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Sun, sea, sand and sculpture



Perth-based artist Richard Aitken's *Shimmer 2022* utilises a galvanised bed mattress, timber pole and aluminium fish which wiggle in the breeze which will be on display at Victoria Quay

be available. Artistic director and lead curator, Sandra Murray, said the first exhibition was held in 2013 and it keeps growing in popularity.

"This is the fifth time we've scheduled it and we are looking forward to strong visitation," she said.

"The fact that we are distinctively Western Australian sets us apart from other exhibitions. That grew out of a need to support our local artists. This event is a focus for them and an important platform to show their work and sell it as well.

"We have 73 artists in total, and they range from young emerging artists, mid-career to established artists. It's quite a rigorous process to enter the exhibition and this ensures that we have exceptional quality work."

Perth-based artist, Richard Aitken, whose sculptural practice is inspired by uncovering unusual ways to recycle discarded objects, features in the photo with his work.

He has a unique ability to visualise artistic opportunities from unwanted materials and fashion them into distinct, creative pieces.

In his work Richard has endeavoured to follow his organic sense with strong connections to the earth, nature, the country and repurposing.

His piece *Shimmer 2022* will be shown at Victoria Quay in Fremantle Ports.

Richard says that *Shimmer* showcases the inventive ways of his artistic thinking in creating sculptures from recycled materials.

"A mattress is an interesting object found discarded on many property verges. Its winding springs have been a curiosity that has initiated some innovative ideas on how to reuse this redundant consumable.

continued on page 19

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THERE'S nothing better than a walk along the beach and it's even better when said beach is lined with artwork.

Fremantle's Bathers Beach will come alive

when *Sculpture at Bathers (S@B5)* returns for its fifth exhibition from February 19 to March 7.

S@B5 will feature 39 sculptures along the beach, grass and board-

walk, and 26 artworks exhibited nearby at Kidogo Arthouse with satellite exhibitions at Victoria Quay and The Republic of Fremantle.

The must-see event will

be a highlight of the summer arts calendar and includes a public program of educational activities, workshops and artist tours to accompany the free exhibition. Art sales will also

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From the Managing Editor's desk



I'm sad to be saying farewell to my daughter and assistant Tahlia Merigan (pictured receiving her appointment certificate) this month as she embarks on a new career with the Royal Australian Navy. Tahlia had applied

and been accepted as a reservist for the navy last year planning on continuing her role here, but at the end of the year, she was offered a full-time position as a public relations officer. It's an amazing opportunity for her to serve her country so I am sure that you will all wish her well. She settles in for five months training over east and then will be posting to Canberra. I will keep readers up to date and of course share a photo of her in uniform.

One of my favourite past times is reading and I manage to get through a lot of books every year. I have just finished Richard Osman's *The Thursday Murder Club* and the second in the series *The Man Who Died Twice*. Not only are both books well written, with an excellent plot,

what really encouraged me to read them is that the four main characters are retired. Richard Osman said in a recent interview that he thinks about people feeling invisible as they get older, which provided him with inspiration to write the series. He said that as a society we no longer have use for people just at the point where they know more than they have ever before. I like his thinking and I hope this series inspires more people in society to value the wisdom gained as we get older. Get yourself a copy, they are a great read.

I regularly receive fabulous cartoons from a dedicated reader, Frank, which always bring a lot of joy in the office. We all had a good laugh with the one pictured above this month. Thanks Frank, we appreciate them.

Every Friday night I join Tod Johnston on Radio 6PR with an entertainment segment on his Nightshift program. It airs around 8.45pm and I provide an update on activities on the weekend and beyond.

Our Facebook page grows daily and we have a lot of fun there with var-

ious competitions, jokes and information. It provides us with a platform to interact with our readers on a daily basis. You too can follow the page at www.facebook.com/Haveagonews/.

Apart from the hard copy of the newspaper we also email an electronic copy to people direct to your inbox on the day of publication. We don't send you anything else except the newspaper and you can sign up at readers@haveagonews.com.au.

Apologies to readers for our error in the January issue of incorrect clues for the cryptic crossword. I think we were still in holiday mode. We had loads of readers contact us and we have included the correct clues in this issue. It's worth noting that if we do inadvertently make an error, we always correct it quickly on our digital copy so you can check there.

I hope you enjoy this month's read and stay well and healthy.

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

Ageing research snippet

Get your greens every day!

EATING just one cup of leafy green vegetables every day could boost muscle function, according to research from Edith Cowan University (ECU).

The study, published in the *Journal of Nutrition*, found that people who consumed a nitrate-rich diet, predominantly from vegetables, had significantly better muscle function of their lower limbs.

Poor muscle function is linked to greater risk of falls and fractures and is considered a key indicator of general health and wellbeing.

Researchers examined data from 3,759 Australians taking part in Melbourne's Baker Heart and Diabetes Institute AusDiab study over a 12-year period. They found those with the highest regular nitrate consumption had 11 per cent greater lower limb strength than those with the lowest nitrate intake. Up to four per cent faster walking speeds were also recorded.

