available from the train station and there's free parking in the Crown high rise.

There is so much to see and do. If you have never been before, you will be amazed at this unique event for the mature demographic. See you there.

The importance of professional will drafting



HHG Legal Group's managing associate, Wills and Estate Planning, Kimi Shah

WHEN it comes to drafting a will, professional expertise is invaluable.

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can also significantly impact distribution to your beneficiaries.

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HAVE A GO DAY 2024

a Livelighter Event - BURSWOOD PARK, November 13



Many great prizes up for grabs at *Have a Go Day* this year



EVERYONE who comes along to *Have a Go Day* has the opportunity to go into the major prize draw. This year we are excited as there are six fabulous prizes on offer, thanks to many supporters and sponsors of *Have a Go Day* - a Livelighter Event.

First prize is a Crown Perth experience, second prize is a Channel 9 News experience which includes chauffeured return vehicle transfers, a tour of the Channel 9 Perth studios, one hour in hair and makeup, 9 News studio experience at front desk and presenter meet and greet.

Third prize is a \$500 voucher thanks to Kings Tours and Travel and Have a Go News.

Fourth prize is gold seating tickets to a Day on the Green at Burswood Park to see the *Teskey Brothers* in January.

Fifth prize is a Optus stadium tour for two people, plus breakfast or lunch at the City View Café and the sixth prize is a family pass (two adults and two children) to Matagarup Mini Golf at Burswood Park.

What an amazing selection of prizes and thanks to the sponsors for their generosity.

Get your entries in at site number 25 and 59. Cut out the coupon on page 50 and bring it along on the day to be in the draw to win one of these fabulous prizes.

One prize per family.

One prize per family.

One prize per family.

Tech savvy retirees embrace digital devices



Arcadia resident Lisa looks forward to the new app

TODAY'S retirees and over-55s have witnessed remarkable technological advancements, evolving from a world where computers were rare to one where digital devices are common in daily life.

What truly sets this generation apart is their adaptability, best exemplified by their willingness to embrace technology, to stay connected and engage with the world.

It's a trend with incredible positive effects, with research showing being digitally literate helps older Australians stay active, more independent, and better connected with their community. Which begs the question - what can retirement villages do to empower and inspire a new generation of tech-savvy retirees?

Arcadia Group is leading the way to support this tech-savvy generation with the launch of the Centrim Life system across its 10 retirement villages.

Roger Kwok, CEO of Arcadia Group, highlights the initiative's importance,

He says: "Centrim Life enhances communication, streamlines operations, and improves residents' quality of life."

Residents will be able to access Centrim Life through an app to log maintenance requests, view their community's activities and share stories.

The app rollout includes IT workshops to help residents stay safe and connected.

Lisa, a resident, shares her excitement: "It will make life easier, especially for those with limited mobility, giving easy access to village news and activities."

Your trusted source for healthy ageing advice



healthy ageing journey.

Andrea Morris, general manager of the not-for-profit organisation iLA, which delivers LiveUp, says: "By creating this network, we are setting a new standard for collaboration, ensuring older people, their families, and carers can easily access the information and support they need to age well."

With a focus on helping Australians lead healthier, more independent lives, LiveUp is a trusted healthy ageing guide, empowering you to make informed decisions about your ageing.

Visit LiveUp today for practical, easy-to-navigate resources designed with you in mind, or come see them at *Have a Go Day*.

LIVEUP is dedicated to helping older Australians find free and trustworthy healthy ageing information and resources. Whether you're looking for guidance on staying active, learning about assistive products, or maintaining your independence, LiveUp is your go-to platform for expert advice.

Recently, LiveUp launched Friends of LiveUp, a healthy ageing alliance that brings together peak bodies and organisations from across Australia. Friends of LiveUp aims to unite the leading voices in the aged care sector, offering a central hub of trustworthy resources to support your

HAVE A GO DAY

BURSWOOD PARK | NOVEMBER 13 | 9AM - 3PM



9News & 6PR will be at Burswood Park for HAVE A GO DAY 2024!

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HAVE A GO DAY 2024

a Liveliighter Event - BURSWOOD PARK, November 13



Get up and have a go at paddling at *Have a Go Day* - it's gold!



The GOLD Paddling group paddling on the upper reaches of the Swan River

OVER 50s not-for-profit GOLD (Growing Old Living Dangerously) paddling group's program is based at Matilda Bay in Crawley and has been operating on Mondays near the UWA Boat Shed for many years.

The group meets in the UWA Boat Shed at 12noon for a half hour session followed by a bring-your-own lunch. Then it's off downstairs to get ready for paddling. After about one and a half hours on the water we are back to washing down and stor-

ing the boats and then head upstairs, overlooking the river, for afternoon tea. We usually head for home around 4pm.

The GOLD group caters for all levels of paddlers and operates in several groups based on paddling skills. Many beginners, who have never paddled before, join and enjoy a new on the water experience with us. You must be able to swim 50 metres.

Programs usually run for six weeks throughout the year. Generally, in week five we do a trip

exploring other parts of the river such as the upper and lower Swan and Canning Rivers. We have also explored the Moore River near Guilderton. Most of us made this a two-day trip spending the night there.

The boats, equipment and facilities are hired from the University of Western Australia UWA Sport and GOLD Paddling provides qualified instructors and guides.

The GOLD programs operate from the UWA Boat Shed, next to the UWA Water Sports Complex off Hackett

Drive in Crawley. Turn into Hackett Drive at the traffic lights on Stirling Highway, Crawley, take the first turn left into the carpark. We will advise you where to park.

GOLD Paddling will be at the Senior Recreation Council of WA's *Have a Go Day* at Burwood Park on Wednesday November 13 and you can have a go at paddling there on the river.

If you would like further information, please give Don Mullaley a call on 0412 471 814 or email donbarbm@bigpond.net.au.

Comfort Keepers - a great supporter of *Have a Go Day*

COMFORT Keepers goal, as one of WA's leading in-home Aged Care providers, is to enrich the lives of clients to enable them to maintain the highest level of independence, continued community interaction and living at home for longer.

Have a Go Day is the perfect opportunity to talk to providers like Comfort Keepers about planning your future at home. Even if you don't think you are ready, it's important to know what is available to you and the need to register with My Aged Care now, for when circumstances or health conditions change. Which as we know, can happen overnight.

Maria Reid, general manager at Comfort Keepers South said: "we often hear people say, we don't need support at home, we can do everything we need to do, ourselves."

"But sadly, so often we see circumstances change very quickly because of a health condition, fall or a decline in mobility."

"If this happens, it can have significant impact on family or friends who suddenly need to provide care and support, or additional supports that is required to keep you safe, get you to doctors or other appointments."

"Planning your future to stay

at home is important, and whilst the government provides funding through Home Care Packages, the assessment, process and funding requests is not instantaneous. Like anything in life, it's important to plan ahead," she said.

With the upcoming government changes to the home care system next July, it's important to visit the knowledgeable team so they can help put you on the right path for future planning.

They look forward to seeing people at Comfort Keepers Stand 85. Whilst you are there, have a go at putting on the putting green to win up to \$600 in Coles vouchers.



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pride in the extensive menu of services and supports which go as far as high complex care needs and mental health care with specialised teams to support those with more advanced support needs.

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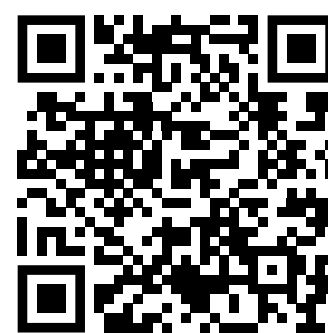
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Stall 167

A photograph of three elderly women smiling and posing for a photo. They are wearing colorful party hats and feathered scarves. The woman on the left has a white top and an orange feathered scarf. The woman in the middle has a black top and a multi-colored feathered scarf. The woman on the right has a white top and a green and blue feathered scarf. They are standing in front of a white backdrop with orange and blue diagonal stripes.

Discover your *upside* of ageing



LiveUp is a free healthy ageing guide funded by the Australian Department of Health and Aged Care, designed to help you stay well, so you can continue doing the things you love as you get older.

There are lots of myths and stereotypes when it comes to getting older, but it's proven that how well we age is mostly determined by the lifestyle choices we make each day.

It's never too early or too late to start making changes. LiveUp is packed with free information and resources such as exercise sheets, local groups and activities, and simple solutions and products to help you take charge of how you're ageing.

