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A teller of tales



Printmaker Kati Thamo Pic Serena Kirby

by Serena Kirby

SMALL in stature but big in talent, Kati Thamo is a renowned WA printmaker whose work can be found in prestigious galleries around Australia and in a long list of public and private collections both in Australia and overseas.

Detailed and delicate, Kati's artworks are filled with references to family, her origins and nature.

"My parents were immigrants from Hungary," Kati explains.

"We didn't travel a lot but when we did go overseas, we always visited art galleries and my mother really fostered my appreciation of art."

At age 13 Kati was chosen for a special art course at her Perth high school and she says from that point on there was really no question of what path she was going to follow.

"A lot of printmakers choose one

form to work within, but I'm a bit unusual as I do linocutting, etching, collagraph and embossing."

Kati says there's a sense of alchemy about printmaking.

"You have all these processes, one step after another and you're working on a plate where everything is reversed. After you've put it through the print press you just don't know what you'll get until you pull the paper off the press. It's akin to pottery in that you only get to see the end result when you open the kiln door."

Many curators and collectors have used the word 'exquisite' to describe Kati's work. It's not just how her work looks that makes her prints so exquisite, it's also the way in which she layers a number of meanings into a seemingly simple image. As a result, Kati's work has a strong sense of story about her life and her world and she says images are a bit like poetry, where

the viewer can adapt what they see to reflect something in their own world.

"What I'm experiencing comes out in my art. That's the same in all art forms. When my kids were at home, I was making artwork showing images of domesticity and stories of family life. It doesn't mean that the viewer will necessarily pick up on those stories but it does give me the impetus to create the work."

Many of Kati's works feature floating images depicting 'the swirl of life' and a sense of being caught in life's currents.

In her earlier artworks she would often create unique prints where the characters and imprints appear like blocks of shadow on the background space. Her Eastern European origins were highly prominent in these works and they portray an essence of mystery and myth, folklore and fairy tale.

More recently Kati has been exploring the natural world and depicting images that act as metaphors for our relationship with the natural environment.

"I've recently become interested in biodomes and I admit I'm a little bit obsessed with birds. I've done a lot of works featuring flora and fauna inside bottles as these vessels suggest a sense of fragility; something we need to care for and be careful with."

A series of 15 of these newer works have been purchased by the Perth Children's Hospital and there's little doubt that viewers of these, and other works by Kati, will again use the word 'exquisite' to describe both the technical talent and meaningful imagery of this master printmaker who is also a teller of tales.

To view Kati's work or get in touch, visit her on Instagram at [deeplyetched](https://www.instagram.com/deeplyetched).

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From the managing editor's desk



Tahlia Merigan, Jen Merigan, Vince and Anne Garreffa and Ron Reddingius at Frasers Restaurant, Kings Park celebrating 50 years of marriage for Vince and Anne.

HAPPY New Year – it was so lovely to have a break over the festive season after a very busy end to the year. Prior to Christmas I spent a day in Melbourne interviewing Todd Woodbridge and I look forward to sharing that story with you next month. Todd is the host of the new Channel 9 quiz show *Tipping Point* and while in Melbourne I had the opportunity to be part of the studio audience and speak to him. It was a great experience and I know readers will enjoy the new show.

I had a really happy and joyous time over the festive break with my daughter Tahlia home for three weeks. We spent lots of time socialising, cooking and just being together. On her last weekend we celebrated the 50th wedding anniversary of our good friends and long-time columnist of this newspaper Vince Garreffa and his wife Anne. It was a lovely

evening marking their golden anniversary and hearing stories of their life together. We were thrilled to be part of their celebration. It reminds me how important it is to mark all of life's milestones.

We are looking forward to bringing you some great stories and lots of activities and events this year. This month we include our 2024 reader survey, which we run every two years. It gives us the opportunity to find out more about you, our precious readers, your likes and dislikes and it also helps us provide the advertisers with pertinent information so we can continue providing the newspaper for free each and every month. Everyone goes into the draw to win a prize and it will be open until March 1. I will be grateful if you take the time to fill it out, either using the hard copy included in this edition or go direct to our online survey at www.surveymonkey.com/r/YDNQT6B

The 2024 Fringe World Festival starts on January 19 and runs through to February 18. There is nothing quite like the atmosphere of this event. Head into one of the hubs and enjoy dinner and then a show, or the other way round.

We have a selection of some of our favourite shows on our website including some of the entertaining and informative kids shows which are coming to town.

The southwest doesn't miss out either, with Bunbury Fringe announcing their biggest program yet – more than 42 shows and 50 buddy events

spread through the city this month. The Fringe Festival provides people with the opportunity to see unique shows that get the audience up close and personal with the performers. From cabaret, burlesque, music, magicians, comedy, acrobats and some acts weird and wonderful. If you have never been to a Fringe show, make 2024 the year you do. Check out the entertainment page on the *Have a Go News*' website www.haveagonews.com.au/category/entertainment/ for listings of a variety of our favourite shows.

Social media is a great way for us to stay in touch with readers in-between editions of the newspaper. The *Have a Go News* Facebook page offers a variety of entertainment, giveaways, jokes, art and information. Join us by following our page at www.facebook.com/Haveagonews/.

Lots of people are ensuring they never miss a copy of the newspaper by signing up to receive the digital publication direct to their inbox. Unlike other publications we don't make you register or send any advertising material, sign up for free at readers@haveagonews.com.au

I hope you enjoy the read and wish you a healthy and happy start to the year.

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Ageing Snippet

The opportunities for a healthy nations' older population

UNHEALTHY nations are less able to capitalise on the opportunities of ageing. International Longevity Centre's research shows that spending just 0.1 per cent more on preventing ill-health can unlock an extra nine per cent of spending per year by older households and 10 extra hours of volunteering.

Editor's note – there is a message here for the state government on the importance of supporting *Have a Go News*!

Have a Go News Quick Quiz - See answers on page 30

Questions

1. What was Busselton's original name (The V...)?
2. WA became one of six federated States in 1890, 1900 or 1901?
3. How many schools are in WA (650, 720 or 800)?
4. How many teachers are in WA (300,000, 560,000 or 750,000)?
5. WA is home to how many wine regions (9, 10 or 12)?
6. Which octopus has enough poison to kill 26 humans?
7. Is Weebill (Kiderbot), animal, vegetable or mineral?
8. WA's coast extends (14,550kms, 13, 300kms or 12,889kms)?
9. Which State has Australia's longest coastline?
10. WA has about 250, 500 or 700 bird species?

Noongar Words

Kwelena - dolphin
Kooyar - frog

Noongar Season

Birak
The hot dry time of December and January

Word of the month

Annus mirabilis

noun | ann-us-muh-RAH-buh-lus means "a remarkable or notable year." Example DEVOTED film buffs often argue over whether cinema's annus mirabilis choosing the year their favourite movie came out.

Annus mirabilis is a direct translation from New Latin, the form of Latin that has been used since the end of the medieval period especially in scientific descriptions and classification. The phrase is often used by writers and historians to denote a remarkable year.

Great West Aussies - Did you know?

LEGENDARY WA jockey Damien Oliver was considered to be Australia's greatest jockey of all time. He won the Melbourne Cup in three different decades (on *Dorimus* in 1995, on *Media Puzzle* in 2002 and on *Fiorente* in 2013). Oliver won racing's grand slam: Melbourne Cup, Caulfield Cup (which he won four times), Cox Plate (he won twice) and Golden Slipper. On the last day of Oliver's career, at Ascot in 2023, he won all three final rides.

Quote of the month

YOU are never too old to reinvent yourself.

Steve Harvey

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Her Excellency Eva - ambassador for Guide Dogs WA



John with Guide Dogs WA's ambassador Eva

by Frank Smith

EVA, a nine-year old Labrador-Retriever cross is a Guide Dogs WA ambassador and she is on call for all their public relation needs.

She is a meet-and-great dog; she visits primary schools and business organisations to raise awareness of Guide Dogs WA and help raise much-needed funds.

She has visited the police call centre, helping operators chill out between emergency calls. She visits Sir Charles Gairdner Hospital emergency department and makes weekly visits to the Children's Hospital and Ronald McDonald House where she sits in the foyer bringing a smile to the faces of sick children.

She has even planned to visit cancer wards but this has been sidelined because of the risk of introducing new pathogens to immune-compromised patients who are receiving chemotherapy.

Eva was raised by volunteers John and Annette Davies to be a guide dog. She received standard guide dog training but had to be re-assigned for health reasons.

Guide Dogs WA of-

fered Eva to John and Annette as a pet, but after discussion it was decided to find an ambassadorial role for her.

Eva has no guiding ability, but retains her right to access shops, restaurants and all place where other dogs are banned.

John retired 11 years ago after running a graphic design studio.

"Annette and I had never had a dog. We wanted to do something good in retirement and volunteering with Guide Dogs WA seemed the right thing to do.

"Unlike owning a dog, where you are committed for the length of their life, we could back out if it did not work out."

They became puppy raisers. Volunteers who receive an eight-week-old puppy and raise it until ready for formal training at about two years.

"It's a full-time job," said John.

Puppy raisers welcome a puppy into their home and teach the young pup basic obedience and socialisation. Puppy raisers are guided through the process of preparing for formal training by a weekly visit from a Guide Dogs WA trainer.

Guide Dogs WA provide food and regular veterinary inspection

and treatment.

Once toilet trained, they introduce their puppy to the environments and experiences it will encounter as a working dog. They are encouraged to take the puppy with them into shops, restaurants, on public transport and everywhere they go.

"We take them to the training centre regularly. They are trained to work with other people, not just me," said John.

"The trainer assesses the progress of the puppy and decides their future. Between 50 and 60 per cent make the grade as guide dogs. Some of the other dogs become companion dogs for children and adults with disabilities or autism.

"It cost \$50,000 and takes two years to raise and train a guide dog. It is a big investment and Guide Dogs WA needs to get a good outcome."

John and Annette have been puppy raisers for ten years but there's always the heartache of having to pass the pup on.

John said that his basic advice was to ignore guide or assistance dogs.

"When it's out with its handler or in a jacket, it is working and the person who is with it is also concentrating.

"Some guide dog users will be counting the number of streets they have to cross before they turn, or that there's 27 steps to the bus stop.

"If you interrupt such people they can actually lose where they are. Just ignore the dog. Don't cuddle them or offer them food," he said.

Guide dogs have to concentrate on the person they are guiding and often make challenging decisions for them, such

as when to cross a busy road.

John says ambassador dogs have got the job every dog wants. They represent Guide Dogs WA in the media and at events and are free to socialise with the public. It is not the proverbial dog's life.

"Eva has a great life, she's special. She's allowed to be a dog; she gets to go everywhere. All guide dogs are well looked after. They have a great life," he said.

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As it happened - beyond the stories... catching your breath on a smoking debate



The rate of daily smoking among Australians from age 14 years has more than halved over the past 30 years © Pawel Czerwinski on Unsplash



by Lee Tate

WESTERN Australia snuffed out smoking in all indoor areas of pubs, bars and clubs on July 31, 2006. Part of a national social revolution, it led to a healthier Australia.

Smoking bans in workplaces and public areas came with remarkably few industry or public protests or problems.

Smoking is prohibited in outdoor eating areas, including restaurants, cafés, delis, lunch-bars and hotels. Smoking is banned within 10 metres of children's playground equipment.

It is illegal to smoke in a car if children under 17 are inside. Smoking is even prohibited between the flags on patrolled beaches.

Some exceptions include liquor-licensed

premises that are not subject to a restaurant licence where up to 50 per cent of their outdoor eating areas can be smoking zones.

Exemptions were made for gamblers in Crown Casino's international room and pearl room which may have raised a few eyebrows in health quarters.

The State Government even allowed footpath drinking without food to accommodate smokers. Smoking on domestic flights was jettisoned in December 1987 and on international flights within Australian airspace in 1990. In 1996, smoking was banned on all Australian international flights.

The Australian Capital Territory was the first jurisdiction in Australia to ban smoking in cafés and restaurants, on December 6, 1995. Smoking bans applied to all enclosed public places from December 1, 2006.

Victoria is big on exemptions. Although smoking in enclosed public places was banned on July 1, 2007, exceptions include non-enclosed drinking areas, but only if the area

has a roof and walls that cover no more than 75 per cent of the total non-wall area.

Smoking got Victoria's green light on balconies, verandas, motel smoking rooms, private businesses, courtyards, outdoor shopping malls, personal living areas in residential care facilities, marquees and footpaths. Crown Casino's high-roller and smoking rooms can puff-on.

The Northern Territory allows smoking inside school areas where children don't have access.

"In the NT it is common for bars in rural areas to disobey smoking bans despite fines of \$1000 to \$8000," said one observer.

The NT was first to ban smoking in correctional facilities with total cigarette bans from July 1, 2013.

The rate of daily smoking among Australians from age 14 years has more than halved over the past 30 years. Smoking rates fell to record low levels with much of the decline the result of more Australians never taking up smoking, rather than smokers quitting.

Recognised as a world leader in tobacco control, Australia's tobacco control measures include the plain packaging of tobacco products, a world-first.

But tobacco still causes more disease and injury burden in Australia than any other single risk factor with 8.6 per cent of the total burden of disease in 2018.

The social costs of tobacco use (reduced economic output due to premature deaths, hospital separation costs and other medical and social care costs) exceeds \$20

billion annually.

Last year, on the 10th anniversary of tobacco plain packaging, the Federal Government announced 11 new measures.

They include more graphic warnings on tobacco products, individual cigarettes to come in unattractive colours or include printed warnings like 'smoking kills' and bans on flavours and menthol.

Deceptive names on products, like 'organic' or 'light' would be banned and advertising widened to capture e-cigarettes. Tobacco tax over the next three years would rise by an annual five per cent.

The government aims to reduce the number of daily smokers to below 10 per cent of the population by 2025 and below five per cent by 2030.

The daily smokers aged over 15 in Australia dropped from 24 per cent in 1991 to 11 per cent in 2019.

Smokers are paying more than \$40 for a pack of 25 or 30 cigarettes and up to \$65.

But cigarettes don't tell the full story.

"Electronic nicotine delivery systems such as e-cigarettes, e-cigs, e-hookahs and e-pipes are now available in the community," said Curtin University research fellow Dr Michelle Jongenelis.

Between 2016 and 2019, lifetime and current use of e-cigarettes increased among smokers and non-smokers. About 60 per cent of regular e-cigarette users were younger than 25.

As habits change, governments are trying to catch their breath.

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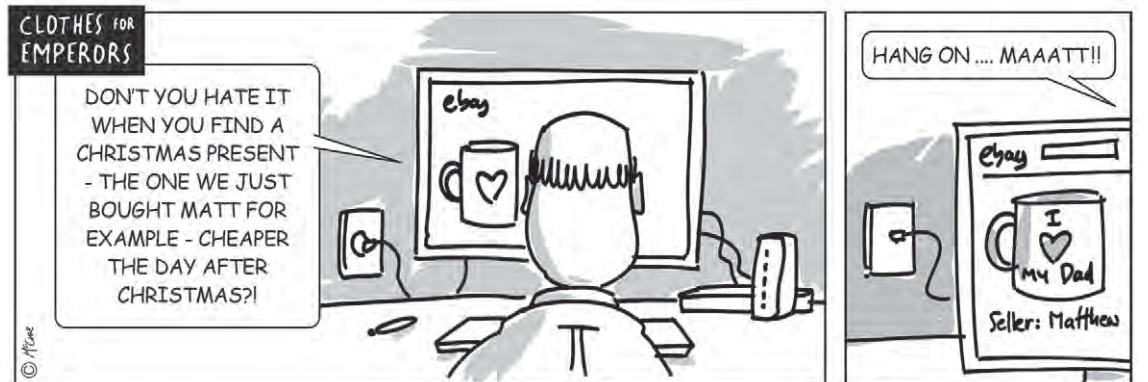
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Readers can also complete the survey online until Friday, March 1, 2024 by scanning the QR code.

See page 18 for further details.



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Ivan's quest to preserve our theatre history for future generations



Ivan King OAM © Photo by Alison Rodrigues

by Josephine Allison

IVAN King OAM has always loved the theatre. Since being taken to a pantomime as a small boy in Midland, he decided life in the theatre was for him. After an adventurous stage career which took him interstate and overseas he is now archivist and historian for the Museum of Performing Arts at His Majesty's Theatre in Perth.

"I created the position because I felt that a vital part of our history, WA's cultural life with its stories and yarns, was mainly unrecorded," Ivan tells *Have a Go News* in an interview inside His Majesty's, the theatre he knows and loves so well.

"It's 50 years since I took to the stage downstairs with Max Kay in *Fat Cat in Double Double Trouble*," Ivan chuckles. "I did the splits and

he couldn't.

"I started to record our cultural history and to collect memorabilia relating to it because not only did it tell me about myself and my own profession, but it also told me about my own environment and my own state.

"Much has been made about our noble pioneers, the miners, farmers, shopkeepers, lawyers and teachers, but those who entertained these people were totally overlooked. I realised what guts these troopers had and that was the start of my interest.

"They speak about the tyranny of distance and isolation yet the people who were most affected by this were the strolling players, how the hell did they do it? I first became interested in the situation in the Goldfields when I read about the dust and dirt and water being two shillings a bucket.

"You read about Dame Nellie Melba and other artists going there to entertain at the turn of the century but where was the hot water to wash and dry costumes before showtime?"

"I realised what guts these troopers had and that was the beginning. My inspiration was the collections being developed in the newly built Arts Centre in Melbourne and the Adelaide Festival Centre, both with strong state backing. The Melbourne collection now has worldwide status. We in Perth have a lot of catching up to do."

Now called the Museum of Performing Arts (MOPA), it has a collection of more than 45,000 catalogued items. Photographs, programs, posters, press clippings, scripts and scores form everchanging displays reminding patrons of the luminaries who have graced the stage at the Maj.

Among them are Percy Grainger, Anna Pavlova, Katharine Hepburn, Rex Harrison, Claudette Colbert, Geoffrey Rush, Angela Lansbury, Sir Ian McKellan, Eileen Joyce, Maggie Smith, Cate Blanchett and, of course, our own glorious Jill Perryman.

As an actor, Ivan went to England for two years after performing in *The Merry Widow* and touring the backblocks of NSW

doing children's shows three times a day with actor Judy Nunn, long before she became an author.

"I spent a sun-drenched summer in Butlins holiday camp doing regional tours, paying £13 a week rent at the mercy of the local theatrical landlady.

"At times I couldn't pay the rent and Sir John Gielgud and I survived on sandwiches from a local shop. I bumped into Frank Baden Powell who was in Britain talent scouting and he asked what I was doing.

I said: "I'm broke and want to come home."

And he said: "Come and work for us."

So I got home expecting to perform at the Old Time Music Hall.

"Instead, Baden Powell put me in a car and took me to Inglewood to the old Civic Theatre, saying "tomorrow night we are opening *Diamond Lil's Wildwest Review* and we want you in it.

"There was a rather statuesque lady on stage named Joan Sydney. That was our Diamond Lil and so we went to a disposal shop in Barrack Street and bought cowboy chaps and sprayed a broadbrimmed hat yellow and I went on stage the next night as Cecil the Sexy Sheriff.

"We ran the show for three years, making enough money for Frank

Baden Powell to open the Dirty Dicks chain of theatre restaurants.

Following my Baden Powell years I returned to Sydney and worked backstage at the opening of the Sydney Opera House six weeks before it opened in 1973 and six weeks after the opening.

"I was in the thick of it all. I was sitting holding court in the Green Room one day when I heard a woman's voice behind me. It was the Queen chatting on her way through to the Concert Hall.

"I returned home for good with all these experiences colouring my sensibilities."

Ivan has played a wide range of roles at the Playhouse, the Regal Theatre, the Hayman Theatre, His Majesty's Theatre and the Hole in the Wall. He wrote skits for revues, entertainment features for *Music Maker* magazine and social columns for a suburban newspaper.

As the founder of the Museum of Performing Arts Ivan has created 54 exhibitions highlighting the history of entertainment in Perth.

In 2009 he was given the Premier's Award for Active Citizenship and in 2016 the Medal of the Order of Australia for service to the performing arts as an art historian and archivist.

Born in Midland in the shadow of the Town Hall

clock, he came from a railway family when the Midland workshops were established. Family history has it that his great grandmother drove cattle from Gingin to Midland abattoir until she was 66.

Ivan recalls the raw beginnings of MOPA.

"I found some yellowing photos from a 1932 production at the repertory club. I stuck them for all to see on the wall of the Hole in the Wall theatre with gaffer tape. That was my first display."

He laments the loss of

so much memorabilia.

"In 1978 the theatre basement at His Maj was chock full of posters, programs, photos, props and costumes but they all went to the tip. I crawled into the basement among the dust and dirt and came out with 50 or 60 photos, sheet music and old vaudeville photos. Fifty years of history went to landfill."

The museum is now housed at the King Street Arts Centre and has a professional footing.

continued on page 34



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The joy of giving is not just about money

by Allen Newton

PHILANTHROPY is not just for the big corporate players says WA chair of philanthropy collective, Arts Impact WA, Paul Chamberlain.

He believes every volunteer at a community group is giving in their own way.

While Arts Impact WA has relied upon some big donations to sustain its practice of making \$100,000 major donations to small, brave art projects, Paul says there

has been a substantial focus on smaller \$1000 sponsors.

Born in Bristol in the UK, Paul moved to Perth with his wife and family 29 years ago and has been involved with foundations and community causes in Western Australia ever since.

"The reality is, anyone who gives of their money, but also of their time or their talents to help the community is in essence a philanthropist," Paul says.

"I think most people

don't think of themselves in that way."

But Paul says we can all use our skills and money to support different philanthropic organisations as best we can to try and help make a difference.

"It's not just about giving money, it's about giving time, it's about trying to help promote some of these organisations and to make a difference."

He says those people tend to be in the older demographic.

"I think part of it is because when most people go through the child-rearing phase of their lives and focus on their career and their family, there's less free cash or free time potentially available to them.

"As people start to age - I know I'm 63 so I get this as well - people get into their 50s and 60s we start to think about legacy, we start to think about the place that we live and move beyond thinking about just us and our families.

"I think that's part of what drives that decision-making. And also, for a lot of people, having a bit more time once the family has left or once you've re-

tired, means that you can give back some more time and find meaning through engagement with these different organisations in whatever field."

Paul was involved with setting up the philanthropic group, Impact 100 WA which has a broad focus and was the first of its kind in Australia. This group has given away nearly \$2.7m in 12 years and there are at least five other Impact 100 groups now around Australia.

Paul got more engaged with the arts and culture sector some time ago.

"I was the chair of FORM for a number of years during this time, it became apparent to me that it was very difficult for the arts to compete against other types of organisations that are, I guess, a bit more emotive."

Paul knew there were lots of small to medium-sized arts organisations that were struggling to get funding and individual philanthropy could be a big help in taking risks that governments and companies couldn't.

"Having had the experience with Impact 100

we changed that model slightly to make it less work for the people that were involved.

"And then I approached a couple of people who I knew, James Boyd, and Iris Koomstra, who had been involved with Impact 100 and Jimmy Murphy form the Town Teams Movement

"We realised from our previous experience with Impact 100 that sustainability from the start was key."

The group reached out to contacts with wealthy families and foundations and signed up 27 different founder champions who agreed to fund Arts Impact between \$5000 and \$10,000 a year for three years.

"Each year we had a kick-off amount of \$170,000 for the first three years. Our job then was to go out and find the \$1000 or more donors to get us to the stage where we could give subsequent grants.