Have a Go News Quick Quiz

1. Name South Fremantle's small harbour
2. What's the full name of Perth's convention centre?
3. Perth Mint refines 60%, 70% or 90% of Australia's gold?
4. What's the distance from Perth to Fremantle?
5. What's the name of the Darwin-Adelaide train?
6. Name the big island off Adelaide
7. What's the name of the walkway at Kalbarri?
8. Araluen grows the largest collection of what flowers?
9. Name of the other two flower species that dominate at Araluen
10. Cinefest Oz is held in which S-W town?

Noongar Words

Wandjoo Wandjoo – Welcome
Djiripin – happy

Noongar Season

Bunuru
February and March – late summer early autumn

Quote of the month

WHEN life seems hard the courageous do not lie down and accept defeat. Instead, they are all the more determined to struggle for a better future.

HRH Queen Elizabeth II

Great West Aussies - Did you know?

RYAN Bayley was the first Aussie cyclist to win two individual gold medals at the same Olympics, at Athens in 2004. The Albany Cycling Club member won double-gold at the 2002 Commonwealth Games. Bayley was WA Institute of Sport Athlete of 2004.

Word of the month

ameliorate
verb

MEANING - to make (something, such as a problem) better, less painful. Ameliorate traces back to melior, the Latin adjective meaning better. First known use in 1656 and more recently by WA State Premier Mark McGowan in his state address when delaying the opening of the border.



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Australian singer Glenn Shorrock stars in new Australian film



A *Stitch in Time* starring Glenn Shorrock releases this month © Cat McKenzie

by Allen Newton

YOU can teach an old dog new tricks, as former *Little River Band's* Glenn Shorrock has discovered, taking on a lead acting role in feature film, *A Stitch in Time*, due for cinema release this month.

Glenn plays the role of belligerent partner to a former dressmaker Liebe, played by theatre star Maggie Blinco, in a heart-warming film about friendship, community and following your dreams, no matter how old you are.

The 77-year-old says it's been a long journey getting the movie to cinema screens and four years since he was involved in shooting the film in and around Sydney.

The film is a labour of love from debut writer/director Sasha Hadden.

Glenn says all the actors contributed their time for free.

"Sasha is a very persuasive young man and he's called in lots of favours, but the film looks very good."

Glenn says because of the time that has passed, it doesn't feel like he has transitioned from music to movies, but rather the film was another gig that he has done.

He says: "I've always wanted to play a straight role. I've done a few cameos in silly films like *Bullamakanka*, a ridiculous farce in which I played a ridiculous character, but this one has a lot more meat to it and I like the idea that the role suited me."

Glenn plays the part of a musician whose career as a singer/songwriter, such as it is, is winding down.

"I related to that in a way."

In the film when Liebe's partner Duncan, played by Glenn, loses his job singing at the local pub, his elderly partner throws herself into helping Duncan realise his dream to record an album, but as her passion for making clothes reignites, Duncan is intent on shutting down her dreams.

Glenn says the movie

has inspired him to look out for more acting roles.

"I enjoyed the process, which took more than a year off and on."



While *A Stitch in Time* doesn't feature space-men or superheroes, Glenn says he does fancy the chance of being a Jedi Knight in a George Lucas film.

He jokes that Alec Guinness was no spring chicken when he played the role of Obi-Wan Kenobi in *Star Wars*.

"I'd like to do more films like this. I grew up watching English films as a boy in England and

those films all seemed to have that English quality about them – and this does to a certain extent – but it's also very Australian and the characters in it are very Australian."

He says the response to the film has been good, which had taken him a little by surprise.

"It's not exactly made for 15-year-old boys."

While Glenn took to the role of actor fairly easily, he did have difficulty learning his lines.

"They didn't seem to stay in my head very long so there is a bit of ad-libbing going on, but they nursed me through the harder parts. I was quite nervous, when the camera turned on I started to quiver a bit but it suited the character I think."

Even though Glenn is used to appearing on stage in front of thousands of people, he found the process of performing for the camera daunting.

"You feel the responsibility, it's up to you to perform, but singing rock and roll songs or pop songs, which I've done all my life has a certain amount of acting involved – and sometimes a lot of acting – if you are not well or you don't feel on top of your game, you still have to deliver."

"I've been very lucky, I've been in three Australian bands that all did well and made their mark individually and of course my time with *Little River Band* was a purple patch, cracking it in America and selling my music and our music, made in Melbourne, to the Americans, the Japanese and the Brits was great."

The *Little River Band* had a string of eight Top Ten Hits in the U.S.A. and around the world and sold more than 25

million albums. Glenn's song writing credits include *Help is on its Way*, *Emma*, *Home on Monday* with co-writer Beeb Birtles, *Long Jumping Jeweller*, *Shut Down Turn Off*, *My Own Way Home* with co-writer Brian Cadd, and *Cool Change*.