**Speak to a Navigator for free on 1800 951 971
or visit liveup.org.au**

HAVA GO VOLUNTEERING

Celebrating THANK A VOLUNTEER DAY December 5



Working beyond 80, volunteering and living with a spouse with cancer



L-R; Sacha Mahboub and Peter Keogh
Right; Sacha with his furry friend

by Peter Keogh

I WAS listening to a chat show on the ABC in Perth, during which listeners were asked to describe their feelings

when faced with retirement and was surprised by the number of people who felt afraid or at least somewhat anxious about the fact that their working life was coming

to an end. I thought that by describing me and my husband's situation about retirement and also living with my husband while he bravely battles a severe bout of lung cancer, some people may find the prospect of retirement a little less daunting.

My husband Sacha Mahboub and I have been together for almost 35 years and were officially married in 2018 at our workplace the Mandurah Performing Arts Centre.

We have both worked in the arts all of our lives and worked with some of the most famous performers in the world.

I was also married to the English actress Su Pollard for eight years and remain in contact today. She has in fact been instrumental in inspiring Sach not to give in to his cancer diagnosis through some challenging periods.

Sacha is now 83 and he was awarded the OAM – Order of Australia Medal – for service to the arts. I have just turned 80. I am still working 25 hours a fortnight at the Arts

Centre for which I am most grateful.

However due to a lung cancer diagnosis 12 months ago Sach had to retire from his position as programmer for Morning Melodies – which he initiated – after almost 16 years.

He was given a magnificent send-off but was very afraid of not feeling like a useful member of society anymore.

Sach's lung cancer required immediate treatment, however we were then both diagnosed with Covid and he had to delay his surgery for four weeks during which time his tumour doubled in size.

When the surgeon opened Sach up, the cancer was so large they had to remove most of his right lung and immediately start immunotherapy. Because of the seriousness of his condition Sach did not have time to dwell on his retirement fears.

These past 12 months has been probably the most frightening, sad and altogether daunting time of our lives. I almost lost my husband several times.

No words can ever describe the support shown to both of us from friends here and all over the world, including some of the famous persons we have worked with. This included Australia's most prolific producer and our friend John Frost who has asked us to attend the opening of his production of Wicked here in Perth in December. Sach is beyond excited about this.

John and his partner Shane also did something that touched Sach and me very deeply indeed. They made the most beautiful gesture of buying an oak tree and planting it on their beautiful property in the Southern Highlands when Sach was first diagnosed and they said it – like Sach – would grow stronger every day. A few weeks ago they sent a photo of the oak as it is now flowering – as is Sach, albeit slowly with his treatment. A gesture that meant more than gold to us!

Which leads me to the program I heard today with many callers dreading the fact that they are about to or have

recently retired.

In spite of his diagnosis Sach volunteers three hours a fortnight at His Majesty's Theatre in Perth as a tour guide. It's as much as he can handle right now, but he feels as though he is still involved in his much loved arts and also feels like he is still living a very useful and rewarding life as a volunteer.

Anyone overwhelmed by the feeling of being 'put out to pasture' on retirement could get involved in volunteering? It has certainly been very helpful for Sach. There are many worthwhile organisations that rely on volunteers.

I am in the fortunate position of still being able to work, which keeps my mind active.

I also love dealing with the public, many who have become dear friends. Thankfully I am reasonably well – as well as a hypochondriac can ever be.

Sach still has a mountain to climb to maintain his health, but with the love and support of the most dear and precious friends from all over the world he will never give



in to this insidious disease.

In spite of the various sometimes huge obstacles we face, we feel truly blessed and wish anybody feeling anxious about retiring not to give up, just perhaps slow down a little. Life will offer you all kinds of possibilities if you remain open to them.

Thank a Volunteer Day 2024

"Celebrating the BDVC Heroes!"

Busselton Dunsborough Volunteer Centre (BDVC) extends a heartfelt thank you to their incredible volunteers. Their time, dedication, and generosity in the community are truly appreciated.

They also want to shine a light on the often unsung heroes, BDVC's volunteer coordinators. Their leadership and tireless efforts ensure every volunteer experience is meaningful and impactful.

If you're looking to volunteer and give back to your community visit www.bdvolunteers.org.au




INTERNATIONAL VOLUNTEER DAY



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HAVA GO VOLUNTEERING

Celebrating THANK A VOLUNTEER DAY December 5



Thank you - celebrating the value of volunteers in Western Australia



VOLUNTEERING WA, the peak body for volunteering, celebrates volunteers every day, but over the next month they celebrate the power of volunteering even louder.

As International Volunteer Day approaches on December 5, Volunteering WA takes this opportunity to honour the invaluable contributions of the 1.5 million volunteers across Western Australia who empower lasting change.

Western Australians collec-

tively give an incredible 400 million hours to the community through volunteering, generating an economic value of almost \$64 billion.

Volunteers come from all walks of life, with almost 50 per cent of people over the age of 55 volunteering, to help others, for enjoyment, to be active, and to stay connected with the community.

The time and effort volunteers dedicate to helping others makes a profound impact, cre-

ating a ripple effect of kindness and support across the State.

Through volunteering, people make meaningful contributions and foster a sense of connection with the place they live.

Thank you for being such an important part of the community. Your efforts do not go unnoticed, and Volunteering WA celebrates you today and every day.

Visit www.volunteeringwa.org.au to find a volunteering role near you.

Experience the frontlines of food relief with Foodbank WA's corporate challenges



ARNYA Tait, is behind Foodbank WA's corporate challenges. These are inspiring change with impactful, hands-on events like the "Take-over Day" and Food-

bank's newest program, the Meals for a Purpose Challenge.

These immersive experiences allow corporate groups to step into the shoes of Foodbank WA clients, understanding the importance of the services on a deeper level.

Meals for a Purpose isn't just about cooking - it's about connection, empathy, and seeing first hand how food relief transforms lives.

Foodbank invite volunteers to join them in

making this challenge a success.

Whether helping in the kitchen, washing up, or guiding participants, volunteers are the backbone of each event, enriching the experience for everyone involved.

At the heart and soul of these events are the volunteers.

Quite simply, Foodbank don't exist without them. If you're ready to get involved with a purpose, they'd love to have you on board.

Join Foodbank at the heart of their mission,

where you'll experience the frontlines of food relief, gain insight into Foodbank WA's impact, and leave with a greater understanding of the power of giving or at an offsite event like Million Meal Challenge with the West Coast Eagles or gift wrapping at Claremont Quarter during December.

Foodbank's door is open to all who are ready to make a difference in the lives of our WA community.

Contact: fundraising@foodbankwa.org.au.

Join the super heroes at Whiteman Park



found here.

If you have ever considered volunteering, there are lots of opportunities to do so in amongst the delights of the Park's bushland - especially for bus, train and tram drivers with the Bus Preservation Society of WA, Bennett Brook Railway and Perth Electric Tramway Society, respectively.

If you are fit and healthy, over the age of 16 and have a passion for providing an amazing experience for these groups' visitors, speak to the Whiteman Park volunteer coordinator on 9209 6000 to put you in touch with the right organisation.

VOLUNTEERS are Whiteman Park's super-heroes. Why? Because more than 600 volunteers donate their time, knowledge,

skills and passion to bring many of the Park's attractions to life.

With five volunteer-led organisations

in Whiteman Park, as well as the main program for volunteering, there is no end to the volunteering opportunities to be



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HAVA GO VOLUNTEERING

Celebrating THANK A VOLUNTEER DAY December 5



Soroptimist International Perth celebrates 75th anniversary



Soroptimist International Perth members, L-R; Celeste Sweeney - Judy Toll - Aurelie Jammes - Margaret Lobo - Claire English - Ilaria Gliotone and Karen Anderson at the celebrations

SOROPTIMIST International Perth (SI Perth) has recently celebrated its 75th anniversary honouring their founding member Florence Rutter, who came to Australia between 1948 and 1949 to establish clubs across

Australia and New Zealand. Soroptimists are a global movement of more than 80,000 members engaged in making a difference to the lives of women and girls globally with local, national and

international projects to give them voice, education and empowerment. Margaret Lobo is the longest serving member of SI Perth, a former president of both the club and SI International. At the 75th anniversary cel-

ebrations she gave an address telling the story of Florence and how the club continues to honour her work. "Florence was instrumental in preserving the artwork of local indigenous children from the

1950s discovered at a native settlement in Katanning WA," Margaret said. "The paintings depicted the Noongar children's memories of local landscape. At the time Florence ensured that the

children were supplied with art supplies so that they could continue to paint.