"In the last two years we've made two \$100,000 primary grants each time and anyone that's made it through to be to the main event has actually re-



WA chair of philanthropy collective, Arts Impact WA, Paul Chamberlain.

ceived at least a \$10,000 grant."

Paul says it's not been easy to find those donors but being tax deductible helps.

"I constantly get asked: wouldn't the money be better spent on hospitals or kids' education or homelessness? Part of the answer to that is yes, but the reality is what sort of place is it that you want to live in?"

"Arts and culture is important. During Covid we saw increasingly the importance of arts and culture to our community.

For us, it's something that we believe is really important."

Arts Impact applications opened on December 1 for grants for unique and ambitious arts projects that build a sense of community and cultural capacity in WA.

Paul says the awards night in May is a little like a Shark Tank pitch night where the six finalists pitch their ideas, with winners of the grants voted for by people who donated more than \$1000.

To find out more go to www.artsimpactwa.org/.

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Tales of women in agriculture inspire local author Fleur McDonald



Fleur McDonald © Rose Henderson

by Josephine Allison

AUTHOR Fleur McDonald grew up in South Australia with an affinity for rural life. The author of more than 22 books with a country background, her latest book, *Voices in the Dark*, is a compelling read about a family and its older members.

Now farming in Esperance, Fleur says that when she was a child growing up in Orroroo, her family made a conscious decision to keep her grandparents at home.

"I saw that in rural areas we don't have the facilities or funding to do that easily and I wanted to highlight it," she tells *Have*

a Go News.

"The research was not necessarily my experience but my parents are getting to that age where you have to stop and think about what's going to happen to them in time. My friends are in the same situation.

"I deliver Meals on Wheels and I see a lot of people trying to keep elderly people in their own home and have this type of quality, so I guess that is the type of research I have done."

"I wrote *Voices in the Dark* in 2022. I write two books a year and they all have a rural background. I guess that is where I'm from and it's easy to write about what you know.

"I set a lot of my books in South Australia, but I have lived in Esperance for the past 30 years."

Voices in the Dark tells the story of Sassi Stapleton who receives a middle-of-the-night phone call to tell her that her beloved grandmother is unwell. She quickly puts her job on hold, packs her ute and sets off on a long drive home, knowing her grandfather will need her.

Less than an hour away from Sassi's hometown, Barker, she swerves to miss a roo, and her car rolls down an embankment. By the time Sassi is found, her grandmother has passed away.

What ensues is a riveting story involving Sassi's estranged mother, Amber, living in South Africa, who flies home to become involved with her family again. Tensions rise with the family together under one roof.

Fleur, who lives in Esperance with her son and daughter, farms 2000 acres east of the town and leases 2500 acres east of Perth.

"I'm a farmer and it's an area I know very well," Fleur says. "I had women coming to me saying how good it was to have their lives reflected on the pages. Before fellow author Rachel Treasure and I started writing there probably wasn't much of that.

"So to be able to talk about farming and in particular women in farming is a special thing.

"Women in agriculture are special. Back in 1994, only three years after I left school, women legally were not able to call themselves farmers. I feel this is another reason to be writing these books and making sure people understand where we have come from and how we have got to where we are."

Fleur says she hopes people gain entertainment from her books. "I find the world is such a terrible place at the moment that to be able to get lost in the pages of a good story is a very special thing.

"I need something to pique my interest and I can work with that, a granule of an idea. The idea for *Voices in the Dark* came when I was touring a station and had a ute pass me very quickly on the Hume Highway.

"Twenty metres up the road I came across the ute stopped with a woman with her head on the steering wheel. I wondered what had happened to her to take her from driving quickly and to be stopped and crying.

"What phone call had she had? So that was where the opening theme came from."

Fleur, who spent a month late last year touring Queensland and NSW promoting her book, studied agribusiness and later became one of the first jillaroos in the south east of SA, taking on the

blokes in a male dominated industry. She started farming in 1992.

When her children were still small, she discovered her passion for writing. She wrote snippets on pieces of paper in between late night feeds, shifting sheep in the ute, while on the tractor during harvest and in rare moments of peace during harvest, under a tree in a paddock.

To this day Fleur still prefers to write out in the backyard under a gum

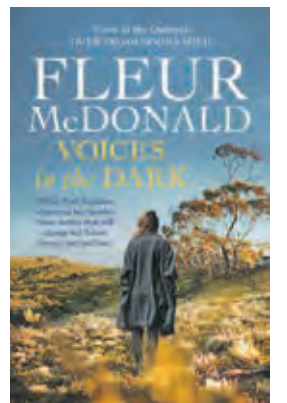
tree or in the bush sleeping in a swag.

Her debut novel, *Red Dust*, made her the highest selling debut author of 2009. Since then, she's gone on to write 22 novels and two children's books.

Writing, says Fleur, is her full-time job. She has another book, *Shock Waves*, coming out in April and another she is currently writing, due for release late this year.

Voices in the Dark by Fleur McDonald (\$32.99,

Allen & Unwin), is on sale now at all good bookstores.



Bob Maumill in person in Mandurah



Bob Maumill and David Templeman MLA
MANY people will have read about Rob-

ert Maumill in last month's edition of *Have a Go News*. It was reported that he is available as a speaker. Bob's recently published book entitled *Letters from a Hard Country* has now hit its third reprint.

You can get some of the stories from the author at the meeting of the Mandurah branch of Association of Independent Retirees (AIR) on Monday January 22, at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine, Mandurah. Meeting starts at 9.30am and his talk will be the first item on the agenda.

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Where opinions matter - bank branch closures a reality but let's keep cash



Do you have access to cash?
© Melissa Walker Horn on Unsplash



not a massive inconvenience for us city dwellers in the modern world with online banking and convenient transport.

But you have to feel for people in regional and remote areas, as well as the many disabled everywhere.

Retailers and other businesses that need cash and change in their daily operations have had to rearrange their financial dealings.

Branch closures are nothing short of a revolution.

Jason Bryce from the

Cash Welcome campaign says: "The cash system is essential national economic infrastructure that is now being dismantled and replaced by privately-owned payment systems charging fees to users."

Banks have been shutting branch doors for years but recent closure figures are staggering. Australia lost another 424 bank branches in the 12 months to the end of last year. Banks also removed a further 718 ATMs.

"Enough is enough," said Mr Bryce who started a national petition calling for a cash and banking guarantee. More than 120,000 Australians have signed.

Amazingly, bank closures are continuing during a Senate inquiry into closures.

"Some banks made explicit promises to stop closing branches while the senate committee's process was underway," Mr Bryce said.

"Australians don't want to lose access to cash or their right to choose cash to pay for essential goods and services."

Consumers and businesses, he said, needed cash and banking for their local economies to thrive.

"Even people who don't use cash every day need cash occasionally or when systems go offline. Many bank branches are being closed despite continuing heavy foot traffic and even growing numbers of customers."

"Banks enjoy a central place at the heart of our economy and money system. Banks need to serve their customers

and ensure that all communities have ready access to cash," he said.

It's almost a year since the inquiry into rural and regional bank closures was launched by the Rural and Regional Affairs and Transport References Committee of the Australian Senate.

Submissions closed in April last year but the Senate granted an extension of time to May this year.

The Senate's probe is considerable, covering the branch closure process, reasons given for closures and the economic and welfare impacts of bank closures on customers and regional communities.

It also considers the effect of bank closures or the removal of face-to-face cash services on access to cash and consideration of solutions and

other related matters.

Australian banks have had their fair share of troubles – legal, fiscal, executive salaries and otherwise including huge fines in recent years. Bank leaders have admitted mistakes and pledged to do better.

Long-time loyal customers, happy with decades of solid banking services since being handed bank deposit books and free, tin money boxes at school, are deeply disappointed at bank behaviour.

But, despite the best of government intentions and the power of Senate committees, we have been swamped by a technology tsunami. The tide can't be reversed.

What do you think?
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by Lee Tate

dow recently was abrupt: "Branch closed. Nearest branch, Subiaco."

THE sign slapped on my Fremantle bank's win-

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Authorised by D.Faragher, Ground Floor 108 Swan Street Guildford WA 6055.

Micro decisions help to develop mental resilience



by Jon Lewis

I HAD the great pleasure of talking with an amaz-

ing up and coming athlete; we talked about the little things. So little in fact that she referred to them as micro.

The micro in her sights were decisions. Something we do all the time, even when we think we are not. Did you know that choosing to not make a decision is still a decision?

Mathilde Delore, track star, explained to me it

is the many micro decisions we make in a day that lead to our mental resilience. The conversation led to negotiations. That is the ones we have with ourselves.

In such a negotiation who are the parties concerned? Is it the smart me or the lazy me? Could it be the frightened me, the bullied me or the apathetic me? At the end, who wins the negotiation?

If I could choose, I would like it to be the thinking me. It could be the me that has spent a little time thinking ahead and putting a little rule in place. These rules, as we continued, help us in moments of indecision or momentary weakness. If you have a little rule in place such as, no chocolate on a weekday, then when a chocky covered delight is offered you already know what to do. It is simple and elegant.

On a weekend, if you were to use this example, then you could feel grounded by saying yes to the calorific delight. Grounded is the next area of conversational flow. Finding a solid ground to start your day

can be very important, particularly in changing times. For me, as I am sure you could guess, it is a well-made coffee from ground beans first thing in my day. A sensible bowl of porridge with blueberries and I am well ready for the day, or night as in my nocturnal 6PR broadcasting life.

Mental resilience as we drift back is like having muscles in your psyche. A physically strong person can lift more weights and bounce back better from injury, all starting from the micro decisions to actually exercise and doing what is required. The same micro decisions can elegantly lead us to better, stronger and clearer mental decisions... delivering us to a more natural mental resilience.

I love being resilient and now I understand the importance of exercising my resilience and setting some little rules to make it easier.

What little rules would you like to put in place? I plan to make the little things 'my decision' and they will all add up.

Happy new year 2024. All the best.

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Contemplating retirement in a family business with three generations



Three generations at the Guildford Town Garden Centre, L-R; Caitlin, Bridget, Joanne Harris (seated right) and Emma

by Allen Newton

AFTER 30 years of running her own garden centre Joanne Harris' thoughts are starting to turn to golf.

She is gearing up to hand over the reins of her business, the Guildford Town Garden Centre, to the next of the three generations of her family who work there.

The business is booming and as the garden centre celebrates its 30th birthday, Joanne is depending more and more on her two daughters and granddaughter to keep the business moving forward.

The centre employs 22 staff and has recently leased another 455sqm of land to provide more nursery and storage space.

It specialises in ornamental and fruit trees as well as rare and unusual plants, carries a wide range of local and interstate garden art and is Australia's largest retailer of bare-root deciduous trees.

With the business booming Joanne says she is now starting to contemplate retirement, handing over the reins to eldest daughter Emma, daughter Caitlin, who is currently on maternity leave and Emma's daughter, Bridget.

"My plan is that I move back further and further, and I give them more and more while I'm still here and maybe within three or four years look at actually retiring and, in the meantime, play a lot more golf," Joanne says.

Ironically Joanne's original reason for buying the garden centre was to reduce her workload.

She was on maternity leave from her work at the

Centre for Aboriginal Studies at Curtin University and wasn't able to put in the 110 per cent effort the job required and care for a new baby.

One day, walking with her baby son Jackson from her home in Bassendean and across the river to Guildford she noticed a little run-down nursery.

"I came in and I just thought, oh it needs lots of love and attention."

She walked into the nursery, told them she was a keen gardener and asked them if they needed any help.

"They rang me the next week,"

Joanne had worked there for a couple of months when the owners decided to sell.

"I thought: 'No I've got three children. I have a baby I'm not going to take this on,' and then I had two weeks with my parents who lived in New South Wales."

She talked it over with them and told her businessman father she wouldn't be buying the business as she needed to focus on the children.

On the flight on the way home, Joanne reckons they were over Alice Springs when she changed her mind, gave the owners an offer. She bought the business in 1993.

"The first day we came in and got a nine cubic metre bin and just started throwing pots and stock away that I'd paid for. But I knew that it was the quickest and easiest way to do it and I wasn't going to mess around."

"Right from the beginning I wanted to sell top-quality stock. We

moved in with only about \$11,000 worth of stock and we had signs up saying watch this space next week, it'll be different, or come back and see us next week, this will be different.

"Caitlin was three when I took over and she could run down the back and the kids were playing hide and seek down there because the weeds were so high.

"We decided to try and be really clean and have good stock and do honest service right from the start and it just kept building from there."

Joanne had always been a really keen gardener but after six months in the business took on TAFE courses part-time to get her horticultural certificates.

"I employed horticulturalists so that I had someone backing me up. I had business management practice but I didn't have horticultural business practice, so I had a lot to learn."

She joined the nursery association and was asked by the original owner of Waldecks, Barry Waldeck to join the board of Grobrite, which Joanne says gave her a much better understanding of the entire industry.

Of course, this didn't help much with her original objective of working less to be able to look after the family, but fortunately she says the father of her children was fantastic.

He started to work part-time so he could take the kids to ballet and music lessons and things like the dentist.

The right staff have always been important to Joanne.

"We've tried to run it almost as a family so when you come for an interview, I'll always say to people that your family is more important than your job, you need to keep that in mind and know that we will support you because I will be asking the same respect for my family from you."

Joanne's daughter Caitlin was a manager at Crown when Covid struck and went on to JobKeeper.

At the same time Joanne was working from 5am to midnight to get through what needed to be done.

"Caitlin came to me and she said, Mum you can't keep working like this, and I couldn't. I was getting really, really stressed by it and quite tearful all the time. And I knew that the stress was hitting me."

"And she said, look, I don't know what I can do but I'm coming to work."

The garden centre had closed its doors because people were unable to maintain social distancing, so the business started focusing on its website.

"Caitlin was coming in and she was sweeping, she'd go home and do my washing, she was just doing anything she possibly

could and after about a week I looked at her and I said, 'you're asking all the right questions'.

"The following week we put her onto some horticultural things and then the following week she took over the website and she's a natural, she has a really good understanding, and she has amazing horticultural knowledge now after three years.

"When Crown rang her when they were reopening and said, 'look we'll offer you X amount of dollars more for you to come back', she said 'no, I'll stay here thank you'."

"It was great because I knew that she was the one

who was going to take it into the next century for us. She would be the younger mind that could get behind social media, who could manage that even if someone else was doing it."

The website now features 8000 products.

Emma is also working in the business and with Caitlin going on maternity leave is starting to take on some of the buying with Joanne.

Business doubled during Covid, and staff numbers went from nine to 17 almost overnight and it has kept going. Now there are 22 staff and some Saturdays there is still a queue to get in.

"That's why we're bring-

ing Bridget on to be the sort of person who will try and alleviate stress from that and help you to the car and get you out of the car park quicker and things like that so the next person can come in."

While the shared office space at the back of the garden centre is cramped Joanne says arguments are rare.

"I think we operate as a family, business-wise, we all seem to have the same projection. We all seem to understand where we want to get to and we all have an ability to allow each other to have input and then we discuss that and we find the best way," she said.

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A new era and CEO for Council on the Ageing (COTA WA)



COTA WA CEO Mark Kinsela

by Frank Smith

COTA (Council on the Ageing) has a new CEO, Mark Kinsela. Mark came to WA from Canberra where he was CEO of the Pharmaceutical Society of Australia, just three months ago.

"My partner was offered a job at Curtin University, so we decided to make the move together," he said. "We love living in the West, there are easy rural escapes, good food and

lots of people volunteering. "I have a background in aged care," he told *Have a Go News*. "I worked in aged care while studying for a nursing degree at university."

Later he worked as a nurse in aged care, eventually becoming an intensive care nurse educator, following postgraduate qualifications in clinical education and critical care. He also acquired an MBA (Master of Business Administration) degree from University of

NSW. For several years he was a policy adviser to the Commonwealth Minister of Health.

Mark arrives at a critical time for COTA which has just moved into new offices and is transitioning to a state-based membership system.

"Our lease in Victoria Park ended and we decided to move to Lotteries House in West Perth. The building provides office, conference and training facilities for not-for-profit community organisations.

"There are synergies working next to organisations such as People with Disabilities WA and Volunteering WA.

"The existing membership system, where COTA Australia provided membership services for all states and published the magazine *One Cota* quarterly, is not sustainable. The cost of operating exceeds income.

"The new membership model will be state based. Membership will be free in WA but there will be no hardcover publication just an electronic newsletter from COTA WA.

COTA WA is smaller than in the past, but is entering a growth phase," he said.

"There are 2.5m Australians over 50. They must be involved and encouraged to contribute to society. They are important in passing knowledge on to next generation."

Mark Kinsela said COTA WA has three major strategic targets:

1. Age discrimination in all its forms including insurance, especially travel insurance, access to services, and access to NDIS funding for disabled people over 65.

The State of the Older Nation survey found that over 37 per cent of Western Australians have faced age-related discrimination since turning 50 and a further 28 per cent have experienced employment-related discrimination.

Another important issue is elder abuse. COTA is establishing a hotline so that victims and their family and friends can confidentially report suspected elder abuse.

2. Loneliness is a major concern, causing of ill health and early death in older people.

"It is important to relate older people to their communities, but it is hard to energise service groups."

The survey found around 40 per cent of aged care resident have few or no visitors.

3. Wellness – making age-appropriate exercise available and affordable.

A major program run by COTA is *Strength for Life*, an exercise program designed for older people.

"We have more than 4500 participants and want to grow numbers. There is also mall walking which COTA runs in collaboration with the Heart Foundation.

"One important aim of these exercises is to reduce older people's risks of falls."

In addition, COTA is working on updating a range of seniors guides aimed at helping seniors navigate in-home and residential care.

The Goodbye Guide is designed to help people at the end of their lives and particu-

larly those they leave behind.

Another major publication addresses the legal rights of seniors. *Let's Make it Legal* covers Housing and Accommodation, Loans from an Institution, Family Violence, Guardianship and Administration Act 1990, the Public Trustee, Public Advocate, Wills, Organ Donation, Advance Care Planning, Voluntary Assisted Dying and Legal Resources.

COTA WA was involved in setting up and running the Senior's Housing Advisory Centre. The government has recently asked for new tenders to run the Centre. Mark is hoping that COTA's involvement will be continued.

Finally, COTA organises Seniors Week awards and events with the Department of Communities.

Mr Kinsela said COTA's primary aim is to make life better for older Australians.

"We are not a service provider. This allows us to concentrate on advocacy for the right reason – we have no conflicts of interest."



Rick Steele performing in New Zealand

It's a happy new year! Are you sure?

by Rick Steele

"THERE was movement at the station 'cause the word had got around." Apologies but no writers' royalties to Banjo Patterson. It felt a little like that last week when I performed at the Monkey House situated in a small coastal town in New Zealand; Aotearoa, translated as "the land of the long white cloud."

In opening remarks, I said that I was a Kiwi but had been living in Australia a long time, but was very happy to be home in the, 'Land of the wrong white crowd.' There is quite an argument going on over here about changing place, street and town names from English to Maori.

My predominantly white audience laughed, and the show commenced. I was slightly apprehensive. The support acts had featured my granddaughter solo and my grandson, with his father, warming the capacity crowd into monumental expectations of the main act... Moi.

Luckily, I got off to a good start, and after a couple of songs, including *She was a big boutique beer drinking woman*, I called super guitar play-

ing son on stage with drummer from Brazil, (who I met at sound check) and we were off. Much merriment, mirth, rock'n'roll and dancing incurred and so say all of us.

From what I have been told this wonderful little theatre/club, capacity of 150, was originally a factory for processing fish. Molly and Casper from New York were side-lined during the pandemic and a niche idea was created. About six months ago my son discovered the place and with wife began an 'open mike' night followed by a weeklong songwriters 'fest' for young performers of the local district school during the school holidays.

Because of the location, the school caters for all grades from four to 17 year-olds.

Paul Kelly wrote the song but was it an Indigenous concept? From little things big things grow. Just goes to show, plant the seed, water and take care and watch it grow. My mother used to say children are like little plants that must be nurtured and cared for. I agree.

Our night was so successful we are planning another before I leave and I am excited. I've been invited to do an interview on local

radio; (PS: seniors. It's not called the wireless anymore) and I might even make the local press.

Meantime I'm being forced into walks along the beach followed by a cleansing ale at Rosie O'Malley's eating and drinking emporium.

I've scarcely had time to break my new year resolutions, while the depressing and distressing news of the world seems so far away. Fires in WA was a major story in Kiwi news last night and we hope and pray that summer in the West can be contained. Best wishes and blessings to all *Have a Go News* readers, staff and people of the West. May 2024 be a great year for all.

A man walks into deed poll office and addresses the young lady.

"I would like to change my name."

"Yes sir, please state your current name, and that which you would like to change it to. Then we fill in the paperwork."

"Yes mam, my name at present is: "George Stickypants."

She nearly collapsed in suppressing her laughter.

"And I want to change it to "Bill Stickypants."

Cheers dears!

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Help is on the way for life story authors...

IF you are keen to write your life story, read on. As a follow-up to two life story writing events conducted by the Hollywood-Subiaco learners in 2022, a new writing group for life story authors will commence in February 2024.

As proposed by co-convenor of the Learners, Rosanne Donaldson, and former convenor, John Hall, the writing group will feature peer support for members through monthly meetings and ongoing professional editing support at a very low cost. If you are interested in joining the group, which will be restricted to 10 members, please contact Rosanne by email (don arosa49@gmail.com).

Centrelink update - make sure you avoid online scams this new year



by Hank Jongen, General Manager, Services Australia

THE new year is a great time to review your online security to keep

yourself cyber-safe. Scams and cyber threats are a challenge all of us face, and new scams emerge all the time. Criminals use these scams to trick you into revealing your personal details.

Most Australians have a myGov account. It's the front door to a wide range of government services, with an average of more than 780,000 sign ins each day.

There are some sim-

ple things you can do to help protect your myGov account.

Here are my top five tips:

- Your sign in details are the first line of defence to your myGov account – don't share them with anyone. I'd also recommend signing in to myGov using your myGov username rather than your email or phone number. You can change this in your account settings.
- Use a strong, unique

password or passphrase that isn't used anywhere else – the longer it is, the stronger it is.

- Be scam aware – myGov won't send you a text message or email with a hyperlink asking you to sign in or share personal information.
- To use myGov, always type my.gov.au into your internet browser or download and use the official myGov app.
- To increase the security on your myGov ac-

count, choose to get a code by SMS or use the myGov Code Generator app as your second sign in option.

Here are some other things to watch for which might point to a possible scam.

Is the message unexpected? Does it have a deadline or sense of urgency? Does it tell you to click on a link or call a number you don't recognise, or tell you there's a problem with your payment? Does it say you

need to do something in order to get something?

These are all clues. Take a moment to stop and ask yourself, 'do I trust this message?'

If you've clicked on a suspicious link or given your personal information to a scammer, and you're worried someone may try to access your myGov account, call our Scams and Identity Theft Helpdesk on 1800 941 126. The helpdesk can check your records for suspicious activity

and add security measures to prevent unauthorised access.

We can also refer you to IDCARE, which provides a range of support for people affected by scams and identity theft. Until next time.

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

British Pensions update - beware of scam emails purporting to be from UK government



by Mike Goodall

UK government departments have been introducing links to a common UK Government web site which is, like in Australia, known as a MyGov, where personal information for residents can be consolidated from several Government departments

into a personal file.