"I had a wonderful time in that band, even though it didn't gel properly – shall we say – personalities got in the way a bit, but when you are going up the charts in the States you don't worry about those sorts of things, it's only later on the personalities start to wear thin."

Glenn says he wouldn't do things any differently if he had his time over again.

"I'm lucky enough to have had my songs played around the world and still being played around the world and my royalty stream is good," he laughs.

"My voice is good, although my legs aren't great, I'm a bit wobbly these days and I'm not running from side to side on the stage, I sit down on the stage to sing now."

While Glenn's not as busy as he used to be – and he likes it that way – he says people are still interested in the songs which have lasting value and mean something to people.

He thinks a dramatisation of his own life could make a good movie.

"I've thought about writing that, I wrote my memoirs a couple of years back called *Now Where Was I*, but my life was cinematic. As a young boy migrating to Australia at 10 years of age and saw the wonders of the world. I've done that about three times because later on in life I was doing it with my band *The Twilight*s, then

Axiom with Brian Cadd. My life has been full of travel and I love getting on boats and aeroplanes.

"I'm enjoying my life as a singer, but also as a person and we get together people like John Paul Young, Brian Cadd, Ross Wilson, all my contemporaries of the sixties and seventies on multiple bills these days where we all join together and do four or five songs each, which is always good fun."

"The fellowship between us is still strong." *A Stitch in Time* opens in cinemas on February 17.

WIN WIN WIN

We have some double passes to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with *Stitch* in the subject line or call the office on 9227 8283 during business hours. Closes 16/2/22.

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Fancy a game of cricket at Government House?



L-R; Michael Thomson, WA Governor Kim Beazley and Oliver Peterson

FOR the second year, the ultimate backyard cricket match will return to Government House gardens this March.

Proudly supported by Channel 9 Perth and Radio 6PR, this event helps raise important funds for the Pirate Ship Founda-

tion, supporting research into children's brain cancer.

Bring the family for a fun afternoon of entertainment as the Pirates versus the Governor's 11. Get ready to take the crease for an entertaining cricket match playing to house rules.

WA Governor, Kim Beazley, is very excited for the event to go ahead with ticketing and all necessary covid regulations in place.

An array of local identities will take to the pitch volunteering their time to bat, bowl and field to help the cause.

Last year saw Justin Langer, David Genat, Ozzy Man, John Inverity and Oliver Peterson.

The Government House gardens will be alive with food and entertainment including a special Kangaroo Paw kids zone with games and rides.

Don't miss seeing your favourite Channel 9 Perth

personalities who will be manning the Nine activation zone where families can sit behind the Channel 9 news desk. Look out for Michael Thomson, John Burgess, Scherri-Lee Biggs and Matthew Pavlich.

Channel 9 Perth's Michael Thomson said: "The inaugural event was such a great success last year. It was terrific to see families enjoying the spectacle with so much going on both on and off the field."

"I'm looking forward to seeing which celebrities take to the crease this year. I hope everyone can come join in the fun and help support such a worthy cause."

Don't miss the opportunity to support this worthy cause on Saturday 12 March from 1pm and soak up the atmosphere of Government House gardens.

Tickets available from www.pirateshipfoundation.com.au.

Perron Institute marks its 40th anniversary

EMERITUS Professor Byron Kakulas AO, founded what is now known as the Perron Institute in 1982. As the longest established medical research institute in Western Australia, the institute is excited to be celebrating its 40th birthday this year.

The talented team at the Perron Institute strives to provide a better quality of life for people living with neurological conditions, but this work requires significant and ongoing investment.

In the past four decades, the Institute has developed a successful track record for delivering life-changing treatments for the benefit of the community, and they are committed for decades to come.

From its early days, with Professor Kakulas and his trail blazing muscle regenerating research for the Rottneest Island quokka, to the more recent development of world first Duchenne muscular dystrophy therapies, Perron has been focused on finding solutions for some of the most complex neurological problems.

This continues with the work of specialist teams, including bright young PhD students contributing to the knowledge and innovative thinking required to deliver hope for people living with neurological diseases, which currently have little or no treatments or cures.

The generosity and support of donors over the years so far, has helped to ensure Perron can continue with important and ground-breaking bench-to-bedside work in brain research and scientific development for community benefit.

The Perron Institute conducts more than 20 treatment clinics and up to 20 clinical trials every year, all managed by leading neurologists and researchers.

Neurodegenerative disorders are devastating to those affected, their loved ones and carers. They are also costly to the community. In the neurological field, cutting-edge scientists are leading the way in translating science into effective treatments.

Your support will help Perron continue to make a positive

difference in the lives of people around the world who are diagnosed with and affected by neurological disorders.

In its 40th year, Perron hope you will help them continue to sustain world-leading brain research.

To celebrate Perron's 40th anniversary, they have a range of exciting events planned, circumstances allowing.

Keep an eye on the newly refreshed website at www.perroninstitute.org and socials for events and exciting developments as they 'Focus on 40' this year.

Perron is also seeking anecdotes, stories and photos from alumni, past patients and supporters which they can use throughout the year.