"The settlement was eventually closed by the government and the paintings (by the Carrolup artists) found their way home from America to WA. They are now cared for by Curtin University as part of the John Curtin Gallery which is supported by SI Perth.

"Recently the gallery also established the Truth Telling Centre and SI Perth has contributed to the foundation of this centre which is scheduled to open in early 2025."

The Truth Telling Centre will officially recognise the trauma of the children and will honour their artworks (which have gained international acclaim) which they were encouraged to paint/draw by a settlement teacher.

"SI Perth also supports staff and students at the university and recently sponsored a young member of staff to attend an Indigenous workshop in Canberra," Margaret said.

"She has returned very

enthusiastic with what she learnt and the contacts she has made.

"We have two other projects in progress - a chair for the Truth Telling Centre dedicated to the memory of Florence Rutter that can be used while telling stories and we will also support a three-year PhD project concerned with the research of the Carrolup artists and truth telling."

Margaret said a student has been preselected and is going through the selection process at the university.

"She is an ideal student as she was born in Katanning and has completed a Masters in the preservation of art works in Europe."

At the celebrations guest speakers Karen Strange and Janine Dayman from the Wheatbelt Mentoring Project for Youth also shared information about their work with the guests.

If you are interested in becoming a member of your local Soroptimist International club, please contact siperth@siswp.org.

Thank You

Western Australian volunteers

With International Volunteer Day approaching on 5 December, Volunteering WA wants to thank the 1.5 million volunteers in WA.

Thank you for being such an important part of the community.

www.volunteeringwa.org.au

LJM Memorial Hospice calling for volunteers



LJM MEMORIAL Hospice's mission is to build a compassionate, inclusive community where end-of-life care is not just about medical support but about connection, comfort and shared moments. While they don't yet have a permanent home, the journey is well under-

way through community events, fundraising efforts, and outreach initiatives. LJM Memorial Hospice is calling on caring individuals to volunteer and help them bring this vision to life. Your time and skills will play a vital role in sup-

porting the efforts to raise awareness and funds.

Whether it's lending a hand at one of the Death Cafés or supporting the Containers for Change recycling campaign, every bit of help brings them closer to creating a space where families can make precious memories at life's most important moments.

- Volunteer roles include:
- Assisting at community events such as workshops and pop-up cafes
 - Helping with fundraising efforts and Christmas campaigns
 - Coordinating recycling collections for Containers for Change
 - Promoting LJM's mis-

sion in the community

Volunteering with LJM Memorial Hospice offers a chance to connect with like-minded people, stay active in your community, and make a real difference.

If you have some time to spare and want to support a cause that truly matters, LJM would love to have you join them.

For more information or to get involved: Call: 0420 400 246. Email: info@LJMMemorialHospice.com.

Website: www.ljm MemorialHospice.com

Together, let's create a community where no one faces life's final journey alone.

Vinnies WA: supporting our community



MANY people will know Vinnies WA through its retail stores. They provide recycled clothing,

furniture, household items and bric-a-brac, and they help Vinnies raise the important funds it needs to run its services.

Vinnies WA assists the community by providing emergency assistance such as food, furniture, clothing as well as help with bills and rent. It also runs a range of specialised services and programs in the areas of

homelessness, housing, mental health, youth services, and financial counselling.

Why not volunteer?

Volunteers are the lifeblood of Vinnies. Volunteers take on important roles such as call centre call-takers, administrators, retail assistants and more. To find out more, please visit vinnies.org.au/wa/get-involved.



Thank a Volunteer Day

Acknowledging International Volunteer Day, DECEMBER 5





The gardener on tour - discovering the glorious gardens of Tasmania



Some enchanting Tasmanian gardens L-R; The Agrarian Kitchen - Table Cape Tulip Farm - Rhododendron 'Blue Diamond', Emu Valley Rhododendron Garden - Waterton Hall - Corinda Cottage



by Colin Barlow

DURING the cool, crisp days of spring last month, I had the pleasure of guiding a group through the enchanting gardens of Tasmania.

Although some days the temperatures hovered around a brisk 12-14°C, the island's charming landscapes were nothing short of heart-warming, offering a dazzling array of beauty and a warm welcome. The unique blend of a temperate climate, fertile soils, stone walls, rolling hills, and hedgerows created a scene reminiscent of an English countryside.

This distinctive setting makes Tasmania stand out from the rest of Australia, providing a perfect environment to explore magnificent gardens filled with flowering trees, bright spring bulbs, and the breathtaking beauty of Rhododendrons.

Our journey commenced in Devonport, a delightful town nestled along the Mersey River, which serves as a gateway to the picturesque North-West of Tasmania. Our first stop was the stunning Table Cape Tulip Farm, perched on an ancient volcanic plateau. With its impressive cliffs plunging 180m down into Bass Strait, the vibrant tulip fields are the largest in the Southern Hemisphere. Walking through the endless fields of tulips was a photographer's and gardener's dream come true. The colourful bands of flowers create a mesmerizing view, like a living patchwork quilt spread across the rolling landscape.

Next, we made our way inland to the serene Emu Valley Rhododendron Garden in Burnie, a paradise for Rhododendron lovers. This hidden treasure is home to nearly 500 species of Rhododendrons, from a global collection of 900, set amidst terraced

gardens, lakes and charming pavilions. The carefully nurtured plants thrive in the rich soil and unique microclimates, making it a sanctuary for rare species and hybrid varieties. During our visit, it truly felt like stepping into a painter's masterpiece, with flowers of every colour and shape in bloom.

Another highlight of our tour was visiting the garden of Bob Cherry, a renowned nurseryman from New South Wales, who is famous for his globe-trotting plant-hunting adventures. His garden didn't disappoint—filled with newly bred varieties of Camellias, Michelias, carnations, and more, with towering cedar trees forming a grand natural curtain. It was like walking through a dreamscape of beauty and innovation, where every plant told a story of

dedication and passion.

Next was a visit to Kaydale Lodge Garden in Nietta, where even the wet weather didn't dampen our enthusiasm. This garden has been lovingly created by the Crowden family since 1979 and bursts with rare and unusual cold-climate plants. From delicate tulips and Fritillarias to Trilliums and daffodils, the garden overflows with seasonal surprises. The Crowden sisters, Amalie and Leslie, have crafted a magical space, continuously adding touches like stone walls, arbours and rock gardens. The on-site restaurant also makes good use of the fresh produce from the garden, creating a culinary treat to complement the visual feast.

Our tour continued in Launceston, where we stayed at the iconic Pep-

pers Silo Hotel, an architectural gem repurposed from historic grain silos overlooking the Tamar River. From here we visited Waterton Hall, set along the Upper Tamar River. The estate's manicured gardens, alongside its award-winning winery, were a captivating scene. We wandered through ancient Tasmanian blue gums and stately European trees, including copper beech and Spanish fir. The setting, with its restored manor house and charming stone barn, felt timeless and inviting.

En route to Hobart, we enjoyed a sumptuous long lunch at the Agrarian Kitchen which was honoured with Gourmet Traveller's Restaurant of the Year award for 2024. Owner-chef Rodney Dunn and his wife and business partner Séverine Demanet

started off as a small farm and cooking school in the Derwent Valley to what is now a global dining destination in New Norfolk. After lunch we were given a tour of the property and its gardens which have been transformed to create a truly sustainable closed cycle system to supply food for the restaurant. Their innovative practices use waste from restaurant food and garden weeds, combined with soil microbes and beneficial bacteria to make organic fertiliser, compost and soil improvers for the vegetable garden.

Further south in Hobart, we visited Crawleighwood Garden and Nursery in the Huon Valley. Once a bare paddock, this now vibrant four-hectare garden is home to rare plants and stunning collections of Rhododendrons and

Magnolias. Winding pathways led us through maple woodlands and even into a section of Gondwanan rainforest, showcasing Tasmania's natural diversity.

Our journey culminated with a visit to the magnificent Corinda Cottage, a beautifully restored Victorian villa set in an exquisite garden divided into charming garden rooms, each bordered by hedges. A grand Magnolia tree, more than 100 years old, stands as a testament to the enduring beauty of this place.

We concluded our tour with a visit to the Royal

Botanical Gardens in Hobart and its remarkable collection of trees, some over 150 years old. It felt like the perfect finale to our trip. The Japanese Garden, Conservatory and Lily Pond left us with a final sense of serenity before we headed back home.

