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The black swan is set to fly




West Australian Ballet's Alexa Tuzil for Swan Lake. Photo by Finlay Mackay and Wunderman Thompson

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by Josephine Allison

WEST Australian Ballet artistic director Aurelien Scannella will pay homage to his adopted country in 2022 when he stages an exciting new WA version of *Swan Lake* as a grand finale to the company celebration of their 70th year.

"Our new *Swan Lake* will be a uniquely WA version, interweaving the classical ballet and the McGuire family totem, the Black Swan," Scannella tells *Have a Go News*.

"Our *Swan Lake* will be set in Perth, starting in Fremantle Harbour at a time that Ballardong Wadjuk Noongar man Barry McGuire explained relations were good between the British colonialists and First Nations

people. Our main character, Sebastian, meets with an Aboriginal elder played by Barry who tells him the story of how swans became black.

"When thinking of what WA Ballet's next big project will be, I knew we couldn't do an ordinary *Swan Lake*. We needed a version that will build the identity of our company and state.

"At the same time, I was meeting with Barry who told me about the totem of his family which is also the icon of WA — the black swan.

"As a part of this totem, Barry's family own a dance about how the white swan became black, a dance that is thousands of years old. When we spoke of this dance, I was also telling Barry the story of *Swan*

Lake and the synergies behind the stories were amazing.

"Barry made the incredible offer to do this dance on-stage with First Nations dancers from his family and, considering that this Black Swan dance hasn't been performed publicly since 1902, it will be a momentous occasion.

"The Black Swan dance elders decided to put it away when relations weren't good between the British colonialists and First Nations people. It's very special that it will be performed for the first time in 120 years on-stage as part of our classical ballet.

"We will also have our award-winning creative team from *Dracula* returning to create the work; Krzysztof Pastor

as choreographer, Phil R Daniels and Charles Cusick Smith as set and costume designers and Jon Buswell as lighting designer, all working alongside Barry and myself.

"*Swan Lake* will still be a classical ballet with our dancers performing the ballet, while Barry and his family, the Gya Ngoop Keeninyarra (*One Blood* dancers) will perform the Black Swan dance."

Belgian-born Scannella, who also celebrates 10 years heading the company this year, says it has been through a profound evolution in the past decade. "We went from strength to strength, we never stopped moving forward, creating new works, performing. WA Ballet has never looked so strong and beautiful.

"We are a company of the 21st century, reflecting the society we are living in. The number of performances has increased each year. Last year, despite the challenges and lockdowns, we managed to have 94 shows.

"Today, WA Ballet employs 40 full-time professional dancers with a total of nine nationalities in our troupe. They come from Australia, Cuba, Japan, France, England, Italy, New Zealand, the United States and the Philippines."

Scannella says the company's repertoire is rich and diverse. Over the past decade it has premiered 12 new full-length story ballets alongside 37 new contemporary short works.

continued on page 3

For More Specials See Us On Page 13

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From the editor's desk - HAPPY NEW YEAR



I AND the team were very grateful to enjoy holidays over the Christmas period. It gave us an opportunity to recharge our batteries after a very busy 2021. I do hope that all our readers enjoyed the festive season and spent it with friends and family.

★★★

The Covid scare over Christmas certainly brought to the forefront how life will change for us once the state re-opens on February 5. I must say that personally I am feeling a little anxious about it as we see Covid cases skyrocketing across Australia and the world. Being in our bubble has given us a very secure lifestyle, albeit without access to

family and friends outside of WA. I imagine I am not the only one feeling this sense of anxiety as it seems from what is happening elsewhere that Covid will rip through the state.

It's certainly going to be a change in lifestyle for us and one I must say I am not feeling very excited about. I spoke to a contact in Melbourne about this and they assured me that it may seem scary from the news reports we see night after night, but life goes on more easily than one would imagine. Feel free to get in contact with me with concerns as I am keen to hear from readers about this subject.

★★★

Each month we print 80,000 hard copies of this newspaper and distribute it far and wide across Perth and into regional areas. Sometimes outlets which have had the newspaper change their policy and decide not to stock

it which is disappointing. This month Morley Recreation Centre have told us that they are under new management and will no longer allow newspapers in their facility.

I ask readers that if you visit a venue that doesn't stock the newspaper and you would like access to it, to please ask (or complain) at the venue. We try to have as many outlets as possible and we appreciate your assistance in this matter.

★★★

Fringe Festival kicks off this month and it's always a fun way to experience a variety of entertainment in Perth and surrounds. We always enjoy the unique shows on offer and I particularly like the way Northbridge comes alive with the Pleasure Garden and spiegel tents dotted around the city. Shows are fairly cheap and it's a great way to get out and enjoy something a little different.

★★★

We had a lot of fun on our Facebook page during the Christmas season and we welcome people to join us on this platform. We have extra giveaways, jokes and special offers and welcome interacting with our readers. You can follow the page at www.facebook.com/Haveagonews/

★★★

If you would like to receive an electronic copy of the newspaper, we can email it direct to your inbox on the day of publication. We don't send you anything else except the newspaper and you can sign up at readers@haveagonews.com.au

★★★

I hope you enjoy this month's read. In this our 31st year I look forward to bringing you great stories and quality information throughout the year.

Jennifer Merigan
Editor

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Ageing research snippet

Daily dose of yoghurt may lower blood pressure

WHETHER it's a dollop on your morning cereal or a simple snack on the go, a daily dose of yoghurt could be the next go-to food for people with high blood pressure, according to new research from the University of South Australia.

Researcher Dr Alexandra Wade says this study provides new evidence that connects yoghurt with positive blood pressure outcomes for hypertensive people.

"High blood pressure

is the number one risk factor for cardiovascular disease, so it's important that we continue to find ways to reduce and regulate it," she says.

"Dairy foods, especially yoghurt, may be capable of reducing blood pressure.

"This is because they contain a range of micronutrients, including calcium, magnesium and potassium, all of which are involved in the regulation of blood pressure.

"Yoghurt is especially interesting because it

also contains bacteria that promote the release of proteins that lower blood pressure.

"This study showed for people with elevated blood pressure, even small amounts of yoghurt were associated with lower blood pressure.

"And for those who consumed yoghurt regularly, the results were even stronger, with blood pressure readings nearly seven points lower than those who did not consume yoghurt," she said.

Have a Go News Quick Quiz

1. Name the wildlife park at Whiteman Park
2. Where are the East MacDonnell Ranges?
3. What's the closest northern town to Broome?
4. Which aviator in 1928 wanted to connect Perth with Adelaide for a 2,963 km flight?
5. Who started WA Airways?
6. Name the father-and-son team heading WA's major media outlets.
7. Which WA-born redhead married Sacha Baron Cohen?
8. What year did Wittenoom close?
9. Businessman Sir Macpherson Robertson is associated with which delicious product?
10. Horrocks is in which WA shire?

See answers on page 36.

Word of the month

Regnant

Pronounced - reg-nunt

Adjective

Meaning - reigning, dominant or of common occurrence

THE origin of regnant comes from the Latin verb regnare, meaning "to reign."

Regnare, in turn, traces back to the noun regnum, meaning "reign." (Regnum was bestowed with the meaning "kingdom" in English.) Descending from rex, the Latin for "king" and a word familiar to those who have read or seen the Greek tragedy *Oedipus Rex*.

Great West Aussies - Did you know?

STEELE Bishop was WA's first cyclist to win a world professional championship, at Zurich in 1983. Born in 1953, he won national titles in 1971-84 and raced at the 1972 Munich Olympics.

Noongar Words

Bardan - Spirit
Benang - Tomorrow
Moort - Family

Noongar Season

Birak - December and January - hot dry time

Quote of the month

NEW Year - a new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours.

Alex Morritt

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Get a wiggle on and support the heart of the nation initiative



Heart of the Nation ambassador Brett Lee with Greg Page promoting the sign which indicates that an AED is available at a premises.

by Allen Newton

THERE'S been no shortage of media coverage about how former Yellow Wiggle, Greg Page, had a heart attack on stage in 2020 and was revived using a defibrillator.

He has gone on to become an ardent campaigner for heart health, setting up his own charity Heart of the Nation, pushing for businesses

and homes to install defibrillators and create awareness around their locations.

The original lead singer and founding member of *The Wiggles*, Greg spent more than a decade as part of the hugely successful children's band.

It was at a *Wiggles* reunion show in January, 2020, to raise money for bushfire relief, that Greg collapsed on stage and

stopped breathing before being revived using a defibrillator.

That experience prompted him to found Heart of the Nation.

Greg says his health is now good and he is back on top of things.

"The irony of my situation is that before I had a cardiac arrest, I thought I was healthy as well, so it's one of those things where you can be totally under the radar and think that you are fighting fit and literally just drop dead without any warning whatsoever."

Only 10 per cent of people survive a sudden cardiac arrest.

Greg says that while Heart of the Nation has only been around for about 18 months, he was getting a lot of positive feedback from people and the campaign gained momentum with a one-hour TV special on Channel 9 devoted to sudden cardiac arrest and the chain of survival.

Heart of the Nation is

now focussing on two initiatives.

The first is for people who already have an automated external defibrillator (AED) at their workplace, to sign up to Heart of the Nation network for free.

"We send them stickers to put on the front door of their window or business to say they are a member of Heart of the Nation and that they have an AED inside so that people in the community know where to find one if they need it."

"We then also map those locations on an app that is available right across Australia."

"The next initiative that we're really going to focus on is what we call Heart of the Nation Communities, a program where we provide communities with a fund raising platform to raise the funds for an AED package to go somewhere to be accessed 24/7 if it's ever needed, because 80 per cent of sudden

cardiac arrests happen in the home, but the home is probably where there is least access to an AED.

"If your community wants to get together to do this you could do a letterbox drop of your immediate area and get people to contribute to the fund-raising process and have it located maybe on a garage wall."

"We provide a tracking device for the AED to help keep it secure. The tracking device shows where it's going, so you know if it's going down the street or if somebody is taking off with it."

"We provide training in Cardiopulmonary resuscitation (CPR) and AED use as well for the community via an online portal."

Greg says the cost of an AED package starts at \$2700 which includes the device, the cabinet and the tracking device as well as a set of pads and batteries to be changed, generally around the four-year mark if the AED

hasn't been used, as well as the online training and app.

"One of the things with our app that's going to be online soon is the ability for somebody to use it to call 000 and at the same time send for help from neighbours who also have the app."

"So if you are at home and your partner goes down with a cardiac arrest you can use the app to call 000 and seek help from neighbours all in one easy button press. The app will also then guide those responders to the nearest AED, so if somebody who's not familiar with your area happens to be around at that point in time, they'll be able to find the nearest AED and bring it to you so that you can stay there and keep doing CPR while you wait for the ambulance to arrive."

"The hope is the AED

arrives much more quickly than the ambulance does because ambulance response times are protracted in most parts of Australia and when you get an AED on somebody within the first three to five minutes the chance of surviving skyrockets.

"If people come across somebody who is not responding; if you can't wake somebody up; if they are on the floor and you see them collapsed, then call 000 and send for an AED at once. If they are not responding, chances are they will go to the next stage which is that they are not breathing. At that point you need to start CPR and use the AED as soon as it arrives."

"Call, push shock. Call 000, push hard and fast in the middle of their chest, then use the AED to shock the patient," he said.

Find out more at www.heartofthenation.com.au.

The black swan is set to fly

by Josephine Allison continued from front cover



West Australian Ballet's Alexa Tuzil for Swan Lake. Photo by Finlay Mackay and Wunderman Thompson

"The company needed to perform more so we introduced an additional contemporary season called *STATE* at the State Theatre Centre of WA. We also returned to Crown Theatre for the first time in

a decade and toured state-wide, nationally and internationally.

"It's been a busy 10 years."

The company's 2022 season starts in its traditional way, with *Platinum: Ballet at the Quarry* at

the Quarry amphitheatre in City Beach. Featuring four exhilarating works, *Platinum* is an apt introduction to the company's 70th anniversary for the February season.

After the Quarry season, the company will mark its jubilee with a sparkling gala ball at Crown Towers Perth on March 12.

The company's creative favourite, *Genesis*, returns in March while Septime Webre's award-winning *Alice (in Wonderland)* returns to His Majesty's Theatre in May. In June the company's newest contemporary season, *STATE* plays at the State Theatre Centre of WA with three scintillating works.

In September, His Majesty's

will see a golden work created by one of Australia's leading choreographers, Natalie Weir, who will premiere a work performed to JS Bach's iconic *Goldberg Variations*.

Going forward, Scannella says there is a challenge around bringing interstate and international creatives to Perth. "While our state government has done a great job, we are looking forward to having our world-class choreographers, designers and creatives join us in person again."

"My brain never stops working and creating, which causes me many sleepless nights. I still have a lot to achieve with our team at WA Ballet. Our future looks very exciting," he said.

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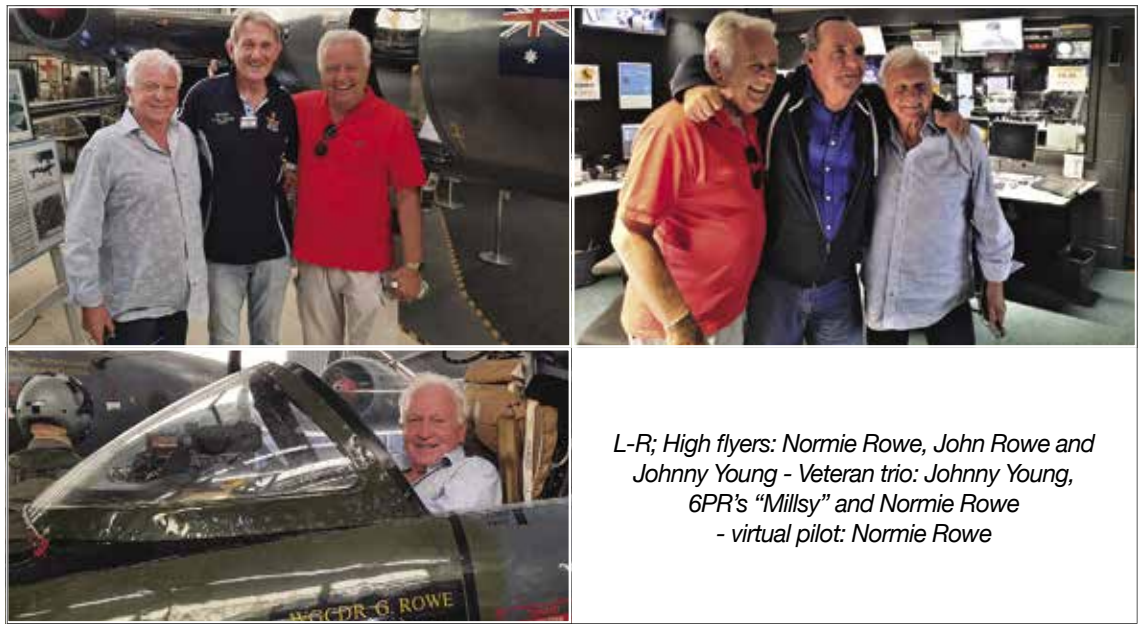
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High flying Normie dazzles aviation enthusiasts



L-R; High flyers: Normie Rowe, John Rowe and Johnny Young - Veteran trio: Johnny Young, 6PR's "Millsy" and Normie Rowe - virtual pilot: Normie Rowe

by Lee Tate

HIGH-FLYING Normie Rowe dazzled aviation enthusiasts in Perth with his aircraft knowledge and passion.

"I've been fascinated by aviation since I had my first flight. It was from Melbourne to Sydney and I shot three film rolls, taking pictures of the clouds," laughed Normie.

The former king of pop was enthusiastically inspecting Bull Creek's RAAFA Aviation Heritage Museum. Normie was flanked by his long-time mate and fellow rock star, Johnny Young.

The pair, both 74, starred at the 80th anniversary commemoration concert in Shark Bay of the sinking of the aircraft carrier, Sydney, off the WA coast.

"We heard about the aviation museum here in Perth and what great collections they have," said Normie, from the controls of a Macchi training aircraft.

Aviation expert and

museum volunteer John Rowe (no relation) said: "Normie made the perfect simulated landing first time."

In an incredible coincidence, the trainer plane has imprinted on its fuselage the name of a war-time Aussie pilot who was shot down, wing commander G. Rowe, whose pet name a decade before Normie Rowe was born – was Normie.

Rock singer Normie had aviation links in the Vietnam war where he was constantly in and out of military and commercial planes and helicopters.

"We mapped routes for Aussie troops, where they could cross streams and pass through jungles," Normie said.

His duties included driving Armoured Personnel Carriers (APCs) up into the belly of Hercules transport planes for transfers across Vietnam.

Normie said: "It's important for people to see what sort of tasks were carried out by people

who saved our country. "These big, heavy transport planes must have made easy targets. Our pilots had a lot of nerve. When I think about the bravery of these people with average ages of 21 or 22, it's just incredible."

Normie wanted to get a pilot's licence early in life and made the move as soon as he could.

"I took lessons and absolutely loved it. There's never a better sensation of seeing anything than from up in the air. But I didn't pass the final medical and couldn't get a pilot's licence."

Normie said planes with their varying strengths and features amazed him – no more than the American F35 fighter, part of Australia's RAAF armoury.

"The F35 is like something out of science fiction. It can be flying at breathtaking speed and take a sudden right angle turn upwards and then just stop suddenly and sit there. Any planes in pur-

suit can't do anything but fly past."

Normie said the aviation museum, in two huge hangars, included more than 30 military and civil planes, uniforms, artefacts and histories.

Normie's knowledge of planes includes Avro Lancaster, Tiger Moth, Canberra, F-111, Douglas C-47, Spitfire and Vampire. All are in the Bull Creek Road museum (open 10am to 4pm).

"Australia's aviation history is so vital and to see such a comprehensive, easily-accessible display in Perth is very rewarding and I will be coming back," said Normie, before heading to 6PR studios with Johnny Young for an interview by "Millsy".

Then after heading home to Queensland's Gold Coast, Normie was due to fly back in three weeks for Perth performances with Johnny Young.

"I never get sick of flying," quipped the celebrated Viet vet.

Retirees meetings kick off again this month

ASSOCIATION for Independent Retirees (AIR) northern suburbs branch monthly meetings begin again this month.

The speaker for the January 20 meeting will be Valma Hope who is a Financial Information Services Officer with Services Australia – Centrelink. She will be talking about the Asset and Income test, and many other issues that concern people about the service offered around pensions and other benefits such as the Commonwealth Seniors Health Card.

The February 17 meeting feature speaker will be Colin White who is a dietician/nutritionist. Colin is very entertaining with a very broad experience base. He hopes to bust a

myth or two, particularly with regard to appropriate nutrition for mature people.

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

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

Cost \$4 per person including raffle, tea or coffee.

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



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New book promotes caring for your brain health at all stages of life



Professor Kerryn Phelps

by Josephine Allison

WHEN Professor Kerryn Phelps decided to write another book, it was in response to colleagues in general practice and neurology needing a resource for people concerned about their brain health, especially for those finding they had become a bit forgetful.

The result is *How to Keep Your Brain Young – preserve memory, reduce dementia risk, harness neuroplasticity and restore function*. With few books available on the subject, Professor Phelps addresses what most of us fear: losing mental function as we age.

“People are worried about their ability to concentrate, to focus, or they

might have forgotten people’s names or where they are supposed to be on a particular date. And they start thinking: ‘gee, I hope this is not the first step to dementia,’” Professor Phelps tells *Have a Go News* from Sydney.

“What I have done in the book is talk about what happens to the brain in the ageing process; to point out that cognitive impairment is not inevitable and there are things you can do right throughout your life. At any stage you can do things that will enhance your brain function, make your brain work better and stop your brain from declining.”

Professor Phelps AM has been a medical general practitioner for more than 40 years, and is a pi-

oneer in the fields of health communication and integrative medicine. She is a public health and human rights advocate, past president of the Australian Medication Association and past president of the Australasian Integrative Medicine Association.

In 2001 she was awarded the Centenary of Federation Medal for services to medicine and Australian society and, in 2011, received the Order of Australia. In 2014 she was awarded an Honorary Doctorate of Letters by Sydney University.

She was elected to City of Sydney Council in 2016 and served as deputy lord mayor of Sydney from 2016 to 2017, and as a councillor until 2021. She became a Member of Parliament when she won the 2018 Wentworth by-election, following the resignation of Malcolm Turnbull. She won the previously safe Liberal seat in a 19-point swing and was the first independent candidate to win the federal seat. She is currently a general practitioner in Double Bay and well known as a television and radio commentator.

“Brain health is so important because it determines your independence, your autonomy, your ability to make your own decisions, to keep working and your personality,” she says. “All these things are so important and the brain determines each of these issues. It makes it important at every age. In the book, I start at conception,

childhood, adolescence and young adulthood. It certainly becomes more important with every passing decade.

“If you look after your general health, all those health messages that you have been hearing for decades make a difference. If you reduce your risk of diabetes, you will protect your brain, if you reduce your risk of cardiovascular disease because the blood vessels supply the brain then you will improve your brain function.

“The things that reduce chronic disease risk include light, regular exercise, sleep and nutrition – making sure your brain is given all the ingredients it needs to do its essential work. It needs to form those chemicals and to fire up all those reactions.

“It’s really important to use your brain in different ways. One of the challenges I describe is to learn a new musical instrument or, if you know an instrument, learn a new piece of music or a new language.

“The fact that people are living longer make the challenges of ageing more important. I think people see older friends and relatives and the challenges

they face if they develop cognitive impairment.

“What inspired me to write the book was hearing from family members and friends about their experience of dementia or cognitive impairment. I don’t think there is any person who doesn’t know someone with dementia or cognitive impairment.”

Professor Phelps says some people tend to mindlessly sabotage their brain health throughout their life, doing it in a range of ways from being careless about what sports they do and not protecting their brain from injury, mindless over consumption of alcohol, poor nutrition and just not thinking of what is needed to stay healthy and brain healthy.

“Neurogenesis is the ability of various parts of the brain to produce new cells at any stage of life and neuroplasticity is the ability of the brain to

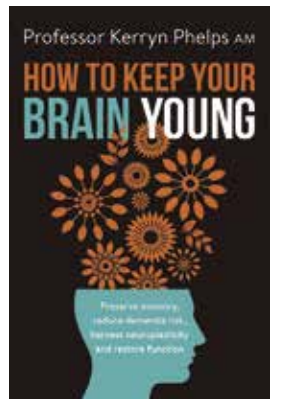
change itself, based on what you do with it.”

Of older people still working and out there in the community (Sydney Lord Mayor Clover Moore has just been re-elected at 76), Professor Phelps says there is no question that the right older people in the right positions very much enhance the community.

“We see that with volunteer organisations right around the country. I had a lot to do with them when I was deputy lord mayor, a City of Sydney councillor and the Member for Wentworth. I visited as many community groups as I could and was struck by the fact that so many of them depend on the volunteer hours put in by older people using their skills.

“It is a win win situation because older people are devoting their skills and experience and in turn

they are getting so much out of it. Social connectiveness is so important to enhance your brain and social isolation is a significant health risk.”



How to Keep Your Brain Young preserve memory, reduce dementia risk, harness neuroplasticity and restore function by Professor Kerryn Phelps (\$34.99, Pan Macmillan) is available from good bookshops.

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Mandurah retirees kick off the new year...

GUEST speaker at the January meeting of The Mandurah branch of the Association of Independent Retirees (AIR) will be Member for Dawesville, Lisa Munday MLA.

She will talk about what is planned for the Mandurah area and especially what is planned for retirees in general.

AIR will recommence meetings on Monday January 24, at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

They welcome anyone who would like to attend, the meeting begins

at 9.30am and finishes about 11.45am – there is an entrance fee of only \$2 which covers a delicious

morning tea and a raffle. For further information please contact Shirley Lloyd on 9586 4255.

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MOBILE DENTURE CARE - “Giving You Confidence!”

A coffee fuelled new direction hit the spot for this executive

by Allen Newton

FOR the more than 20 years Rob Pedretti worked at Channel Nine in Perth, he was surrounded by journalists drinking instant coffee.

But frequent business trips to Melbourne made him realise there was much more to coffee than granules at the bottom of a cup which didn't do a thing for him.

From the first sip of

that cup in Melbourne it was love at first taste.

Eventually Rob's expanding knowledge and love of coffee prompted him to put 25 years in the media behind him and in 2013 set out on his own coffee journey.

Rob and brother Ray had started roasting green bean coffee as a hobby and were doing the occasional farmers market with some success.

That was enough to prompt Rob to launch Pedretti Coffee.

While it hasn't always been easy, Rob says starting his own coffee roasting business without any experience and very few resources and turning it into a successful small business is something he is proud of.

He was just as proud, as part of Channel Nine's management team, to have instigated a lot of local TV programming, including *Just Add Water*, *Gardening WA*, *Postcards WA*, *Fishing WA* and others.

"Local television programs had ceased production around 10 years prior to that, so I was very proud to become part of a team that brought local back on to the TV schedule," he says.

He'd recommend people with a passion and wanting to launch their own small business to get involved in something they know about and to do as much research as possible.

For Rob, the most difficult times were surmounting the volume of rules and regulations he was required to get through to set the business up, which was time consuming and could be expensive.

"I originally started by contacting numerous cafés to sell my coffee to them, but soon realised how competitive that was," Rob says.

"I then changed my marketing strategy to supply businesses that had coffee machines for staff use and started to do more farmers markets. I now operate at the Mt Claremont Farmers Market and the Kyilla Farmers Markets alternately every Saturday morning."

Rob's own taste in coffee has changed over the years from only liking a cocoa flavour to enjoying any single origin, five-star grade green beans that have been correctly roasted.

"Coffee taste is a very individual choice, however coffee drinkers should ideally look for freshly roasted coffee beans, the fresher the better."

"High grade, single origin beans are my preference as I am not a fan of blends which are rarely consistent. Preparing a good coffee is also an individual choice, milk, soy milk etc., or black or latte."

"There are many ways of making a good cup. Trial and error is also a fun way of finding your favourite."

Rob starts his day with a short black Kenyan coffee.

"It is strong and rich in flavour. Throughout the day I like to mix it up a bit with a latte or flat white."

Coffee is grown in many countries but ac-



Rob Pedretti at the markets

According to Rob the best quality Arabica coffee comes from sub-tropical regions such as Colombia, Brazil and Costa Rica.

"Lately the African countries such as Kenya, Tanzania and Ethiopia have been producing outstanding green beans."

Rob only deals with plantations that are fair trade and says finding the right producers takes a lot of research and tasting. He mostly deals directly with small family plantations where he can request a sample and judge quality for himself.

Rob believes that when it comes to takeaway coffee we should be sticking to environmental take away cups.

"They are a must in my view, so we are doing something, in a small way, to protect our environment. I also only use recyclable bags for my beans."

And while there is always talk about how expensive a cup of coffee is in Perth, Rob feels for cafe proprietors who he says have higher overheads operating here compared to other cities.

"The best way to reduce your coffee expenses is to buy my coffee, have it delivered free, and make it at home," he laughs.

He has Kenyan, Ethiopian, Tanzanian, Brazilian, Colombian and Costa Rican single origin beans available. To find out more go to www.pedretticoffee.com.

WIN WIN WIN
We have four, one kilo bags of Pedretti coffee to giveaway to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Coffee in the subject line or write to Pedretti Coffee c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 4/2/22.



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Find out more about the history and architecture of local pubs

THE architecture and history of well-known hotels situated between Fremantle and Nedlands will be the subject presented at the February meeting of the Western Australian Self-Funded Retirees Association.

Eddie Marcus, historian, old bar enthusiast and the Town of Claremont Heritage Officer will provide an entertaining presentation

which will include the history and architecture of hotels constructed around the time of Federation.

The architecture which is recognisable by pointed red brick exterior, ornate entrances, high ceilings and spacious wood panelled bars is much admired by tourists and appreciated by local communities for their accessibility, old world splendour and the

comfort they provide.

The meeting will be held at 10am on Friday February 11 at the usual venue, Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat. Visitors are always welcome.