If you have any you wish to share, or you are in contact with former colleagues or anyone previously connected to the Institute you think might or could also be interested in receiving updates or attending events – please email events@perron.uwa.edu.au.

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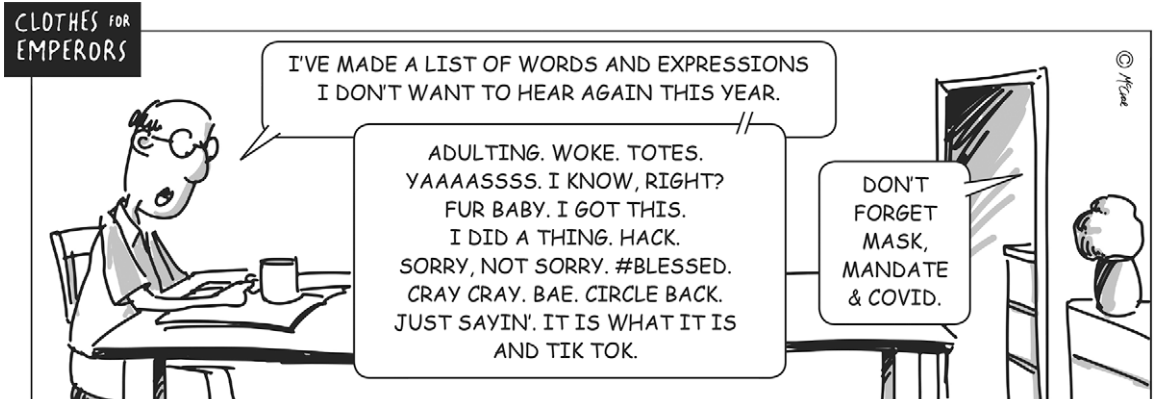
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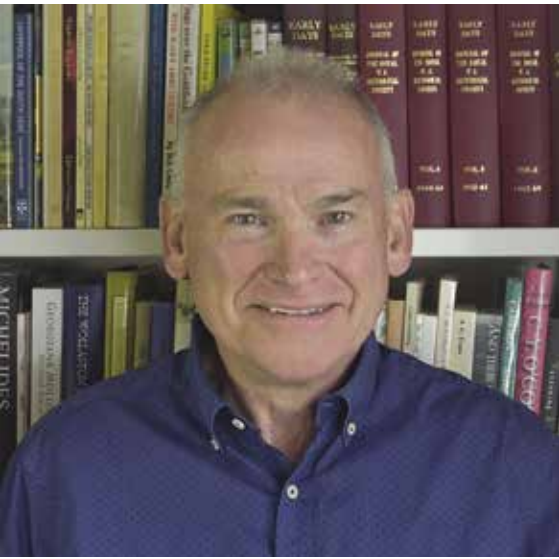
New members

COME and join the friendly group at the Yokine Over 50s Club for some carpet bowls, table tennis, badminton, cards, darts and board games. There are also several outings per year. Cost \$3 includes afternoon tea and a free weekly raffle.

The club is located at 287 McDonald Street, Yokine. They meet every Wednesday between 1pm and 3.30pm

Contact Allen on 9275 1581 or Kathleen on 0429 378 796.

Sometimes it takes an outsider to remind you what you have



Richard Offen

by Lee Tate

RICHARD Offen cruises through a long session on talk radio, enthusiastically singing Perth's praises, something he's done for 20 years between writing books, joining specialist committees and advising

the State Government on heritage.

"I got excited about Perth the first day I visited from England in 2001," the 68-year-old exclaims.

"After dull, dark and wet UK, I was taken immediately with Perth's openness, scenery, greenery

and friendliness of the people," he said.

"From wonderful Kings Park, I looked down and it was all green, all the trees and the magnificent river.

"James Stirling wrote in his diary that it was the most beautiful place he had ever seen and I'm inclined to agree."

Arriving in WA, the father-of-three was on a British National Trust exchange visit. He was smitten, looking deeper, discovering beauty, unique heritage gems and Indigenous culture.

"When you look at it, Stonehenge goes back 4,000 or 5,000 years but here it has been inhabited for 40,000 or 50,000 years," he said.

"Living alongside the oldest culture in the world is humbling and fascinating. And to think that in Perth's colonial history, it took six months to get messages back from England.

"With all this heritage

and history, Western Australia was, I thought, pretty useless at selling it to the public," he said.

Richard understands that not all long-time locals want WA's secret shouted out to the world but feels natural resources, including water, will guide the State's population growth.

"I think it should be self-balancing," he said.

The former engineer brought to WA skills from his heritage management consultancy and intense studies and documentation of British coastlines.

"Sometimes it takes outsiders to tell you what you've got," he said.

Richard reckons Esperance is one of the wonders of the world and visits whenever he can, calling-in on his daughter, Jo, a budding racehorse trainer who's lived there for 11 years.

"Around Esperance is the most stunning country of anywhere in the world and I have seen a lot of

coastline and country. The beauty, its isolation and tight-knit community."

