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IN THIS ISSUE

Let's go travelling
 - Lee Tate's Gold Coast trip
 - Fishing - Catching a permit...
 - Greek Islands - White Mountains of Crete

Have a Go News' Allen Newton interviews Perthonality Verity James

Frank Smith speaks with special choir, Madjitol Moorna

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

COMPETITIONS/GIVEAWAYS



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Howzat - opera at the WACA



Ashlyn Tymms as Carmen at WACA © Alana Blowfield

by Allen Newton

SOMEHOW opera at the WACA seems more than a little incongruous.

Surely not! Arias on the hallowed turf where the likes of Dennis Lillee hurled down cricket balls to the waiting gloves of the late, great Rod Marsh?

But it is true, instead of shouts of 'howzat?' the WACA is set to become a more genteel stage for the WA Opera Company's performance of *Carmen*.

Taking centre stage will be WA-born, internationally trained and recognised soprano Ashlyn Tymms, who freely admits she

would barely recognise one end of a cricket bat from the other.

While Ashlyn isn't a huge cricket fan, she is very much looking forward to hitting her audience for a six from the middle of the WACA in February.

The first time she visited the ground was for the filming of the advertisement promoting *Carmen*.

"It's a beautiful ground, and I'm so excited to be performing at such an iconic West Australian venue," she says.

Carmen will be set on a huge stage, with everything on a grand scale.

The outdoor venue

does mean that the performers will have to contend with factors outside their control, including the weather.

"Perth is known to be hot, dry, and windy. Also, we are using microphones, so sound wise I won't have the back of a hall to give me anything back. I just need to sing how I sing and trust it is all working out front with the fabulous sound technicians."

This will not be Ashlyn's first performance at an outdoor venue.

"I have done a lot of outdoor performances and I absolutely love the relaxed

atmosphere.

"Recently I sang with Queensland Opera regionally in Longreach. We were in the middle of a paddock putting on a beautiful opera gala and when the sun set and the lights shone bright, we had huge bugs flying into our faces while trying to sing some pretty serious operatic songs. It was quite funny. I won't forget that concert!"

This is Ashlyn's first time in the title role of *Carmen* and she says it is a role she is particularly attracted to.

"*Carmen* has been the goal for me for roughly 10

years or more. As a mezzo soprano, it is our quintessential role. I love her character, her Spanish fire and her feminine beauty. The music is full of drama, honesty and lilting melodies. I love singing *Carmen*, the playfulness and seduction, the aggression and the pain.

"Success in the role is determined as much by the acting as it is by the voice, that's what makes it such a demanding part to play."

Ashlyn says for people who are not familiar with opera, *Carmen* is a good place to start.

continued on page 16



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From the Managing Editor's desk



I HOPE everyone had a pleasant festive season and enjoyed it with friends and family. I enjoyed having my daughter Tahlia home and we had a great time catching up on her journey in her first year in the Royal Australian Navy. It was good to take a break after the busy but albeit strange year which was 2022. We hope this year sees a more stable time for WA with the hope that the pandemic subsides.

★★★★
This year marks our 32nd year of publishing and last month during our office relocation we found much nostalgia. Along with publishing the newspaper we have run all sorts of events from photographic competitions to fashion parades and regular monthly luncheons over the years. It was motivating to see all the different ways we have worked to enhance the lives of WA's older adults. Through our pages we strive to offer

people an alternative to every day hard news along with a variety of activities available for older Western Australians. Our team of experienced journalists produce some great stories featuring many interesting characters. Please share the paper with your friends, we have loads of outlets with papers available throughout the metropolitan area and all throughout the South West as well as our digital edition.

★★★★
Every Friday night I join my old friend Tod Johnston on his Night-shift program on Radio 6PR. Tod's program runs from 8pm until midnight weekdays and his slogan is 'nothing too serious'. His ratings have been fabulous with more and more people tuning in for his entertaining banter. Every Friday night around 8.45pm I provide entertainment information about what's happening around town. Join us as we have a lot of fun!

★★★★
Fringe Festival kicks off this month. The city will come alive with the fun and interesting shows that only Fringe World provides. With no border restrictions this year, there are acts coming to

Perth from all over the world. WA's Fringe Festival is the third largest in the world and offers a huge variety of entertainment for every taste, from kids' shows, to comedy through to burlesque and some incredible acrobats. If you have never been to a Fringe show it really is well worth seeing one. Check out www.fringeworld.com.au

★★★★
During the Christmas break we had a lot of fun on the *Have a Go News* Facebook page and we now have more than 25,000 people following us. Our Christmas jokes saw us reach an incredible 16 million people. We don't deliver hard news (there's too much bad news in the world) we just offer a variety of entertainment, giveaways and information. If you're on social media join us by liking our page at www.facebook.com/HaveaGonews/

★★★★
More and more people are subscribing to read *Have a Go News* electronically, where we send a digital copy of the newspaper to your inbox for free. Unlike other publications we don't send you any advertising material just the digital version once a month; sign up for free at readers@haveagonews.com.au

★★★★
Thanks for supporting WA's longest running newspaper for mature Western Australians and the only one owned and operated in WA. Here's to a happy 2023!

★★★★
Please note our new office address is 28B Sexton Road in Inglewood.
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Word of the month

Rapscallion

noun | rap-SKAL-yun
THE word rapscallion refers to someone who causes trouble, usually in a mischievous way.

Example

The actor with his unkept hair and crooked smile was born to play a rascal

and rapscallion.

Rascal has been part of the English language since the 15th century. In the 16th century Rascal became rascallion and to further enhance its mischievous meaning it then became rapscallion which is commonly used as a synonym of scoundrel or rogue.

Great West Aussies - Did you know?

PROFESSOR John Newnham helped unravel the mysteries of life before birth, links between the foetus and later health and how common illnesses and disabilities can be prevented by strategies in pregnancy. His world's-first, pregnancy-focused lifetime cohort study is among the most successful medical research studies in Australia.

Noongar Season

Birak - The hot dry time of December and January

Noongar Words

Boorda - later on
Boordawon - sooner than later

Have a Go News Quick Quiz

Questions

1. What does Domino's sell?
 2. What is the CBA?
 3. What does BMW stand for?
 4. New York's financial centre is in what famous street?
 5. Which year ended Albany's whaling?
 6. Not Crown, name Australia's other casino chain?
 7. Name Australia's major collector of statistics
 8. Christina Matthews oversees which WA sport?
 9. Which toy firm was criticised for how it depicts farm animals?
 10. Activ Foundation supports people with...?
- See answers on page 29.

Quote of the month

APPROACH the New Year with resolve to find the opportunities hidden in each new day.

Michael Josephson

Ageing research snippet - Increasing life expectancy through diet

LARS Fadnes, Professor of Global Public Health at the University of Bergen in Norway and his research team found that the effect of a range of dietary changes could increase life expectancy.

The model predicts that a sustained change from a typical Western to the optimal diet beginning at age 20 would increase life expectancy by an average of 10.7 years for women and 13 years for men. For older people, the gains are smaller but still substantial.

Changing to the optimal diet at age 60 years could still increase life expectancy by eight years for women and 8.8 years for men. Even 80-year-olds could gain an extra 3.4 years from such dietary changes.

An optimal diet has substantially higher intake than a typical diet of whole grains, legumes, fish, fruits, vegetables, and included a handful of nuts, while reducing red and processed meats, sugar-sweetened beverages and refined grains.

The team found other food items such as eggs, dairy foods, white meat and oils did not appear to have a measurable effect on longevity.

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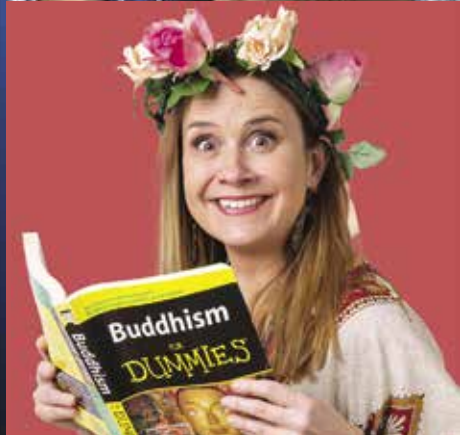
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Verity James talks front and centre about life and death



Verity James officiating at a funeral

by Allen Newton

FORMER ABC radio and television presenter turned funeral celebrant, Verity James, wants her ashes to be embedded in a statue in Hyde Park. She has applied to the City of Vincent to have

her ashes embedded in a stylised swan made by sculptor Ron Gomboc to be installed in the park, a place she adores and visits most days.

"I think public art is incredibly important, it doesn't have to say Verity James on it, I just want

it to be there; dogs will come and wee on me, and birds will come and crap on me, but people might say: 'I'll meet you at the Swan end' and I'll feel part of that community."

"Then I hope I will have a gathering, a party around the swan, and everybody can come along. I've already written the menu and put aside the money for wine," she laughs.

It might seem a little odd to transition from radio presenter to funeral celebrant, but Verity says she started to think about the idea when she got involved in her ex-husband's business, In Memorium Productions (IMP), while she was taking a year's long service leave from the ABC.

She would go to various chapels and play the video montage presentations created by IMP for funerals.

She got to see a lot of funerals and it seemed there was plenty of emphasis on the religious side, but the ceremonies were missing out on the personal stories of the person who had passed away.

One day she heard celebrant Ken Booth speak at a funeral.

"I thought, I can do that, and I remembered I'd interviewed Ken and remembered the satisfaction he had from it, so I read a book and started," Verity says.

She'd spoken to the funeral director on that day and asked what qualifications she needed. He said

none were required.

While you need to do a Cert 4 course to become a civil celebrant and perform marriages (a course she has since done), it wasn't necessary to perform a funeral.

When Verity's best friend's husband's mother passed away Verity was asked to conduct the funeral.

"I thought 'what a great opportunity, here we go', and when I did the service, I think because I was very connected to it, the two funeral directors said, 'want a job?' - and I said, 'funnily enough, yes'."

That was more than a dozen years ago.

Most West Australians are familiar with Verity through her eight years hosting a daily afternoon radio program on ABC 720 and hosting a variety of TV and radio productions for the ABC.

Her media background has helped enormously with her work as a celebrant.

"Everything I did in radio and television has prepared me for celebrancy.

"You go to meet people, you talk with them, you take up their story, you listen to them and then you come away and write it, then on the day of the presentation, it makes a huge difference to how it's actually received."

"All of that I learned through media."

But Verity's maternal nature is also important when people are grieving.

"I'm a very maternal person, despite the fact

that I forgot to have children, and I like to gather them in and love them to death during that time.

"That bond that you form with a family in those early stages is really important."

Once that trust has been built Verity says many families ask her to return for other funerals.

"That's such an honour when they want you to keep coming back and they want you to be part of that family."

Verity says it is difficult not to get emotional at funerals.

"When I first started, I would just come home and weep and I wasn't able to separate myself from the funerals very well, but it's got better as I've got older.

"I have some little rituals that I do quietly for me. I always say a prayer of farewell at the casket and I release them. Once I've started to release them it's better for me, but you can't help but get involved.

"Sometimes when you see an entire front row of blokes sobbing their hearts out you just can't help but sob as well. You'd have to be made of stone not to.

"That might feel unprofessional in some ways but you've made a connection with them so I care about how they are feeling at that time."

Verity wants people to think about their funeral.

"We're such a death-denying culture, you only have to look at the amount of plastic surgery that's around to see

that nobody wants to get old.

"I would love everybody to write down salient points in their life, things of which they are proud. They are often not the things people expect. Of course, it's the kids and all that sort of thing, but one man absolutely wanted it in his funeral that he came second in the backstroke swimming competition when he was nine years old.

"And that sort of story always came up with the family and it's those stories that make it personal but when a family is grieving even though they have heard those stories 1400 times they often don't remember them.

"Even if you just do dot points about things in your life you make it a lot easier for the family as well because grief will steal your brain for about six weeks after somebody passes - minimum - and you'll find simple decisions difficult.

"You also don't have to have it in a chapel, you can have it in a favourite park or somebody's yard or at the beach or somewhere that means something to someone.

"You can opt to have your body taken to a funeral director and then they will put in process

the cremation and then you can have the ashes there. That's a lovely thing to have at a memorial table and it has a completely different feeling about it.

"It's not for everybody but it's quite a nice feeling for lots of people."

From time to time, Verity will sit with people who know they are dying to talk about their funeral.

"I wish more people would come to me when they are dying and talk about what they want. "Before Covid, there was quite a trend of people calling me and saying 'I have this diagnosis can you come now?' and I love that. It's a bit harder on me on the day because I've made that bond with them but it's much better in representing that person.

"It's a lovely thing and I'd love to do much more of that, but you always want to be careful about not looking like an ambulance chaser."

Verity says people should write down what they want, including the music they want played, and keep it alongside other important papers.

Verity is always happy to talk to people about their funerals and you can reach her at 0422 267 199.

Free introductory ballroom lessons for those interested...



Over 50s Ballroom Dancing Club members

OVER 50s Ballroom Dancing Club has received funding to encourage older Western Australians to learn New Vogue ballroom dancing.

Dancing is the perfect way to exercise the mind and body and is highly recommended for older adults.

The lessons will be run every Thursday alternating between two venues in Karrinyup and Cannington.

From Thursday January 19 (and then every second Thursday) New Vogue lessons will be held at the Cannington Exhibition Centre, corner of Station Street and

Canning Highway between 10.30am and 11am.

The Karrinyup lessons commence on Thursday February 9 (then every second Thursday) from 10.30am to 11am and are held at the Stirling Leisure Centre on the corner of Nerita Way and Newborough Streets in Karrinyup.

This is a great opportunity to enjoy the benefits of dance, meet new people and have fun.

Find out more by calling president Ian Powell on 0414 808 491 or visit the website at www.ofbdc.org.au

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Index



- 1-18 Early General News and columns
- 19 Classes & Courses
- 20-25 Let's go Travelling
- 26-27 Retire in Style
- 28-29 Great Home & Gardening
- 30 Healthy Living
- 31-33 Food & Wine
- 34-36 Arts
- 37 Friend to Friend
- 38-39 Puzzles

WA is alive with Madjitil Moorna...



Left to right; Madjitil Moorna - Deb Mitchell Inset; Musical director and guitar accompanist, Kobi

by Frank Smith

MADJITIL Moorna (magical bush sounds) is a very special choir meeting weekly in Forrestfield. Singers include Indigenous and non-Indigenous people and sing works by First Nations songwriters and performers mainly in the Noongar language.

Award-winning Aboriginal songwriters and performers lead the group.

The idea for an 'Aboriginal Choir' was hatched by Kalamunda Zig Zag Festival organisers in the Perth Hills, 15 years ago.

In 2006 for the first time, a 13-week project focussed on Aboriginal culture.

Thirty-five people of all backgrounds, ages and abilities rehearsed six Aboriginal songs for a performance at the Festival, led by Aboriginal singer/songwriters Della Rae Morrison and Jessie Lloyd.

The large audience was very moved by the concept and the singing. The group was invited to sing at three more

events on the strength of that one performance. Many people love to listen to the mix of soulful and joyous contemporary and more traditional songs.

And so the choir was born.



Madjitil Moorna sings mostly contemporary songs written by Aboriginal and Torres Strait Islander songwriters who have kindly shared them with the choir and community.

Many of the songs include different languages from across Australia, with most coming from the Noongar nation, in Australia's South-West.

The choir sings in the Noongar language to

help build understanding, hope and joy.

Musical director and guitar accompanist Kobi has led the choir since 2015.

"I inherited the position from my family," he said. "I've been learning Noongar since I was 15. Each choir member introduces themselves in Noongar at the start of each practise session."

"It is a community choir. Everybody is welcome to learn Noongar and sing."

"The language is a challenge, but to help we go through pronunciation of Noongar words at the start of every session."

Deb Mitchell has been singing in the choir for two years.

"I had not been singing since primary school. I knew Kobi and I'm interested in the culture, so I decided to give it a go."

"It was difficult to sing in Noongar at first, but I became more relaxed with practise."

In October the choir were asked to sing at the candlelit vigil for murder victim, Cassius Turvey, at Midland.

"It was a long and emotional night. There was a large mixed crowd with more than 1000 indigenous people there. We were pleased to be able to sing in their language and to provide some comfort and support for his mum," said Deb.

The choir has also performed as part of the Perth Fringe Festival.

The choir is incorporated as a not-for-profit organisation. The management committee has both Aboriginal and non-Aboriginal members and oversees the working and directions of the choir.

Under the constitution, there will always be an Aboriginal cultural mentor on the committee. A choir coordinator leads a team of volunteers handling every aspect of the management.

Madjitil Moorna practices on Monday nights at the Anderson Road Community Centre, 24 Anderson Rd, Forrestfield. It is a community choir and everybody is welcome whether they think they can sing or not. There is no audition.

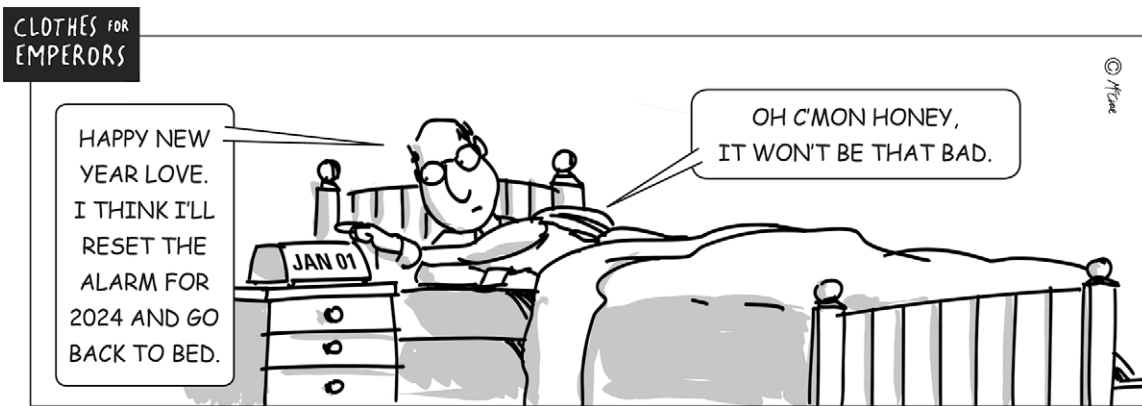
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At almost 95, 'Mr Volvo' Max Winkless has much more to do



Max Winkless (pictured right) with Mike Branson and daughter, Ella

by Josephine Allison

WELL known Perth motoring identity Max Winkless is known as 'Mr Volvo' in the industry for his selling skills and affinity for the Swedish vehicle, taking the brand to the top in Australia. His 'can-do' attitude is reflected in his love of motoring and an earlier life of car rallies, sailing yachts, water skiing and even flying his own aircraft despite being colour blind.

At 94, Max gives no signs of slowing down. In a far-reaching interview with *Have a Go News*, he is happy to reflect on his life and future plans.

"If there is something I

really want to do, I do it," he says. "I never worry much beyond tomorrow."

Like many, Max has had his share of ups and downs in life, but sheer determination, an acute business sense and regard for his staff have served him well. Now living on the 20th floor of a Perth apartment block, Max still goes in to work most days at his Forrestfield office and is looking forward to the new year.

Not bad for a boy who left school at 13 and had a disruptive childhood.

Born in Wentworthville west of Paramatta, NSW, Max had a mixed childhood growing up.

"I wasn't a particularly good student, the war was on and I wanted to join the navy as a midshipman, the navy took 13-year-old boys to be trained as officers but I was colour blind and couldn't get in," he says.

"The naval testing officer suggested to wait until I was 17 then join the air force because camouflage stands out for colour blind people, which I didn't realise. So, I returned to school, working through the school holidays in a fun parlour often full of US soldiers.

"I left home and school and started working on trucks, I tried to get into the merchant navy. But then I found it was a closed shop because children of Seamen's Union members were more eligible to enter."

So, Max turned his attention to the trucking industry, working with drivers at age 13. One day a particular driver didn't arrive at work, Max telling his boss he could drive but didn't have a licence. He showed his driving skills, obtained his licence at 15 and became a full-time truck driver for the next 10 years.

"I considered myself quite well to do, bought myself a motor bike and had a good life in Syd-

ney. In 1945 my uncle just home from the war, asked me to join him as a professional prawner. I found I loved this lifestyle. But my girlfriend, Jeanetta, told me if I was going prawning all my life we weren't going to be together because she couldn't stand the smell.

"I was living at Tuggerah Lake in a bush camp on my own, the prawning season was due to end so I returned to truck driving. Then an opportunity came up to buy one of the trucks and I didn't have enough money. But my then fiancée Jeanetta, later to become my wife of 60 years, had saved £70 pounds working at naval stores during the war. So I sold my motor bike, used her money and became a partner in the Antill Ranger operation in 1948."

The couple married and had four children in six years, Jeanetta waiting until she was 21 to marry.

"Jeanetta was lonely when I was away and wanted a baby, then a second arrived soon after and she couldn't manage so well after losing her mother. She pleaded with me to stay home for 12 months and I agreed. Then Peter Antill asked me to run the company because he was more involved in motoring writing so, at 23, I did."

Max took Antill Ranger to become a public company, subsequently taken over by Mayne Nickless.

"We had our Perth transport depot in Hay Street in the 50s, opposite the Subiaco Hotel. Trucks from the Nullarbor were covered in mud, holding up the trams that used to run along there.

Max started working with Volvo in Australia in 1960, establishing Swedish Motor Importers. His company also sold Mack Trucks, Commer, Humber and Hillman cars near Sydney airport. In 1968, Max realised the potential for Volvo and that Swedish Motors didn't have the capital needed to take advantage of what Volvo had to offer.

Volvo Sweden listened and Volvo Australia was formed in 1970 with 60 per cent Swedish and 40 per cent Australian equity. In late 1972 Volvo bought the

Australian shareholders out. Max ran Volvo Australia from 1970 to 1977. On retirement he bought the WA truck business from Volvo Australia.

Max wasn't a stay-at-home person. From 1949 to 1972 he was an active car rally competitor, in the 1950s taking part in five rallies around Australia rallies for REDEX, Ampol and Mobil, driving Plymouth, Mercedes Benz, Austin A95 and Porsche cars.

His big year was in 1968. He competed in the London to Sydney rally and was named NSW Rally champion for that year.

His list of accomplishments on sea and land are impressive. Car rallying and water skiing for 23 years, along with power boat racing, including the 1976 Sydney to Hobart yacht race in his own boat *Farout* and the Plymouth-Perth yacht race in his yacht *Bounty* in 1979.

But this father, grandfather of four and great-grandfather of three, is not done. Daughter Ella joined him for the recent Perth to Sydney Marathon 2022, which recreated the original local leg of the legendary 1968 London-Sydney Marathon. She will join him again in February-March to help celebrate his 95th birthday.

"We're going to Broome and some of the Kimberley gorges," the delighted father said. "Driving of course."

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Tinkering in retirement for the old-fashioned valve sound



Neil Thompson at work on his valve amplifiers - Some of Neil Thompson's collection of amplifiers

by Allen Newton

WHEN most people talk about their hobbies we think golf, photography or perhaps even bird watching, but not retired manager, Neil Thompson – he thinks ‘valves’.

And not just any old valves. We've heard of people tinkering with old valve radios, but Neil has been there and done that.

The retired Department of Sport and Recreation manager has moved on from his hobby of collecting and restoring valve radios.

Now, he can spend up to six months of his time build-

ing, from scratch, valve hi-fi amplifiers.

Why, you may ask, would somebody spend so much time creating what can be bulky and fragile beasts when it would seem the industry at large has moved on to solid state amplifiers?

It's a simple answer from Neil.

“They sound so much better, I've always liked the sound, they sound so mellow and give you the feeling that you are there listening to the music with the stage in front of you,” he says.

“While my wife thinks they are all the same and wonders why I have built so

many, they are actually all quite different and, indeed, sound different.

“Not only that but I believe (no bias, of course) that valve amplifiers are more pleasing to listen to than solid state amplifiers. Valve amplifiers are still sold commercially, albeit because of their relatively high cost, they tend to be bought by only the more discerning or well-off music listener.”

Neil started fiddling around with valves when he was a teenager and has been interested ever since.

“I dropped it for a while when I got married and had kids and then got back

into collecting and restoring valve radios in the late 90s and then morphed from valve radios to valve amplifiers and I've been doing that for around 15 years now.”

Each of his four children have been gifted a valve amplifier that Neil has built.

Self-taught and an avid reader, Neil says he has always found the sound of solid-state amplifiers quite harsh and not as easy to listen to. He also finds the valve amplifiers interesting to make.

While no companies in Australia make valves, they are still made in the USA, China and Russia, and

they can still be found lying around in Australia. Neil is always on the lookout for them.

“I do buy some from international sellers, transformers and parts. There are a lot of hobbyists, overseas particularly and they are still made commercially.

“If you go down to say Frank Prowse's in Claremont or high-end hi-fi shops, as well as having all the solid-state stuff they have quite a few valve amplifiers, but they are expensive and only appeal to people who are really discerning.

“In Perth you could certainly expect to pay around the \$10,000 mark. I've actually seen them in magazines up to \$100,000.

“But they are well recognised around the world as having a unique sound.”

Neil has built around 25 of his own amplifiers which all sound different.

“I'm one of those people who doesn't have background music, but I sit down and deliberately listen to music quite loud and different amplifiers sound different with different music and speakers. Some sound good with a particular type of music and some not as

good with that music.”

When Neil builds a new amplifier, he'll spend a couple of months listening to that machine before swapping to another.

He'll also change around his speakers but says he probably doesn't spend as much on speakers as he should.

For most of his music he relies on audio streaming service Spotify because it's easy and he then uses a digital analogue converter unit which converts the Spotify digital music to analogue to suit the amplifiers. His taste in music is eclectic and the only genres he's not keen on are rap music and serious classical. “Everything between from rock to jazz and blues I enjoy at different times.”

Neil is a big AC/DC fan and also enjoys John Farnham but most of the jazz music he listens to is from overseas.

Building valve amplifiers is not a cheap hobby, and parts can be expensive. Even if he were to sell them, he'd never cover the cost of his labour and would probably only be able to sell them for the cost of the parts.

But even after spending six months or more working

on an amplifier, Neil says he isn't always happy with the result.

“There have been a couple of times where it hasn't sounded quite like I wanted it to.

“But I don't give up totally, I try and modify it, so it sounds better or I try different valves, but it's a hobby and I enjoy it.”

Neil admits it isn't the kind of hobby that would suit everybody, but it's ideal for somebody who is patient and prepared to read a lot.

“But there are a lot of risks in it, a lot of danger because you are dealing with high voltages, so when people suddenly say they want to build a valve amplifier I'd say, hold back, be careful, think about it, get advice from somebody who knows and who has been doing it for a while before they rush into it.”

Neil has had a couple of his own mentors, but that hasn't stopped him from getting the occasional shock.

“Don't think you know it all, is the motto to remember.”

Anybody who has valves sitting around is welcome to get in touch with Neil on 0407 448 331.