One of these segments is known as the Gateway account. This contains information about National Insurance Contributions, and Future State Pension entitlements which are critical to determining which years a person should be contributing to achieve a maximum UK State Pension.

While these Gateway accounts are not accessible for many in Australia, because expats cannot set up and access a gateway account, many recent arrivals to Australia arrive with the Gateway account or set one up if they still have the specific documentation required.

(usually, a valid UK address or current UK passport)

In December one of our readers, who does not have a Gateway account, received the enclosed request purporting to come from the UK Government...

Dear XXXX XXXX, we wish to bring to your attention an essential update that has implications for your account. This update holds substantial importance and will influence your impending activities.

Important Alert: In the 'Notifications' section of your account on our website, you'll find crucial information. It's im-

perative that you review this for comprehensive understanding.

Click Here to Access Best regards, GOV.UK Gateway

In spite of the poor English and the address that the e-mail was sent through, this could catch many people out, especially in Australia where they might have a friend who has a UK Gateway, have heard about them in this column or are curious that the UK Government has some information for them regarding their pension.

The Gateways are commonly used for everyday items for many people, especially when checking

out their UK State pension entitlements.

Because the Ombudsman in the UK has been undermined by the UK Government complaints against the rapid changes and non-notification about pension age increases for women in the UK, the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW) have made strong representation to the UK Government about the discrimination and the withholding of the Supreme Court's reasons for its decision.

Lady Hale, retired president of the Supreme Court, pointed out that:

"The fundamental principles of equal treatment cannot depend upon how much money happens to be available in the public coffers at any one particular time... that argument would not avail a private employer and it should not avail the State."

The same argument could be used about the freezing of our UK State Pensions as the Government complains that they cannot afford to make the payments.

Hopefully 2024 will be a better year for UK pensioners.

Am I UK State Pension Age?

People born between October 6, 1954 and

April 5, 1960, who have worked for a minimum of 10 years in the UK, will be eligible to claim their UK State Pensions from their 66th birthday.

The age at which those born after April 6, 1960 can claim will increase 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.

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



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Simple new year resolutions inspired by Winnie-the-Pooh



by Karen Majer

A GENERATION of folk know the meaning of Bisy Backson. Christopher Robin put a notice on his door: "Gon out. Backson. Bisy. Backson." According to Benjamin Hoff, author of *The Tao of Pooh & The Te of Piglet*, the Bisy Backson kind of person is always going somewhere, somewhere he hasn't been, anywhere but where he is. Maybe they are searching for a Great Reward, waiting

somewhere, thinking that all we have to do is spend our lives working like lunatics to catch up with it.

I re-read the book in the wee hours, an antidote to insomnia. A dear friend advised me to get up and read until I feel like nodding off again, rather than going down the 3am rabbit hole of thoughts that magnify anxiety. Who better than Pooh to turn to for some good advice about life?

The Tao of Pooh was first published in 1982 but it's surprisingly relevant to the world today. Turning on the TV news invites a barrage of distressing information about wars, injustice, floods, fires and famines. Hoff has something to say about this. Using an exaggerated example to make his point, he turned on the radio for Pooh to listen.

"Thirty thousand people were killed today when five jumbo airliners collided over downtown Los Angeles..." the radio announced. "What does that tell you about the world?" asked Pooh. "Hmm. You're right." (click) "What are the birds saying now?" I asked. "That it's a nice day," said Pooh.

We are all aware of the calamities of climate change and human conflicts, and sometimes I'm tempted to despair about the future. Then I look outside my kitchen window. We are so lucky to live in a place where our garden is home to wrens, robins, finches, parrots, cockatoos and even ringtail possums. The birds are bringing their juvenile chicks, just coming into colour, to the Camellias. The fruit trees have

miniature peaches and mandarins replacing the blossom. Pooh is right. It is, indeed, a nice day.

Moving into a new year inspires reflection. When I was younger, New Year resolutions were all about losing weight or saving for a trip. Recently I've been pondering how we might choose to live if we truly wanted to protect the natural world and ensure a safe future for our children. Many around the world, especially young people, are thinking about the same thing. Hence the talks and demonstrations at the United Nations Climate Change Conference (COP 28) in Dubai in December, and the worldwide degrowth movement aimed at transforming away from growth economies and building a society

based on satisfying everyone's basic needs within Earth's limits, in a just, caring economy.

It's a big step for some people to move from our deeply-rooted belief in the necessity of the growth economy, especially Bisy Backsons it seems. According to Hoff, the natural urge to grow and develop becomes perverted in the Bisy Backson's mind into a constant struggle to change everything and interfere with things he has no business interfering with, including practically every form of life on earth. The Backson thinks of progress in terms of fighting and overcoming, he says, whereas real progress involves growing and developing, which involves changing inside.

I decided to abandon

my busy list for today and think about the coming year and how I might make some changes to slow down and simplify things. So I turned to Pooh.

Pooh and Piglet were sitting in the Thoughtful Spot and wondering. After some discussion about what to do, Pooh said: "Let's go and see everybody."

"Because when you've been walking in the wind for miles, and you suddenly go into somebody's house, and he says, 'Hallo, Pooh, you're just in time for a little smackereel of something,' and you are. Then it's what I call a friendly day."

Piglet thought they ought to have a reason, like organising an expedition, but Pooh decided that wishing everyone a very happy Thursday was

good enough.

Pooh has the ability to enjoy the simple and quiet, the natural, and to do things spontaneously. That sounds good to me. I wish everyone a very happy year, filled with birds, experiences in our glorious natural environment, and hope for a better world.



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

FOR the last half a century, as a lawyer, I have been discussing, debating, speaking or arguing with lawyers, magistrates and judges. Trying to per-

My law lecture to first year primary school students - half a century of law

suaude them to my point of view. Sometimes, they persuade me to their point of view. Sometimes we reach a compromise.

Recently, I received a request from a school principal asking me to give a talk to a group of students about my involvement in the legal profession.

Diligently I began to prepare a detailed lecture about our legal system. Outlining the role of judges, prosecutors and lawyers. Highlighting the various standards of proof between criminal and civil

cases. Generally, how our system works.

After half a century in the law I thought I could pass on some interesting, enlightening information to students. Driving down to the school on the day of the talk, I casually telephoned the principal to ask the age of the students. I had assumed they would be perhaps in their teens. I was surprised to hear they were first year primary students, average age about six.

I wondered whether six-year-old students would

be interested in a detailed pedantic thesis on the law.

I had never spoken to children of that age about the legal system. What I had prepared seemed inappropriate for first grade students. So, on my travel to the lecture, I came up with what I thought was a unique, different approach.

Rather than my talk being a monologue, I decided on a dialogue, between me and the students. So before arriving for my talk, I asked the principal if each child could prepare

a question, they might like to ask me about the law.

On arrival at the talk, I gave a one-minute introduction about my involvement in the legal profession, then asked, "if anyone had a question, they would like to ask me about the law?"

Every student raised their hand high in the air. I pointed to a young girl in the first row, she stood up, looked me squarely in the eyes and said, "Mr Rando, tell me how much money you make every day as a lawyer?"

She took the wind out of my sails.

I wasn't ready for this question, and gave a nebulous, evasive answer. She seemed happy enough.

"Does anyone else have a question?" I asked.

Again, every hand shot high in the air. I pointed to a boy in the back row. "Mr Rando, what football team do you barrack for?"

As I don't closely follow football, I gave him a vague, evasive answer.

Next question. "What do you do during your

lunch hour Mr Rando?" The children had caught me off guard.

This lecture was an interesting experience. Speeches and talks are important, but there is a vast difference between a monologue and a dialogue. Often dialogue may be a better way to communicate. A two-way exchange of information and points of view. No one person should dominate the oxygen, the airwaves, the aural space. It took a six-year-old girl to high-

light this on that morning.

9 NEWS
PERTH

WA FIRST 5.00 NIGHTLY 6.00

Retirees Club News & Recreation



Changing attitudes to fishing - how to catch and release successfully



Treat the fish you release like you really want them to survive

by Mike Roennfeldt

ATTITUDES towards how we treat the fish we catch have changed a lot over

the years. As recently as in the 1980s average fishos were following a mindset where fish were almost invariably killed

when caught, whether they were needed for the table or not. Fishing competitions were often the worst offenders, where

big fish were regularly weighed and discarded.

Then the penny dropped. People began to understand that fish are a finite resource and looking after the future of stocks is up to individuals as much as government agencies.

These days, anglers go to great lengths to look after their fish, be it in the way they treat and store them before heading home, or how they handle them during the catch and release process. Boat fishermen, for example, usually have an ice box on board and make up an ice/seawater slurry to keep their catch in good condition during a day out on the water. The difference in flesh quality is significant

compared to the old days when the fish were stored in a wet sack on the deck.

The fish release ethic became more than acceptable; it became politically correct. The arrival of digital photography meant that there was no longer the need to keep a fish for bragging rights and before long the kudos associated with releasing a fish more than matched that of keeping it. There was a danger of recreational fishing going too far in this direction but a balance was reached, where the keeping or releasing of fish became largely a matter of commonsense.

But if you are going to release a fish that you don't need for the table, it should be done in a way

that serves the purpose, where the fish has the best chance of survival. Keep a freshly caught fish off hot sand or a hot deck, for example and try not to squeeze the life out of it while holding it to remove the hooks. Handling fish intended for release with wet hands is a good idea if you can manage it, or keep a wet rag handy for that purpose. Ideally, big fish should be kept in the water while the hooks are removed, but that can be a bit scary with toothy critters like mackerel or tailor.

Big fish like mackerel, tuna or Samsons can be speared back into the water head down, so the force of the dive gives the fish some momentum and a certain amount of

recompression. It seems to work well. Bottom dwelling species like dhufish or baldchin need to get right back down deep to recompress, which is why it is mandatory these days to carry a release weight on board when fishing for them.

Mulloway can be slightly problematic as they tend to exhaust themselves during a fight, so a little more time spent swimming the fish up and down before release is needed. Gently massaging the mulloway's gut at the same time has worked for me more than once while trying to revive an almost lifeless fish - a bit like fish CPR I guess.

In short, treat them like you really want them to survive.

Professor Ralph Martins will address retirees club in February

INTERNATIONALLY recognised expert, Professor Ralph Martins, will make a presentation on his research into the diagnosis, prevention and treatment of Alzheimer's disease at the next meeting of the Perth branch of the Association of Independent Re-

tirees (AIR) on Friday February 16 at 10am.

The aim of the Association is to protect and advance the interests of retirees who wholly or partly fund their own retirement. They meet on the third Friday of each month from 10am

to noon at the Cambridge Bowling Club, Chandler Avenue West, Floreat.

Besides the meeting and morning tea there is a guest speaker. Over the years they embrace many interesting topics related to finance, travel, health, community and special

interests of members.

On Friday March 15 they will be hearing from Vision Australia.

For further information about the next meeting of the AIR investors discussion group enquiries can be addressed to John:

johnkwellis@gmail.com.

Members (\$2) and visitors (\$5) are encouraged to bring the correct money and their own coffee mug. Visitors are welcome. Enquiries can be addressed to Margaret: marghw@inet.net.au.

Home Care packages explained

ANDREAS Walewski, managing director of the home care specialist CPE will be the guest speaker at the February meeting of the Western Australian Self-Funded Retirees Association (WASFR).

The Group has provided health care services since 1991 and since 2017 has provided home and community care services to My Aged Care, to the National Disability Insurance Scheme (NDIS) and to the Department of Veteran Affairs (DVA).

Andreas will speak on the care CPE provides and will discuss the Income tested fees for home care, who has to pay, how much to pay and what can and cannot involve costs for those who are eligible.

He will also explain the aims of the proposed Commonwealth Home Support Programme (CHSP) scheduled for introduction in July 2024 which will replace the current Home Care Programme (HCP).

Home Care packages have been available for almost seven years and misconceptions have arisen that suggest the packages provide for personal care only. Andreas will clarify where funding can be used to pay for services and activities. These can include those of major concern to the older generation such as housework, gardening, minor home modification, shopping and transport.

WASFR promotes the inter-

ests of those who have funded or partly funded their own retirement and is recognised as a body speaking on behalf of retirees at all government levels.

The meeting will be held on Friday February 9 at the usual venue, the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

The guest speaker's presentation is expected to commence at 11am following the main meeting and morning tea. Visitors are welcome, entry to the function is free of charge and ample parking is available on site.

For further information contact Ron de Gruchy on 9447 1313 or Margaret Harris on 0417 991 947.

Guest speakers to kick off new year with retirees group

DAVID Emery from Guardian Plan will be the speaker at the new year meeting of the Association of Independent Retirees (AIR) Perth northern suburbs branch on January 18.

While we all plan to be immortal, there are lots of decisions to be made when it comes to your funeral, and it can be hard to know where to start.

Planning ahead means celebrating your life, your way and saying goodbye on your own terms. Creating the time to look back on your experiences and the moments that tell your story and designing a farewell that reflects you.

The speaker for the February 15 meeting will be Jenny Altkins from the Cancer Council of WA.

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 any interested guests are most welcome and they look forward to seeing you there.

Numbers are limited in the meeting room, if you

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

Cost \$5 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.

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KNOW THE GEAR - KNOW WHAT TO DO



MAKE THE RIGHT CALL

ROYAL LIFE SAVING

Letters to the Editor

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



Dear Editor,
FOLLOWING Lee Tate's opinion piece in the November issue on the cost of owning pets, I would like to share how I feel about vet costs.

I have had dogs all my life but as I'm in my 70s and income is considerably reduced, there is no way that I could afford a dog. The cost of any treatment is prohibitive.

Yes, I could afford pet insurance,

but that like our health insurance by no means covers all costs.

Ten years ago, when my dear Westie died, which was a rapid event, I told the vet that he was sixteen and had a good life and I didn't want him poked and prodded. After three hours I was called back with the result that they didn't really know what was wrong, but that he was deteriorating. My choice was to hold him while they

gave him the injection.

That event cost me \$1500, a reminder 10 years ago.

I really think that things could be improved. Anyway I am able to share dogs with family and friends, very much a second choice but better than nothing.

It certainly answers the question as to why there are so many dogs up for adoption.

Jackie Hart

Dear Editor,
THE seniors club I belong to (Ballajura Seniors) goes on three bus trips each year. One of our club members puts a lot of hard work into organising them and we always end up at interesting places.

For our last event of 2023 we had a great trip with Mike of Elite Tours.

We went to the Hugh Manning Tractor and Machinery Museum in Serpentine and after that we had lunch at the Bistro by the Dam, so called because it is at the Serpentine dam.

As we were going there in our coach, the result of the fire that went through the bush a few weeks ago was devastatingly evident.

The bistro has only just been re-opened so that made our meal even more enjoyable knowing that by our club going there it was going to help the owners after being shut for the time of the fire and immediately after.

I am fairly confident that people would find both of these places worth a visit and I am

not connected in any way with either business. I am so grateful that through my seniors club I can, as a widow who does not drive and does not have any children, get to see some great places without leaving Perth and surrounds.

Margaret Anne Ryan Ballajura

Dear Editor,
THE sun shone on a day made in heaven and surrounding gum trees thanks the heavens for recent rains as their scent filled the air.

I joined the world and his wife on a long queue to gain access to the buses taking us from Burswood Station to Burswood Park.

On arrival I wandered throughout the tent city which had magically grown up. Each site promoted something for the well-being of the lucky seniors who live in this state.

I arrived just before the bagpipers strutted their stuff adding to the vibrant excitement.

I was on duty at the COCOA (Come Out Camping Older Adults) tent where, alongside other members of COCOA, I told a multitude of people how we aim to connect older citizens on adventures. Talking about get aways in cabins by the sea and the bush, trips to the pubs and picnics was thirsty work so I wandered off to the hospitality tent for a cup of free tea. For information about COCOA visit www.cocowa.com or ring Judy on 0450 735 415.

Thank you *Have A Go Day*, it was a great day out.

Rose Hope North Beach

Dear Editor,
MEMO to TransPerth: Next time you order new buses, ensure they come with some anti-vibration measures.

A recent ride was the equivalent of a day's work on a jackhammer.

Ron Easthope Perth

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

Dear Editor,
WHEN reading Rick Steele's recent column, I was disappointed to see him refer to Queen Camilla as 'Queen Chlamydia'. I am not a royalist, far from it, but it is disrespectful to call any woman after a sexually transmitted disease and certainly not funny.

I expect better from him in future columns.

Wendy Newson Girrawheen

Dear Editor,
HAVING met briefly with Mike Goodall at a shopping centre I know he is genuinely concerned about British pensions, but believe that a couple of things are not considered.

Firstly, there has been a tendency for migrants to give themselves what they believe is a superior status of... expatriate, we all know what

migrant means.

My wife and I came to Australia for a better life, but never thought of ourselves as expats.

However, an expatriate is one who temporarily moves, for whatever reason to work or study abroad.

Secondly and perhaps more important, is asking a country you left, for another, for more money.

Britain since leaving Europe is bleeding about €70 billion a year, sinking in a sea of their own making. So, you leave but want money, then when that country is going astray financially, you want more. As a lad I was told by elders that one should 'cut your coat according to your cloth'.

Maybe it really is time to just let go of remaining Imperial

thoughts and put our 'big boy pants on'.

Michael Mullany Guilderton

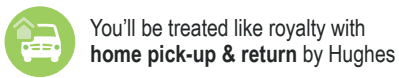
Ed note: Expats are Britons who retired to Australia to be near their children. If they had retired to Spain or even Bulgaria their pension would be indexed. Australians who retire to Britain get the full Australian pension.

WAKE UP WITH
KARL & SARAH

Today

9 NOW

WEEKDAYS
5.30 AM



You'll be treated like royalty with home pick-up & return by Hughes



Feel supported on your tour with our experienced Tour Managers



Rest easy knowing that you can safely travel with Kings



Connect with a community of like-minded travellers



Benefit from premium inclusions on every tour



WE CARE ABOUT THE LITTLE THINGS, THAT'S OUR DIFFERENCE

28 April to 5 May 2024

AUTUMN LEAVES OF VICTORIA

Melbourne and the High Country

8 DAYS

Experience the beauty of Victoria's autumn countryside during this 8-day journey. Enjoy vibrant autumn foliage in Melbourne, a historic Puffing Billy Steam Train ride in the Dandenong Ranges, and explore charming townships with stunning alpine views in Beechworth. Don't miss the highlight; the colorful Grand Parade at the Bright Autumn Festival.



Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ 3 nights' accommodation at The Savoy Hotel on Little Collins
- ✓ 4 nights' accommodation at The Grand Oaks Resort, Beechworth
- ✓ Breakfast daily, 4 lunches, and 5 dinners
- ✓ Luxury Coach with a Professional Driver
- ✓ All sightseeing and entry fees as per the itinerary

Tour Cost

\$4990*

Per Person Twin Share \$5890* Single

Tour Highlights

- ★ Melbourne Tramboot morning cruise
- ★ Lunch at the Conservatory Restaurant, Crown Casino
- ★ View the sights of Melbourne from the Skydeck 88
- ★ Ride on the Puffing Billy from Belgrave to Lakeside
- ★ Self-Guided Tour at the Dandenong Ranges Botanic Garden
- ★ Entry to Costume & Pioneer Museum at Benalla Costume & Kelly Museum
- ★ Entry to Kate's Cottage, Glenrowan
- ★ Locally guided tour of Beechworth and Bright
- ★ Guided tour and a re-enactment of Ned Kelly's Trial at Beechworth Historic Courthouse
- ★ Historic tour and lunch at Billson's Brewery
- ★ Tasting and talk at Milawa Cheese Co Pty Ltd
- ★ Visit and tasting at Brown Brothers Winery, Milawa
- ★ Talk and lunch at Red Stag Deer and Emu Farm
- ★ Entry and Talk at Lavender Hue
- ★ Explore the gardens at Shady Brook Gardens
- ★ Visit Nightingale Bros - Alpine Apples
- ★ Gala Day Bright Autumn Leaves

19 to 22 May & 7 to 10 September 2024

EXMOUTH ESCAPE

4 DAYS

Discover the breathtaking beauty of Exmouth and immerse yourself in the local area with unforgettable experiences. Savour a Sunset Dinner at Mantaray's Resort, explore Yardie Creek on a boat cruise, take a refreshing dip at Turquoise Bay, indulge in a morning tea at Bullara Station, marvel at the coral through a glass bottom boat cruise, and visit the Ningaloo Centre for lunch.



Tour Highlights

- ★ Sunset Dinner at Mantaray's Resort
- ★ Enjoy a boat cruise through Yardie Creek
- ★ Visit Turquoise Bay and take a dip!
- ★ Enjoy morning Tea at Bullara Station
- ★ Take a glass bottom boat cruise in Coral Bay & snorkel
- ★ Visit the Ningaloo centre and enjoy lunch

Tour Cost

\$2990*

Per Person Twin Share \$3390* Single

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 3 nights' accommodation at the Potshot Hotel
- ✓ Breakfast daily, 3 lunches and 3 dinners
- ✓ Transfers throughout with professional driver
- ✓ All sightseeing and entry fees as per itinerary



11 DAYS

2 to 12 August 2024 SINGAPORE & KOTA KINABALU

Join our 10-night journey starting in dynamic Singapore for 5 nights, immersing yourself in its rich history and vibrant culture. Then, fly to Kota Kinabalu, Malaysia, spending the next 5 nights at the luxurious Shangri-la Aru Resort, perfectly situated near the city. Discover Kota Kinabalu's bustling markets, modern boardwalk, and beautiful beaches, enjoying a perfect blend of exploration and relaxation. This tour promises an unforgettable experience, combining the best of Singapore and the captivating charms of Kota Kinabalu.

Tour Cost

\$6190*

Per Person Twin Share \$8150* Single

Tour Highlights

- ★ Half Day Singapore City Tour with Morning Tea at the National Orchid Garden
- ★ Enjoy a Night Safari including dinner at Singapore Zoo
- ★ Colonial Past Tour with High Tea at Raffles Hotel
- ★ Visit Gardens by the Bay, a scenic paradise
- ★ Mari Mari Cultural Village tour
- ★ Klias proboscis monkey and fireflies evening river cruise including dinner
- ★ Visit Gaya Street Fair and enjoy a local lunch

Tour Inclusions

- ✓ Home pick-up & return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 5 nights accommodation at the Paradox
- ✓ Singapore Merchant Court, Singapore
- ✓ 5 nights accommodation at Shangri-la Tanjung Aru Resort, Kota Kinabalu
- ✓ Breakfast daily, 2 lunches, 1 High Tea & 5 Dinners
- ✓ Sightseeing and Entry Fees as per the itinerary
- ✓ Transfers throughout

4 to 19 September 2024

ITALY & CROATIA CRUISE

16 DAYS

Start your tour with a 3 stay in Milan and whilst there embark on a full day tour to Lake Como. Expect to find glittering expanses of lake, dense greenery that carpets the surrounding hill and tiny villages with terracotta roofs that characterise the coast.

Next train from Milan to Venice and embark the Azamara Pursuit. Discover the breathtaking Dalmatian coast, from the UNESCO listed walled city of Dubrovnik to magnificent Split onboard your boutique hotel at sea. Azamara Pursuit® is a mid-sized ship with a deck plan that's intimate but never crowded, and offers everything modern voyagers are looking for—plus some unexpected extras.

Finish of your tour with an overnight stay in Venice where you will explore the city and indulge in a final dinner.