Richard is also enamoured with the Ferguson Valley and with partner, Callum, a heritage officer, gave thought to buying a property there, but decided they needed Perth facilities in older age.

"That region reminds me of places in England, Cotswolds, Gloucestershire. Gnomesville is wonderful, typically Australian."

Richard marvels at the Swan River: "A remarkable, pristine, wetland in central Perth providing shelter from breezes where you can walk the dog and see dolphins."

He keeps a foot in both camps, WA and England, but as a dedicated West Aussie says he and Callum feel like tourists when taking their trips to Britain every two or three years.

Away from his myriad duties, Richard finds bliss beach-walking their gold-

en retriever, Bonnie: "A local character, identified for digging large sand divots on the dog beach and eating tiny ghost crabs."

Richard's writings include his strong-selling, London-published books, *Lost Perth*, and *Perth Then and Now* (part of a worldwide series and second-biggest seller to *New York Now and Then*).

He's writing text for photos taken by Ernie Poliss of Perth in the 1950s to 1980s, to be published later this year. He has penned a centenary history of St Mary's Anglican Girls School, Karrinyup, and a 50th anniversary book for Bunbury Cathedral Grammar School.

The retired enthusiast is president of the Royal Western Australian Historical Society, a friend of Battye Library, an advisor on the State Heritage Committee and a church warden at historic Christ Church Claremont.

"Perth is punching way

above its weight on heritage protection.

"Since the late 1990s, the authorities have realised a lot was removed but since then they have offered incentives for protecting heritage.

"Perth is truly a remarkable and wonderful place. You couldn't be better at any other place," said our city's cheerleader.

More information: richard.offen@inet.net.au.

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Bayswater honours tireless community worker in Australia Day awards



Parvathi (Ammu) Bai Rajan receiving her award

CONGRATULATIONS to Parvathi Bai Rajan, who was recognised by the City of Bayswater at the annual Community Citizen of the Year Awards on Australia Day this year.

Senior Citizen of the Year was awarded to Parvathi (Ammu) Bai Rajan for her commitment to our community, including making food parcels, donating household goods and furniture to community members in need, and assisting those affected by domestic violence.

Better known as Ammu, she came to Perth from Brunei in December 1974. Since this time, she has served her community with passion, from hosting Malayalee celebrations for Onam with her husband in their home for hundreds of

people, to making food parcels and donating their household goods and furniture to community members in need.

Together with her husband, Ammu helped protect people within the community, offering assistance to those affected by domestic violence.

Ammu became the president of the South Indian Community association. Even when caring for her husband when he had cancer, she continued to care and cook for elderly members of the community. She also started volunteering for the Red Cross and made calls to elderly people every morning to connect with them.

Ammu is also an Age Friendly Ambassador for the City of Bayswater.

Dianella retirees group welcomes editor...

THE GUEST speaker at the next meeting of the Dianella Branch of the Association of Independent Retirees (AIR), will be *Have a Go News* editor Jennifer Merigan.

She will talk about the history of the publication over 31 years.

All AIR members and any interested guests are very welcome to join them, listen to the speaker, have some refreshments and to hear about the other guest speakers and social gatherings planned for 2022.

The meeting will be held 9.30am on Wednesday March 2. All meetings are held in the Eastern Room, Living Grace, 68 Waverley Street, Dianella on the first Wednesday of the month starting at 9.30am.

Cost to cover the hire of the hall is \$5 per person

which includes a raffle and refreshment.

For further information

please contact Joy Rourke on 0419 9444 32 or email joysrourke@inet.net.au.

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Empowering mature women to achieve their small business dreams



Women In Small Business Lead for Business Station's Kelley Chisholm

by Allen Newton

WOMEN may be enjoying some success breaking through the glass ceiling at the top of the employment food chain, but those in small businesses, mostly aged from 50 to 65, are in danger of

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been helped through various Business Station programs, but that barely begins to empower women who work in small business.

"Many of these women don't even consider themselves to be businesswomen. They talk about what they do as a sideline or a hobby, whereas they are really the backbone of small business in Australia," Kelley says.

A finalist in the 2021 Telstra Best of Business Awards for its Women In Small Business Program, the not-for-profit organisation is one of three finalists in its section in WA and one of more than 24,000 entries in Australia.

"Business Station wants to help build a pathway for women by developing their business and personal skills, knowledge and community networks.

"That often starts with our Digital Solutions program, supported by funds from the Federal Government, which

offers small businesses seven hours of support for just \$44 to help them connect with expert advisers on everything from social media and selling online, to business plans and financial management.

"Our Grassroots Women initiative offers a business development pathway for small business owners or solo-entrepreneurs ranging from 'gather' events, training workshops and advisory sessions to the business builder's program and peer group collectives, which aim to generate personal growth and business skills development within a community of like-minded and locally-based businesswomen," Kelley says.

Business Station advocates for women with local government, local business associations and chambers of commerce, and within community business networks.