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Taking a long-term view to create a better future...



by Karen Majer

HEADING into a new year is a time for reflection and, of course, resolutions. I've been thinking about resilience and the idea of regeneration – an approach that puts life at the centre of every action and decision. How can we nurture these ideas to create a better and happier future?

The last couple of years have been challenging, with the pandemic causing illness, separation of loved ones, mental health issues, work stress and business difficulties.

This year we can look

forward to a more ‘normal’ summer. Lifting the border closures and other restrictions has given us more freedom but we still need to care for the vulnerable. Do we want to go back to the ‘old normal’, or can we come out of the pandemic kinder and more thoughtful about what kind of future we want to leave for our young people?

On top of the pandemic we have had depressing news about the deteriorating state of Australia's natural environment, with the floods in the eastern states highlighting the extent to which climate change is affecting lives and the economy. And, of course, the war in Ukraine. For some people, it's hard to cope. Young people, especially students and those in insecure employment, have had a particularly rough time. Kids studying for year 12 and

uni exams were disrupted at a crucial time and I know many have mental health challenges.

Australians pride ourselves on our capacity to recover from setbacks and keep going in the face of adversity – mates helping out, communities coming together to support those in need. We constantly hear inspiring stories of resilience – individuals and communities bouncing back after hardship. But resilience is about more than bouncing back. A community workshop run by my local volunteer group at the beginning of Covid came up with a vision for what a resilient community would look like: a community that has the capacity to withstand crises and has the necessary strengths to recover and grow from adversity including natural disasters, economic challenges and climate change impacts. A community that can create positive change, adapt and thrive when change is forced upon us. A healthy, fair, connected community supported by a healthy natural environment that provides a safe haven for people and nature. Community resilience is not sustainable if it serves only us, and only now; future generations, and the ecosystems on which we all depend, are also taken into account.

Sounds great to me, but how do we achieve that? Can we older people show greater leadership in creating positive change and making sure that the choices our society makes now are indeed serving future generations? In an article in *New Scientist*, philosopher William MacAskill

calls it “longtermism”. – improving the world for future generations is one of humanity's most pressing tasks, and it urgently demands our attention.’

Some of the tough decisions around slowing climate change and protecting the natural world require us to accept changes to our society's resource-hungry lifestyles. From a positive angle, there are huge advantages in moving towards ways of living that are more life-affirming, connected and fair. For me, it starts with personal lifestyle choices and volunteering. Most groups rely on older folk with more time available to take on essential tasks. Volunteering in a conservation group can be an enjoyable way to help the local environment to be more resilient in the face of people pressure and changing climate. Initiating conversations about these important ideas will contribute to community change. Above all, we need to hold our leaders to account. There has been some good news lately reflecting local and global recognition of the urgent need to adopt ways of living that take more account of the world we pass on to our children and grandchildren.

Achieving the vision of a resilient community based on regeneration and ‘longtermism’ depends on all of us doing our bit to care for each other and to nurture the world around us. How's that for a New Year resolution?

This year I hope to use my column to tell stories about some of the people who are making choices to heal the future.

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Volunteering, working and riding - just a few hats Roger Seeney wears



Roger Seeney

by Serena Kirby

ROGER Seeney wears many hats. He's a business owner, volunteer, active community member, husband and father and he's equally passionate about all these things.

Roger is also a past recipient of a Citizen of the

Year award in Denmark and last year he received both a 45-year national service medal and a long service medal for his time as a volunteer firefighter. He's also the current captain of his local fire brigade.

Originally from Birmingham, Roger migrat-

ed to Australia when he was just a young boy. His family were poor and his already tough life got even tougher after his father died when Roger was just 12 years old.

"We'd settled in Perth by the time dad died and my mother had to constantly work to make

ends meet, so I was basically left to raise myself and my younger brother on my own," Roger says.

Roger always liked tinkering with things and experimenting with how things worked. This led him to become an electrician and then a marine electrical engineer and his work on ships saw him spend countless weeks away sailing through Asia.

When he met the love of his life, Bev, at a pony club in 1984, the desire to live in the country was one they shared.

"I'd always wanted a farm and I'd never let go of that dream. Bev was all for moving away from Perth and we started looking for land in a few places but as soon as we pulled up alongside the Denmark River, we never left. We built our house, and all the structures on the farm, ourselves and I'm really proud of what

we've achieved together."

Roger, now in his early 70s, still runs his own business working as an underground cable locator and has been doing this for 20 years. Somehow, he still manages to find time for his many hobbies and volunteer commitments.

"I've had a lifelong interest in owning and riding horses and I believe in natural horsemanship where you work in harmony with the horse. I also ride without shoes on the horse."

Just over a decade ago Roger took up riding a different kind of beast - a petrol driven one.

"I had a bit of a midlife crisis and bought myself a Harley Davidson Ultra motorbike," Roger says.

After becoming aware of the Black Dog Ride, a national charity that works to raise awareness of depression and suicide

prevention, Roger helped form a Black Dog Ride group.

"I'd been deeply saddened by the suicide of several people I've known so I really wanted to help raise awareness of the importance of encouraging people to reach out. There's no shame in asking for help - we all suffer from difficult times and we all need to keep an eye out for the welfare of our mates."

As an active rider and organiser of Black Dog events Roger and wife Bev had been involved in many national and state rides. Roger even rode across America from New York to Los Angeles in 2015 with a group of 65 other Aussies.

"The event was all about raising awareness of mental health. But the tragedy was that we lost a rider in a road accident. We thought about stopping the ride but we

knew our mate would've wanted us to continue so we pulled together, supported each other and pushed on to finish the ride. It was an unforgettable trip for many obvious reasons."

With such a full life and loads of commitments Roger says he couldn't have done all he has without Bev by his side.

"She's not only my greatest supporter but my community work is a mere drop in the ocean in comparison to what Bev does. I'm also so incredibly proud of our children and the people they have become."

With Black Dog Ride events held all across WA there are plenty of opportunities to be involved. If you're interested in rides in the Pilbara, Kalgoorlie or the Great Southern you can contact Bev Seeney at wa@blackdogride.org.au for information on upcoming events.

Share your stroke journey

ACCORDING to the *Lancet* medical journal, last year more than 445,000 Australians were living with the effects of stroke. Strokes occur approximately every 19 minutes in Australia.

Both Peter Coghlan and Robert Vander Kraats had a stroke at an early age in their lives. They have experienced the 'stroke recovery journey' personally and therefore are not just sympathetic but understand and can empathise with your situation.

Peter has an Allied Health assistance certificate, and Robert a Masters degree in sports physiotherapy, so it was unusual for them to be on the 'receiving end' of rehabilitative interventions.

If you have had a stroke, they would very much like to meet with you (no cost) on a Saturday morning, between 9am and 12pm.

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Where opinions matter - reducing the noise and related stress from cities



by Lee Tate

NOW is a good time for Australia – all countries – to turn down the sound. To “put a sock in it”, as our fathers used to say about excessive noise.

Electric vehicles present us with a golden opportu-

nity to reduce noise and related stress from our cities.

Unbelievably, some e-cars offer fake engine noise to resemble the rumble of petrol cars. At the push of a button, drivers can choose various versions of pre-recorded exhaust noises.

Many of us jumped for joy when we heard that even motorbike manufacturers were looking to quiet electric motors.

Imagine the relative peace of cities where motorbikes, trucks, delivery vans and cars are powered by batteries.

Some people are saying: “But if we can’t hear cars coming, we might get runover.”

Well, pedestrians failing to look left and right are already at risk of injury from silent bicycles, scooters, skateboarders and rollerbladers.

What a soothing experience to sit alfresco at a café and not be swamped with the racket of passing cars or deliberately revved-up Harley-Davidsons.

Traffic noise has long been unbearable in big cities and is growing in suburbs and country re-

gions as populations explode.

The world is taking steps to reduce fossil fuels to help save the planet and our health. Vehicle noise and stress is also highly-dangerous to our health and well-being.

Noise pollution affects health and behaviour including hypertension, high stress levels, cardiovascular disorders, hearing loss, tinnitus, sleep disturbances and faster cognitive decline.

Noise in residential areas comes from trains and buses, planes, lawn mowers, leaf blowers, maintenance, construction, electrical generators, wind turbines and explosions.

Noise from ships and humans in the ocean is harmful to whales and dolphins that depend on echolocation to survive. Nature journals report that

noise can increase the risk of death in animals by altering predator or prey detection and avoidance, interfere with reproduction and navigation and contribute to their hearing loss.

A study of 12 major highways and intersections in Hanoi measured the average daytime noise at 78 decibels (dB), well above the permissible standard of 70 dB. The average noise level at night was 70.5 dB, well above the recommended range of 55 dB.

The European Environment Agency estimated that in Europe, 113 million people were affected by road traffic noise levels above 55 decibels, the threshold at which noise becomes harmful to human health by the WHO’s definition.

Sound becomes unwanted noise when it dis-



Noise pollution affects health and behaviour

rupts or diminishes quality of life or interferes with normal activities such as sleep or conversation. Noise-induced hearing loss can be caused by prolonged exposure to noise levels above 85 dB.

Governments and authorities can begin to review what can be done to reduce all dangerous noise levels. Starting with fake engine noises, we can tighten or out-

law noisy car, truck and motorbike exhausts and move on from there.

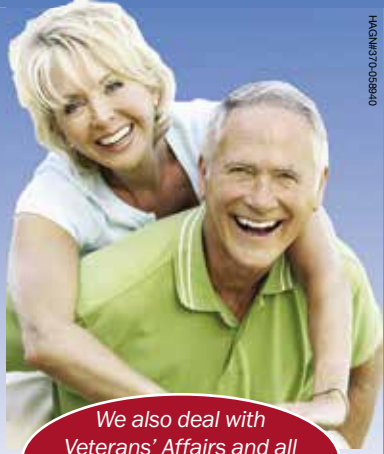
From café coffee-making machines to suburban blowers and suburban concerts, there is no shortage of noise-polluting targets. New technology presents new opportunities.

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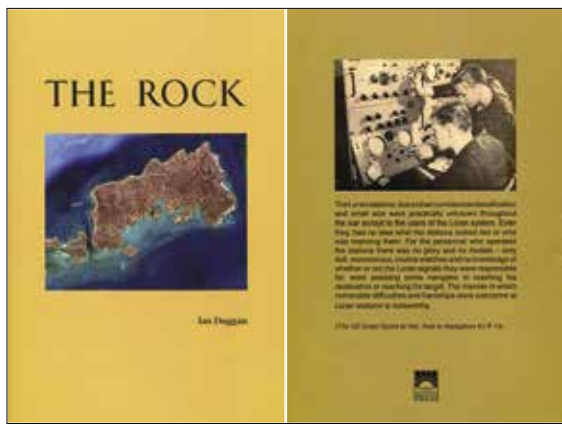
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Perth author writes of long-held secret of Loran bases during World War II



Ian Duggan's book *The Rock* is available for purchase

by Josephine Allison

PERTH author Ian Duggan has a fascination for WA history, especially little-known stories about World War II. His latest book, *The Rock*, tells the story of three Loran (Long Range Navigation) stations small in size and practically unknown throughout the war because of their confidential classification.

Ian says the then Commander in Chief of the US Pacific Fleet, Admiral Nimitz, and other high-ranking US commanders spoke highly of the men manning the Loran stations, stating there was no glory and no medals – only dull, monotonous, routine watches and no knowledge of whether or not the Loran signals they were responsible for, were assisting some navigator in reaching the destination

or reaching his target. "The manner in which numerous difficulties and hardships were overcome at Loran stations is noteworthy."

Have a Go News caught up with this busy author who spends many months researching his subject:

How did you come to write about the Loran stations? What research did you do and where did it take you?

While researching information regarding air bases in the Kimberley during World War II, there was reference to a Loran base manned by American servicemen on the western end of Sir Graham Moore Island. As I knew nothing of Loran, I found that there were three Loran bases, the one at Sir Graham Moore Island, Cape Fourcroy at Bathurst Island and Champagny Island off

the coast of Derby. They were known as the Banda Sea Chain.

There was a dire need for allied aircraft and shipping to have more accurate means of navigation and the American government proposed a Microwave Committee incorporating some of the biggest technology companies in the US to develop a long-range navigation system for use by allied forces.

The committee exceeded the parameters given by the government and the result was Loran. Testing by the Royal Air Force showed an error over distances of 700 to 800 nautical miles was less than one mile. Loran was quickly developed with bases around the world which, in all but the three Australian bases, were run and managed by the US Coast Guard. The Loran system was top secret and, due to this secrecy, little was known about it.

Do many people today know about Loran and how important it was in the war effort? Can you specifically describe a Loran station for readers?

A Loran base consisted of two main towers, with five secondary towers all linked by a copper cable web of 600 feet in diameter buried in the sand between them. The buildings consisted of a mess, an air-conditioned

building housing the Loran signal equipment, and smaller buildings to cater for power generation and distillation equipment converting ocean water to fresh water. Loran operated 24 hours a day sending the microwave signals milliseconds apart. The Loran network required a central master station with two slave stations located in line.

Accommodation was in the form of American bell-shaped tents with either wooden or concrete floors.

Even today, little is known of Loran due to the secrecy associated with it. This secrecy caused problems with former RAAF servicemen who worked on the Loran bases after the US handed the three Banda Sea Chain bases to the RAAF. When making claims for service pensions, the RAAF records indicated their service while on the three islands was only designated as being at Darwin. It was only after the men collaborated and provided photographs of their service they were recognised and their claims acknowledged.

How many men (American and Australian) were involved in manning them and over what period of time?

The Australian-based Loran stations commenced operations in July 1944 using US ser-

vicemen who remained until November 1945. Prior to the US servicemen returning to America, progressively their positions were taken by RAAF servicemen, most of whom were formerly radar operators. Following representations from the RAAF and the Australian government, the Banda Sea Chain was officially transferred to the RAAF in May 1946 and greatly assisted aircraft and shipping returning Australian POWs and soldiers from the Asian war theatre.

The Loran bases were generally staffed with about 23 men who were required to maintain the Loran signals 24 hours a day. There were eight Loran operators and five electronics technicians' mates standing regular watch. Two motor machinists were in charge of maintenance of power equipment, two radiomen for communications watches with four men serving as scope watchers, mess cooks and performing general station maintenance. There were also two ship's cooks.

The Loran operator's job was to watch a Cathode ray tube on which two electronic pulses were depicted. Both pulses, which resembled the curve of a parabola in shape, had to be kept perfectly aligned on the screen at all times so that aircraft and ship's naviga-

tors could plot their position accurately on their charts from the signals they received.

Did Western Australia's remoteness help in this endeavor?

The Loran bases around the world, particularly in the Pacific were generally located on isolated atolls, some having no airstrip or other means of access and their safety was always of concern. In the event the Japanese raided them the men were required to destroy the Loran equipment. To some extent, the remote-

ness of the Banda Sea Chain provided some security.

Has there been much previous publicity or media about the Loran stations?

Very little is known of the Loran Banda Sea Chain, however the US Coast Guard has substantial records of the Loran stations they were responsible for.

Copies of *The Rock* can be purchased for \$30 from the author, Ian Duggan, at Post Office Box 3318 Lesmurdie 6076, or from Hesperian Press.

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Auld Lang Syne my friend - a new year awaits again... celebrating making another one



by Rick Steele

SHOULD old acquaintance be forgot and never brought to mind?

Should old acquaintance be forgot for the sake of auld lang syne.

For auld lang syne my friend, for auld lang syne

We'll take a cup of kindness yet

For the days of auld lang syne.

Robbie Burns apparently put the song together, and with the help of Scottish immigrants and Scotch whisky it found its way into NZ and Australian culture.

Well do I remember, well actually not that well, I recall linking arms or bodies or body parts at midnight New Year's Eve and singing, burbling, staggering, warbling the ancient song. The rendition would be followed

quickly with a slobbering smooch on the nearest female, partner or not, and any other damsel in the vicinity who was in a similar condition. "Happy New Year!"

Behold, as my musical career blossomed, I found myself leading said song from stage and observing the somewhat clumsy goings on from a safe distance. New Year's Eve was always, (well nearly always) a well-paid gig and usually worth the safety hazards it entailed. One year, when I really needed the money,

(just about every NYE) we played to the seven organisers from nine till twelve waiting for the crowd to turn up. They never did and I wasn't gunna kiss my band mates. Honourably the 'bikie gang' paid us but I fear the organising culprits may have suffered more than financial stress.

Back in the 'good auld daze' when the stage was the pool table cover stuck on some coke crates with gaffer tape; during a rousing version of *Sweet Caroline* we had just got to the part where the au-

dience sings, "bap, bap, bowe" and I felt the trusty snare and high hat beat was missing. I was right. I turned to see the drummers' legs stickin' up in the air like a dead horse. As they say in Showbiz; "The show must go on."

I think the amber fluid may have had something to do with his demise.

These days NYE is more of a celebration that I've lasted another year and I may well be in slumber mode with a hot chocolate and TV before the witching hour is even reached.

As for a New Year resolution? It's a bit like the tip I give young hopefuls these days. "Be nice to yer mother and father, don't waste yer money and change yer underwear once a week, even if it's not necessary!"

The two thousand and twenty second year AD was a struggle for most and we all hope that 2023 will be more betterer and kinder to all. As of now I have not been able to arrange a sponsor for an assassin for a certain Russian chap who is behaving totally irrationally

and needs the long sleep. As Mr and Mrs Winterbottom were retiring one evening, the Mrs was standing in front of the mirror as she adorned herself with a new nighty.

"C'mon fatty," he cried, "just come to bed."

"I'll have you know the doctor says I have a very good figure for a woman my age," said Mrs Winterbottom.

"Did he mention your big bum?"

"No; he didn't mention you at all!"

Cheers dears. All the best for 2023.

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SHIRE OF MANJIMUP

Realisation, revelation and resolution...



by Jon Lewis

THERE we were. Walking hand in hand. It was romantic. A relaxing stroll along the beach. The fresh air flowed, and conversation ebbed. Until I – ever the romantic – brought up the latest addition to my beloved Weber barbecue collection.

Things changed... Yikes!

And this is where I made a realisation that led to a revelation that has led me to my new year's resolution. (I call it my three R's.)

I had been sharply challenged with minimal use of words. However, it was my reply that greatly troubled me.

You see, dear reader, I felt my reply had not as intended, calmed my darling wife, but in fact I had just 'shut her down.'

The troubling part was that it had happened instinctively and from a place I'm embarrassed to write, of self-doubt and pain. I did not like it.

So, I invited my darling to ask me the question once again. With an all too knowing smile this was

done. This time I exposed the weakness in my situation and explained how I had planned to deal with it.

I then invited more questions to see if this was the only weakness. It turned out, it wasn't, there were a few. Oh dear! Unexpectedly though, my patient wife, had come up with some rather helpful and quite thoughtful solutions... and a blunt one that may well be the shortest path to a tidy solution.

"Sell it." Thus an exercise in listening had made me think and consider a rule for me...

Is shutting down a conversation for kindly reasons, okay? Like for example, a fear that has no reality, a worry, or an anxious feeling? In these situations, I feel it is okay to kindly shut down and calm the worry to relax my interlocutor.

I feel this can be a good thing.

In other matters, I believe it is important to listen to concerns and challenges. Perhaps they are well valid and vindicated as I will never be in shutting them down...

So, here we are in 2023 where the new ideas can run free.

My resolution is to welcome challenges to my ideas, thoughts and ponderances in this new, exciting and... happy new year!

All the best!

The WOW is coming...

CURATE and Djinda Boodja have joined forces to partner together in their inaugural Wander Out West Festival, fondly known as the WOW Festival, this January 16 – 27 at Djinda Boodja, 295A Manning Road, Waterford.

With 11 days of concerts, experiences, installations, exhibitions, artist talks, events ... and even a shadow puppet Opera... as well as the grand opening of the Djinda Boodja Museum and the ever-popular three-time award-winning Act Belong Commit recycle instrument project workshops, join Curate and Djinda Boodja as they encourage people to Wander Out West to explore all WA has to offer.

Whatever your interest, the WOW Festival is sure to have something on offer that will delight.

To book tickets, please check out the festival's website: www.wanderoutwest.org/book-a-ticket

Centrelink update - being scam aware to protect yourself



by Hank Jongen, General Manager, Services Australia

UNFORTUNATELY, you or someone you know is likely to be affected by a scam at some

point. New scams are popping up all the time and scammers will often pretend to be from trusted brands like myGov, Centrelink, Child Support and Medicare.

If you're anything like me, you'll have already received emails, text messages or phone calls from people trying to scam you.

I want you to know that Services Australia takes the protection of your personal information very seriously. We have strong security

processes in place, including fraud detection systems, to protect you.

There are also things that you can do to protect yourself against scams.

Identifying and reporting scams

There are some signs you can look out for to help you spot a possible scam. These include:

- an unexpected email, text message or phone call
- a sense of urgency or

an unreasonable deadline

- a promise you are owed money, or a threat of fines.

If you think you may have fallen victim to an agency-related scam or you think your identity has been stolen, we have a Scams and Identity Theft helpdesk that can offer support.

The helpdesk is available 8am - 5pm, Monday to Friday to assist you with all Centrelink, Medicare, Child Support or myGov related

identity theft concerns. It can be contacted on 1800 941 126.

Protecting yourself from pretenders

If you've been contacted by trusted brands like Services Australia, you should always check that it's the real deal.

If you get a suspicious email or text message, just delete it. If you open it, don't click on any links.

We won't ask you to click a link in an email or text message, except

from within your official myGov inbox. Always access myGov by typing www.my.gov.au into your web browser.

There'll be times where we need to contact you. However, if you are concerned, you can call one of our payment lines to check it's genuine. Remember, only use our official phone numbers. You can find these on our website.

We'll never ask you to:

- pay money to get a payment or benefit, or

• pay for our assistance, like with setting up online accounts.

For more information about how to protect yourself, go to www.servicessaustralia.gov.au/scams

Speak to you next time.

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

My confabulated history of men's ties - tie me kangaroo down



by John Rando, Lawyer, musician, existential philosopher

MOST, not all, powerful, successful, authoritative men wear a tie. The last American President Donald Trump mostly wore a red tie, so I've decided never again to wear a red tie.

Sir Richard Branson has never worn a tie.

Julia Gillard never wore a tie, nor did the Dalai Lama or Mother Teresa. Women rarely wear ties. Queen Elizabeth and Margaret Thatcher never wore ties.

Prince Charles, now king, is rarely without a tie. Camilla, his wife, abstains from wearing a tie.

As a lawyer, I have worn a tie for just over 50 years on my way to court. Women lawyers, rarely ever wear ties and are as diligent, persuasive, and eloquent as male lawyers.

On a recent appearance in court, I appeared as usual, wearing a coat and a tie.

The principal registrar wore a tie. The prosecu-

tor, a woman, appeared, well dressed, except she was not wearing a tie.

Several women lawyers in court, waiting to appear on listed cases, were all well dressed, but not wearing ties.

It seems to me, almost all women lawyers do not wear ties.

Since the 17th century, ties have given men the aura and appearance of wisdom, authority, intelligence and power.

A tie might have once signified a man's status, whilst restricting his breathing and raising body temperature.

Are ties relevant, silly, stupid or obsolete? What's the purpose of wearing a tie?

My theory is, perhaps in the early days, before household plumbing, and regular washing of men's shirts, ties might have been used as a bib to catch falling food scraps dribbling on to shirts.

Do ties now have any useful purpose?

So, I pose an existential question.

Exactly, what is the purpose for wearing ties in our hot, humid environment? If men wish to wear ties, might they be significantly updated, enhanced and improved?

If we wish to retain ties for the 21st century, might they be updated and make a more positive, meaningful state-

ment. So, I propose the Rando Existential Power Tie to include the following items stuck to the front.

- A business card
- A toothpick
- Dental floss
- A headache pill
- A biro

Perhaps people might sell off advertising space and make money. Coles, Woolies, Farmer Jacks specials of the week?

Otherwise, what is the real purpose of a tie when women don't feel they are relevant? And should women lawyers be expected to wear ties, or alternatively, should men be excused from wearing a tie in court and be given an even chance?

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Let's talk about sex, honesty... and the perils of online dating



Dating online can be a scary experience

by Miranda Jennings

WITH the path to my door conspicuously absent of anything remotely akin to being beaten, at the ripe old age of 60, I decided to give the quest for love one last concerted effort. With the formerly tried and true method of getting outrageously drunk and butting heads with the closest barfly as not being a viable option these days, I knew had to be proactive – enter the spectre of online dating.

Encouraged by the surfeit of so many nauseating online dating success stories coupled with my curiosity to see if the playground was capable of being reopened, I took a deep dive in. I knew it would take the talents of a truly intrepid explorer to plumb its depths due to the extended closure period. Not having three heads and not scrubbing up too badly – how hard could it be?

The first hurdle was to choose which of the mo-

mass of online dating sites would be graced with my terribly witty profile. Is it true that Tinder is only for hook-ups? And Bumble is just Tinder for more mature folks? Swift rejection based on the mere flick of the wrist seems so dismissive, mercenary, and simply callous so I opted for one of the sites that gave you a bit more space to describe yourself and your criteria. Conversely, this also means you don't have to base your selection on purely visual grounds and theoretically, there is the text option to impart one's innermost thoughts and aspirations.

But nothing is ever as simple as it seems... oh, the tales to tell. There are the men who seem perfectly nice but resemble my dad more than a craggy Prince Charming. Men who have completely blank profiles, no photos, or a blurry selfie taken in a mirror, or even worse pix of their cars or boats, which gives you

very little to go on leaving you to intuit what they seek or have to offer in a meaningful way. Men who tar you with the same brush as their estranged exs from the get-go. Younger men who are looking for a cougar. Men who take violent offence to a knock back no matter how polite you are. Men who think it is perfectly acceptable to guzzle two bottles of wine a night along with a whiskey chaser or seven.

It soon became painfully obvious that my long-awaited bevy of suitors constituted a majority who hadn't read my carefully crafted profile. It would save a lot of time if they did as my words are designed to sort the wheat from the chaff.

Ever onwards, I tried one of the swipecy apps as well but kept coming unstuck because I forgot which swipe direction meant what. In one session I invited advances from about 30 men because I swiped the wrong

way – that got me into a bit of a pickle. For reference, right is interested, left is not.

Then along came John to rescue me from these trials and tribulations. He turned out to be a much smoother operator than was immediately apparent. Due to my inexperience with this most unnatural way of meeting romantic prospects, I must admit to being swayed, against my better judgement, by his not inconsiderable charms. Turns out John is not alone with this MO; it is a type. The type who doesn't like to communicate via the dating platform, email or texts, even skips a phone call to cut straight to the chase of meeting. Call me old fashioned but I think establishing common ground, similar values or shared interests is not a bad idea before meeting.