In Tasmania's glorious gardens, we discovered not just stunning plants but a deep connection to history, nature, and the passion of those who nurture these remarkable landscapes. It's an experience that stays with you, much like the beauty of the gardens themselves.

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HAVA GO ARTS



New works, new year - Black Swan sails into exciting program



by Josephine Allison

BLACK Swan Theatre's 2025 season promises a fascinating year of six dynamic productions designed to challenge, delight and nourish audiences, says artistic director Kate Champion.

"Planning a season is like creating a meal," says Champion. "We aim for a mix of flavours and textures, undeniable substance, diverse nutrition and a sprinkling of surprising spices."

The 2025 season starts with a wonderful offering of the American contemporary classic, *August: Osage County* by Tracy

Letts, winner of the 2008 Pulitzer Prize for Drama and five Tony awards.

This play is an unflinching portrayal of a family's unravelling, reflecting on a nation's own disintegrating façade.

A co-production with Belvoir St Theatre, this is a coup for Perth audiences and will feature seven WA actors beside members from the Sydney production.

Directed by Eamon Flack and presented in association with the Perth Festival, the play runs from February 27 to March 16 in the Heath Ledger Theatre.

Following this is *Blue*, a

beautifully insightful and tender monologue written by proud Kamilaroi man and *Heartbreak High* star Thomas Weatherall.

The life-affirming story delves into a young person's journey through life, loss, mental wellbeing and early adulthood. Ian Wilkes directs this surprisingly uplifting production that runs from May 23 to June 8 in the Studio Underground.

Next up, *Never Have I Ever*, the explosive and savagely funny debut play by Deborah Frances-White (host of the global hit podcast *The Guilty Feminist*), is a riotous mix of humour, savvy

political insights, outrageous twists and turns and joyous mayhem.

Contemporary, genuinely fresh and delightfully contentious, this dinner party leaves its guests reeling with their lives changed. Directed by Kate Champion, the work runs from June 14 to July 6 in the Heath Ledger Theatre.

After sold-out shows around the country, Jonathan Biggins brings *The Gospel According to Paul* to WA for the first time.

Love him or not, no-one can deny the intriguing complexity of Paul Keating. He was a leader who changed the course of our country and still ruffles feathers.

The play is laden with Keating's acerbic language and unmatched witticisms. Directed by Aarne Neeme, this show runs from July 23 to August 3 in the Heath Ledger Theatre.

Regarded as a contemporary Australian classic, *Speaking in Tongues* by Andrew Bovell was adapted for the screen into popular film *Lantana*. The cleverly crafted story is full of sliding door possibilities.

This masterfully connected drama directed by Humphrey Bower runs

from August 23 to September 14 in the Heath Ledger Theatre.

Raised in Big Spirit Country is a concert curated by Black Swan's Broome-based artistic associate Naomi Pigram-Mitchell.

Born and raised among the artistic talents who created the "Broome sound"

and who were integral to Black Swan productions such as *Bran Nue Dae* and *Corrugation Road*, Naomi continues this legacy celebrating the past and voices of the future.

The end of the year sees Andrea Gibbs returning to Perth with her newest offering, *Carol*. Set in the lead-up to Christmas, the

play follows Carol, a woman who has unexpectedly found herself on the margins of society.

Carol ultimately finds genuine season's cheer through unexpected alliances. Directed by Adam Mitchell, *Carol* runs from November 22 to December 14 in the Heath Ledger Theatre.

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<p>DON QUIXOTE</p> <p>16 – 31 May</p>	<p>CINDERELLA</p> <p>21 November – 14 December</p>

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Don't miss the sounds of Motown



DANCING in the Shadows of Motown is back by popular demand with a new look show at the Bunbury Regional Arts Centre (BREC) on Friday November 22 and The Astor Theatre, Perth, Saturday November 23. Don't miss this 11 piece powerhouse

band featuring internationally acclaimed artists who faithfully recreate the dynamic live performances of: *The Temptations*, Stevie Wonder, *The Supremes*, Marvin Gaye, *Martha and The Vandellas*, *The Four Tops*, *The Jackson Five*, Smokey Robinson and many more Mo-

town legends. This amazing and uplifting show presents classic hits including: *Reach Out*, *Stop In The Name Of Love*, *Ain't Too Proud To Beg*, *Love Child*, *Heatwave*, *Get Ready*, *I Heard It Through the Grapevine*, *Dancing in The Streets*, *Uptight*, *Signed Sealed Delivered*, *You Can't Hurry Love*, *Ain't No Mountain High Enough*, *My Girl*, *Can You Feel It* and many more.

Watch the show videos and listen to the live recorded album on the website: www.dancingintheshadowsofmotown.com

Book now as many shows have sold out early. www.ditsom.com or at the theatre's websites.

Exhibition celebrates older Western Australians



THE voice of older Western Australians will ring loud this November with a free exhibition at the Perth Town Hall.

Celebrating Juniper's 75th anniversary, *Wise - the voice of older Western Australians* photographic exhibition will run from Thursday November 21 to Wednesday November 27.

The exhibition will feature the work of one of Australia's foremost portrait photographers: Steve Wise.

Wise's photographs honour older Western Australians and the amazing lives they are leading by delving below the surface to ex-

plore their past, their stories and their hopes for the future. Alongside each portrait are fascinating and touching personal stories.

A major drawcard of the exhibition will be launch of key research giving older Western Australians a voice about issues that affect them today – including lived experience of ageism, a happiness index, and an exploration of what older Western Australians want for their future and community.

The exhibition celebrates Juniper's incredible milestone and the privilege the organisation has been afforded to support older Western Australians for the past 75 years.

Celebrate the festive season with ballet...



SLEEPING Beauty awakens this holiday season at His Majesty's Theatre.

West Australian Ballet brings to life this beautiful classical ballet featuring fairies, unicorns and some well-known fairy-tale characters. This ballet is perfect for the young and young at heart, and a wonderful way to start a festive family tradition.

To add to the holiday fun, why not visit Father Christmas in the box office at the Sunday matinees on December 1 and 15, or hear the roving choir pre-show on Thursday December 12.

Sleeping Beauty, November 22 to December 15, live at His Majesty's Theatre with West Australian Philharmonic Orchestra.

Tickets – www.waballet.com

From the dark days of WWII comes a true story of love, courage and fateful decisions

Buy Tickets: theatre180.com.au

12th - 15th Dec 2024
Como Theatre

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Logos for sponsors: Sydney 2022, Greenman, Mike Pagan AV Designer, Australian Government, Lotterywest, Department of Local Government, Sport and Cultural Industries, C.M.C.

Don't miss MetSO's final concert for this year



COME breathe in the beauty of the young romantics; from the irreplaceable Beethoven of 1800, to wandering the wild landscapes of the North with the 20-year-old Mendelssohn for the

final MetSO concert on Sunday December 1.

Sensational MetSO Young Artist Alexander Chua returns to perform Beethoven's glorious *Piano Concerto no. 3*. Join them for this transcendental experience as Alexander weaves his magic to bring new life to this compelling work. From intimate contemplation to exhilarating pyrotechnics – this is pure genius!

Plus Mendelssohn's *Third Scottish Symphony*, an inspirational masterpiece bursting with lyricism and vibrant colour that delves into the country's rich history and wild landscapes. Let your soul free to dance across the highlands, and experience Mendelssohn's youthful joy and exuberance transmitted across time and space directly to your heart.

Following his dramatic debut with MetSO last year, they also welcome back dynamic conductor Maestro Izaak Wesson.

For information about our Lotterywest free tickets program for eligible schools, community and youth groups, please visit the website's news page or email info@metso.org.

The concert will be held in the Taryn Fiebig Concert Hall, Churchlands Senior High School; on Sunday December 1 between 3pm and 5pm.

This family friendly concert is suitable for all ages and has good disability access.

Tickets from \$12 to \$27 (online) and can be booked at metso.org/tickets, or by Googling metso tickets.

WIN WIN WIN

We have five double passes to give away to some lucky readers for this classical music concert by MetSO – to be in the draw simply call the office on 9227 8283 during business hours. The first five callers will be the winners. Closes 25/11/24.

The Tivoli Club of W.A Inc Presents

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Heart warming Christmas favourites that will fill your heart with joy and laughter.

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Triumph, tragedy and more...

TRIUMPH AND TRAGEDY

NOVEMBER 17 at Corpus Christi College theatre.

The performance will feature musical director, Izaak Wesson, conducting Tchaikovsky's *Romeo and Juliet Overture*, Tchaikovsky's *Symphony No 5* and Heidarvand's *Aurora*, a musical tapestry woven with bold threads of triumph and tragedy.