Kelley says that historically, these network groups have often over-

looked the micro-businesswoman when making business decisions, allocating business grants and measuring growth.

"As a result, their interests and contribution are overlooked. By identifying this group of businesswomen as a critical demographic in local economic ecosystems and putting forward their needs and input, then the grassroots businesswoman grows in confidence, relevance and contribution."

Many of these older women are returning to the workforce and have a passion for a particular hobby that is providing them with an income.

It might be a music teacher working from home, a photographer, real estate agent or second-hand clothing business.

"Their contributions to the economy shouldn't be overlooked and this hidden workforce needs help to broaden and hone their skills in a wide range of areas."

Kelley says mature women were often in an ideal position to take on their own small business.

"They have maturity and insight born of experience, they are sensitive to the needs of others and have been used to resolving problems around them.

"There are, of course, gaps in the skills they need to run a small business, but there is plenty of help around to give them the support they need and to fill in those knowledge gaps.

"We want to take them on a journey. I like to get up to 40 women from the same region in a room to air their views and get to know each other, provide them with courses to develop skills, then perhaps go on to workshops to help develop the foundations of their business and more specialised coaching that helps them become part of a peer group to help them and others flourish."

Kelley says there has been some real success stories for women work-

ing alongside Business Station.

She quotes a travel agency which learned to adapt during the Covid-19 pandemic and a small food producer who was given a new perspective on her business after connecting with the Grassroots Women program.

Business Station also operates a range of facilities, which provide services from incubator programs to training room hire in Western Australia, the Northern Territory and Queensland.

It runs regular group workshops, interactive webinars and face-to-face consultations, providing support to business owners through incubators, which are home to more than 70 small businesses.

Business Station membership also includes business health checks, business coaching and access to co-working and meeting spaces.

To find out more go to www.businessstation.com.au/

Range of interesting guest speakers kicks off for retirees group

STROKE is the second largest cause of death in Australia, and affects 60,000 people a year.

Henry Ng from the Stroke Foundation

will be providing information regarding the causes, effects and prevention of stroke at the next meeting of the Association of In-

dependent Retirees, Perth Branch (AIR) on Friday February 18.

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

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

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

community and special interests of members.

A sub group of AIR Investors meets on Wednesday, February 16 at 1.30pm, at the same venue.

On Friday March 18, the guest speaker will be Shirley Tascone from Bespoke Wills

and Estate Lawyers.

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

Enquiries to Graeme (gralin@inet.net.au) or Margaret (marghw@inet.net.au).

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Meet the Aboriginal artist who is breaking moulds and creating new stories



Artist Andrew Binsiar and his framer Eireann Mahuariki

by Lee Tate

TALL, towering, tattooed artist Andrew Binsiar says his personal looks might intimidate some people coming to his art shows. "But when people talk to me they see I'm a big softie," he said from Swan Settlers Market with his paintings on display.

While the 50-year-old Yamatji elder looks unique, back home at his Meekatharra community, Andrew's image is shared with his identical twin brother, Robert. "And we're both bald," he laughed. At just eight months old, the bubs from the bush were put into a Perth fos-

ter home and adopted by a New Zealand man and his Indigenous wife.

"It was probably the best because our natural mother was only 16. Life would have been harder," philosophical, father-of-five Andrew said.

"For the past years, I have lived in a small Aboriginal community called Buttah Windee (the pouch that a mother carries her baby in), five kilometres from Meekatharra," he said.

After driving mining trucks, Andrew retired to focus on his ideas for not-for-profit community projects funded from the sale of his acrylic paintings.

He acquired 3,000 barramundi and put them in tanks to provide work experience for local Indigenous boys, to keep the growing fish healthy and then prepare them for community meals.

The project provided for

tourists to visit the community, see the famous, fine-eating fish close-up and participate in preparing and cooking barramundi the Indigenous way, in the ground. And then joining in the community meal.

The tank water from the community's bore was then used, with its fish waste nutrients, to water budding orange trees with the fruit to be distributed, free, in the community, including to the local school.

His barramundi plan was stymied by the pandemic when tourists stopped, but Andrew said it will be re-started. He never charged tourist fees.

"It was never designed to be commercial. The project is to provide a small glimpse into modern Aboriginal practices," he said.

Andrew said projects like work-for-the-dole were aimed at providing

youth employment and are all about seeking profits "which usually went bust so the boys were left with negative feelings."

"I wanted to have something that wouldn't be perceived as a failure, that the boys could become involved in. Doing something in their community."

Andrew said his boyhood brushes with authority were because of "no work, no opportunities, nothing to do."

Now, his paintings sell between \$1,500 and \$14,000 with prints at \$250.

"All my paintings come with a story," he said.

Andrew reveals his stories to interested visitors to his occasional art shows. He has a small gallery at

Meekatharra and hopes to come south for more displays at Swan Settlers Market.

He produces one of his paintings of a hand with two smaller hands.

"It tells the story of my brother and me being fostered-out," he said.