Anyway, meeting it was to be with John, an innocuous coffee date on a Friday afternoon in a busy café. He seemed pleasant enough, perhaps a little earnest but there was a tiny ember of a spark of attraction. So, receiving a text message even before I got home saying how lovely it was to meet with an invitation for lunch at his place the very next day did send the heart aflutter. I declined the invitation saying it was too soon to meet privately, instead we agreed to dinner on Monday night. In the meantime, there was a text avalanche of compliments, terms of endearment, virtual hugs, kisses, and roses which did set a vague alarm bell ringing. But you question yourself, I thought I

was being too cynical? so I went with the flow. Despite his protestations about being an old school gentleman, I also declined his offer to pick me up asserting I thought it was too soon for him to know where I lived.

Dinner went well and he refused my offer to split the bill. After dinner in the restaurant carpark, his attempt at a kiss almost saw me recoil in horror. It was all going a little too fast. Once released from an awkward embrace we went our separate ways but not without a third date cemented in diaries for Wednesday night.

The barrage of text messages increased upping the ante to the almost ridiculously effusive. I confided in friends that I felt like I was being groomed. As wonderful a catch as I am, it all seemed like it was racing along a little too quickly.

Wednesday went well too. By the weekend the text messages became more risqué, which I must confess, was quite tantalising – I am human, and it had been a long time. By Sunday I capitulated and was chuffed to discover that John was a wonderfully skilled and attentive lover. Fears of needing a jackhammer to reopen the playground were dispelled, it was indeed like riding a bike. All was going swimmingly well. I was beginning to think that maybe I had hit the jackpot and all my foolish romantic dreams were about to come true.

But then the tenor of the text messages changed, subtly. There were fewer enquiries into me or details about what he was doing with his

time. The flurry of virtual hugs, flowers and kisses continued at a pace along with perfunctory comments about it being a beautiful day – nothing of consequence though. But there was just enough to string me along. When I confronted him, he admonished me not to overthink things, not to pressure him and to be patient without any reason why. I know I can be a bit of a bull in a china shop, particularly when spurred on by the heady lure of affection, so I pulled back.

Things are continuing but more on a booty call basis shall we say, which of course, I could put a stop to but once those floodgates have been opened, it is hard to push against the tide to close them again. I am sad though. Sad that men at this age still feel the need to subject women to their tawdry games, sad that another notch on the bedpost is still so important, sad that I have fallen foul of such transparent game playing, sad to think that this is all there is in the pool of unattached men over 60.

Despite me telling him I don't need the distraction of playing games and asking for honesty, he insists he has feelings for me, but my argument is that actions speak louder than words. I will let it ride for now until the novelty wears off, which probably won't be for too much longer because being played for a fool does tend to take the edge off your libido.

I know this jittery undercurrent and unbalanced equilibrium will wear off, but it is hard to deny the

disappointment. All cards had been put on the table about us both looking for a relationship, not just casual sex. Clearly, he is a well-practiced lothario who preys on vulnerable women of a certain age and situation.

I shake my head with incredulity when I realise that his initial haste was probably about keeping pace with his conversion rate and now once the thrill of the chase is over, his race won, he'll move onto the next unsuspecting woman.

In the early days of our online flirting, I was assailed by the strains of a *Divinyls* big hit with Chrissy Amphlett's taunting, now Chris Isaac's *Wicked Game* is on high rotation. When it dawns on you that you have been had, your self-esteem plummets to a new low and you start questioning the integrity of your fellow humans. Deception is despicable and should be called out.

It is unutterably cruel to toy with another person's emotions so wantonly, specifically in the case of online dating, when objectives and motivations are clearly stated so to knowingly exploit that is incredibly heartless.

Men: don't dress something up to be something it isn't, have some integrity, be honest – please.

Women: listen to your gut. If it seems too good to be true, then it probably is. No amount of feigned adulation and bit of slap and tickle is worth more than your self-esteem.

Both: A meeting of minds is the ultimate connection. The rest will follow in good time.

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Retirees Club News & Recreation



Unusual facts about Western Australia and its people

GUEST speaker at the February meeting of the Western Australian Self-Funded Retirees Association (WASFR) will be well known journalist, author and columnist Lee Tate who will speak on amazing and unusual facts, some known and some less well known, associated with Western Australia and its inhabitants both past and present.

He has spent several years researching and discovering fascinating information and has

recently completed his third book on the subject, two of which have been reprinted. His efforts aimed at making known the achievements of Western Australians and the uniqueness and fascination of the Western Australian landscape and environment has earned the congratulations of Premier Mark McGowan himself.

Lee has been a journalist for most of his life and has worked for a number of prominent Australian newspapers including

The West Australian, The Australian, The Financial Review and *Have a Go News*. He has interviewed prime ministers, state premiers and many world-renowned celebrities and over the years has covered a number of royal tours.

WASFR promotes the interests of retirees who have funded their own retirement in whole or in part and is recognised as a body speaking on behalf of retirees at federal, state and local government level. It also aims to

provide a forum for positive minded people.

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

Visitors are always welcome, there is ample free parking on site and no charge is applied for entry to the function.

For more information phone Ron de Gruchy on 94471313 or Margaret Harris on 9381 5303.

C'mon have a go at bridge in the north...

UNDERCROFT Bridge club (UBC), a not-for-profit club located in Duncraig, has served people from the northern districts and surrounding areas for 50 years.

The focus of the club is to provide mental stimulation, socialisation and fellowship. The Bridge Club is open seven days a week and for a nominal fee of \$5 for members and \$10 for non-members people can enjoy a game of bridge and refreshments.

The club is open to people of all ages, predominantly seniors, to play in a relaxed and fun atmosphere.

The club will begin teaching bridge to those interested in learning the game on Saturday February 4 from 9am to 11.30am, with accredited bridge teach-

er Joanna Tennyson.

The club also holds improver lessons for those who have not played for a while and are looking to brush up their playing skills or want to get the confidence to get back playing.

Come along to the regular Saturday morning sessions and play with help if you want from well qualified assistants. Play begins at 8.15am and runs to 11.30am

The Undercroft Bridge Club is located at 20, Ron Chamberlain Drive, Percy Doyle Reserve in Duncraig.

Contact Lessons Co Ordinator Chris Jenkins (0424 453 726), christina.jenkins@bigpond.com or Jenny Skinner (0414 997 772) who are accredited bridge teachers, for further details.

Are you retired or about to retire in the Bunbury area?

ASSOCIATION of Independent Retirees (A.I.R) Limited (Bunbury WA branch) is a volunteer not-for-profit organisation which represents fully and partially self-funded retirees, and advocates on their behalf on issues that affect retired people.

The group meets at the Girl Guides Hall, 33 Mary Street, South Bunbury on the fourth Tuesday of each month at 2pm.

The next meeting will be on Tuesday 28 February 2023 at 2pm. New people are most welcomed.

The meetings include interesting guest speakers, followed by a delicious afternoon tea in friendly company.

If this interests you, please call/SMS for further information: John Kalbfell (president): 0412 705 822, David Bolt (treasurer): 0427 092 459 or Alfred Leigh (vice-president): 0413 656 812.

Funding allows new facilities at local bridge club

COMMUNITY Bridge Club requested funding (grant) from Lotterywest to purchase electronic equipment and bridge tables in July 2022.

In November, much to the club's delight, the grant request was approved. This funding has certainly enhanced the facilities, making the bridge club compatible with other clubs in Perth. All the electronic equipment and bridge tables have

now been purchased and installed.

Amber-Jade Sanderson, the Labor Member for Morley, will be visiting the club early in the year, during the afternoon tea break, to mingle with the players. This will also give the club the opportunity to show the new acquisitions and their operation.

The committee welcomes bridge players around the State to come and join the club on Saturday after-

noons at the Jim Satchell Community Centre, 1 Light Street, Dianella from 12.30pm - 4pm Saturday afternoons.

Players are requested to take a seat 10 minutes before start of play. Cost is \$5 (members) \$6 (non-members). Afternoon tea and coffee facilities are provided.

Any queries, please contact the vice president: Joy Emmeluth on 0417 980 116.

Badminton players wanted in Heathridge

HEATHRIDGE Badminton Club is looking for new members to join the club with experience or some knowledge of how to play.

They play on Monday, Wednesday and Friday each week from 9 am to 11 am at Heathridge Community Centre, Sail Avenue, Heathridge.

Contact Steve on 0403 231 326.

Death and taxes are a certainty in life - be prepared

DEATH and taxes will always be with us and both can be unpleasant subjects for discussion. But in each case it pays to be aware of the consequences and how to handle them.

In the case of death there are those who endeavour to make the

experience of those involved as smooth as possible. One of those is Garry Russell, manager at the Mandurah branch of Bowra & O'Dea. Based on his long experience Garry will present advice for the families of the deceased at the Mandurah regional branch of the

Association of Independent Retirees.

The meeting is on Monday January 23 at the Halls Head Bowling Club, 2 Sticks Boulevard, Halls Head - over the bridge in Mandurah. For further information ring Norm Hodgkinson on 9527 2383.

Friendship and fun with floral art



THIS very innovative and colourful design was staged at WA Floral Art's recent Christmas meeting. The designer is Celeste de Villiers, who does some absolutely wonderful work.

WA Floral Art would love to see more people join their friendly and creative group this year - why not make this one of your new year's resolutions? Have a go.

Find out more at www.waflo.ralart.org.au.

Protecting the diversity of old growth forests

LOGGING is frequently cited as the main threat to our old growth forests, but mine sites actually threaten much larger areas than logging activities.

A man who knows all about this is Professor Kingsley Dixon, the 2016 WA Scientist of the Year. Amongst other achievements he was foundation director of science at Kings Park and Botanic Gardens for 32 years and is currently a director of the ARC Centre for Mining Restoration.

He will be speaking at the next meeting of the Association of Independent Retirees (AIR) Perth Branch, on Friday February 17.

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

The guest speaker on March 17 will be a

spokesperson from Advocare.

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

travel, health, community and special interests of members. Visitors are welcome and it is appreciated if attendees bring their own coffee mug, and correct money (\$2 - members, \$5 - visitors).

Enquiries to Margaret (marghw@inet.net.au).

A sub group of AIR Investors will meet on Wednesday February 15 at 1.30pm, at the same venue. Enquiries to John (johnkwellis@gmail.com).

Hold that thought!

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

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

You may be eligible:

- If you are 18-84 years of age
- You have been diagnosed with Alzheimer's
- You are willing to attend 14 study visits and receive 7 phone calls over two years, with a dedicated study partner.

If you or someone you know are interested in finding out more information, please contact us via:

www.PIAstudy.com.au
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Letters to the Editor

Your letters...
Your letters...
Your letters...
Your letters...



Dear Editor,
UNDER Her Skin was reviewed in the November 2022 *Have a Go News*. Having now read it, I heartily recommend it to all readers. Sue Williams' book is an extraordinarily riveting and comprehensive account of the life an extraordinary woman.

Fiona Stanley's energy, dedication and resolve characterises her whole life. Those who have had the misfortune to need her medical expertise in the treatment of burns were all confident that they had received the very best of care from a woman who was totally committed to them as individuals.

One of her former patients, Tony White, provided an accurate summary when he said that Fiona was 'an incredible gift to the human race.'

A particularly fine tribute to her personally is the fact that many of her former patients are devoted to assisting her continuing work in whatever way is possible to them. Remarkable.

Fiona challenges each and every reader to be better, to do better, to continue to dream.

Thanks for your original article which inspired me to buy the book.

**Patricia Cebis
Gwelup**

Dear Editor,
I LIKED Lee Tate's article in last month's *Have a Go News*, re WA's future.

I have wondered the same... we escaped from the Sydney's urban rat race in 1978. In fact, all but one of my five siblings did the same, and she relocated up into Katoomba.

I forwarded the article to them. My brother (in rural Orbest) questioned the 20,000 - 90,000-a-week rise in W.A.'s population. He suggested that must be per year.

We have watched, with concern, Perth's sprawl up and down the coast, and all the associated road development. We visited Busselton recently... housing estates popping up overnight there (and on land that is only a few feet above sea level.)

When we first arrived in Perth, we drove along Leach Highway and I said to my wife, "where is everyone?" Hardly a car on the road. And when we went up to Mundaring (a sunny weekend) we had the places to ourselves...

choose any barbecue.

I am interested to visit East coast 'big smoke' as a visitor, but I wouldn't bother any more. Our last park visit in Sydney saw a punch-up over a barbecue site... and there was a queue waiting to use ours.

When we left Sydney Jan '78... a block in outer metro area was \$90k... here in Ferndale it was \$12k. I do miss the south east coastal scenery though. My brother chose well.

Allan and Anita Churn

Dear Editor,
DAVID Rudman, surely you jest in your letter (December 2022). What you are going crook about? This paper being biased in its views on vaccines? The views that you consider anti-Russian are like the rest of the media? By which I take it you mean the more mainstream publications.

In respect of the paper in Rockingham that you say has curtailed the letters page and is using one-sided stuff from juvenile West Australian journalists. All journalists start off as juveniles. Gagging readers views? You would have to try and get an answer from the editor of that paper as to why they have stopped the letters page - too many abusive letters maybe or not enough letters of any sort, who knows unless you ask them?

You feel that until there is certainty about vaccines and climate change, that there is censorship, lack of debate, and the vilification of anybody who presents or disputes the mainstream narrative. If that were the case then your letter would not have been published.

In my time of reading this paper I value all the articles, all the different

letters, the reviews of places to eat, other adverts for services and the opportunity to get a swifter answer from the gentleman who is in charge of Centrelink by sending a query through this paper. I for one would be totally lost without it.

There have been times when a letter of mine has been printed and then somebody has replied either agreeing or disagreeing with my viewpoint, that is the beauty of it. There is no discrimination that I can see, like any publication the editor has to consider the writer's comments (whether it is one of their regular columnists like Lee Tate or one of us readers who have sent in a letter) might be classed as defamatory, or any of the other pitfalls that are the curse of an editor of any publication be it big or small.

So, sir I encourage you to keep reading *Have a Go News*, continue to write letters about things that you feel strongly about, remember though that with limited space not all of the letters, yours, mine, anybody's do not always get printed, it is not discrimination.

**Margaret Anne Ryan
Ballajura**

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

Dear Editor,
I WAS wondering when the issue of the age restrictions for the WA Seniors Card was going to be re addressed. As a self funded retiree who was unlucky enough to get caught up in the increase of age to qualify and not eligible for aged pension or other government assistance, I feel cheated.

When last asked why age to qualify had increased and benefits slashed the then Minister for Seniors office declined to reply saying the government was in caretaker mode due to the pending election.

This has well and truly passed so I figure it's time to answer why nothing has changed in this area.

The State Government has a surplus and should give some assistance to people like myself who worked hard and paid tax for many years. What percentage of people are pensioners compared with those receiving just Seniors Card benefits?

Hopefully you can raise this subject again and get a proper answer this time. Thanks in advance for taking up the challenge.

Jesse Howard

Dear Editor,
IT'S about time someone spelled out the truth with electric cars and gadgets. As most cars appear to be parked in the street most of the time, especially in cities, how are they to be charged without a power point at every bay to do so and the implications of that scenario?

With high-cost batteries that catch fire, the destruction of the environment to mine lithium and the recycling problem, where is this all going?

People say to me 'Oh my car has this on it and that on it' but none of it is new. My 1959 Crown Imperial has a button on the floor to change the radio stations, power seats, windows, steering, brakes etc and self-dipping headlights and options like swivel out seats, auto dip interior mirror, motorised trunk lid etc. All this stuff and more had been done in the fifties.

Worthy of note is that Cadillac and Mercedes are putting auto-dip lights on their new cars soon. My 59 car already

has that.

I despair of the brainwashing we have to endure constantly with no mention of the colossal cost of servicing throw-away sealed computerised components which cost a fortune. It's about time the truth was told on where this rubbish is going.

We have all been brainwashed into believing our politicians and our religions will solve the world's problems when in essence they are the problem.

I firmly believe steam cars will take off again. In the old days they were quiet, efficient and only emitted water. Are we actually progressing anywhere or doing the usual going around in circles again with ill thought-out ideology, designed only to make more money in a throw-away world? This we can no longer afford to do.

See you on the highway to hell no doubt.

Think about it.

Chris Webb

Dear Editor,
YOUR campaign to bring fairness to the UK pension payments is consistent and honest but sadly this situation is being ignored by politicians here and there.

This may result in thousands of us voting for a republic.

We are now finding more of interest in the 'free papers' than the 'news papers'.

**Chris Bunch
Neergabby**

Dear Editor,
I'M open to be challenged on this, but 20 million Australians jabbed, 10 million COVID cases, 140,000 plus reported adverse events, more than all the vaccine injuries from 1971 to 2018 put together!

Safe and effective? Who's

kidding whom?

**David Rudman
Port Kennedy**

Ed: The Department of Health and Aged Care report only 0.21 adverse reactions per 100 Covid vaccine doses up to December 2022.

Dear Editor,
FURTHER to Lee Tate's opinion piece from the December issue. Do we have to accept the state government's plan to allow Perth's population to grow to 3.5 million to what they call Perth-Peel?

We have no more water and what we get will be more restricted as we grow.

With every increment of growth, we get restricted roads, inadequate schools, hospitals and all services. They always come behind.

In summary we get a lower standard of living.

Why do they plan for a place which will be harder to live in?

No one can say we will not accept more migrants

to WA but we should be able to say where they go. As a minimum the government should provide city standard services in the regions.

It would be interesting to learn from your readers just how many would have preferred to retire in say Albany or Margaret River than close to Perth.

Many people move to Perth to be near specialist medical services.

The government could probably save a lot in city roads and services if they provide quick access to specialist medical and other services in the regions.

**Norm Hodgkinson
Rockingham**

COMMUNITY NOTEBOOK

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

INGLEWOOD MONDAY NIGHT MARKETS
Much loved Inglewood markets are back and running through to the end of April. Vendors offer flavours this year from Greece, Thailand, Japan, India and many more. Come and have a meal.

BURNS BEACH TWILIGHT MARKETS
Every Wednesday until March 22, 5pm-8.30pm
Food, music, family and fun
Ocean Parade
Foreshore, Burns Beach.

SOUTH PERTH STREET EATS
Every Thursday to Sunday through to April 2.
Food trucks set up at Sir James Mitchell Park (Coode Street) near the flagpole from 5pm-8.30pm
Enjoy a picnic overlooking the CBD skyline.

HEATHRIDGE NIGHT MARKET
Every Sunday night until March 30.
Bring your family and friends. Explore local stallholders and international food trucks. Chill out to live music.
Prince Regent Park. Heathridge.

OUTDOOR MOVIE NIGHTS (Paper Planes)
Saturday January 21
Enjoy an evening in Peace Park watching a free movie. Beginning at 5.30pm with a community sausage sizzle and lawn games. Sunset is when the movie starts ending at 9pm.
Popcorn and drinks available to purchase.
Phone 9641 2328

PERTH FESTIVAL AND BREC
Happy Meal
Friday + Q&A February 3, 7.30pm.
Saturday February 4, 6pm.

A funny, moving and nostalgic story of transition. From teen to adult. From MySpace to TikTok. From cis to trans.
Bunbury Regional Entertainment Centre
3 Blair Street, Bunbury
For more info phone 1300 661 272

AUSTRALIA DAY SUMMER GALA SOIREE
Thursday January 26, 5pm-7pm
Presented by Freshwater Bay Rotary Club a family-friendly concert at Woodbridge House.
8254 Ford Street Woodbridge
This is an outdoor concert so BYO rug, chairs, food and drink.
Tickets from trybooking.

COOGEE BEACH
Thursday January 26, 8am-noon
Come together and celebrate being Australian. Enjoy live performances by Aboriginal Dance Group *Binjareb Middars*, *Down Under Band* and per-

former *Bloom*. Free sausage sizzle, face painting, Oz Wildlife creatures, arts and crafts and more.
Coogee Beach Reserve.
Powel Road.



ROCKINGHAM
Thursday January 26, 5pm-8.30pm.
Food vans, free children's activities, fireworks at 8.30pm and more.
Churchill Park, Rockingham foreshore.

SOUTH PERTH MORNING CEREMONY & GREAT AUSSIE BREAKFAST
Thursday January 26, 8am-9.30am starting with flag raising and citizenship events.

9.30am-10.30am for breakfast provided by Rotary Club of Como, for a small cost of \$6 each with all proceeds going back into the local community.
Sir James Mitchell Park, South Perth

KALBARRI FIREWORKS
Thursday January 26, 10am-9pm.
Market and food stalls. Lunch and dinner sausage sizzle.
The famous Kalbarri Fire Fighters Slippery Slide 11am-3pm
Fireworks show at 8pm (approx).
BYO refreshments
Kalbarri Foreshore

BUNBURY SKYFEST
Thursday January 26.
The day kicks off at 6.30am with the Australia Day breakfast and Citizenship Ceremony followed by the afternoon celebrations, where you'll find something for all to enjoy.
Firework finish the day that ends at 9pm.

As it happened - beyond the stories - the evolution of Cottesloe



The Indiana Tea House, Cottesloe © www.facebook.com/townofcottesloe/photos



by Lee Tate

COMMUNITY-minded police sergeant

W G Smith gathered a group together on Cottesloe Beach to begin revolutionary beach safety and lifesaving lessons in 1909.

Within weeks, Western Australia's first surf patrols began, supported by boy scouts, just two years after Australia's surf lifesaving movement originated in NSW.

WA's first surf club, Cottesloe Surf Lifesaving

and Athletics Club, was just part of the coast's progress that has been tracked by the Grove Library that covers the towns of Cottesloe, Mosman Park and Peppermint Grove.

The area's custodians are the Whadjuk people. Small steel triangles imbedded in footpaths mark the 17.4km Wardun Beelieer Bidi trail, linking Noongar and

heritage trails.

Quiet, conservative Cottesloe's evolution from the 1890s was surprisingly progressive and busy.

From the 1890s, when land was first made available, fine houses and holiday establishments sprung up as people headed beachside on weekends and holidays.

In 1905, one of the State's first coastal hotels sprang up for a future Perth lord mayor, Mr J. McPhee, who opened it as a guesthouse. The future Cottesloe Beach Hotel, to be remodelled over the decades, was still surrounded by sandhills when it was being built.

In 1907, a 116m-long wooden jetty, with rotunda and boat landing at the end, ran out into the sea from the end of Forrest Street.

Brass bands played on Sunday afternoons and public holidays.

"Passengers from the Zephyr pleasure steamer

would disembark to listen to the music before heading off to Rottnest Island," reports a Grove library booklet.

In 1909, Cottesloe Golf Club (now Seaview) became the first 'links' course and the third golf course in WA. A regular player was local resident and future Prime Minister John Curtin who was club patron from 1940 till his death in 1945.

In the early 20th Century, the Cottesloe Road Board planted 168 small Norfolk Island pines to improve the streetscapes. The young trees were fenced to protect them from freely-wandering horses, cows and goats.

After a 1925 fatal shark attack, plans for a shark-proof area eventuated, involving four pylons with a net suspended between them and secured at the shore.

But wild weather delayed the net's installation. A concrete pylon was storm-damaged

when parts of the installation were washed ashore, ending the project. One pylon remains, repaired over the decades and added to the State Heritage Register in 2003.

Cottesloe even obtained a lido cabaret and open-air picture gardens in 1935, greatly appreciated by guests of the next-door Hostel Manley (1913) who could watch films for free until a screen to stop them was erected.

In 1950, it became Lido Coffee Lounge where, on Sunday evenings for two shillings and sixpence, patrons would have coffee and toast while being entertained by orchestral music, vocalists, dancers and musicians.

The busy evolution included landmark Indiana Tea House from 1913 and there were several other temporary tearooms.

North Cottesloe Surf Lifesaving Club (1918) was the first surf club in Australia to own, develop

and occupy its own land. The Cottesloe beachfront had a bathing pavilion (with turnstile admission), open-roof tea garden, cafes, restaurant and kiosks from 1929.

Tukurua, a limestone mansion facing the sea, was built at the end of the 18th Century for WA's first Attorney-General, Septimus Burt, before being converted to a grand guesthouse.

In 1897, Wearne Hostel was opened as a convalescent home, called the Ministering Children's League Convalescent Home. Sold to the State Government in 1963, it became an annexe to Fremantle Hospital.

The Vlamingh Memorial commemorates the first-known European landing, of Willem Hessel de Vlamingh, in 1697. The Cable Station housed the start of the undersea cables that connected WA to the rest of the world from 1901.

And so we have Cottesloe today.

Northern suburbs retirees meeting kicks off with interesting speakers

EMERITUS Professor Bob Mead is the speaker at the Association of Independent Retirees (AIR) northern suburbs branch meeting on January 19.

Professor Mead is a biochemist and molecular toxicologist who established Murdoch University's Batchelor degree in Forensic Biology and Toxicology in 2004. He also, regularly delivers expert testimony

in court in cases involving drug-related deaths, alcohol-associated traffic crashes and drug-assisted sexual assault.

The February 16 meeting speaker will be from the City of Joondalup. Over recent years the services and information available through the many of the City's departments has grown considerably and the speaker will share more about what it

is doing for seniors.

Anyone who is interested in attending as a guest, please reserve a seat by registering your interest with Mike Goodall.

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

All AIR members and guests are most welcome and they look forward to seeing you there.

Cost \$4 per person including raffle and refreshments.

For further information please contact Mike Goodall on 0403 909 865, e-mail mikegoodall@btconnect.com for further details.

UK Pension Update - accessing pension funds from your UK bank account



by Mike Goodall

MANY expat UK State pensioners have their pensions paid into a UK bank account so that they've got spending money in the UK when they visit, without having to worry about currency exchange rates.

Of late I've received

several calls from people saying that they are having problems with their UK Banks. Like Australian banks, many UK banks are closing branches in a push to save money, to rationalise their businesses and at the same time are also looking at accounts which remain dormant for a long time.

Since travel restrictions due to Covid, people haven't been travelling and are finding that they are unable to now access their bank accounts. Many of those who've contacted me are saying

that it also almost impossible to talk to a real person when they call because the banks are often using overseas call centres and customers are finding it impossible to understand what is being said.

Problems have also arisen since 2018 when anti-money laundering laws were put in place worldwide; many of the banks wrote to their overseas clients to establish that they were genuine taxpayers in the country where they lived. Many of these letters never arrived and the accounts were then labelled as dormant

when no reply was received. It is therefore important that you keep your contact details updated at your UK bank and every few months make a transaction of some sort to show that the account is still active.

The other alternative is to have your pension paid into an Australian bank account but before you call the International Pension Centre with your bank details, please make sure that your bank is able to accept foreign currency payments into your account. Many bank accounts are

unable to do this and need to use an intermediary bank which then takes a slice out of your pension.

It is bad enough having our pensions frozen never mind some other unknown entity taking another slice off the top.

If the payment is sufficient it is worth having it paid every four weeks (rather than 13 weeks) as that evens out fluctuations in the currency markets.

Am I UK State Pension Age?

UK Expats and Australian citizens born between October 6 1954 and April 5, 1960, who

have worked for a minimum of 10 years in the UK, can claim their UK State Pensions from their 66th birthday.