A great afternoon event at Corpus Christi College Theatre, 50 Murdoch Drive, Bateman from 2.30pm to 4.30pm on November 17, cost: Adults \$20, concession \$15

Contact: music@ssso.org.au or to book: www.trybooking.com/CUPZJ

SOUTH Side Symphony Orchestra will be tugging on the audience's heartstrings in their romantic performance on Sunday November 17 at Corpus Christi College theatre.

The performance will feature musical director, Izaak Wesson, conducting Tchaikovsky's *Romeo and Juliet Overture*, Tchaikovsky's *Symphony No 5* and Heidarvand's *Aurora*, a musical tapestry woven with bold threads of triumph and tragedy.

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HAVA GO ARTS



Join Cantate hodie and sing today with Christmas cheer



CIRCLE Sunday November 24 in the diary to help get into the Christmas spirit with the Churchlands Choral Society, in association with Voice Moves WA's, end of year concert, *Cantate hodie* – sing today with Christmas cheer!

The choir will perform an eclectic mix of traditional and light-hearted Christmas-related music under the musical direction of Rachel Martella, a classical voice graduate of University of Western Australia, with accompanist Alex Wheeler, guest soprano Rachel Doultou and guest flautist Hayley Scheffer.

The performance is on Sunday November 24, 2pm to 3pm at All Saints Uniting Church, 50 Berkeley Crescent, Floreat, a wheelchair-accessible venue.

Tickets are \$25 adults, children under 12 free. Tickets can be purchased at the door or online at www.trybooking.com/CWAYY. Entry price includes a delicious afternoon tea.

Wonderful hampers filled with goodies, just in time for Christmas, will be raffled on the day. For further information contact: churchlandschoralsociety@gmail.com.

Extraordinary celebration of art at Ocean Gardens

IMMERSE yourself in a vibrant art exhibition showcasing a diverse collection of resident-created masterpieces. From breathtaking ceramics and pottery to captivating paintings, intricate crafts, model trains and ships, and even a vintage car display, there's something for everyone to admire.

This event is perfect for seniors and young families alike, with live art demonstrations and music performances happening throughout the day, a program will be sent out to registrants.

Don't miss out on this unforgettable experience on Saturday November 16 from 10am to 3.30pm at the Function Room, Ocean Gardens Retirement Village, 60 Kalinda Drive, City Beach.

Return of an epic Roman saga



FROM legendary director Ridley Scott, *Gladiator II* continues the epic saga of power, intrigue, and vengeance set in Ancient Rome.

Years after witnessing the death of the revered hero Maximus at the hands of his uncle, Lucius (Paul Mescal) is forced to enter the Colosseum after his home is conquered by the tyrannical Emperor who now rules Rome with an iron fist.

With rage in his heart and the future of the Empire at stake, Lucius must look to his past to find strength and honour to return the glory of Rome to its people.

Starring: Paul Mescal, Pedro Pascal, Joseph Quinn, Fred Hechinger, Lior Raz, Derek Jacobi, with Connie Nielsen and Denzel Washington.

In cinemas November 14.

WIN WIN WIN
Thanks to Paramount Pictures we have a fantastic giveaway for readers of a double in-season pass along with a *Gladiator II* cap to win valued at \$60. To be in the draw simply email win@haveagonews.com.au or write to *Gladiator II* C/- Have a Go News PO Box 1042 West Leederville 6901. Closes 15/11/24.



Jane Seymour is back for third series...

WILDLY popular detective series *Harry Wild*, Series 3 is back and is out now on DVD.

With the agency as busy as ever, Harry (Jane Seymour) and Fergus (Rohan Nedd) must find a way to balance work and life as they make plans to contest the custody claim of his long-absent mother for his little sister.

WIN WIN WIN

Thanks to Acorn Media we have 10 DVDs to give away to some lucky readers, to be in the draw simply email win@haveagonews.com.au with DVD in the subject line or write to DVD Have a Go News C/- PO Box 1042 West Leederville 6901. Closes 1/12/24

Paul Mitchell - extraordinary paralympian - extraordinary artist

NOT many people get the opportunity to compete for their country and even fewer bring home a Paralympic gold medal but Paul Mitchell is one of those few people.

Paul turned a passion for running into a long career competing in the sport. During his successful running career from 1992 to 2000 he competed around the world, held world records, was awarded over 100 medals including two gold medals and competed in events ranging from 800m to 5km distances. His sporting achievements also saw him invited to a luncheon with the Kennedy family

after winning gold medals at the 1995 Special Olympics in Connecticut.

He has been awarded the Order of Australia for these outstanding achievements.

Paul is no longer competing, although he still enjoys running. However, this means he can devote more time to his passion for painting. This began, when following the death of Steve Irwin, Paul decided to pay tribute to him by painting his portrait. He bought paints and canvas, picked up a paint brush and found that running was not his only talent.

Paul truly enjoys painting, which

can be seen throughout his artwork. His style and subjects are varied but all his work is born out of his love of seeing his creation come to life. His work has been shown at previous art exhibitions, alongside other artists but he hasn't had a solo exhibition. Until now.

CPE Group Home Care thought that it was time this happened and is hosting an art exhibition, where all pieces displayed are created by Paul Mitchell. They would love to invite you to this event.

All are available for purchase and if what you see at the exhibition is not exactly what you would

like or the wrong size, Paul also paints commission pieces.

CPE invite you to join them for an afternoon of art, complimentary drinks and nibbles with Paul. He is showcasing his paintings, on Tuesday November 26, from 4pm to 6.30pm at the CPE offices in Garden Office Park, Scarborough Beach Road, Osborne Park.

Please call and book your spot as numbers are limited and they expect this to be a fully booked out event. Please call and leave a message or text Linda at 0448 110 922 for more information or to make a booking.

Hope to see you there.

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Friend to Friend



Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

ALA: All letters answered	DTE: Down to earth
GSOH: Good sense of humour	ND: Non drinker
SD: Social drinker	NG: Non gambler
NS: Non smoker	NOR: North of River
SOR: South of River	TLC: Tender loving care
WLTM: Would like to meet	

Please nominate a category for your advertisement.

Tick one box only.

- Travel companion Wishing to contact
 Seeking a friend Seeking a partner

Name

Address

Phone Email

This is a free service. All care no responsibility.

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$1.50) self addressed DL envelopes. These envelopes measure approx. 11cmx22cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

ATTRACTIVE lady Mandurah area, 70s. WLTM active, fit, caring, friendship, share the simple things, nature, picnics, socialising, sport, music, movies, cafes, adventures. Looking to share fun times. ALA.
Reply Box 9632

DEAR mature lady it's not too late to meet an older gent with a sparkle in his eyes, well preserved and capable of sympathy and care as a special friend. NOR. I drive.
Reply Box 9645

DOES anyone know of a great mixed social group NOR 60+, activities, outings etc. Not just long table lunches then you go home feeling a bit empty. Been hard to find one. ALA.
Reply Box 9633

FRIENDLY NOR group inviting single ladies/gents, 65+ to join us on a regular basis for lunch/coffee/chat. Don't be alone. Meet new people. Reply with mobile phone number. ALA. Enjoy spring.
Reply Box 9631

GENT 73 seeks lady to meet for coffee and would like someone to come to December 31 dance NOR, SD, NS, GSOH, age 60-75, movies, dinners etc. ALA.
Reply Box 9646

GENTLEMAN young 81 years seeks lady 70-81 for coffee, friendship, outings, companionship, me, DTE, GSOH, SD, NS, NG, TLC, Bunbury or near Bunbury.
Reply Box 9637

HAVE a Go Meet a Friend group meets every three weeks at the Stirling Arms Hotel (close to Guildford Train Station) to have lunch together, meet new people, make friends and mingle around; there is no fees involved other than our meals and drinks. The next meetings are 12pm, Saturday, November 9 and 30.
Reply Box 9629

RETIRED professional, mid 70s, NS, sociable, engaging, GSOH. Songwriter, interested in live music and theatre. Enjoy walks, cycling, sunsets and a glass of wine. Would value a relationship with a woman who is outgoing and creative.
Reply Box 9630

SINCERE loyal lady young 76, NOR, active, healthy, DTE, SD, GSOH. Enjoys the outdoors, beaches, walks. WLTM a gentleman who is caring, enjoys SD, being outdoors, travel, music, socialising and good company. The simple life.
Reply Box 9647