"Everyone knows the story of the Stolen Generations but I want people to know there are other sides, too."

Andrew is supported in his projects by his wife, Janine.

"We met out on community 33 years ago. I moved to the community 22 years ago from Meekatharra and got serious about painting 17 years ago," he said.

Without tutoring, he

used natural ochres until they became hard to get with restrictions placed on sacred sites. Switching to acrylics and using brushes, he incorporates dot art.

"It's a modern version based on traditional art," he said.

Andrew has won local art competitions over the past eight years. He held his first solo exhibition at the Gomboc Gallery last year.

Andrew's Facebook link is [andosartprints](https://www.facebook.com/andosartprints). Phone 0457 688 227.

Editor's note: I bought a print of Andrew's work about Native Title which proudly sits in my lounge room. He will be back at Swan Settlers Market at the end of March.

Floral Society offers friendship through flowers



Design by Maureen Young

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

Meetings are held on the second Saturday of the month and will resume on Saturday February 12.

Meetings at 12.45pm for 1pm start and are held at Osborne Community Hub, 11 Royal Street, Tuart Hill. Please note parking is available under the venue behind BP Garage. Take the lift to the ground floor.

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

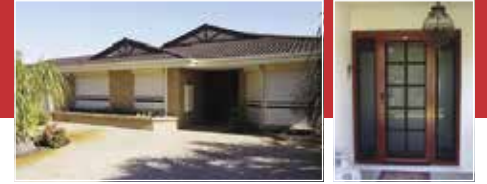
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Seniors Recreation Council Jottings



SRCWA Rockingham branch, Have a Go Day, a LiveLighter Event

ON WEDNESDAY March 30, Seniors Recreation Council of WA's Rockingham branch is conducting a *Have a Go Day* at the Mike Barnett Sports Center, Corner Dixon Road and Goddard Street, Rockingham from 10am to 2pm.

This FREE event will showcase club and groups, not for profit agencies and commercial entities who have a senior focus in Rockingham and surrounding areas. There will be a wide variety of activities to "Have a Go" at along with many static displays.

Any club, group, community organisation or business which would like to attend on the day please contact Carole Overington email: srcwaro@kingham@gmail.com or phone: 0412 715 173 for further details.

This event is sponsored by City of Rockingham, *Have a Go News*, LiveLighter Healthway, Telstra, Dept of Local Government, Sport & Cultural Industry & Dept of Communities.

SRCWA Rockingham branch Christmas Concert

On Wednesday November 8, SRCWA Rockingham branch held their 2021 Christmas Concert at the Gary Holland Community Centre. A full house was treated to an afternoon of entertainment from *Born to Sing*. The audience enjoyed all the songs including a wonderful range of Christmas Carols loved by everyone. During the break everyone enjoyed a delightful afternoon tea and had great fun winning the raffle prizes.

Congratulations to branch president, Carole Overington, Rockingham branch committee and volunteers for a wonderful concert.

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.

There is a greater increase in muscle endurance and toning in shoulders, back, chest, upper arms and abdominals.

The poles provide stability and add more "spring" to steps as they 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 for those who have a job where they sit in one position most of the day.

Posture improves with the correct technique and arm motion. It is up to 40 per cent more effective as an exercise than regular walking.

Oxygen intake increases significantly, and heart rate is 5-17 beats more per minute, compared with regular walking.

To organise an individual or group demonstration call the SRC office on 9492 9773.

Key Diary Dates for 2022

- March 3**
LiveLighter Aged Care Games - Avon
- March 30**
Rockingham Have a Go Day, a LiveLighter Event, Mike Barnett Sports Centre
- April 28**
LiveLighter Aged Care Games - Bunbury
- May 17**
Seniors Activity/Information Day - City of Vincent
- June 1**
Annual Seniors Ball, Astral Ballroom, Crown Perth.
- November 6 to 13**
WA Seniors Week
- November 9**
Have a Go Day, a LiveLighter Event, Burswood Park, Great Eastern Highway, Burswood

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

Where Opinions Matter - When it comes to marriage, is it all in a name?



by Lee Tate

AUSTRALIAN women continue to sacrifice their family names when they marry. In these days of woke and correctness, how long before we change our marital naming practice?

After all, the nation whose cultural path we

so often blindly follow, America, has long used the double-barrel marriage moniker - e.g. Janet Smith Jones - to retain women's family names.

And we still refer to 'maiden' names.

Family tree branches follow the male line with just a twig to note wives who, originally, were treated and accepted as husbands' chattels.

Marriage was invented to protect the male line of ascension, to give ownership of wives and their heirs to the men.

They didn't even think it necessary to have a law covering name-changes for married women: Wedded women simply adopt

their husbands' surnames and the event is noted on wedding certificates.

Taking the male family name is all very loyal of women, but the practice turns its back on women's family names.

Many of us Aussies think the American-style of incorporating female family names was pretentious. But times change. Women have equal rights.

And look what we do to everyone's first ('Christian') names. Even many parents undermine the very names they gave their offspring.