The age that those born after April 6, 1960 can claim increases by one month extra for every additional month of birth until March 6 1961, when it will become

their 67th birthday. This is now subject to a UK Government review due next year.

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

Have-a-Go NEWS

Find us on social media

Trek MicroLite is the lightest portable mobility scooter in the world

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www.adhgroup.com.au

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

10.15am each Sunday
Regular services of Holy Communion

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

Holy Honey
Buy Father Steve's organic raw honey

www.stpatricksmtlawley.com
Father Stephen Conway 0478 514 516



Seniors Recreation Council Jottings



WELCOME to 2023, Seniors Recreation Council of WA hopes everyone had a wonderful break over Christmas and New Year, and we look forward to an exciting year bringing our programs and events to WA seniors across the state.

LiveLighter Aged Care Games in Albany

The LiveLighter Aged Care Games in Albany were held at the end of November at the Albany Leisure and Aquatic Centre. A huge vote of thanks to our state president Phil Paddon, his wife Pat, vice president Graham Bennett, and Marilyn van Sambeek who facilitated the games. Local teams took part in a range of activities which have been modified especially 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 for the day. 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 60s Recreation Association who volunteered helping to set up and officiate on the day. City of Albany Mayor Dennis Wellington opened the event and entertainment was provided by Don and Rhonda who provided a medley of songs throughout the event. In third place was Craigcare Team *Craigcare*, second place Baptistcare Bethel *Bethel Dalmatians* and in first place Albany Community CC *Gun Slickers*. Best dressed team was Baptistcare Bethel *Bethel Dalmatians* and our oldest competitor on the day Arthur Pearce of Albany Community Care 100 years young.

If you would like to take part in the 2023 SRCWA Great Southern LiveLighter Aged Care Games, please contact the SRCWA office on 08 9492 9773.

Have a Go Day 2022 a LiveLighter Event, Celebrating 30 years at Burswood Park - Thank You Morning Tea

The Have a Go Day 2022 a LiveLighter Event thank you morning tea was held on Tuesday November 29 and was well attended by volunteers and sponsors. We held a minute silence in honour of Jim Drysdale's passing, he was the entertainment MC for *Have a Go Day* for many years and will be sadly missed. A plaque was presented to Denis Martin in appreciation for his contribution towards *Have a Go Day* over the 30 years he has been involved with the planning and presenting of the event. The Hon Don Punch MLA was also in attendance and presented Phil Paddon and Dawn Yates with a framed copy of the Parliamentary Hansard extract from November 16 where he spoke about SRCWA's *Have a Go Day* a LiveLighter Event and how great it was.

The morning tea is a great opportunity to thank the sponsors and volunteers for their outstanding work.

Have a Go Day is the one event which could not happen without the committee and all the volunteers.

SRCWA extends a huge congratulations to the *Have a Go Day* committee who despite many challenges did an outstanding job and the support for each other was once again second to none.

Key Diary Dates for 2023

January 30 to February 4

SRCWA Annual Seniors Camp at Quaranup

February 23

LiveLighter Aged Care Games – Avon

March 29

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

March 17

LiveLighter Seniors Activity/Information Day – Bunbury

April 20

LiveLighter Aged Care Games – Bunbury

May 3

LiveLighter Seniors Activity/Information Day – Belmont Oasis

May 15

LiveLighter Seniors Activity/Information Day – City of Vincent

June 7

Annual Seniors Ball, Astral Ballroom, Crown Perth.

November 15

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.

Meet the paddlers - paddling into a different realm



James on the Murray River

by Janet Gatt

JAMES Reker, a gentle man who enjoys the outdoors said: "When I am kayaking, I am in another world. I close off to everything."

He was describing the euphoria he experiences when paddling on a river or lake.

James grew up in St. Kilda. His Dutch parents had migrated to Melbourne in the early fifties, and his brother Ralph, five years his senior, was born during the sea voyage to Australia.

He was educated at Christian Brothers College, St. Kilda. He didn't like school but did enjoy the college army cadets and the bivouacs taught him survival and cooking skills, rope tying, first aid, emergency response and how to find water. All these skills proved useful in his working life and many enjoyable camping holidays in Victoria and Western Australia.

At 14 he left school and became a competent mechanic working in a mechanical workshop. He later worked for a bus

company, and then spent five years as an air-conditioner fitter.

At this point James was living with his wife and infant son, Brent, in Clayton, Melbourne. The relationship was having problems, so he moved the family to Perth. When Brent was four his mother took him back to Melbourne and sadly it was years before James again had contact with his son.

In Perth he worked a variety of jobs. He also joined a local footy club and displayed considerable talent before breaking his collar bone, which put an end to his footy career. And being single again he enjoyed companionship and a game of pool at the pub.

He travelled to Kalgoorlie and landed a job as a drilling offsider. This work involved caravanning to various remote gold drilling sites in both Western Australian and the Northern Territory. The sites operated with a crew of three, and a large drilling machine. James graduated from an offsider to a driller. It was demanding work, and he has two crushed fingers to show for it. One day

the extended arm of the drilling rig dislodged a very large tree branch which crashed on his head. He was wearing a hard hat but still required neck surgery. Drilling noise also badly affected his hearing, and he now wears hearing aids.

In Perth again, James was a furniture removalist for the next 21 years.

Meanwhile his son, Brent, who endured a very traumatic childhood, returned to Perth in his teens. The difficulties of his early years severely affected Brent as an adult, but he and his father developed a very close relationship. James commented on how much wisdom about life he learnt from his son.

Brent died, aged 35, three years ago. He leaves a daughter, 13, from a previous relationship and from his partner a son Saint, now four, who lives in Canberra. Due to Covid James met Saint only seven months ago, but Saint's mother has always kept James up to date with his grandson's activities. He was delighted by his second visit to Perth in December. Saint is the joy of his life.

Nowadays semi-retired, James does odd jobs helping people in the neighbourhood. He enjoys a beer with brother Ralph who lives nearby, takes pride in his house and garden, and listens to his favourite groups AC/DC and Pink Floyd. And he walks his dog Judge (13), who every day excitedly yowls like a police siren before departure.

And James kayaks. He was prompted to start kayaking when he read about the Over 55's Canoe Club in *Have a Go News*.

He said: "I should have done it much earlier!"

If you are interested in paddling with the O55CC contact club president Chris Cocker on 0410 479 024 or club secretary Dale Winn on 0420 733 024. For more information view our website at: www.over55canoeclub.org.au.



continued from front cover

Howzat - opera at the WACA by Allen Newton

"I would say it's a perfect place to start. As I say to my friends who are not musicians, do a little bit of light reading, familiarise yourself with the characters, the storyline, and that will give you a foundation to come along to your first opera and then be swept up in the drama of it all."

Ashlyn says she is excited about the number of talented artists and creatives coming together for the production.

"It will be an amazing two nights of entertainment, and you can trust that all of us on stage will be having the best time."

Rehearsals start at the beginning of February and will continue almost every day leading up to the performances.

"It is my debut in this role so preparations for me started

some years ago. I will be living, eating, dreaming this role every day until we are on the other side of these performances."

A bit like opera and the WACA, Perth is not necessarily the place where you would expect an opera singer to grow up.

"I didn't seek out opera, nor was I around classical musicians in the family, which is a common introduction to opera for most."

"I was naturally drawn to music like my family and singing. I asked for singing lessons around seven years of age. My Mum had a friend who was an opera singer and it all unfolded from there."

"I loved singing pop and rock, however my voice preferred singing classical and intellectually I adored the challenge.

Opera to me as a child was something mysterious and otherworldly, so the fascination and obsession grew from there."

Growing up Ashlyn went to plenty of festivals to see her favourite bands and for most of her childhood and teen years she played the drums.

"It was a toss-up whether to study voice or percussion in the final years of my schooling. I still listen to music like *Pearl Jam* or *Rage Against the Machine* to get pumped up for the stage, so I guess not much changes."

Ashlyn says the support of her family has been crucial to her success as a performer.

"Without my family, I simply wouldn't be doing what I'm doing. They are my backbone, along with my partner and friends, and my new dog, Otis."

"They are my life force, my sanity and a big reason why I do what I do is to make them proud, I'm sure."

Ashlyn will be performing alongside Paul O'Neill and José Carbó in the production which marks the first time West Australian Opera has staged an opera at the WACA.

Bizet's masterpiece about a bold, daring, working-class woman living life as a free spirit, will feature more than 150 singers and musicians.

The story about an epic love triangle has some of opera's best-known arias such as the famous Habanera and the Toreador's Song.

Carmen will be at the WACA on February 24 and 25. Tickets and more information are available at www.waopera.asn.au.

Try getting a hole in one with this great outing

HOW many times have you scratched your head and thought I just want to find something differ-

ent to go to as a family? Well scratch no more – we have the answer and it's a real hole in one!

Glowing Rooms, near Fremantle, is Perth and Australia's first 3D mini golf experience and it's

got to be seen to be believed.

From the minute you arrive, you are transported on a vibrant journey of colour, taking you (thanks to the power of magical 3D glasses) from an asteroid field in outer space to an underwater world complete with sea creatures and treasure, past iconic landmarks of Australia and face to face with superheros.

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, Wednesdays 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.



3D Mini golf at GLOWING ROOMS just 5 minutes South of Fremantle

Escape the everyday as you navigate your way around hidden obstacles in the extraordinary COVID SAFE settings of Glowing Rooms Australia. Australia's first hand-painted 3D mini golf course. The magical glasses bring everything to life transforming a game of Mini Golf into a glow in the dark out of this world experience. 3D Mini Golf is fun and suitable for the young and seasoned. More than 800sqm of indoor space and never exceeding more than 60 customers on site at any one time it is safe to say that Glowing Rooms is one of the safest places for your school holiday activities. Surprise your partner and grandchildren with a mind boggling activity. For the school holidays they are open every day from 10am including Mondays. It is super easy to book your tickets on the website www.glowingrooms.com.au or call 6244 5590.



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4 DAYS

MADAMA BUTTERFLY ON SYDNEY HARBOUR

This is Madama Butterfly as you've never seen it before. Under the stars, on a floating stage in front of the Sydney Opera House, with the Harbour Bridge and city skyline glittering in the background.

With fireworks every night and themed pop-up bars and restaurants, this will be an unforgettable evening.

TOUR HIGHLIGHTS

- ★ Top Deck Lunch with Captain Cook Cruises Sydney
- ★ Premium Seating at Madama Butterfly on Sydney Harbour
- ★ Tour of Sydney Opera House and Dine @ Opera Kitchen
- ★ Lunch at Manly 16ft Skiff Sailing Club

TOUR INCLUSIONS

- ✓ Home pick-up & return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Transfers throughout
- ✓ Return economy airfares and taxes
- ✓ 3-nights at the Parkroyal Darling Harbour Hotel
- ✓ Premium Ticket to Madama Butterfly on Sydney Harbour
- ✓ Breakfast Daily, 3 Lunches & 1 Dinner

1 TO 4 APRIL 2023

\$2990*

Per Person Twin Share
Single Price \$3550*



8 DAYS

AUTUMN LEAVES OF VICTORIA

Including the Autumn Leaves Festival in Bright

TOUR HIGHLIGHTS

- ★ Morning Cruise with Melbourne Tramboat Cruises
- ★ Lunch in Conservatory Restaurant in the Crown Casino
- ★ Entry to Melbourne Skydeck
- ★ Visit Dandenong Ranges Botanic Garden & enjoy lunch at Fortnams Restaurant
- ★ Ride on the Puffing Billy Railway
- ★ Locally guided tour of Benalla street art tour
- ★ Ned Kelly's Last Stand Show, Glenrowan
- ★ Morning tea and talk at Red Stag Deer Farm, Eurobin
- ★ Locally guided tour of Bright & Beechworth
- ★ Guided tour of the courthouse, including a re-enactment of Ned Kelly's Trial at Beechworth Historic Courthouse
- ★ Lunch at Glenbosch Wine Estate
- ★ Visit and Tastings at The Olive Shop & Milawa Mustards
- ★ Self-guided cheese tasting with tasting notes at Milawa Cheese Co Pty Ltd
- ★ Visit Wangaratta Woodworkers & the Wangaratta Art Gallery
- ★ Lunch at Hanging Rock Café

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ Deluxe Coach Travel with professional Driver
- ✓ 3-nights at the The Savoy Hotel on Little Collins, Melbourne
- ✓ 4-nights at the Quality Hotel, Wangaratta
- ✓ Breakfast daily, 6 Lunches & 5 Dinners
- ✓ Sightseeing and Entry Fees as per the itinerary

25 APRIL TO 2 MAY 2023

\$3990*

Per Person Twin Share
Single Price \$4750*

DARWIN DISCOVERY

Beyond the sparkling harbour and fascinating history to the city's Asian-influenced food and tropical outdoor lifestyle, Darwin is an adventurers' paradise waiting for you to discover!

TOUR HIGHLIGHTS

- ★ Locally guided tour of Darwin
- ★ Visit the Darwin Botanic Gardens
- ★ Dinner Cruise with Spirit of Darwin Cruises
- ★ Full Day Tour to Litchfield National Park
- ★ Visit the Royal Flying Doctor Service including Bombing of Darwin Facility
- ★ Explore the WWII Oil Storage Tunnels
- ★ Visit the Darwin Aviation Museum
- ★ Enjoy the Mindil Beach Markets
- ★ Corroboree Billabong Wetland Cruise including Lunch

TOUR INCLUSIONS

- ✓ Home Pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ Coach Charter with Professional Driver throughout
- ✓ 6-nights' accommodation at the Travelodge Darwin
- ✓ Breakfast Daily, 1 Lunch & 4 Dinners
- ✓ Sightseeing and Entry Fees as per the itinerary



7 DAYS

10 TO 16 MAY 2023

\$3750* Per Person Twin Share
Single Price \$4590*



10 DAYS

NORFOLK ISLAND

Norfolk Island, a tiny Australian island in the South Pacific Ocean, is defined by pine trees, natural beauty and a colourful past. Join us on this wonderful tour staying 2-nights in Brisbane followed by 7-nights on Norfolk Island.

TOUR HIGHLIGHTS

- ★ See the Sights of Norfolk Island & learn about the colourful history
- ★ See the Sound and Light Show at nightfall
- ★ Enjoy a BBQ Breakfast and Captain Cooks Monument
- ★ Embark on a Convict Settlement Tour and hear the history of interesting convicts
- ★ Feast on a range of dishes at the Island Fish Fry
- ★ Embark on a Curious Castaways tour, a curious tale of English Pirates & Polynesian Princesses
- ★ Visit the Hilli Goat Farm, located at stunning Anson Bay
- ★ Dress as a convict and join with the commandant for an evening of gaiety, feasting and singing
- ★ Visit the home of Fletcher's Mutiny Cyclorama, a 360° panoramic painting and then enjoy a Devonshire tea
- ★ Enjoy wine, cheese & crackers on Mount Pitt
- ★ Experience Wonderland by Night - Norfolk pines and bushland lit up like an enchanted forest
- ★ Visit the Norfolk Markets & have free time for shopping

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares, taxes and transfers throughout
- ✓ 2-night stay in Brisbane at the View Hotel including a Welcome Dinner and breakfast both mornings
- ✓ Brisbane Touring including lunch at Newstead House
- ✓ 7-nights' on Norfolk Island at the Paradise Resort
- ✓ Sightseeing and entry fees as per the itinerary

7 TO 16 FEBRUARY 2023 - NEW
21 TO 30 MARCH 2023 - SOLD OUT
14 TO 23 SEPTEMBER 2023

\$5190* Per Person Twin Share
Single Price \$5990*

EUROPE RIVER CRUISE with Carey Brown

From Budapest to Amsterdam, this 14-night Europe river cruise will take you through some of Europe's most wonderful towns & cities including Vienna. Enjoy having all your meals included on the cruise, in an elegant dining area with drinks included at lunch and dinner. With daily sightseeing included each day, it's like bringing Europe to your doorstep.

TOUR HIGHLIGHTS

- ★ Guided tour of Budapest, Vienna, Passau, Regensburg, Nuremberg, Bamberg, Miltenberg & Cologne's Old Town
- ★ Walking tour of Bratislava
- ★ Tour of Melk Abbey
- ★ Walking tour of Würzburg and a visit to the Bishops Residence
- ★ Visit to Siegfried's Mechanical Music Cabinet Museum
- ★ Canal cruise in Amsterdam

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 1-night pre-cruise accommodation in Budapest
- ✓ 14 nights on board an Emerald Cruises Star-Ship
- ✓ BONUS Viennese Evening Concert
- ✓ Airport transfers to and from the ship
- ✓ The services of an Emerald Cruises Cruise Director
- ✓ Port taxes and charges
- ✓ All tipping and gratuities included on the cruise



18 DAYS

27 MAY TO 13 JUNE 2023

From \$9690*

Per Person Twin Share

Based on a Category E Stateroom – upgrades available



16 DAYS

SPAIN & PORTUGAL CRUISE

3nts in Lisbon, 8-night Cruise & 2nts in Barcelona

TOUR HIGHLIGHTS

- ★ Welcome and Farewell Dinners including wine
- ★ Guided sightseeing tours of Lisbon and Barcelona
- ★ Visit the Belém Quarter and enjoy the famous Portuguese tart
- ★ Visit the UNESCO World Heritage town of Sintra
- ★ Cruise from Lisbon to Barcelona on ms Oosterdam, a Vista Class cruise ship
- ★ Visit inside Gaudi's extraordinary masterpiece, the Sagrada Família
- ★ Spend the day in Casablanca, Morocco
- ★ Stroll down the promenade in Malaga with its many shops and restaurants
- ★ Visit one of Spain's most delightful towns, Palma De Mallorca
- ★ See the gorgeous buildings in Valencia
- ★ Walking tour in Barcelona with a local guide including Placa de Catalunya, Palau de la Musica Catalana and Barria Gothica area

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ Transfers throughout
- ✓ 3-nights pre-cruise accommodation in Lisbon at the Atlis Grand Hotel
- ✓ Welcome Dinner including wine
- ✓ Guided tour of Lisbon with a local expert
- ✓ Dinner at a local restaurant in Lisbon including wine
- ✓ 8-night Holland America Cruise including meals, entertainment, port charges & taxes
- ✓ 2-nights post-cruise accommodation in Barcelona at the Hilton
- ✓ Guided tour of Barcelona with a local expert
- ✓ Farewell Dinner at a local restaurant including wine

18 MAY TO 2 JUNE 2023

\$8795* Per Person Twin Share
Single Price \$11290*



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Let's go motoring - getting nostalgic about the Honda brand



Different views of the latest Honda HR-V about to hit the road



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

BACK in the late 1980s I worked (briefly) for an authorised Honda dealership. I was young and needed the money, but also an indication of how

much I genuinely loved the brand. I sold an Accord to the wife of the local McDonalds owner; we remain friends to this day.

As president of the local Apex Club we ran an event in the Honda showroom that is spoken of in not hushed terms to this day.

From Honda Civic, through to the brilliant Honda Accord, up to the gorgeous Honda Legend. It was a time when Honda was producing some marvellous motor cars, many with a hint of sportiness. From the Prelude to the luxurious two-door

Legend; priced around \$48,000 in 1990, a ton of dollars 33 years ago.

Honda was often referred to as 'the Japanese Mercedes'; they were a class above. Accord was quiet, a hint of luxury with a classy styling and a genuine competitor to Toyota and a superb alternative to Holden and Ford models of the time.

And 32 years ago, they sold plenty.

So, it was with a heightened sense of nostalgia I looked forward to spending Christmas and New Year with one of the latest of Honda's finest, an SUV,

known as HR-V. No idea why.

On the first drive, it felt somewhat underwhelming. The 1.5-litre, four-cylinder engine needs to work hard and was noisier than I remember of 1988 Honda. At cruising speeds, fine. But suburban driving I became noticeably crestfallen. (Although that seems to happen often these days).

This entry level HR-V is priced from around \$36,700 up to \$47,000 for the top of the range hybrid. Curiously about the same price as a Honda Legend 33 years ago. I

know they are very different, but you get my point.

The ride quality was acceptable but not as pleasing as I remembered. I suspect it's the nature of a modern entry level SUV, of which, as you know, I'm not a great fan.

However, the bells and whistles are obvious; anti-lock braking, dual front braking and auto climate control with dual temperature zones. Automatic stop/start, (which I gleefully turned off, again to reduce irritation). The entertainment system, clunky at first, is not class leading, but okay after liv-

ing with it for a couple of weeks.

So, what am I saying? Loved it. It makes real-world sense. And in no way should be compared to Honda of old.

Once I realised that my nostalgic memory of 1980s Honda should not be a consideration and that professionalism must prevail, the latest Honda HR-V became, simply, an easy, enjoyable and reasonably priced way to drive around Perth suburbs over the 2022 Christmas/New Year break.

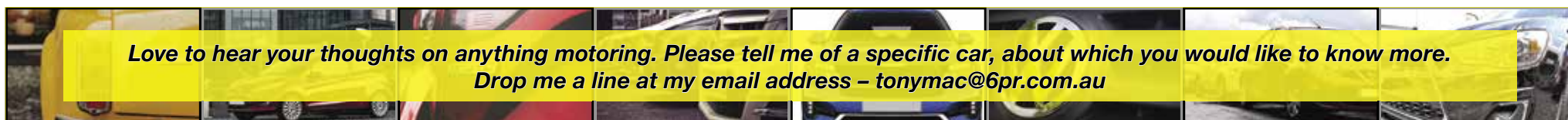
FYI; before I finished working for that Honda

dealership in late 1989, I bought a new red Honda Civic. It cost \$24,500. It was the car in which the first of two daughters came home from the hospital.

She is 32 now and the mother of two beautiful daughters of her own.

Perhaps that's why I'm nostalgic about brand Honda.

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



Classes and Courses

ADVERTISING FEATURE



Learn to dance with well-known and respected dancer Daele Fraser...



DAELE Fraser OAM, principal/owner of Daele Fraser Dance Studio, offers people of all ages great classes to learn to dance for every occasion. Daele, a world championship adjudicator, prides herself on the achievements she and her talented staff have achieved over the past years.

While learning to dance is fun it is essential that DFDS "Get Results"

so the atmosphere is positive, encouraging and all lessons are taught by qualified experienced staff.

As we dance into 2023 Daele offers a great special to new clients who have never attended DFDS previously so contact Daele on 0412 95 46 59 for a complimentary for two to any of their classes, either adult, children or seniors they are all a very

pleasant experience.

When asked about some of her highlights of her career Daele answered "In no particular order and there have been many wonderful occasions... *Receiving an OAM in 2015 for my voluntary work towards the betterment of ballroom dancing over many, many years... *Representing Australia as a judge at 14

World Championships in 12 different countries..... *Running my own studio in Morley for many, many years.

Daele says there is nothing like ballroom dancing... and she loves it!!

All Daele Fraser Dance Studio classes for 2023 resume from Monday January 23. See advert below for details.

Travellers urged to 'make the right call' this summer



AS West Australians hit the road for the holidays, Royal Life Saving WA is urging people to 'make the right

call' to keep themselves safe around water.

According to the latest National Drowning Re-

port, seniors aged 65 to 74 are the most at-risk age group for drowning in WA, making up 23 per cent of all drowning deaths in the past year.

Royal Life Saving WA adult water safety coordinator, Jennifer Mickle, says though Australians have grown up around water, anyone can drown, regardless of age, skills or experience.

"Water can overpow-

er you, sometimes when you least expect it. If something goes wrong in or around the water, possessing the skills to respond could save your life," she said.

"While we want everyone to enjoy their break, it's important to take precautions to ensure you come home safely from your holiday."

More than one-third of all drowning deaths in

Australia occur more than 100km from a person's home, with visits to unfamiliar swimming, boating, and fishing spots increasing that risk.

"Make the right call by checking the conditions, avoiding alcohol, wearing a lifejacket and learning first aid and CPR so you can respond in an emergency," said Ms Mickle.

"We want everyone to enjoy our beautiful natural

environments, but to do so safely. Don't overestimate your ability or underestimate the dangers."?

For more information visit www.royallifesavingwa.com.au/programs/make-the-right-call

Preserve history and convert old films to digital...



recordings into modern, digital formats.

If the film has already begun to decay or develop mould growth, DiskBank can take steps to revive your footage if the damage has not spread too far.

DiskBank can transfer your recordings to DVD, Blu-Ray, USB or digital files, with the latter being the recommended format.

Have a Go News readers are entitled to an additional 20 per cent off. Simply mention the Have a Go name to claim your bonus discount.

Visit DiskBank at 4/73 Troy Terrace, Jolimont or call 9388 0800.

BEFORE the days of smart phones and social media, the act of recording on ciné film was reserved for life's most precious moments.

As time passes, old film footage slowly degrades.

Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already begun to break

down and lose quality. Now is the time to take action and ensure your priceless recordings aren't lost forever.

One of the best ways to preserve your footage is to take it to DiskBank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films, videos, images and audio

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For info call Bethwyn 0419 049 593

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Southern Suburbs: see website for locations

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No experience or partner needed...

Six week terms, commencing January 16th

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Cake decorating classes

Basic Piping Class



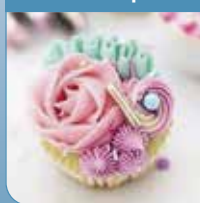
21 February - 14 March
Four-week course
One Tuesday night per week
6pm-8pm
\$210pp

Basic Cake & Decorating Class



20 February - 3 April
Six-week course
One Monday night per week
6pm-8pm
\$290pp

Piped Cupcakes



18 February
12.30pm-3pm
\$110pp

Easter Cookies Stencilling Class



18 March
12.30pm-3.30pm
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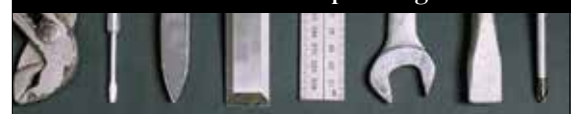
Learn the right tool for the job and apply those skills to making and fixing.

We run evening, half and full day courses on all things carpentry, welding and home maintenance. Our aim is to help people who haven't spent time in sheds and workshops learn skills, gain confidence, have fun, and (most importantly) make stuff!

We don't assume knowledge or experience. Our introductory courses start with the fundamentals. Courses are held in our fully equipped workshop, and taught by our experienced and friendly staff. All equipment and materials are supplied. Just bring yourself and your friends, or make new ones.

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let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



Spectacular views on the Antarctica flight; entertainment on board



THIS month in our pages we continue with Tim Dawe's odyssey to the Greek Islands, Lee Tate visits the Gold Coast and Paul Church took a motor cycle trip around the Wheatbelt. Each month our experienced and mature writers share their everyday experiences to a variety of destinations around WA, Australia and the world. We hope you find some travel

inspiration in their stories.

★★★



We have been working with Antarctica Flights for the last six years offering a scenic flight departing from Perth over the continent of Antarctica. Our last flight took off at the

end of November and one of our passengers Diane Hansen said she had wonderful memories of the spectacular flight over the continent.