WIDOW 70+, slim, Bunbury area. Would like close companion, honest, caring, good talker and listener. I enjoy walks, coffee, dining, movies, painting, galleries, music also down south stays, cruising, trains through Japan. Maybe. DTE. SD.
Reply Box 9639

Seeking a Partner

ACTIVE lady, 75, north of Perth WLTM gentleman 70-80, NS for friendship and if compatible a relationship. My interests; travelling, photography, social outings, outdoors, camping, meet for coffee. Postcode 6052, north of Perth.
Reply Box 9635

Seeking a Travel Companion

GENT late 80s, WLTM lady companion, partner. GSOH, NS, SD, DTE, who loves exploring caravan travel. Interested? Let's meet over coffee and chat. Have a go.
Reply Box 9641

ATTRACTIVE refined lady 70+, originally from the UK, educated, happy natured, medium build, 160cm tall, VGSOH, ND. My interests; music, reading, gardens, socialising, country drives. WLTM unattached gentleman (not separated) up to 75 years, who is fin secure, well presented, loyal with old fashioned values for permanent long term relationship who lives SOR hills or country areas. ALA.
Reply Box 9644

COMPLETE gentleman 72, slim build, personable, enigmatic, fun-loving, charismatic, passionate, honest, caring, good listener and communicator. Seeking free-spirited, adventurous, loving, open-minded, carefree lady similar age, interested in keeping young. Give love another chance come join me.
Reply Box 9634

GENT 78, 6ft, 82kg, medium build, living SOR 6155. WLTM a loving and caring woman for friendship, possible relationship. Enjoy movies, dinners, walks, coffees etc. Prefer NS. ALA.
Reply Box 9643

LADY 80+, where are you? I'm searching for companion SOR as true caring loving partner with view to trips, excursions, whatever is agreed upon with GSOH, SD, NS.
Reply Box 9642

SLIM lady 79 WLTM gent 80+, NG, NS, NOR. Interests; opera, classical music, movies, reading, theatre, SD, catch up for coffee. I'm separated. ALA.
Reply Box 9640

SOUTHWEST gent, recently retired, sincere, healthy, motivated, organised, respectful, quiet lifestyle, seeks meaningful relationship with good natured, tidy southwest lady, up to early 70s.
Reply Box 9636

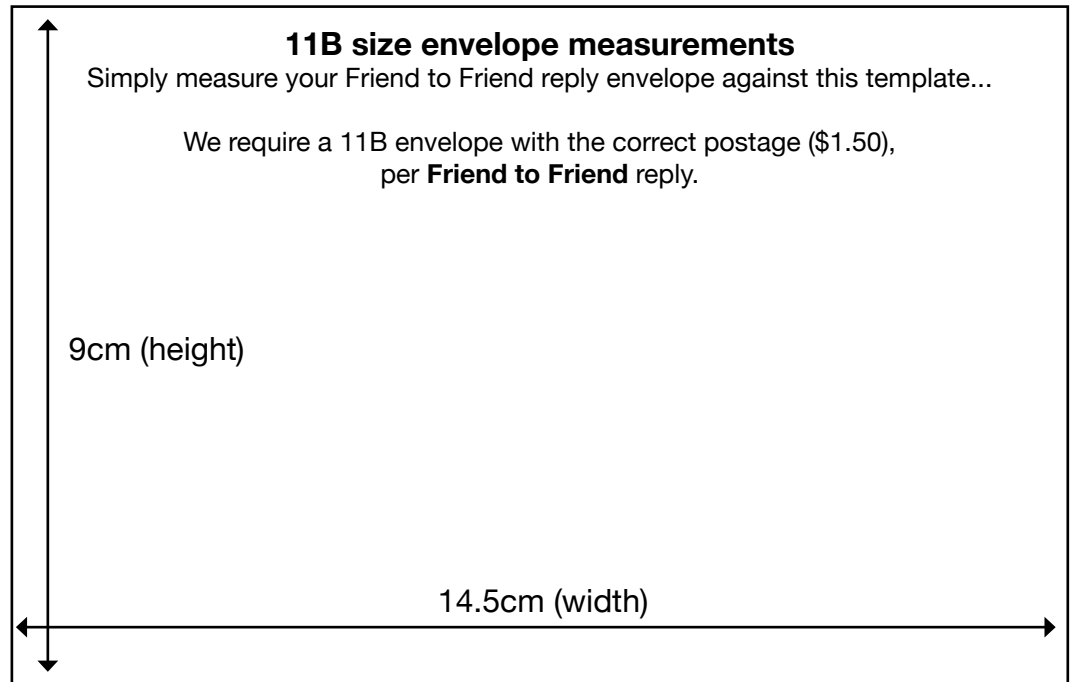
VINTAGE 63 model, motor runs well, some missing parts, long mileage, colourful, few dents, enjoys long drives etc. Female seeks same in male. Must like dogs. ALA.
Reply Box 9638

Replying to a Friend to Friend advert...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the righthand 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 popular-

ity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see example 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.

When replying to a Friend to Friend entry...



Christmas is just around the corner



THE team from Swan Valey Station has been busy unpacking new stock from the Melbourne Gift Fair and there's a huge range of items to suit all budgets, from unique ornaments to statement statues.

Cute ceramic turtles, floral embellished snails with solar lights for eyes, teacup animals, and bronze spiders are sure to catch your eye.

Add some colour to your outdoor living areas with new wall art featuring bees, wildlife and flowers.

Enhance the garden with a bronze gumnut wind spinner or green ceramic bird bath.

Shop in the convenience of the Swan Valley, with parking at the door and a café offering hot and cold drinks, freshly blended fruit

ice creams and of course, famous fluffy scones with jam and cream.

Subscribe to Swan Valley Station's newsletter on its new website to be the first to hear about the latest events and new products.

And don't forget to save the date for the return of the Twilight Christmas Fair shopping nights from December 4 to 6, with extended trading until 5pm.

BE MY FRIEND

Are you lonely seeking a nice friend to chat to? We have 100s of genuine Men & Women seeking friendship & companionship. Call NOW & get chatting soon as today.

1300 888 337
 or text "FRIEND" to **0404 888 337**
 Genuine Callers Only.

HAVA GO MOTORING



For the love of the Benz - a once in a lifetime driving experience



by Tony McManus, Australia Overnight Radio Announcer

THERE'S something intoxicating about a new Mercedes Benz. The elegance and overall heritage are palpable. Having fallen in love with Benz as a teenager; the romance continues to this day. In a world that often feels topsy turvy, some things still

just make sense.

The 2024 Mercedes-Benz CLE 300 4MATIC Coupé, part of Mercedes-Benz's new CLE line-up, combines the finest features of both the C-Class and E-Class coupés, providing a compelling blend of luxury, technology, and performance.

The CLE series introduces a refreshed, streamlined design aimed at merging elegance with modern functionality. This new model is equipped with a choice of a few engine varieties; ensuring quick acceleration and smooth transitions while enhancing fuel efficiency.

The CLE 300 4MATIC utilizes Mercedes'

9G-TRONIC automatic transmission and standard all-wheel-drive system, offering confident traction and a refined driving experience.

Unlike some of the brand's sportier AMG models, the CLE 300 prioritises comfort with its softer steel suspension that absorbs bumps well, creating a smooth ride ideal for long journeys. While it is not designed to be an aggressive sports coupe, it provides a balanced feel with mild body roll, placing itself as an attractive option for those looking for a luxurious, relaxed drive.

Inside, CLE 300 is both spacious and tech-savvy. The cabin is equipped with Mercedes' latest

MBUX infotainment system, featuring two large digital displays that are customisable and responsive to the "Hey Mercedes" voice assistant, making the interface highly user-friendly; perhaps even sexy.

The coupe also includes a suite of standard features like ambient lighting with 64 colour options, a panoramic glass roof, and an advanced 17-speaker Burmester 3D sound system enhanced with Dolby Atmos, delivering immersive audio quality. Comfort remains a priority with power-adjustable front seats exclusive to the CLE, and the rear seats offer improved accessibility, folding down

to expand the boot space for increased versatility.

The CLE 300 4MATIC offers luxury buyers a unique option in the two-door coupe market. Priced at \$123,815 plus on-roads, its value is enhanced by Mercedes-Benz's attention to detail, from the sleek exterior lines to its user-centred interior technology and comfort-focused engineering.

CLE series marks a new chapter in Mercedes-Benz's line-up, aiming to blend elegance with features that provide for the needs of today's luxury car aficionados.