Further information may be obtained from Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

An opportunity to enjoy flowers and friendship

WA Floral Art Society offers people the opportunity to discover friendship through flowers.

Meetings are held on the second Saturday of the month and will resume for 2022 on Saturday Febru-

ary 12. The WA Floral Art Society does not meet in January. They meet at 12.45pm

for 1pm start and are held at Osborne Community Hub, 11 Royal Street, Tuart Hill. Please note parking is available under the venue behind BP Garage. Take the lift to ground floor.

To join the organisation check the website www.wafloralart.org.au or ring Penelope Brunning 0403 552 811.

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Looking at life through a child's eye keeps a sparkle in this author's books



Norman Jorgensen

by Allen Newton

HE might be 67 years old, but prolific WA children's author Norman Jorgensen views life firmly through a 12-year-old child's eye.

His latest novels all feature young male protagonists battling pirates, blowing things up and generally getting into more trouble than Benny Hill in a girl's school.

His first graphic novel *Ashe of the Outback* was written more than 20 years ago, followed by two picture books *Flanders Fields* and *The Call of the Osprey* both illustrated by Brian Harrison-Lever.

It was after this that early teenage boys started taking centre stage in his books.

Two semi-autobiographical comedy novels, *A Fine Mess* and *Another Fine Mess 002* were set in a country town and then in 2008 came *Jack's Island*, two more picture books, *The Last Viking*, *The Last Viking Returns* and his *Smuggler's Curse* series.

The sequel to *The Wreckers' Revenge* called *Dragon's Blood* is about his characters rescuing missionaries involved in the bloody 1900 Boxer Rebellion in China. It is due for release but has been delayed because of Covid. He has just finished writing *S.A.S.: Secret Agent School*.

He has also started work on a new adventure about a teenage trainee secret agent and is putting the finishing touches to a new picture book about an island made entirely of sugar called *Marooned on Dessert Island*.

In his career as a book seller, Norman started to hear from librarians about how hard it was to get young boys reading and that reluctant readers

were enjoying his books, so he began adding more adventure, more explosions, and more cliffhangers than he normally would have.

"I can think of nothing worse than not loving reading and would not wish that on anyone," Norman says.

"My characters are usually about 12 years-old, though I never reveal their real age so that the readers can more easily identify with the hero. You want the hero to be just like you."

He says all his protagonists must be brave.

"Decency comes next, and then a willingness to try anything and have a go. Red Read, from my *Smuggler* books, Knut the *Last Viking*, and Jack from *Jack's Island* are all a bit like me, but they are all far, far braver than I was at their age, or even now, come to think of it."

A huge amount of the inspiration for Norman's characters comes from

old films and TV shows, although often subconsciously, he says.

"As a kid, I spent every Saturday at the Amusu Cinemas in Narrogin watching westerns and adventure movies all afternoon, then re-enacting them on the way home on

my trusty steed (bike).

"The prime example is *Captain Blood* starring Australian Errol Flynn, the most swashbuckling actor I've ever seen.

"When I needed a hero for *The Smuggler's Curse*, I shamelessly based Captain Black Bowen, WA's

most notorious smuggler, on him. Red Read, the young cabin boy, is based on Jim Hawkins, narrator of Robert Louis Stevenson's *Treasure Island*.

"Another one was the Tony Curtis, Kirk Douglas movie, *The Vikings*, from my childhood. I created the picture book with illustrator James Foley, *The Last Viking* with that film firmly in mind, including a fiery Viking funeral, that stuck in my head all those years ago."

Much of Norman's time between writing is occupied with school visits to talk about the process of writing or the characters in his books and the history of which much of his work is based.

On these school visits Norman consciously projects a younger persona.

"I make it a pact between the kids and me that excludes all the adults in the room."

"Though I look like their grandfather, I try and get them to see past that, to me when I was their age so they can share the silliness in my head that I don't seem to have too much control over."

He says he makes as many school visits each year as he can, to give kids perspective and appreciation of the work that authors do.

Norman believes maintaining a youthful approach to life is important as we get older.

"Sitting about grumpily full of regrets and aches and pains seems like such a waste of whatever precious time we have left."

"I never sit on a park

bench with anyone the same age as me – just kidding – but it's probably a good idea to hang about with younger people, despite their horrible taste in music."

"I talk to school kids about my books, but I also listen to them, and they give me great hope for the future. I am confident the planet will be saved by the current grade fives of the world."

WIN WIN WIN

Norman has kindly offered three sets of *The Smuggler's Curse* and *The Wreckers' Revenge* for some lucky readers to win. To be in the draw simply email win@haveagonews.com.au or write to Children's Book c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 3/2/22.

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Where Opinions Matter - are women really running second place in Australia?



by Lee Tate

WOMEN don't have to prove themselves any more than men, in the modern worlds of business, high finance or politics. Or so you would think.

Despite widespread enlightenment on gender equality and their prov-

en, long-time leadership qualities, women are apparently still running second place - with a long gap.

"2021 has been a torrid year for gender diversity at the pinnacle of corporate Australia," reported Sally Patten in the *Australian Financial Review*.

Only five per cent of chief executives in the top 200 Australian companies were women at June 30. Among the top 300 companies, only one woman was appointed to the top job (Cathy O'Connor to an advertising company).

As a contributor to *Have a Go News*, I answer

directly to a woman, Jennifer Merigan. Working in England for two years, I was a deputy to a woman editor, Sandy Brereton. Would males be doing a better job? Hardly!

And, as publisher of a national chain of Australian newsletters for 13 years, I employed only two men the whole time, among a fulltime staff of 13. Women journalists, sales staff and clerical workers left the blokes in their wake.

Women are committed: tough, reliable, creative and steadfast. The first profession to introduce equal pay was journalism.

But, behind the scenes

in journalism, I have witnessed chauvinism, sexism and blokey arrogance towards women. It stems from a male-dominated culture and it lingers.

There are notable exceptions, of course. The rough-and-tumble, wealth-generating mining industry is led by Gina Rinehart with Elizabeth Gaines in the top management position at Andrew Forrest's Fortescue Metal Group.

The mining industry doesn't shy from employing women as engineers, drivers of heavy equipment and as strategic planners. Of course, many forward-thinking

and progressive companies, including airlines, have long seen the merit in appointing women.

Coles this year budgeted for changes including greater percentage of women in leadership roles.

One of the biggest problems now is reportedly the lack of women in major operational jobs who would be candidates to climb further up the corporate ladder.

In the largest 300 companies, women accounted for 26 per cent of senior leadership executives but tended to be in functional areas like human resources, market-

ing and corporate affairs. Sam Mostyn is a director of property company, Mirvac and president of Chief Executive Women. She has called for accountable targets to overcome cultural and structural problems in workplaces.

"We've got some of the most talented women inside these organisations who could be great leaders given the opportunity," she said.

Ms Mostyn was the first woman appointed to the blokey AFL Commission in 2005 and says without women on the commission (there are now four), there would be

no AFL women's league. Respected commentator Tony Boyd said: "Something is dreadfully wrong when virtually all of the measures of diversity in business are out of step with the fact half of the population is female and 60 per cent of university graduates in 2019 were women."

"Australia needs to have a sense of urgency about gender diversity to maximise the benefits of the economy of a diverse workforce."

It's still a slow boat. *What do you think?* Email info@haveagone.com.au with *Opinion* in the subject line.

Preserving your family heritage and values with unique book



Tell me everything Grandma, please, by Thea Wale
Reviewed by Pat Paleeya

IF you were asked to write a family history where would you start? It can be very daunting facing what can seem an enormous task, therefore might all those good intentions to do so become procrastinations, something that many of us are masters of?

Tell me everything Grandma, please prompts grandparents to record their history in an easy format, namely a journal that heads each page with a question that a curious grandchild may possibly ask their grandparents.

Such questions as 'where did you grow up?' 'what do you miss about the olden days?' and another that will really jog the grey matter

'what changes have you seen in your lifetime?' These are just a few of the type of questions that have been thoughtfully chosen throughout this journal.

Some pages have lists of words that evoke strong memories of a bygone age. Think 'hotpants' 'beehive hairdo', 'copper' (not policemen), 'radiogram' and 'dripping', now that one brought back a memory for me - dripping on toast, with meat jelly and salt (I know, I know, your mouth is watering).

This is an invaluable journal for the coming generations of family. Thea's note in the beginning of the journal refers to family members cherishing seeing your handwriting

decades later. Thea, like myself realises that handwriting is a dying art, and that is quite disheartening. Please get scribbling, in this unique journal of course.

The book is available from the author, Thea Wale on 0408 914 443 for \$22 (There is a grandfather option too or online at www.tellmeeverything.com.au).



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

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

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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 4/2/22.

Congratulations to *Luci Del-Borrello, of Doubleview, our November Ad Words winner.*

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The **Stay Sharp Program** is an 8-week progressive program for the over 55s introducing you to the basics of eccentric exercises coupled with cognitive and memory exercises to aid in reducing a persons relative risk of developing dementia related diseases and improving overall health and wellbeing.

Prof. Ken Nosaka from the ECU School of Medical and Health Sciences has extensively researched the greater benefits of eccentric exercises.

Dr. Jenny Brockis (The Brain Fitness Doctor and renowned author) has committed her valuable time to help us develop the cognitive component of the program to keep those brains active!

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Dominic aims to get older people moving to the beat and staying active



Fitness 50 Club members enjoying one of Dominic Yam's exercise classes

by Josephine Allison

HEALTH, happiness and hope of a better lifestyle are the mantras that 83-year-old seniors fitness instructor Dominic Yam instils in his group at the Fitness 50 Club at Hamersley Leisure Centre.

And, judging by the happy faces of the mainly women taking part in a recent Monday morning class, the exercise is reaping its rewards.

Sandra Wilson, of Greenwood, has been involved in Dominic's classes for the past 12 years.

"They are brilliant, really good," she said. "I have arthritis and had a hip replacement. I found the exercises excellent. Physically and mentally they improve my health."

Shirley Lizza, of Balcatta, said she had been attending classes for about 10 years.

"They are excellent with

a happy atmosphere and you really get a workout," she said. "Dominic makes it especially interesting with his eastern philosophy."

Jen Hilgendorf, of Karrinyup, who started classes nine weeks ago, said she had discovered muscles she hadn't used in decades.

"It took about six weeks for the benefits to kick in and now I feel as if my body has physically woken up."

Dominic, an Australian citizen of Chinese heritage, migrated to Perth with wife Amy from Ipoh, Malaysia, in 1980. He worked as an aeronautical engineer with MMA and later Skywest. He also worked at TAFE in Subiaco, teaching engineering.

"When I retired in 2005, I wanted to do something rather than sit at home or play golf so I took up fitness training," he said. "I did a three-month course at the Institute for Fitness in Perth

and, once qualified, joined Fitness Australia, since branded as Aus Active."

Dominic, who offers free consultations, started instructing 17 years ago. These days, he holds classes for 60 to 75-year-olds at Hamersley Leisure Centre on Mondays and Thursdays, with a Saturday class for people still working and also classes at Wanneroo and Joondalup.

"At Fitness 50 Club, members are in the company of people their own age with the same goals as opposed to a gym full of younger people where one can feel uncomfortable exercising," he said.

"The club aims to help seniors resume physical activity. I realised that as one gets older, there is a tendency not to move like one used to in youth. This reduces mobility, induces weakness in the legs and increases the likelihood of falls, causing

serious injury."

Dominic said the club also provided a meeting place where new friendships were often formed. Exercise routines are choreographed with easy-to-follow steps to popular old-time music, making it a fun environment that caters to each individual's fitness level.

While complying with the standards of exercise set by Aus Active, the routines also incorporate Chinese philosophies of martial arts, exercises of tai chi movements, qi gong (art of deep breathing), foot reflexology and the art of meditation.

These help in the development of internal strength in overcoming mental stress, the detoxification of internal organs and increase mental strength.

Dominic himself is a picture of health despite open heart surgery in 2012, quickly recovering from the procedure with a strict exercise routine.

"I receive tremendous joy in being able to help seniors increase health, happiness and hope, it's something I want to pass on," he said.

Dominic and Amy have two children and two grandchildren. In 2012 he was awarded the Active Persons award and, in 2020, Senior Community Citizen of the Year. He is also a Fitness Australia award of life-time member.

"I want to awaken seniors to the joy of exercising. Staying at home is not

good," he said.

Anyone wishing to join

Dominic's classes can contact him on 0415 301 142

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Really, it's just not cricket - he actually bowled a maiden over



by Rick Steele

"IT'S just not cricket!" A saying I grew up with, like all baby boomers and used so often as a guideline for moral standards. Cricket stood for common moral decency, honesty and truthfulness. If Bill Laurie knicked a ball

and knew it, he wouldn't even hesitate or wait for the finger, but place bat under arm and walk to the dressing room. No remonstrating, swearing or rude gestures. Now that was cricket.

These days, with underarm bowling, ugly confrontations, 'sandpaper gate' and even 'dick pics'. Sir Donald Bradman must be spinning in his grave and Richie Benaud lost for words.

It's not like certain retired cricketers' behaviours have improved. They've just found someone worse. An anonymous best player rang the coach to explain he

couldn't play in an important game coming up.

The coach replied. "Sorry, no can do. You have to play. If I do it this time, I'd have to do it every time someone's wife dies."

Local cricketer down Whoop Whoop Swamp way was describing his magnificent hit. "It should've gone for six, but it hit a duck."

"Was it wild?" Asked his friend. "Wild, it was bloody livid!"

I enjoyed cricket as a youngster and began playing as an eight-year-old. While my mother taught piano after school at home, I would practice

my bowling in the backyard with my imaginary foe. The rubbish bin as wicket and the gate as keeper, many times I bowled out the poms or the ozzies and won the game for NZ.

Of course, at the time, nothing was further from the truth. With a population of about three and a half million, we were always trying to punch above our weight. Seldom did we win.

Now that the AFL season is over for now, and the footy tragics are reduced to reading who got a groin injury, having an operation, or got a new girlfriend, the cricket

fanatics have their time in the sun. The Ashes, Joe Root, shut up Warnie, and which bowler has got the best googley, make the headlines.

Many of course couldn't care less if the poms are getting smashed and more interested if their garden is surviving in the heatwave.

George Bernard Shaw said: "Baseball has the great advantage over cricket of being sooner ended."

Huddy Bedwetter, unknown blues singer from Rockingham, is quoted saying: "Anyone who enjoys watching cricket surely gets a kick from

watching grass grow." Oscar Wilde said: "I do not play cricket because it requires me to assume such indecent postures." Stone the crows, what's his problem?

My problem was with batting. I could bowl a maiden over but scoring runs was a bridge too far. Avoiding the 'duck' was a challenge. My mother rang the cricket club one day and asked: "may I speak with Richard please?"

"Mrs Steele, he has just gone out to bat," the team captain answered.

"Oh, that's alright, in that case I'll just hold." The big shearer, with

the large beer gut, was batting in the annual bush grudge match. He had already survived two plumb LBW decisions when the next delivery knocked the middle stump out of the ground.

"Owzat!" screamed the bowler. "Not out," cried the umpire.

As the bowler fumed, swore, and directed rude gestures toward the official, the umpire called him aside and quietly whispered in his ear.

"Listen mate, we've only got a nine gallon keg and that guys the biggest drinker in the whole bloody district!" Cheers dears!

What are the age ranges for claiming a British pension as an expat



by Mike Goodall

EACH month a small section at the end of my article tells readers when they will reach UK State Pension Age (SPA).

The SPA has been fixed at age 66 for some time now and should

remain so for all those born before April 6 1960. From that date the SPA will gradually increase until those born after March 6 1961 will reach SPA on their 67th birthday.

Further increases are currently planned to become effective for those born after April 5 1977 to gradually increase the SPA. Those born after April 6 1978 will not be eligible until they are 68 years of age.

The Cridland report recommended in 2017 that this last planned increase to age 68 should be brought forward by seven years to become

effective for all those born after April 5 1970. However, these recommendations have not been adopted by the UK parliament.

The government is required to regularly review the SPA under the pensions Act 2014. The next review will consider whether the current rules around pensionable age are appropriate, based on the life expectancy data and other evidence.

In announcing the review the Department of Work and Pension emphasised that, as the number of people over SPA increases, the

government needs to make sure that it manages costs in a 'robust fair and transparent way for tax payers now and in the future'.

The review will consider a range of evidence, including the implications of the latest life expectancy data, labour market changes and people's ability and opportunities to continue to work after SPA.

The result of the review will depend upon how those making the review interpret the increased death rate due to Covid. This has reduced the annual cost of State Pensions by

over £1 billion. There is also considerable differences in life expectancy from different parts of the country. Could this be the start of 'postcode pensions'?

The main consideration, as far as government is concerned, is the ongoing cost of the state pension and ensuring that it remains sustainable in the long term.

The delays from the Department of Work and Pensions in processing state pension applications and making payments has thrown up some anomalies. One in particular is the case

of twin ladies, one living in the UK and the other in WA. They both applied based on the four months early time scale for their pensions which were due on October 8 2021.

The sister in the UK has been receiving her payments from the due date and the first payment didn't arrive for her Australian twin until December 9.

When the Minister for Pensions informs parliament that the delay problems are a thing of the past his comment might only be true as far as the UK payments are concerned.

There seem to be a deliberate policy to take overseas processing staff and use them to solve the UK problems not giving a fig for those living overseas.

If any readers have applied from overseas and waited more than the 26 weeks they are now quoting, please get in touch with me.

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



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Start 2022 on the front foot - perform a health check on your finances and accounts



by Hank Jongen,
General manager,
Services Australia

THE start of a new year can be a great time to reset yourself and your

finances. Here are some simple things you can do to set yourself up for 2022.

First, check and update your Medicare bank details. This may seem obvious, but if you haven't told Medicare about your new bank details they aren't able to pay you the benefits you're owed. The easiest way to update your bank details is online through your Medicare account linked to myGov, or in the Express Plus Medi-

care app.

Once you've given your new bank details, any refunds you're owed will be paid to you automatically.

Next, in the same vein, check and update your income and asset details with Centrelink. This is something you can do anytime through myGov or the Express Plus Centrelink app. By doing it at the beginning of January, you'll help ensure you receive the right payment from Centrelink.

Third, check for any lost superannuation. You can search for any lost super with the ATO by logging into your myGov account and clicking on 'Manage my super.' If you can't access ATO online services, you can call them on 132 865. You'll be asked some questions and will need to give your tax file number, so be ready when you contact the ATO.

Lastly, it's a good time to check on how your budget is going. A bud-

get is a great way for you to take control of your spending and take advantage of any savings that might become available. An easy place to start is to look at last year's credit card statements to see where your money is going.

The Moneysmart website, moneysmart.gov.au, gives five steps to create a budget:

- 1) Record your income – how much is coming in and when
- 2) Add up your expenses

es – the essential items you need to pay for to live

3) Set your spending limit – the money you have for 'wants'

4) Set your savings goal – how much you want to save

5) Adjust your budget – it changes as your lifestyle changes.

You can also find out more about budgeting on our website, where you'll find the 'Simple Money Manager' tool. This helps you see how

much money you have coming in and going out. You can find the tool by searching for 'budget' on our website, www.servicesaustralia.gov.au.

That's all for this month. See you in February.

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

Upcycling old products can lead to new friendships



by Jon Lewis

I LOVE my Weber kettle F code 1984 chocolate barbecue. I've polished it, cooked on it and polished it again. The wooden handles have lovingly been sanded, stained and varnished. Even the wood screw has been thoughtfully polished to a newish look.

There was a part, per-

haps many would say, the most important part, that required the same attention:– the grill.

This important and thoroughly over-worked component required love. A lot of love.

You may know that I am loath to discard a beautifully made item, merely because it is dirty or old. This was both and in a very big way both, may I say.

Do you know almost nothing is the same convenient diameter as a full sized grill. No tray, dish or pool. They are either too big or too small. I now better understand Goldilocks predicament, I bear witness to that.

A solution, however,

did arrive, with a little help from... first my new friends.

The appreciation group of such things I am interested in, jumped into full swing once a friend was in need. The ideas came fast and frequent. Everything from fantastic to funny. Fabulous to fermented. I enjoyed them all. Then I was enlightened that a 205L blue plastic drum was the diameter required with a little to spare. Cut the bottom off too about 12cm and you have the most perfect bowl in a charming TV electric blue, Wow! Plus you are left with a bonus blue table or huge plant pot.

Thank you new friends.

Now where do you find such a thing?

My long time good friend discovered my interest and with an intriguing smile said: "I think I know someone".

A few days later arrived it did, a blue barrel of fun. Soon it was cut to shape and my grill was cleaned to hygienic perfection.

My 1984 Chocolate F seemed to smile with delight. As I did also.

I am once more confirmed in my resolution to celebrate the company of new and long friends.

Thank you, friends. All the best.

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As happened... a look at wages growth in 20th century Australia



by Lee Tate

THE rise and rise of wages over the decades is in the fabric of our history.

But cutting wages? It happened! At the hands of the Arbitration Commission, wages were slashed and unions were compelled to take a few belly-blows.

In 1921, Australia's wage earners were granted pay rises every three months – quarterly wage

indexation. And Mr Justice Powers granted workers an extra three bob to compensate for the lag between the time of price rises and adjustments to wages.

Basic wage earners were paid £4/0/6 in 1922, after three years of unemployment following World War I.

Quarterly pay rises kept coming for workers for seven prosperous years. In 1929, the basic wage was £4/6/0. But the clover was about to be cut.

In came the rumblings of the Great Depression. Consumers could no longer afford to pay for goods. Prices came tumbling down, dragging wages and job opportunities with them.

But market forces didn't

drag wages down enough for employers and they applied to the Arbitration Commission to slash wages.

The commission obliged, cutting all wages, including the basic wage. Junior bank clerks who were getting £75 a year found their pay packets containing only £67/10/0.

The next year and the year after that, unions sought to have the 1931 wage rate restored. Both times, it was rejected.

Finally, in 1934, the Commission ruled that wages could again be increased and bumped-up the national wage by eight pence.

But the wheel turned again and on August 5, 1952, employers applied to the Commission to

suspend automatic wage adjustments. The hearing turned out to be an eventful, historic session for Australia's wages judges.

Chief Judge, Sir Raymond Kelly, lorded over five senior judges in Melbourne and they trooped in and out of the courtroom for a solid nine months, but were still unfinished.

Then Mr Justice Foster begged-off due to his regular workload overseeing maritime industrial relations. The other judges ruled that they could not go on without him, having heard so much evidence and submissions as a Full Bench.

Employers stormed off to the High Court. The High Court agreed with them and ruled that the

Commission could proceed and in 1953, they did.

During 93 sitting days over 12 months – another drama. Mr Justice McIntyre was taken from the hearing for treatment of a rare blood disease. He died 10 days after the hearing finished.

In 1953, in the dying months of the employers' bid to kill costly wage indexation, they produced figures to support their case. In eight years, Australia's hourly wage rate had jumped by 149 per cent. In the US, the rate had risen only 71 per cent and in the UK only 59 per cent.

On September 11, 1953, the exhaustive Commission hearing finally ended. Next day,



the eminent judges announced the end of wage indexation.

On April 30, 1975, as a reporter in Melbourne, I watched as a Full Bench of the Arbitration Commission reintroduced quarterly national wage reviews to compensate for price increases, reflect increased productivity and for work value

changes and special circumstances.

Policies of the Fraser and Hawke Governments between 1975 and 1983 were designed to regulate wages and reduce strike levels by enhancing the power of centralised wage-fixing institutions.

After a successful six-year run, wage indexation broke down in July 1981.

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WE are kicking off the new year with one of our most popular competitions and we have five, \$20 Lotterywest Scratchie packs to give away to some lucky people this month.

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Congratulations to Linley Gould, Nicola Spadaccini, Gwen White, David Esmond and Joanna Chamberlin, our November Scratchie winners.

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by Karen Majer

CHRISTMAS is traditionally a time of giving. That feeling has been reinforced for me by the way my local community is stepping up with acts of kindness and generosity in the face of the bush-fire raging near Margaret

Just being kind to yourself and others makes you happier

River as I write this.

It's heartwarming to see Facebook posts offering everything from free coffee and meals for the fire-affected to agistment for livestock and places to stay.

Around Australia we see this generous spirit over and over again in response to floods, bushfires and other disasters. These emergencies and the Covid pandemic have inspired amazing acts of generosity and a deeper appreciation of the meaning of community.

We all know that both

receiving and giving kindness make us happier. A lot of scientific interest in the subject has yielded fascinating results. Virtue is its own reward, as the saying goes, and the same could be said of kindness.

Research indicates that there are benefits for the giver, the receiver, and even the observer, including increased production of oxytocin, sometimes called the 'love hormone', that acts as a neurotransmitter in the brain. Oxytocin plays

a key role in bonding, birth and parenting but it has many complex effects including reducing stress and increasing self esteem, trust, gratitude and empathy. There are physical health benefits too and even a suggestion that it slows ageing. If someone is kind to us, we tend to pay it forward and act more generously to someone else.

Kindness is hard-wired in our makeup. It has evolved in our genes and our culture as part of our success as a species.

Many people have misinterpreted Darwin's survival of the fittest, based on a competitive process of natural selection in which only the fittest survive, to mean humans were violent, competitive and self-interested to achieve evolutionary advantage. However Darwin himself argued that we are a profoundly social and caring species and that our social instincts, including our tendency to sympathy, might even be stronger than our instincts for self-preservation. There are

advantages in helping our relatives and our social group.

Author and scientist Dacher Keltner, reported in *Scientific American*, says: "this kind of science gives me many hopes for the future. At the broadest level, I hope that our culture shifts from a consumption-based, materialist culture to one that privileges the social joys (play, caring, touch, mirth) that are our older (in the evolutionary sense) sources of the good life."

As we start a new year

in challenging times, let's look for opportunities to be kind, for everyone's sake.

Revolutions never start at the top. If we dare to dream of a more loving country – kinder, more compassionate, more cooperative, more respectful, more inclusive, more egalitarian, more harmonious, less cynical – there's only one way to start turning that dream into a reality: each of us must live as if this is already that country, wrote Hugh Mackay in *The Kindness Revolution*.

Father and son duo brave a fear of heights to raise money



Gerry Coleman and son Ben brave their fear of heights

SCARED of heights and never abseiled before Have a Go News reader Gerry Coleman put on a brave face to take part in Multiple Sclerosis WA

(MSWA)'s Central Park Plunge last year.

Gerry said he is a fit and healthy 60 something and decided he would have a go and take the plunge after one of his friends was diagnosed with MS.

He partnered with his 28-year-old son Ben and discovered that Ben too is afraid of heights. The brave pair literally put their foot forward to help raise important funds for MSWA.

"It was only when we got to the 50th floor for our induction that I truly realised how petrified Ben was. Our chaperone who brought us up in the lift beckoned us to the window to check out the amazing view. Then Ben retreated to the middle of

the room with profusely sweating palms.

"The abseil itself was nerve-racking but the trained professionals who helped us take that fearful step off the building not once but twice, as it was in two stages, were fantastic.

"Ben who is a muay thai martial arts fighter said the whole experience of stepping off a 52 storey building is mind blowing and was more daunting than stepping into the ring with someone who wants to kick you in the head."

Gerry said it was an amazing father/son bonding experience and he has nothing but immense pride for Ben taking that leap of faith over the edge and into the unknown.

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Have a Go News' Letters to the editor

Dear Editor,
AFTER reading the Dick Smith article I am not sure if he was misquoted or I am misinformed in regards to his comments on electric cars (EV).

In the article he says "electric cars are for the wealthy. I've got two but they cost twice as much per km to run as petrol cars."

Unlike New Zealand, to date we have no national incentives for purchase of electric cars, or manufacturers to send their best electric cars here at affordable prices.

However, regardless of this I am led to believe that will begin to change next year with the arrival of BYD electric cars priced from around \$35-40,000 and other Chinese manufacturers are also competing.

I don't believe at that price electric cars are only for the wealthy.