"My seats were brilliant as were the people I met, it was a privilege to be able to get on that plane and see some spectacular sites and the plane and the staff were top notch too," said Diane.

Diane travelled on explorer economy class and has shared some photos from the trip with us.

The next trip is scheduled for Australia Day January 26, 2024 and we have seats available.

All seating classes experience spectacular views and the trip provides the complete Antarctic

experience - experts on board, live crosses to the Australian Antarctic station, videos and other informative activities.

Passengers will receive a comprehensive information kit, two full service Qantas meals plus in-flight snacks and full bar service.

Explorer Economy Class - \$1199 per person
Economy Class Standard - \$2199 per person
Superior Economy Class - \$3199 per person
Premium Economy Class - \$3999 per person
Business Class - \$6499 per person
Business Class Deluxe - \$7999 per person

A \$300 deposit is required with booking and full payment is required

eight weeks before departure.

If you would like a copy of the brochure which outlines conditions and seating classes and the booking form please email jen@haveagonews.com.au or call the office on 9227 8283.

★★★

We look forward to bringing you an array of travel stories from across the state, country and world this year and hope that this year brings you happy and safe travels.

Happy trails

Jennifer Merigan



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

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Expertly honed tour of Australia's WWI military history

FROM April 28 to May 10 Frank Taylor and war historian and author Neville Browning will escort guests in an exceptionally well informed and balanced tour of Australia's military history in France and Belgium during The Great War.

They will also offer to assist clients with research about their relatives.

Kokoda Treks and Tours offer expert knowledge and commentary supported by clear explanations, researched maps and diagrams.

The tour program con-

tent is constructed to be informative and explore of our military history, but not overwhelmingly so. The tour includes 'tourist time' as well.

The tour starts at the village of Roissy close to the Paris airport. From there it will travel North for some 12 days exploring the battlefields, returning to overnight again in Roissy.

This is followed by four nights in Poperinge, Belgium, travelling to sites of significance each day from there. Then it relocates to do the same with a new base at Peronne

in France for six nights - avoiding the tedium of constant packing and moving. Poperinge and Peronne are both friendly, vibrant rural towns.

Neville Browning is the author of 11 well received and expertly researched Australian military units' Great War histories. Frank Taylor comes from a service background and has been operating Australian-focussed military history tours worldwide since 1983.

The tour is priced at \$4,150 per person share twin and \$850 single sup-



plement (land content).

Please contact by email admin@kokoda.com.au

or phone 08 9446 9856 or 0428 686 899 for more information.

Stargazing in January - the magical Magellanic clouds

by Donna Vanzetti

IT'S holiday time. So why not hit the open road and explore country WA? While enjoying fabulous

country hospitality, holidaying in country WA also gives you an excellent opportunity to see a most marvellous sight, not normally visible under bright city lights.

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

can only be seen from the Southern Hemisphere.

The best time to see the Magellanic clouds is after 8pm, once fully dark and when there's no moonlight or city light-glow.

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.

Something Interesting

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.

We will have more star-

gazing tips and helpful hints throughout the year so keep looking up and marvel at our clear, dark skies.

Find more stargazing tips and country events at www.astrotourismwa.com.au.

"Get caught in the travel web" with
Aussie Redback Tours

Day Tours 2023

Sun 26 Feb	Country Pub Lunch Mystery Tour
Sun 26 Mar	Penguin Island
Sun 9 Apr	Hotham Valley Train
Sun 23 Apr	Gingin/Moore River cruise
Sun 7 May	Moodyne Joe Festival

\$110 Seniors \$115 Adults includes morning tea, picnic lunch or restaurant meal as stated.
 Day tour pick-ups Joondalup, East Perth and Rockingham

Extended Tours 2023

Boyup Brook Music Festival	17 February	4 days from \$1,280 senior
Esperance & Bremer Bay	12 March	5 days from \$1,820 senior
John Holland Way	20 March	5 days from \$1,620 senior
Kangaroo Island	07 April	6 days from \$2,980 senior
Tasmania Two	15 April	12 days from \$4,690 senior
Adelaide to the Red Centre	30 April	10 days from \$3,990 senior

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Great day tours from only \$50

HAPPY New Year from Club 55 Travel. They are happy to announce that their 2023 brochures have recently been released and are now available on the website www.club55.com.au.

Membership to the popular Club 55 Travel Club is free and you can join online.

Club 55 Travel is a great way to meet and make new friends with lots of fun and plenty of laughter. Coach captain Chris Hadland has more than 40 years' experience and is guaranteed to show people a great time and deliver them safely back.

Club 55 now have even more convenient departure locations including Bassendean, Morley, Menora, Belmont, Perth, South Perth, Riverton, Booragoon, Cockburn Central, Joondalup, Whitford and Innaloo.

Club 55 Travel also caters for seniors' clubs, Probus clubs and retirement villages with a selection of more than 80 great day tours from only \$49 per person.

The office has re-opened and can be contacted on 0434 439 983 between 9am and 2pm Monday to Friday.

Discover the East Coast in 2023



Image: Serenity Shots Photography

6 DAYS > 28 Feb – 5 Mar 2023

Highlights

- Braidwood Museum
- Mogo & Central Tilba
- Wallaga Lake Tourist Drive
- Tathra Wharf
- Merimbula & Pambula
- Wheeler's Oyster Farm
- Eden Killer Whale Museum
- Bega Cheese Heritage Centre
- Bemboka Pie Shop
- Snowy Hydro Discovery Centre
- Jindabyne
- Snowy Mountains Visitor Centre
- Kosciuszko National Park
- Kosciuszko Express Chairlift
- Gaden Trout Hatchery
- Thredbo Village
- Schnapps tasting at Wild Brumby

Price: \$3,445pptw \$410 single option



Image: Tourism Australia

6 DAYS > 15 – 20 Mar 2023

Highlights

- Canberra Balloon Spectacular
- Specialist guided tour of Canberra
- Lake Burley Griffin cruise
- High Court of Australia
- Australian War Memorial
- Museum of Australian Democracy guided tour
- Behind the scenes at the National Library
- National Museum of Australia
- Cockington Green Gardens

Price: \$3,585pptw \$500 single option



Image: Tourism Australia

8 DAYS > 22 – 29 Mar 2023

Highlights

- Richmond & Old Hobart Town
- Salamanca Market
- Mount Field National Park
- Coal River Farm produce
- Port Arthur historic site
- Tasman Peninsula
- Dinner cruise
- Cascades Female Factory historic site
- Derwent Valley Railway
- Huon Valley

Price: \$4,245pptw \$755 single option



11 DAYS > 23 Mar – 2 Apr 2023

Highlights

- Walhalla Gold Mine tour
- Walhalla Goldfields Railway
- Gippsland Vehicle Collection
- Duart Homestead tour & lunch
- Port of Sale historic waterways cruise
- Great Alpine Road touring
- Bright guided tour
- Mount Beauty & Falls Creek
- Beechworth historical tour
- Beechworth Gaol tour
- Tumbarumba Boggy Creek show
- Pioneer Women's Museum
- Snowy Mountains Highway
- Thredbo & Lake Jindabyne

Price: \$5,070pptw \$645 single option



5 DAYS > 27 – 31 Mar 2023

Highlights

- Melbourne International Flower & Garden Show
- Melbourne River Cruise
- Queen Victoria Markets
- Royal Melbourne Botanical Gardens
- Dinner at Crown Casino

Price: \$2,550pptw \$370 single option

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let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

The hype and happening of Queensland's Gold and Sunshine Coasts



Enjoying the delights of Queensland sees Lee Tate looking up

by Lee Tate

QUEENSLAND'S coast pulsates, radiating polish and super-hype through the flashy Gold Coast and Sunshine Coast.

Western Australia has both more gold and more sunshine but Queensland has the punch. The Queensland coast wants to be in the spotlight, a holiday beacon from more

staid and conservative cities.

Backed by big money, Queensland's coast is a tourism magnet and, after our 40-year absence, we are not surprised to witness its continuing furious pace.

High-rise flourishes, decades after we thought you couldn't squeeze-in another beachfront apartment block.

The Queensland coast

could hardly be further away from Perth's coastal comparison, not just in distance but also in style.

In comparing the two, aesthetics – the study of art, beauty and good taste – springs to mind. There is a great divide between Australia's east and west coasts.

To many outsiders, the Queensland coast is: "the place to have a holiday but I wouldn't want to live there."

Casinos, theatres, exhibitions, art, sport, history and geography are among the deluge of offerings on this coastal strip alongside blue/green open ocean and, at its back, mountainous rainforest. World-class natural wonders explode in this tropical climate.

But the coast is human-shaped for nightlife, bright lights, celebration, music and razzmatazz with a touch of naughtiness.

Millions of tourists flood-

in yearly for injections of hype and happening. Queensland authorities poised with open arms.

Who else would have masterminded meter maids when, decades ago, council-funded bikini-clad golden girls pumped coins into the expired parking meters of beachside guests?

Mother nature blesses Queensland with sun and warmth when most of Australia's population are shivering in their winter. The Queensland magnet pulls stronger in-season.

Many of us holiday in the banana/pineapple/sunshine state mostly for its unique nature but while we are in the region, why not check-out the whole fun package?

The towering beachside apartments and hotels raise ongoing debate over the shadows they cast but they endure, cafés are full and customers queue everywhere, especially at

theme parks.

An ocean dip serves as a heart-starter before we set out in pursuit of offerings further afield. Among the many galleries are Queensland Art Gallery, Gallery of Modern Art, QUT Art Museum, Institute of Modern Art and Philip Bacon Galleries.

Pre-planning a gallery attack is recommended with exhibitions changing constantly. (There's also a gig guide: Blankstreetpress).

Brisbane's Botanic Gardens, dating from 1885, spread over 18-hectares, has picnic spots by the river, lagoons and flowering gardens. Roma Street Parklands, former meeting place for the Turrbal Aboriginal nation, was named one of the best green spaces in the world.

Kangaroo Point is popular for picnics and for watching climbers brave the cliffs and boats floating down the river. The views

of Brisbane are the biggest drawcard for this location.

Brisbane Powerhouse, in New Farm Park, hosts moonlit cinema, markets and entertainment croquet lawns and picnic areas.

Tourists are directed to Mt Coot-tha Reserve for picnics among 370 wild-life species and 450 native plant species.

There's always a buzz, it seems, at Howard Smith Wharves with crowds wandering among varied businesses, entertainment and eateries.

The world's first purpose-built floating reef has been installed on the Great Barrier Reef. Wonder Reef is open to divers, 2.5kms out to sea where the adventurous gaze through face masks at nine underwater sculptures, rising 22 metres from the sea floor, resembling a swaying kelp forest.

These 'flutes', installed with Australia's biggest crane and able to en-

sure cyclonic waves, are designed to attract rich marine life – animal and vegetable. And human observers.

Divers might also sight some of the 35,000 humpback whales migrating along the coast every year.

Did we mention the D-word? Queensland dinosaur displays are at Dino Zoo, White Ridge Animal Farm and Dinosaur Dig at Enoggera Reservoir. Venture to Eromanga's Natural History Museum, to meet Cooper, a Titanosaurus, Australia's largest dinosaur.

At Mt Isa, the Riversleigh Fossil Fields are world-heritage listed and at remote Winton there are huge fossil deposits where tourists pass through Dinosaur Canyon with its replica beasts. At Hughenden is a life-size dinosaur skeleton cast from the bones of a 110 million-year-old Muttaburrasaurus.

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THE WA Association of Caravan Clubs Inc. has a new name – it will now be referred to as ACCWA.

The aim of ACCWA is to foster and promote caravanning and encourage caravanners to appreciate and enjoy the beauty of the natural environment.

The association represents Caravan, Motor Home and Recreational Vehicle Clubs in Western Australia and operates under a registered business name of Caravanswest.

The ACCWA represents 34 WA-based clubs for people who enjoy caravanning and outdoor travelling in groups, enjoying all the benefits that club membership offers.

ACCWA is a member of the National Association of Caravan Clubs Ltd (NACC) which is the national organisation representing the individual state associations on matters affecting all caravanners

The Association provides free help for W.A. Caravanners to find and join their ideal club. Whether you are interested in mid-week getaways, weekend trips, family-oriented treks or pet friendly ones, ACCWA will assist you to find a club that suits their needs.

The great thing about joining a club is that you never have to caravan alone and you can make and enjoy new friends with similar interests. It's also an opportunity to find new locations and have the safety and security and fun of travelling as a group.

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Catching a permit is rewarding even for the most experienced fisher



My first and only permit. Not big but oh so rewarding.

by Mike Roennfeldt

THEY are known by many names. Among them are snub-nosed dart, permit, pumpkin head, oyster cracker and pompano. An Aussie angler is most

likely to refer to them as permit and our local version, *Trachinotus blochii*, is one of several slightly different species found around the world in tropical waters.

Whatever you call

them, these fish are near the top of the tree when it comes to charisma. It's probably fair to say that they are contenders for number one spot on the wish list for those who love sight fishing in shallow tropical waters. Nothing gives a light fly or spin fisherman more street cred than having notched up a permit catch or two.

The reasons for the fascination with permit are manifold. Not only are they strikingly good looking, with their broad silver sides, blunt head, black and orange shading on the fins and characteristic deeply forked tail, but they are notoriously moody feeders and have a reputation for putting on an exceptionally powerful fight when hooked.

Some of the most likely places to find permit are around the mouths of

reasonably big creeks, particularly if there is a shallow sand bank present. Dead low tide and the first couple of hours of the run-in are prime times to be out looking for them.

My own experience with permit is fairly limited. I'm pretty sure I've cast a fly at lone fish on a few occasions and met with success just once. The happy moment came quite a few years ago, when I was wandering through the shallows on the western side of North West Cape with James Thomson. The day before I was pretty sure I'd seen a permit and this time had rigged accordingly, with a long fluorocarbon leader and a fly that was meant to imitate a small crustacean.

We'd been catching a few small bits and pieces, mostly juvenile trevally, spangled emperor and the like, when I saw the lone fish snuffling along. I cast a small Crazy Charlie fly a couple of metres out in front but it paid no heed at all. A few short strips sparked some interest before the fish firmly decided that pursuit was worthwhile. It ran down the fly in un-hurried, but purposeful fashion and the hookup was solid.

Moments later I caught a glimpse of silver, orange and black as it surged by in the shin deep water. It could be nothing else and I yelled a string of largely unprintable words that left James in no doubt as to what was going on. The fight was unusual and I guess I could consider myself lucky or unlucky, depending how

you look at it. Instead of the searing run that all those sport fishing magazines tell us is the hallmark of a permit fight, this fish just doggedly swam back and forth about 30m away. I was pretty nervous about my first permit hookup and didn't apply too much pressure. It eventually tired after 40 minutes or so without any real heart-in-the-mouth moments. A few photos later, the spectacular looking critter swam off strongly. That permit had stamina in spades.

Interestingly, I read another account of a permit

hookup in Queensland where the fish did much the same thing for 10 minutes before it ignited the afterburners and lost no time in putting 150m between it and the angler. Once again, the fight lasted about 40 minutes.

Just as bonefish have become a very achievable dream along the shallows inside Ningaloo Reef in recent years, the mysteries of catching permit in local waters will gradually be unravelled and hopefully that will mean more consistent catches of these iconic fish in future.

Discover the Ningaloo Coast



WHAT did the Ocean say to the Shore? Nothing, it just waved.

If you wish to wave back then head up the Western Australian coast. Coral Bay and Exmouth sit at an average of 25°C in winter and the high 30's in summer. It can be a little windy in summer but the bonus is – it keeps the flies away.

Want to get wet? Plenty to do, swim, snorkel or hire a kayak (just ask how to get back in when in deep water, otherwise you will be providing entertainment for those on shore). Head out on a tour to swim with the whale sharks or manta rays, snorkel around the coral and view the marine life.

Want to stay dry? Take a glass bot-

tomed boat to view the coral and marine life. Walk or trudge (beach walking isn't for everyone) up the beach in Coral Bay to see the baby shark nursery. In Exmouth, take a tour to Shothole or Charles Knife Canyon for some awesome views.

Finish the day with a drink or two and relax, which, let's be real, we're all going to do that regardless of whether our activities have made us wet or kept us dry.

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A Greek island odyssey - a hike to white mountains of Crete



Clockwise from left; Samaria Gorge, early spring - the start of the Samaria Gorge trail - remains of Samaria village - The Gates, Samaria Gorge

Tim Dave hikes the White Mountains of Crete on this series of Greek Island travels.

SAMARIA Gorge trail is high in Crete's wild mountains, 50km from Chania on the north coast. It's promoted as the best gorge walk in Europe - a big call - but it is breathtaking, in both senses of the word.

Samaria attracts 250,000 visitors each year. In scorching summer sometimes 2,000 hikers walk in close single file. Fortunately for me, not this spring day. The advice is to arrive early. I board the 6:35am Chania bus in darkness, lat-

er witnessing sunrise over the steep-sided mountains. The bus window is filled by deep valleys and pointed peaks, then blurs as this rollercoaster executes 300° bends. Suddenly we enter a pudding bowl - the Omalos plateau - and share the road with goats and sheep, briefly stopping for a driver-farmer greeting. The road ends at Xyloskalo (path), a tourist café/shop servicing the entrance to this national park.

I wonder what one gets for the €5 entrance fee. The downward trek starts with smooth stone steps and solid handrails. Every couple of kilometres there's

a duty ranger with a donkey, usually in shade near a natural spring, watching the processions. Maybe the donkey is a mountain ambulance. Anyway, it's somewhat reassuring. There are picnic spots and toilets, even brick shelters in case of bushfire.

Western Crete's White Mountains, of which the gorge forms a part, have always been a remote and impenetrable place, used by fighters in times of conflict. The Samaria National Park was established in 1962 as an ecological reserve, primarily to protect the kri-kri, Crete's native goat, from over-zealous

hunters. Its main feature is this 18km trail from the Omalos plateau (1230m) to Aghia (saint) Roumeli village on the Libyan Sea coast. Only 16km is within the park. The park is professionally managed, conserving endemic, some endangered, species of flora and fauna.

I clamber down and down, through beautiful mountainsides with Cyprus pines and backlit plane trees, and all around are ravines and faraway peaks. It's shady, cool and only a little strenuous. While not summer-crowded, it's impossible to be alone for long. Land either side of the track opens out slightly as I cross streams and descend through the rest stops of Neroutsiko and Sykia, pausing at the tiny church of Aghios Nikolaos, a popular saint in these parts, aka Santa Claus. Its icons and ceiling are blackened by thousands of votive candles. In another 3.3km I am at the ruins of Samaria village, named for the first century Saint Maria ('Sa-Maria') of Egypt. I've done 7.1km of rock hopping; it's time for lunch and a rest.

With others, I find a shady spot and a drinking fountain in what looks like the village square. Some of those others turn out to be tame kri-kri being handfed. I thought goats ate anything yet these eschew my lunch for freshly picked leaves. The kri-kri has long swept-back horns and is a handsome animal - for a goat. The only habitable building here accommodates the park administration and first aid post. Other buildings, including the church, remain only as outlines. Any sensible person would linger in this cool shade; as the temperature rises, so do I.

Leaving the village by what seems like its front door, I'm shortly in a wide expanse of dry riverbed - the road to the coast. It's a new environment of mainly rock, broken on the floor and soaring to 300m either side. It's hot and potential-

ly dangerous. As the riverbed narrows, loud cracking noises behind me herald falling rock... somewhere. About the 11km mark walkers congregate at The Gates - the narrowest part of the gorge and the highlight of the trek. We line up to walk through the 3m gap with vertical cliff faces hundreds of metres either side. A most photogenic spot.

The next 2.5km slopes more gently but it's still a slog under sun and hot rock. At the lovely Perdika rest area I do indeed rest, acknowledging I have been pushing it a bit. Eventually the sparkling streams become pools of green algae, and the mountains become small hills. The end of the trail is abrupt; a small building, an official requesting my ticket, and a shop selling much-appreciated ice cream.

I'm now outside the trail, walking through a small, unkempt farm to a road and, finally, the sea. Aghia Roumeli looks lively and prosperous with bars, cafés and pensions despite having no visible means of production - and no road in or out. I think of it as a coral polyp anchored to the coast, sustaining itself with walkers' wallets floating past.

We gather in subdued groups until two ferries arrive in strong winds. Which one goes where, and does it matter? Apparently not. In the mad scramble I board the bigger boat that heads east, to Hora Sfakion, where my bus awaits. Then I remember; it's that tiny town where, during the night of May 29-30 1941, WWII British and ANZAC soldiers were evacuated just before the surrender of Crete.

The remains of the day glow on the little settlements, tourist hotels and magnificent mansions clinging to the base of mountain cliffs. Sun sets on an exhilarating and memorable Cretan walk.

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ADVERTISING FEATURE

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Taking the road less travelled, friends ride the breeze in country WA



Left to right; The Tin Horse Highway - Merredin - artist Jordan Sprigg's metal bull sculpture in Quairading - Corrigin's dog cemetery Inset; Hyden's Wave Rock

by Paul Church

A FEW friends and I, who regularly ride motorcycles together, decided to have a few days away. Being in Western Australia, we were free to travel without any restrictions or masks. It was just a three-day trip to take in some of the museums and iconic sites within the Wheatbelt area.

This is our story:

Day One: One Monday myself (Paul Church) on a Yamaha Tracer GT; John Bristow on a Honda GF 1000A; Jon Stout (Triumph Bonneville T-100), Rob Messenger (Moto Guzzi Norge 1200), Bill Powley (BMW GS 1200R) Peter Close (BMW F 800ST), Tony Griffiths (BMW F 800GT) and Wayne Clarke (BMW GS 1200), all met up at Yagan Memorial Park at Belhus in the Swan Valley.

We started in rain, so wet weather gear was the order of the day. We travelled along Toodyay Road to Toodyay on the Avon River, 85km north-east of Perth, settled in 1836.

We turned off towards Goomalling as we had decided that this would be a good place to stop for coffee and top up with fuel to get through to the first day's overnight stop.

As we wanted to avoid using the busy Great Eastern Highway, the route we used was fairly quiet and far more pleasant to ride.

We passed through Dowerin, known for its

annual Machinery Field Day, Wyalkatchem, the national winner of the Tidiest Town in 2003 and the small towns of Nemubudding, Trayning and Kununoppin to reach our first planned sightseeing stop at the Nungarin Heritage Machinery and Army Museum.

Fellow rider John Bristow had liaised with the staff, who are all volunteers, so that the entry fee also included lunch. The museum is housed in a massive army vehicle workshop building built in 1942-43 as part of Australia's defence during World War II, being well out of the way of Japanese bombers.

The building itself is believed to be the biggest timber-clad building in the Southern Hemisphere. We spent more than two hours here and had a fantastic lunch and chat with the knowledgeable staff.

So it was back on the bikes to ride to our overnight accommodation at the Merredin Motel. Merredin also has a pump station for the Goldfields Water Supply Scheme which delivers potable water from Mundaring Weir in Perth to communities in the Eastern Goldfields, particularly Coolgardie and Kalgoorlie.

One of our group had some friends in Merredin and kindly invited us to their home for dinner. They even arranged for two four-wheel-drives to collect us and return us

back to the motel.

The family are originally from Italy and in true Italian and Wheatbelt style they supplied copious amounts of food. A big table was covered with antipasto dishes with beer, wine and other drinks flowing. Then the lady of the house announced: "Eat up boys, I want to bring out the mains."

We were certainly well looked after and, to finish, home-made limoncello was brought from the freezer. What a brilliant, unforgettable night to be talked about for many years.

Total distance for Monday: 330km

Day Two: Everybody was up and about fairly early and, after morning tea, we went to the nearby service station for breakfast and to refuel our bikes. Before leaving Merredin, we visited the painted silos on the edge of town featuring artwork by artist Kyle Hughes-Odgers covering four of the 35m high silos.

The artist took 200 litres of paint, 14 days of work (168 hours), two lifts, 80 rollers and 10 brushes to complete the impressive work.

We headed off to Bruce Rock, originally known as Nunagin or Noonegin, but this led to confusion with other towns such as Narrogin and Nungarin so the town name was changed to Bruce Rock after the large granite feature close to town.

The rock itself was named after a sandalwood cutter, John Rufus Bruce, who worked in the area in 1879. We then zigzagged across to Narembeen which means the place of female emus in the local Aboriginal language. As we reached Kondinin, we joined the Kondinin-Hyden Road and headed east 6km to Hyden after an easy ride, albeit in rainy conditions.

Even after seeing photos, nothing prepares you for this incredible Wave Rock formation, stretching 15m high and 100m long and estimated to be 2700 years in the making. It looks like a giant surf wave of multi-coloured granite about to crash into the bush below.

There is also the Hippo's Yawn which derives its name from its resemblance to a yawning hippo.

Further on we reached Mulka's Cave. Legend has it that Mulka was the illegitimate son of a woman who fell in love with a man with whom marriage was forbidden, according to their law. She bore a son, Mulka who grew to a colossal height but was, unfortunately, cross-eyed which prevented him from hunting. He turned to catching and eating children, living in the cave where imprints of his hands can still be seen today, much larger and higher than those of an ordinary person.

We headed back to the

Wave Rock Hotel to book in and inspect the bar and, later, the restaurant. A shortish ride that day but lots of fun.

Tuesday: 217km

Another leisurely start. A bonus of staying at the Wave Rock Hotel is that you receive a voucher for a four cent per litre discount for the petrol station next door.

All fuelled up, we headed towards Kulin. We went along the Kulin-Holt Rock Road, as this leads you to the stretch of road known as the Tin Horse Highway, which by then has become the Kulin-Lake Grace Road. The Tin Horse Highway is a 15km stretch of road which starts at the Kulin bush races track at Jilakin Rock (held each October) through to Kulin.

More than 70 tin horses are displayed along this route and in the township. The hardest thing on a motorcycle is stopping, taking off your gloves, finding your camera or phone, taking the photo and then reversing the procedure to get mobile again. But we all managed to share our different photos which was great.

Kulin saw our morning coffee break, a nice clean town with friendly locals. A feature of the town (population around 350) is the water slide, 18 metres high and 182 metres long funded by a local farmer to improve sport and recreation.

It was brought from Tanawha, Queensland, disassembled and trucked to Kulin by local volunteers, then reassembled on the new site.

Refreshed, we headed to Corrigin via Gorge Rock, as we wanted to look at the dog cemetery. Established in 1974, it is dominated by a large dog statue with more than 200 gravestones and inscriptions from owners who have laid their pets to rest there. We also refuelled there for the final leg home.

Before that we had more to see - a metal bull sculpture in Quairading. El Toro is in the main street, in front of the Quairading shire hall.