Tour Cost

From

\$10,290*

Per Person Twin Share \$14,990* Single

Upgrade to Oceanview for \$500pp twin share

Upgrade to a Balcony Stateroom for \$1300pp twin share

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Return economy airfares including taxes
- ✓ Fully escorted by a Kings Tour Manager
- ✓ 3 nights' accommodation in Milan
- ✓ 9-night cruise onboard the Azamara Pursuit
 - All meals and entertainment whilst on the cruise
 - Complimentary Beverages onboard the cruise - Standard spirits, international beers, a changing selection of two red and two white wines, and one rosé and one sparkling wine by the glass each day throughout your voyage.
 - Gratuities on-board the cruise
- ✓ 1 nights' accommodation in Venice
- ✓ All meals and entertainment whilst on the cruise
- ✓ Sightseeing and entry fees as per itinerary

Tour Highlights

- ★ Enjoy a full day tour to Lake Como
- ★ Explore the city of Milan
- ★ Explore the beautiful islands of Croatia
- ★ Enjoy delicious dining day and night with a range of restaurants to choose from whilst onboard
- ★ From the music that makes your heartstrings sing to the best of Broadway, let Azamara's Signature Singers & Dancers entertain you
- ★ Watch the world go by, drink in hand from any of Azamara's bars, lounges, and gathering spaces
- ★ Soak up every moment with a range of activities onboard
- ★ Embark on a sightseeing tour of Venice



15 DAYS

12 to 26 August 2024 EXCLUSIVE SRI LANKA

Embark on our Exclusive tour to Sri Lanka, immersing yourself in the enchanting tapestry of Sri Lanka's cultural heritage and natural wonders. Begin your adventure with a warm welcome at Heritage Negombo, then traverse ancient kingdoms in Polonnaruwa, engage in the heart-warming experience of bathing elephants at the Millennium Elephant Orphanage, and partake in a wildlife safari at Yala National Park.

Stay in deluxe accommodation such as Aliya Resort & Spa, Cinnamon Citadel, and the iconic Galle Face Hotel, while indulging in authentic Sri Lankan cuisine and special experiences like the Esala Perahera festival in Kandy. Unveil the secrets of this tropical paradise with scenic train rides, historic city tours, and moments of leisure in picturesque locales. Your journey concludes in Colombo, leaving you with memories of a captivating exploration through the diverse landscapes and cultural treasures of Sri Lanka.

Tour Highlights

- ★ Enjoy city tours of Negombo, Galle and Colombo
- ★ Visit the Millennium Elephant Foundation
- ★ Explore the Polonnaruwa Ancient City
- ★ Experience a local farm house lunch
- ★ Engage in a pottery making experience
- ★ Experience traditional village life at Hiriwaduna
- ★ Experience the Kandy Esala Perahera festival
- ★ View the Dambulla Cave Temple
- ★ Enjoy a delightful high tea at Grand Hotel
- ★ Explore a Tea Factory and Plantation
- ★ Embark on a wildlife safari at Yala National Park
- ★ Visit the Kosgodda Turtle Hatchery

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Return economy airfares including taxes
- ✓ Fully escorted by a Kings Tour Manager
- ✓ 14 nights deluxe accommodation
- ✓ Breakfast daily, 2 lunches, 1 High Tea and 10 dinners
- ✓ All travel in airconditioned coach
- ✓ All sightseeing and entry fees as per the itinerary

Tour Cost

\$5990*

Per Person Twin Share \$7690* Single



TO SECURE YOUR SPOT

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TERMS & CONDITIONS: Prices and information is correct at the time of printing. Tours are based on reaching a minimum number. Home pick-up and return is included based on a set radius - surcharges will apply outside these areas. Other special conditions may apply to each individual tour, please contact the office for further details. A&OE.

The Over 55 Canoe Club needs you



Enjoy the benefits of being part of an active club

by Janet Gatt

IF your New Year's resolution is to get fitter, socialise more, meet new friends, or commune more with nature, the Over 55 Canoe Club can fulfill all these goals and is on a recruitment drive.

Reminiscent of the historic wartime posters YOUR COUNTRY NEEDS YOU! The Over 55 Canoe Club needs you.

The Club was formed in 1986 by the Department of Sport and Recreation with the express purpose of getting people in their 50s and over to exercise, stay fit and get more enjoyment out of life. If you are recently retired, or working fewer hours and want to be more active, the Over 55 Canoe Club may be your solution.

My first paddling experience occurred many years ago. My husband and I were spending a 'Team Building' kayaking weekend with work col-

leagues. We hadn't paddled previously, it was August, and a wet winter.

Twelve of us, 10 novices, congregated in sunshine near a bridge on the Murray River to use six hired double-aluminium kayaks. The two experienced paddlers wore wetsuits, the remainder t-shirts, and shorts. We surveyed a clear expanse of river.

Enthusiastically we boarded kayaks and headed round the bend to be greeted by a mass of tea trees and a fast-flowing current. Our mood changed. My husband and I had no idea how to navigate a tea tree, argued vigorously about technique, but stayed afloat. We were suddenly alone, so we walked back to find that four kayaks had tipped.

We continued our paddle through the trees, but the sunshine had disappeared, rain was pelting down, and we were frozen. We stopped arguing and capsized, our kayak

stuck under a branch. And while we clung to adjacent tea trees, I was a tasty meal for hungry ants.

Another couple floated downstream and lodged in neighbouring trees. We four became resourceful, held hands, and gradually crossed the strong current from occasional mud banks to the riverbank 35 metres away. The alarm was raised with the SES, eventually all paddlers were rescued, and next day we returned in brilliant sunshine to retrieve the kayaks.

The point is that this paddle should never have taken place, and it was surprising that no-one drowned.

It validates all the safety measures taken by the Over 55 Canoe Club. Novice paddlers would not have been permitted to participate, and qualified paddlers required to have appropriate clothing. On every club paddle there is a leader, who stays in front and one or

two tailenders, who ensure no-one is left behind. If some-one needs rescuing the alarm is raised.

The club has mandatory Safety Days where members train to handle rescues and emergencies, and practice paddling techniques.

If you want to 'Have A Go' at kayaking, the club will assist initially with a loan kayak, and supervision from an experienced kayaker.

Every Thursday morning the club provides two levels of paddles. In the warmer months paddlers meet at a designated point and divide into two groups. Mainstreamers paddle further and possibly a more difficult route, but both groups meet for a morning-tea break. If feeling jaded, you can choose to be a leisurer.

In winter, after club training, there is the option of tackling white (fast flowing) water, as well as a flat-water paddle.

There are several paddling camps during the

year, the next being at Augusta in February. These camps are also wonderful social events, as are the club breakfasts and lunches during the year, where life-time friendships are formed.

The Over 55 Canoe Club is very special. It is a small, welcoming club, enjoys paddlers from all walks of life, and has a wonderful ambience.

We would like you to join us.

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

For more information visit: www.over55canoeclub.org.au.



Seniors Recreation Council Jottings



WELCOME to 2024, SRCWA hopes everyone had a wonderful break over Christmas and New Year and we look forward to an exciting year bringing our programs and event to WA seniors.

Pole Walking

The purpose of this exercise is to use two poles, often called hiking or trekking poles, to add a new dimension to walking as an exercise.

Pole Walking is an easy, efficient and low stress activity that engages the whole body in a total body workout.

You get a greater increase in muscle endurance and toning in your shoulders, back, chest, upper arms and abdominals.

The poles provide stability and add more "spring" into your steps as you push along.

The use of poles helps to reduce stress in the knees and other joints.

Pole Walking loosens up tensions in neck and shoulders which is beneficial if you have a job where you sit in one position most of the day.

Your posture improves with the correct technique and arm motion, and it is up to 40 per cent more effective as an exercise than regular walking.

To organise an individual or group demonstration call the SRC office on 6118 2718.

SRCWA Mixed Indoor Bowls Tournament

On Tuesday October 17, the West Australian Carpet Bowls Association (WACBA) held the annual "SRCWA Seniors Mixed Indoor Bowls Tournament" at the Swan Active Beechboro Centre. Congratulations to first place *Scarborough Indoor Bowls Club* - Barbara Deany, Mark Studders, Karyn Norton and Bill Norton. Second place was *Falcon Indoors Club* - Colin Shepley, Lynn Coleman, Pat Radigan and Gladys Shopley, and third place went to *Nollamara Indoor Club* - Tony Deborrello Nick Deborrello, Rick Cant and Judith Barker.

SRCWA executive officer Dawn presented the trophies and medals on behalf of Seniors Recreation Council of WA. Thank you to Kaye Costa of WACBA and her team and all those who helped to make this event a great success.

Have a Go Day Thank You Morning Tea

The *Have a Go Day 2023* Thank You morning tea was held on Tuesday December 5, and was well attended by volunteers and the sponsors.

The Thank You morning tea is a great opportunity for SRCWA to thank the sponsors and volunteers for their outstanding assistance at *Have a Go Day* a LiveLighter Event and in the months prior to the event.

Have a Go Day is the one event that absolutely could not happen without the committee who take part in the planning of the event all year and all the volunteers on the day.

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

SRCWA wishes to once again express a huge thank you to all our valued sponsors, partners and supporters who provide the means with which to make *Have a Go Day*, a LiveLighter Event, a success, they are: Burswood Park Board, Lotterywest, Crown Perth, *Have a Go News*, Government of Western Australia, LiveLighter Healthway, Channel 7, Radio 6PR, Juniper, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, Telstra, Classic Hire and Scarborough Toyota.

Key Diary Dates for 2024

February 5 - 10 - SRCWA Annual Seniors Camp at Quaranup

February 22 LiveLighter Aged Care Games - Northam Recreation Centre

February 29 Healthy Lifestyles Event - Tech Savvy Seniors - Fairway The Green, Gnangara

April 18 LiveLighter Aged Care Games - Bunbury

May 13 LiveLighter Seniors Activity/Information Day - City of Vincent

November 13 *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 6118 2716

Find the secret word to go into the draw to win a \$200 voucher

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

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

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

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

1. My Home Care Group

2. Next Generation Physiotherapy

3. ADH Group

4. Curtin University

5. Regis Aged Care

6. Debbie's Treasure Warehouse

7. Ear Science Institute of Australia

8. Secret Italia Tours

9. Easy Access Kitchens

10. Caversham Cafe

11. My Delicious Cakes & Decorating

Entrants can enter via email with Adwords in the subject line at win@haveagoneews.com.au or write to Ad Words Competition c/- *Have a Go News* PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 3/02/24.

Congratulations to P Edmunds, of Ross-moyne, and Terry Parker, of Ocean Reef our November and December Ad Words winners.

Try getting a hole in one with this great outing to Glowing Rooms

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

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, 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.



Hear the real sounds of summer

The soundtrack of summer holds many of life's most joyous moments.

Get ready to take in all life has to offer and have your hearing device fitted today!

Hear well. Live well.



OTICON | Real



Proudly part of





1. What is your gender?

- Female Male
 Gender neutral Other

2. What is your age?

- 34 or younger 35 - 44 45 - 54
 55 - 64 65 - 74 75 - 84
 85+

3. Are you

- Married/Defacto Single Widowed

4. Do you work?

- Full time Part time
 Self employed Casual
 Retired Volunteer
 Unemployed

5. How do you feel about retiring?

- Already there and not enjoying it
 Already there and loving it
 Counting down the days
 Happy to retire when the day comes
 Do not want to retire
 No plan to retire
 Would like to be able to work part time

6. Have you created a retirement plan for budgeting, finances and income strategies?

- Yes
 No

7. If you're retired are you

- self funded part pension pension

8. How many people read your copy of *Have a Go News*? (circle)

- 1 2 3 4 5+

9. How long do you keep each issue of *Have a Go News* handy?

- Less than a week 1 week
 2 weeks 3 weeks
 4 weeks or more

10. Would you recommend *Have a Go News* to a friend as a good source of information?

- Yes No

11. How often do you refer back to the paper?

- Regularly Sometimes
 Rarely Never

12. To keep *Have a Go News* a free newspaper, we need to attract advertising. Are you more likely to respond to:

- Ads in print
 Ads on a digital platform

13. How often do you use companies and services that advertise in *Have a Go News*?

- Regularly
 Rarely
 I have never used one of the paper's advertisers

14. What types of advertisements get your attention?

- Call to action
 Educational / informative
 Subtle delivery of messages in pretty advertisements
 Product and service descriptions
 Brand reminders

15. What types of products and services would spark your interest if they were advertised in *Have a Go News*?

- Supermarkets
 Health Products
 Medical devices
 Government messages
 Cars
 Food
 Furniture
 White Goods



16. Would you pay a cover price for *Have a Go News*?

- Yes No

17. Generally, what do you think about the editorial content featured in *Have a Go News*?

- Love it, keep it up. I read it all
 I have my favourite sections that I read regularly
 I skim through it because there isn't much that interests me

18. What is your favourite section of the newspaper?

- General News Travel
 Food & Wine Health
 Arts & Entertainment Puzzles
 Motoring Gardening
 All of it Letters to Editor

19. Do the stories in *Let's go Travelling* provide you with holiday inspiration?

- Yes No

20. Which ones?

- Western Australia Other parts of Australia
 International All

21. Have you used any of the companies that advertise in *Let's go Travelling*?

- Yes No

22. Do you intend to travel in the next 12 months?

- Yes No

23. Where to?

- Western Australia
 Interstate
 Overseas

24. Do you have any of the following:

- computer smartphone - Apple
 tablet smartphone - android

25. Do you read the digital version of *Have a Go News*?

- Yes No

26. Would you be happy to read *Have a Go News* digitally?

- Yes No

27. Do you use social media?

- Yes No

28. If yes, which platform(s)?

- Facebook X (formerly Twitter) Instagram
 Other (please specify) _____

29. Have you liked the *Have a Go News* social media pages?

- Yes No

30. Do you respond to digital advertising?

- Yes No Sometimes

31. Do you have an up to date will?

- Yes No

32. Do you have an estate plan eg power of attorney?

- Yes No

33. Which of the following are you interested in (pick as many as you like)?

- Books Craft Health
 Gardening Movies Dining out
 Exercise Wellbeing Fashion
 Local community clubs Charity
 Travel Shopping
 Theatre, the arts and music
 Festivals and events
 Home decorating
 Cooking
 Wine
 Other (please specify) _____

34. Are you the main grocery buyer?

- Yes No

35. What newspapers do you read?

- The West Australian, Monday to Friday
 The West Australian, Saturday Sunday Times
 Perth Now The Post The Senior
 Other community newspapers

36. What free-to-air television channel(s) do you watch most often?

- ABC SBS
 Channel 7 Channel 9 Channel 10
 Other (please specify) _____

37. What radio stations do you listen to?

- 6PR 6iX ABC
 Curtin 100.1FM 96FM 94.5FM
 Other (please specify) _____

38. Do you intend to move house in the next 12 months?

- Yes No

39. Would you consider downsizing?

- Yes, it's going to happen soon
 Yep, once the kids are gone
 Maybe, I need to learn more
 No, I'll stay in my family home



40. Would you move to a retirement village?

- Yes No

41. Do you own a car? Yes No

42. What will be your biggest purchase in the next 12 months?

- Car House White Goods
 Holiday Furniture

43. How is your health?

- Poor Average
 Good Excellent

44. How often do you exercise?

- Daily 2-3 times a week
 Once a week A few times a month
 When I can Rarely

45. Do you feel that the state government addresses the needs of the mature demographic well?

- Yes No

46. Do you feel that the federal government addresses the needs of the mature demographic well?

- Yes No

47. Do you feel your generation is generally respected by mainstream media?

- Yes No

48. Do you experience ageism in your everyday life?

- Yes No

Have a Go News Readers Survey

WE'RE asking that you take a moment to complete this reader survey.

The information will help us to provide better quality content for readers and attract advertisers.

Everyone who completes a survey goes into the draw to win.

3 x \$100 gift cards
 5 x prizes of \$20 scratchies.
 Complete online by scanning the QR code or post the hard copy.



This survey will be available until Friday, March 1, 2024. Please, only enter once!

Name _____
 Address _____
 Suburb _____
 State _____ Postcode _____
 Email address _____
 Phone number _____
 POST to: Readers Survey c/- *Have a Go News*,
 PO BOX 1042 West Leederville WA 6901

Let's go motoring - Tony gets tech savvy test driving a Subaru Outback XT



Subaru's Outback XT continues to capture the hearts of drivers seeking versatility and performance



by Tony McManus

"Tony McManus Australia Overnight"
(This review, had a little help from Chat GPT)
THE 2023 Subaru Outback

XT stands as a testament to Subaru's commitment to blending rugged capability with refined comfort. As a staple in the crossover SUV market, the Outback XT continues to capture the hearts of drivers seeking versatility, performance, and the iconic Subaru all-wheel-drive experience.

The Outback XT boasts a powerful 2.4-litre turbocharged four-cylinder engine, delivering an impressive 183Kw and 350Nm of torque. This engine not only provides a noticeable boost in power over its

non-turbocharged counterpart but also ensures a responsive and dynamic driving experience. Whether tackling off-road trails or cruising on the highway, the Outback XT's engine delivers a perfect balance of efficiency and performance.

Enhancing off-road prowess, the Outback XT features Subaru's legendary Symmetrical All-Wheel-Drive system. This system improves power distribution to all four wheels, providing brilliant traction and control in various driving

conditions. Paired with the X-Mode system, which includes hill descent control, the Outback XT is well-equipped to handle challenging terrains, making it an ideal choice for outdoor enthusiasts and adventurous families.

The 2023/24 Outback XT continues Subaru's tradition of safety innovation. The EyeSight Driver Assist Technology, a suite of advanced safety features, includes adaptive cruise control, lane departure and sway warning, pre-collision

braking, and pre-collision throttle management. This comprehensive safety package reflects Subaru's commitment to prioritizing driver and passenger well-being, earning the Outback XT high marks in safety ratings.

Stepping inside the cabin, the Outback XT provides a spacious and comfortable environment for both driver and passengers. High-quality materials and thoughtful design contribute to a refined interior, creating a pleasing blend of functionality and luxury. The available 11.6-inch

touchscreen infotainment system stands as a centerpiece, offering intuitive controls for navigation, multimedia, and connectivity features.

The Outback XT doesn't compromise on practicality either. Its generous space ensures ample room for luggage, outdoor gear, or groceries. The 60/40-split folding rear seats further enhance versatility, allowing for various cargo and seating configurations to accommodate diverse needs.

Tech-savvy drivers will appreciate the Outback XT's connectivity options, which include Apple CarPlay and Android Auto compatibility. These features seamlessly integrate smartphones with the infotainment system, providing access to navigation, music, and hands-free calling. Additionally, the available Harman Kardon premium audio system delivers an immersive listening experience, making every drive an enjoyable journey.

Subaru understands the importance of a comfortable and enjoyable driving experience and the Outback XT reflects this ethos. The redesigned suspension system contributes to a smoother ride, absorbing bumps and imperfections

in the road. The spacious and supportive seats further enhance comfort, ensuring that long journeys are as enjoyable for passengers as they are for the driver.

In terms of design, the 2023 Outback XT maintains the rugged and athletic aesthetic that Subaru enthusiasts appreciate. The iconic hexagonal grille, bold wheel arches, and roof rails emphasize the Outback's adventurous spirit, while LED headlights and taillights add a modern touch to its exterior.

The 2023 Subaru Outback XT stands out as a versatile and well-rounded crossover SUV. With its potent turbocharged engine, advanced safety features, spacious and comfortable interior, and off-road capabilities, the Outback XT caters to a wide range of drivers. Subaru continues to elevate its legacy with this latest iteration, providing an SUV that seamlessly combines performance, safety, and comfort for those who seek the freedom to explore both city streets and off-road trails.

I would own one in a heartbeat; which is less time than it took to generate some of this review.

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ADVERTISING FEATURE

travel options for the mature west australian



L-R; Gary Tate and a sooty shearwater - Virgin Voyages ship Resilient Lady

THIS year I am hoping we see the removal of the 100ml restriction on liquids carried in hand luggage at most major international airports. We will keep you posted as it comes into effect. The UK says its airports should have up-to-date security by June 2024 with two airports having already implemented changes. I am yet to see a date for when this will happen in Australia although most airports have improved technology for scanning passengers.

Last month I caught a flight to Melbourne and although it was a domestic flight it was still under international rules as it was also the last leg of the London to Perth direct flight heading across to Melbourne. Qantas sell domestic seats (for reference it's QF 10 to Melbourne and QF 9 from Melbourne to Perth). I did get caught out as I had packed a carry-on with my toiletries and had presumed it was a normal domestic flight. I had to go through international customs and security and although I had a specially stamped boarding pass, I was still subject to international security and lost half of my toiletries as they were over 100 ml.

It was all a bit strange really, but I did get to experience the Dreamliner 787-9 and as I always try to find a bright side to life, it was a fabulous aircraft to travel aboard. Service was excellent, the food much better than normal domestic and the entertainment system was grand. If you have the opportunity to fly a Dreamliner then I would highly recommend the experience, just check your luggage if you are aboard the flight I referenced.

★★★★

Cruising is in the spotlight with the first Virgin Voyages

ship *Resilient Lady* docking in Sydney last month. Many colleagues in the travel industry made a visit to the ship and the feedback from them was sensational. Virgin Voyages are adult only and say that their cruises include all meals during voyages in the 20 plus eateries. Gratuities are also included as well as group fitness classes, essential beverages (water, cool drinks, juice, drip coffee, tea), on board shows, and WiFi. There are a variety of cruises on sale across Australia and the South Pacific. *Resilient Lady* will visit Perth later in the year for a cruise across the southern coast.

★★★★

Talking about cruising, Gary Tate shared the photo above of him and this bird (apparently a sooty shearwater) that landed on his cruise ship midway between New Zealand and Sydney. Gary said he assisted the crew to pick it up and place it into a box, which was put into a quiet area of the ship to rest. It was successfully released the following morning. We love readers sharing photos from trips and welcome them, so if you have a photo you would like to share, please email it through.

★★★★

Our Antarctica day trippers take off this month on Australia Day and I am sure they are excited for what is one of the world's best day trips. The next flight departing Perth will be February 9, 2025 and we will have information for interested people in the coming months. Happy trails in 2024!

Jennifer Merigan

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Programs of Club 55 for 2024 are now available

CLUB 55 tour programs for this year have recently been released and are now available online at their website www.club55.com.au.

If you prefer a hard copy, please contact the office on 0434 439 983 they will post one out to you. The office is now open after the Christmas break.

Club 55 Travel Club caters for individuals, couples and small groups. They pick up from various locations

around Perth, including Belmont, Booragoon, Riverton, Bassendean, Morley, Innaloo, Whitfords, and Perth City.

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ADVERTISING FEATURE

travel options for the mature west australian

Visiting Melk Abbey while cycling along the Danube



L-R; Hauptplatz (town square), Melk - Church of St Peter and St Paul - Marble Hall or Marmorsaal - Marble Hall or Marmorsaal library

Tim Dawe cycles along the Danube River to Melk in this third article in his series on Austria.

MY six-day, 350km cycle tour along the Danube passed through the Austrian village of Melk. I feel a frisson of excitement at this prospect because it's central to one of my favourite novels: the dankly-dark, medieval murder mystery: Umberto Eco's *The Name of the Rose*. Then I recall the novel's abbey, with its scriptorium of priceless manuscripts, is set in northern Italy and the narrator is Adso of Melk. Travelling can be confusing sometimes – for a senior.