According to Australia's Electric Vehicle Council, powering an EV is around 70 per cent cheaper compared to a car with internal-combustion engine powered by petrol or diesel, saving EV drivers, on average, \$1600 in fuel costs each year.

Doug Steele
Via email

Ed: Dick Smith was including the cost of purchase as well as fuel costs.

Dear Editor,
THANKS to *Have a Go News* for getting one of Services Australia staff to ring me and sort out my pension application.

If it was not for the lady who rang me and helped me worked the way through the forms, I would not have been able to complete the application.

We now are sorted and hope this is all we have to do.

Dear Editor,

Re the article about Doug's canoeing days on Herdsman Lake in the *Have a Go News* November issue brought back happy memories of my childhood of the mid-fifties.

We lived in Harbourn Street just up from Scarborough Beach Road. Behind us was a swamp with a

sawdust horse training track around it.

I and other local kids spent many hours paddling between the clumps of rushes. We also cadged car roof tops from the nearby auto wreckers. FJ Holdens were ideal for the job. We knocked up canoes from sheets of corrugated iron. These we

Trying to get the correct person to talk to is not easy.
Cheers to all.

David Jones
Maylands

Ed's note - our Q&A service we provide with the column from Services Australia general manager Hank Jongen has proved extremely helpful for our readers. We are always pleased when we hear great outcomes.

made watertight by pressing soft tar we pulled from the edge of the road into the joins. After a few hours we stashed the canoes and headed home, wet, a bit muddy and the odd two or three leeches clinging to our legs. Gee they were great days.

Rex Sallur
Bibra Lake

Dear Editor,
ROD Mitchell wrote: "We can do lots of things in our own lives in response to climate change,"

Did you know that you can save money and reduce emissions by becoming an all-electric household?

The report *Affordable Energy Choices for WA* households states "that in most cases, when a gas appliance required replacing, it is economic to install an efficient electric appliance instead."

This applies to homes where just one or several gas appliances needs replacing.

This is backed up by another report, *Castles and Cars: Savings in the Suburbs through Electrifying Everything by Rewiring Australia*. This shows that electric cooktops, hot water heating and room heating systems are cheaper to operate, but more expensive to purchase. For homes making the switch there are estimated savings more than \$5,000 by 2040.

Major banks are now providing financing for these goods and one has 0.99 per cent fixed interest loan over 10 years for up to \$20,000. Also, the Australian Climate Dividend could help pay for the change.

The average household emits 11 tonnes CO2 per year and a totally electrified household emits zilch. Is this change something you can do?

Paula Samson
Applecross

Dear Editor,
THANK you for your excellent article in October by Lee Tate regarding revising the State flag. I absolutely agree with you that 'maturity requires revision, reviews that reflect a changing world and changes that will carry us forward.'

Anne Kiew

Submissions may be edited for clarity and space

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Time is running out...

WOMEN'S Hall of Fame, last year, enjoyed a journey reflecting on the inspiring women who were part of this State's history prior to 1921 and shared their stories through the touring Photographic Exhibition.

Nominations are still open for 2022, in the categories of: Health, Community, STEM, Culture, Education, Sport, and Business.

Nominations are still welcome for the 'Roll of Honour', for women to be inducted posthumously.

Championing this year's call for nominations is 2011 WA Women's Hall of Fame Inductee, Ms Janet Holmes a Court AC.

"As an inaugural inductee, I am very pleased to champion the WA Women's Hall of Fame's 2022 call for nominations," she said.

"There are eight categories including the Arts, something about which I am passionate. Art in all its varied forms has the ability to influence society, to possibly change opinions, instil values, and connect communities. All elements exhibited through the 227 WA Women's Hall of Fame inductees.

"It is important to recognise women's achievements in all areas of community, so I encourage you to think about nominating a woman you know, particularly in the Arts. Let's celebrate their achievements in 2022."

The Hall of Fame is an incredible record of the diversity in life for women around our State. It celebrates the social, economic, cultural, and political achievements of women, reflecting on how far we have come, and how far we still must go to realise gender equality.

The WA Women's Hall of Fame 2020 would not be possible without our valued supporters and sponsors; Sea Containers WA, Family Access Services, Centre for Women's Safety and Wellbeing, IGO, St John of God Health Care, RTRFM 92.1, Edith Cowan University, HESTA, and Brookfield Properties.

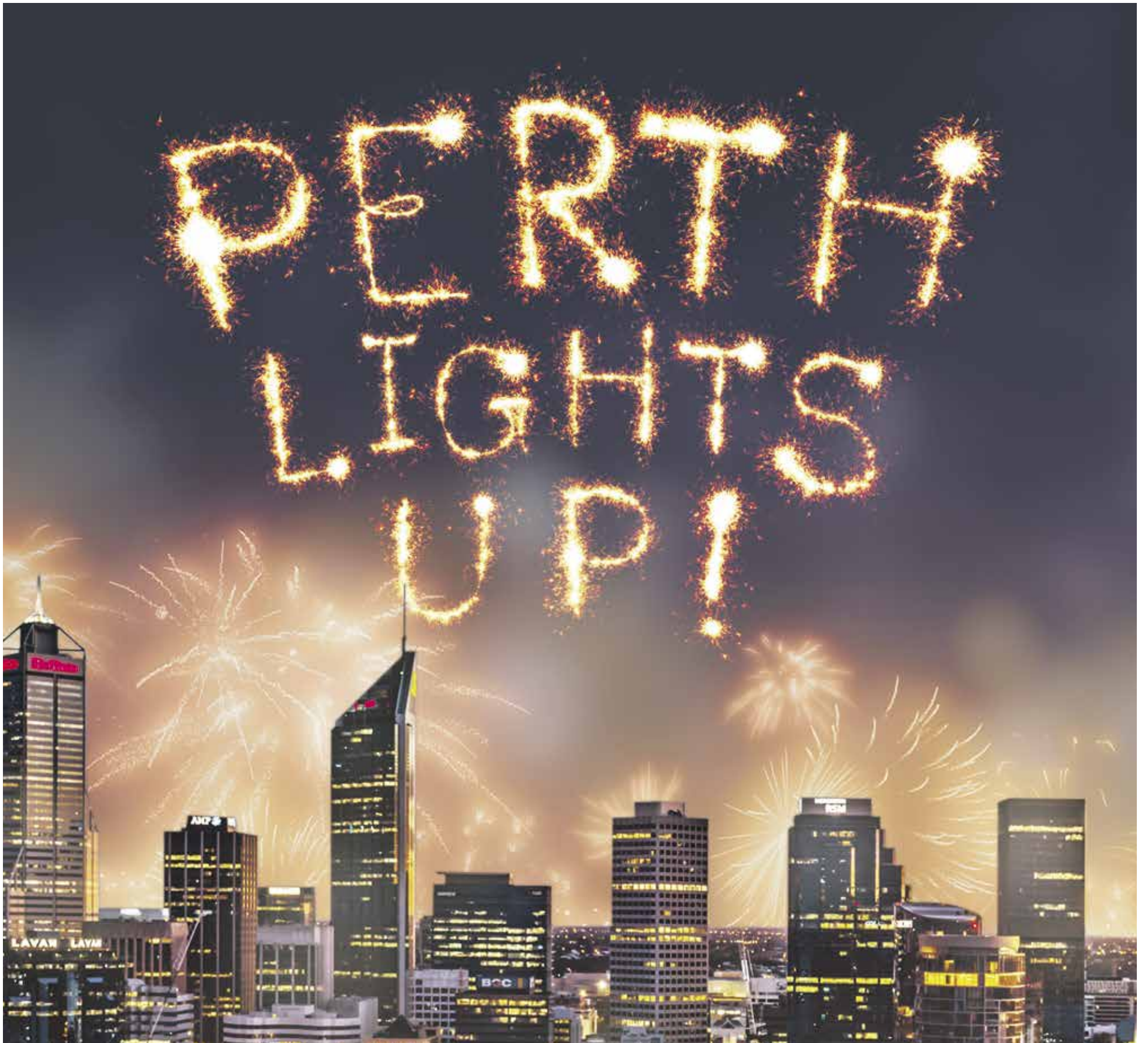
Nominate Now

Nominations accepted until 5pm, Friday February 4 2022.

Visit: www.wawomenshalloffame.com.au/nominations.htm

Categories: Community, Business, Health, Education, the Arts, Culture, STEM and Sport.

For more information contact: wawomen.shof@gmail.com



REFLECT, RESPECT & CELEBRATE THIS AUSTRALIA DAY UNDER A SPECTACULAR SUMMER SKY



SKYWORKS

**SWAN RIVER, FROM 8PM
JANUARY 26**

Watch the largest and longest Australia Day fireworks display in the nation across the city.



BIRAK CONCERT

**SUPREME COURT GARDENS, FROM 3PM
JANUARY 26**

A stellar lineup of Aboriginal and Torres Strait Islander talent.



ENTERTAINMENT ZONE PRESENTED BY LOTTERYWEST

**LANGLEY PARK, FROM 3PM
JANUARY 26**

Fairground rides, water slides, food markets and more.



City of Perth

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Australia Day
Reflect. Respect. Celebrate.

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94.5

Assisted by the Australian Government through the National Australia Day Council.



Seniors Recreation Council Jottings



WELCOME to 2022, SRCWA hopes everyone had a wonderful break over Christmas and New Year and we look forward to bringing an exciting year of programs and events to WA seniors.

Bunbury LiveLighter Seniors Activity/Information Day

The LiveLighter Activity Information Day for Bunbury was held on Thursday November 11 at the new venue the Stirling Street Arts Centre. This venue came on board with sponsorship for the event and we extend our thanks to them. It allowed us to run indoor and outdoor displays and we had about 800 people in attendance. Clubs, groups, businesses and organisations provided a raft of information for people. A range of activities were available including; Bunnings craft activities which were very popular, portrait drawings, Bunbury Regional Hospital display of new plans and a display from the WA Police. After a few songs from the *Serenading Singers* the Bunbury deputy mayor, Cr Tresslyn Smith opened the event.

The Fusion Group gathered memories from attendees and at the conclusion of the day wrote and presented a song woven around these. This initiative was funded by South West Women's Health Information Centre.

SRCWA thanks and acknowledges:

- The SRCWA Bunbury branch with president Barbara Fleay and her team of dedicated volunteers making this event a great success. Special mention to the MC Fiona Hinds.
- Bunbury Regional Corrective Services staff and trustees for setting up and packing down the event.
- Stirling Arts Centre Bunbury, City of Bunbury, Red Cross and Bunnings for their support.

Our appreciation goes to LiveLighter Healthway, for sponsoring this event and to Department of Local Government, Sport and Cultural Industries and Dept of Communities for their continued support.

Have a Go Day 2021 a LiveLighter Event, Thank you morning tea.

The *Have a Go Day 2021* a LiveLighter Event, thank you morning tea for sponsors and volunteers was held on Tuesday November 23 at the Dept of Local Government, Sport & Cultural Industries building.

The sponsors who attended the morning tea expressed their appreciation to SRCWA for our organisation of the event. Everyone was impressed with the attendance of thousands of seniors, the layout, attention to detail and adherence to all the Covid recommendations. We were also pleased that 45 volunteers attended and it gave SRCWA the opportunity to thank them for their efforts.

It is a privilege to acknowledge and thank our sponsors and volunteers for their support and hard work in making *Have a Go Day 2021* a LiveLighter Event such a brilliant success.

Albany LiveLighter Aged Care Games

The LiveLighter Aged Care Games in Albany were held on Thursday 25 November at the Albany Leisure and Aquatic Centre. A huge vote of thanks to state president Phil Paddon, his wife Pat, vice president Graham Bennett, and Marilyn van Sambeek who facilitated the games. Local teams from the Great Southern region took part in a range of games which have been modified for seniors in care. It was great to see familiar faces and catch up with all the facility's staff who enthusiastically support their participants and theme their teams. Apart from the very competitive nature on the day there was a lot of enthusiasm, laughter, fun and enjoyment. SRCWA thanks and acknowledges the support from the Albany Over 50s Recreation Association who volunteered to set up and officiate on the day. Entertainment was provided by Jim and Jenny's Country who provided a medley of songs throughout. Third place was Baptistcare Bethel *Bethel in Wonderland*, second place Plantagenet Cranbrook *Overton Rebels* and in first place Albany Community CC *Punk Rockers*. Best dressed team was Baptistcare Bethel in *Wonderland* and the oldest competitor on the day was 99-years-young Arthur Pearce from *Punk Rockers*.

Thank you to Albany photographers Bob Symons and Malcolm Heberle.

If you would like to take part in the 2022 SRCWA Great Southern LiveLighter Aged Care Games, please contact the SRCWA office on 08 9492 9773.

Key Diary Dates for 2022

- 31 January to 5 February** SRCWA Annual Seniors Camp at Quaranup
- 3 March** LiveLighter Aged Care Games - Avon
- 31 March** Rockingham *Have a Go Day*, a LiveLighter Event, Mike Barnett Sports Centre
- 28 April** LiveLighter Aged Care Games - Bunbury
- 17 May** Seniors Activity/Information Day - City of Vincent
- 1 June** Annual Seniors Ball, Astral Ballroom, Crown Perth.
- 6 to 13 November** WA Seniors Week
- 9 November** *Have a Go Day*, a LiveLighter Event, Burswood Park, Great Eastern Highway, Burswood

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

The magic of the river can be found when paddling



Marilyn on the water

by Karen Finlayson

STANDING with fellow graduates, 19-year-old Marilyn was waiting to hear where she would be sent for her teacher posting. Her name was read first, with the placement... Koolan Island! She burst into tears – not because she didn't want to go. She really didn't know where she wanted to go but had expected somewhere closer to home. 'Metropolitan' had been her first choice.

Marilyn was born and raised on the river in Kenwick. She lost her mum three years before – a huge shock. For the previous two years her mum had been in and out of hospital but had always returned home... then

she didn't. Her mum had been a strong woman also raised on the river, milking three cows and selling their milk to subsidise the family budget. Marilyn's dad worked a market garden as well as being the local postie.

Looking back, Marilyn believes her parents were the most tolerant people she has ever known. Opinions and behaviours were respected and worked with when necessary.

After a local boy smashed her father's watermelons, her father simply said: "If you had asked, I would have given you one".

The next day the boy returned with his mates and they all put in the request. Her father duly

handed each a melon.

Her parents took Marilyn and her sister past the watermelons to swim each day from the age of four. By the time they were nine they were deemed to be safe at the river without supervision. The local kids made canoes out of galvanised iron, and to avoid sinking, kerosene tins were sealed and tied to either end. Paddling up and down the river each day from October to April, the kids knew all the nooks and crannies and what to look out for. Reading the water and weather became instinctive. The green slime would disappear at the start of each season when they stirred up the water and leeches taught them not to procrastinate when they dived off logs on the bottom of the river.

Marilyn loved school and did well, receiving a scholarship to Perth Modern School – she knocked it back believing it too posh for the bush-whacker she felt she was. Kent Street SHS seemed a much better option.

Much of Marilyn's life was shaped when she was in grade two and

a neighbour walked across the paddock to buy milk. The families became friends and Marilyn delivered their milk and played with their children – she loved babies. Seven years later she agreed to be godmother to all three and by the time she graduated from Teachers' College she was godmother to a further three. The family moved to Koolan Island, hence her third choice on the teacher posting form.

"Koolan will be rough", said her dad. However, the minute she landed on the airstrip, the longest golf course in the world, she loved it. She taught there for three years and to the god-kids' great joy, unexpected circumstances led her to live with them.

Learning golf on the airstrip began a life-long, much-loved activity, but nothing ever surpassed river-kayaking. Retiring early due to hearing loss after 29 years of teaching, Marilyn was introduced to the Over 55 Canoe Club. Members paddled Canadian canoes, similar to those she paddled as a kid, but bigger (open

from end to end, slow and heavy).

Three years later club members purchased plastic minnow's (enclosed front and rear sections with open cockpits). Marilyn's husband tried one out at a club camp. He followed instructions, but with no strength in his shoulders he, returned to golf.

Between the river at the bottom of the garden and the kids across the paddock, Marilyn's childhood had clearly marked out her future. As Aristotle wrote: "give me a child until they are seven and I will show you the adult."

If you are interested in paddling with the Over 55 Canoe Club contact: club president Chris Cocker on 0410 479 024 or club secretary Dale Winn on 0420 733 024. For more information please view our website at www.over55canoecub.org.au



Backstage tours of Perth Concert Hall

THE public are welcome to discover the backstage areas of the Perth Concert Hall. The tour includes a display of historical information on the Lower Gallery Foyer and audio and lighting equipment of old, on the Upper Gallery Foyer.

Dates and times include Tuesday January 25; Monday February 14 and Monday February 28.

Each session runs for about 30 minutes and tours will run at 10am and 11.15am.

Entry is by gold coin donation.

To book, just email info@perthconcerthall.com.au stating what day and time you would like to attend.

Have a Go News no longer accepts plastic lids

HAVE a Go News is no longer a collection point for Lids for Kids.

Currently there is no coordinator for Lids for Kids in WA and we cannot continue to collect lids.

Lids for Kids in the eastern states has joined forces with Re-think Recycling, but they are yet to set up centres in WA.

We will keep readers up-to-date with developments as they come to hand. Containers for Change depots take clean lids and Precious Plastics in the southern suburbs will also take clean lids only.

We take the opportunity to thank the hundreds of people who have taken on this initiative and have recycled their lids.

There is an obvious desire in the general public to recycle further, if you would like to encourage our state government to offer better recycling contact Environment Minister Reece Whitby.



PERTH CITY Anglicare WA Wills Day

Where there is a Will there is a way

Say goodbye with clarity and love with our Wills Day and Info Session.

Date: 24 February 2022

Cost: Info Session Free. Wills only \$70

► To register or Info: Contact 9263 2076 or anglicarewa.org.au/get-involved/events



AnglicareWA



HAGNBS6-057865

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



St. Patrick's Church

10.15am each Sunday

Regular services of Holy Communion

Kids Program

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

Kids Program runs during school terms

Holy Honey

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www.stpatricksmtlawley.com

Father Stephen Conway 0478 514 516



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5
DAYS

**SOUTH WEST
FOOD & WINE TOUR**

STAYING AT THE PULLMAN BUNKER BAY RESORT

TOUR HIGHLIGHTS

- ★ Lunch at the Eagle Bay Brewing Co
- ★ Koomal Dreaming Kaya Experience with dinner
- ★ Tour & Tastings at Leeuwin Estate Winery
- ★ 3-course lunch at Leeuwin Estate Winery
- ★ Arimia Estate Farm Tour & Lunch
- ★ Scenic drives and views of the beautiful WA Southwest
- ★ BBQ Dinner on the Terrace overlooking Bunker Bay

TOUR INCLUSIONS

- ✓ Home pick-up and return by private car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ 4 nights' accommodation at the Pullman Bunker Bay Resort
- ✓ Breakfast Daily, 4 lunches and 3 Dinners
- ✓ Deluxe Coach travel with Professional Driver
- ✓ Sightseeing and entry fees as per the itinerary**

TRAVEL DATES 14 TO 18 MARCH 2022

\$2650* Per Person Twin Share
Single Price **\$3345***



3
DAYS

**ROTTNEST
DISCOVERY**

WA'S EMERALD ISLE IN A SEA OF SAPPHIRE

TOUR HIGHLIGHTS

- ★ See the stunning sights on Rottnest Island
- ★ Learn about the Cultural & Historical Heritage from past to present developments
- ★ Hear about the diverse range of wildlife and flora
- ★ Enjoy a cocktail as the sunsets

TOUR INCLUSIONS

- ✓ Home pick-up and Return by private car
- ✓ Kings Tour Manager
- ✓ Return Ferry Ticket to Rottnest
- ✓ 2-nights' at the Karma Rottnest Lodge
- ✓ Breakfast daily, 1 lunch and 2 dinners
- ✓ Welcome Drink & Sunset Cocktail
- ✓ Comprehensive Island Tour
- ✓ Wildlife & Heritage Tour

TRAVEL DATES 1 TO 3 MARCH 2022

\$1150* Per Person Twin Share
Single Price **\$1485***



5
DAYS

KALBARRI

STAYING AT THE KALBARRI EDGE IN SPA SUITES

TOUR HIGHLIGHTS

- ★ Tour the main sights of Geraldton
- ★ Pass through the historic town of Northampton
- ★ Visit the brand new Skywalk for breathtaking views of the Murchison River and beyond
- ★ Enjoy a Sunset Cruise
- ★ Travel down the Murchison River on a Kalbarri Wilderness Cruise
- ★ View the magnificent colour of Hutt Lagoon's famous Pink Lake

TOUR INCLUSIONS

- ✓ Home pick-up and return by private car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ 4 nights' staying at the Kalbarri Edge Resort
- ✓ Breakfast daily, 4 Lunches & 4 Dinners
- ✓ Luxury coach with professional driver
- ✓ Sightseeing and entry fees as per itinerary**

TRAVEL DATES 4 TO 8 APRIL 2022

\$2290* Per Person Twin Share
Single Price **\$2740***



10
DAYS

KIMBERLEY SPIRIT

KUNUNURRA TO BROOME

TOUR HIGHLIGHTS

- ★ Welcome Dinner in Kununurra with wine
- ★ See the local sights in Kununurra
- ★ Ord River Cruise from Kununurra to Lake Argyle
- ★ See an abundance of natural beauty and wildlife
- ★ Cruise on Chamberlain Gorge at El Questro
- ★ Overnight stay at the Emma Gorge Resort including dinner
- ★ Cruise the remarkable Geikie Gorge
- ★ Enjoy two nights at Cable Beach Club, Broome

TOUR INCLUSIONS

- ✓ Home pick-up and return by private car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Return economy airfares and taxes
- ✓ 9 nights' specially selected accommodation
- ✓ Breakfast daily, 3 lunches and 8 dinners
- ✓ Luxury coach with a professional driver
- ✓ Sightseeing and entry fees as per itinerary**

TRAVEL DATES 10 TO 19 JUNE 2022

\$6790* Per Person Twin Share
Single Price **\$8390***



6
DAYS

**ANZAC DAY
IN ALBANY**

STAYING AT THE NEW HILTON GARDEN INN

TOUR HIGHLIGHTS

- ★ Lunch at Williams Woolshed
- ★ Explore the local sights of Albany
- ★ Visit the Albany Wind Farm
- ★ Visit the National ANZAC Centre
- ★ Attend the Anzac Day dawn service held on Mt Clarence in front of the Light Horse Memorial
- ★ Visit and explore the town of Denmark
- ★ Cruise on the Kalgan River

TOUR INCLUSIONS

- ✓ Home pick-up and return by private car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Luxury Coach with professional driver
- ✓ 5 nights' accommodation at the Hilton Garden Inn Albany
- ✓ Breakfast daily, 3 lunches and 5 dinners
- ✓ Sightseeing and entry fees as per itinerary**

TRAVEL DATES 23 TO 28 APRIL 2022

\$2790* Per Person Twin Share
Single Price **\$3450***



5
DAYS

**EXMOUTH
GETAWAY**

TOUR HIGHLIGHTS

- ★ Visit the Ningaloo centre and enjoy morning tea
- ★ Enjoy a boat cruise through Yardie Creek
- ★ Enjoy a visit to Turquoise Bay
- ★ Enjoy an afternoon cruise with drinks and nibbles
- ★ Visit Charles Knife Canyon
- ★ Enjoy a glass bottom boat cruise in Coral Bay

TOUR INCLUSIONS

- ✓ Home pick-up and return by private car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 4 nights' accommodation at the Potshot Resort Hotel
- ✓ Breakfast daily, 1 morning tea, 3 lunches and 4 dinners
- ✓ Transfers throughout with professional driver
- ✓ Sightseeing and entry fees as per itinerary**

TRAVEL DATES 24 TO 28 MAY 2022

\$3150* Per Person Twin Share
Single Price **\$3650***

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* Per Person Twin Share. A \$200pp REFUNDABLE deposit is required to secure a booking and if the tour does not proceed due to COVID, border and quarantine restrictions, the deposit will be refunded to you in full prior to final payment.
**Itinerary subject to change due to operational reasons and event re-scheduling.

A single blood test for more than 50 different cancers may soon be available



Professors Peter Gibbs and Jeanne Tie

40 per cent at stage 2, 77 per cent at stage three and over 90 per cent at stage four.

Early detection is the gold standard for cancer treatment. Not only does it increase the survival rate by five to 10 times, it also reduces the complexity and cost of treatment.

At present screening is available for only five cancer types: breast, colorectal, cervical, lung and prostate. These together make up less than half of cancers usually found in people over 50. They also result in high rates of false positives, leading to unnecessary treatments.

Two Australians, Professor Peter Gibbs and Associate Professor Jeanne Tie of the Walter and Eliza Hall Institute, were involved in develop-

ing the test.

Professor Gibbs said blood tests that could accurately detect the early stages of cancer, well before symptoms are present, were urgently needed as cancer mortality rates are directly related to how advanced a cancer is at diagnosis.

"While screening tests for some cancers have already been developed, and are associated with earlier diagnosis and better outcomes, for many major tumour types there are no effective screening tests.

Significantly existing tests can only screen for one cancer at a time," she said.

The Galleri test can positively detect between 69 and 98 per cent of people who had cancer of the ovary, liver, stomach, pancreas, and oesophagus, for which no screening tests are currently available.

The specificity of Galleri was greater than 99 per cent, meaning that fewer than one per cent of people had a false positive result from the test.

Associate Professor Tie said the Galleri test had the potential to be a one-stop, safe screening test for multiple tumour types that should have high community acceptance.

"For the first time we have the promise of a screening test that will lead to earlier diagnosis and improved survival outcomes for many tumour types that are major contributors to cancer deaths in our community," she said.

Professor Gibbs said he hopes the test would become part of a regular check-up at least once

a year.

"It's probably going to have a much bigger impact on tumours like pancreas cancer which are almost always diagnosed late, rather than bowel cancer which we pick up a little bit earlier," he said.

"It is going to vary cancer by cancer, but it should have a major impact on all the tumour types and reduce cancer deaths in Australia by many thousands," he said.

While the test is already in use in the United States, the Oxford University in Britain is looking for 100,000 volunteers from a range of ethnic backgrounds to provide blood sample to assess how well the test works in the UK system.

Those taking part will be advised to carry on with their usual screening

appointments and contact their GP if they notice any new or unusual symptoms. The small minority who are found to have potential signs of cancer in their blood will be referred to a hospital for further tests.

Professor Crispin Dass of Curtin University medical school said the test has potential in Australia where the incidence of cancers is quite high.

"However, I think we should wait for the results of the Oxford University study and not jump right in. They should be available in one or two years."

The test is available in the US at a cost of around \$1200.

"The cost is important, while it may come down with widespread use it is not certain if it would be cost effective at this stage," he said.

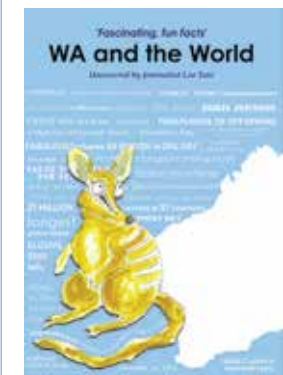
by Frank Smith

AN INTERNATIONAL team of scientists have developed a blood test, – the Galleri test – that screens for more than 50 different cancers in older people and can detect many at an early stage.

The test is sensitive to cancer DNA floating

freely in the blood and cancer-related proteins. Machine learning has enabled the test to look for multiple cancer types and predict their origin with a high degree of accuracy.

The test was able to detect tumours in 70 per cent of patients on average; 17 per cent of cancers at a very early stage,



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

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

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

The author's earlier companion book, *Awe-*

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

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

"I'm actually sharing these facts with my on-air listeners on Curtin Radio. They are fascinated... it

is never too late to learn new and amazing facts. It is the perfect gift for someone who thinks they know everything," said Jenny.

Fascinating, Fun Facts: WA and the World is available from *Have a Go News* for \$25 plus postage. Phone 9227 8283 or see coupon on page 41. Or collect at 137 Edward Street, Perth, in office hours.