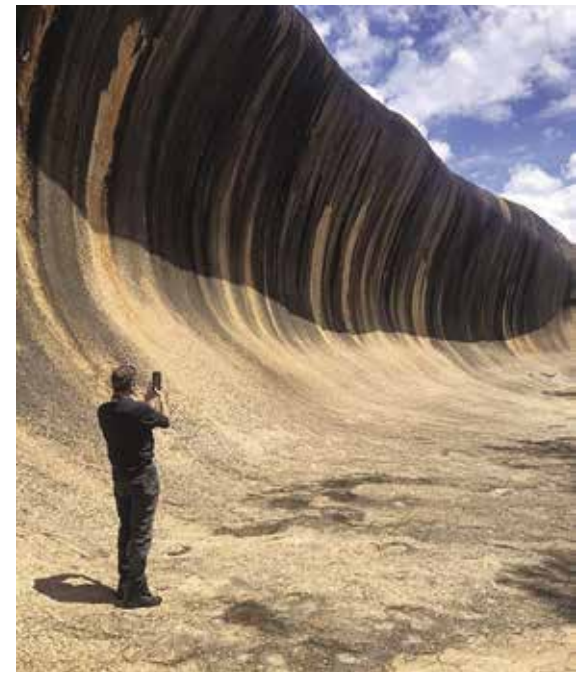
The work of artist Jordan Sprigg it is made from old spanners, cogs and machinery bits.

After photos, we travelled 70km for our lunch stop in York, the oldest inland town in WA. There is a lot of things to see, discovering its heritage, arts and crafts, museums and galleries.

We enjoyed a light lunch at the bakery, finding time to reminisce and take stock of the magnificent three days we had just completed.

Wednesday: 408km

Now, all that is left to do is thoroughly clean, inspect and check our motorcycles and start thinking and planning our next trip away.



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ADVERTISING FEATURE



It's the new year... time to make your home and lifestyle more beautiful



Looks available from *Jardan* and *EditeurPerth*



by **Zofia St James**

HELLO and Happy New Year! 2023 is going to be a good one, I am determined it will be. When I look in retrospect over the year that's been, it's always with a sense of nostalgia and gratitude as I survey the whole rather than its challenging moments, not unlike climbing a mountain and enjoying the view whilst contemplating where to now?

So... where to now? What does 2023 hold for you? Where we go next always starts with a bit of an idea that we start to visualise and becomes a dream. Last month I talked about creating a vision board and having something visual and tangible that defines your taste, things you love, want and need (in that order too please), dreaming is free.

Dreaming is good for you and inspiring. In my quest for some images to accompany this column, I literally spent money too easily. I love poking my head in the door of new businesses and beautiful furniture showrooms and homewares stores. It's fun to discover new things that I can take in and share with you and people

I come across in my work who are on a make-home-and-lifestyle more beautiful journey. Stress to some but sheer joy for me.

I visited a wonderful airy and light filled showroom offering what I'd describe as upmarket but still comfortable furniture, artworks and accessories for a bright and modern Australian home. The store is called *Jardan*, located on Stirling Highway Cottesloe. Their aesthetic as described in their beautiful book: *"Inspired by the Australian way of life and deep connection to the landscape... Jardan is a celebration of the colours, materials and organic lines of nature."*

I am suitably impressed and urge you to take a look for yourself. They of-

fer very inspiring but also very fresh and innovative looks and pieces.

Next door of course I can't resist a visit to *EditeurPerth*. This is where I would be if I could go crazy. Christian Lyon is something of an interior designer super hero of mine. His taste is as exquisite as the furniture, rugs and other things of great beauty in his divine showroom and spaces.

It's almost painful to love things of beauty as much I do, so to say I have had a lovely morning taking in all these sights is an understatement and inspiration sensory overload. But I do have to re-iterate it doesn't require a full gut, renovate and makeover to bring some fresh magic to your home

or even a whole houseful on new furniture, unless you'd like that of course; just a selection of some new to compliment the old and create a new feel to your home that makes you smile.

The best part about it is that apart from making your husband cry about spending money is that he will love it too. I have never had an open budget for a client or my own decor/renovations just a clever eye and the determination to make a dream come true.

I hope you have had a wonderful start to the new year and look forward to bringing you more beautiful and delicious ideas throughout.

Have a very happy January everyone. Z x

Zofia offers a free interior style consultation for readers over-the-phone or via video. She can assist with de-cluttering, restyling, choosing furniture and personal styling. If interested in a free styling opportunity please contact Zofia on 0406 336 607 or email zofiastjames@hotmail.com.



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Building houses for seniors to downsize helps relieve shortage for younger families



Les Mayhew

by Frank Smith

A REPORT by Les Mayhew, professor of statistics at Bayes Business School,

University of London, and published by the International Longevity Centre, has urged the UK government to build 50,000 new homes for older people each year.

He says one in four new homes should be targeted at older people.

"Achieving this growth would help older people stay healthy for longer and reduce the burden on the health service and care homes.

"Each new home would free up housing and surplus bedrooms for younger families and first-time buyers, making housing more affordable.

"The ability of older people's housing to foster social connection is especially important, given that many older people are likely to live alone – half of them aged 80 and over – exacerbating the loneliness epidemic and stretching social services."

The recommendation could equally

be applied to Australia, which like the UK is failing to adapt to the far-reaching changes to society caused by an ageing population.

Older people are living longer and remaining in their homes for longer and those homes are becoming increasingly under-occupied as children leave.

He says in the UK almost as many bedrooms are being decommissioned through under-occupation as are being replenished by building new homes.

In contrast for each bedroom added to the retirement housing stock, two to three are released in mainstream housing.

The UK industry trend is towards larger developments, typically with 60–200 units. Increased size enables both a better range of amenities and greater economies of scale in providing round-the-clock care.

They often include 24/7 staffing, and communal services and facilities. Some provide end of life care as well as nursing and residential care facilities.

In short he recommends a replication in the UK of the retirement villages common throughout Australia and New Zealand.

A building program on the scale needed would also be an opportunity to upgrade the energy efficiency of the housing stock.

Industry surveys show that people want to downsize but that they are put off by the lack of suitable alternatives, especially in the areas where they presently live.

They are concerned about the cost and complexity of moving, security of tenure if they rent and maintenance costs if they buy. Also, what happens if they run out of money or need to move

into nursing or residential care?

The Mayhew report finds that specialist retirement housing, such as Australian retirement villages, helps older people stay healthier for longer, especially when coupled with access to round-the-clock care.

"It reduces the burden on the health service, delays transfer into residential care and frees up housing lower down the ladder.

"It also takes the stress out of later living. It offers independent living, comfortable lifestyles and a range of amenities that are attractive to both buyers and renters.

"Housing policy needs to focus as much on last-time buyers as on first-time buyers," he says.

Building more houses for seniors in Australia will also benefit younger families by increasing the supply of larger houses through downsizing.

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KARINGAL Green is a world-class aged care community from award-winning provider Hall & Prior. The organisation lives and works in the community and is committed to supporting people to continue to live independently in their own homes.

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include home care packages, wellness, residential or in-home respite, as well as other services which clients can book through them at any time.

Those who might like to receive some help around the home, assistance with meals, transport to appointments, or assistance with personal care and clinical services, can trust the friendly team to support

them when they need it the most.

Dementia Support

If you or your loved one are experiencing difficulties with your everyday activities because of the symptoms associated with dementia, they can help. Karingal Green is able to provide specialist dementia care in addition to the services offered as part of any home care package.

Respite Care

Everyone needs a break, including those who care for others. Whether it's for a few hours, an overnight stay or a number of weeks, respite care can give a carer time to do things for themselves while you meet new people in a safe and caring environment.

See page 8 for further details on how Karingal Green can assist you.

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GREAT HOME and GARDENING



Colin Barlow's New Year's Honour List for all things gardening



From left to right; Carex oshimensis 'Feather Falls' - Carolyn Mullett's Adventures in Eden - Chelsea Flower Show 2022 - Terracottem



by Colin Barlow

ANOTHER Covid year is over, the hot summer weather is finally here, and it is time to work off those extra Christmas kilos. As we look back on the past year it is time to reflect. Throughout the year plants, gardening products and events have come and gone.

I have selected my best of 2022 to share with you

– the annual 'New Year's Great Gardening Honour List!'

The awards have been split into categories to recognise the attributes of the deserved products and recipients.

Best new plant release

Carex oshimensis 'Feather Falls', a strikingly ornamental Carex with exceptional performance in gardens and containers. Growing only to 30cm high but with a spread of 50cm 'Feather Falls' has long elegant weeping white and green variegated foliage that looks sensational when allowed to cascade over the edges of walls or dark coloured pots, containers and hanging baskets. During the spring months,

delightful cream-coloured plumes atop feathery flower stems arise from the centre of the plant foliage, creating the effect of sparklers going off.

This waterwise maintenance-free Japanese plant will grow in both moist and dry conditions, provided the soil is not waterlogged. It is tolerant of both full sun, part shade and heat.

It makes a worthwhile addition to the garden, providing year-round foliage, colour and contrast. For the best effect plant in long drifts, massed plantings along garden edging or to brighten up shady areas of the garden. Also make sure that you plant up a container to enjoy the gorgeous foliage and

flowers up close.

Best sustainable product

Terracottem is an all-in-one product that enhances the growth in trees, shrubs, general plants and lawns, and is ideal for the dry and sandy soils of WA. I have used both the original all round Terracottem Universal formulation, plus the arbor formulation for trees on landscaping jobs with amazing success throughout the year.

One application of Terracottem will improve and condition your soil with more than 20 different components including water absorbing polymers, growth stimulants, quick and controlled release fertilisers, and spe-

cialised carrier substances to aid in distribution through the soil or potting mix. This results in healthier plants with stronger and deeper roots, increased survival rates and resistance to drought and diseases. Plus, there is less leaching of nutrients with water savings of up to 50 per cent.



Best insect and pest control product

Eco-Neem from Organic Crop Protectants, is a registered organic insecticide for the control of a wide range of both chewing and sucking insects. Made from the extracts of the neem tree (azadirachtin) mixed with other plant oils to enhance its stability and shelf-life. It has been around for a few years now, but garden usage has steadily increased as consumers search for safe organic options.

It is an effective control

against pests including aphids, caterpillars; curl grubs, grasshoppers, mites, lawn armyworm, citrus leafminer, whitefly and fungus gnats in soil and potting media. Eco-neem works by suppressing the appetite of insects so that they starve to death or are unable to moult successfully. Plant damage stops as soon as the insect ingests eco-neem, but insect death may take several days, depending on their size and type.

It is approved for ornamental plants only in Australia and is safe for bees, pets, birds and lizards but avoid using near ponds, as it can be harmful to some fish.

the 'Organic Production of the Year' in the 2022 Organic Consumer Choice Awards.

Best gardening book

Adventures in Eden by Carolyn Mullett provides a peek into the most spectacular private gardens of Europe. Wherever Carolyn Mullett travels, she seeks out new gardens to explore and invites readers along with her on an armchair tour that illuminates the remarkable beauty and artistry of European gar-

dens.

Her journey across Europe profiles 50 private gardens in Belgium, England, France, Germany, Ireland, Italy, the Netherlands, Scandinavia, Scotland and Spain. The reader will learn the history of each landscape, why specific plants and designs were chosen and how the garden connects to its surroundings.

Some of the featured gardens were designed by their owners, while others were designed by some of the biggest names in garden design including Tom Stuart Smith, Andy Melangier and Louis Benech.

Adventures in Eden is illustrated with hundreds of photographs from some of the leading names in garden photography and is a must-have gift book for gardeners, globetrotters and armchair dreamers.

Best gardening exhibition

The Chelsea Flower Show, welcomed visitors back to its normal spring show time in May after three Covid ravaged years. This year the overall 'Best Show Garden' went to 'A Rewilding Britain Landscape' designed by Lulu Urquhart and Adam Hunt after the reintroduction of beavers to the South-West of England.

A glade of hawthorn, hazel and field maples flanked a babbling brook and old stone wall. Around a large willow further downstream was a pool dammed by beavers and the beaver's lodge with wood-sticks, woodchip and tree debris scattered around. Wetland meadows and native wildflowers mingled with grasses and marginal plants lined the edges of the pool and stream.

It looked like it could have been just picked up straight from the countryside and positioned at Chelsea for the show.

I will be leading a Ross Garden Tours trip back to see the Chelsea Flower Show and the Gardens of England again in May this year and can't wait to experience it all again in person.

As we look forward to another great year of gardening; I would like to wish all our reader's a safe and Happy New Year in 2023.

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We can help save Western Australia's black cockatoos



Carnaby's cockatoos feasting on dwarf banksia planted by the Town of Cottesloe (photograph: Chilla Bulbeck)

by Chilla Bulbeck

RECENTLY Karen Majer (Have a Go News November) alerted us to the endangered status of

the barking owl. As she notes, the black cockatoo is better known. But how many of us realise how close they are to an 'extinction canyon'?

Within two decades according to some predictions.

A full house at Luna Leederville on September 23 watched the world premiere of award-winning cinematographer Jane Hammond's *Black Cockatoo Crisis*. Their major threat is habitat loss, including foraging, roosting and nesting sites, mostly due to rapid urban and industrial growth in the Perth-Peel region.

Black cockatoos are clever and adaptable, but wherever they go they face new dangers. As their banksia woodlands dwindle, black cockatoos find food sources in the Gnarup pine plantations. These

supply up to half of all the food needed to keep the population of Carnaby's Cockatoos alive. However, the government, fearing reduction in Perth's drinking water, is in the process of clear-felling the plantations, to be completed within the next two years. The cockatoos will face possible starvation.

In the apple and pear orchards in Perth's hills, Baudin's black cockatoos are illegally shot, rather than orchardists netting their fruit trees. On our wheatbelt roads, hundreds of black cockatoos attracted to the spilled grain are killed each year, rising too slowly and awkwardly in front of vehicles. If trucks

carrying grain were sealed, these deaths would be prevented.

Our northern jarrah forests have been clear-felled for bauxite mining since the 1960s. Mining companies have made application to clear a further 11,000 hectares, equivalent to around a third of the area already lost.

Endangered animals and precious forest are burned in a target-determined cookie-cutter approach to prescribed burning, when the challenges of unpredictable climate disruption require burning regimes based on local knowledge.

Environmental groups across the metropolitan area are activated when

they suddenly discover their local bushland is not a 'Bush Forever' site, but is under threat from a private owner, Main Roads or the Western Australian Planning Commission.

Groups fighting to protect local cockatoo habitat from rezoning include the Friends of Underwood Avenue, Save Erindale Road Bushland, the Friends of Brixton Street Wetlands, Friends of Mosman Park Bushland and Cottesloe Coastcare Association.

Save the Black Cockatoos calls on the state government to protect all remaining cockatoo habitat and restore at least 30 per cent of lost cockatoo habitat by 2030 in line with UN agreements.

Each of us can do something to assist our black cockatoos. We can urge the premier to adopt the Black Cockatoo Emergency Plan (savetheblackcockatoos.com/take-action/). We can join our local bushcare group, lie down in front of bulldozers destroying remnant banksia bushland and pine plantations, or make a donation to plant trees on degraded land (Carbonpositiveaustralia.org.au).

We can urge our local council to create cockatoo habitat or plant our own gardens with banksias, or pecans, macadamias or almond trees, according to renowned botanist Kingsley Dixon.

Have a Go News PUZZLES SOLUTIONS

Solution for BIG Crossword page 38

W	A	V	Y			G	R	A	N	A	R	Y			Q	U	A	D
O		O	O	M	P	H		D		W		O	C	C	U	R		I
V	A	G	U	E		E		V	A	N		G		L	O	G	I	C
E	M	U		C	R	E	M	E		I	D	A	H	O		E	N	E
	P	E	A	C	E		I	N	A	N	E		E	A	U	D	E	
	L		C	A	V	O	R	T		G	R	E	E	K	S		P	
P	E	E	R		E		R			A	H		A	L	T	O		
R			E	A	R	N	E	D		P	I	L	A	F		E		B
E		S	A	M	E		N	A	V	A	L		W	A	D	E		E
S	T	A	G	E			L		N				L	I	C	K	S	
I		G	E	N	E		C	A	R	G	O		B	L	A	H		I
D		G		D	E	L	H	I		S	A	D	I	S	M			T
E	N	Y	A		R		A			K		S		O	K	A	Y	
	E		P	L	I	A	N	T		B	L	Y	T	O	N		G	
	P	U	P	A	E		C	U	R	I	E		R	A	D	A	R	
Y	A	P		T	R	A	Y	S		T	Y	P	O	S		L	E	T
A	L	E	R	T		X		S	A	T		R		I	D	L	E	R
R		N	I	E	C	E		L		E		I	S	S	U	E		U
D	O	D	O			S	T	E	R	N	U	M			O	N	C	E

Solution for Crossword page 39

S	E	N	T	E	N	C	E		E									
T		E		V		L		B	A	G								
A	N	S	W	E	R	E	D		R									
N		T		N		A		A	L	I								
D	R	E	S	S	I	N	G			N								
O		D			C			M		T								
U			P	R	E	S	S	U	R	E								
T	A	X		A		E		S		R								
	T		P	I	N	N	A	C	L	E								
B	O	Y		S		S		L		S								
M			R	E	V	E	R	E	N	T								

Solution for Sudoku page 55

1	2	4	6	8	7	3	9	5
8	6	9	3	2	5	7	4	1
5	3	7	1	4	9	8	6	2
9	8	2	5	7	1	6	3	4
4	5	1	8	3	6	9	2	7
6	7	3	2	9	4	1	5	8
2	4	6	9	1	8	5	7	3
7	1	5	4	6	3	2	8	9
3	9	8	7	5	2	4	1	6

Solution for Wheel Words page 39:

Area, Earn, Mare, Mart, Near, Pare, Part, Pear, Perm, Pert, Pram, Ramp, Rant, Rapt, Rate, Ream, Reap, Rent, Tare, Tarp, Tart, Tear, Term, Tern, Tram, Trap, Apart, Arena, Attar, Namer, Prana, Prate, Reman, Remap, Tamer, Taper, Tetra, Tramp, Treat, Entrap, Mantra, Marten, Matter, Natter, Parent, Patter, Rattan, Tamper, Tarpan, Tartan, Trepan, Mantrap, Pattern, Rampant.

9-letter word: APARTMENT.

Solution for Word Pairs page 39:

Angelina Jolie, Jennifer Lawrence, Kate Winslet, Natalie Portman, Nicole Kidman, Scarlett Johansson, Uma Thurman. Mystery keyword: EMMA

Answers for Have a Go News Quiz page 2:

1. Pizzas
2. Commonwealth Bank of Australia
3. Bavarian Motor Works
4. Wall Street
5. 1978
6. Star
7. Australian Bureau of Statistics
8. Cricket
9. Lego
10. Disabilities

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Finding help for the dreaded insomnia - there's an Ap for that



Dr Alexander Sweetman

by Frank Smith

NEARLY everyone suffers from insomnia at some time. It is a problem with far-reaching health consequenc-

es. Insomniacs are at increased risk of depression, diabetes, cardio-vascular and Alzheimer's disease.

Traditionally 'sleep hygiene' was the recommended intervention. This includes making the bedroom as comfortable as possible with a comfortable mattress and good curtains and avoiding drinking coffee in the afternoon or watching TV in bed.

This common-sense approach is not particularly effective. However, research has found better ways to help most insomniacs.

Psychologists now believe insomnia is linked to hyperarousal fuelled by ruminative thoughts, especially anticipation of going to sleep and worrying about the consequences of sleep loss.

Effective psychological therapies are now available, including cognitive behavioural therapy for insomnia (CBT-i). This is recommended as the most effective treatment for insomnia

by many major Australian and International sleep, medical and primary care societies.

CBT-i includes several different treatment strategies that aim to identify and gradually treat the underlying causes of insomnia. It treats insomnia and associated daytime symptoms, with these improvements lasting many months and years into the future.

CBT-i and other psychological therapies is very effect, however there are not enough therapists to go round. But smart phone apps may be coming to the rescue.

One, Sleepio, is being trialled in Australia by Dr Alexander Sweetman and colleagues Drs Cele Richardson and Chelsea Reynolds of the Adelaide Institute for Sleep Health at Flinders University.

It is a serious computer game - one that helps you learn how to sleep better. Over the course of five sessions,

a virtual sleep expert - The Prof - teaches cognitive and behavioural skills to tackle even the most stubborn of sleep problems.

Each session is fully automated, yet the content is tailored to your particular problems based on your answers from the questions completed prior to starting the program. The program also adapts based on your week-to-week progress in improving your sleep and the choices you make during the sessions.

Although suggestions are made throughout the program, you are ultimately in control of what techniques you put into practice and how, and it's your responsibility to decide how best to apply the therapeutic content.

"Our previous research has shown that Cognitive Behavioural Therapy for insomnia is the most effective treatment for insomnia and Sleepio is a self-administered version of that," Dr Sweetman said.

"Currently the most common treatment for insomnia in Australia is sleeping pills, which are potentially addictive and not effective over the long-term.

"Instead, we have a treatment with cognitive behavioural therapy, proven effective in multiple clinical trials worldwide."

Dr Sweetman is close to completing the first trial of Sleepio with 45 Australian GPs and 200 patients with insomnia.

"So far, Sleepio patients have reported improved insomnia symptoms and around a 40 per cent reduction in sleeping pill use," he said.

Sleepio, can be accessed online in any state or territory and in rural and urban areas.

If you or someone you know has symptoms of insomnia, please feel free to contact Dr Alexander Sweetman for more information (alexander.sweetman@flinders.edu.au).

Tips and strategies: It's time to plan on having a healthy new year

THE start of a new year is a good time to make positive health and lifestyle changes. Here are some top tips to inspire a healthier you in 2023.

Get moving

Being active is a great way to help you lead a healthier and happier life. It is important for reducing the risk of major illnesses and increasing your chances of living longer.

Make activity part of your everyday life, like walking or bike riding to places. Start slowly and safely at the beginning. With time, it will get easier and your body will get stronger. If you have any medical issues, check with your doctor before getting active.

Move stronger

Did you know that inactive adults lose up to eight percent of their

muscle mass each decade? To help keep our muscles and bones strong as we age it's important to include strengthening activities into our week. The Live Lighter website (livelighter.com.au) has some great beginner tips on muscle strengthening activities.

Stay cool in the heat

Look after yourself as the temperature rises.

Drink plenty of fluids and stay inside with a fan or air conditioner on (make sure the A/C setting is on 'cool'). If you have to go outside, go in the early morning or late evening and stay in the shade. Wear light coloured, loose clothing and wear a hat when outdoors. Limit outdoor activities when it is very hot and keep taking any regular medicine, even if you feel

unwell because of the heat.

Keep Covid-safe

Covid hasn't gone away. Protect yourself with regular hand washing, wear a mask in crowded indoor settings and stay up to date with vaccinations. If you do test positive for Covid-19, stay home for at least five days and until symptoms have cleared. Talk with your GP about anti-viral

treatments if you're at greater risk of serious illness from Covid-19.

Promote healthier kids

Healthy eating grandparents promote healthy eating grandchildren. A WA study found grandparents who had healthy foods at home and minimised unhealthy snack foods, had grandkids who ate more fruit and vegetables and less unhealthy savoury snacks,

sweet snacks, and sugary drinks. Learn more at livelighter.com.au.

Boost your wellbeing

Boost your mental health and wellbeing by doing things you enjoy such as listening to music, catching up with friends and family, playing with pets or gardening. Find what works for you.

Learn more at www.healthywa.wa.gov.au.

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It's a new year and it's time to savour stone fruit summers



by Noelene Swain

LUSCIOUS peaches, nectarines, apricots and plums let us know that summer is well and truly here. Sweet and fragrant stonefruit are begging to be served up fresh out of hand, or in a range of seasonal dishes as summer temperature 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.

Nectarines are the fuzz-free peaches. Ripe nectarines have

an unmistakable 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 vitamins A and C, powerful antioxidants. 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 platter'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.

For a large part of the year, we are forced to use tinned varieties because stonefruit are extremely seasonal but don't miss out now the real stuff is on offer. Peak season extends until March.

Whichever is your favourite, there will be a luscious stonefruit to suit all tastes over our long summer. Treat your family to a combination of peaches, plums, apricots and nectarines, either fresh or included into an evening meal. Give these fruity recipes a whirl...

Recipes supplied by Fresh Finesse: www.freshf.com.au

Nectarine honeycomb ice-cream



Preparation time: 10 mins; cook: none; freezing time: 3 hours; serves: 6

FRESHEN up a creamy bought ice-cream with the addition of delicious fresh nectarine and a touch of crunchy honeycomb chocolate. Yum! 4 nectarines plus additional nectarines for serving, stones removed
1L vanilla ice-cream
2 chocolate-coated honeycomb bars

Allow ice-cream to soften while preparing the ingredients. Dice nectarines and roughly chop the honeycomb bars.

Stir the nectarine and honeycomb bars into the ice-cream and refreeze.

Serve scoops of nectarine honeycomb ice-cream with slices of fresh nectarine

Roast salmon fillets with nectarine salsa

Preparation: 15 mins + marinating; cook: 15 mins; serves: 4

3 large nectarines cut into large dice
1 small Spanish onion finely diced
½ red capsicum finely diced
1 Lebanese cucumber, peeled and finely diced
½ cup coriander leaves
2 tablespoon oil
1 tablespoon lime juice
1 tablespoon red wine vinegar
½ small red chilli seeded and finely chopped
1 tablespoon olive oil
4 salmon fillets
1 bunch English spinach, washed, stems removed
Combine nectarines, onion, capsicum, cucumber and coriander in a large salad bowl. Place oil, lime juice, red wine vinegar and diced chilli into a screw-top jar. Shake well. Pour dressing over salsa and fold through. Set aside for 20 minutes to allow flavours to develop. Meanwhile, heat olive oil in a large non-stick frypan. Add the salmon and sear over high heat one minute each side.

Transfer to an oven tray and roast at 160°C for 10 minutes or until just cooked through. Serve salmon on spinach leaves with salsa spooned over the top.

What's fresh in the fruit and vegetable markets this month



Eggplant: Locally-grown eggplants are plentiful through summer. Best grilled or barbecued and 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.

Nectarines: Plentiful supplies of these summer favourites are available in stores 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 whizzing

into a 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.

Cherries: Summer brings the joy of Christmas, beach holidays and sweet summer cherries. Be warned, the local season is short, so buy up and enjoy when you see them in store. A handful adds a touch of elegance and flavour to fruity summer desserts – or loads of fun for kids competing with pip spitting in the back yard.

Flat mushrooms: Summer barbecues are perfect 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.

The pleasure of summer wine is not to be underestimated...



by Frank Smith

MOST research about alcoholic beverages has centred around health issues – the reduced risk of cardiovascular problems or increased risk of some cancers. However, wine is usually not drunk for health reasons but for pleasure and sociability.

At last, four Portuguese scientists have studied the pleasurable effect of drinking moderate amounts of red wine in a natural setting – a wine bar in Lisbon, Portugal.

They studied people who drank alone, in pairs or in small groups. They found red wine increased pleasure and arousal, decreased the aware-

ness of time, slowed the subjective passage of time, increased the attentional focus on the present moment, decreased body awareness, slowed speed of thought, made imagination more vivid and the environment become more fascinating.