The massive Melk Abbey in front of me is far from dark and brooding. It's layered in yellow and cream like a delicious Viennese cake. It's light,

bright and it's baroque. From my bike I look up to the massive curved rear of the abbey, framed by a moat. Many day-trippers to Melk Abbey arrive from Vienna by riverboat (more an elongated viewing platform) then trudge 700m over river flats. As a cyclist, I arrive almost to the front door. Over a little footbridge, I pop up in the main street of town. Melk is pretty, and peaceful.

Melk Abbey is strategically set high on a rocky outcrop, with a commanding view of the Danube. It has serious history. The Romans installed a garrison there in the first century, then in 976 the Babenberg kings made it their seat from which to rule Austria. In 1089 Leopold II of Babenberg gave his castle to the Benedictine monks to endow a monastery. The current

building, designed by Jakob Prandtauer, was built from 1702–1736.

Today, far below this commanding edifice, townsfolk and visitors stroll around the village, window shopping or eating lunch. It's been a hard day in the saddle; I join others at Café zum Fürsten for coffee and Linzertorte.

The main street of the village is literally defined by the monastery's long rocky foundation. With no possibility of cross roads, the entire village is spread out along this monastery wall. I deviate up the steeply-staired Steingasse (passage) to the entrance – an extraordinary plateau in the sky. A sign invites visitors to wander through the abbey's extensive formal gardens.

Saints Peter and Paul welcome me as I cross

Prelates Court to the modern ticket office. There's nothing medieval about this modern, high-tech museum with its mood lighting, special exhibits, whirring and purring interactivity. It's slightly incongruous. Parallel to this ultra-modern exhibition arcade is the uncrowded, 200m-long Imperial Corridor and a traditional line of Hapsburg portraits. I enter the Marble Hall. It's beautiful, made more so with shafting golden sunlight. For a while I have the room to myself. It's a formal space for special occasions, perhaps to receive a pope or potentate. While sparse, overhead it's all wow and wonderment. The fresco by Paul Troger (1731) is a baroque masterpiece featuring St Benedict ascending to heaven. This room is sublime, yet most visitors

continue interacting with museum machines.

Then with one step I'm outside on that first-seen, rounded rear balcony – on top of the world. Below me are towns, fields and the Melk River.

The library is this way, says the sign. That's more like it; another Troger ceiling, aged books stacked to the ceiling and glass-topped cases displaying special books, maps and manuscripts. It's a reminder that for hundreds of years, long before schools, universities and the internet, all knowledge resided in monasteries. If knowledge was power, that made monasteries, particularly world-renowned Melk, very powerful indeed. In alcoves there are large globes representing the known world over the centuries. There are more than

80,000 volumes held on 10 floors – two available to the public. Access is via spiral steps. Dubbed the staircase to God, it is stunning. Viewed from underneath it resembles a giant luminescent sea-shell.

My self-guided tour brings me to a highlight: Melk Church. Fittingly, light descends through a large cupola spreading over the brown and burnished-gold altar. Here I meet Peter and Paul again, this time bidding each other farewell. The statues' perfect proportions are designed to inspire with awe. Exploratory instincts take me to niches along the sides. In glass cases abbots and

other distinguished figures rest, not in stone or plaster, but as skeletons. One suggestively leans on a former elbow; all are dressed in their official clothing. It's another reminder how customs and sensibilities change.

With Melk's fact and fiction sorted, I reflect on this memorable visit of architectural and religious wonder presented through 21st century technology. But medieval monastic traditions remain – Melk Abbey today is a thriving community of Benedictine monks and scholars. But without the murders.

I cycle back to the Gasthof on another adventure-filled day.

Aussie Redback Tours add more trips to their 2024 calendar



AUSSIE Redback Tours have added three more tours to their calendar by popular demand. The – Two-Day Wave Rock in March; Adelaide to Darwin, the Explorers' Way in April, and a second trip to Cape York in August.

Aussie Redback Tours have found that going to Wave Rock is such a wonderful experience, that rather than rush it, they've decided to make it a two-day tour (Saturday March 2 and Sunday March 3), staying for one night at the Hyden Hotel. This means you'll have more leisure time to explore the rock as well as Mulka's Cave and Hippo's Yawn without having to rush back to the bus too early and without getting back to Perth so late. With a two-day experience you'll have more time for photos, surfing the wave, visiting the gift shop and café and simply

enjoying this spectacular part of Western Australia.

The Adelaide to Darwin tour (Sunday April 7 to Saturday April 20) follows in the footsteps of our early explorers, travelling from the capital city of South Australia, all the way up through the centre of Australia, finishing at the unique opal town of Coober Pedy; the iconic Ulu-ru and Kata Tjuta; Devil's Marbles; Katherine Gorge; the historic Daly Waters Pub and more. This is classic Australian outback country with beautiful scenery, amazing history, and so much more.

The Cape York and Thursday Island tour in 2023 was a sellout so Sharon has decided to put two Cape York tours on next year. The first one, in July, is already full, hence the second one which will

run from Thursday August 1 to Tuesday August 13 and bookings are now open. If you missed out in 2023 or if this is a tour you've been hoping to do for some time, then don't

delay – book today. If you'd like to book onto one of the above tours, contact Sharon at Aussie Redback Tours on 1300 662 026 or email info@aussieredbacktours.com.

au for more information. You can also visit the Aussie Redback Tours website (aussieredbacktours.com.au) for full details of the above tours and many others.

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Wave Rock/Mulka's Cave/York	2 Mar	2 days from \$420
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WA's Coral Coast - Perth to Broome	28 May to 8 Jun	12 days from \$4300
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ADVERTISING FEATURE

travel options for the mature west australian

Enjoy a variety of authentic wildlife experiences around the world



Patagonia Torres Del Paine National Park
Inset; South Africa Greater Kruger three cheetah

HAVE you ever felt a desire when travelling to balance exploring iconic sights with activities that benefit the environment, local communities and wildlife?

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welfare of local populations and wildlife conservation efforts.

When it comes to wildlife, the key lies in collaborating with local communities to ensure sustainable conservation. Embark on a journey enriched with immersive experiences, allowing you

to explore some of the world's unique and engaging habitats. Not only will you come home with fascinating memories, you'll have played a role in preserving the natural and cultural heritage of the places you've been to.

Travel to South America and explore the rich

tapestry of Peru, combining authentic experiences with a visit to the bucket-list archaeological wonder of the Inca empire, Machu Picchu and discovering the pristine wilderness of the Amazon.

The Inkaterra Canopy Walkway comprises a network of hanging suspension bridges, an effort in biodiversity conservation allowing the study of wildlife in the rainforest canopy. Ascend to the first vertiginous tower, where toucans, woodpeckers and monkeys might greet you with their vibrant presence.

Back on the ground, a farm visit reveals ancient methods of growing native food and medicinal plants and on the river, in a dug-out canoe, learn the traditional fishing method whilst spotting fauna and abundant birdlife.

On the same continent,

Chile beckons. Within the magical Patagonia area, join a conservation safari with Cerro Guido Foundation and gain true insights into their mission. Shadow the expert trackers on their daily routines. Join in with puma research, engaging in activities like binocular observation and reviewing camera traps, collecting invaluable data. All with the backdrop of the rugged towers of Torres del Pain National Park.

Tigers reign in India where you can explore three very different, but equally exciting North Indian wildlife habitats.

Corbett, situated below the Himalayan foothills, offers sighting opportunities for tigers and pumas, as well as encounters with Asian elephants, deer and monkeys. In the rugged Chambal Valley, a river safari showcases raptors, migratory birds and crocodiles, plus

the stunning temples of Bateshwar. Then there's the famous Ranthambore National Park with its rugged arid landscapes, centuries old royal ruins, crocodile-inhabited lakes and abundant wildlife.

In Southern Africa, marvel at the megafauna - cats, elephants, giraffes, rhinos and a variety of incredible four-legged hooved creatures. In Kruger National Park, a vast wilderness home to hundreds of species, visit a community initiative that helps protect the endangered white rhino.

Or if you prefer an independent adventure, take a road adventure in Namibia. Pass through stark arid landscapes and encounter wildlife that will leave you speechless while engaging with local communities who survive in these conditions.

A world tour of wildlife isn't complete without a bear encounter. Head

north to Canada and the Great Bear Rainforest, the largest temperate tract of rainforest in the world. Home to First Nations communities connected spiritually to the diverse wildlife - grizzly bears, Kermode bears, black bears, whales, otters and more.

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Diamonds are a girl's best friend - Argyle pink diamonds exhibition



LOOK, and please touch, the most beautiful hand-crafted diamond pieces at a new and free interactive exhibition at Nina's Jewellery in Dunsborough this summer.

Crescendo proudly presented by Nina's Jewellery, tells a precious Western Australian

story in an exquisite exhibition of ten pieces ranging in value from \$78,000 to \$285,000 that feature exceedingly rare Argyle Pink Diamonds from the now closed Argyle Diamond Mine.

The \$1.7 million *Crescendo* exhibition comprises of a total of 840 diamonds, 404 Argyle Pink Diamonds and more than 16 carats of total weight in the collection of ten stunning pieces that took more than 575 production hours to complete.

Nina's general manager of product and finance Shivangi Modi says the pieces are representative of the care and quality taken with all of Nina's creations.

"*Crescendo* is a collection of distinctive pieces that all contain a multitude of tiny details that combine into one extraordinary whole, a creation of sublime beauty," Ms Modi says.

"Our point of difference is that we actively

encourage people to try our jewellery on - even pieces valued at close to \$300,000.

"*Crescendo*, while grand, won't be locked away in a vault. We want people to touch, feel, and see the incredible craftsmanship and discover the hidden details in the extraordinary settings, some of which only the wearer can see."

The team at Nina's is committed to offer an inclusive and exceptional experience to every person who enters the doors.

Come in, try on, get the photo for Insta and enjoy a rare opportunity to be dripping in exquisite and incomparable diamonds at Nina's Jewellery this summer.

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The Savannahlander departs Cairns every Wednesday, winding through the scenic wet



tropics of the Kuranda Range before sweeping on to outback savannah country.

The four-day return journey incorporates overnight stops at resorts and lodges and includes all meals. Sight-seeing highlights include the ancient Undara lava tubes and a cruise by electric boat through stunning Cobbold Gorge.

The four-day Savannahlander experience is part of an idyllic sev-

en-day tour Kevin has organised that includes additional time in dreamy Cairns and an all-day tour to Port Douglas where you will enjoy a crocodile spotting cruise.

The cost per person is \$5488 and includes return flights with Qantas. The exclusive tour is limited to 16 participants.

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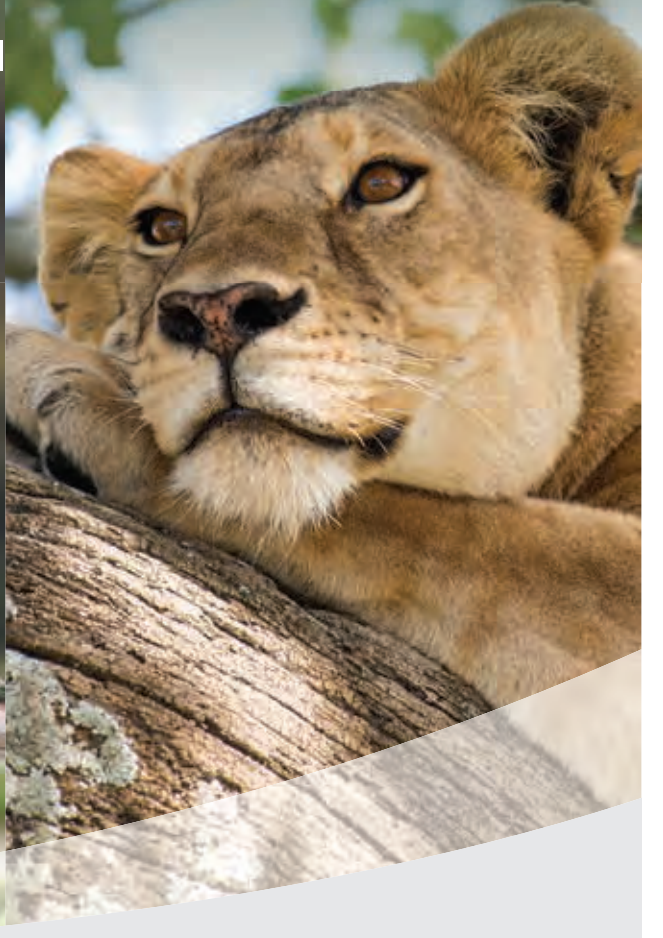
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let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

Celebrating 20 years of the Taste Great Southern Festival

by Allen Newton

CHEF Don Hancey has travelled the length and breadth of Western Australia cooking at food festivals but says Taste Great Southern in the state's deep south has a special place in his heart.

Taste Great Southern celebrates its 20th anniversary in May and Don reckons his history with the event goes back that far.

He and food writer Marg Johnson used to go to Goundrey Wines in Mount Barker to give master classes which Don believes were a precursor to Taste Great Southern.

"At Goundrey they'd set up three or four different events, so you'd come to our session for half an hour, wander on to a wine tasting, then on to a food tasting. I think this was probably the catalyst to get the event managers to start putting Taste Great Southern together," Don says.

This year Don will be back for the third time with a celebration of fresh fish at Catch of the South, one of around 30 culinary experiences during the event which runs across the region from May 2 to 12.

Fish has always been the star of Don's cooking, a favourite since childhood when his Dad was a recreational fisherman.

"We would dive for crayfish. We always used to have fresh crayfish on the table at least two or three times a week.

"Dad was a mad keen fisherman. Twice a week he'd get up about 6am and go over to the rocks and catch herring, skippy and tailor.

"I didn't know how lucky we were then and I didn't even think that other people didn't have that kind of upbringing where they got fresh seafood for free.

"I just always loved seafood and my first restaurant in Augusta, *The Colonial*, was pretty seafood focused."

His campaign to promote regional branding got its start at the restaurant, buying pike from Flinders Bay which he would smoke and feature on the blackboard menu as Flinders Bay Pike.

"There was another fisherman who used to catch the Blackwood River whiting and the brim, so I used to do a beer battered Blackwood River Brim.

"It was very basic but real food and I just started regional branding I suppose. I also used Karridale T-bones from a farmer at Karridale.

"Just putting a name to products so people can have a bit of understanding of where the food comes from is important.

"That's what I love about Taste Great Southern, its focus on the food, the wine, the distilleries,

the breweries, and the fishermen.

"It's why Catch of the South is an interesting one."

Don believes consumers are getting more attached to buying local produce.

"I really like what Buy West Eat Best does, it's just putting it in front of people that if you see that little logo of WA with the bite taken out of it and you're buying that product, you're supporting not only the farmers and the fishermen, but all the supply chains that go into that product which affects just about the whole community in a positive way.

"But the struggle is now because of the high cost of living, some of these products are 10, 20, 30 per cent more than stock standard and I can see why people just buy on price and not quality."

Don has fond memories of the Albany Farmers Market where consumers can buy direct from the farmer.

"I can't remember all the celebrity chefs I've worked with but part of the deal was that we would go down there on the Saturday morning and have a wander around, meet people, and do some cooking.

"And that's one of the key aims of Taste Great Southern, to say 'hey this is a food bowl, come and check it out, these are some of the ingredients we've got and there are hundreds of them that are bloody good.'"

These days Don works with some of WA's leading food companies to tell their stories and to help connect food producers, chefs and the public.

"I ran the main stage at the first two Gourmet Escapes and I've been involved at Bunbury, Margaret River, Geraldton with Shore Leave. I



Clockwise from top row; Don Hancey and owner of 3 drops wine Jo Bradbury at Catch of the South - Don is used to cooking for big events - Don adds the finishing touch to one of his dishes

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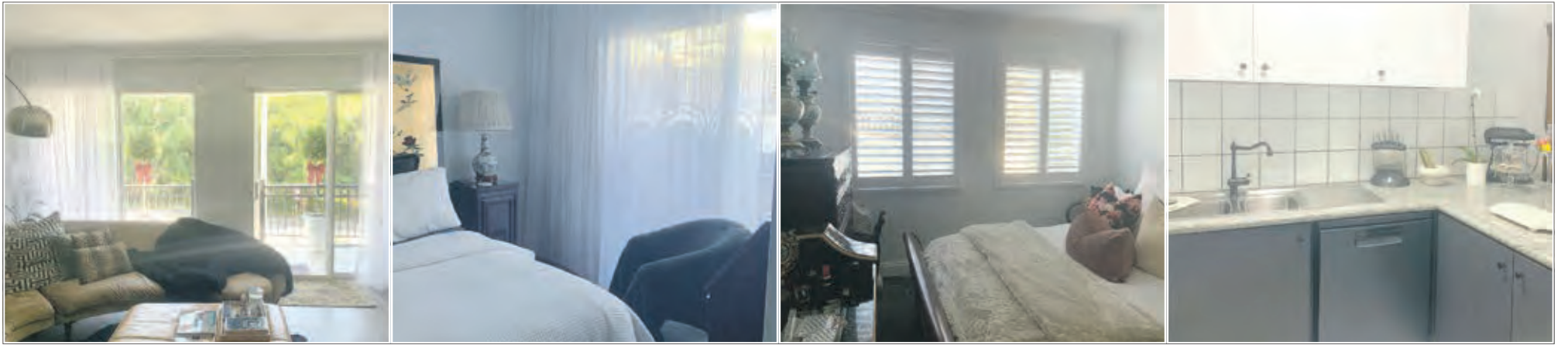
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Retire in Style

ADVERTISING FEATURE



Small things can change the look and feel of a home without a huge budget



Zofia's apartment makeover with sheers and shutters from Curtain World



by Zofia St James

I HOPE that you all enjoyed Christmas and New Year and the memories that were made and you are now enjoying another brand new year with its chapters and opportunities ahead.

What does this year hold for you? Or rather what do you need and how would you like this year to look?

This time last year my mother and I were still enjoying the novelty of living back in Perth, having accomplished the mammoth task of downsizing, three garage sales, styling up, selling and purchasing, and moving into an apartment.

It was then we could start to plan what our year would be and the superficial renovations we could do to update

the apartment.

Luckily it had been refreshed with new flooring, carpets and vertical blinds and freshly painted throughout, so this became the canvas I could start with.

Any improvements would have to be superficial due to limited funds, not to mention the disruption.

Thus, we began the process of tarding up the kitchen. Comparing the original white kitchen to what we have now and the reaction from visitors who have seen the before and after, has given

us joy and satisfaction.

We were lucky to have beautiful granite bench tops so the inspiration to combine black on the lower cupboards, white above and connected by the black grouting with original white tiles creates a checkerboard effect.

New taps and black appliances give a modern take and will extend the life of this room without a full renovation.

The laundry looks updated with new taps and appliances and the same new black grouting that sets off the white tiles to

match the kitchen area. Once again minimal effort but maximum impact.

The bathrooms are liveable but very small, so white towels and accessories give a luxurious look without clutter.

But for us, the pièce de résistance and absolute game changer has been to remove the vertical blinds and install floor to ceiling beautiful gauzy white sheers in the living area, my mother's bedroom and white plantation shutters in my room.

I mention all this to demonstrate you should

never underestimate the power of a makeover and the cost-effective way to add value to a property without the time and expense of a renovation.

Buying a property and over capitalising needs more thought and definitely more funds compared to the fun of making where you live more about you. This is something which most people can relate to and where my career actually started.

Making over properties to go to market began back in the 90s, be-

fore they started making TV shows about it.

Making where you live a place and source of joy is so important to our sense of tranquillity for everyday life.

All who know me would smile because they know that's me to a tee. That's how I love to live and why I hope my words inspire you.

So how does your year look? Take care this month of January and let us step forward with joy and anticipation as we make the most of every day.

Z x

Zofia offers a free over-the-phone or video interior style consultation for readers. She can assist with de-cluttering, restyling, choosing furniture and personal styling. Interested in a free styling opportunity? Contact Zofia on 0406 336 607 or email zofiajames@hotmail.com.

Thinking of applying for probate yourself?



LOSS of a loved one brings a wave of emotions and responsibilities. Amidst the need to inform relatives, arrange a respectful farewell and address practical matters, there's the crucial issue of legal and financial affairs that requires attention.

Bespoke Wills and Estates always advise an executor named in a will to seek legal advice, but appreciate that some people nevertheless prefer to handle the process themselves.

Crafted by the directors, this guide is your trusted companion when applying online for a Grant of Probate through the Supreme Court of Western Australia.

Designed to align with the Supreme Court's online application platform, the guide empowers you to make confident decisions.

It stands ready to provide answers to the many queries that may arise. Generally, an hourly consultation fee with a lawyer in this area of law is around \$480 per hour (plus GST).

If you require further assistance, the cost of the guide (\$89) is redeemable as credit towards a face-to-face consultation with a lawyer at Bespoke Wills and Estates.

See advert on page 9 for details.



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Retire in Style

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Using public transport during retirement is a boon for your wallet



View from Yagan Square, on the outskirts of the Perth CBD © Photo by Joshua Leong on Unsplash

by Lee Tate

HOW often do you use Perth's public transport? Could you switch from your car?

I have just completed a

year of living dangerously, relying on Perth's public transport.

But it turned out to be a pleasant exercise, proving that public transport is a rewarding option for

seniors and retirees.

My only exceptions were car trips to pick-up heavy loads and when it wasn't possible or practical on occasions. The car was started monthly, just to charge the battery for 20 minutes.

This was a taste-test for retirees to tackle our love-affairs with cars.

Because Perth has historically been a city easily navigated by cars, most of us barely give a thought to using trains or buses.

Perth's population is exploding, roads are more often crammed or clogged, fuel is costly, parking is harder and costlier and road stress is rising.

What's to lose? Trans-

port is free for seniors outside peak hours.

Public transport planning and plotting takes time for the uninitiated, but once timetables are known, public transport can be quicker than driving, with less stress.

To start your leisurely taste-tests, set aside a few half-days. Obtain a SmartRider, a free, reusable smart card that allows hassle-free travel on all Transperth services. (Details below).

Give trains priority over buses. Trains are highly reliable, run more often and are not subject to traffic hiccups. Outside busy times and weekends, some suburban buses run only every hour. (On all public trans-

port, face masks are recommended).

From home, walk to the nearest station, check the timetables and any station information and hop aboard. Go as far as you can, hop off for a caffeine break and catch a return train.

Just missed a train? There's probably another in 15 minutes.

Warning: Only major stations provide toilets.

Take trains to untried destinations, perhaps the airport, Joondalup or Mandurah. Outside peak times, you'll get a choice of seats.

Buses. Check times on your nearest bus stops (both directions) and take a ride as far as you can in both directions. Hope off,

have a break, stretch the legs and board the next bus.

Public transport, improving all the time, is a greater option in these energy-conscious times. Buses and trains are more convenient during regular hours and on major city routes. But a travel taste-test will show less stress and keep more money in your pocket.

For the fit and able, a bicycle or E-bike might be an option for getting to stations (some have bike security lock-ups). Bikes can also be fitted with saddle bags suitable for carrying moderate-size items.

Public transport taste-tests offer a sense of adventure and discov-

ery with financial and stress-reduced rewards.

The Seniors SmartRider card is combined with the WA Seniors card. Travel is free 9am-3.30pm and from 7pm until last service, weekends and public holidays. Concession fares apply at other times.

Outside the free travel hours, you need to buy a minimum \$10 initial value on your card at stations.

Card application forms are at most banks or downloaded from seniorscard.wa.gov.au. Or in person at the WA Seniors Card Centre, Level 2, 140 William Street, Perth.

www.transperth.wa.gov.au/SmartRider/Types-of-SmartRider.

Make it a mission convert your films, videos to digital formats...