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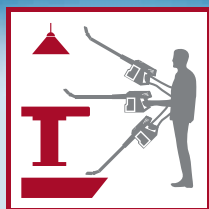
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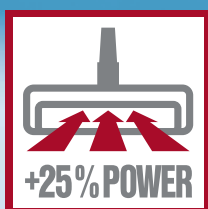
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The Genesis G70 is cool as cucumber - perfect for summer driving



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

THOSE of us who have been around the block more than a few times are bombarded with many newer world curiosities.

The joy lives in the fact that while we may not always embrace the full understanding of them, there are many characteristics that make immediate good sense.

Some of which include a heightened sense of gratefulness. The notion that it is, in fact, way better to give than to receive. The joy of a grandchild or two remains palpable.

The discovery of a much loved vintage watch, or a spectacular red wine combine to deliver bliss. For me, as well as the above is to test drive a really wonderful motor car.

And the Genesis G70 delivers in trowels.

The question I am asked most frequently about a new car is, "How much?"

(From \$63,000 for the two-litre).

However, when it comes to Genesis, the way too often asked is "What is it?"

And therein lies the concern for the brand; most don't know what and how good it is. The marketing promotion has a way to go, should they not fall the way of Nissan's Infiniti.

The best way to characterise the Genesis brand is to say, it is to Hyundai what Lexus is to Toyota.

A smart, premium ver-

sion of any vehicle previously emanating from South Korea. Quiet, understated, with Audi level of sophistication, all at a more affordable price.

I had the pleasure of driving a G70 over the Christmas/New Year break; 44°C outside; cool as a cucumber behind the wheel.

In a world committed to more fuel efficient power trains; the Genesis is a cracking driving experience, whose days are now numbered. The global fascination with electric cars is inescapable.

The 3.3 twin-turbo is disarmingly quick, 274kW; not that you can

fully explore that around Perth.

You can be assured, the Genesis G70 is a well-kept secret in the medium luxury sedan segment.

For starters it's a sedan, not another SUV.

The shape, design and high levels of creature comfort levels, with 12-way electric leather seats make this a really desirable choice. The 3.3-litre from \$76,000 would be the one - great package when measured against European types.

Stacks of standard equipment; really smart looking alloy wheels, 10 inch infotainment touchscreen, Sat/Nav DAB and digital radio. However, I

was a little disappointed with the sound system; it felt underwhelming.

G70 standard five-year/unlimited km warranty plus 50,000km complimentary scheduled servicing is appealing.

If, like me, you want to indulge in one of life's many wonderful curiosities, stand away from the madding crowd, G70 could be a wonderful start to 2022.

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

DESTINATION WA

SUNDAYS 5.30

Classes and Courses

ADVERTISING FEATURE



Why not come and try dancing with the Mad Tatters Morris troupe

THIS is your opportunity to come and try Morris dancing. It's exciting, free and a great way to meet new people and keep fit.

It's also fun to dress up in the colourful costumes, top hats and bells. The dances are accompanied by musicians playing piano

accordions, melodeons, whistles and drums.

So if you would like to play with the group come along too.

The Mad Tatters Morris dancers are women and men who perform traditional and vigorous dances from English villages. Regularly performing at *Have a Go Day* the troupe have added sparkle, colour and fun to festivals for more than 10 years. They have performed across Australia and in Shanghai at interna-

tional dance events.

The group practice weekly on Tuesday evenings, starting February 1 at the Guildford Town Hall, Corner James and Meadow Street. Held from 7-9pm after the Woodbridge Tavern Irish Music Session.

Two workshops will be held in early February for interested people to attend in Midland and Beechboro. Wear comfortable clothing and bring a water bottle.

See below for details.

Summer Dance Workshops

Midland Sports Complex, 45 Patterson Drive, Middle Swan. Date: Saturday February 12. Time: 3pm to 4.30pm

Swan Active Beechboro, 332 Benara Road, Beechboro. Date: Wednesday February 16. Time: 10am to 12noon

For more information contact Christine Hogan 9279 8778 or email: MadTattersMorris@iinet.net.au or visit their Facebook: <http://tinyurl.com/hvj77xk>



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AGE 50+

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or call us on 9249 8558

Symphonic healing with gongs available in Albany



GONGING or "gong baths" is the ancient healing practice of sound therapy, where

sound frequencies are used to treat various physical and cognitive ailments.

Sound waves created via life size gongs are known to create calming effects on the nervous system. Long used by the Tibetans and the Greeks for therapeutic purposes, you too can experience the benefits of gonging today at The Sandalwood Shop in Albany.

The gong sessions are unique in that inhalation of pure organic Australian sandalwood oil is incorporated in every gong session to heighten beneficial effects and relaxation. During the session, the mind relaxes and folds into deep peace as the cells

of the body are gently massaged by the resonance of the gongs, helping to release old tensions and stress. Each participant takes home a complimentary inhalation scarf as a keepsake.

Daily Gong sessions are available at a cost of \$23 per person over the school holidays – typically at 10:30am, around noon and a late afternoon session about 2pm is also available by request at The Sandalwood Shop in Albany.

Bookings are essential to avoid disappointment, so call (08) 98456817 or email: albany@thesandalwoodshop.com.au to reserve your spot today.

Singers wanted for friendly choir

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

There are no political or religious affiliations

just melodious singing. There is no age limit or auditions.

The choir meets every second Monday commencing from February 14 from 10am to 11.30am and a social

morning tea follows.

They welcome anyone who is interested or just slightly curious.

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

Fun dance classes for the over 50s

IF you are over 50 and want to stay active and healthy in body and mind, WA Stage School (WASS) can help.

Operational for more than 40 years in Perth, they pride themselves on a long history of inclusive, fun dance classes for all ages.

The Beats program has been operating for three years and offers dance classes in jazz, ballet and tap for ages 50+.

The classes are low impact, casual and most importantly, fun. The social aspect of these classes is immeasurable, many people have formed beautiful friendships as a result of attending.

The physical aspect speaks for itself and WA Stage School cater to all abilities and all care is taken to ensure a safe and enjoyable environment for all.

Classes are available at the Malaga and Booragoon studios, class information is available at www.wastageschool.com.au, reception@wastageschool.com.au or call on 9249 8558.

They would love to welcome more people into the WASS family this year.

COMMUNITY NOTEBOOK

NUHRA COMMUNITY VISITORS SCHEME

Volunteers are needed. Would you like to make a difference to the life of an isolated resident living in an aged care facility in the community, by providing friendship and companionship by visiting once a fortnight. Contact Sonya 0414 942 426 or 9328 6272 nuhracys@westnet.com.au

MORNING MARKET

First Saturday of the month (except January). St Peter & Emmaus Church 8-11am 56 Green Street, Joondanna.

BURNS BEACH TWILIGHT MARKET

Every Wednesday until 23 March. 5pm - 8.30pm Ocean Parade foreshore Burns Beach.

BASSENDAN MELODY CLUB

Bassendean Community Hall Meets Fridays 10am-12pm From the first Friday in February Sing-a-long, entertainment and friendship New members welcome. Carol 9279 3718

INFORMATION DAY - U3A MELVILLE REGION

Friday 4 February, 1pm-3pm. Leisurefit, corner Stock Road and Canning Highway, Melville.

More than 20 learning groups/courses including mah-jong, history, Italian, ukulele, philosophy etc.

For info email Mark u3amelville@gmail.com

AUSTRALIA DAY Wednesday 26 January KALBARRI AUSTRALIA DAY FIREWORKS

10am-9pm at the Kalbarri foreshore Firework show 8pm approx. Market stalls 12-6pm. Food Stalls 12-8pm. Sausage sizzle, music family friendly day out.

BUNBURY SKYFEST AUSTRALIA DAY

From 7am Bicentennial Square

Blair Street.

A range of activities all day, there's something for every one and every age. Keep an eye on the sky at sunset for spectacular fireworks.

CITY OF SOUTH PERTH AUSTRALIA DAY MORNING CEREMONY & GREAT AUSSIE BREAKFAST

8am-10.30am Rotary BBQ breakfast 9.30am-10.30am Cost \$5 Sir James Mitchell Park, South Perth.

AUSTRALIA DAY COOGEE BEACH FESTIVAL

8am -12pm. Coogee Beach Reserve

A fantastic line up of entertainment. Music, dancers, free sausage sizzle, rides and slides. Drink vans and multicultural food to purchase.

AUSTRALIA DAY CONCERT

Presented by the Rotary club of Freshwater Bay. 5-7pm Woodbridge House, Ford Street, Woodbridge. An outdoor concert of light opera, music theatre and Australian favourites. BYO rug, chairs, food and drink. Tickets at trybooking.



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

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ADVERTISING FEATURE



travel options for the mature west australian



Tourism Minister David Templeman unveiling the mural with Bindjareb artist Peta Ugle.

to 'meeting place of the heart' – a fitting reflection of the spiritual connection to country portrayed in this artwork created by Peta and Corey Ugle. Titled Welcome to Mandjoogoodap, it tells the story of the beautiful waterways, wildlife, flora and fauna that abound in the local country Bindjareb Boodja, and was awarded first prize in a competition staged by WAITOC and Visit Mandurah.

Welcome to Country, an ancient custom in which Traditional Owners welcome visitors to their land, has been practiced by the Aboriginal people for thousands of years. This contemporary artwork, and related story, is designed to extend a visual portrayal of this custom. Drop into the Mandurah Visitor Centre and take a look.

As it seems we are in a state of flux with the opening date of the state still set for February 5, we will report on that more next month and what it means for travellers.

I always encourage readers to support our advertisers as these businesses allow us to bring you this newspaper for free each month.

Happy trails

Jennifer Merigan
Travel Editor



Mount Trio and Frank Smith visits Bremer Bay. There are loads of tours to enjoy from many of local operators and I was particularly taken with a new company Pawba which is for dogs and their owners to go on tour together.

HAPPY NEW YEAR, I hope this year brings some stability for our travel industry and the opportunity to perhaps wander a little further afield. This month we discover more delights around WA with Gail Williams attending a long table dinner on the Sky Walk at Kalbarri; Allen Newton explores

We have a great state to explore in WA and whatever this year may bring we will continue to explore our own backyard.

The Western Australian Indigenous Tourism Operators Council (WAITOC) installed another stunning artwork at the Mandurah Visitor

Centre in December. This is the second in a series of murals which are planned to feature in a range of locations throughout the state.

WAITOC CEO Robert Taylor said: "With this exciting initiative, we are placing a strong cultural footprint at key visitor information hubs in WA, raising awareness of the diverse range of Aboriginal cultural groups throughout our state and the rich array of traditional activities and stories that visitors can enjoy."

Mandjoogoodap, the traditional Bindjareb peoples' name for Mandurah, translates

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



Midweek escape by Australind train will hit the spot



JOIN train buff Kevin Pearce for a fabulous mid-week getaway to our delightful southwest. Departing March 30, the tour departs on the

Australind train from Perth station to Bunbury and then on to Busselton by road coach for accommodation at the fabulous Abbey Beach Resort.

The three-day tour includes all meals, with a gourmet lunch at a winery and a feature dinner with entertainment.

Sightseeing tours include the Canal Rocks in Dunsborough, and Wellington Dam in the Colliie Hills.

The dam has become a major tourist attraction since Australian

artist Guido van Helton painted what is said to be the largest mural on any dam in the world.

The all-inclusive cost for the three day tour is \$868 for pensioners and \$905 for seniors.

Call Tour de Force Travel on 9246 2177 or Kevin direct on 9316 1504 for further information.

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Club 55 wishes everyone a happy New Year

CLUB 55 have released their new year tour programs which are also available online at the website www.club55.com.au.

Those who prefer a hard copy please contact the office on 0434 439 983 and they will post one out.

The Club 55 Travel Club caters for individuals, couples and small groups. They pick up from various locations around Perth, including Belmont, Booragoon, Bassendean, Innaloo, Whitfords, Perth City, plus new additional departure locations from Gosnells, Thornlie and Riverton.

Membership to the Club 55 Travel Club is free and people can reg-

ister online at the website or by simply calling.

Probuss Clubs, bowling clubs and retirement villages and other large groups are very well looked after and can choose from more than 70 specially designed outings with convenient departures from club

premises. All tours are done at an enjoyable leisurely pace. There are no strangers at Club 55, just friends yet to meet.

Phone 0434 439 983 or visit the web page at www.club55.com.au where you can view and pay for tours online.

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travel options for the mature west australian

A trip back to nostalgia...what's become of the Sunday drive?



by Numbat our travelling scribe

WHEN our parents or grandparents took us kids for occasional Sunday drives, it was usually short. Heading north usually, along the coast to the last ice cream

shop - about Trigg, I think.

Trips were probably short to avoid wasting petrol. At the top of big hills, Dad would switch off the Holden's engine and coast right to the bottom, then drop the car into gear and re-

lease the clutch to re-start the motor.

(Don't try that today. Modern cars need engines-on for powered steering and brakes).

Sometimes on country roads the old man wouldn't bother using the car's indicators. He said he was saving electricity. Probably a joke - I think.

For us retirees, Sunday drives don't even have to be on Sundays.

Not long ago we were awake at 5am so, after a quick breakfast hopped in the car and headed out.

Cruising up into the Perth hills, we were confronted with an amazing sunrise. Spectacular red sky, mixing with grey and changing by the minute. Is it always like this?

Slow motoring, few cars on the road and waking-up to a long-forgotten experience: Rising sun, fresh air and with no destination in mind. Free as a couple of birds.

We turned right onto the Great Southern Highway, sign-posting York which was incidental. We've never been at the start of that highway, never taken that route to Albany. What a missed opportunity.

The Great Southern Highway barely rates as a highway. More of a country drive, no commuters with all the terrific country markers: Hay-loaded trucks, school buses stopping at farm gates, wide-open paddocks, sheep, cattle, horses, harvest-

ers being towed, roadside workers and birds.

Ring-neck parrots, crows and magpies. Remember when birds were in big flocks sweeping between trees with crows and eagles pecking road kill? Plus cars on the side of the road, overheated, bonnets up.

These days, there's little road kill. At the start of the highway, about 6am, a solo roo bounds across the road in front of us. Delightful just to see one these days.

How remiss are we not to have done this for so long? Toss a sandwich, fruit and water - perhaps a thermos - in the car with a new State map, and head-off, not a care in the world.

Or take just the wa-

ter. These days cafés and service station restaurants are open early and abound with vastly-improved food and toilet facilities. Country coffee. Country cooking. Good enough reasons to get away from the Big Smoke.

We gave no thought to what towns we'd encounter. Within a couple of hours, we'd been through York (always worth a stop, stretch the legs) plus both Beverley and Brookton (definitely worth stopping).

Country smells, tastes and noises are to be relished. Chin-wagging with our country cousins, enjoying their wares and giving them a little financial support is damn good for heart and soul.

From Brookton, the

Sunday driver can turn north and wend back to Perth and be away for little more than half-a-day.

Or take the trip further down the highway to Pingelly. It's not that far (if the grandkids are asking: "Are we there yet?").

A right turn at historic Pingelly (home to my forebears) will steer motorists back to Perth by a different trip of discovery.

Over a lifetime, we've been faithful to Albany Highway. Nothing wrong with that, especially since the lovely wool-shed country café opened in Williams.

Perhaps the Great Southern Highway is a longer journey Perth-to-Albany but who's counting?

Stargazing... look up for the Magellanic clouds...



country WA provides an excellent opportunity to see a most marvelous sight, not normally visible under bright city lights.

Summer is the perfect time to enjoy the wonderful view of the Large and Small Magellanic Clouds. (sometimes abbreviated to LMC and SMC). These are galaxies outside of our own galaxy, the Milky Way. From Earth, they look like two faint clouds in the southern night sky, one larger than the other, and form a splendid spectacle. They are only seen from the Southern Hemisphere.

The Magellanic Clouds are two of our closest galactic neighbours

and were named after the Portuguese sailor Ferdinand Magellan who completed the first circumnavigation of the Earth from 1519 to 1522, using the clouds at night to voyage into the southern seas.

The best time to see the Magellanic Clouds is when there's no moonlight and no city light glow.

When to look:

- From 8.30pm, between January 6 and 15
- From 8pm, between February 5 and 14
- From 7.30pm, between March 6

- and 17
- From 7pm, between April 4 and 15

Which direction to look:

South. Look for two very bright stars (Canopus and Achernar). The Magellanic Clouds appear roughly between these two stars and will look like small fuzzy clouds.

We will have more stargazing tips and helpful hints throughout the year so keep looking up and marvel at our clear, dark skies.

Stargazers Club WA runs telescope classes and stargazing events: www.stargazersclubwa.com.au.

by Donna Vanzetti

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er end, so weary paws can rest.

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Contact Terry with any questions or to make your booking for a pawfect day out.

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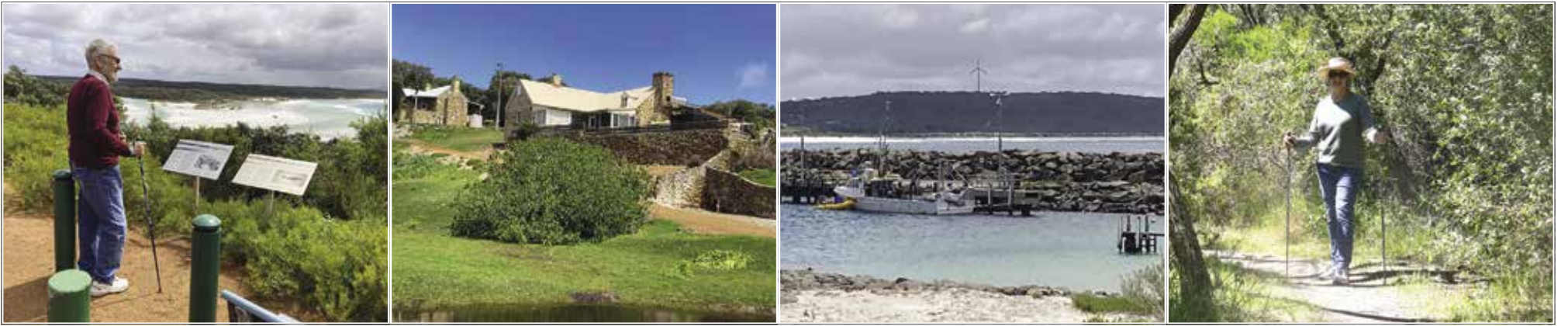
let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

Bremer Bay perfect for a laid back holiday with plenty of active options



L-R; Frank Smith Cuneo Point Bremer Bay - Wellstead houses - boat harbour - Mary Helen with nordic poles estuary trail Inset; Banksia and Leopard Orchid



by Frank Smith

"WHY are you going to Bremer Bay? There is nothing there but the Resort," said our friend Jenny Caston.

She could not have been more wrong.

Bremer Bay is a small seaside town, 520km south-east of Perth and it is well worth the visit.

The first European settlers in the region were John Wellstead and his wife Ann in 1850. They built a wattle and daub house at Peppermint Grove and grazed cattle and later sheep over a large area. Later they built several stone houses for themselves and their expanding family. At least three of the houses have been restored as holiday homes. Wellstead descendants continue to live in the area, running the Wellstead café and museum and a small winery - Gnorrbup wines.

In the 1870s the Wellstead girls hand milked 70 cows, separated the cream and hand-churned butter, which they sold in Albany 150km away, a

three-day journey along unmade roads at the time. Blossom beach is named for one of the dairy cows.

The other means of 19th century transport was coastal sailing boats. A cairn made of rocks at Cuneo point was used to signal passing schooners. A lantern or white flag was raised if there were passengers or freight to pick up.

Bremer Bay offers surfing, rock, beach and spear fishing and diving as well as safe swimming and boating from several beaches. There is also a golf course and the Sports Club has facilities for tennis, bowls and cricket.



For the less energetic there are two walk trails. The Wellstead estuary trail wends its way along the shore line for two kilometres through shading paperbark and peppermint trees with interpretive signs at intervals. It is easy walking with rest spots to observe the plentiful birdlife, of which more than 100 species have been counted.

The Native Snail Trail

stretches from the town to Bremer Bay Beaches Tourist Park through Yandil Forest of coastal yate trees. Orchids grow alongside the trail which stretches for nearly four km.

Both the trails are accessible by mobility scooters and bicycles.

Point Henry Drive Trail runs 60km from the town to beaches and lookouts through coastal scenery and points of historical interest in the Point Henry Peninsular. You will be guided by the brown leafy sea dragon sign and with 13 interpretive panels.

Southern right whales calve in the sheltered bays from July to November and can often be spotted from Bremer beach. Seals, dolphins and sometimes humpback whales can also be spotted from the shore during their annual migration.

Boat tours run from January to April to Bremer underwater canyon where a large group of killer whales (orcas) are regularly spotted together with seals, dolphins, sharks and other whale species.

For wildflower and nature enthusiasts Fitzgerald River National Park is close by. But that is another story.

Evening meals are available at two restaurants - Bremer Bay Resort's Mount Barren Restaurant and Bremer Bay Brewing Company. Both feature local abalone as well as the usual pub grub choices. The brewery offers a range of artisan beers and alcoholic ginger beer which aficionados praise but is far too sweet for me. Bizarrely it is open every evening except Saturday.

The Wellstead Museum café also offers pizzas on

Saturday evenings, but is mainly a lunch option including large and delectable steak sandwiches.

Telegraph on Bremer also serves less common lunch options in the former telegraph station

which connected WA to the rest of the world in 1875 via Adelaide and Darwin.

Accommodation options include the Bremmer Bay Resort Motel, Bremer Bay Bed and Breakfast,

two caravan parks with chalets and powered sites and holiday homes to rent.

Mobile phone coverage is patchy and Internet only available at the Resort. But that has advantages when you are on holiday.

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Morning Tea, Guided Tour & Café Lunch			TIP TOE THRU THE TULIPS - ARALUEN TULIP FESTIVAL	\$69.50
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Sunset, drinks and music - an experience of a lifetime dining on the Kalbarri Skybridge



A unique dining experience in Kalbarri

by Gail Williams

"KALBARRI, you'll love it!" That was the welcome message from our Air BnB hosts on check in.

Just five minutes later the friendly seaside town stole our hearts completely when we wandered into the local watering hole, the Kalbarri Motor Hotel, in full flight on a Friday night.

We already knew about the jaw dropping gorges, majestic seaside cliffs, resident dolphins, wild pelicans and a beautiful estuary beach.

But two jovial follicle-challenged FIFO workers who asked us to join their table in the courtyard set the warm and inviting tone for our weekend, the high point of which was

to be the famous Kalbarri Skywalk dinner, watching the sun go down over the gorge and enjoying local produce under the stars.

Magical, serene, awesome, an experience not to be missed. But, back to the high-viz wearing, follicle-challenged blokes.

In taking up their generous offer we channelled the late culinary and travel guru, Anthony Bourdain, who was famous for his quotable quotes.

"Drink heavily with locals where possible," he said and "Listen to someone you think may have nothing in common with you."

Two beers later we were in stitches at the FIFO's jokes.

"We had full heads of

hair before cyclone Suroja," they laughed.

We soon loved them as much as they loved Kalbarri, viewing their workplace as a palm-fringed paradise after their stints in the Pilbara.

We almost felt tempted to invite them on to the Skywalk dinner, but balked at the \$400 a head price tag, which was part of a package tour organised by Best4Travel. The company's owner, Scott Campbell, came up with an idea to keep his business afloat during closed borders due to Covid last year.

In October 2020 he overcame huge obstacles to stage his first dinner on the 100 metre high lookouts which project 25 and 17 metres beyond the rim of the Mur-

chison Gorge.

"We were told we would never do it," he says. "With challenges to power, lighting, music and cooking equipment."

Since then Campbell has hosted four weekends and taken 750 visitors to Kalbarri and the reviews on social media are glowing.

"We had the most magical experience at the Skywalk dinner," says one. "Mother Nature combined to give us a blood moon and a shooting star to enjoy on top of the magic of the gorges. Scott and crew were such fun. Wonderful orchestra and choir."

The experience is similar to the dinner under the stars at Uluru, every bit as humbling and soul searching. Along with the

sheer thrill of watching the sun go down over the gorge and standing on the skywalk above the vast landscape slowly changing colour, for us there was the added bonus of seeing our daughter, Bronte, sing with the Perth Undergraduate Choral Society as part of the entertainment lineup.

That was after a hauntingly welcome to country by Nanda traditional owner, Colleen Drage. Born and raised in Ajana on the Murchison River she shared stories of the Nanda people's ancient culture while emerging Noongar leader Johnny Garlett played the didgeridoo.

As the sun went down and an impossibly huge and yellow moon came

up the University of Western Australia Conservatorium of Music played as the guests hoed into Shark Bay whiting and spring rolls with sweet chilli.

Wise Wines provided Leaf Series Sauvignon Blanc and Bead Chardonnay while local beer from Finlay's was an aptly named Shipwrecked Pale Ale.

On the Saturday night, when we went, there was also extra bang for the guests' buck - a photo opportunity and a chat with one of Northampton's favourite sons, West Coast Eagle, Josh Kennedy who happily obliged the requests for a chat. *Destination WA* presenter, Christina Morrissey was also filming a segment on the dinner.

Was it worth the \$800 a couple price tag? Ahem, yes, it was. And even getting the worst seat at the worst positioned table didn't dim the newfound ardour we felt for Kalbarri. We shared our meal with the *Destination WA* camera crew and a mother and her eight-year-old boy. All agreed this was an experience they would never forget.

And as we piled back on the bus to head back to our digs, another Anthony Bourdain quote came to mind.

"You learn a lot about someone when you share a meal together." And we went in search of our new mates at the local pub to buy them a beer.

Find out more at www.best4travel.com.au

Local touring company kicks off the new year with an array of tours

IF 2021 proved anything, it's that family businesses are nothing if not resilient. With more than 26 years in the touring business, Jason and his team from X-Factor Coachlines managed to stay the path and keep providing great tours and great service.

"We must be doing something right, as virtually all of our clients

are regulars that have been with us for many years, and it can't just be our great morning teas.

"We have always gone out of our way to try and find ways to provide the best service we can, and great food has always been close to my heart, so that's very high on my list.

"That no one goes home hungry

is definitely one of my motto's," said Jason.

"What really makes me happy, is making others happy, so to see so many of our clients making new friends, the camaraderie and simple pleasures of great food and a laugh, I sometimes have to remind myself that this is actually my job."

Covid may have thrown a few

spanners in the works, but for now, we keep on keeping on, and with confidence slowly returning to the tour market, we have decided to once again start rebuilding our extended tours as well, with our Denmark-Albany tour already getting great interest.

2022 is promising to be a great year, and we can't wait to once

again seeing our RSL, Probuss, Legacy and National Seniors travellers again, plus our 1000+ strong tour club members.

If you would like a Tour Charter Catalogue or a Calendar of Tour Club Events, you can either download them at www.xfh.com.au, email bookings@xfh.com.au or call 0412 023 655.