The 2024 Mercedes-Benz CLE 300 4MATIC Coupé thus



stands as a strong contender, appealing to drivers looking for both style and substance in a modern, mid-size luxury coupé.

If you've never owned or driven a Benz; I recommend you contemplate

doing so before life's end; time is of the essence. If you're over 60 and feel you need a boost of coolness; this will excite you in ways that will remind you of your youth.

I spent a week in this one; love remains eternal.

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



Creating Enduring Powers of Attorney

YOU may be aware that an Enduring Power of Attorney (EPA) allows you to appoint a person (typically your spouse or an adult child) to manage your legal and financial affairs, usually if you have lost capacity to do so yourself.

Obviously, you must understand the considerable power is transferred when making an EPA, but importantly your named attorneys must understand their obligations under the Guardianship and Administration Act 1990 (WA), including to: act with reasonable diligence to protect your interests.

They may be personally liable for any loss caused by their failure; ensure that the attorney's interests are not in conflict with your interests; and keep receipts and records of their actions as your attorney.

The accounts can in certain circumstances be audited or attorneys ordered by the State Administrative Tribunal to explain the use of funds.

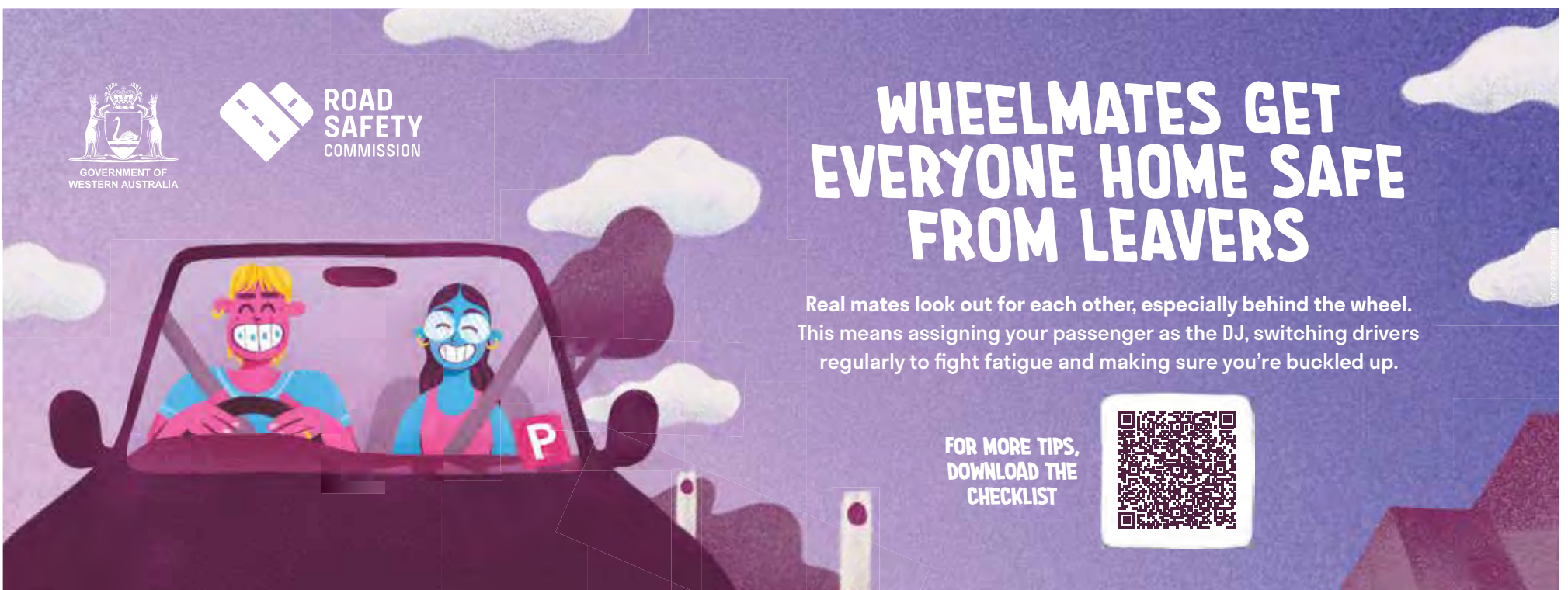
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WHEELMATES GET EVERYONE HOME SAFE FROM LEAVERS

Real mates look out for each other, especially behind the wheel. This means assigning your passenger as the DJ, switching drivers regularly to fight fatigue and making sure you're buckled up.

FOR MORE TIPS, DOWNLOAD THE CHECKLIST



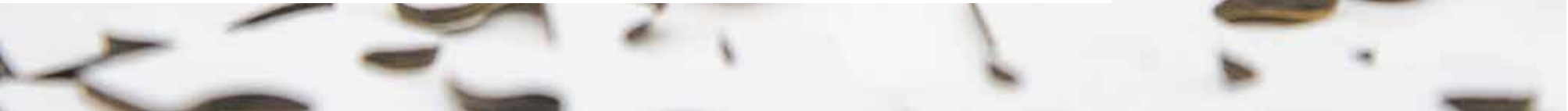
HAVA GO AT PUZZLES



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BIG CROSSWORD SEE PAGE 44 FOR ALL SOLUTIONS

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| 4. Gurgled | 2. Wild talker (coll) |
| 8. Edge along | 3. Swells |
| 11. Cattle, sheep, etc | 4. Woman's shirt |
| 12. Picture | 5. Breadmakers |
| 13. Packages | 6. Raised riverbank |
| 14. Flightless bird | 7. Flair |
| 17. Distance racer | 8. Establishing (8,2) |
| 18. Besides | 9. Divinity |
| 20. Ten years | 10. Facial hair |
| 22. Egyptian goddess | 15. Inheritor |
| 25. Not at all | 16. Mine passage |
| 27. Plagiarist | 19. Run with a long stride |
| 29. Very small | 21. Cone-bearing tree |
| 30. Kiln | 23. Dispirit |
| 32. Leapt over | 24. Cut |
| 35. Performed | 26. Attacks strongly (4,3) |
| 36. Puncture | 28. Violet-blue |
| 37. Gaelic Ireland | 31. Opinions |
| 39. Pea shells | 33. Naughty |
| 40. Four-wheeled vehicles | 34. Rickety |
| 44. Military unit | 38. Small island |
| 45. Schedule position | 41. Likewise |
| 46. Spa (3,3) | 42. Relating to the ear |
| 47. Freezes | 43. Room fitted with sunlamps |
| 50. Come into view | 44. Time-honoured |
| 52. Killer whale | 48. Prestigious seal |
| 54. Public notice | 49. Saved |
| 57. Foul-smelling explosive (5,4) | 51. Couples |
| 58. Weedkiller | 53. Spiritual leader |
| 59. Hindu social class | 55. Goodbye (Fr) |
| 60. Worked as an artist | 56. Increase (2,2) |
| 61. Horse for riding | |



Have a Go Day a LiveLighter Event MAJOR RAFFLE ENTRY FORM*



WIN WIN WIN: To be in the draw, to win one of these great prizes, simply fill in this form and place in the entry barrels at the information booths at site 25 and 59 between 9am to 2.30pm at *Have a Go Day, a LiveLighter Event.*
*One prize per family

NAME:

CONTACT NUMBER:

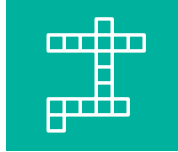
EMAIL:

ADDRESS:

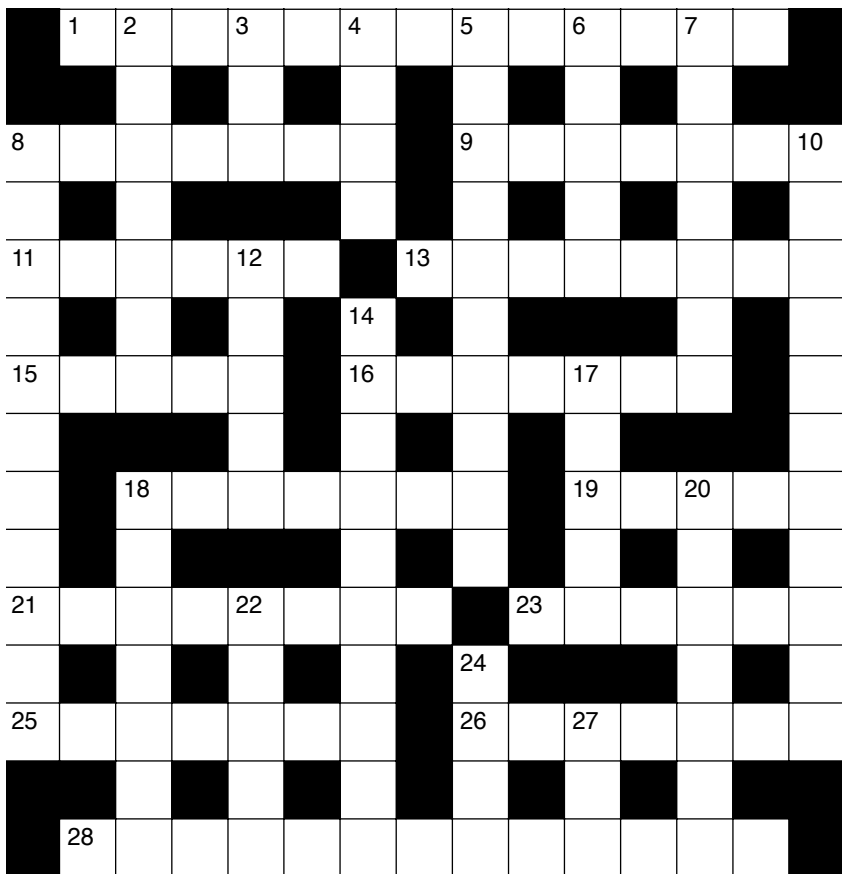
.....

- First Prize - Crown Experience**
- Second Prize - Channel 9 News Experience**
Including chauffeured return vehicle transfers, tour of Channel Nine Perth, one hour in hair and make up, 9 News studio experience at front desk and presenter meet and greet.
- Third Prize - Donated by *Have a Go News* and *Kings Tours and Travel***
A \$500 voucher
- Fourth Prize - A Day on the Green featuring *Teskey Brothers***
Date: Wednesday 8 January 2025
Venue: Burswood Park
Prize: 2 x Gold Seating tickets (valued at \$339.80)
- Fifth Prize - Optus Stadium Tour for 2 people, plus breakfast or lunch at the City View Café (valued at \$110)**
- Sixth Prize - Donated by Burswood Park**
Matagarup Mini Golf at Burswood Park
1 x family pass (2 adults and 2 children) (valued at \$75)
*One prize per family

HAVA GO AT PUZZLES



CRYPTIC CROSSWORD



pastries outside in the passage (6)
 25. Painting, in a dug-out, a container (7)
 26. Not allowed to go off staggering (7)
 28. A jokey description of hair? (8,5)

DOWN

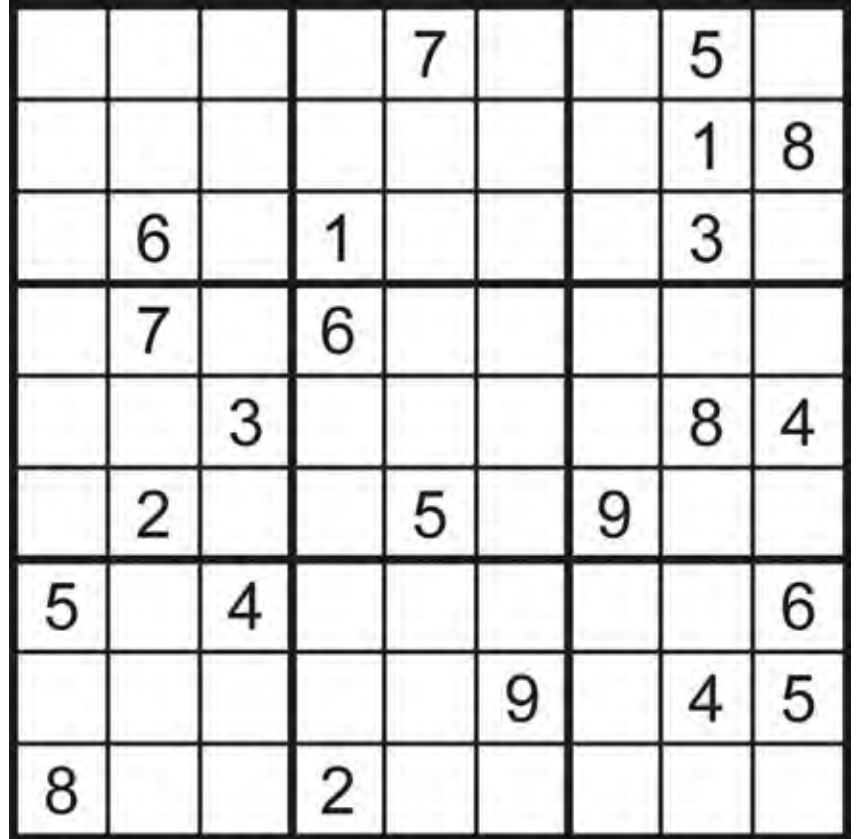
2. Call it, with point, a destructive creature (7)
 3. Articulating the vowels you bring into play (3)
 4. Not happy about taking the land beside the hotel (4)
 5. What the char earns for keeping the house in order? (4,6)
 6. Send off for jellied eel when it's about time to have coffee (5)
 7. A curl of the lip and curt 'He's guilty' (7)
 8. Felt skilful (11)
 10. Showed the material was taken amiss (11)
 12. Doesn't pull it off, which is a relief (5)
 14. Not letting drop the flirtation? (8-2)
 17. Overturned, on getting out of bed, the radio (5)
 18. Again, feel you can improve your image (7)
 20. Does it believe everything it hears about the English weather? (7)
 22. Follows one, in the last turn (5)
 24. Fills it up for the dog,... (4)
 27. ...the dog Ed treated properly (3)

ACROSS

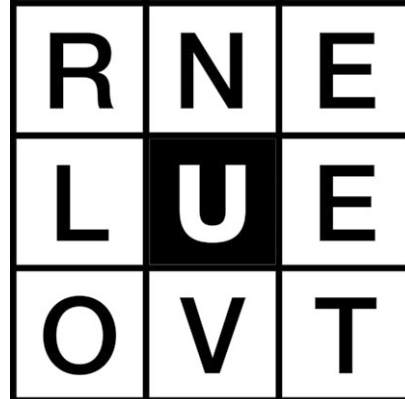
1. Doing one's very best to look big? (2,4,7)
 8. You deserve it, being old-fashioned and serious (7)
 9. The oil-man, in worse shape, is taken to the doctor (7)
 11. Hedge, about to split the point (6)
 13. The separator, if put back-to-front, is dangerous (4,4)
 15. Eastern communists are guarding the plants (5)
 16. The story you're told has a title (7)
 18. Stand a drink, a cocktail of a sort, at first (7)
 19. In Germany, you caught us with a girl (5)
 21. Plant you'll get scratched if you tweak? (4-4)
 23. On return, I put the

SUDOKU

Fill in the grid so that each row, column and 3x3 frame contains every number from 1-9. Each number can only appear once in each row, column and frame. The solution to each logic-based Sudoku puzzle is unique.



TARGET TIME



FIND words of four letter or more. Every word must include the centre letter and each letter is used once only. Find at least one nine letter word. No colloquial or foreign words, capitalised nouns, apostrophes, hyphens. No verbs or plural words ending in Às, Âs. Solution list is not exhaustive. Ref: Macquarie Dictionary

WORD FIND

FIND the listed words in the grid. They may run in any direction but always in a straight line. Some letters are used more than once.

T R A E S M D P S D D A O
 A E V C X E P W E R E S F
 L I G P F O C Z P K A F C
 F V R V U A L H S P C M H
 S F G N I K C A S M G G E
 I L D N Y P T I S A A L A
 H S M Y R F T K D L S J P
 P C S L I A N S T S O H E
 D E N S E Y P H U N T R R
 M R R H E H L R E J E C T
 K U Z D F M R B O R R H T
 N S L S S H I R T N I E T
 T Q O E Z M G T K Z S F J

- Acids
- Aprons
- Ash
- Cheaper
- Dense
- Ear
- Egg
- Fed
- Fire
- Five
- Flat
- Gas
- Girl
- His
- Host
- Hunt
- Just
- Lamp
- Mars
- Mule
- Nails
- Pound
- Reject
- Sacking
- Set
- Shirt
- Task
- Then
- Times
- Were



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Our success has been built on our ability to fully understand the needs, goals and expectations of our clients, and importantly, provide the family members that entrust

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Navigating your way through the Aged Care system and choosing the right home care provider, can be difficult, and at times confusing for some.

At Comfort Keepers, we make the whole process easy. Our experienced client care

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