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 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.

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Is your pillow contributing to your neck and back pain?



CORRECT SLEEPING POSITION

INCORRECT SLEEPING POSITION

by Robert Vander Kraats,
Sports and Exercise
Physiotherapist

THE average person spends 26 years of their life sleeping. Therefore it is important



to ensure your pillow is correct. If the pillow does not provide adequate support, or promote a good spinal alignment, sleep posture is likely to be compromised (see picture). The most common reason someone presented to a GP in Australia last year was for low back pain reports

the *Australian Journal of General Practitioners*. People with neck pain also frequently presented to a GP last year. At any one time, 20 per cent of people in Australia have neck pain.

Considering the time we spend sleeping in our life, ensuring adequate spinal posture is highly important. For example, using an overly high or stiff pillow can keep the neck flexed overnight, which can result in morning low back or neck pain

and stiffness.

A study to see if sleeping on a bed that sagged and provided no spinal support resulted in a decreased sleep pattern and spinal dysfunction was reported in the *Journal of Ergonomics*. The findings indicated that a bed that provided inadequate spinal support would often result in a poor night sleep, morning pain and stiffness throughout the body.

It is paramount to ensure that both the pillow and the bed provides adequate spinal

support to ensure the sleeper does not wake up with pain and stiffness, particularly in the neck and low back region.

In conjunction with an adequate pillow and supportive bed, Arthritis Australia recommends a person before getting out of bed in the morning completes a set of exercises that assists with general spinal mobility. By doing so, stiffness from a prolonged sleep posture can be addressed.

Next Generation Physiotherapy recognises the importance of

having adequate spinal posture when in bed. As such, a supportive and neutral posture offered by a pillow (see diagram) can be purchased from Next Generation Physiotherapy. A spinal mobility morning exercise program can be individualised to your specific needs, taking into account your medical history.

Book in with a physiotherapist from Next Generation Physiotherapy online at www.ngp.net.au, or call 9203 7771, located in Greenwood and Woodvale.

Can you repeat that? Why the cost-of-living crisis shouldn't cost you your hearing health

HAVE you ever sat in a busy restaurant and struggled to hear the conversation at the table? Or noticed a loved one withdrawing from a family catch-up because they couldn't keep up with the conversation?

You're not alone. Hearing loss is a common health concern that affects close to one in six Australians.

Despite the high cost that hearing loss can have on our quality of life and our ability to enjoy mo-

ments spent with loved ones, the increasing cost-of-living has made it difficult for those who need it to access affordable hearing care. In these challenging times, the last thing anyone needs is to be paying more for an essential health service or support than they need to.

Specsavers Audiology is committed to providing upfront prices online and without an appointment, because Australians deserve to know what they'll

be paying at the start of their journey to better hearing.

Despite the impact that the current cost-of-living crisis is having on household budgets, customers shouldn't and don't need to compromise on their health to be able to afford essentials.

Our local audiology professionals always put their customers first by offering exceptional care before, during and after a hearing check or assessment and hearing

aid selection.

A hearing check does not automatically mean that hearing aids are required, but they do help to uncover any changes and ensure hearing loss is monitored, detected and treated earlier if discovered.

If further testing is required*, a full diagnostic hearing assessment would be booked in, to determine if you would benefit from hearing aids and an appropriate recommendation made.

If you have any questions about the testing process or the initial consultation, get in touch with the team at Specsavers.

If hearing aids are needed, the team will work closely with customers to unearth what they need – and don't need – from their hearing aids, ensuring they are fitted with the right level of technology and spared unnecessary expense.

The price of hearing aids is based on their technology and features,

not the severity of hearing loss, and there is no value in paying for unnecessary features.

Latest technology hearing aids may be fully subsidised for those eligible under the Australian Government Hearing Services Program**.

If a hearing assessment identifies that hearing aids may benefit you, our audiology professionals are available to help you find the most appropriate solution based on your level of hearing loss,

hearing goals, your lifestyle and budget. They are dedicated to helping you find the right solution tailored to you – as one size does not fit all.

If you have any concerns about your own, or a loved one's hearing, visit your local Specsavers store or www.specsavers.com.au/hearing.

*If further testing is required, a fee may apply.

**Conditions apply under the Australian Government Hearing Services Program

Profiling the people who work at Regis - John a passionate and caring nurse



MEET John, a passionate enrolled nurse at local aged care residence

Regis Nedlands, who has been an integral part of the team since August 2022.

Starting as a carer before becoming an enrolled nurse, he has embraced the multifaceted nature of his profession.

John said he had never planned to work in the sector.

"Initially, I never imagined myself working within aged care when I began training as a nurse, but after completing my clinical placement at Regis, I realised that it was an area where I could make a real impact; not just to the clinical wellbeing of the residents but their lives as a whole."

What sets John's experience apart is his genuine connection with the elderly residents. The residents at Regis Nedlands offer a unique opportunity to work with a range of different residents, but it's the development of real relationships and bonds that he cherishes the most.

"Residents remain in an aged care home much longer than a patient would in a hospital setting. This gives me the opportunity to develop real relationships and bonds with both the residents and their loved ones," he said.

John's dedication is heartfelt. "I genuinely care for each and every resident that I look after. Seeing

residents or their families pleased with the care I have given and the feedback they give, has been an amazing experience for me."

In recognition of his outstanding contributions, John was nominated for the Outstanding Dementia Care Award at the Regis National Care Awards in 2022. However, for John, the true value lies in the trusting bonds he has developed with many residents, making him feel treasured every single shift.

John has been able to grow within his career personally and professionally at Regis Nedlands, a journey he describes as a continuous learning experience. He said Regis

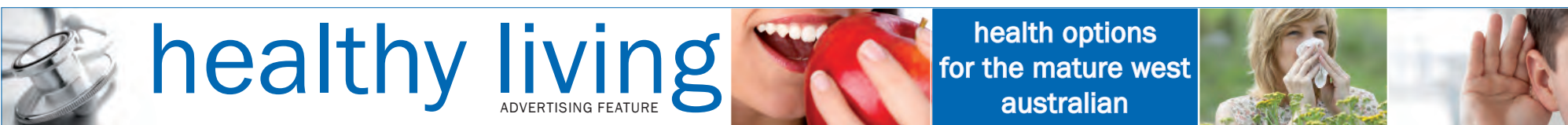
is a workplace that he appreciates and feels enabled to flourish.

"Regis has been a fantastic place to work for me where I feel valued."

When asked about his colleagues at Regis Nedlands, John highlights the shared passion for providing not just clinical but respectful and meaningful care for residents.

For those considering a career in aged care, John offers invaluable advice:

"If you genuinely want to make a difference to people's lives and aren't afraid of getting your hands dirty from time to time, then this is an extremely rewarding sector within healthcare to work in," he said.



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Hear the sounds of summer



SUMMER holds many of life's most joyous moments. The sound of cicadas, magpies and kookaburras, and time spent with family and old friends – these noises are the real sounds of life.

When we're living with hearing loss, it can dampen life's experiences. If your brain's access to sound is limited, for example by untreated hearing loss, you may find it harder to understand what's happening around you. You may also find that conversations are also harder to

follow and this difficulty could lead to avoiding socialising. This can increase the risk of loneliness, social isolation, and feelings of depression.

Oticon Real™ brain-friendly hearing aids provide real, clear sound while still being comfortable. They offer access to the sounds you need, helping you focus on what's important and experience what's happening all around. In fact, Oticon Real has been proven to significantly reduce the effort it takes to listen – even in noisy situations.

Designed for you to access all relevant sounds in comfort, Oticon Real is also built to provide clear sound when someone is speaking, even if they're behind you or by your side. This can make it easier to focus and follow conversations, so you can stay in the moment with ease.

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and hearing services at multiple locations throughout the Perth metro area and down to Bunbury. They offer the support and treatment you need, based on the latest research and provide a comprehensive range of hearing services.

Get ready to take in all life has to offer and have your hearing aid fitted today. With Oticon Real™ hearing aids, you can enjoy exceptional sound quality, so you can follow conversations with ease when you're out and about this summer.

Call 1300 847 395 or visit www.lionshearing.org.au to book your appointment and start your hearing journey with WA's most trusted hearing provider.

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This product is not available for purchase by the general public without consultation with a hearing healthcare professional. Availability, function, and benefit of technology, features and accessories can vary depending on hearing aid style and performance level selected.

Artificial Intelligence (AI) can predict your health risks later in life

by Frank Smith

ONE of the perils of ageing is being uncertain about one's future health. When should you retire? Should you plan a world trip or a tree change not knowing if you are likely to live to enjoy it?

Now researchers have discovered a way to pre-

dict our risk of developing serious health conditions later in life by examining bone scans for signs of calcification of the abdominal artery.

Abdominal aortic calcification (AAC) is a calcium deposit that which can build up within the walls of the abdominal aorta.

ECU Associate Profes-

sor Joshua Lewis explains the abdominal aorta is the main artery responsible for distributing oxygenated blood from the heart to the rest of the body.

"If it becomes calcified it is less flexible and blood flow becomes uneven which may damage other organs including the kidneys, brain and lower limbs."

ACC can be used to predict your risk of developing cardiovascular disease events such as heart attacks and stroke as well as your risk of falls, fractures and late-life dementia.

The technology to measure this calcification is already available in bone density machine scans used to detect osteoporosis. However, interpreting the images is time consuming and requires highly trained expert readers, making it impractical for routine use in preventive medicine.

Scientists examined the AAC scores of nearly 1000 women from the late 1990s, and then followed their health status for more than 15 years.

They found one in two older women had medium to high levels of AAC, and these women were twice



L-R; Abdominal aortic calcification (AAC) - Edith Cowan University Nutrition & Health Innovation Research Institute's Associate Professor of Cardiometabolic Health, Joshua Lewis

as likely to be hospitalised or die from a late-life dementia – independent of other cardiovascular factors or genetic factors.

The scans provide valuable predictions of several future health risks, including risk of dementia earlier in life, which could prove vital in slowing development of the condition.

Scientists from ECU School of Medical and Health Sciences in collaboration with scientists from the University of WA, Universities of Minnesota, Southampton and Manitoba, Marcus Institute for Aging Research, Hebrew SeniorLife and Harvard Medical School have developed artificial intelligence software which can analyse scans much fast-

er – up to 60,000 images per day.

Professor Lewis said this significant boost in efficiency will be crucial for the widespread use of AAC in research and helping people avoid developing health problems later in life.

"Since these images and automated scores can be rapidly and easily acquired at the time of bone density testing, this may lead to new approaches for early cardiovascular disease detection and monitoring during routine clinical practice," he said.

The team scored 5000 images obtained during routine bone density tests by both human experts and Artificial Intelligence

algorithms.

After comparing the results, the experts and software arrived at the same conclusion for the extent of AAC (low, moderate or high) 80 per cent of the time.

"It is about the same agreement as between two human experts," said Professor Lewis. "The latest version of the software is three per cent better and machine learning ensures the software improves the more it is used."

Only three per cent of people deemed to have high AAC levels were incorrectly diagnosed to have low levels by the software.

"This is notable as these people with high AAC scores are the individuals

with the greatest extent of disease and highest risk of fatal and nonfatal cardiovascular events and all-cause mortality," Professor Lewis said.

"Automated assessment of the presence and extent of AAC with similar accuracies to imaging specialists provides the possibility of large-scale screening for cardiovascular disease and other conditions – even before someone has any symptoms.

"This will allow people at risk to make the necessary lifestyle changes far earlier and put them in a better place to be healthier in their later years."

The research was published in *eBioMedicine* in July 2023.

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GREAT HOME and GARDENING



Some careful planning will create a sensational spectacular garden



Liliums create beautiful blooms



by Colin Barlow

NOW that the Christmas and New Year festivities are over and the reality of getting back to our regular work and jobs hits, you could be forgiven for being a little bit weary and drained.

The thought of another new gardening year may be hard to enjoy initially, as we struggle to keep our plants alive in the persistent heat of a West-ern Australian summer.

Throughout summer my own garden has been ablaze with the vibrant spectacle of flowering Lilies that were looking sensational around Christmas time.

If you want to create your own spectacular show for next year, a little planting and creativity later in autumn and early winter will reap dividends in the early days of next summer. You will be able to enjoy the delights of your floral display both in the garden or in pots close to the front door.

Later in May, Red Earth Bulbs will be showcasing their incredible range of Liliums at the Perth Garden Festival, so put a note in your diary and pick up some exquisite blooms that will be available exclusively at the show.

Plan for next year's summer spectacular
When planting Liliums in the ground in WA, they can be positioned in the either in full sun or partial shade under trees, depending on the orientation of the garden bed. Always improve the soil with plenty of organic compost, aged manure, Bentonite clay and organic controlled release

fertiliser before planting and mix it in well.

I like to cover the bulbs with a 50:50 mix of the existing soil and the soil improvers, as many Lilies will root from the stem above the bulb as they grow. To finish off mulch with compost, add a wetting agent and water in well.

For planting in containers, I like to plant directly into a large ceramic pot around 50-60cm high and wide for planting.

Fill the pot two-thirds of the way up with premium potting mix and add some extra controlled release fertiliser. Next, depending on the size of the bulbs, place three to 10 Liliums spaced evenly around the centre of the pot. Then cover them with more potting mix to

just under the pot rim. Flowering usually takes between 10 to 14 weeks from planting.

Top Liliums for pots

I prefer to use the newer types of OT Liliums. These are a hybrid between the exotic Oriental Liliums and the tough and sturdy Trumpet lilioms. OT Liliums are more vigorous, wind resistant and sweetly perfumed. Often in their second year, they can carry up to 25 buds and showstopping display.

Planting partners

To create further interest after planting the bulbs up until flowering in summer, try layering the pot with other perennials. Try varieties of Salvia, ivy leaved Pelargoniums, Scabiosa, Angelonia, Heuchera and Nierem-

bergia. These provide varying levels of colour and foliage coverage until the lilies grow up through them. Bulbs such as calla lilies, tuberose or gladioli and annuals like cosmos and zinnias also make a great addition and can add some cool or hot summer colour.

Silver service

Silver leaved plants including Helichrysum petiolare, Dichondra 'Silver Falls' and Plectranthus argenteus make a classy addition to the overall composition of the planted pot, providing contrast, texture and volume as they spill over the sides. Alternatively for a more contemporary look, small grasses and sedges like Carex 'Feather Falls' and 'Dusky Fountain', Molin-

ia caerulea and Festuca 'Elijah Blue' can add lightness and movement to the design.

Water the plants and bulbs in well after planting and then position the pot in a sunny to partially shaded spot. Feed the lilies fortnightly with a liquid fertiliser high in potassium as they come into flower to build up the bulbs for improved flowering the following year. Dead-head the flowers and let the stems die down naturally before removing them. Understorey planting will help to conceal the stems as they die down.

Luscious Liliums

Recommended OT cultivars include 'Bel-velle', 'Miss Peculiar', 'Dalian', 'Yelloween', 'Silk Road' (one of my

favourites) and 'Fujian'. The double Oriental Lilium 'Magic Star' has layers of ruffled frilly pink petals with white edging

featuring red stripes and freckles. 'Magic Star' is a long-lasting variety that is pollen free and ideal for allergy sufferers.

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Are you missing out on government funding?



MY Aged Care Home Care Packages have been available for almost seven years now, but it's still a bit of a grey area for a lot of people. However, with Home Care Packages ranging from \$10,272 annually for low care needs, to \$59,607 for high care, it's worth finding out about.

CPE Group general manager,

Rhian Tamim says the most common misconception is that a package only provides 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 Home Care Packages 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 be six months and more

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 should 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. For more information call CPE Group on 1300 665 082 or contact them at info@cpegroup.biz and ask how they can assist you with the application through their Navigation Assist Programme or for their brochure *A Guide Through My Aged Care*.

Using stem cells therapy to relieve arthritis

ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection and but also to start the healing process. The most common form of arthritis is Osteoarthritis. This is a degenerative disease and often

leads to the need for joint replacement surgery.

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 right tissues adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of lu-

bricin (a protein found in joint fluid that acts like a shock absorber).

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Have a Go News PUZZLES SOLUTIONS

Solution for BIG Crossword page 38

C	H	E	F		P	L	A	C	A	R	D		B	A	K	E			
O		A	B	A	T	E		L		I		I	N	C	A	S	M		
L	E	T	I	N		E		W	A	D		A		A	D	I	E	U	
E	V	E		V	E	R	S	A		I	D	L	E	R		A	D	S	
	O	R	B	I	T		H	Y	E	N	A		S	T	I	N	G		
	K		U	L	C	E	R	S		G	R	O	C	E	R		E		
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A			G	R	E	E	D	Y		Z	E	B	R	A		N		E	
C		H	E	A	D		S	A	W	E	D		T	H	E	N		T	
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O		A	S	P	S		T	H	R	O	W		H	A	I	R		A	
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L	E	I		A	S	H	E	N		A	S	I	D	E		H	E	W	
U	T	T	E	R		U	T	A	N		F		G	L	A	R	E		
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K	E	E	L			T	U	E	S	D	A	Y				O	M	E	N

Solution for Crossword page 39

R	E	V	E	R	S	E		K	N	E	E	C	A	P
E	I		R	E			E		L					I
S	P	E	A	K	E	R		E		E	X	T	R	A
I		W		O	N			C	A		N			
D	I	S	C	O	U	R	S	E		T	A	B	O	O
E				L				R		R	L			
N	E	U	R	I	T	I	S		S	I	L	E	N	T
T			V		P					C		H		
S	I	L	V	E	R		A	U	D	I	E	N	C	E
A	B		A				A							M
P	A	P	E	R		B	R	A	I	N	W	A	V	E
A	S	A		A				L				R		S
G	R	E	E	N		T		A	R	T	D	E	C	O
E			C	E		R					N			N
S	W	A	S	H	E	D		M	U	S	T	A	N	G

Solution for Sudoku page 39

3	6	8	5	4	2	7	1	9
5	7	1	9	8	6	2	3	4
9	4	2	1	7	3	8	5	6
7	9	4	8	6	1	3	2	5
2	1	3	7	5	4	6	9	8
6	8	5	3	2	9	1	4	7
8	2	9	4	3	7	5	6	1
1	3	7	6	9	5	4	8	2
4	5	6	2	1	8	9	7	3

Answers for Have a Go News Quiz page 2:

1. The Vasse
2. 1901
3. 800
4. 300,000
5. Nine
6. Blue-ringed octopus
7. Animal (Australia's smallest bird)
8. 12,889kms
9. WA
10. 500

Solution for Word Search page 39



food & WINE

...eat, drink and be merry... ADVERTISING FEATURE

Knife and fork talk with the Dining Divas - all aboard to Subiaco



by Judith Cohen and Pat Paleeya

SUBIACO by train was our destination this month. Not having been there for some time, one Diva was surprised to see the old market site up and running in a new building at last. We wandered up and down Rokeby Road window shopping before we popped into 1982 Food

and Coffee for lunch.

Menu offers dishes mostly under \$25, we chose the Poke Bowl and Kimchi Fried Rice, both priced at \$22.50.

The poke bowl was health freak heaven, lots of really fresh rocket, colourful crunchy slaw, edamame, corn and a large blanched floret of broccoli. The dressing was a zesty yuzu which added a zing to the

taste buds. The boiled egg, cherry tomatoes and smoked salmon were perfect partners in this bowl of goodness. There was also a serving of purple rice which sadly wasn't up to expectations as it was very glutinous and quite rubbery. In all though the meal was satisfactory and enjoyable.

The kimchi rice dish looked delicious and

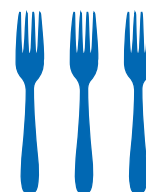
ready to be devoured. Two sunny eggs were zig-zagged across with the garlic aioli and sprinkled with green pea sprouts. Underneath was the pork katsu and the kimchi rice mixed in with the edamame beans. The eggs were cooked well but unfortunately the pork katsu was very salty and dry. The kimchi rice and edamame beans were

pleasant tasting and flavoursome.

This is a casual café with inside and outside dining and just a stone's throw from the station. Staff were friendly, efficient and helpful.

3 Forks

1982 Food and Coffee,
shop 3/1 Rokeby Rd, Subiaco
Phone: 0431 100 919
www.1982foodandcoffee.com
Open Mon-Fri 7am-2pm,
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Mondos Recipe of the Month - Vince Garreffa's Australia Day lamb



I AM giving you this recipe now so that you can

prepare for Australia Day. Make lamb on our national barbecue day where I mix bush spices with garlic, representing Europe, and ginger, representing Asia. After all, every great city in the world has a little Italy and Chinatown always in their restaurant districts. I love Perth and you will

love this lamb.
Ingredients for 6
1 forequarter lamb, rib cage removed, shank on
2 tablespoon ground lemon myrtle
1 tablespoon ground pepper leaf
1 tablespoon ground bush tomato or mild paprika
2 tablespoon chopped garlic
2 tablespoon chopped ginger
Extra virgin olive oil

Method

Ask your butcher to remove the rib cage from your lamb; this will make carving easy after cooking.

Mix your own ingredients with enough extra virgin olive oil to make a loose liquid paste, and

then rub it all over the lamb. Put the lamb and excess marinade in a roasting pan, turning it often in the marinade for at least two hours at room temperature. Now roast at 180°C for about two hours in an oven, Webber or hooded barbecue.

You might like to try my slow cook method, which is about five hours in an oven at 100°C until the meat starts to disintegrate. Yum!

Buon Appetito!
Mondo Butcher and Grocer is located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am to 5.30pm Saturday 8am to 2pm. Phone 9371 6350 or visit www.mondo.net.au.

Knife and fork talk ratings

- Five forks – excellent food and service
- Four forks – overall good food and service
- Three forks – reasonably good food and service but could make some improvements
- Two forks – food and service needs improvement
- One fork – would not recommend

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food & WINE

...eat, drink and be merry...
ADVERTISING FEATURE

...eat, drink and be merry...

It's the new year and it's time for some simple summer eating

by Noelene Swain

WHEN it comes to preparing meals while you and the family are soaking up the joy of summer and holiday, the best idea is to keep it simple.

Who wants to spend all their time in the kitchen when you could be relaxing? My guess is no one. If you are planning on taking it easy and relaxing this summer, follow these handy tips for simple summer eating to ensure you get maximum enjoyment out

of your holiday with minimum effort in the kitchen.

What can you prepare for your famished family after an adventurous day out that is quick, easy and nutritious?

Obviously loads of outdoor eating will lean easily towards barbecue meals. Be sure to extend the usual meat repertoire to include loads of vegetables for a lighter healthier complete meal. Try corn, zucchini chunks, mushrooms of any size, capsicum or sweet potato as great grilled options.

Get creative with your salads too. Build some of the traditional summer favourites into a complete simple summer eating solution with the addition of the like of grilled chicken strips, slices from the Christmas ham or even a tin of tuna.

When you do step up and cook, doubling the recipe quantities will create leftovers for lunch or another dinner meal. You will be grateful when you don't have the energy to cook after a day in the sun.

If you're heading away from home, it may suit to prepare and freeze meals before you leave. Although this may seem like a little effort, you will appreciate it when you come home from a long walk or simply can't bear to look at the kitchen. Bolognese sauce, curry, lasagne or soups are great for freezing and can stretch over two meals. These meals are not only healthy, they are ideal for heating up on the stove or defrosting in the microwave, whilst you put your feet up

and relax. You know you deserve it.