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Return to travel in 2022

Interstate Adventures



Image: South Australian Tourism Commission

Kangaroo Island Adventures

6 DAYS > 21 to 26 February 2022

Highlights

- Horse-drawn tram ride
- Granite Island
- Seal Bay
- The Raptor Domain
- Flinders Chase National Park
- Remarkable Rocks & Admirals Arch
- Emu Bay Lavender
- Kangaroo Island Honey Farm

\$3,470 pptw

\$425 single option

- Kangaroo Island Eucalyptus Oil Distillery
- Scenic touring, Kangaroo Island
- Free time on Kangaroo Island

Splendid Bright, Beechworth & Yackandandah

9 DAYS > 19 to 27 April 2022

Highlights

- Train journey from Melbourne to Albury
- Guided tour of Albury Botanic Gardens
- Mount Buffalo & Falls Creek touring
- Wandiligong Nut Festival
- Bright Autumn Festival
- Yackandandah guided walking tour
- Red Stag Deer & Emu Farm tour
- Beechworth Historic & Cultural Precinct tour
- Old Beechworth Gaol tour
- Beechworth Honey Bee School
- Milawa produce

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\$515 single option

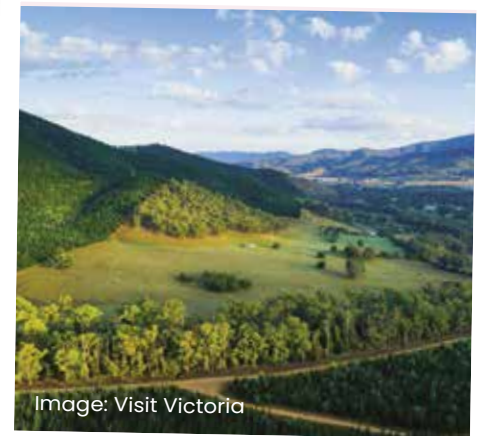


Image: Visit Victoria



Image: Ben Goode

villa discovery

Outback South Australia & Red Centre

14 DAYS > 4 to 17 May 2022

Highlights

- Alice Springs
- MacDonnell Ranges
- Kings Canyon
- Uluru
- Kata Tjuta (the Olgas)
- Field of Lights Illumination
- Oodnadatta Track
- Coober Pedy
- Kara-Flinders Ranges
- Wilpena Pound
- Arkaroola Wilderness Sanctuary
- Clare Valley

\$6,665 pptw

\$1,100 single option

Vivid Festival of Light, Sydney

5 DAYS > 31 May to 4 June 2022

Highlights

- Vivid Festival of Light
- Vivid Light dinner cruise
- St Mary's Cathedral
- Royal Botanic Gardens, Sydney
- Mrs Macquarie's Chair
- Vaucluse House & Estate
- Sydney Opera House
- ABC Ultimo guided tour
- Army Museum of New South Wales

\$2,840 pptw

\$420 single option



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let's go travelling ADVERTISING FEATURE



A gentler side to fishing... catching a yellowfin on a warm summer day



Great to catch and great to eat, you've got to love yellowfin whiting

by Mike Roennfeldt
 WHAT Perth is at this time of year, especially if you're a fantastic place one of those who enjoys

light tackle fishing in shallow water. The older I get the more I lean towards this gentler side of fishing and it's at its best on warm summer mornings or evenings.
 One of my favourite species, yellowfin whiting, usually start to show up in the inshore reef holes and even on top of shallow sandy/weedy reef platforms around now. You are likely to find them anywhere between Mandurah and Geraldton on calm mornings with the easterly wind blowing. They can be in gutters on open beaches at places like Secret Harbour and Golden Bay, but most of the fish I find are

at least near some sort of reef structure.
 A light two metre spin stick loaded with 2-3kg line is ideal. Use as light a sinker as you can get away with, but this is dictated somewhat by the amount of water movement in the area you are fishing. The calmer it is, the more the fish spook if a heavy sinker lands in their vicinity. But if you're fishing right in the shore break, you need enough weight to at least give you some sort of feel. It's the same when fishing over a reef top, where the bait needs to be kept in one place as you wait for the whiting to find it. A moving rig on a reef top is a

sure fire recipe for getting snagged.
 Run the sinker down to a swivel, with a 50cm leader below to a long shank hook around size No.6. Bloodworms are top bait for whiting but shelled coral prawns or strips of squid will do at a pinch. In really calm conditions I like to make the whole rig as fine as possible and generally run a tiny ball sinker right down to the hook for simplicity.
 The biggest bugbear with yellowfin whiting fishing is the blowie, particularly north of Fremantle and in the river. If you're wandering along fishing the holes and you start to catch blowies it's

time to move on to another spot. There are no places to hide from them in the river and the only way to beat the miserable little puffers is to hold off fishing until after dark when they become less active.
 Spinning for yellowfin whiting is a relatively new sport and it seems to be more effective in places like the Peel-Harvey system. This is the time of year to search for them over the estuary flats down there. Tiny translucent poppers like the Halco Roosta 45s will do the trick. Use a slow/medium paced retrieve, continuously twitching the rod tip as you go.

When they aren't hitting the poppers it's worth trying an RMG Scorpion 52 in a brown trout pattern. Work this lure slowly along, allowing it to dig and bump the bottom as it goes.
 For a change of pace, why not try spinning for flathead in the Swan and Canning. The same light spin stick will do the trick on this vertically challenged ambush species. Small hard-bodied lures like the Scorpion 52 or jigs are the most favoured lure types. Soft plastics are effective but the blowies can make short work of them on the flats where the flathead are lying.

Wagin Woolorama celebrates its 50th anniversary this year

WAGIN has a strong merino and wool industry and the local agriculture society realised that Wagin needed its own specialist day, so in 1972 a special field day was created.
 The organisers decided to run a naming competition for the event and two school children, Peter Jenkin and Mark English both suggested the name Woolorama - winning \$5 for their efforts.
 In 1974 the show moved from a spring date to autumn. This first autumn Woolorama attracted huge crowds and featured

many new innovations in the wool industry.
 And 50 years later Wagin Woolorama has become one of the leading regional agricultural shows on the calendar.
 Mark your diary for the March 11 and 12, 2022 when Wagin will hold its 119th Agricultural Show and 50th Woolorama. Come and help celebrate this wonderful anniversary.
 Over two days, the Wagin community comes together to showcase the diversity of agricultural life and celebrate how things in WA can be done extraordinarily well.
 President of Wagin Agricultural Society,

Paul Powell, said that the 50th Woolorama will be a wonderful opportunity to catch a glimpse of what is available in agricultural technology and innovation.
 "I started as a volunteer at the Woolorama in 1976 in the merino section office. Then around 1986 I became part of Wagin Rotary Club and we have been involved in the Trade Fair section ever since.
 "The Trade Fair started small with just a handful of exhibitors to now covering some 600 sites. It's an amazing part of the event," said Paul.

Woolorama is a fantastic day out for the whole family with lots to see and do, including prestigious livestock, art, photography, craft, home industries, fashion, rides and entertainment for all ages, plus a spectacular rodeo on Saturday night.
 Wagin is located in the south wheatbelt region 230kms south east of Perth CBD, 180km (about a two hour drive) east of Bunbury and 225km (2hrs 30min drive) north of Albany. TransWA offer a regular bus service to Wagin.
 Find out more at www.woolorama.com.au



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ADVERTISING FEATURE



travel options for the mature west australian

Try trailing through the Stirling Ranges - there's an app for that



Left to right; Bluff Knoll Ski Club - Mt Trio tour guide John Byrne - Mt Trio campers

by Allen Newton

FOR weeks after bushfires ravaged the Stirling Ranges in 2019 Margot and John Byrne would look out of the windows at their Mt Trio home on the mountain slopes to see what looked like the lights of a city.

In reality it was the burning embers of trees still on fire that they could see from their property bordering the national park.

While nobody was killed or injured and no livestock were lost, Margot says the fires were a frightening experience - and one that indirectly led to the development of an app to guide visitors around the Stirling Ranges.

Margot and John have developed a spectacular camping and caravan ground on the Mt Trio property which has earned a reputation for its Bluff Knoll Ski Club HQ, where visitors gather for news on the infrequent snowfalls on Bluff Knoll.

Following the fires, the Federal Government offered a \$1million bushfire relief grant through the Shire of Gnowangerup. Margot applied for and received funding to develop the Stirling Range Trails App.

It was launched at the end of September during The Great Southern Treasures Bloom Festival.

The app provides information, maps, photos and guides on all the walks, drives and wildflowers on and around the mountains.

It aims to fill the gaps in tourism marketing which John says promote the region as a whole, but not the particular tourism highlights around the Stirlings.

While development of the app and John's contribution to creating the Horsepower Highway and its ancient tractors which runs between Broomehill and the Stirlings, have taken up much of John and Margot's time, visitors to Mt Trio continue to grow.

The camp, tucked away in a corner of the working farm, is not a formal campground with lines of tents and caravans, but rather a bush enclave where campers find a spot among the trees that suits, and settle in.

John bought Mt Trio in 1996, when there was nothing on the property, and the campground was built in 2003.

"It's great to take a breath and look around to see that we've done a lot," Margot

says. John, a shearer, originally from New Zealand, was working in the Great Southern and met Margot at the opera.

Oz Opera, now called Opera Australia, were on tour in 2004 with Opera in the Hayshed in the Hills, a performance of *La Boheme* in a massive hay shed about 20km away from Mt Trio.

"One of Margot's friends was one of the organisers and she came down from Perth and that's where we met," John says.

Margot says one of her friends lived in the Great Southern.

"My line is that I visited once too often and that was it really," she says.

John had been travelling the world shearing and was working in the Great Southern.

"When I saw Mt Trio, I saw mountains, a flowing creek, bush and open paddocks and thought 'wow, what a majestic atmosphere,'" he said.

"A year or two after we'd got it, I fenced off the creek for conservation.

"Up until that point the previous farmer had run sheep as a long paddock from Salt River Road, right up through the creek to the back of the property.

"The first year the sheep were kept out of it, the everlasting came up in the creek so thick."

John, who had been used to camping as a youngster and was interested in wildflowers, thought the spot would make an ideal camping ground.

He opened it up in 2003 in a very small way to about 20 customers.

Margot says it grew organically.

"People come back year after year and they do a double take when they see what we've done, but it still has the same atmosphere and it works today.

"Last night down there was a singer and the ski lodge was packed out, so it's worked really well."

Margot is originally from Melbourne and came to Perth to complete a university degree in Recreation, Administration and Tourism, which she says fit well with plans to develop the Mt Trio campsite.

"Although John did say that if I married him, I'd never have to work another day in my life, but what I didn't realise at the time was there'd be no money in it," she laughs.

She says Mt Trio is a

great place to bring up kids.

"And the way we've run the camp it has allowed us not to get tired of it because it's very self-managed. People really feel like they are going camping because you find your own spot, and everyone's spread out."

People often use Mt Trio as a base, they might drive to Albany for a day or drive to the Porongurups or Kattanning and the weather changes what they do and how they do things.

"Wildflowers are mas-

sive," Margot says.

"We do guided orchid walks every morning - and it's so popular - a wide demographic of people are interested.

"With the orchids you are walking through Australian bush and it's harsh, and then all of a sudden you see this amazing little delicate intricate flower, which is stunning."

More information is available from www.mttrio.com.au/ or to download the app go to www.stirlingrangetrails.com.au/.



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Retire in Style



A detailed step by step guide on finances in retirement

by Frank Smith

RETIREEES are often asset rich but income poor, especially when their only substantial asset is the house they live in. However, there are several ways you can access the money locked up in your home:

Downsizing

Downsizing means moving to a cheaper, usually

smaller house or one in a less desirable area. This can be a good option if your old and large family home is too big for you now the kids have left home. You then use the excess capital to improve your retirement funding.

Take into account the cost of moving, legal fees and stamp duty. But if you sell a valuable house and

move into a cheaper house or a unit there should be money left over. You can transfer up to \$300,000 per person into a super fund. Remember that Centrelink will apply the asset test to the extra money in your superannuation, which may reduce your pension to some extent.

Home reversion

A home reversion scheme

entails the part-purchase of your home by someone or some finance company.

You sell all or part of your property at less than its market value in return for a tax-free lump sum, a regular income, or both – but you stay on in your home as a tenant, paying no rent.

The amount of money you can get depends mainly on your life expectancy and the value of your home.

The financier may offer you (or your estate) some money back if you sell your home (or die) earlier than expected.

There is of course a cost to home reversion. It's not a loan, so you don't pay interest. You pay a fee for the transaction and to get your home valued.

Your decision could affect your partner, family and anyone you live with. So get independent advice and make sure you understand what you're signing up for.

Reverse mortgage

A reverse mortgage is a loan, using the equity in your home as security. It does not need to be repaid until you sell your home.

You may take the amount you borrow as a regular income stream, a line of credit, lump sum, or a mixture of these.

You repay the loan in full, including interest (cur-

rently around five per cent) and fees, when you or your deceased estate sell your home.

Interest is charged on the loan, so over time it gets bigger and adds to the amount you borrow and your equity in the house will decrease. Lenders may charge an establishment fee and lower interest rates. This may be a good option if you are likely to remain in your home for a long time.

Reverse mortgages taken out since 2012 have negative equity protection. This means you can't end up owing the lender more than your home is worth.

An advantage of reverse mortgages is that you continue to benefit from any growth in the value of the property.

Equity release agreement

An equity release agreement allows you to sell a portion of the value of your home.

You get a lump sum or regular payments in return. You live in your home and pay fees which are deducted from the remaining equity in your home. The fee is a set percentage of the fund's equity in your home.

Over time the investor's share of your home's equity goes up and yours goes down and could even



drop to zero. Make sure your agreement allows you to continue living in your home, until sold by you or your deceased estate.

An equity release agreement costs an application fee, periodic service fees, potentially deducted in advance from your home's equity and a fee to end the agreement.

Home Equity Access Scheme, formerly Pension Loans Scheme

The Home Equity Access Scheme provided by Services Australia lets Australians over 65, whether receiving a pension or not, get a fortnightly loan from the Government to supplement their retirement income.

You can choose the amount of loan you get paid fortnightly, but your combined pension and loan payments cannot exceed

1.5 times the maximum fortnightly pension rate.

The loan is secured against real estate you, or your partner, own in Australia. You can choose how much you offer as security.

There is a maximum amount of loan you can borrow over time, based on your (or your partner's) age and how much you offer as security for the loan.

The Pension Loans Scheme is not paid as a lump sum.

You must repay the loan and all costs and accrued interest, recently reduced to 3.95 per cent to the Government when you sell the property. You can make repayments or stop your loan payments at any time.

All these options allow you to live better in retirement, but at the cost of leaving less money to your heirs.



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Retire in Style



Styling spaces especially for you to enjoy is a great start to the New Year



Left to right; first two – styles available from Narrogin Nursery and second two Zofia's own styling



by Zofia St James

IT is 2022... Before you say "Ugh!" Think about it, we are happy, healthy, reasonably sane, living, loving, dreaming, believing, hoping, hugging and breathing.

It is indeed a brand new

year, one that we can begin with mindfulness of the moments we allow ourselves to indulge and most importantly enjoy being... your very own precious wonderful self.

This month I would love to encourage you to think about ways that would bring you happiness on a daily basis. Self-care... could be just the ticket this year to bring big and little dreams into being. Make a list of must dos, must eat, must see, must watch, must visit, must read, must paint and must create.

One of my favourite pastimes is browsing in

bookshops and I remember two beautiful books I found. One was *The Secret Gardens of Paris*. Containing beautiful photographs of little private gardens that hide behind gates. It was fascinating to me to see these absolute oases, so quaint and tiny but oh so inspiring.

The other book was *A Room of One's Own*, showcasing different people and the rooms they had created; rooms that perfectly reflected their passions, collections, books, art and furnished to suit.

I was mesmerised... those images were fascinating.

We are blessed with the time and opportunity to appreciate our wonderful journey so far, so make this year really yours and be mindful to indulge and savour everything.

For those of you who may not be aware, I have temporarily moved to the country to be with my mother. I am enjoying the opportunity finally to be able to create for myself an office and creative space. It's a work in progress... stay tuned.

Do you have a balcony? Creating a Juliet space for reading and people watching with a little alfresco setting, surrounded

by some potted colour just might be the perfect little project for you.

My visit to Narrogin nursery gave me this idea and I hope you draw inspiration from these images. Your balcony is an extension of your living area. It cannot be underestimated for the joy of reading, relaxing, people watching or sharing conversation over a glass of wine.

The spare room could become a room containing all the treasured things pertaining to your passions and hobbies. A room away from living areas in order to escape and read, listen to music, send

emails on your beautifully laid out and organised desk.

With the addition of a sofa-bed you can still accommodate a guest.

Ladies and gentlemen, how about the luxury of creating a dressing room? Complete with a dresser or dressing table, upholstered chair, a beautiful mirror and being able to dress and do your make up in a room dedicated and decorated to your taste. It will make you feel supremely wonderful when preparing to face the day or a social event.

Let's allow just enough self-interest to take every

opportunity to make this year about us, what we love, want and need to be. Need help achieving this... don't worry I've got you.

January...such a lovely sounding month, isn't it?

Talk soon. Z xx

Zofia offers an interior style consultation for readers and a free over-the-phone or video call consult. She can assist with de-cluttering, re-styling, choosing furniture and personal styling. For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email zofiajames@hotmail.com.



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Retire in Style



A retirement plan is a good idea - here's eight steps which may help you

by Lee Tate

YOU'VE been active from childhood, perhaps super-fit, but as a senior you probably need a change of plan. A rational retirement is on offer.

You don't need anyone to tell you that you need to be active, to eat well and be sensible if you want a healthy life. It's not only common sense but the messages have been fired at us with both barrels for eons.

But, as we progress from

about age 30 and especially from age 60, we need to act from a different perspective.

It might seem trite, but a common expression heard at eateries, especially among seniors, is: "I can't eat all this!" Or "They've given me too many chips again!"

Seniors have a shrinking desire for food. We don't need as much fuel. Yet, eateries continue to serve large-size meals and slabs of cakes that have grown in size over the years even though the population is

ageing.

And, given the world's high obesity rates, younger people could also adapt to more moderate meal and snack sizes.

We are swamped with dietary messages from government, medicos, dieticians and social groups but its effect is a drop in the proverbial bucket. I have yet to hear a simple message: "eat smaller meals."

Seniors tend to follow lifelong habits: Solid-size meals three-times-a-day, coffee and cake on

a whim, spending long hours watching the box and many of us engage in sports and activities as though we have bodies of 20 to 30-year-olds.

Turning our backs on approaching years comes at a high price to our health, sometimes serious. Aches, strains and pains come easily and heal painfully slowly.

Few seniors set out a plan to take into retirement. Yet, a slight change of direction will help improve the ageing experience.

In recent years, science and surveys have highlighted the importance of fundamentals, which have emerged from research into ageing, depression, dementia, anxiety, disabilities, sports injuries, broken relationships, lethargy, disinterest, boredom and sleep disruption.

Life's fundamentals still hold true: being physically and mentally active, eating sensibly, having social connections and sleeping well.

Technology has made mighty advances. Com-

puters, massing enormous amounts of feedback from surveys plus medical data, continue to spotlight the importance of these fundamentals.

Seniors may need to moderate their lives: eat less, tailor activities, challenge the brain, be more social and regularly have at least six hours unbroken sleep.

Getting motivated is usually the first and major hurdle.

Who wants to join a bunch of other oldies or chase exercise outlets, change sleeping habits or change anything? Where to start?

8-Steps to Get Motivated

STEP 1. Acknowledge and accept your age. You may be exercising too much or engaging in activities that will not endure as your body ages and, inevitably, weakens.

STEP 2. Find out what community activities are on offer. Check councils, *Have a Go News*, social groups and organisations. Councils provide brochures aplenty in their offices, seniors' centres and online. Look for sports, tours, lectures, computer use, classes and volunteering.

STEP 3. Draw-up a plan. Simply walk out your door for 20-minute moderate march, turn around and march back. Make it a daily habit, change direction. If you go to a gym, join a monitored program for seniors.

Bike riding has been given a fresh fillip, especially with e-bikes to assist on hills, but bike-fall injuries are common among over-60s.

STEP 4. Review your sleeping. Are you waking refreshed? Are you getting six hours uninterrupted sleep? Is your partner disturbing your sleep? Do you need separate beds? Are your bed and pillow right for you?

Science shows how valuable a good sleep is to every aspect of our lives. Sleep apnoea is common. Talk to a GP or sleep specialist.

STEP 5. Assess your daily diet. Too much sugar is not good. Fast-food is fast food, not designed around healthy nutrition. What we had as an occasional treat can become an unhealthy habit.

Food fundamentals: Fresh and raw where possible, simple, good and preferably local food. Light on sauces, light on cakes and biscuits. Smaller serves, share meals.

STEP 6. Review social options and tentatively attend a social group. Lions, Rotary and Probus are well-known. Church activities, choirs, might appeal. Councils have lists of organisations. If a social group doesn't hit the mark, try another. As always, it comes down to the people. Are they your type?

STEP 7. Reach out to friends. Be tolerant of people, limit your time with them. Find a new friend. Friends are found in places and activities of common interest. As we age, we don't need as many friends: three to five might do. Some are friends with you and your partner. Some are friends just with you.

The brain stays healthy longer with challenges and not just the cryptic cross-words you've done for years. Challenges are your challenge, whatever your age. While joining a group is good, getting onto a committee is better.

As Professor Gary Martin, CEO of Australian Institute of Management points out: "While there are no specific rules about how to keep friendships alive, it needs to involve more than 'liking' a social media post."

STEP 8. Consider giving back by volunteering. It offers the chance to meet others at a similar stage in life.

Professor Gary Martin says: "Those who have left the workforce may find it useful to meet new friends through taking on casual or part-time work. The good news is the number of friends we need in adulthood to feel fulfilled can be as few as three to five."

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LOT 3

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LOT 20

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Retire in Style



Find new beginnings and enjoy living on the coast in Geraldton



One of the designs at Sunset Beach Village

Village is a new development for the over 55s on the beach side of Geraldton.

This premium coastal pocket in the Mid-West will host 80 homes with a range of exclusive designs reflective of the location.

Development Solutions is behind the project with director Craig Gemmill highlighting the coastal home designs for buyers reflect the area – Abrolhos, Batavia and Coral;

plans offering centrally located kitchens and wide open spaces.

Publicly listed accommodation provider Fleetwood Housing Solutions were chosen for their ability to deliver homes on time and in budget.

Mr Gemmill said that the beach side location was a strong selling point along with its planned community facilities.

"The village has been crafted with active living in

mind and to complement the Geraldton community, which has a thriving population of those seeking lifestyle changes," he said.

"It will attract people who want to live by the beach, own a dog and have a lock-up-and-leave lifestyle.

"I think Covid-19 got a lot of people thinking about their lifestyle options. It is warm in Geraldton, our community will

be 500 metres from the beach and I think people will really embrace it."

The Sunset Beach Lifestyle Village display homes start from \$195,000 with a \$1000 deposit.

Interested people can view display homes on Saturday and Sundays from 1 – 5pm at 18 Bosley Street, Sunset Beach. Contact craig@sunsetbeachvillage.com.au or call 0435 427 384.

DOWN SIZING provides new stage in life and there is nothing better than enjoying life on the coast. Sunset Beach Lifestyle

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MEADOW SPRINGS VILLAGE
21 Oakmont Avenue, Mandurah



FROM \$210,000

Enjoy a coastal lifestyle full of urban amenities at Meadow Springs. The resort-style village boasts a bowling green, swimming pool, gym and games room. Two or three bedroom villas and apartments available.

Viewings: by appointment. Contact Jo on 0417 061 573.

DOROTHY GENDERS VILLAGE
99a McCabe Street, Mosman Park



FROM \$238,000

Dorothy Genders is a friendly village community, located between the Swan River and the sea. The one bedroom villas are walking distance to shops. Village includes access to library, hairdresser & social club.

Viewings: by appointment. Contact Laura on 0459 819 169.

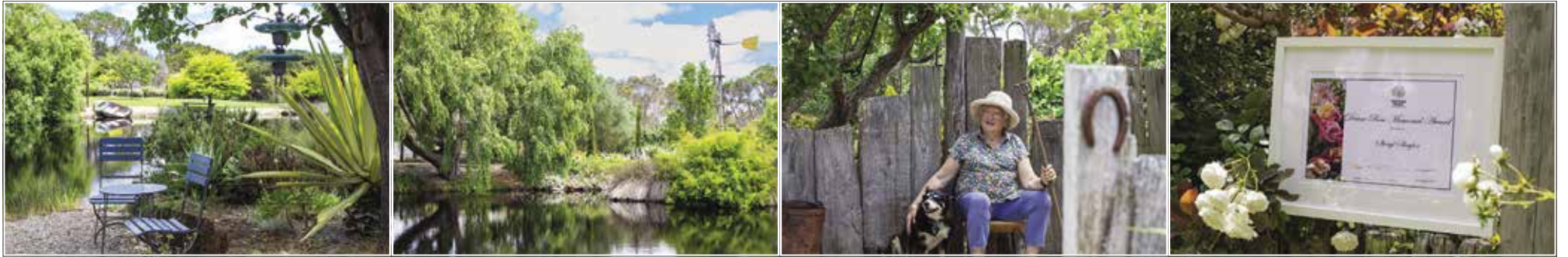
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Retire in Style



A new way of living in retirement created a beautiful garden project



The superb gardens at Emu Point created by Sheryl (pictured above) and John Shaylor. Pics Serena Kirby

by Serena Kirby

WHEN you've worked hard all your life, retirement can lead to a whole different way of living. And, if that work involved running a large farm, retirement can mean selling your family home and moving elsewhere.

For Sheryl and John Shaylor the decision to sell their farm in Katanning was one they'd had in the pipeline for a long time. But the retirement plan was brought forward after their son passed away in 2002. "After Stuart died, I couldn't wait to get away

from the farm," Sheryl said. "Selling up also released us from the huge workload that lay ahead as Stuart had worked on the farm with us. We were definitely physically and mentally ready for a life change. I'd been heavily involved in the Katanning community and felt

I'd given all I could, so I was looking forward to another chapter. And that's what I call retirement - the next chapter."

That 'next chapter' took the form of a neglected two acre property located at Albany's Emu Point. The house needed major renovation and the surrounding grounds were a hotchpotch of untamed vegetation and random garden beds. But Sheryl didn't see that. What she saw was the lake and endless possibilities.

"We put an offer in straight away and I drew up the garden plan before we even moved in. It felt pretty damn good when it came time to move."

Sheryl was no novice at creating gardens having worked as a garden designer on and off for many years. She'd also taken groups on tours of overseas gardens in England, France and New Zealand so she'd seen countless ideas she was keen to incorporate into this new venture.

"We brought in the bulldozer and cleared a lot

of what was there, then brought in loads of soil plus 20 tonnes of manure to create garden beds and the undulating lawns. Then came the strategic placement of more than 40 trees and the creation of the different areas and features within the garden."

And those features are many and varied. There's a dry stone creek bed, a summer house, a fairy dell, fig forest and veggie garden to name just a few. All are connected by meandering paths that lead you past garden nooks and pretty vistas. Dotted throughout are reclaimed objects and materials that John has cleverly and artistically repurposed to delineate areas and create focal points. And, at the centre of it all, is the expansive lake complete with working windmill, row boat and jetty.

"The garden is our major pastime. John is constantly making things and we use things that remind us of our agricultural background. John is also the lawn-keeper and he does a brilliant job

of it." But these garden lovers don't keep their creation just for themselves as they regularly open the garden to hoards of visitors to raise money for charity.

"We consider ourselves to have been fortunate in many ways so it's important to us to give back to the community. We've raised lots of money for local charities including the Albany Hospice and the local women's refuge. Giving back is something we've always done and it's something we've taught our children to do too. We still feel the pain of losing our son, but I really do find that giving back helps relieve that pain."

The couple also hire out the garden for special occasions such as weddings, parties and even the occasional wake. While income is not the driving reason for this, Sheryl admits that it does help pay for some of the garden's upkeep.

"Prior to Covid-19 we were hosting six or seven weddings a year. We don't advertise and most of the

bookings come from word of mouth or via recommendations from celebrants. We even bought the two acre block next door to accommodate parking for events we host at the garden."

Sheryl says she and John get great pleasure from seeing others enjoying the garden. They also curate an extensive collection of heritage roses and Sheryl recently received the prestigious Deane Ross Memorial Award for her contribution to the promotion of these beautiful old rose varieties. This national award, given out by Heritage Roses of Australia, is only handed out every few years and only to someone who has shown many years of involvement with these less common roses.

"It's certainly an honour to receive the award and I'm very proud of it," Sheryl says. "But I grow these roses because I love them and I want to share them. Being amongst them, or in fact anywhere in the garden, is definitely my happy place," she said.

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CPE Group client relationship manager, Annie Carvell says the most common misconception is that it provides only for personal care, however funding can also be used for house work, gardening, minor home modifications, shopping, transport, social support, cooking, podiatry, and equipment - how about a handyman to climb the ladder and change a light bulb or

move the flyscreens and clean the windows?

Annie says My Aged Care could be considered as an addition to the Age Pension when that is no longer sufficient to provide the support needed to remain in your own home if you wish to do so, rather than go into residential care.