Drinking wine also increased insightfulness and originality of thoughts, increased sensations of oneness with the environment, spiritual feelings, all-encompassing love, and profound peace.

Men and women reported similar effects, older people found greater pleasure in drinking than younger ones and there was no difference

between people drinking alone or in groups.

The scientists concluded drinking wine in a contemporary environment designed to enhance the pleasurableness of the experience may trigger changes in consciousness commonly associated with mystical-type states.

The research was published in the science journal *PLoS One* in September last year.

Here are some wines for your drinking pleasure:

Robert Stein Dry Riesling (Mudgee) 2022 This is a classical dry Riesling, with aromas of citrus, especially lime and melon fruit characters. The palate is crisp with lemon and spice flavours. The finish is fresh with a slight touch of sweetness kept in check with tangy acidity. This wine should age well. RRP \$40.

Taltarni Dynamic Mourvedre 2021 This is a limited-edition wine made from a single vineyard fruit grown in the Victorian Pyrenees. The wine-maker was influenced by the smoky Monastrell wines of central Spain. The wine is deep plum in colour. It displays aromas of mocha coffee grounds,

mint and plum with a touch of oak. The palate is complex with flavours of smoked meats, spice, with a hint of aniseed. It is medium to light bodied with silky tannins and good length. RRP \$28.

St Aidan Ferguson Chardonnay is pale green in colour with aromas of lime and honeydew melon. The palate shows a soft buttery mouthfeel with nashi pear, white nectarine and toasted cashew from the restrained oak. A typical

Ferguson valley Chardonnay made by Mark Messenger at Juniper Estate RRP \$39.

Angullong Fossil Hill Montepulchiano 2022 is dark garnet in colour. It displays aromas of dried herbs, tomato leaf and dark plum, which evolve and change with time in the glass. The palate is medium bodied with layers of dried herbs, dark fruits and balanced oak. The tannins are persistent, ensuring a good match with food.

RRP \$30.

And to complete the list here is a delightful liqueur to complete a special meal...

St Aidans Wines Zena Liqueur Muscat This wine is a blend of eight to 15-year-old Liqueur Muscats. They are made from Muscat à Petit Gris grapes which are picked late so

the grapes are shrivelled and ultra-sweet. These are crushed, destemmed, and fortified after minimal fermentation. The resulting liquor is left in barrels for eight or more years. The liqueur has aromas of Christmas cake spice and cardamon. The palate is nutty with a smooth mouthfeel. RRP \$43.

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ADVERTISING FEATURE

Busting brunch all over town - a brunch fit for a king



by Buster the Bruncher

IT'S all about the views. Some of our greatest views. Kings Park – fit for a king (and queen consort).

Elsewhere in the world such views would demand sky-high prices for privileged people supping at its edge, overlooking gardens, tranquil river and budding city.

Surprisingly, Kings Park's Botanical Café is punch-for-punch on prices with cafés across Perth. Cheek-by-jowl with its posh sister, Fraser's restaurant, Botanical Café is a little gem for breakfast and brunch.

Perhaps considered by Perthites only when visitors are in tow, Botanical Café is highly-suited to our casual use, especially if arriving early for brunch.

Brunch "brother" Professor Ken, was duly spot-on time for 9.30am

arrival on a weekday and there were tables galore, inside and outside where generous umbrellas are propped.

Grabbing a menu, the good professor called for a coffee heart-starter, remarking on the sensible limited choices for brunch.

Just 11 items are listed on the breakfast menu (7am-11am) from toasted sourdough (\$8) to eggs Benedict (\$22) with coffees from \$4. Ankle-biters can have a babycino at \$2.

With such sensational views and conversations to be had, musing over a long list of munchies is a distraction.

We select an inside table near the entrance for views, light and air. We order the aforesaid eggs Benedict which came with shaved leg ham, baby spinach and a lashing of hollandaise (a tad excessive but tasty)

on sourdough.

Just a word on sourdough. For those of us who have it as their daily bread, sourdough is a mouthful normally. The crust can take some tackling if thick-cut. Ten points to Botanical Café for thin-cut sourdough.

Smashed avocado (\$22) came with crumbled feta, cherry tomato, dukkha and rocket on toasted sourdough. Add-ons are poached egg (+\$3), bacon rasher (+\$5) and smoked salmon (+\$8). Tasty overall, not flamboyant, the food hit the right mark for the atmosphere.

Inside has plenty of seating but with its large expanse and solid flooring, it gets noisy when numbers increase. Acoustics with soft floor and window coverings are rarely engaged in the public eatery world. Music was also

playing, unnecessarily.

Professor Ken set up an observation post to check outcomings from the kitchen and couldn't fault food presentation nor meal sizes.

They included: granola (coastal crunch granola, almond and vanilla chai pudding, strawberry, toasted almond) at \$15 and chicken bratwurst (house beans, chorizo, poached egg, with toasted sourdough) at \$18

I was tempted to call for a bacon and egg roll (brioche, spinach and

smoked barbecue sauce) at \$14. It's \$1 over what I usually pay for a similar bite around town but judging these serve sizes, Botanical Café will make it a buck well spent.

We were amused by a couple of drink offerings under the heading of cold-pressed Juice by Squished WA.

At \$8.50 a glass, we shared a nojito (granny smith apple, lime and mint) and a hakuna mata-ta (watermelon, strawberry and seasonal apples).

Nojito had an exotic

taste and hakuna mata-ma provided a light taste-touch of watermelon.

Grandkids could get stuck into fruit toast or banana bread (\$7) or share pancakes with ice cream for \$14. Shakes and smoothies are from \$8.50. Takeaway boxes are \$1 and we took the opportunity to test a couple of pastries from a great selection in glass cabinets.

Full credit for service with a smiling crew.

Go early for brunch for good tables, easy parking and time to slip into

the terrific souvenir shops which are a class act.

Botanical Café:
Open seven days from 7am.
Phone 9482 0122.
E: info@botanicalcafe.com.au
Details: www.botanicalcafe.com.au
5 Spoons



Buster the bruncher spoon ratings

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



Australia Day is the perfect day to enjoy a billy tea

LAST year Australia Day dawned overcast and cool but quickly cleared up to be another lovely day in paradise.

Many visitors to Walpole and locals alike hit the water for a day's fun in the sun, while the rest of us continued to relax and enjoy the last few days of free-

dom before school goes back.

The Av' a G'day celebrations had children's entertainment, live music, plenty of food and market stalls galore. Walpole CRC elves cooked burgers in the barbecue shelter, the Boylee dogs and local shearers put on a show and Shire of Manjimup South Ward

councillor Dave Tapley (pictured left) shared iconic Aussie billy tea and damper with all.

A fabulous turn out of both vendors and attendees enjoyed the relaxed atmosphere and a good catch-up with friends and family.

Walpole's Av'a G'day event is

held annually in Pioneer Park, it returns for Australia Day 2023 and welcomes people to Walpole to enjoy the fabulous event.

The day is supported by Pioneer Store – IGA, Walpole Quality Meats, Recfishwest, Healthway, Shire of Manjimup and Walpole CRC.



Have a Go News provides mature Western Australians with quality lifestyle information for them to live a healthy and fulfilling life



LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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ADVERTISING FEATURE

Knife and fork talk with the Dining Divas - a visit to Coventry



by Judith Cohen

COVENTRY Village Shopping Centre is our lunch choice for this month.

There are many eateries to dine at here, but this Diva (dining alone this month) decided to go to the Two40Three Bar & Grill. Their lunch menu has a 12-choice selection all priced \$18 and under. Impossible

to resist.

Barramundi with salad, chips and tartare sauce seemed an excellent pick. After finding a place to sit you then go to the bar and order from there (don't forget to check your table number). Not being a big chip eater, I asked for extra salad to replace the chips which was not a problem for the staff.

The Barra and salad meal ar-

rived in a large raffia/cane basket. The barramundi was very moist and delicious with a crispy crunch to the skin. Perfect. The mixed leaf salad was plentiful with finely sliced red onion, cucumber, cherry tomato and a generous serving of a tasty dressing but a little too oily for this Diva. All in all, a very satisfying lunch.

By the time I was leaving

many people were lining up to order.

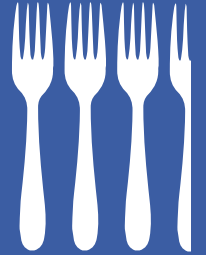
Two40Three is a light and bright place with plenty of seating. Unfortunately, the day I was there the outdoors area was closed.

3½ forks
Two40Three Bar & Grill, Coventry Village Shopping Village, 243/253 Walter Road, Morley 9275 7711



Knife and fork talk ratings

- Five forks** – excellent food and service
- Four forks** – overall good food and service
- Three forks** – reasonably good food and service but could make some improvements
- Two forks** – food and service needs improvement
- One fork** – would not recommend



WEEK DAY LUNCH SPECIALS

Information correct at going to press

COODE ST CAFE
\$24 and under lunch menu.
Mon-Sat. 11.30am-3.30pm
24 Coode Street
Mt Lawley
9371 9900

DRIP EXPRESSO BAR
All day menu under \$25
7 days 6am-3pm
3 King William Street
Bayswater 9471 8000

HYDE PARK HOTEL
\$19 senior lunch menu
Mon-Fri. 11.30-3pm
331 Bulwer Street
North Perth
9328 6166



LAIKA
Under \$25 menu 1 exception.
7am-2pm all days.
11 Lathlain Place
Lathlain
0497 009 335

MUNDARING WEIR HOTEL
\$18 senior lunch menu
Mon-Fri. 11.30-2.30pm
Lot 502 Hall Road
Mundaring 9295 1106

THE BEST DROP TAVERN
Nothing over \$20 lunch menu
7 days 11.30am-3pm
18 Haynes Street Kalamunda
9293 2993

TWO 40 THREE BAR AND GRILL
\$18 lunch specials
Mon-Fri. 11am-4pm.
Coventry Markets Morley
9275 3665

Mondos recipe of the month - spicy meat torpedoes (chevups)



Recipe created by Vince Garreffa

MY wife Anne is Croatian and these were very popular in our household. The

Mediterranean has been a melting pot of cultures for many, many centuries. So it may not come as a surprise to many Croatians that this recipe that

they adopted as their own traces its origins back to the Middle East. Eat and enjoy.
Ingredients for 6
600g beef mince
300g lamb mince
100g pork fat, minced or finely diced
20g salt
1 teaspoon black

pepper
1 cup Italian parsley leaves
5 cloves of garlic, finely chopped
To serve
Pita bread rounds
1 Spanish onion, thinly sliced
2 tomatoes thinly sliced
Ajvar (red capsicum condiment)

Method
Mix all the ingredients in a bowl, kneading very well and then refrigerate overnight. Next day, prepare your meat by kneading it again and then forming it into mini skinless sausages to

barbecue or panfry until just cooked through.

Please don't overcook! Reheat the pita bread, then put some onion and tomato down the middle with the cooked sausages on top. Finish with a teaspoon or two of Ajvar on top of the sausages before serving wrapped or flat. Very yummy!

Ajvar is a red capsicum sauce (relish), if you can't find it at continental stores, fry two red capsicums cut into strips in some extra virgin olive oil with a little salt and pepper until cooked through - then blitz in a blender

with two peeled cloves of garlic and two tablespoons of butter - serve warm.

Buon appetito!
Mondos Butchers is located at 824 Beau-

fort Street, Inglewood. They are open Tuesday to Friday 9am - 5.30pm Saturday 8am to 2pm. Phone 9371 6350 or visit www.mondo.net.au

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Artist Samantha Dennison finds stillness and calm in life through painting



L-R; Samantha Dennison - Gum Leaves and Green Vase 2022 50x50cm Oil on Canvas

by Serena Kirby

PAINTING is a soothing and meditative practice but it's something we often don't have time for until the kids leave home or when we stop work and retire.

There's certainly no shortage of art classes offering how to paint various scenes and many novice painters of-

ten start by painting inanimate objects. The genre of still life painting has fallen in and out of favour over the years but the contemporary works produced by talented artists like Samantha Dennison are definitely breathing new life into still life.

Samantha, who was a high school art teacher before switching to fulltime

painting, offers some insight into her process of still life painting with a view to inspiring others to pick up a brush.

"I choose a small number of flowers and objects and arrange them on a table by a window and play with their placement over a number of weeks," Samantha explains. "I observe them as the light changes and swap things in and out until I'm happy with the result. I'm seeking balance, in space and shape, and it's just as much about the space and shape around the objects as it is about the objects themselves. When things are in the right place, they appear centred and grounded."

Once Samantha has achieved the desired composition, she photographs it; freezing the light and composition in time. She then works on the painting using the photograph as this gives her the freedom to return to a composition time and time again.

Just as important as composition is light and it's this delicate pairing that makes Samantha's work so captivating. If composition is queen; luminosity is definitely king.

"I paint with oils and before I start painting the objects I underpaint the canvas with a burnt sienna colour

which is a deep red-brown and this creates a warm base to the painting. Doing this helps anchor the composition on the canvas and allows the colour to 'glow' through all the subsequent layers of paint. It gives an essence of uniformity to the work and the underpainted colour peeks out in the places that the other paint colours don't cover. It's also because I love colours with rich, reddish tones."

When it comes to painting the objects onto the canvas, Samantha keeps the paint layers light and thin.

"Thin layers allow the light to show through; they add luminosity. When you get up close to the painting you can see the layers and the tiny details that make the painting literally glow. I'm always walking that fine line between patchy and luminescence."

Another technique Samantha uses to bring such a striking level of luminosity into her paintings is 'oiling out'. Using a 50/50 mix of an artist-grade solvent and another specialist art medium, and waiting until the painting has dried, she wipes the solution over the surface, then removes the excess with a lint free cloth. This technique works to even out areas that have become

too shiny or areas she considers too dull due to the oil in the paint being absorbed into the canvas. Her final touches come with applying a customised varnish which she mixes to suit the amount of gloss she wants to achieve.

It is this combination of talent and technique that has led Samantha to become an artist in demand. She's won numerous art prizes and is represented by several of Australia's leading galleries. One of her pieces, *Flora*, was also recently acquired by the Royal Perth Hospital Collection.

The popularity of her work also shows that paintings portraying stillness and calm provide a much sought-after contrast to a world full of clutter and chaos.

www.samanthadennison.com.au



Gary Puckett and the Union Gap return to Perth

GARY Puckett and the Union Gap is a band etched in rock'n'roll history, boasting six consecutive gold records in a career that started in 1968 and still remains very prominent to this day.

They continue to tour the

world in a show that is loaded with hits including *Young Girl*, *Woman, Woman*, *Lady Willpower* and *Over You*.

Gary Puckett and the Union Gap maintain a busy touring schedule, constantly touring the United States and Europe

in a show that is packed with rock'n'roll energy and vocal excellence. Gary's velvet voice is complemented perfectly with the vocal harmony and musical perfection of the Union Gap in a show that delivers the raw sixties sound that can only be

associated with live music at its best.

Gary Puckett and the Union Gap will perform at the Astor Theatre Wednesday February 8. For bookings visit astortheatreperth.com or premier.ticketek.com.au.



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IMAGE: GUYA



State Theatre to host exciting *State of Play* for Fringe World



AFTER winning the coveted Best Independent Hub Award at FRINGE WORLD 2022, *State of Play* returns to the State Theatre Centre of WA for a sensational trifecta year, with a jam-packed program of music, cabaret, circus, comedy, theatre for adults and children, dance and even an air-guitar competition.

Proving to be the ultimate Fringe destination, *State of Play* will run January 20 to February 5, and feature across four main spaces: the Heath Ledger Theatre, Studio Underground, Rehearsal Room 1 and the courtyard. With 30 shows playing throughout the day and evenings there is sure to be something to please all Fringe audiences.

Guaranteed to be the hit of the season is *Don't Fret It, Shred It!* an event welcoming both artists and the wider community to rock on in an Air Guitar competition. Audiences can practice their best Jimmy Hendrix headbang, fine tune their air fenders and prepare to shred it out in the State Theatre Centre's courtyard. And the little rockers won't be forgotten with air guitar workshops for kids (School of Air).

There's plenty of comedy to keep audiences giggling all night including award-winning comedy hypnotist Matt Hale: Top Fun 80s Spectacular, improv *Dungeons and Dragons* Improv DnD, improv romance-comedy with *Love Slaps*, and a satirical retelling of one of

Shakespeare's iconic works in *Bogan Shakespeare: Hamlet*.

Cabaret dysfunctional brother-sister duo Otto & Astrid make a welcome return with *Otto & Astrid Play The Greatest Rock 'n' Roll Concert You've Ever Seen*, home-town favourite Jamie Mykaela returns to Perth with tales of living in conservative Oxford, UK in *Floozy* and hot on the cabaret touring circuit Lisa Woodbrook tells us why she's *Feeling Way Too Good: Songs of Michael Bublé*.

Audiences can also enjoy some hot jazz on those summer nights with some big New Orleans brass band energy from the *Hot 6 Brass Band*, the ever-popular angelic voices of the *Menagerie Choir*, a journey through the music of Bruno Mars with *Adam Hall and the Soul Playboys* or a humorous melange of Italian music and jazz with Etta D'Elia in *Buona Sera Signorina*.

State of Play 2023 also includes a huge line-up of children's shows with a fantastic range of comedy, music and theatre performances. Ages 3+ can immerse themselves in the interactive and accessible performance of *Wilbur the Optical Whale* or be mesmerised by the mix of puppetry, rich sound design and playful costumes in *Alex and Evie and the Forever Falling Rain*. Also hot on the ticket list will be *The Listies - Make Some Noise!* and Wilfred Gordon McDonald Patridge: *Comic Children's Opera in One Act* to name a few.

Tickets available at: www.artsandculturetrust.wa.gov.au.



The Importance of Being Earnest at sunset this month

GRAB a picnic blanket and some nibbles and enjoy a sundowner-style staged reading of *The Importance of Being Earnest* at Koorliny Arts Centre on January 29.

Audiences will experience Wilde's play spoken live in an intimate outdoor space, with some movement and minimal props.

Algernon and Jack are good friends, who each maintain, as a matter of convenience, different identities depending on whether they are in the town or the coun-

try. It therefore becomes especially inconvenient, not to say confusing, when Jack proposes to Algernon's cousin Gwendolyn under the pseudonym of 'Ernest', while Algernon proposes to Jack's ward Cecily also under the pseudonym of 'Ernest'. In truth, no one is particularly earnest, except the imperious Lady Bracknell, who takes a dim view of everything.

In *The Importance of Being Earnest*, Oscar Wilde rips the covers off Victorian propriety

and relishes in the unbridled silliness and snobbery of London's upper classes.

Director Geoffrey Leeder's vision pays homage to the original play to reconnect audiences with the joy of storytelling and being read to, with some surprising contemporary elements to advance the Wilde humour.

"It's a play that I have enjoyed watching on many occasions. I never get tired of Wilde's wit and his satire of Victorian ways. Each and every character in the play is

a dream role for any actor," he said.

"I've always enjoyed going to play readings. The concept of having a story read to you is an intergenerational thing. As children, we are read to - it's the introduction to our language, the spoken word and storytelling. That continues into adulthood as we read to our children and as a grandparent, to our grandchildren."

The Importance of Being Earnest, a Koorliny Arts Centre and Kwinana Industries

Council 2023 performance season production, is on January 29 at 6pm in The courtyard at Koorliny.

Tickets are now on sale and cost \$10, with the option of upgrading to include a cheese platter.

Patrons are encouraged to bring a picnic (no BYO alcohol), mosquito repellent, light cardigans and a picnic blanket or low chairs. The bar will be open.

For more information visit www.koorliny.com.au or call the box office on 9467 7118.

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WIN WIN WIN
We have 10 double passes to give away to

some lucky readers. To be in the draw simply email win@haveagone.ws.com.au with Love in the subject line or write

to *What's Love got to do with it* c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 20/1/23.

NEW film *What's Love got to do with it?* examines how you find lasting love in today's world.

For documentary-maker and dating app addict Zoe (Lily James), swiping right has only delivered an endless stream of Mr Wrongs, to her eccentric mother Cath's (Emma Thompson) dismay.

For Zoe's childhood friend and neighbour Kaz (Shazad Latif), the answer is to follow his parents' example and opt for an arranged (or assisted) marriage to a bright and beautiful bride from Pakistan.

As Zoe films his hopeful journey from London to Lahore to marry a stranger, chosen by his parents, she begins to wonder if she might have something to learn from a profoundly different approach to finding love.

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BY ANGUS FITZSIMONS (*SENIOR MOMENTS*)

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A BOY NAMED CASH
JOHNNY CASH TRIBUTE SHOW

MIDWEEK MUSIC 2023

25 JAN

JOIN US IN THE COURTYARD FOR A STAGED READING OF THE PLAY BY Oscar Wilde

THE IMPORTANCE OF BEING EARNEST

BYO RUG/LOW CHAIR + NIBBLES - BAR OPEN

28-29 JAN

COORLINY Arts Centre KWINANA

TICKETS \$10

MORNING MELODIES 2023

CLAY DARIUS

17 FEB

MORNING MELODIES 2023

TAKE 2 DUO

31 MAR

COORLINY Arts Centre KWINANA

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Oscar Valdes and Kiki Saito for West Australian Ballet's *IN Cognito Ballet at the Quarry*. © Finlay Mackay

Enjoy ballet under the stars at *Ballet at the Quarry*

TUCKED amongst the tussling trees and brushed by the warm summer breeze, West Australian Ballet will bring to life its popular moonlit season of contemporary ballet at the Quarry Amphitheatre in City Beach with five weeks of performances from Friday, February 10.

Ballet at the Quarry will feature four works at the starlit limestone

quarry including from prominent American choreographer Helen Pickett, awarded Australian choreographer Alice Topp and acclaimed Polish choreographer Robert Bondara, who returns to City Beach with two works.

Open Heart Story: Australian choreographer Alice Topp will bring us her unique choreographic style in an

exciting new work commissioned by the West Australian Ballet.

Verses: Described as having one of the most brilliant ballet careers in the last decade, Polish choreographer Robert Bondara returns to the Quarry Amphitheatre stage with his short contemporary pas de deux which marvels the physicality of human existence.

Persona (Fratres): Robert Bondara will also present his elusive work exploring themes of captivity within sociocultural norms following his unique artistic style that is recognised across the globe. This work premiered for the Polish National Ballet in 2011.

In Cognito: In a major coup and Australian premiere, leading American choreographer and cre-

ator of more than 40 ballets for stage and film, Helen Pickett will transform the stage into a world where people battle time, furniture, identities and connection with each other, with expression and precision.

West Australian Ballet's *In Cognito*, Ballet at the Quarry runs from February 10 to March 11.

To book visit: www.waballet.com.au

Hypnotist Matt Hale returns to Fringe World with his brand new 80s theme show



Matt Hale

MATT Hale is a sell-out, award-winning and headlining Fringe artist returning in 2023 for his eighth Fringe World festival with his new show *Top Fun*; that will whisk you back to the 80s.

Matt will undertake 24 performances from January 20 to February 19 at the State Theatre Centre and The Court's main stage.

Perth-based/international performer Matt Hale is renowned for his modern brand of hyp-

no-laughs that turns the traditional hypnosis show on its head. Audience members can volunteer and enjoy the show from the stage, or their seats – they choose!

Using seemingly magical powers Matt hypnotises his volunteers to unlock the incredible ability of their mind. Using the power of suggestion, audience members will be transported into situations where they will release talents and

creativity, they never knew they had.

Top Fun is a ridiculously fun one-hour show, suitable for families, all-ages and tastes. No two shows are ever the same, and the show will leave you feeling absolutely fantastic.

Grab your Day-Glo, big hair and Rubik's Cube as the must-see fest fave brings an 80s twist to his brand new show *Top Fun*! Laugh along, sing along or even star in

the show (always your choice!) – we're gonna party like it's 1985!

WIN WIN WIN

We have five doubles to give away to *Top Fun* for Wednesday February 1, 6.30pm at State Theatre Centre. To be in the draw simply email win@haveagoneews.com.au with *Top Fun* in the subject line or write to *Top Fun* C/- Have a Go News PO Box 1042 West Leederville 6901. Closes 25/1/23.

New movie pipped as Brendan Fraser's comeback

The Whale is a new movie which tells the story of a reclusive English teacher (Brendan Fraser) who attempts to reconnect with his estranged teenage daughter (Sadie Sink). *The Whale* is based on the acclaimed play by Samuel D. Hunter and directed by Darren Aronofsky (*Black Swan*, *The Wrestler*, *Mother!*).

In cinemas February, 2.

WIN WIN WIN

Thanks to Madman Entertainment we are giving away 10 in-season double passes to see *The Whale*. To be in the draw simply email win@haveagoneews.com.au with *Whale* in the subject line or write to *The Whale* c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 25/1/23.

Interesting, funny and thoughtful show

of that feeling when you're at a party and you don't know anybody, explains its creator and sole performer Melon the Human, aka Australian sometime teacher and street performer Thomas Stewart.

"In it, we meet the person I think I am, the person I want to be and the person I inevitably end up being because I've overthought the whole thing."

Assume People Like You is a subtle character piece as much as anything, in which Stewart's clowning skills come to the fore. Many parts of the show are deliberately slow (whilst being hilariously funny), pretending to be unsteady; his awkward addresses at the microphone and slow, conversational sharing of an ice cream build the impression of a character who is loveable but incapable of assured human contact.

Thomas Stewart has brought his bold and vibrant charm to audiences around the world. Specialising in street performance, he premiered this new work at the inaugural CIRCfest Meanjin in Brisbane before taking it to Edinburgh Fringe Festival last August.

"I've performed for Cirque du Soleil and Circus Rio," says Melon, "but there's nothing quite like the risk and reward of presenting something you've made from the ground up."

"*Assume People Like You* is geared towards those who want to see amazing circus and comedy in a style they've never seen before... It's a unique experience."

Object manipulation, contortion and a spectacular spinning cube all feature in the quirky 60-minute work, challenging the struggles of modern connection.

Assume People Like You will be staged in The Parlour, Perth Cultural Centre from January 20 to February 5.

PERTH audiences looking for a unique and touching experience will be delighted when Brisbane-based circus artist Melon the Human brings his show *Assume People Like You* for its Western Australian debut at The Parlour, Perth Cultural Centre.