The following recipe offers a twist on a traditional favourite. It won't take a lot of preparation or cooking equipment either and provides a lighter, healthier flavour perfect for summer. So when the day is over, relax, pour yourself a drink and take comfort in the fact that you have a meal in the oven waiting to be served. Cheers!

Brought to you by Fresh Finesse Fresh Food Promotions - www.freshf.com.au

Mushroom cottage pie

Preparation: 25 mins; cook: 1 hour; serves 4



Mushroom cottage pie

1 tablespoon olive oil
1 onion, finely chopped
500g lean beef mince
500g button mushrooms, diced
2 tablespoon tomato paste
400g can peeled toma-

atoes, undrained
3 teaspoon Worcestershire sauce
Salt and freshly ground black pepper, to taste
2½ cups mashed potato (made from 600g Royal Blue potatoes)

HEAT oil in a large frying pan over medium heat. Add onion and cook for five minutes or until soft. Add beef mince and cook, stirring constantly, for 10 minutes or until browned. Add mushrooms and cook for five more minutes. Stir in tomato paste, tomatoes and Worcestershire sauce.

Cook, stirring occasionally, for 20 minutes or until liquid has evaporated. Season with salt and pepper. Preheat oven to 220°C. Spoon mince mixture into a 5-cup oven-proof dish. Top evenly with mashed potato. Bake for 20 minutes or until potato begins to brown.

Handy Hint: Blitz the mushrooms briefly in a food processor to create a finely diced texture similar to mince.

RECIPE FOR ONE Energising peach and banana smoothie

Preparation: 3 mins; cook: nil;
serves: 1 - 2



1 peach chopped
1 banana chopped
1 orange, chopped
½ cup natural or fruit yogurt
½ cup crushed ice

PLACE all ingredients into a blender and blend until combined. Serve immediately.

Note: for a thick and creamy result, try freezing the diced fruit in an air tight container. It's a great way to use fruit that ripens too quickly to eat.



What's fresh in fruits and vegetables this month



Nectarines: Plentiful supplies of these summer favourites are now arriving 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 as fruity sorbet, you really only need to puree and freeze. Pile them high in the fruit bowl and they will disappear as if by magic.

Apricots: If you are blessed with excess apricots,

then making apricot jam will carry on this beautiful flavour for months ahead. It is a great surprise when you find a large piece of apricot as you spread the jam on fresh bread.

Buy apricots that are firm, but not hard, with unblemished skins. They should be a deep, clear orange and some may even have a red blush. Apricots bruise easily, so carry them home with care.

Eggplant: Locally-grown eggplants are plentiful now. 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.

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. They are not only for boosting your Vitamin D and lowering your risk of cancer, they also taste superb. Grill them whole on the barbecue with your choice of flavour. You can swap minced meat for minced mushroom for a lower calorie and fuller flavour result. Mince finely and blend with your traditional minced meat recipes in burgers, bolognese or meatloaf.

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food & WINE

...eat, drink and be merry... ADVERTISING FEATURE

Busting brunch all over - a funky gem in the city shines bright



L-R; Gemini Cafe's French crêpe and eggs Benedict - enjoy the funky, French, quirky and colourful fun interior of Gemini Cafe - discover Gemini's glass cabinet of beautiful and well crafted cakes

by Buster the Bruncher

FUNKY, French, fabulous, flavour-flooded food. In Perth city's exploding universe of eateries, Gemini commands a starring role.

Next-door-neighbour of London Court in St Georges Terrace, Gemini is a shining light in the refreshed city.

Brunch at the French patisserie/bistro is fun

with quirky colours, kids' gift goodies and a show-piece glass cabinet where cakes come in the shapes of mushrooms, teddy bears (straw-bearies) or bright yellow lemons (white chocolate cream in sponge cake with mango insert). All \$13.95.

Gemini's all-day menu features just 10 main dishes ranging in price from \$18.95 for chicken Caesar salad to \$32.95

for the 'hungry panda big breakfast' which is a big rollout. It features scrambled eggs, asparagus rolled in bacon, hash browns, spring rolls, chipolatas, smashed avocados, mushroom with sour dough toast and more.

Brunch buddy, Professor Ken, opted for a French crêpe (\$24.90) exuding flavours from ham, salami, cheese, egg,

rocket, onion, capsicum, green peas, cherry tomatoes, buckwheat flour and barbecue sauce.

We shared and matched it with eggs Benedict (\$25.90) combining poached eggs cleverly coated with crispy spring roll strips, grilled cherry tomatoes and fresh rocket on toasted sourdough.

Even with the heartiest appetites after a long city walk, we failed to con-

sume everything on our earthy, black plates.

Younger customers would, perhaps, be drawn to the French toast dubbed 'teddy bear picnic', combining iced chocolate teddy bear, bacon, seasonal berries, caramelised banana, Nutella, maple syrup, fairy floss and vanilla ice cream.

Lunch customers surely would be tempted by

Gemini's beer-battered barramundi and chips with mixed salad, homemade wasabi mayo and tomato sauce (\$24.95). Then there's the waygu beef burger at \$31.95.

As well as the usual coffee selections, Gemini offers signature hot beverages like crème brûlée cappuccino, honeycomb latte (both \$7.50) and cloud long black for \$8.90.

Cold beverages come in a selection of 14 drinks from their signature iced coffee (\$8.90) to cloud latte (blue latte with homemade fairy floss on top).

Banana smoothie features real banana, honey, Greek yogurt, skinny milk and ice (\$8.90). Iced chocolate comes with ice cream, cream and a pink, iced milk block on top (\$8.90).

Gemini hits the mark for

style, innovation, flavours and no-nonsense service. Prices are reasonable, especially for a top-end-of-town eatery offering unique experiences.

Seating inside is limited but plenty of tables and chairs are provided outside in the large enclave that is the entrance to a skyscraper.

5 Spoons Gemini Café
66 St Georges Terrace, Perth

Phone: 0414 516 491

Open:

Monday-Thursday: 8am-3.30pm.

Friday: 8am-5pm.

Saturday & Sunday: 10am-5pm.



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.

A selection of quality wines for summer sipping and socialising



by Frank Smith

I EXPECT most readers will have enjoyed a glass or two of sparkling wine over Christmas or the new year. While the French credit the 17th Century monk Dom Perignon with inventing champagne, historical research shows Britain played a pivotal role in developing the technology.

The Brits were respon-

sible for creating and retaining effervescence, strong glass bottles and the use of corks. The French contributed wine, of course.

Wine was imported into England in barrels from France because bottles were taxed at a higher rate than wine imported in bulk.

The wines often deteriorated during the journey across the channel and once opened, they

oxidised quickly, developing an unpleasant flavour. To improve the taste, English consumers added honey or sugar. The additional sugar content, called dosage in France, caused a secondary fermentation – and effervescence.

In 1615 King James I banned the burning of wood in industrial furnaces. Timber was too valuable to be burned, it was reserved for shipbuilding. As a result, glassmakers turned to coal, which achieved higher temperatures and produced stronger glass bottles which could withstand pressure without bursting.

Cork was already in use in England for sealing cider and perly bottles, while in the 17th century the French sealed their wine bottles with wooden stoppers and canvas soaked in grease.

Assuming we have all had our fill of sparkling wines lately here are some good value delicious still wines.

Parker Estate Terra Rossa Cabernet Sauvignon 2021 from the Coonawarra is dark scarlet with purple hues. It has aromas of dried herbs, especially sage, blackberry and blackcurrant, with a touch of pomegranate and cranberry. The palate is balanced, complex and intense. The leading flavours are black fruits, sarsaparilla, nutmeg and cloves. Mid-palate is full with fine silky tannins and flavours of mocha and umami. RRP \$34.

Stockman's Ridge outlaw Chardonnay 2017 is from a single NSW vineyard, grown in volcanic soils at an altitude of 870m and barrel fermented in French Oak. It is light gold in colour with aromas of apple, peach and a hint of lime and toast. The palate is similar to the nose with roasted cashew and minerality with a full-bodied, long, finish. Serve with nutty cheeses shellfish and white meats. RRP \$40.

Angullong Fossil Hill

Sangiovese 2021 from Orange NSW is vibrant garnet in colour with a purple hue. It has floral aromas of sour cherry, spice, blueberries and dried herbs. The palate is medium to lighter bodied with refreshing flavours of blueberry, sour cherry and spice. The tannins are silky and smooth. This wine is a great accompaniment for antipasto, pizza and tomato-based pasta dishes. RRP \$30.

Hesketh Adelaide Hills Pinot Noir 2022. Pinot noir's traditional home is Burgundy. It can be difficult to grow, vignerons say it is temperamental and thin-skinned. This wine is light purple in colour with aromas of dark berry, cake spice, earthy mushroom and roasted nuts. The palate provides succulent fruit flavours with silky texture and expansive mouthfeel. The finish is long and enjoyable. The wine is ready to drink and will keep improving for about five years. RRP \$30.

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What's on the silver screen with Luna to kick off the new year



Priscilla January 18 Screening at Luna/SX/Windsor
THE biopic *Priscilla* compellingly shows the doomed relationship

between Elvis and Priscilla Presley, through Priscilla's eyes. Sofia Coppola tells the unseen side of a great American myth in Elvis and Priscilla's long courtship and turbulent marriage, from a German army base to his dream-world estate at Graceland, in this deeply felt and ravishingly detailed portrait of love, fantasy and fame.

The Holdovers January 11 Screening at Luna/SX/Windsor
Beautifully bittersweet, *The Holdovers* marks a satisfying return to form for director Alexander Payne

(*Sideways, The Descendants*.) A curmudgeonly instructor (Paul Giamatti) at a New England prep school is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go.

All of us Strangers January 18 Screening at Luna/SX
Adapted from Japanese author Taiichi Yamada's award-winning novella *Strangers*, *All of Us Strangers* is a heroically unabashed treatise about the healing power of love, expressed through extraordinary cinematogra-

phy and a quartet of stars bouncing off each other to hit stratospheric acting highs.

Anatomy of a Fall January 25 Screening at Luna/SX/Windsor
In Justine Triet's film, starring Sandra Hüller and Samuel Theis, a marriage and a death are subject to the minutest scrutiny, as a woman is suspected of her husband's murder, and their blind son faces a moral dilemma as the sole witness.

A smart, solidly crafted procedural that's anchored in family drama, *Anatomy of a Fall* finds star

Sandra Hüller and director/co-writer Justine Triet operating at peak power.

The Iron Claw January 25 Screening at Luna
From indie powerhouse studio, A24 comes *The Iron Claw*, the true story of the inseparable Von Erich brothers, who made history in the intensely competitive world of professional wrestling in the early 1980s. Through tragedy and triumph, under the shadow of their domineering father and coach, the brothers seek larger-than-life immortality on the biggest stage in sports.



Ivan King OAM © Photo by Alison Rodrigues

Ivan's quest to preserve our theatre history for future generations

by Josephine Allison continued on from page 5

"We have had to wade through oceans of apathy but the benefits are now being realised and appreciated," Ivan says.

He has done historic theatre tours for 25 years, speaking for two hours without a microphone and also does Morning Melodies shows to delighted audiences.

Ivan reflects on the way politics and the arts merge, looking at the Anzac Cove exhibition which depicted troops being entertained at the front.

"I discovered the amazing influence show business had on the young soldiers through patriotic and jingoistic songs.

"It was a recruiting field set to music. The young man would be sitting in the theatre and the leading lady would come down and sing such songs as *Be a Man* and *Enlist Today*. That was the way arts and politics interacted.

"The most dangerous thing

society can do is to ignore the arts because there are other forces ready to come in and fill the void.

"Too many people in Perth like their culture the way they like their workers – fly in, fly out. The arts must be nurtured at street level 12 months a year," he said.



Jason Capobianco and Wunderman Thompson Perth

Don't miss ballet under the stars at the Quarry

RELAXING with a bottle of wine and a picnic under the stars makes for a pretty unique theatre experience. And the best part is, it's right here in Perth.

West Australian Ballet's much-loved summer stalwart, *Ballet at*

the Quarry, has been running for more than three decades and will once again return to City Beach's Quarry Amphitheatre.

Featuring a triple bill of contemporary dance, including a world premiere and two Austr-

lian premiers, audience members can also catch a glimpse into the life of a dancer as they warm up on stage before the performance.

In a major coup, one of the world's leading choreographers David Dawson will bring the ti-

tle work to Ballet at the Quarry, with *Metamorphosis*, set to make its Australian premiere.

Rising star of British dance, George Williamson, will present a brand-new creation commissioned by West Australian Ballet in addi-

tion to his award-winning work, *Wonderers*.

West Australian Ballet presents *Metamorphosis: Ballet at the Quarry* live at Quarry Amphitheatre from February 9 – March 9. Tickets from www.waballet.com.au or 9214 0707.



Great characters to love in Australian novel about later life relationships

Never Look Desperate
by Rachel Matthews
Reviewed by Pat Paleeya

BERNARD, Minh and Goldie the central characters in this wonderful book are so believable that I wanted to take them home and 'mind' them. The story takes place in Melbourne where people are now out of isolation and are tentatively socialising after being inside for so long.

Minh is aged 54, fit, shrewd, and smart but very wary of letting another man into her life, having been hurt before.

Bernard is 49, a little woebegone as his father had died, then his estranged wife died. Bernard blames his mother Goldie for his father's death, she had read that blood pressure tablets contain arsenic and had slowly replaced them with alternative meds.

Goldie consoles herself with the

fact that he had a bad heart anyway, although deep seated grief and guilt are not far from the surface.

Bernard and Minh meet through a dating site. Traversing that is hard enough when young but quite tricky when middle aged and toting baggage.

These characters are lovable, frustrating, indecisive, and so funny at times that the sad bits get lost.

Just a snippet of black humour.

Bernard's train is late due to a man on the tracks waiting for the Lilydale train to wipe him out.

That's what Bernard heard a woman saying as she cried into her mobile phone from the platform: "He was a Carlton supporter" she said, "...he had a jumper and a beanie..."

Rachel Matthews' writing is insightful and wise, clever, and compassionate, this novel really tugged my heart strings, let it tug yours.

A FILM BY SOFIA COPPOLA
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Priscilla
CAILEE SPAENY JACOB ELORDI
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PAUL GIAMATTI DAVINE JOY RANDOLPH DOMINIC SESSA
WRITTEN BY DAVID HEMINGSON DIRECTED BY ALEXANDER PAYNE
The Holdovers
Discomfort And Joy
From the director of *SIDEWAYS* and *THE DESCENDANTS*
COMMENCING JANUARY 11 at WINDSOR CINEMA LUNA LEEDERVILLE, LUNA OUTDOOR and LUNA ON SX
LUNA PALACE CINEMA WINDSOR LUNA CINEMA OUTDOOR LUNA SX CINEMA

Get down to traditional blues at the Quarry



CATCH frontman Rupert Guenther and his all-star band playing a night of down-home traditional electric blues under the stars.

Rupert's deep love for the blues brings together a band of some of Australia's most authentic blues talent in a show of Chicago, Mississippi and New Orleans blues, with his immediately identifiable electric violin sound and unique vocal style.

"The blues is such a powerful and very personal language of music. Blues has many sides, from songs of love, longing, sadness and regret,

to affirmative resolution, humour, and stark truths," says Rupert.

"The traditional blues which we do in this show has a special place for all of the band. We grew up listening to these artists, and saw how that influenced players like Stevie Ray Vaughan, Eric Clapton, Jeff Beck, Garry Moore and many others since.

"It's so raw and pure, and speaks directly about life situations. everyone can relate to that."

Renowned for more than 30 years for his electric violin sound and highly personal and spontaneous shows, the maverick musician whose career has spanned from classical opera in Vienna to world music, blues and Euro-pop in stadiums, now brings to The Quarry Amphitheatre classics from the likes of *Muddy Waters*, *Howling Wolf*, *Little Walter*, Robert John-

ston, Link Wray, Elmore James, John Lee Hooker and more, from acoustic renditions to searing electric delta blues and more.

Having spent two decades working as sideman to the stars – The Vienna Chamber Opera, Beatles' producer Sir George Martin, Olivia Newton-John, Demis Roussos, John Farnham, and projects with players from *Procul Harum*, *Daddy Cool*, *Little River Band*, and *Frank Zappa* band – and his own solo national classical concert tours, he is enjoying sharing his love of the blues with local audiences again.

The all-star band line-up includes Rupert Guenther on electric violins, Aaron Powell on guitars, Pete Charlesworth on drums, and Hans Deberitz on bass.

Performance at Quarry Amphitheatre on January 27 at 6.30pm. Bookings on sale at Ticketek.



The empress of soul - Gladys Knight returns to Australia for farewell tour



Gladys Knight

MG LIVE, Arena Touring and Frontier Touring are thrilled to announce seven-time Grammy award winner, singer, actress and true Empress of Soul, Gladys Knight will make her highly anticipated return to Australia and New Zealand with *The Farewell Tour* next March and April.

Beginning her musical career at the age of four, performing gos-

pel music at church, to performing alongside her siblings in the music group, *Gladys Knight & The Pips*, the naturally gifted Gladys was a superstar in the making. Following the success of the group, with an array of chart-topping hits across the 60s, 70s and 80s including *Every Beat of My Heart*, *Letter Full of Tears*, *I Heard it Through the Grapevine* and *If I Were*

Your Woman, Gladys went on to have one of the most coveted musical careers in history.

The great ones endure and Gladys Knight has long been one of the greatest. Very few singers over the last 50 years have matched her unassailable artistry.

"I'm so grateful to be visiting these beautiful places again and be able to share my music with the fans who

are so hospitable and embrace us with open arms. The spirit and soul brought to our performances by these amazing audiences is unmatched the world over," she said.

Bringing her biggest hits to stages across Australia and New

Zealand, the legendary soul singer will kick off this spectacular tour in Perth on Tuesday March 19 before heading Australia-wide.

Don't miss Gladys Knight on Tuesday March 19 at the Riverside Theatre Bookings: ticketek.com.au.

Oprah Winfrey and Steven Spielberg produce remake of *The Color Purple*



WARNER Bros. Pictures invites people to experi-

ence *The Color Purple*. Produced by Oprah Winfrey, Steven Spielberg, Scott Sanders and Quincy Jones, the film is a bold new take on the classic story of love and resilience, adapted from the beloved novel and the Broadway musical.

Torn apart from her sister Nettie (Halle Bailey) and her children, Celie (Fantasia Barrino) in her major motion

picture debut, reprising her 2005 role from Broadway) faces many hardships in her life, including an abusive husband simply called Mister (Colman Domingo). With the support of sultry singer Shug Avery (Taraji P. Henson) and stand-her-ground stepdaughter Sofia (Danielle Brooks, Tony-nominated for the role on Broadway), Celie

ultimately finds extraordinary strength in the unbreakable bonds of a new kind of sisterhood.

The Color Purple is directed by Blitz Bazawule from a screenplay by acclaimed playwright and WGA Award winner Marcus Gardley (*The Maid*). Bazawule is a Ghanaian multimedia artist who was a co-director on Beyoncé's *Black is King* and made

his feature debut with the critically acclaimed Afrofuturistic *The Burial of Koko*.

In cinemas January 25.

WIN WIN WIN
- Email Only

To be in the draw to win a double pass to *The Color Purple*, simply email win@haveagonews.com.au with *Purple in the subject line*. Closes 20/1/24.



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There's always more to learn about the arts - make it fun!



FROM fine art to music and a whole lot more in between, The Australian Decorative and Fine Arts Society (ADFAS) promotes arts education via its annual arts talks program. It delivers superbly illustrated presentations on a diverse range of topics that never fail to delight audiences.

All lectures are included in annual membership although guests are welcome on an ad hoc basis. Bookings are recommended as the lectures are very popular and capacity limited in its primary lecture venue at the State Library of Western

Australia in Northbridge.

Lecturers are recognised authorities in their respective fields and are predominantly international, drawn from The Arts Society in the UK, but the stimulating programme also features a wealth of local and national experts.

The annual program is augmented by a variety of add-on events like private studio visits and exclusive partner events from other arts organisations like the WA Ballet.

Membership also includes a range of discounts from local cafés, Luna Palace

Cinemas and Oxlades. A marvellous side benefit of event attendance is mixing with like-minded people and the wonderful connections and friendships that are made.

ADFAS Perth prides itself in embracing the arts and enriching Australia. The volunteer run organisation has just rebranded to ArtsNational so watch out for the name change in the future.

In the meantime, you can find membership and lecture program details online at www.adfas.org.au/societies/perth.

Place the date in your diary - don't miss the U3A open day

WE don't want U3A to be a well-kept secret so they're holding an Open Day and inviting everyone around retirement age to come along and discover what they're all about.

U3A Perth offers a world of opportunity. There are 10 branches across the metropolitan area with two new branches at the development stage. Each branch is autonomous and conducts its own program of activities at

venues in their local area.

They have regular guest speakers who cover topics from history to health, from science to society. There are current affair discussion groups, writing groups, Mah-jong, Canasta and Petanque.

There is plenty of opportunity to socialise and make new friends. Members are welcome to attend any activity at any branch.

In addition U3A Perth sponsors two semesters of courses run in the city which draw members from across all branches. It also holds a series of three free lectures, a seminar, concert and annual picnic.

U3A is run by members for members which means they offer a wide variety of opportunities for those willing to share their expertise, learn new skills, or contribute in any way. Volun-

teer members help build a stronger, more vibrant U3A as well as contributing to their own wellbeing and sense of purpose.

The Open Day will showcase everything they do but they'll also be presenting three and a half hours of non-stop entertainment. The highlight will be a recital by the U3A Community Choir which will present a program of contemporary, much-loved music

between 12 noon and 1pm which will be followed by the fabulous U3A Melville Ukulele Group.

Seats to hear the choir are free, but booking is essential - visit U3Auwa.org and click on Choir book.

U3A Open Day Tuesday February 6, from 10.30am to 2pm. Venue: State Library WA, Perth Cultural Centre. For more information see the website or call Christine 0458 781 857.

It's time to look up for some new year star gazing

by Carol Redford and Donna Vanzetti

THIS year will bring a cosmic treasure trove of stunning astronomy events throughout the year. We can look forward to more amazing meteor

showers, a special line-up of planets, super moons and more.

To bring in the new year, January has two lovely conjunctions to look for, starting with brilliant Venus sitting only five degrees from the thin

slither of the Moon. Enjoy a stunning meeting of the half-moon and Jupiter in the evening sky on the 18th.

For constellations, Orion the Hunter is a famous summer constellation and is up in the early evening to see now. First thing in the evening, look directly to the east. The brightest star you'll see is Sirius. Directly to the left of Sirius is what is often referred to as the saucepan; this is part of the Orion constellation. There are three bright

stars in a fairly straight line that make up the base of the saucepan and a handle sticks out at the top right.

Orion has been known since ancient times. In Greek mythology, he is a hunter. His image is upside down in the southern hemisphere. The three bright stars of the base are Orion's belt, and the handle is his sword.

And how about looking at some galaxies? The large and small magellanic clouds (sometimes

abbreviated to LMC and SMC) are galaxies outside of our own Milky Way galaxy and form a stunning spectacle. From Earth, they look like two faint clouds in the southern night sky. We are super lucky here down-under as they are only seen from the southern hemisphere.

The best time to see the magellanic clouds is when there's no moonlight. Look to the south from 8pm, between January 10-15 January.

Pop these dates into



your cosmic diary and have a star-filled New Year!

If you're a budding astro-enthusiast, check out...