An equally common misconception is that funding is available as soon as you need it. However, after being approved for a package, it can take up to 18 months before you receive any funding at all.

Sometimes this means that those waiting are unable to get the sup-

port they need to stay at home and must go into residential care before funding becomes available. So, it's important to have all the information together and be ready to apply if you need to.

To be eligible for My Aged Care funding you should be 65 years or older and to be able to demonstrate that there is a need for the assistance it can provide.

You may be surprised what is available and who is eligible. Find out on My Aged Care's website at www.myagedcare.gov.au or call CPE Group on 1300 665 082 for our Guide Through My Aged Care.

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Retire in Style



The junk mail tsunami can be stopped and here's how to do it!



Associate Professor of marketing at UWA Business School, Paul Harrigan

by Frank Smith

AROUND 90 per cent of the mail delivered to my letter box is advertising

junk. Real estate flyers, supermarket specials, ads for pizza, tradies and small businesses, newsletters from politicians and aspiring politicians and letters seeking my salvation from a persistent Jehovah's Witness – they all go straight into the recycling bin.

What a waste of paper and printing ink.

Have a Go News asked Paul Harrigan, Associate Professor of marketing at UWA Business School about junk mail.

"Very, very little is acted on. More than that, it is very difficult for brands to track and prove its effectiveness."

And that is the rub. It is a blunderbuss market-

ing system. Lots of shots in the hope that one or more will hit a target. More sophisticated marketers target a group of people, such as seniors, with adverts that are likely to interest many of them.

The Sustainable Living Guide says in Australia alone, around 8.2 billion articles of junk mail are produced yearly, along with over 650 million articles of addressed promotional mail.

Nearly half of the letters addressed 'to the householder' are not even opened.

Out of the eight billion catalogues that are delivered around Oz, only 20 per cent of them are ever read, leaving the re-

maining 80 per cent going straight into recycling.

In Germany 27 per cent of private mail boxes have no junk mail sticker, yet 83 of householders surveyed said they don't want junk mail.

The not-for-profit Environmental Action Germany calculated that 535,000 tons of CO2, 42 billion litres of water, 4.3 billion kilowatt hours of energy, and 1.6 million tons of wood are wasted by producing and shipping 28 billion advertisements every year in Germany alone.

The city of Amsterdam in the Netherlands has taken the initiative to stem the tide of waste paper.

Dutch householders

can opt in system for junk mail. Some 23 per cent of household have a sticker on their post box saying they will accept junk mail. It is illegal to deliver junk mail to boxes without this sticker and the city fines senders that ignore the sticker €500.

This innovation saves 6000 tonnes of paper and 700 rubbish truck loads/year.

We asked Professor Harrigan if there was any downside to adopting an 'opt in' system in Perth.

"It would work as well as in Europe from a consumer perspective, but the push-back would come from the major brands, most likely supermarkets," he said.

"However, they already have digital marketing strategies and tactics that are more effective than physical junk mail, in that they are direct and personalised.

"Ultimately, the push for an opt-in will be taken over the line, not by the consumer annoyance angle, but by the environmental angle."

While many Australian households have a 'no junk mail' sticker on their letter box Australia Post and others may still deliver political, educational, religious and charitable unaddressed flyers.

To stop the flow of addressed advertising mail you can register with the Australian Direct Market-

ing Association Opt Out Service comply@adma.com.au or ring 1800 646 664. This will ensure that you are not contacted by 500 members of ADMA, including banks, insurance companies, publishers, catalogue and mail order companies and charities who contact consumers via: mail, telephone, direct response television, the internet and mobile phones.

If you are into catalogues you can register with online catalogue portals such as Catalogue Central or Lasoo Online Catalogues to receive only the advertising material you want.

Then there is email junk. But that is another story.

Homework always helps in the search for a new home



RAAFA's Cambrai Village residents Gordon and Brenda Barker (pictured left) focused on their research and due diligence when they decided to make the move into retirement living, so much so that they visited more than a dozen retirement villages.

But according to the couple, RAAFA's Cambrai Village was the best by a country mile and they are adamant they couldn't have met a better crowd or have better neighbours.

"We did lots of homework before we moved in, but just loved Cambrai straight away, with its wide open streets which were not tight or compact like so many other villages," explains Gordon.

"At the time, I wasn't well, and we decided to downsize from our large home. I also wanted my wife to be somewhere safe and sound with good security and closer to our daughter.

"I was very fortunate to have got through

my health issues. Now we just love the fact that we have a great life here and can do whatever we want.

"We have good security and can 'lock up and leave' whenever we want, but at the same time we love the social activities.

"It can be a big decision, but from our experience it's better to do it sooner rather than later," says Gordon. "Certainly, we love it at Cambrai and we've never looked back."

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GREAT HOME and GARDENING



The New Year is a great time to nurture your garden sanctuary



L-R; Feed indoor plants with a controlled release fertilizer - dead head roses for growth - plant tomatoes and other vegetables for summer

by Colin Barlow

WITH 2021 over, here's hoping this New Year brings fewer restrictions and the opportunity to finally start travelling around the world again. Many of us have found respite and solace in our gardens over the last couple of years benefiting our mental health and providing physical exercise. Plus, clean fresh air and 'forest bathing' from gardening will hopefully linger on in our daily regimes once we return to normality.

The record heatwave at Christmas created many challenges in keeping our precious gardens and plants alive. Burnt, frazzled leaves, half-dead pot plants and scorched grass are now a familiar sight around the suburbs. So, this summer make it your New Year's resolution to take care of your plants and garden so they can take care of you.

To make your garden sizzle with success this summer, try these tips for a healthy garden in the New Year.

Indoor Plants

- Many of the small tropical plants given as gifts over Christmas will need potting up during summer. Use one of the specialised indoor potting mixes available at your local nursery or alternatively use a premium potting mix mixed with perlite for extra drainage.
- All indoor plants require feeding with a controlled release fertilizer. Supplement this with a liquid fertiliser such as Osmocote Pour + Feed Indoor Plants or Yates Thrive Indoor Plants Liquid Plant Food.
- Mist your plants with a water spray bottle to increase humidity, reduce water loss and mite damage. Try the new Osmocote Mist + Feed for Indoor Plants to feed them through the leaves at the same time. Humidifiers are also available from specialist stores.
- If you are going away on holidays most indoor plants will happily survive for a week. Place them in a brightly lit spot away from

direct sun and given a good watering just before you go away. For periods up to two weeks you can put them in the bathtub with the plug in, on top of a saturated towel and they will absorb water from below.

- Dust and grime build up on your plants and can reduce growth, so give your plants a tepid shower and sponge over to clean the leaves.

Fruit

- Fruit fly attack is a major problem during summer so use a combination of baits and traps such as Cera-trap, Natures Way Fruit Fly Killer, Eco Naturalure, and

Richgro Naturally Based Fruit Fly Spray Concentrate to reduce overall fruit fly numbers or try fruit fly netting, attached securely around the tree trunk right up until harvest.

- Most stone fruit, including almonds, apricots, peaches, plums and nectarines, should be summer pruned at the end of February. The aim is to reduce their vigour by shortening or removing non-fruiting watershoots and promoting fruiting spurs to increase fruit production and size.
- Tropical and Mediterranean fruit such as avocado, fig, mango, guava,

paw paw, passionfruit and citrus should be fed with a complete fertiliser every six to 12 weeks to encourage strong healthy growth.

Vegetable Patch

- There is still time to plant capsicum, chillies, eggplant, zucchini, tomatoes, beans, beetroot, cucumber and corn.
- Control outbreaks of powdery mildew during humid summer conditions with Mancozeb, copper oxychloride or Eco Fungicide. Watermelons, rockmelons, pumpkins, zucchini, squash and cucumbers are all susceptible.

- Keep your crop roots cool, improve the soil and control weeds with pea straw, lupin mulch or Whoflungdung. These are all available in bales to cover large areas.

- During January and February cover your crops using 30-50 per cent shade cloth to protect them from the sun and intense heat in Perth.

- Continue to feed your veges fortnightly to promote leafy green growth, flowers and fruit. Organic based fertilisers include Yates Dynamic Lifter, Powerfeed, Charlie Carp, Scotts Performance Naturals All Purpose and Baileys Soil

Matters.

Lawns

- Allow the grass to grow a little longer and shade the root system during summer by raising the cutting height of your lawnmower.
- Check that all your sprinklers are working efficiently and are not blocked by sand or ants or being impeded by grass, stopping them from popping up. Use a bulb planter or old steak knife to cut around the sprinkler heads, and flush them out to remove any debris that may be blocking them.
- Damaged or compacted areas over the holiday period can be aerated with a garden fork or lawn aerator. This allows air and water to infiltrate down into the lawn's roots.
- Apply a soil wetting agent on your lawn when the temperature is below 30°C for a few days. Always water it in thoroughly.
- Encourage strong healthy growth on your lawn to cover any worn or bare patches. Apply a controlled release lawn fertiliser to thicken up the lawn. Always water it in to avoid burning.

Garden

- Avoid cutting back hard any plants that are scorched or sunburnt, after the extreme heat of December. Wait until March or April as the old leaves and stems will provide some extra protection to buds further down.
- Apply a wetting agent to your whole garden and water it in well during a cooler period in late February. This will save you water, reduce run-off and encourage a deeper root system.
- Top up your garden beds with a 5 to 10cm layer of coarse organic mulch such as lupin straw, woodchips, pine bark or Whoflungdung to reduce water loss and to keep the soil cooler.
- Check your irrigation system for any blocked or damaged sprinklers, or any that are impeded or by plant foliage causing dry spots.
- Continue to dead head salvias, roses and geraniums. Feed all flowering plants with an organic fertiliser and seaweed solution to stimulate more flowers and growth.

Here's to a wonderful and prosperous New Year of gardening in 2022.

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Have a Go News PUZZLES SOLUTIONS

Solution for BIG Crossword page 46

M	O	C	K		M	E	A	N	D	E	R		G	A	L	A			
O		H	E	D	G	E		L	Y		U	R	B	A	N	D			
D	I	E	G	O		M		T	E	E		L		O	P	T	E	D	
E	R	A		S	T	O	N	E		I	D	E	A	S		I	T	S	
	O	T	H	E	R		A	R	E	N	A		L	U	R	C	H		
	N	O	D	O	U	R	S		G	R	A	I	N	S		I			
T	Y	P	O		O	R				I		B		I	N	C	H		
R			T	I	P	T	O	E		A	N	V	I	L		A		A	
E			G	E	M	S			W	R	U	N	G		S	A	C	K	S
S	H	A	R	P				U	G						N	E	E	D	S
S			U	S	E	D			E	P	E	E	S		R	E	N	D	L
E			N		L	E	A	N	T			L	A	M	E	S	T		E
S	A	T	E		E		G				U		B		R	O	A	D	
	N		M	A	M	M	A	L		A	C	C	U	S	E		R		
	N	O	I	S	E		G	A	F	F	E		K	U	D	O	S		
C	O	B		I	D	L	E	D		F	R	E	E	S		Z	O	O	
H	Y	E	N	A		I		I	R	A		A		A	L	O	N	G	
O		S	E	N	D	S		E		I		R	U	N	I	N		R	
P	O	E	T				A	S	S	E	R	T	S			P	E	T	E

Solution for Crossword page 47

D	I	S	C	L	O	S	I	N	G										
I		P		E					E										A
S		E		C	H	I	N	W	A	G									
C	H	E	S	T					Y										G
O		D		U			S		E										R
N	I	C	E	R			T	I	A	R	A								
T		A		E			E		R		V								
E		M					P	A	S	T	A								
N	E	E	D	L	E	S													
T		R					O		V		E								
	C	A	R	P	E	N	T	E	R	S									

Solution for Sudoku page 47

9	2	5	6	4	1	7	8	3
6	4	7	5	8	3	9	1	2
1	8	3	9	7	2	6	5	4
5	6	9	1	2	8	3	4	7
8	1	4	3	9	7	5	2	6
7	3	2	4	6	5	8	9	1
2	7	6	8	5	4	1	3	9
4	5	1	7	3	9	2	6	8
3	9	8	2	1	6	4	7	5

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Answers for Have a Go News Quiz page 2:

1. Caversham Wildlife Park
2. Northern Territory
3. Derby
4. Norman Brearley
5. Norman Brearley
6. Kerry and Ryan Stokes
7. Isla Fisher
8. 1966
9. Chocolate
10. Northampton

Solution for WHEEL WORDS page 47:

Solution: Echo, Etch, Hero, Hone, Horn, Hour, Hunt, Hurt, Ouch, Tech, Then, Thou, Chore, Churn, Chute, Couth, Heron, North, Notch, Ochre, Other, Retch, Ruche, Tench, Thorn, Throe, Torch, Touch, Hector, Hornet, Hunter, Techno, Throne, Trench, Re-touch, Toucher.

9-letter word: TRUNCHEON

Answers for PRISM page 47:

Polo, golf, swimming, baseball, canoeing, speedway.

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Millions of Australians have poor bone health: don't be one of them



by Robert Vander Kraats,
Sport Physiotherapist

Osteopenia vs osteoporosis

THE word osteo refers to bones. Osteopenia therefore refers to a lack of bone, and osteoporosis refers to porous bones.

Both conditions refer to a reduction in the bone mineral density – the thickness or strength of the bone. A test can measure this. If a patient gets a T Score value greater than -1 this is in the normal range, -1 to -2.5 means a person has osteopenia and -2.5 or lower indicates osteoporosis.

Osteopenia can progress into osteoporosis if not appropriately treated and managed. Bone density loss occurs in both, however the loss is more pronounced in osteoporosis.

Bone density loss in some cases is due to menopause, resulting from a reduction in oestrogen in women and testosterone in males. But younger people can also be affected by

osteopenia. Research has found that individuals who have a lower Body Mass Index, particularly women, can be at greater risk.

Osteoporosis Australia reported that 6.2 million Australians over 50 years of age have osteopenia, osteoporosis or poor bone health. Of the 6.2 million, 78 per cent have osteopenia, and 22 per cent have osteoporosis and are at risk of fractures. One bone fracture occurs every 2.9 minutes, which is 501 fractures per day, and 3,521 fractures per week.

Risk factors?

Age alone in isolation is often not a risk factor. Osteoporosis Australia suggests the following risk factors:

- A sedentary lifestyle
- Lack of exercise

- Smoking
- Medications
- Poor diet
- Low Vitamin D
- Inadequate calcium levels
- Family history of osteoporosis
- Low body weight or a low Body Mass Index
- Low levels of Calcium and Vitamin D
- Insufficient exposure to a safe amount of sunlight
- Lactose intolerance

Exercises to prevent a decreased bone density

Osteoporosis Australia found that physically active older people have up to a 45 per cent lower risk of sustaining a hip fracture (a common osteoporosis complication), compared to sedentary people.

We know from the research conducted by

NASA that gravity is important for bone density as is weight-bearing exercises. Before adaptive measures were in place for astronauts, often they would return to earth with a considerable reduction in bone mass, due to decreased impact and stress forces experienced while in space.

To prevent a reduction in bone mass, weight-bearing exercises need to be included in the exercise program. Some examples include a brisk walk, jogging, stair climbing, skipping, a sport such as basketball or golf and dancing. Some exercises such as swimming can be good for cardiovascular health, but do not provide sufficient load to the bones. These are just

some examples, there are many others that can be individualised to your needs.

Bone density and specifically load bearing exercises, can be combined with muscle strengthening and balance exercises. For a comprehensive and specific exercise program for your needs, Robert and Jeff from Next Generation Physiotherapy can assess and formulate an exercise program for you.

The above is just a guide and may not be suitable for your needs. Phone 9203 7771 to make an appointment with Robert and Jeff today for your weight-bearing exercise program. 291 Warwick Rd, Greenwood, www.ngp.net.au, 9203 7771.

Stem cell therapy and arthritis symptom relief



Sandra Barnsley

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 – but also to start the healing process. The most common

form of arthritis is osteoarthritis. This is a degenerative disease and often needs joint replacement surgery.

Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion.

Research shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue, adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid

that acts like a shock absorber).

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells in your bloodstream that you had at 25.

Stem cell nutrition encourages your body to naturally release millions of new stem cells – which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better. If you would like to find out how stem cell therapy can change your life, phone Sandra Barnsley 0412 479 156.

Volunteers needed for lung disease research studies



THE symptoms and problems associated with chronic obstructive pulmonary disease (COPD) can have a debilitating impact on quality of life. This chronic, progressive respiratory disorder can cause persistent coughing and repeated infections.

More people are being diagnosed with the lung condition but only limited treatment options are available. But there is hope through life-saving clinical trials being undertaken at the Institute for Respiratory Health based at the Harry Perkins Institute in Perth.

The Institute provides patients access to cutting-edge treatments and new medications unavailable elsewhere, entirely free of charge. Patients also receive specialised care from a clinical team who have a deep understanding of the patient's condition and provide personalised advice, care and support.

The Institute is currently looking for volunteers to participate in a new clinical trial. If you've been diagnosed with COPD and suffer from a daily productive cough, you might be eligible to participate.

Why not get in touch? Every medical drug provided by your doctor or pharmacist today underwent a clinical trial. Not only will you be contributing to research that may change your quality of life, but you may also save lives for people with the same condition for generations to come.

The Institute also needs volunteers for the following lung conditions – asthma, bronchiectasis, cystic fibrosis, emphysema, idiopathic pulmonary fibrosis, and alpha 1-antitrypsin deficiency.

If you have any of these health conditions, or know someone who does and wish to participate in a life-changing clinical trial, please call (08) 6151 0813 or email admin@resphealth.uwa.edu.au.

State-first adaptive radiation therapy technology has arrived at St John's Murdoch

WEST Australian cancer patients now have access to an innovative adaptive radiation therapy treatment thanks to the arrival of the Elekta Unity MR-Linac machine at the new \$17 million integrated cancer centre at St John of God Murdoch Hospital.

The cutting-edge technology, the first of its kind in Western Australia, will allow radiation oncologists to visualise cancerous tissue during treatment, combining MRI diagnostics with highly targeted radiation therapy.

The combination enables crystal clear differentiation of soft tissues during treatment and will allow for adjustment in real time, known as adaptive planning, to account for movement in the tumour and surrounding healthy tissue.

The successful delivery and installation of the MR-Linac technology marks an important milestone for the integrated cancer centre which opened its doors

to patients at the end of 2021.

The new centre is the result of a partnership between Centuria Healthcare, St John of God Murdoch Hospital, and the leading provider of radiation oncology services in Australia, GenesisCare.

GenesisCare Radiation Oncologist and medical director of the new facility, Dr Tee Lim, said the technology installed at Murdoch heralds a new era for radiation therapy in Western Australia and provides cancer patients with access to a highly precise non-invasive treatment option.

"Many tumours are located in organs that move during or between radiation treatment sessions. Often, they are located near sensitive tissues, such as the bladder or bowel, which we obviously want to protect during treatment.

"The Elekta Unity-MR Linac system allows us to visualise cancerous

tissue during treatment in real time, adapting the plans and margins to minimise radiation exposure to surrounding healthy tissue and limit side effects."

"This new treatment technology is a game-changer for West Australian cancer patients, and we are thrilled to be offering this innovative adaptive treatment at our new radiation oncology centre at St John of God Murdoch Hospital," he said.

In addition to the MR-Linac technology, the new cancer centre at Murdoch will offer ground-breaking ther-

agnostics and nuclear medicine services. It will also house the latest molecular imaging equipment, including a PET-CT scanner, critical for directing and monitoring new target-

ed molecular therapies. The new facility has the capacity to treat up to 1,000 cancer patients a year and will be fully integrated into the St John of God Murdoch Hospital.



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This could be goodbye to arm jabs - no need to rollup to receive your medicine



University of Queensland, School of Chemistry and Molecular Biosciences' Dr David Muller (left)

by Frank Smith

MOST current vaccinations use needles and syringes. However, needles can spread infections if they are reused and many people live in fear of the pain they can cause.

Single use needles are fine, but too expensive for regular use in poorer countries. Therefore, scientists are seeking alternatives such as liquid-jet injectors, skin appli-

cation, pills and nasal sprays.

University of Queensland scientists have successfully immunised mice from the Covid virus by administering a US-developed vaccine on a skin patch applied with a single, pain-free 'click' from a pocket-sized applicator.

The patch - a HD-MAP applicator - developed by the University of Queensland (UQ) and Vaxxas Pty Ltd has thousands of vaccine-coated micro-projections. When it is applied to the skin for a few seconds it delivers vaccines to the immune cells immediately below the skin surface.

The vaccine used in the trial was the University of Texas Hexapro vaccine. It is stable for at least 30 days at 25°C and one week at 40°C when dry coated on a patch.

"It doesn't have the cold chain requirements of some of the current options," said

Dr David Muller from UQ's School of Chemistry and Molecular Biosciences.

"The vaccine patch produced strong immune responses that were shown to be effective when mice were exposed to SARS-CoV-2 - the virus that causes Covid-19.

"When the Hexapro vaccine is delivered via HD-MAP applicator - rather than a needle - it produces better and faster immune responses," he said.

"It also neutralises multiple variants (of the virus), including the Delta and Omicron variants.

"And it's much more user-friendly than a needle - you simply 'click' an applicator on the skin, and 5000 microscopic projections almost-imperceptibly deliver vaccine into the skin."

"Hexapro, delivered by the high-density microarray patch, could dramatically assist global vaccine

rollout effort, particularly for billions of vulnerable people in low- and middle-income countries," he said.

Needle-free immunisations was first used for the oral polio vaccine. This vaccine, which contains live attenuated poliovirus, generates immunity by infecting the gastrointestinal tract. Attenuated vaccines are weakened virus mutants that stimulate immune responses but not infectious.

Other oral vaccines include typhoid fever, cholera, rotavirus and nasal influenza. However, oral vaccination only works with vaccines containing living organisms which can survive stomach acids and enzymes and infect the intestinal tract.

Several other vaccines, such as the Sabin oral polio vaccine, have been given via the mouth or, in the case of some 'flu vaccines by nose spray. However, vaccines administered by this

route are sometimes deactivated by enzymes in the mouth or nose,

Another needle-free method is a liquid-jet injector that produces a very narrow high-velocity vaccine jet. The liquid jets penetrate the skin and deliver the vaccine into the skin, subcutaneous tissue or the underlying muscle. Unfortunately, liquid-jet injectors cause more-frequent site reactions such as soreness, redness and swelling of the injection site, compared to needles.

Writing in *Nature Reviews Immunology* bioengineering professor Samir Mitragotri of Harvard University, said no one method of needle-free immunisation is superior in all circumstances. So jabs will continue to be needed for some diseases.

The University of Queensland research was published in Science Advances late last year.

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These amazing worlds and creations are all thanks to incredible lighting and special effects combined with stunning hand-painted wall and floor art, which play host to the golf holes, as well

as sneaky hidden obstacles. Travelling through each room sees the difficulty of the shots increase, with many having ramps, tunnels and trenches to navigate as well as animals that appear to come to life and golf balls that hover in front of you, but this makes it even more of a fun and unique experience for all ages and abilities.

It really is a one of a kind of experience, just don't forget your camera. Glowing Rooms are open from 2pm to 9pm on Tuesdays, Wednes-

days and Thursdays, 2pm to 10pm on Fridays, 10am to 10pm on Saturdays and 10am to 9pm on Sundays. On most public holidays Glowing Rooms is open from 10am to 6pm, but that can change from time to time. The opening hours will be updated on the website: www.glowingrooms.com.au.

For the school holidays they are open every day from 10am including Mondays. Last tee occurs one hour before closing. There is a café on site and they also do incredible parties.

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Fun things to do with the grandchildren...

HAVE fun in the sun with the grandchildren this summer. Here are some ideas to keep the little ones occupied at Whiteman Park during the holidays:

1. Cool off in the mini pool playground
2. Buy an ice-cream
3. Read a book
4. Discover the interactive exhibits at Revolutions Transport Museum
5. Ride a bicycle
6. Have a picnic
7. Spot the fairy doors and artwork in the Children's Forest
8. Ride the train
9. Take a tram ride
10. Collect activity sheets from the Visitor Information Centre
11. Go for a nature walk

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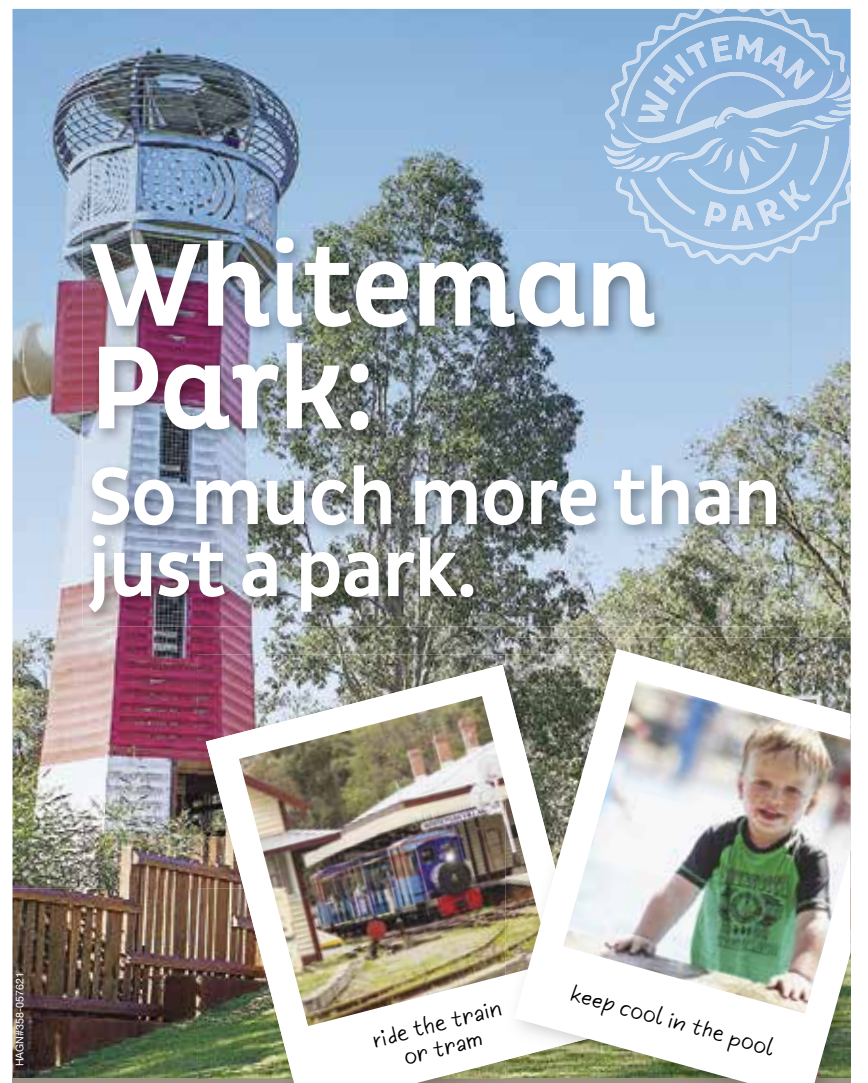
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Summer stonefruit stunners are begging to be served

by Noelene Swain

LUSCIOUS peaches, nectarines, apricots and plums let us know that summer is well and truly here. These sweet and juicy stonefruit are begging to be served up fresh out of hand, or in a range of seasonal dishes as summer temperatures soar. With a selection this good, getting your two serves of

fruit each day will be a breeze.

Stonefruit are not only beautiful as a snack throughout the day, they are perfect for including in sweet and savoury dishes, fruit salads and cheese platters. Brush your favourite with honey or brown sugar syrup and grill until hot and golden to serve with frozen yoghurt or low-fat ice-cream. Add

sliced peaches to stuffing mixture for a moist, fruity roast chicken or make an apricot sauce for baking tender lamb chops.

Peaches are the fuzzy fruit that appeal to most, but not so many of us are keen on the skin. Whether you can sink your teeth into one straight from the fruit bowl or you take the time to de-fuzz your peaches, that succulent flesh is in a league

of its own and finding a perfect peach is pure bliss for the tastebuds.