Assume People Like You is the circus interpretation

FROM THE DIRECTOR OF PAPER PLANES AND THE DRY

MIA WASIKOWSKA RADHA MITCHELL ERIC BANA ILSA FOGG

BLUEBACK

BASED ON THE BELOVED BOOK BY TIM WINTON

NOW SHOWING at WINDSOR CINEMA, LUNA ON SX and LUNA LEEDERVILLE

Look out for sessions at CAMELOT and LUNA OUTDOOR cinemas

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"Breathtaking interpretation of Emily Brontë's life"

"A dazzling debut from actor-turned-director Frances O'Connor"

The imagination behind *Wuthering Heights*

Emily

SEASON STARTS JANUARY 12 at WINDSOR CINEMA, LUNA ON SX and LUNA LEEDERVILLE

Look out for sessions at CAMELOT OUTDOOR cinema

STATE OF PLAY

JAN 20 - FEB 5

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COMEDY, THEATRE, DANCE & FREE KIDS ACTIVITIES

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FRINGE WORLD

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

ENTERPRISING and well travelled Euro Aussie gent, presentable widower at 80, medium build, 175cm, many interests, language guru, fin comfortable, sincere, tactile, NS, SD, NG, NOR, WLTM charming lady till 75, for friendship first.
Reply Box 9238

GENT 60+, sociable, honest, NS, SD, enjoy movies, dancing, camping, WLTM lady, quiet person, easy going, sincere, medium build, SOR, up to 57 with similar interests for friendship to enjoying each other's company. ALA.
Reply Box 9237

HAVE a go meet a friend group calling ladies and gentlemen 65+ to join us. We meet every three weeks, have lunch together, mingle around and have fun. No fees other than the cost of your own beverages. Reply with a mobile phone number only.
Reply Box 9233

LADY late 70s, WLTM DTE man for genuine friendship to enjoy movies, dinners, social activities. I'm 160cm, 68kgs. Let's create new ideas with weekends away, NS, SD, TLC, caring, genuine replies only, postcode 6011. ALA.
Reply Box 9240

LADY SOR WLTM an educated, well presented gent, aged 65+, NS. I am looking for a special friend who enjoys good conversation and occasional outings eg movies, shows and restaurants.
Reply Box 9236

NEW singles group, 65+, Perth to eastern hills, meet every three weeks for lunch. Come find a friend, companion, have fun, no fees apply, pay for own beverages, near train station. Please send phone or email contact.
Reply Box 9242

Seeking a Partner

ACTIVE young, early 70s fella, 6281 area, old fashioned values, GSOH, quieter lifestyle, no pretences, sociable, knowledgeable, thoughtful, neatly organised. Enjoys Australia, remote adventures, away from crowds, usual interests, plus more, Seeking lady similar. No metro.
Reply Box 9243

GAY man 110kg, six foot, solid build, hirsute, seeks similar man.
Reply Box 9235

GENT 79, sociable, NS, enjoys movies, markets, dining out, well presented, honest, loyal, likes long term relationship, enjoys walks on beach. Lady, let's meet for a chat.
Reply Box 9241

HAPPY new year. Attractive lady, 70+, UK/Australian, med build, educated, VGSOH, ND. I enjoy reading, walking, music, country drives, socialising, WLTM genuine, unattached, fin secure gentleman, 67-75 with old fashioned values for permanent long term relationship, genuine only. ALA.
Reply Box 9244

LADY 1940 vintage 5'3", 60kg, NS, ND, WLTM gent 77 to 84, varied interests, widow eight years, dancing, walking, gardening, TV sport, current affairs, dancing, I belong to three dance clubs, gent to have a sense of humour, a happy chap with no baggage, live anywhere from Bunbury to Rockingham. Don't need horse or buggy.
Reply Box 9239

LOOKING for this guy? Genuine, romantic, honest, fit, sincere, good looking (so they tell me), young 1940s. WLTM slim 1940s-1960s lady to be best friend, enjoying the good things in life day and night.
Reply Box 9234

Are you missing out on funding?



MY Aged Care has been available for almost five years now, but it's still a bit of a grey area for a lot of people. However, with Home Care Packages ranging annually from \$9,179 for low care to \$53,268 for high care needs, it's worth finding out about.

CPE Group general manager Rhian Tamin, 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 remove the flyscreens and clean the windows?

Rhian 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, 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 six months before receiving any funding at all. Sometimes this means that those waiting are unable to get the support they need to stay at home and must go into residential care before it 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 must be 65 years or older and to be able to demonstrate that you have 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.

Have a Go News SUBSCRIPTIONS

For 32 years we have been supplying this newspaper free to readers thanks to our advertisers. In these Covid times we cannot continue to subsidise subscriptions as we have done for many years. Anyone who would like to receive the newspaper posted to their home is welcome to subscribe.



\$100 for 12 months
 (inc postage to your home)



Name: _____

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When replying to a Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only) Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.

No greeting cards, bulky items and photos. All replies will be forwarded early in the next month.

All replies are strictly confidential and are not opened.

Replies must be in response to reply boxes no older than three months.



SOLUTIONS MATCHMAKING JANUARY SPECIAL
Join for 3 months and receive an extra 3 months FREE (conditions apply)
9371 0380

DIANELLA LADY 75 slim, attr, well groomed, fin. Secure, kind, considerate, ex country girl, enj golf, travel, dancing, sk gent 70-78.

CLAREMONT LADY 76 slim, blue eyed blonde, refined, well spoken, gentle, feminine, intelligent, very active, funloving, sk gent 72-82.

ATWELL LADY 74 bright, indep, outgoing, sociable, broadminded, d.t.earth, loves travel, sports, outings, sk gent 72-82.

CERVANTES/GERALDTON LADY 73 petite, physically active, happy, positive, love the ocean, outdoors, travel, will meet halfway. Sk gent 68-76.

NEDLANDS GENT 73 educated, prof, wid, 180cm, enj watersport, cooking/entertaining, dining out, o/seas travel golf. Sk intell lady, young at heart 65-70.

JOONDALUP GENT 74 retired prof, fit, well presented, easy to talk to, sk down to earth lady who loves travel 68-75.

MANJIMUP GENT 80 ret. farmer, very young & fit, well grmd, 175cm, love cooking, travel, o/doors, country living. Sk lady similar 74-82.

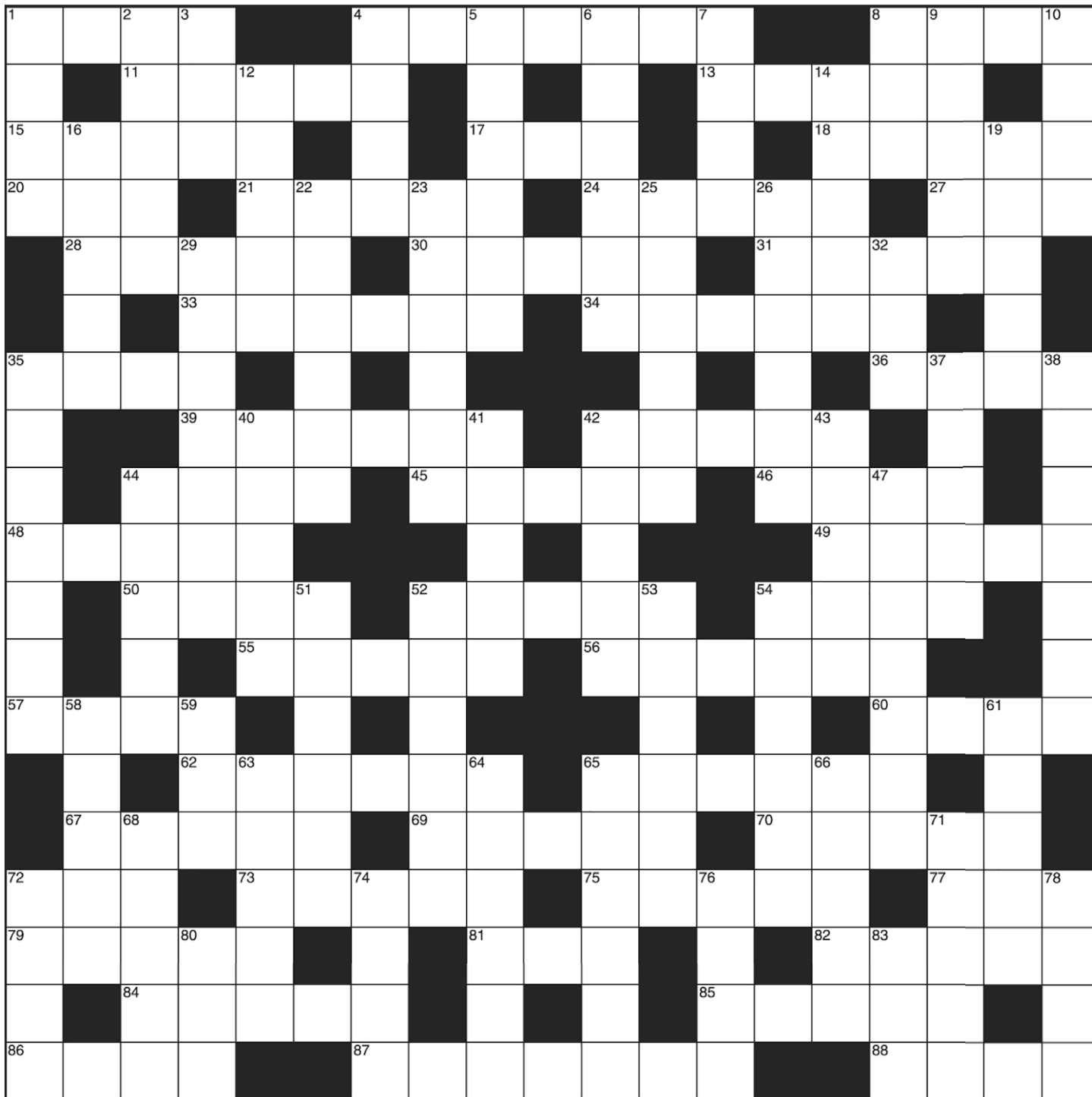
WANNEROO GENT 77 love dancing, golf, swimming, walks & overseas holidays. Professional, youthful, sk lady similar 65+.



Have a Go News PUZZLES PAGE



BIG CROSSWORD - SEE PAGE 29 FOR SOLUTIONS



ACROSS

- 1. Slightly curly
- 4. Grain store
- 8. Four-wheel vehicle, ... bike
- 11. Panache
- 13. Take place
- 15. Blurry
- 17. Delivery truck
- 18. Rationale
- 20. Flightless bird
- 21. Liqueur, ... de menthe
- 24. US potato growing state
- 27. Compass direction (1,1,1)
- 28. Calmness
- 30. Idiotic
- 31. Perfume, ... toilette (3,2)
- 33. Prance about
- 34. Athenians
- 35. Nobleman
- 36. Lowest female voice
- 39. Merited
- 42. Rice dish
- 44. Identical
- 45. Of shipping
- 46. Walk in water
- 48. Theatre platform
- 49. Beats
- 50. Heredity unit
- 52. Freight
- 54. Empty gossip
- 55. Indian city, New ...
- 56. Brutality
- 57. Ethereal Irish singer
- 60. All right
- 62. Bendable
- 65. Noddy creator, Enid ...
- 67. Immature insects
- 69. Scientist, Marie ...
- 70. Scanning device
- 72. Yelp
- 73. Platters
- 75. Misprints
- 77. Hire out
- 79. Vigilant
- 81. Occupied chair
- 82. Lazy person
- 84. Sister's girl
- 85. Dispatch
- 86. Dead as a ...
- 87. Rib cage centre bone
- 88. Formerly

DOWN

- 1. Zigzagged (through traffic)
- 2. Iconic fashion magazine
- 3. I am, ... are
- 4. Clarified butter
- 5. Arrival
- 6. Shopfront sunshade
- 7. Meditation art
- 8. Status ...
- 9. Pushed for
- 10. Spotted cubes
- 12. Alluring destination
- 14. Shroud
- 16. More than sufficient
- 19. Unskilful
- 22. Look up to
- 23. English actress, Helen ...
- 25. Throw off tracks
- 26. Mule's cry (3-3)
- 29. Rural holding
- 32. Canada's southern neighbour (1,1,1)
- 35. Exercise authority
- 37. Parasite
- 38. Unhealthy fatness
- 40. Modify (rules)
- 41. Buddhist leader, ... Lama
- 42. Sudden pains
- 43. Stumbles
- 44. Hanging unevenly
- 47. April gem
- 51. Spookier
- 52. Risky
- 53. Cowgirl heroine, Annie ...
- 54. Wine bar
- 58. Kathmandu is there
- 59. Tablet computer program
- 61. Concur
- 63. Milk coffee drink, caffe ...
- 64. Scuffle
- 65. Nipped
- 66. Pleasant sanctuary
- 68. Turn upside-down
- 71. Director, Woody ...
- 72. 36 inches
- 74. Discontinues
- 76. Excessively formal
- 78. Accurate
- 80. Brazilian metropolis
- 83. Twosome

Natural stem cell therapy can improve arthritis symptoms

Advertorial

ARTHRITIS is painful inflammation and stiffness of the joints. The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to the need for joint replacement surgery. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection and also to start the healing process.

Osteoarthritis begins in the cartilage and eventually leads to two

bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion.

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the damaged 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 you had in your bloodstream when you were 25.

Stem cell Nutrition encourages your body to naturally release millions of new stem cells – which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better. If you would like to find out more call Sandra Barnsley 0412 479 156.

Have a Go News has moved...

Have a Go News has relocated its office to

28B Sexton Road, Inglewood

Phone 9227 8283

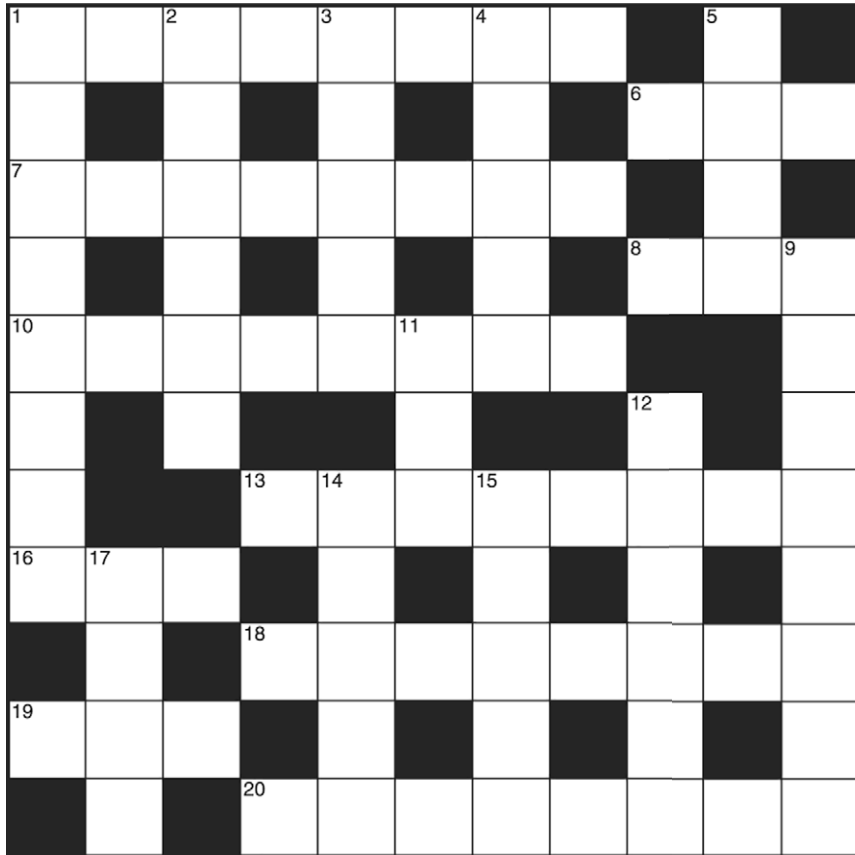


LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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CRYPTIC CROSSWORD



- in tree (6)
 3. Levels the odds? Hardly! (5)
 4. Uncle Andy is pure at heart (5)
 5. Peer inside clearly (4)
 9. Concern about the charge on borrowed money (8)
 11. I see eastern diamonds (3)
 12. End-of-term clues about brawn (6)
 14. Bring up flag, children or funds (5)
 15. Detect wisdom in chosen seminar? Could be quite common (5)
 17. Tiny part of a cat? (4)

STRAIGHT CLUES

- ACROSS**
 1. Question or statement (8)
 6. Sure-fire, in the ... (3)
 7. Responded (8)
 8. Boxer, Muhammad ... (3)
 10. Rebuking, ... down (8)
 13. Stress (8)
 16. Surcharge (3)
 18. Peak (8)
 19. Irish song, Danny ... (3)
 20. Deferential (8)
- DOWN**
 1. Attract attention (5,3)
 2. Fitted cosily (inside larger one) (6)
 3. Smooths (5)
 4. Spotless (5)
 5. Noble rank (4)
 9. Pastime (8)
 11. Frozen water (3)
 12. Biceps or triceps (6)
 14. Lift up (5)
 15. ESP, sixth ... (5)
 17. Type of nuclear bomb (4)

CRYPTIC CLUES

- ACROSS**
 1. Prisoner's term for part of paragraph (8)
 6. Criticise piece of luggage (3)
 7. Found the solution - wars need to be changed (8)
 8. Mr Baba is Italian at heart (3)
 10. Putting on clothes instead of bandage to cover wound (8)
 13. Sort of cooker or group that's measured in millibars (8)
 16. Make heavy demands on levy (3)
 18. It's all downhill from here (8)
 19. On reflection, this youngster is a yob (3)
 20. Reverend almost respectful (8)
- DOWN**
 1. I heard Stan doubt project (5,3)
 2. Howard left honest Edward, who made home

SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. RATING: ★★★★★

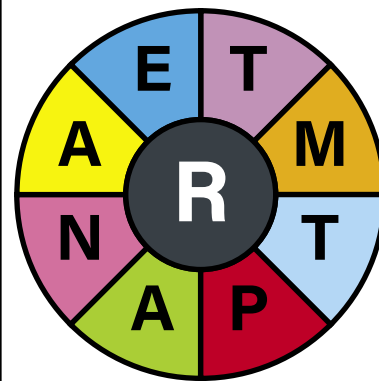
				2		7	4	1
5		7	1				6	2
	8			7	1	6		4
4	5			3			2	7
6		3	2	9			5	
2	4					8	5	
7	1	5		6				

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.

Wheel Words

25 Good 30 Very Good 39+ Excellent



WORD PAIRS

- THURMAN JOLIE KATE
 SCARLETT PORTMAN
 JENNIFER
 NICOLE ANGELINA
 WINSLET EMMA
 UMA JOHANSSON
 NATALIE KIDMAN
 LAWRENCE

Pair the words to find seven actresses' names. One word will be left over. This is the mystery keyword.





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Connect with a community of **like-minded travellers**



4
DAYS

MADAMA BUTTERFLY ON SYDNEY HARBOUR

This is Madama Butterfly as you've never seen it before. Under the stars, on a floating stage in front of the Sydney Opera House, with the Harbour Bridge and city skyline glittering in the background.

With fireworks every night and themed pop-up bars and restaurants, this will be an unforgettable evening.

TOUR HIGHLIGHTS

- ★ Top Deck Lunch with Captain Cook Cruises Sydney
- ★ Premium Seating at Madama Butterfly on Sydney Harbour
- ★ Tour of Sydney Opera House and Dine @ Opera Kitchen
- ★ Lunch at Manly 16ft Skiff Sailing Club

TOUR INCLUSIONS

- ✓ Home pick-up & return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Transfers throughout
- ✓ Return economy airfares and taxes
- ✓ 3-nights at the Parkroyal Darling Harbour Hotel
- ✓ Premium Ticket to Madama Butterfly on Sydney Harbour
- ✓ Breakfast Daily, 3 Lunches & 1 Dinner

1 TO 4 APRIL 2023

\$2990*

Per Person
Twin Share
Single Price
\$3550*



8
DAYS

AUTUMN LEAVES OF VICTORIA

Including the Autumn Leaves Festival in Bright

TOUR HIGHLIGHTS

- ★ Morning Cruise with Melbourne Tramboat Cruises
- ★ Lunch in Conservatory Restaurant in the Crown Casino
- ★ Entry to Melbourne Skydeck
- ★ Visit Dandenong Ranges Botanic Garden & enjoy lunch at Fortnum's Restaurant
- ★ Ride on the Puffing Billy Railway
- ★ Locally guided tour of Benalla street art tour
- ★ Ned Kelly's Last Stand Show, Glenrowan
- ★ Morning tea and talk at Red Stag Deer Farm, Eurobin
- ★ Locally guided tour of Bright & Beechworth
- ★ Guided tour of the courthouse, including a re-enactment of Ned Kelly's Trial at Beechworth Historic Courthouse
- ★ Lunch at Glenbosch Wine Estate
- ★ Visit and Tastings at The Olive Shop & Milawa Mustards
- ★ Self-guided cheese tasting with tasting notes at Milawa Cheese Co Pty Ltd
- ★ Visit Wangaratta Woodworkers & the Wangaratta Art Gallery
- ★ Lunch at Hanging Rock Café

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ Deluxe Coach Travel with professional Driver
- ✓ 3-nights at the The Savoy Hotel on Little Collins, Melbourne
- ✓ 4-nights at the Quality Hotel, Wangaratta
- ✓ Breakfast daily, 6 Lunches & 5 Dinners
- ✓ Sightseeing and Entry Fees as per the itinerary

25 APRIL TO
2 MAY 2023

\$3990*

Per Person
Twin Share
Single Price
\$4750*

DARWIN DISCOVERY

Beyond the sparkling harbour and fascinating history to the city's Asian-influenced food and tropical outdoor lifestyle, Darwin is an adventurers' paradise waiting for you to discover!

TOUR HIGHLIGHTS

- ★ Locally guided tour of Darwin
- ★ Visit the Darwin Botanic Gardens
- ★ Dinner Cruise with Spirit of Darwin Cruises
- ★ Full Day Tour to Litchfield National Park
- ★ Visit the Royal Flying Doctor Service including Bombing of Darwin Facility
- ★ Explore the WWII Oil Storage Tunnels
- ★ Visit the Darwin Aviation Museum
- ★ Enjoy the Mindil Beach Markets
- ★ Corroboree Billabong Wetland Cruise including Lunch

TOUR INCLUSIONS

- ✓ Home Pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ Coach Charter with Professional Driver throughout
- ✓ 6-nights' accommodation at the Travelodge Darwin
- ✓ Breakfast Daily, 1 Lunch & 4 Dinners
- ✓ Sightseeing and Entry Fees as per the itinerary



7
DAYS

10 TO 16 MAY 2023

\$3750* Per Person Twin Share
Single Price \$4590*



10
DAYS

NORFOLK ISLAND

Norfolk Island, a tiny Australian island in the South Pacific Ocean, is defined by pine trees, natural beauty and a colourful past. Join us on this wonderful tour staying 2-nights in Brisbane followed by 7-nights on Norfolk Island.

TOUR HIGHLIGHTS

- ★ See the Sights of Norfolk Island & learn about the colourful history
- ★ See the Sound and Light Show at nightfall
- ★ Enjoy a BBQ Breakfast and Captain Cooks Monument
- ★ Embark on a Convict Settlement Tour and hear the history of interesting convicts
- ★ Feast on a range of dishes at the Island Fish Fry
- ★ Embark on a Curious Castaways tour, a curious tale of English Pirates & Polynesian Princesses
- ★ Visit the Hilli Goat Farm, located at stunning Anson Bay
- ★ Dress as a convict and join with the commandant for an evening of gaiety, feasting and singing
- ★ Visit the home of Fletcher's Mutiny Cyclorama, a 360° panoramic painting and then enjoy a Devonshire tea
- ★ Enjoy wine, cheese & crackers on Mount Pitt
- ★ Experience Wonderland by Night - Norfolk pines and bushland lit up like an enchanted forest
- ★ Visit the Norfolk Markets & have free time for shopping

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares, taxes and transfers throughout
- ✓ 2-night stay in Brisbane at the View Hotel including a Welcome Dinner and breakfast both mornings
- ✓ Brisbane Touring including lunch at Newstead House
- ✓ 7-nights' on Norfolk Island at the Paradise Resort
- ✓ Sightseeing and entry fees as per the itinerary

7 TO 16 FEBRUARY 2023 - NEW
21 TO 30 MARCH 2023 - SOLD OUT
14 TO 23 SEPTEMBER 2023

\$5190* Per Person Twin Share
Single Price \$5990*

EUROPE RIVER CRUISE with Carey Brown

From Budapest to Amsterdam, this 14-night Europe river cruise will take you through some of Europe's most wonderful towns & cities including Vienna. Enjoy having all your meals included on the cruise, in an elegant dining area with drinks included at lunch and dinner. With daily sightseeing included each day, it's like bringing Europe to your doorstep.

TOUR HIGHLIGHTS

- ★ Guided tour of Budapest, Vienna, Passau, Regensburg, Nuremberg, Bamberg, Miltenberg & Cologne's Old Town
- ★ Walking tour of Bratislava
- ★ Tour of Melk Abbey
- ★ Walking tour of Würzburg and a visit to the Bishops Residence
- ★ Visit to Siegfried's Mechanical Music Cabinet Museum
- ★ Canal cruise in Amsterdam

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 1-night pre-cruise accommodation in Budapest
- ✓ 14 nights on board an Emerald Cruises Star-Ship
- ✓ BONUS Viennese Evening Concert
- ✓ Airport transfers to and from the ship
- ✓ The services of an Emerald Cruises Cruise Director
- ✓ Port taxes and charges
- ✓ All tipping and gratuities included on the cruise



18
DAYS

27 MAY TO 13 JUNE 2023

From \$9690*

Per Person Twin Share

Based on a Category E Stateroom – upgrades available



16
DAYS

SPAIN & PORTUGAL CRUISE

3nts in Lisbon, 8-night Cruise & 2nts in Barcelona

TOUR HIGHLIGHTS

- ★ Welcome and Farewell Dinners including wine
- ★ Guided sightseeing tours of Lisbon and Barcelona
- ★ Visit the Belém Quarter and enjoy the famous Portuguese tart
- ★ Visit the UNESCO World Heritage town of Sintra
- ★ Cruise from Lisbon to Barcelona on ms Oosterdam, a Vista Class cruise ship
- ★ Visit inside Gaudí's extraordinary masterpiece, the Sagrada Família
- ★ Spend the day in Casablanca, Morocco
- ★ Stroll down the promenade in Malaga with its many shops and restaurants
- ★ Visit one of Spain's most delightful towns, Palma De Mallorca
- ★ See the gorgeous buildings in Valencia
- ★ Walking tour in Barcelona with a local guide including Placa de Catalunya, Palau de la Musica Catalana and Barria Gothica area

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ Transfers throughout
- ✓ 3-nights pre-cruise accommodation in Lisbon at the Atllis Grand Hotel
- ✓ Welcome Dinner including wine
- ✓ Guided tour of Lisbon with a local expert
- ✓ Dinner at a local restaurant in Lisbon including wine
- ✓ 8-night Holland America Cruise including meals, entertainment, port charges & taxes
- ✓ 2-nights post-cruise accommodation in Barcelona at the Hilton
- ✓ Guided tour of Barcelona with a local expert
- ✓ Farewell Dinner at a local restaurant including wine

18 MAY TO 2 JUNE 2023

\$8795* Per Person Twin Share
Single Price \$11290*



TO SECURE YOUR SPOT

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