Stargazers Club WA's telescope classes & astronomy events for beginners at: www.stargazersclubwa.com.au



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Learn about our U3A activities across the metropolitan area

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More information U3Auwa.org or call Christine on 0468 781 957




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Find joy in flowers



THIS month's strikingly simple, yet effective design was done by Jeannette Hudson, one of our more experienced designers and teachers. It is entitled Polychromatic, meaning many colours. It has certainly captured the mood of the season effortlessly and would be a delight to have on anyone's table at present.

We must be quite mindful of time at this busy time of the year as well - we simply do not have enough hours in the day to be topping up water here and there and also must remember it is our Perth summer and all that entails.

If you would like to know about our Society - West Australian Floral Art Society Inc. - further details are available on our new website www.wafloralart.org.au. Over past months we had been experiencing some technical issues, but these have all been resolved now.

Please note that our next meeting is not until Saturday February 10 at Osborne Community Hub.

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

Friend to Friend



Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

ALA: All letters answered	DTE: Down to earth
GSOH: Good sense of humour	ND: Non drinker
SD: Social drinker	NG: Non gambler
NS: Non smoker	NOR: North of River
SOR: South of River	TLC: Tender loving care
WLTM: Would like to meet	

Please nominate a category for your advertisement.

Tick one box only.

- Travel companion Wishing to contact
 Seeking a friend Seeking a partner

Name

Address

Phone Email

This is a free service. All care no responsibility.

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.40) 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

COME and join NOR group, single ladies and gents, 64+, sharing lunches, various activities with friendly people. No fees, only what you spend. ALA, mobile phone please.
Reply Box 9474

FEMALE 78, NS, SD, DTE, GSOH, WLTM young at heart gent, 75-81, 6230-6280 areas to enjoy spending time together. Why sit at home lonely. Let's get out there and live life as it comes.
Reply Box 9479

HAVE a Go Meet a Friend Group 65+ calling ladies and gentlemen to share, to make friends, to have lunch together and mingle around for few hours every three weeks on Saturday. Reply with phone number and name.
Reply Box 9485

HI I'm an Italian born Australian, a young mid 70s, with good principles, good heart, own home, NS, SD, NOR, looking forward to meet a young lady with the same qualities starting with sharing coffees and chats. PS, caring not a taker.
Reply Box 9482

MALAYSIAN Indian Christian lady 61, fit, NS, SD, slim, well groomed, kind, WLTM Christian Caucasian gentleman, age 60-70 for company, movies and travel.
Reply Box 9476

NEW singles group, 65+, Eastern Hills to Perth meet regularly for lunch, close to railway station. Come join us, have a day out, an adventure, meet a friend, companion. Please send phone or email contact.
Reply Box 9475

SECOND attempt, female 62, caring, warm, open minded, WLTM honest guy, NS, medium to big build, around Mandurah for good conversation, friendship, companionship, possible travel, coffee, TLC, see what happens, ALA.
Reply Box 9472

SEEK to form healthy discussion group for meetings movie nights, close to city. Seek open to life, honest, compassionate, intelligent, fair-minded people, age 60+, to join for good times. Meet me for coffee first.
Reply Box 9477

SPANISH speaking ladies and gentleman 65+ feeling lonely and depressed. Let's get together for few hours, have lunch, enjoy and make friends and mingle around. If you are interested about reply with a phone number and name for more info.
Reply Box 9486

Seeking a Partner

80+ gent, English, GSOH, NS, SOR, ND, NG. WLTM lady, young at heart, must be carnivore as I am. Now like 60 year old, fin sec, own home, lady same assets. I do have hearing aids, go to gym three mornings a week. Coffee any time.
Reply Box 9467

100 per cent country Aussie bloke, 6281 area, young 75, fit, healthy, DTE, no baggage, quiet, adventurous, secure. WLTM similarly situated amiable, GSOH younger country lady, to share life, with TLC, without smoking and religion.
Reply Box 9481

ACCORDING to the news more than 500 women are homeless in Perth. Gent 70, honest, kind, will offer sensible lady 35-55, NS, ND, place to live rent free, if like each other, form partnership, prefer slim to medium lady any race.
Reply Box 9473

ATTRACTIVE lady 70+, UK Australian, medium build, educated, VGSOH, ND, SOR, 6107. I enjoy reading, walking, music, gardening, country drives, socialising, current affairs, WLTM genuine unattached (not separated), fin secure, well presented gent, 68-75 with old fashioned values for permanent long term relationship, hills, country or metro areas. Genuine replies only. ALA. Happy New Year.
Reply Box 9478

BOSNIAN Croatian Australian, 85, 185cm tall, always happy, healthy, not rich pensioner, play music, soccer, chasing butterflies, haha. I would love to meet tall, slim lady around 175cm tall, Please reply.
Reply Box 9469

DO we want the same thing? Lady 74 looking for a best friend/partner. A man around 70. Not looking for a perfect match but maybe aiming to go in the same direction.
Reply Box 9468

HI, gent 62, friendly, well presented, caring, active, SD, DTE, like outings, movies, dining out, various interests. WLTM lady for friendship possible relationship. Let's see where life takes us.
Reply Box 9470

WLTM Asian lady looking for long term committed relationship with gent, 67, enjoys the simple things, easygoing and caring person with old fashioned values, that enjoys caring for that special person. ALA.
Reply Box 9484

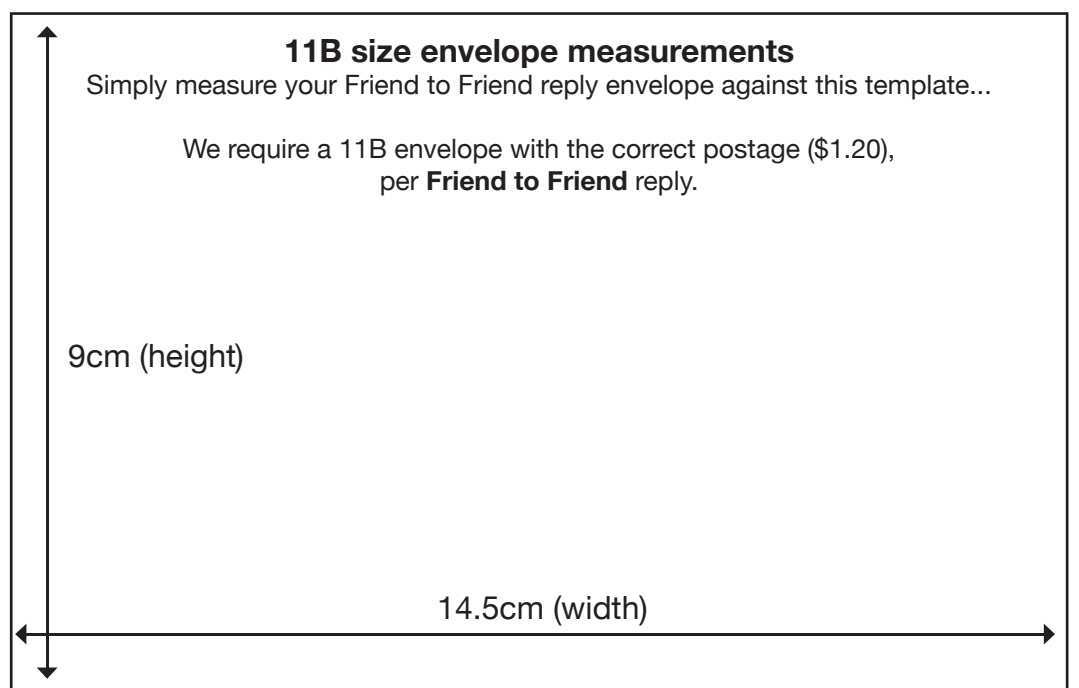
WLTM Asian lady whom likes country life, easygoing, DTE, GSOH, 67, male, caring, has old fashioned values, enjoys beach, ocean and easy country life. ND, NS, ALA.
Reply Box 9471

Seeking a Travel Companion

DUE to sudden demise of brother I now require a new companion male or female for cruising. Me; retired gentleman having travelled the world sharing cabin with both sexes, privacy guaranteed for mutual enjoyable experiences. WLTM compatible traveller.
Reply Box 9480

SENIOR bloke, retired, seeking a lady for coffee and companionship. Travel by car, train, plane and cruise ship. Let's talk. Located SOR. Possible long-term relationship.
Reply Box 9483

Correct envelope size for Friend to Friend replies...



When replying to a Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)

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

No greeting cards, bulky items and photos. All replies will be forwarded early in the next month.

All replies are strictly confidential and are not opened. Replies must be in response to reply boxes no older than three months.

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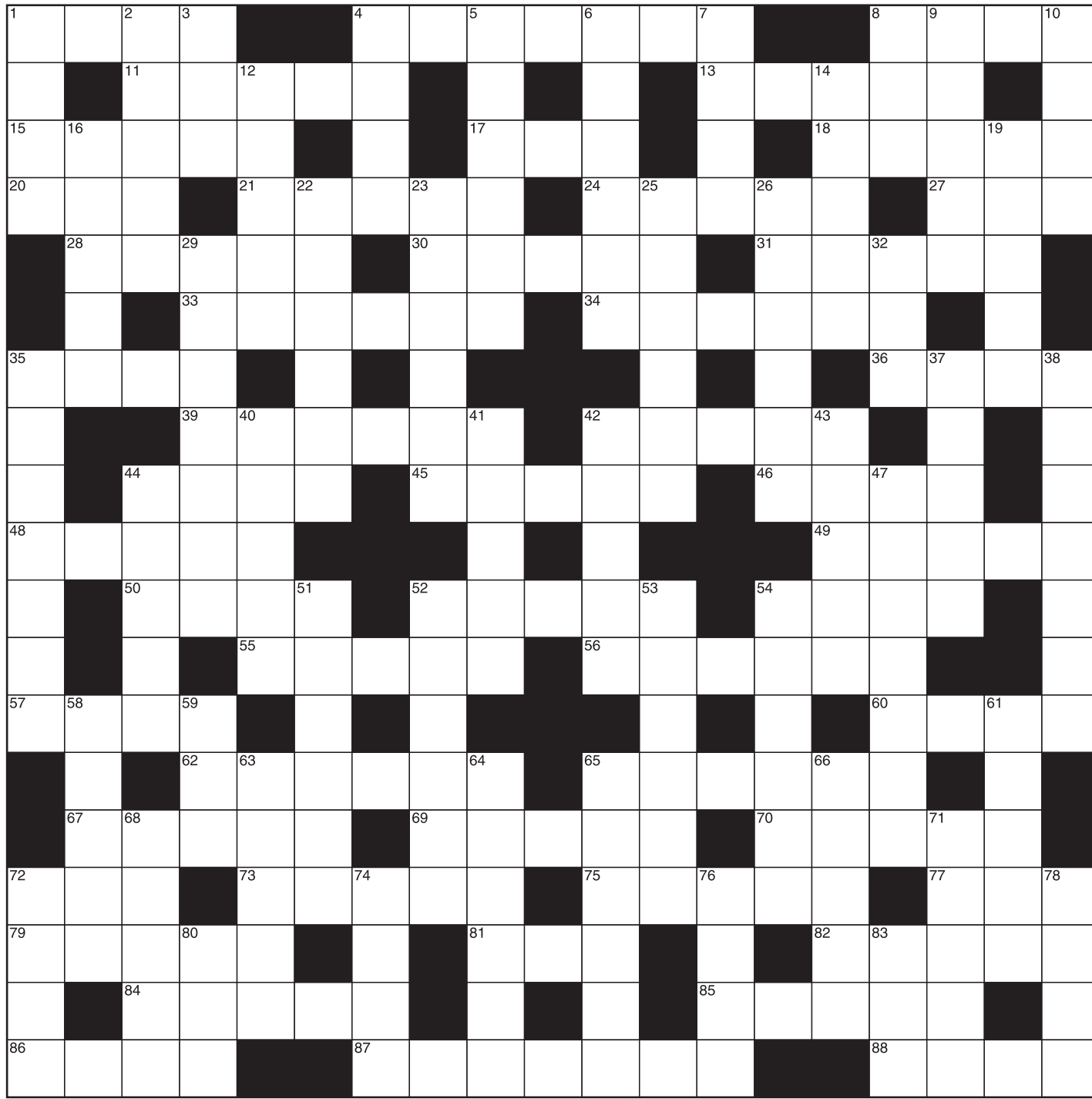
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BIG CROSSWORD - SEE PAGE 30 FOR SOLUTIONS



- | | |
|------------------------------|---------------------------------|
| ACROSS | DOWN |
| 1. Kitchen professional | 1. Nursery rhyme, Old King ... |
| 4. Protest sign | 2. Diner |
| 8. Roast | 3. The Feds (1,1,1) |
| 11. Diminish | 4. Nobleman |
| 13. Ancient Andes Indians | 5. For keeps |
| 15. Conceded (goal) (3,2) | 6. Lending a hand to |
| 17. Money fold | 7. Clock face |
| 18. French farewell | 8. Rotten |
| 20. First woman | 9. Korean or Thai |
| 21. Flipped around, vice ... | 10. Large Australian birds |
| 24. Lazy person | 12. Smithy block |
| 27. Product promos | 14. From menu, a la ... |
| 28. Satellite path | 16. Conjure up (memories) |
| 30. 'Laughing' scavenger | 19. Bordered |
| 31. Bee wound | 22. Engraved with acid |
| 33. Mouth sores | 23. Destroys (papers) |
| 34. Food retailer | 25. Mended (socks) |
| 35. Split apart | 26. Guide |
| 36. Young goats | 29. Financial estimates |
| 39. Gluttonous | 32. Rile |
| 42. African striped beast | 35. Long-tailed US mammal |
| 44. Skull | 37. Interior |
| 45. Cut (timber) | 38. Embark on voyage (3,4) |
| 46. After that | 40. Grates |
| 48. Congeals (of blood) | 41. Pleasure boat |
| 49. Fencing swords | 42. Noughts |
| 50. Serpents | 43. Onward |
| 52. Toss | 44. Amass stock |
| 54. Scalp growth | 47. Part of a serial |
| 55. Yell | 51. Huts |
| 56. Raw vegetable dishes | 52. Scuffle |
| 57. Body lump, lymph ... | 53. Thin biscuits |
| 60. Spoken test | 54. Chopped roughly |
| 62. Ethnic bias | 58. Start (of ailment) |
| 65. Oozed | 59. Age |
| 67. Pursue stealthily | 61. Showy flower |
| 69. Control stick | 63. Sudden fear |
| 70. Choose | 64. Liqueur, creme de ... |
| 72. Frangipani garland | 65. Tended (towards) |
| 73. Pale | 66. Mournful poem |
| 75. Stage whisper | 68. Name |
| 77. Use axe | 71. Enchant |
| 79. Complete | 72. Lie in wait |
| 81. Brown in sun | 74. Search (for) |
| 82. Angry look | 76. Doubtful |
| 84. Yellow citrus fruit | 78. Take (baby) off breast milk |
| 85. Reception area | 80. Slippery fish |
| 86. Fall (over) | 83. Zodiac lion |
| 87. Pancake day, Shrove ... | |
| 88. Premonition | |



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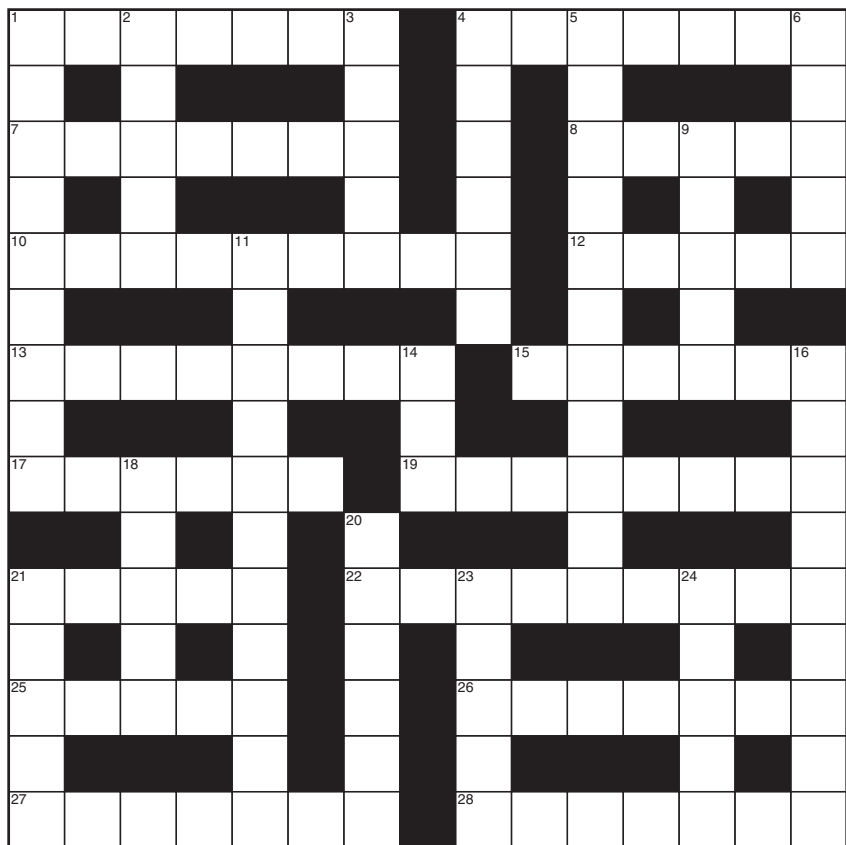
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CROSSWORD



ACROSS

- 1. There is no moving forward with this gear (7)
- 4. Can keep damaged part of leg (7)
- 7. Orator from widow's peak era (7)
- 8. More in next race (5)
- 10. I cursed so badly at

DOWN

- 12. Thanks bandleader - rings forbidden (5)
- 13. Nerve disease affecting new writers, it's said (8)
- 15. Listen out for Mum (6)
- 17. Precious metal sliver

ACROSS

- 19. Do they clap and cheer at formal reception with the pope? (8)
- 21. Cover walls with document (5)
- 22. Idea of Spooner making Wayne brave! (9)
- 25. Inexperienced but

- 26. Redcoat refashioned in 1920s style (3,4)
- 27. Made splashing sound? Was in shed (7)
- 28. Wild horse seen with Sally (7)

DOWN

- 1. Inhabitants beheld US leaders (9)
- 2. Change wives' opinions (5)
- 3. Mistake to make less of terror (5)
- 4. More avid than funeral wailer (6)
- 5. He makes sure his customers are powerfully connected (11)
- 6. Semi-Olympian duck is only a baby? Grand! (5)
- 9. Bleat about dining surface (5)
- 11. Peace offering from type of oil field (5,6)
- 14. Health resort in cyberspace? (3)
- 16. Signature tune or the tune for egomaniacs? (5,4)
- 18. Bit of a mistake to have left church recess (5)
- 20. Declined a bat with Ed (6)
- 21. Book leaves boys at weddings (5)
- 23. Kind of clock that creates fear (5)
- 24. Are not applicable in stadium (5)

SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9.

RATING: ★★★★★

3								7
			8				2	4
9			1		3			6
7		4	8	6			2	
	1	3		5		6	9	
	8			2	9	1		7
8			4		7			1
1		7		9				
		6						3

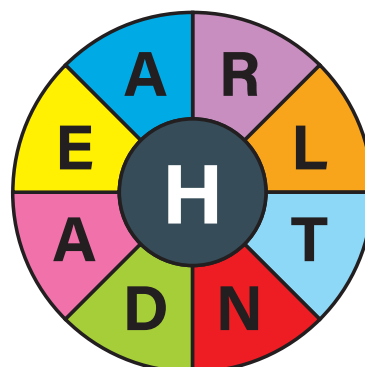
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WHEEL WORDS

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. See if you can find the 9-letter word using all the letters.

Wheel Words

15 Good 20 Very Good 25+ Excellent



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WORD SEARCH

T	N	A	I	L	L	I	R	B	A	R	E	C
T	T	Y	L	T	N	A	I	D	A	R	P	A
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P	A	N	T	H	E	R	T	N	A	N	E	T
Q	A	P	R	E	G	N	A	N	T	P	I	I

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.
Theme: ANT WORDS

- | | | |
|-----------|-----------|----------|
| ANTELOPE | DEFIANT | PANTS |
| ANTENNA | DESCANT | PREGNANT |
| ANTIQUE | DISMANTLE | RADIANT |
| BRILLIANT | ELEPHANT | RELIANT |
| CANTEEN | ENCHANT | TENANT |
| CHANT | GIANT | VACANT |
| CONSTANT | INSTANT | |
| CURRENT | PANTHER | |



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GINA WILLIAMS AND GUY GHOUSE

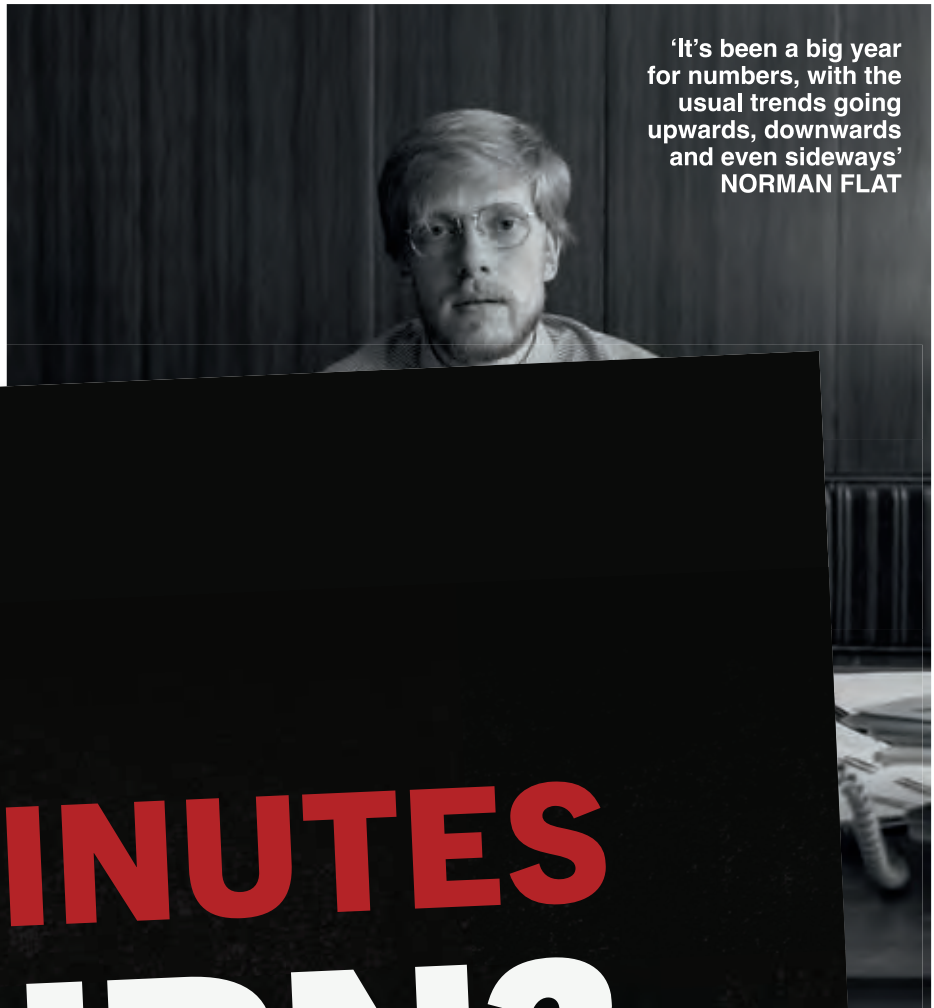
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the ratio of the former within the latter, subject matter that suggests any