For a large part of the year we are forced to use tinned fruit because stonefruit are extremely seasonal, but don't miss out now the real stuff is on offer. Peak season extends until March.

Nectarines are the fuzz-free peaches. Ripe nectarines have an un-

mistakable fruity aroma that can beckon us from the other side of a room. Like all stonefruit, they are fat-free and a good source of the powerful antioxidants vitamins A and C. Nectarines are in season from now until March and are very well suited to turkey and pork dishes, ideal fare for the post-Christmas period.

Fresh apricots and plums are a cheese plat-

ter's best friends. Sweet and slightly acidic, they make the perfect accompaniments to firm and soft cheeses alike and combine well with nuts and dried fruits. During the year it is not uncommon to see dried apricots included, but go for fresh while they are available, from now until January. Plums should have a longer season, available until April.

Whichever is your favourite, there will be luscious stonefruit to suit all tastes over our long summer. Treat our family to a combination of peaches, plums, apricots and nectarines, either fresh or included in an evening meal. Give these fruity recipes a whirl...

Recipes supplied by Fresh Finesse: www.freshf.com.au

Vince Garreffa's chicken and tomato pasta



by Vincenzo Garreffa

JANUARY and February are tomato months. Fruit ripened on the vine is sought after by people that love making their own tomato sauce stored in old beer bottles. If that's too much trouble for you, don't miss out trying this quick tomato sauce with chicken served with pasta. Don't store it, just eat your good work. This costs a lot less than take away and is 10 times as good. You can use chopped fresh or canned tomatoes, both equally as good, especially in the months when there are

no fresh tomatoes.

Ingredients for 4
3kg vine ripe tomatoes (I use Roma)
1-1.5kg (approx.) boiling chicken (I use Margaret River free range)
1 red onion fine diced
½ cup basil leaves
Extra Virgin Olive Oil (EVOO)
WA organic lake salt
Freshly cracked black pepper
500g pasta of your choice

Method

Cut a cross on the point of each tomato skin deep. Put into boiling water for one minute and then remove and place

in iced water to cool. Skin the cooled tomatoes then cut them in half and squeeze out the seeds. Blitz the skinned deseeded tomatoes in a blender into a smooth sauce. Add 100ml of EVOO to a deep frypan and heat up for one minute.

Now add the diced onion and cook, stirring occasionally until the onion is a little coloured, then add the tomato sauce stirring well. When the sauce starts to simmer add the chicken and season with a little salt and pepper. Cook at a gentle simmer with a lid on covering 90 per cent of the pan, allowing a little steam to escape. Simmer for two hours, stirring occasionally.

Now remove the lid and continue to cook, stir occasionally without the lid so the sauce thickens.

Check that the chicken is tender and that you are happy with the salt and pepper. Next boil lots of salted water for the pasta and cook the pasta al dente. Now add the chopped basil leaves

(can be torn instead of chopped) to the chicken and sauce, cooking for two more minutes and making sure it is well mixed.

Strain the pasta then mix with the tomato sauce and chicken and serve hot, after doing a final test for flavour adding more salt and pepper if required.

Ps: Extras you might consider: Parmesan cheese, chilli, bay leaves or a little nutmeg while cooking the chicken and tomatoes together.



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

Peach custard tarts



For the pastry:

100g butter
1½ cups plain flour
1½ tablespoon sugar
⅓ cup ground almonds
2 tablespoon water

Filling:

3 eggs
⅓ cup sugar
150ml thicken cream
2 teaspoon grated lemon rind
1 peach, peeled, cut into 1 cm cubes
PRE-HEAT oven to 200°C. Rub butter into the combined flour, sugar and almonds. Add water, mix well. Knead together on a lightly floured surface until combined. Divide into six portions and roll each out to fit the base and sides of 6 x 12 cm loose bottom tart tins. Bake for 10 mins or until firm, gently pressing down the centre halfway through if the pastry rises up.

For the filling: whisk the eggs, sugar, cream and lemon rind until combined. Spoon into the pastry shells. Bake for five minutes. Divide the peach pieces between the tarts, press them into the custard. Bake for 10 minutes or until just set. Stand five minutes before turning out to cool.

Preparation: 12 mins;
cooking 15 mins; serves: 6

Energising peach and banana smoothie



Preparation: 3 mins;
cooking: nil; serves: 1 - 2

1 peach chopped
1 banana chopped
1 cup apple or pineapple juice
½ cup crushed ice
PLACE all ingredients into a blender and blend until combined. Serve immediately and enjoy.

Letters to Vince Garreffa...

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

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Vince Garreffa 0411 881 193 | vince@mondo.net.au | Tickets: www.MBoK.com.au

What's fresh in the markets...

Nectarines: Plentiful supplies of these summer favourites are now arriving in store and the prices are very affordable. Luscious yellow fresh varieties are sweet and juicy eating - perfect for snacking; freshly sliced on your morning cereal or as fruity sorbet. You really only need to puree and freeze. Pile them high in the fruit bowl and they will disappear as if by magic.

Apricots: If you are blessed with excess apricots, then making apricot jam will carry on this beautiful flavour for months ahead. It is a great surprise when you find a large piece of apricot as you spread the jam on to fresh bread.

Buy apricots that are firm, but not hard, with unblemished skins. They should be a deep, clear orange and some may even have a red blush. Apricots bruise easily, so carry them home with care. Eggplants: Locally-grown eggplants are

plentiful now. Best grilled or barbecued; you can easily create an impressive dish for your next barbecue by layering with good-quality fetta, fresh rocket and a dressing of finely chopped chilli, roast and ground cumin seeds, mint, lemon juice and extra virgin olive oil.

Flat mushrooms: Summer barbecues are the perfect time to get creative with richly flavoured flat mushrooms. Available as either white or velvety brown varieties, the flavour is full and robust so not only are they good for boosting your Vitamin D and lowering your risk of cancer, they taste superb.

Grill them whole on the barbecue with your choice of flavour or mince finely and blend with your traditional minced meat recipes in burgers, bolognaise or meatloaf. You can swap minced meat for minced mushroom for a lower calorie and fuller flavour result.

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

ADVERTISING FEATURE

Knife and fork talk with the Dining Divas at Morley's Coventry Markets



by Judith Cohen and Pat Paleeya

WE didn't venture far this month and opted for Morley as our port of call. This also enabled us to have a shopping spree at Galleria before sitting comfortably and contentedly in the Two 40 three restaurant and bar situated at Coventry Markets.

Their menu offers a \$14.95 and \$16.95 lunch specials which caters to a variety of tastes. We chose chicken and avocado

salad, and miso chicken 'Poke' bowl.

The chicken and avocado dish was chockfull of colour and texture; lots of cherry tomatoes, abundant slices of avocado, salad leaves, red onion and very succulent pieces of chicken. Pine nuts were scattered liberally through this dish and knowing how expensive these little gems are – hats off to the chef. All this goodness was finished with a splash or two of dressing which

was all it needed. Very pleasing to the palate.

The miso chicken 'Poke' bowl was piled high with a mouth-watering assortment of chicken, rice, cucumber, carrot, onion, sesame seed, nori and Japanese dressing. Every morsel of food was delicious the serving was huge. This Diva left with a doggy bag. (No cooking that night).

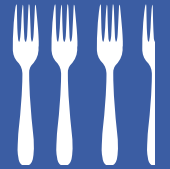
The indoor and outdoor dining area is very large, clean, and well patronised. The staff were friend-

ly and from where we were sitting, we were able to see into the chef's domain. As we arrived early there were not a lot of people around but by the time we were ready to leave the restaurant was beginning to fill up.

3½ forks
Two 40 three Restaurant Bar and Grill, Coventry Markets, Walter Road, Morley
www.two40three.com.au
Phone 9475 3665
Open daily

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



Dine out and help build a bridge of kindness in our community



ists have started a new chapter... the inaugural Matagarup Bridge of Kindness Gala Masquerade dinner to be held on Sunday March 13.

This Gala Masquerade will be an exclusive event for 600 people dining and enjoying entertainment on the spectacular Matagarup Bridge.

More than 60 celebrated Perth chefs, including Stephen Clarke, Chase Webber, Sophie Budd, Chris Taylor, and Peter Manifis, will be donating their time, creating signature dishes to tantalise taste buds.

The event will be styled by Lifeline WA Ambassador and world-renowned Perth fashion icon Aurelio Costarella. Entertainment will include talent-

ed young Western Australian entertainers from WAPPA, renowned local Perth entertainers and indigenous performers.

Vince said that that when a community comes together, anything is possible.

"Our unique gala event supports Lifeline WA and the critical job they do, saving lives across the country every day. In 2021 Lifeline WA is still paying rent. This is not a sustainable situation for such a critical service, and we must raise serious money to help them with their future.

"100 per cent of the money raised from this event goes direct to Lifeline WA which provides crisis support, suicide

prevention and mental health support services. There's a call to Lifeline, from somewhere in Australia, on average every minute of every day.

"This is going to be a unique dining and entertainment experience and when you buy a ticket you know that there's no better way to raise funds for such a great cause than gathering around food and community building a bridge of kindness," said Vince.

Tickets for the event on Sunday March 13 at Matagarup Bridge from 4.30pm to 10.30pm include food, drinks and entertainment. Sponsors welcomed – for more details call Vince on 0411 881 193 or email Vince@mbok.com.au.

WEEK DAY LUNCH SPECIALS

Information correct at going to press



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

PUBLIC HOUSE
 \$18 lunch special
 Tues- Fri 11am-2pm
 263 Adelaide Terrace
 6117 0675

GOSNELLS HOTEL
 \$15 seniors lunch special.
 11.30am-3pm every day
 2149 Albany Hwy
 9398 2224

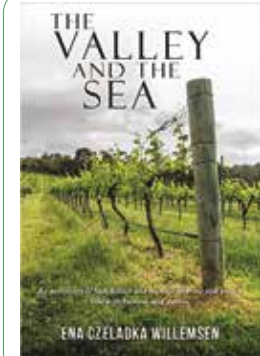
TASSELS PLACE BAR AND BISTRO
 \$25 and under lunch menu
 11am-5pm 7 days
 8 Tassels Place, Innaloo
 6444 7997

IVY AND JACK
 \$15 lunch special
 Mon-Sat
 11.30am-2pm
 788 Hay Street, Perth
 9261 7233

TWO 40 THREE BAR AND GRILL
 \$16.95 and \$14.95 lunch special
 Mon-Fri 11am-4pm
 Coventry Markets Morley
 9275 3665

MUNDARING HOTEL
 \$17 seniors menu
 Mon- Fri
 11.30am-2.30pm
 Cnr Jacoby and Nicole St
 9295 10006

WING HO
 Lunch special
 \$18 and under
 Tues-Sun 12-2.30pm
 Shop 6/42 Kent Street
 Rockingham
 9592 2087



Local author supports *Have a Go News*

The Valley and the Sea is a collection of writings which cover many genres, a potpourri of more than 100 pieces both true and fictional. There are personal memories, poetry, short stories, musings, observations and the trials and tribulations of life in general.

There are snippets of local history throughout the book.

The author's father settled in Australia in 1924 as an immigrant from Croatia. He established a vineyard in Herne Hill where his knowledge of viticulture from the old country was put to good use.

This is a book that can be dipped into in no particular order, depending on the reader's mood, there is comedy or perhaps a little poetry and even a little nostalgia.

Reader and author Ena Czeladka Willemssen has very generously donated books to *Have a Go News*

to sell. *The Valley and the Sea* is written by Ena Czeladka Willemssen and sells for \$25. If you would like to purchase a copy email info@haveagonews.com.au with Valley and the Sea in the subject line or call the office on 9227 8283 during business hours.

Add these Western Australian books to your collection...



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

Fascinating, Fun Facts: WA and the World - The sister publication to *Awesome WA*, journalist Lee Tate uncovers an array of interesting facts from Western Australia and the world. A great book for anyone who loves trivia and facts. Perfect for quiz nights.

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

ORDER FORM

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Fascinating, fun facts: WA and the World	1 book \$25	___ x \$25 (inc gst)
Photographing our brilliant West Australian Birds & Wildflowers	1 book \$25	___ x \$25 (inc gst)
POSTAGE & HANDLING	1 x book \$6 2-3 x books \$12 4-6 x books \$15	
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food & WINE

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

Brunch with T - a refreshing healthy brunch to kick off the New Year



by Tahlia Merigan

HAPPY New Year to our readers and thanks to those who shared their favourite brunch spots with me – this will provide some great content for the columns in the year ahead.

Most of us like to make resolutions to kick off a new year and I think one that many of us aspire to is to be healthier in our food choices.

This inspired me to make a visit to The Bodhi Tree Bookstore Café in Mount Hawthorn as they offer a wide selection of healthy breakfast, brunch, lunch and afternoon tea options along with one of my favourite things... books.

It is an airy and spacious spot with a great selection of books, gifts and trinkets. I enjoyed whiling away some time browsing through the shop and then settling in to peruse the menu which offers healthy and delicious choices, catering to all dietary requirements.

I made a visit during our holiday break with our editor Jen and we decided to kick our New

Year off with a couple of healthy juices. I ordered the cleanse juice which was freshly pressed apple, celery and carrot (\$9.50) and Jen had the ruby juice which was beetroot, carrot, celery, cucumber and ginger (\$9.50). Served in large glasses the juices were delicious and it felt like we were drinking a great big vitamin pill of goodness.

The coffee is fair trade, organic and, as it was a hot morning, I decided on an ice coffee with ice-cream (\$7.50) and Jen had a flat white in a cup (\$4.60). Upgrades to a mug are available for an extra \$1.

They also offer pots of tea for one or two, served

in a cup and saucer with free hot water refills.

The glass counter is brimming with bagels, wraps, savoury muffins, patties and a selection of home-made cakes, biscuits and slices.

For brunch I went with the salmon and egg rösti (\$21.50), this a gluten free dish with premium smoked salmon and free range poached eggs served on a potato rösti.

The salmon sourced from New Zealand was light and not too smoky and the eggs were perfectly cooked. The rösti was chunky and herbaceous complementing the salmon and eggs.

Jen decided on two poached eggs on sour dough (\$13) served with a side of thyme infused mushrooms (\$5). Interestingly when I spotted the mushrooms I thought

they looked a bit dry but on closer inspection they were deliciously moist infused with thyme, providing a very tasty addition to the eggs.

Serving sizes were good and service was quick and friendly.

Bodhi is a Sanskrit word meaning awakening or enlightenment. The healthy swayed menu offers delicious food without missing out

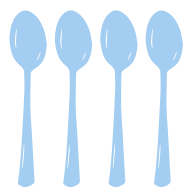
on flavour.

Centrally located, it's a pleasant place for a visit and a good spot for those looking for gifts. It is one we plan to return to again.

4 spoons
The Bodhi Tree Café and Bookstore, 1/416 – 418 Oxford Street, Mount Hawthorn
 Phone: 9444 9984,
www.bodhitree.net.au
 Open daily 8am to 4pm.

T's spoon ratings

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



A selection of wines for pairing with food for summer entertaining...



by Frank Smith

FOR a summer party ideally you need a spar-

ling to welcome guests and as an aperitif, but a sparkling rosé will last through the meal or an-

tipasto too. Then a nice dry Riesling for anyone not into sparkling and what is better than a

sticky with the dessert? Here are some suggestions:

Taltarni Cuvee Rosé 2014 is a blend of Pinot Noir (50 per cent), Chardonnay (46 per cent) and Pinot Meunier (two per cent). The wine is pale salmon colour, with aromatic notes of bread crust and nuts with hints of rose water. This pairs with red berry flavours on the palate that are accentuated with strawberry acid. The driving length of this acid is balanced with a light cream weight that fills the mouth. RRP \$26.

Clover Hill Tasmanian Cuvee Rosé NV is a delicate salmon pink colour. This wine has a soft and creamy long lasting mousse. Stewed strawberry and dark cherry aromas marry perfectly with the wine's

fresh brioche characters. The wine is well structured, with sweet red berries and cream enveloping the palate.

A fresh and vibrant wine, it will be best enjoyed young. RRP \$36.

Castle Rock Estate 'Porongurup' Riesling 2021 is light and pale in colour with green hues. Aromas of lime juice backed by a delicate fragrance of orange blossom and lavender give it a bouquet that is zesty and fresh, yet also of great depth.

The palate exhibits rich lime juice fruit characters which provides appealing succulence characteristic of a young wine. The core of natural acidity creates that great structure, finesse and length. The balance between the fruit and acid structure is the

hallmark of Castle Rock Rieslings. Lively, crisp and with an attractive delicacy now, the winemaker says this wine will blossom with age for at least 20 years.

An ideal aperitif wine, it will also match with fish, marron and yabbies and mild Asian dishes. RRP \$26.

Angullong 'Fossil Hill' Rosé 2019 is made from 100 per cent Sangiovese fruit in the Orange Region, NSW. The colour is an attractive salmon / rose gold with marked floral aromas of strawberry, blueberry and spice.

The palate offers intense and lively flavours of red summer berries. It has lovely freshness, zest and crisp natural acidity.

The winemaker advises serve cool but not too

cold. Ideal as an aperitif or with antipasti. RRP \$26.

Not everyone likes sticky wines but serve as an aperitif or to enhance a dessert from ordinary to extraordinary.

Patina Sticky Tea Riesling 2018 is one great example from the Orange region of NSW. This sticky is golden straw yellow in colour with Intense aromas of apple, peach, lemon and green tea.

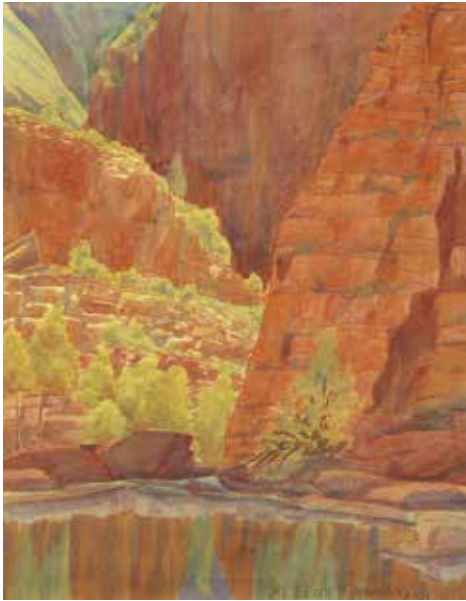
The palate when first tasted is fresh and fruity changing to mouth-watering lemony apple/peach sorbet and a clean green tea finish.

The winemaker says the Patina sticky is an absolute delight with chicken liver pâté or blue cheese. I'd vote for plain vanilla ice cream too.

RRP (375ml) \$25.



Exciting new exhibition of Indigenous art at Art Gallery of WA



Albert Namatjira's *Ormiston Gorge* is on display

DRAWN from the renowned collections of the National Gallery and The Wesfarmers Collection of Australian Art, *Ever Present: First Peoples Art of Australia* is a free exhibition which surveys historical and contemporary works by Aboriginal and Torres Strait Islander artists from across Australia.

Ever Present features more than 100 works by 80 artists as it considers seven overarching and interlinked themes: ancestors + creators; country + constellations; community + family; culture + ceremony; trade + influence; resistance + colonisation; and innovation + identity.

Together the works underline the ever-present existence of the First Peoples of Australia.

"*Ever Present* celebrates the creativity, diversity, strength, resilience and pride of early and

contemporary Indigenous artists highlighting their artistic, cultural, social and political expressions that reinforce their time immemorial connections and their ever-present presence in this country," said Tina Baum, curator of Aboriginal and Torres Strait Islander Art, National Gallery.

From Albert Namatjira's *Ormiston Gorge*, Timothy Cook's *Kulama*, and Mabel Julli's *Wardal and Gamkerly* to Julie Dowling's *Self-portrait: in our county*, Michael Cook's *Broken Dreams #2* and Richard Bell's *Omega* (Bell's Theorem), the works in the exhibition traverse themes of identity, connection, Australia's contested historical narratives, and the contemporary experience of Aboriginal and Torres Strait Islander artists practising today.

Each piece revealing the determination of Aboriginal and Torres Strait Islander artists to tell their stories in their own way.

Although a celebration of Aboriginal and Torres Strait Islander art, *Ever Present* does not shy away from Australia's complex histories. The artists contest popular views of Australian history, using art as a tool of resistance and replacing physical weaponry with wit, satire and juxtaposition to confront viewers and encourage conversations that are essential to dispute outdated myths and ideologies.

Colin Walker, director of The Art Gallery of Western Australia, said the exhibition is a highlight of the Gallery's 2021-22 program.

"The Art Gallery of WA has for many decades brought the art and cultural material of Aboriginal

and Torres Strait Islander people to the people of Western Australia and indeed the nation. We're delighted to continue with *Ever Present* – an outstanding exhibition celebrating the work of over 80 artists from some of the most profound art-making communities and areas across the country."

Join The Art Gallery of Western Australia for a free family day celebration of arts, culture and community on Saturday February 26 from 10am to 5pm. Enjoy all-ages workshops, talks, food, dance, and music as AGWA welcomes community to share stories, yarn, listen and connect with Aboriginal and Torres Strait Islander people and culture.

Ever Present is running at The Art Gallery of Western Australia in its only Australian showing, through until April 18, 2022.



Gripping and suspenseful *Angela Black* - new UK drama now out on DVD

ANGELA Black's life appears idyllic: a lovely house in suburban London, days working as a volunteer at the dogs' home, two wonderful sons and a charismatic, hard-working husband, Olivier.

However, beneath this façade of charmed

domesticity, Angela is also the victim of domestic abuse. Trapped in a relationship she cannot escape, Angela is approached out of the blue by Ed, a private investigator, who spills Olivier's darkest secrets.

When faced with

some horrifying truths about her husband, a stunned Angela is left reeling. Can she really trust Ed?

Can she leave behind her life as she knows it and finally free herself from Olivier? With one encounter, Angela's life switches from school

runs and the dogs' home to private detectives and buried secrets as she risks everything she holds dear, to fight back against the man who has suppressed and tormented her for most of her life.

Starring Joanne Froggatt (*Downton*

Abbey, Liar), Michiel Huisman (*Game of Thrones*), Samuel Adewunmi (*The Watch*) and Lara Rossi (*Cheat*).

Six addictive episodes of *Angela Black* – out on January 19, RRP \$34.95.

WIN WIN WIN
We have 10 DVDs of

Angela Black for some lucky readers to win. To be in the draw simply email win@haveagoneews.com.au with *Angela in the subject line or write to DVD - c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 3/2/22.*

Free Fremantle exhibition celebrates wooden boat building in Western Australia



Building the *Duyfken* Replica Photo: Robert Garvey

DUTCH-AUSTRALIA Foundation and the WA Museum present the history of *Wooden Boat Building in WA* at the WA Shipwrecks Museum in Fremantle.

This community exhibition highlights the importance of wooden boat building in Western Australia and marks the 25th anniversary of the construction of the *Duyfken* replica in Fremantle.

The exhibition includes selected images, artwork and objects reflecting examples of wooden boat building in this State, from the early 1700s to the present day.

Discover the intriguing story behind the

sloop, built by survivors of the *Zeeuwijck*, after it was wrecked in the Abrolhos Islands in 1727.

Learn about shipbuilding at King George Sound in 1827 and the Swan River Colony from 1829, including repairs to *HMS Success* when it ran aground near Carnac Island in 1829.

Uncover stories of wooden boat building in regional WA, for the purposes of whaling in Albany, fishing in Geraldton and pearling in Broome,

and the importance of wooden boat building in other cities of Western Australia.

Marvel at the skill and expertise of shipwrights who were involved in building the *Endeavour* and *Duyfken* replicas and the many volunteers who supported them.

Wooden Boat Building in WA is a free exhibition, proudly presented by the Dutch Australian Foundation, with support from the Western Australian Museum. It will run until

Sunday May 1 at the WA Shipwrecks Museum, Cliff Street, Fremantle. It's free to visit.

City Of South Perth Historical Society Inc

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City of South Perth's May & Herbert Gibbs Art Collection © The Northcott Society & Cerebral Palsy Alliance 2019

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Stellar performances for the Western Australian Symphony Orchestra



Asher Fisch © Nik Babic

tra performs the score in full. WASO at the Movies continues in August with *Harry Potter and the Half-Blood Prince* in Concert.

The orchestra celebrates musical giant John Williams with a 90th Birthday Bonanza on February 4 and 5, featuring a selection of soundtracks from the composer's blockbuster movies including *Indiana Jones*, *Jurassic Park*, *Superman*, *Star Wars* and more.

Principal conductor and artistic adviser Asher Fisch conducts some of his favourite works with masterpieces including Britten's *War Requiem*, Stravinsky's *The Rite of Spring*, Mahler's *Third Symphony* and Tchaikovsky's *Symphony No.6 Pathétique*, with the MACA Classics Series opener seeing the maestro perform as both conductor and soloist in Mozart's *Piano Concerto No. 24*.

International conductors are set to make a return to the WASO stage, with Vasily Petrenko, Pietari Inkinen and Fabien Gabel join-

ing the orchestra across the year. Jessica Cottis conducts Dvovák's *New World Symphony*, whilst Vivaldi's *Four Seasons* and Saint-Saëns' blazing *Organ Symphony* make appearances as classical audience favourites.

Last Night of the Proms returns with its annual cavalcade of classical hits, including beloved sing-a-longs *Jerusalem* and *Rule, Britannia*. WASO's Easter performance tradition also returns, this year with George Frideric Handel's ever-popular oratorio, *Messiah*. In September the musicians of WASO join forces with St George's Cathedral Consort in a unique collaboration with Co3 Contemporary Dance, performing Douglas Wright's *Gloria*.

Seven WASO musicians step into the spotlight as soloists in 2022. Andrew Nicholson, Brent Grapes, Laurence Jackson, Liz Chee, Jane Kircher-Lindner, Semra Lee-Smith and Eve Silver join international soloists Baibe Skride, Stefanie Irányi, Behzod Abduraimov, Daniel Müller-Schott

and Paavali Jumppanen in a season bursting with talent.

World-premiere WASO commissions this year include award-winning composer Elliot Gyger's *Concerto for Orchestra*, Nigel Westlake's *Trumpet Concerto* and a new vocal work from Elena Kats-Chernin for Sara Macliver and Fiona Campbell.

West Australian composer Olivia Davies, whose work debuted on the WASO mainstage in 2021, joins the orchestra as composer in residence, commencing a three-year residency. Composing works for the orchestra, arranging music for special concert events and collaborating on new projects will all feature in Olivia's tenure with WA's state orchestra.

Off the back of *Dreams of Place*, the acclaimed side-by-side collaboration with the Western Australian Youth Orchestra, WASO presents *Become Ocean* in March as part of Perth Festival. Ben Northey conducts John Luther Adams' expansive, award-winning

orchestral work alongside music by Benjamin Britten and a world premiere from Olivia Davies.

WASO's education artist in residence, Paul Rissmann, returns for another year to present a magical story from Angela McAllister, with interaction and imagination that brings illustrations to life in *Leon and the Place Between*. Much-loved WA conductor Jessica Gethin presents WASO's *Fairytale Ball* as part of Awesome Festival in October, making for two enchanting family concerts.

Border restrictions across the country meant that *Eumeralla*, a war requiem for peace was unable to be delivered in 2021, WASO and Short Black Opera are set to present the postponed performance in 2022 on September 30. Shining a spotlight on an important part of Australia's shared history, this powerful and moving work by leading composer Deborah Cheetham combines poetry, three

choirs and orchestra.

WASO travel to Geraldton and Kalgoorlie with a touring party of over 70 people, delivering a full symphony orchestra experience to the regions; the second year of a three-year touring commitment.

WASO then team up with multi ARIA-award winning MC, Draph, in November to present Draph and WASO: *How The West Was Won*. Musical arrangements performed in this world premiere season are composed by WASO's own principal trombone Joshua Davis, as the orchestra and Draph come together to celebrate the hip-hop artist's new works and greatest hits from his 20 year career.

From the centre of Perth to the furthest corners of the State, every year since 1928, WASO set hearts racing with extraordinary music and exhilarating performances for all West Australians to share.

Tickets sales available by calling 9326 0000 or visit waso.com.au.

WESTERN Australian Symphony Orchestra 2022 season places world-class talent alongside homegrown sensations, performing well-known classical works and world premieres, as well as honouring engagements with artists from cancelled concerts across 2020 and 2021. The season opens on January 21 and 22 with the Perth premiere of *Casino Royale in Concert*. James Bond's first outing as 007 plays on the giant screen at Riverside Theatre, while the orches-

A fabulous line-up of films at Luna Cinemas to kick off the New Year

SHAKESPEARE'S iconic and much-adapted text, written more than 400 years ago, gets a wonderfully fresh and singular reworking in Joel Coen's first solo outing as a director in *The Tragedy of Macbeth*.

Conjuring a beguiling nether-world between theatre and cinema, this is a stunning production. Denzel Washington and Frances McDormand star in this bold and fierce adaptation; a tale of murder, madness, ambition, and wrathful cunning.

Writer/director Éric Besnard's mouth-watering new historical comedy *Delicious* indelibly pairs Grégory Gadebois and Isabelle Carré as a gifted chef and his unlikely protégé, who must find the resolve to free themselves from servitude.

In 1789 France, just prior to the Revolution, gastronomy is strictly the domain of aristocrats; indeed, the prestige of a noble house is entirely dependent on the quality and reputation of its table. So, when the talented but

prideful cook Manceron (Gadebois) serves an unapproved dish of his own creation at a dinner hosted by the self-entitled Duke of Chamfort (Benjamin Lavernhe), the repercussions are brutal, and he is promptly dismissed.

The wounded Manceron swears off his passion and retreats with his son to a regional inn visited only infrequently by travellers, and where vegetable soup is the common meal. But when a mysterious woman (Carré) arrives and offers to pay to become his apprentice,

the stage is set for a wildly enjoyable tale of re-ignited passion, mentorship and revenge... and of the creation of France's very first restaurant.

Joining the ranks of films such as *Big Night*, *Chocolat* and *Babette's Feast* in its joyous depiction of the preparation and love of fine cuisine, *Delicious* is just that.

Both films are screening at Luna Leederville, Luna Outdoor, Windsor, Luna on SX and Camelot Outdoor. Bookings www.lunapalace.com.au

PERTH art ACADEMY



An exciting new art school in Bibra Lake has launched!

If you ever wanted to explore your creative side but never had the time or conditions, we have the right Tutor and course for you.

Perth Art Academy offers an exciting range of art classes in a professional and creative environment.

Next term classes start 31 January.

Classes are situated at 14b Sudlow Rd, Bibra Lake with ample parking.

TESTIMONIAL

"Peter has the rare ability to make the learning experience for me both a pleasure and a challenge to achieve to the best of my ability. I have learnt so much from him - there is no better teacher in Perth".

-Geraldine Brett

Head over to www.perthartacademy.com for further details and to book your spot.



Black and white drama on American life to hit screens



FROM writer and director Mike Mills (*Be-*

ginners, *20th Century Women*), comes the poignant black-and-white drama that is a portrait of American family life - *C'mon C'mon* - releasing in cinemas February 17.

Garnering awards buzz, the film centres around the sweet and insightful relationship between an uncle (Joaquin Phoenix), and his nephew Jesse (Woody Norman). Award-winning Phoenix (*Joker*,

The Master), plays Johnny, a kind-hearted radio journalist who takes care of his sister's troubled young son.

C'mon C'mon tells the story of Johnny and Jesse's tenuous but transformational relationship, when they are unexpectedly thrown together in this delicate and deeply moving tale about the connections between adults and children,

the past and the future. In cinemas February 17.

WIN WIN WIN

We have some double passes to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with *C'mon C'mon* in the subject line or write to *C'mon C'mon C/- Have a Go News PO Box 1042, West Leederville 6901*. Closes 1/2/22.

Rove to star at Bunbury Fringe show



Rove McManus

TICKETS are selling fast to an incredible line up of shows, into the lead up to this year's Bunbury Fringe Festival.

Like many festivals and events, Bunbury Fringe has had to make some last minute changes to the program, with shows *Motel*, *Bigger and Blacker* and *Manbo* postponed to 2023.

However, organisers are over the moon to announce that Rove McManus will be joining the line up with one show on Sunday January 23.

Rove started his career as a stand-up comedian and has gone on to become Australia's most successful talk show host and biggest producers of entertainment televi-

sion. Now he's back home both on stage and in Bunbury (or as he calls it "the land that covid forgot") doing what he does best - making you laugh and keeping it loose.

This new solo show will cover a wide range of topics and mirror the art of the pivot we've all had to learn in the past two years. Rove assures you he has some idea of what he's going to talk about, but as the title hints it may be a serving suggestion for what's to come.

Bunbury Fringe Festival runs from January 21 to 29 and the full program of Fringe and Buddie (Fringe of the Fringe) events can be found on the website. Bookings at www.bunburyfringe.com.

Friend to Friend



Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

ALA: All letters answered	DTE: Down to earth
GSOH: Good sense of humour	ND: Non drinker
SD: Social drinker	NG: Non gambler
NS: Non smoker	NOR: North of River
SOR: South of River	TLC: Tender loving care
WLTM: Would like to meet	

Please nominate a category for your advertisement.

Tick one box only.

- | | |
|-------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Travel companion | <input type="checkbox"/> Wishing to contact |
| <input type="checkbox"/> Seeking a friend | <input type="checkbox"/> Seeking a partner |

Name

Address

Phone Email

I am over 45 years of age (Signature)

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

ALBANY widow, 80s, med build, I enjoy country drives, reading, cooking, socialising. WLTM well presented gentleman for long term relationship. Genuine replies only. ALA, NS, SD.
Reply Box 8997

ENGLISH/AUSTRALIAN

female, 60s, NS, ND, NOR, intuitive, warm hearted, spiritual, GSOH, enjoys gym, walking, travel, swap meets, beach at sunset, pizza out of a box, board games, cafes. WLTM DTE guy with a GSOH for friendship/relationship, meet for coffee or after 6pm drink.
Reply Box 9003

GENT 70, Balcatta,

seeks adventurous, slim lady to teach how to dance. I want dancing partner, GSOH, NS, SD, NOR, walks, movies, quiet time at home. Apply by phone 0428 528 576.
Reply Box 8994

GENT 77, 5'8", 80kg,

lives SOR, 6156, WLTM lady around same age who is lonely as myself. I am sincere, honest, trustworthy, into carpet bowls outing, quiet nights, NS, SD, born in Australia, Italian descent.
Reply Box 8999

GENTLEMAN 63, young

at heart, active and adventurous, WLTM a nice lady.
Reply Box 9002

LIKEABLE, caring, wid-

ower, 81, NOR, postcode 6066. WLTM petite, attractive widow in mid 70s. Fin secure, smart dresser for Covid-safe alfresco outings 1-2 days a week. Nature lover for walks, picnics. Must live nearby.
Reply Box 8995

MALE life, lover, early

70s, enjoys dining out, travel, watching sport, country drives, lives in hills area, NS, light SD, WLTM lady DTE, GSOH, ALA. Please special lady contact.
Reply Box 9000

QUIET Aussie gent, 77,

normal looks, seeking a nice lady (Asian welcome), any age for daytime only friendship, coffee, chats, cuddles and making love. Looking forward to your contact soon.
Reply Box 9005

Seeking a Partner

AUS gent, active, NS, VG-SOH, ex country. WLTM similar lady 75-80 for permanent relationship, be best mates, be there for each other, lots of love and laughter and doing what we decide while we are still able plus occasional caravan trip. ALA SOR.
Reply Box 9001

DON Quixote of the hills,

postcode 6073, enigmatic, personable, fit, slim, 5'8", 60kg, philosophical, spiritual, each day is a gift, a mystery, seeking adventurous, similar status lady, I will change your life forever, come join me.
Reply Box 9006

EASYGOING young early

70s, postcode 6280, country Aussie bloke. NS, fit, healthy, diverse interests, quiet lifestyle, went to school. WLTM positive, tidy, feminine country lady, who enjoys 4WDing, getting away, who can think, and fit in.
Reply Box 9004

IS there a lady with a dis-

ability who would like a friend or partner. I am a 64 year old male, postcode 6111. Living a normal life with a disability. I would like to meet and share the best years of my life with someone special. ALA.
Reply Box 8998

REFINED English Austral-

ian lady, 70+, med build, educated, feminine, ND, postcode 6107, SOR. I like reading, walking, music, country drives, social sing. WLTM genuine, unattached (not separated), gentleman, 65-75, city or country, fin secure and who is well presented for long term permanent relationship, ALA. Happy New Year.
Reply Box 9007

Seeking a Travel Companion

SEEKING male travel buddy, 65-75, GSOH, DTE, NS, SD. I am female, 70, extensively travelled around Australia, grey nomad lifestyle is my idea of a perfect lifestyle, 200,000kms so far. Let's chat. ALA.
Reply Box 8993

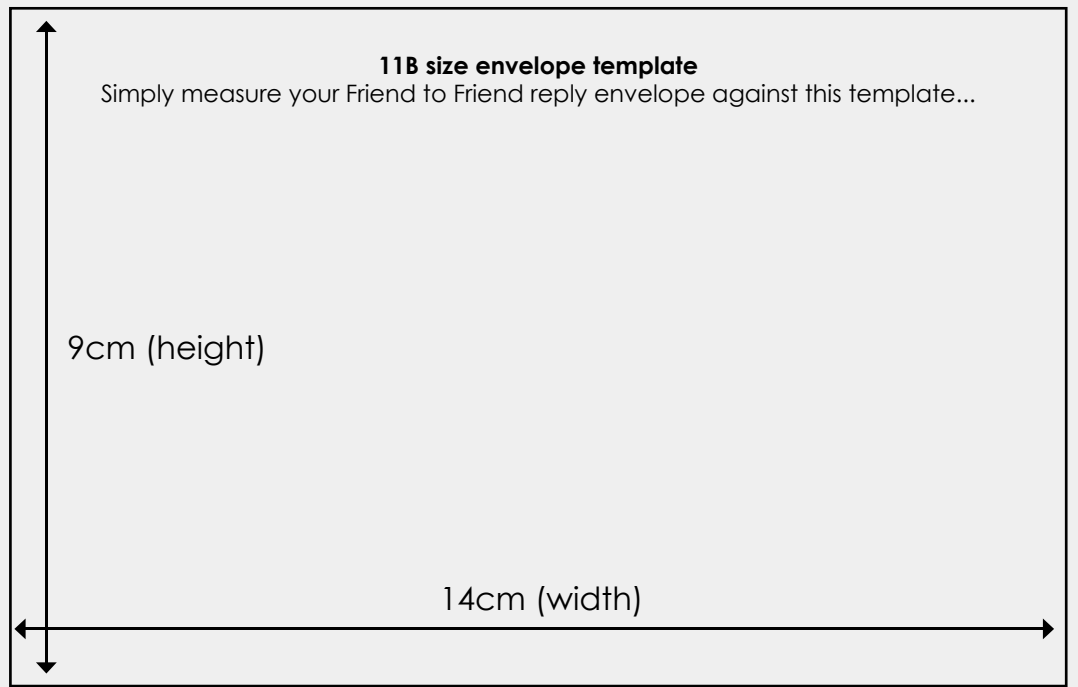
Wishing to Contact

ALBANY lady 71, you advertised 2021 May. Me same detail, now Manjimup. Please contact.
Reply Box 8996

Have you met your match?

We at *Have a Go News* are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you?
 If you would like to share your story please email
 helen@haveagonews.com.au or write to:
 Friend to Friend
 PO Box 1042, West Leederville WA 6901
 Your privacy will be respected.

Envelope size for Friend to Friend replies...



When replying to a Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:
 eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)
 Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popu-

larity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.
 No greeting cards, bulky items and photos.
 All replies will be forwarded early in the next month.
 All replies are strictly confidential and are not opened.
 Replies must be in response to reply boxes no older than three months.

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SUBIACO LADY 73 stunning, stylish, elegant, grm eyed blonde, 170cm, trim, fit, kind, gentle widow sks refined, confident man 70s.

MURDOCH LADY 73 slim, well presented country girl at heart, outgoing, honest, loves caravan travel, bowls, golf, sk 70-80 living Perth to Mandurah.

LEEMING LADY 78 funloving English lass, caring, honest, generous. Sk funloving gent to go out & enjoy life as a couple.

MORLEY LADY 70 youthful, slim petite, widow, well spoken, of Asian heritage, well grmd, happy, sk respectful, sincere gent 70-75.

KALAMUNDA LADY 68 attractive, brunette, petite, well grmd, honest, reliable, bright, funloving. Love walks, movies, gardening, c'van travel. Sk gent 66-76.

WEST PERTH GENT 70s 178cm, trim, fit, well presented, div, sociable, love the outdoors, golf, travel, sk lady similar 70s.

MADDINGTON GENT 68 178cm, ave build, tidy app, honest, d.t.earth Oz gent, laid back, friendly, sociable, sk lady 65-75.

MIRRABOOKA GENT 79 happy, healthy, active, Irishman, kind, well mannered, sociable, respectful. Sk lady, any nat 75-82.

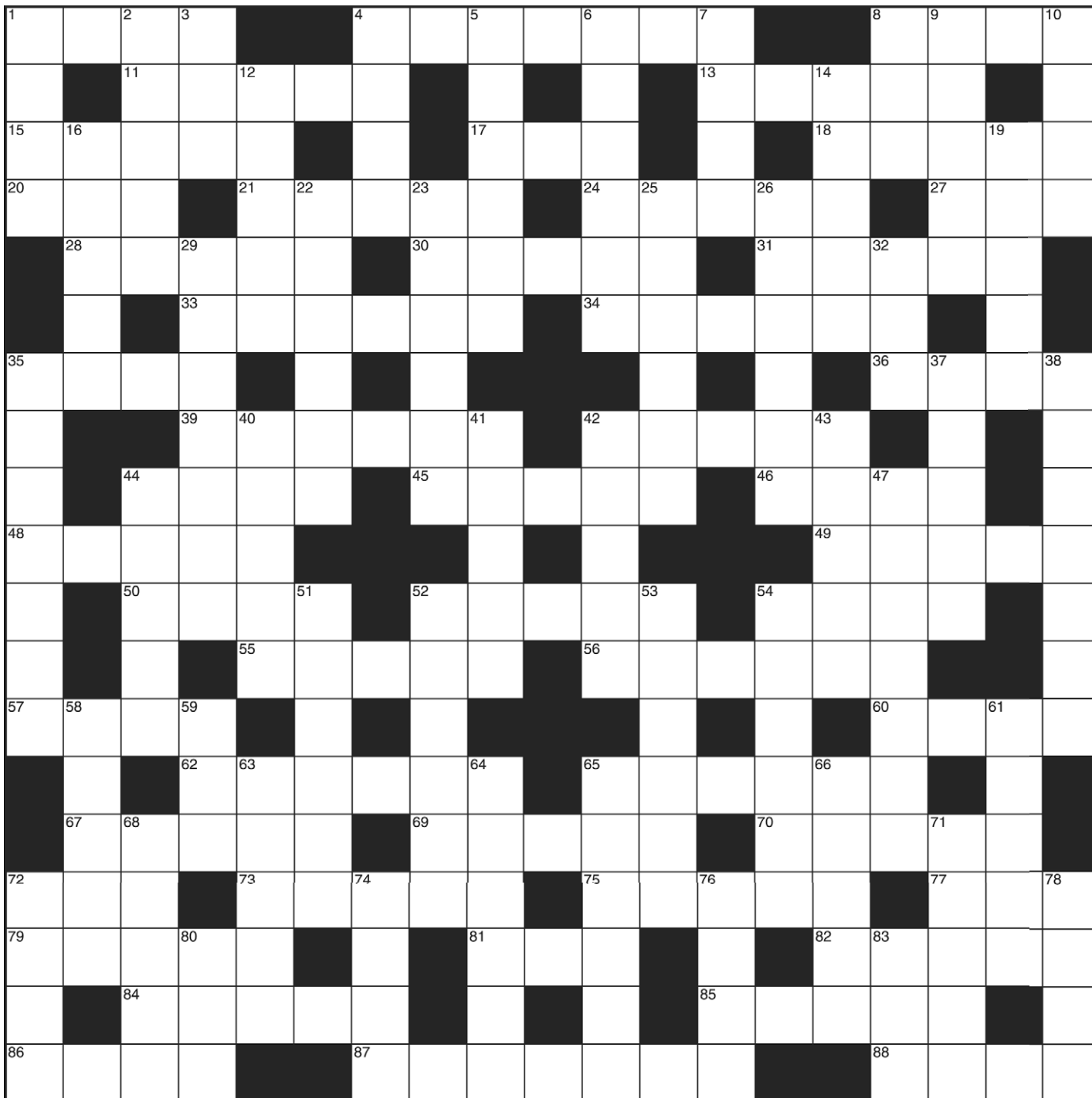
SOLUTIONSMATCHMAKING.COM.AU



Have a Go News PUZZLES PAGE



BIG CROSSWORD - SEE PAGE 36 FOR SOLUTIONS



ACROSS

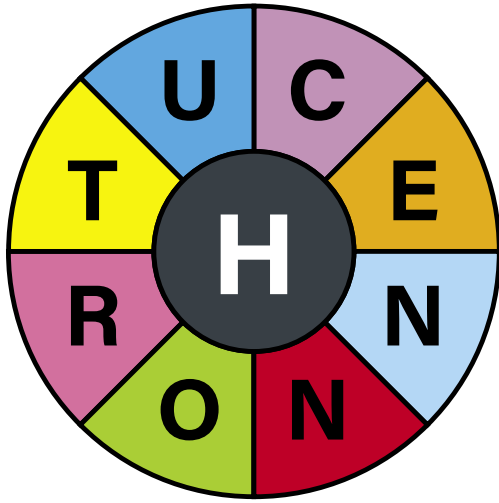
- 1. Ridicule
- 4. Wander
- 8. Festive occasion
- 11. Evade decision
- 13. City-dwelling
- 15. US naval port, San ...
- 17. Golf mound
- 18. Chose
- 20. Period of time
- 21. Paving material
- 24. Creative thoughts
- 27. Belonging to it
- 28. Different
- 30. Rink
- 31. Sway violently
- 33. Perfumes
- 34. Granules
- 35. Printing error
- 36. Linear measure
- 39. Walk quietly
- 42. Blacksmith's block
- 44. Opals & pearls
- 45. Squeezed (out)
- 46. Make redundant
- 48. Astute
- 49. Requirements
- 50. Pre-owned
- 52. Duelling swords
- 54. Split apart
- 55. Sloped
- 56. Most crippled
- 57. Overfill
- 60. Avenue
- 62. Young-suckling creature
- 65. Blame
- 67. Clatter
- 69. Faux pas
- 70. Prestige
- 72. Corn on the ...
- 73. Lazed
- 75. Releases
- 77. Wildlife enclosure
- 79. Dog-like predator
- 81. Irish movement (1,1,1)
- 82. Together (with)
- 84. Calls (for)
- 85. Altercation (3-2)
- 86. Byron or Keats
- 87. Claims
- 88. Tennis ace, ... Sampras

DOWN

- 1. Fashion
- 2. Defraud
- 3. Barrel
- 4. Office note
- 5. Amends
- 6. Colouring (fabric)
- 7. Regulation
- 8. Space
- 9. Humorous stunt
- 10. Attaches
- 12. Treated with medicine
- 14. Boatswain
- 16. Apt twist of fate
- 19. Moral standard
- 22. Soldiers
- 23. Thin
- 25. Thrill-seeking
- 26. Suspect's excuses
- 29. Car horns
- 32. Typist's ailment (1,1,1)
- 35. Ringlets
- 37. Bare
- 38. Pestered
- 40. Drive forward
- 41. Burst
- 42. Guardian spirit
- 43. Swimming pool divisions
- 44. Emaciated
- 47. Placed in middle
- 51. Judged
- 52. Hire
- 53. Crockery item
- 54. Admonish
- 58. Rile
- 59. Record label (1,1,1)
- 61. Incendiary crime
- 63. From the largest continent
- 64. Lords' wives
- 65. Lovers' fling
- 66. Actress, ... Sarandon
- 68. Fat
- 71. Atmospheric layer
- 72. Cutlet
- 74. Painting, Mona ...
- 76. Otic organs
- 78. Man-eating giant
- 80. Mesh
- 83. Cheek



Wheel Words



Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals ending with S. See if you can find the 9-letter word using all the letters.

15 Good 20 Very Good 25+ Excellent

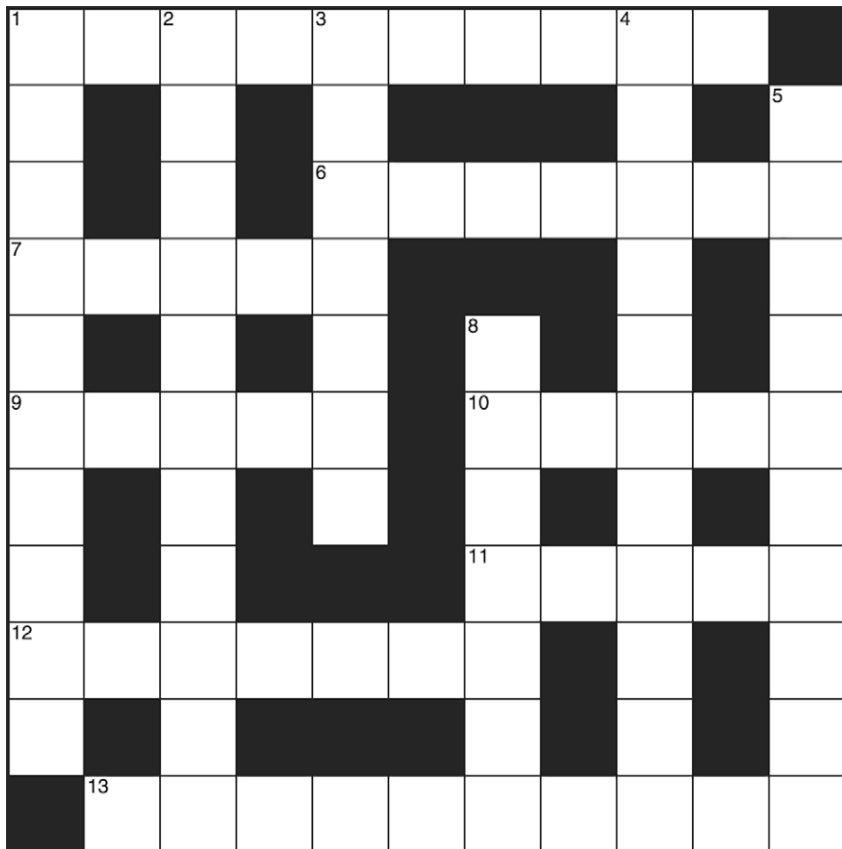
© Lovatts Puzzles

SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. **RATING: ★★★★★**

					1			
6				8			1	
1	8				2	6		4
		9		2	8	3		7
8		4		9		5		6
7		2	4	6		8		
2		6	8				3	9
	5			3				8
			2					

CRYPTIC CROSSWORD



STRAIGHT CLUES ACROSS

1. Divulging (10)
6. Heart-to-heart (7)
7. Bosom (5)
9. More charming (5)
10. Jewelled headband (5)
11. Spaghetti or macaroni (5)
12. Pins & ... (7)
13. Singing siblings Richard and Karen, The ... (10)

DOWN

1. Rumbblings in the ranks (10)
2. Device for detecting those driving too fast (5,6)
3. Stern dressing-down (7)
4. December 31 (3,4,1,3)
5. Makes worse (10)
8. Boy from spouse's previous marriage (7)

CRYPTIC CLUES ACROSS

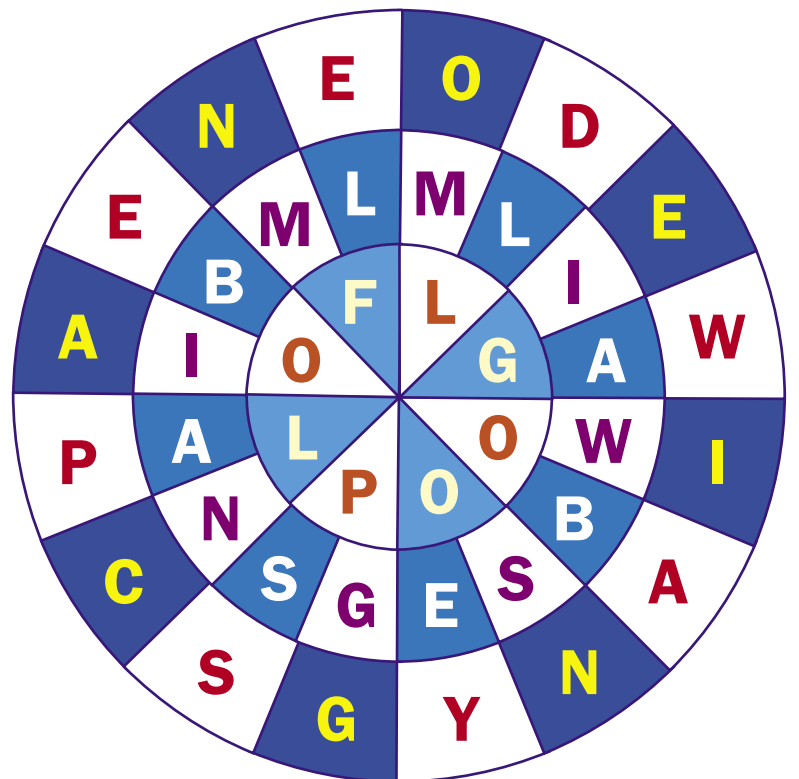
1. Revealing record being beaten (10)
6. Chat and move, watching tea disappear (7)
7. Ape climbed out of cheapest box (5)
9. It's more pleasant in an ice rink (5)
10. Coronet in Croatia rarely seen (5)
11. Finished a type of Italian food (5)
12. Aggravates with sharp spikes (7)
13. Freshwater fish comes in to join the joiners (10)

DOWN

1. Unhappiness about second tint (10)
2. It will provide fine evidence in a snap (5,6)
3. Address of university (7)
4. A date to resolve to do better (3,4,1,3)
5. Vast garage somehow gets on one's nerves (10)
8. Treads on blended family member (7)

PRISM

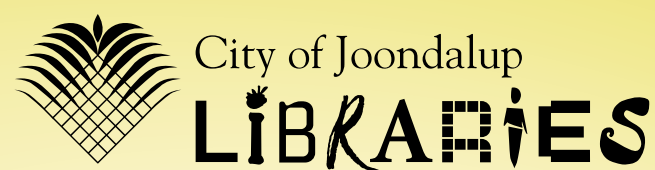
TRACK down the six recreation activities hidden in our prism. The words appear either clockwise or anti-clockwise and are on alternate spaces.



© Lovatts Puzzles



READING 20 CHALLENGE 22



City of Joondalup Libraries have compiled a list of reading challenges to keep you occupied and entertained throughout 2022. It could also be a way to tick off some bucket list items.



- A book that starts with the first letter of your name
- A biography or autobiography
- A book from the Health and Personal Development collection
- A book recommended by a staff member or friend
- A book of short stories
- A book you started, but never finished
- A novella
- A book by a local author
- A book you've always meant to read
- A picture book
- A book recommended in the Libraries eNewsletter
- A Booker or Miles Franklin prize nominated book
- A book adapted to screen – TV or movie
- A book from a visiting Meet the Author
- A book from the young adult collection
- A book from a genre that you wouldn't normally read
- A book with a blue cover
- A favourite book from your childhood
- A book at the bottom of your 'to read' pile
- A book set in a different country
- A book with over 400 pages
- A book in a book bundle (or all of the chosen bundle)
- A book from the Dymocks Joondalup top 100 list
- A book with a one word title
- A non-fiction book

Pick up a copy of the Summer Event guide for your free keepsake.



#joondaluplibrariesreadingchallenge