James becomes Jim and there are Sandra (Sandy), Richard (Dick), Jennifer (Jen), William (Bill), Thomas (Tom), Gary (Gus), Peter (Pete), Michael (Mike) and Robin (Rob). The vast majority are never called by their full, given names.

At least Prince Harry really is plain Harry!

Why go to the bother of dubbing a child with a name that may never be used except on formal naming occasions?

Lee can't be shortened

but this didn't stop some schoolboys opting to lengthen it to 'Leroy' or 'Lethal' (after footy hero 'Lethal' Lee Mathews). Many abbreviated or bastardised names go with us to the grave.

Some children's 'Christian' names are used only for a few years before evolving into slang: 'Digger', 'Red', 'Bluey' or 'Dingo'.

Given the diversity of religions and our nod to them, how long before we cease calling first names 'Christian' names?

Political correctness is a worry. The standout stupidity is naming 'waitpersons'. It was never waitmen or wait-women, so why 'waitpersons'? They are waiters. Plain and simple.

We have authors, not authoresses. 'Actresses' has fallen to the all-embracing 'actors'. Straight out of America and jumped on worldwide, is 'guys' for males and females.

Yet we won't have a word for our grown offspring. Yes, they are our

grown sons and daughters but we continue to call them our kids or children.

"How many kids have you got?" Or: "Do you have children?"

What about chairman of the board?

Janet Holmes à Court happily accepted chairman many moons ago as did other leading women. While they broke the proverbial glass ceiling for women, they retained the chairman misnomer title.

Some women still do but we also have chairperson which might be politically-correct but sounds clinical. Chair has grown in corporate favour.

Another cumbersome title is spokesperson. So is "Opposition spokesperson".

Mayoress, thoroughly old-fashioned, lingers (as does lioness).

Have a Go News boss, Jen, (Jennifer) is content with the all-embracing editor.

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

Northern suburbs retirees group welcome new members

ASSOCIATION of Independent Retirees (AIR) northern suburbs branch were due to

have a guest speaker from Centrelink in January, but due to ongoing Covid issues in the

eastern states this was unfortunately cancelled.

The committee extend their apologies to those who have registered to come along. They will endeavour to reschedule this meeting when possible.

On February 17 their speaker will be dietician/nutritionist, Colin White, who is a very entertaining and multi-talented person with a very broad experience base. He hopes to bust a myth or two, particularly with regard to the appropriate nutrition for seniors

and to impart some wisdom on how to keep people in the best possible mental and physical shape.

The March 17 meeting speaker will be Ian Godfrey who will be talking about his experiences in Antarctica from where he will have just returned.

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

Under the current WA Covid-19 rules, all visitors must be double vaccinated. If you wish to attend as a guest, please reserve a seat by registering your interest with Mike Goodall.

All AIR members and any interested guests are most welcome.

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

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

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*Stanley is named in honour of a gentleman who very kindly left a generous gift in his Will.

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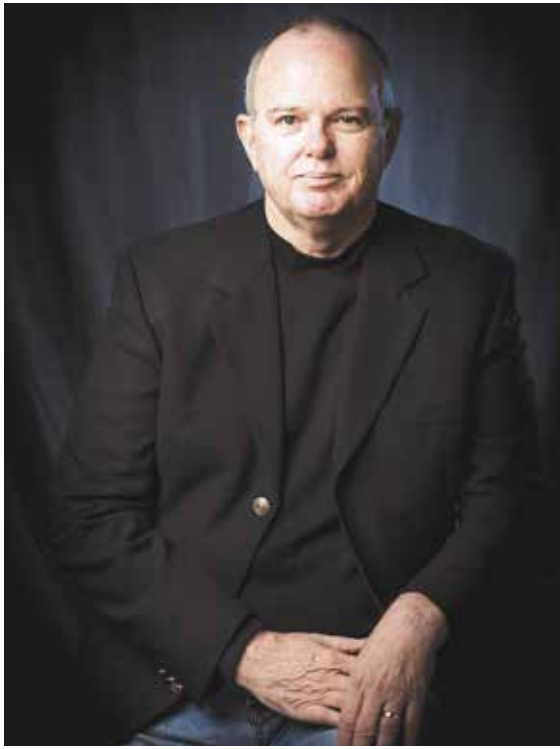
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Former Western Australian SAS recruit lays down his arms and takes up a pen



Russel Hutchings

by Allen Newton

RUSSEL Hutchings doesn't quite say that if he reveals his secrets about working in the SAS he'd have to kill me – but you get the drift.

After more than 20 years of life in the SAS, operating in the world's political hot spots, Russel is opting for a quieter life, and writing about, rather than being in the middle of the action.

His first novel *Brim-*

stone, published by Big Sky Publishing, has hit the shelves in bookstores around the country and is already being made into an action-packed adventure film, with shooting set to get under way on the Gold Coast in the middle of last year.

Australian film and television actor John Jarratt (*Wolfe Creek*) is on board as a producer with Storm Ashwood (*Paper Planes*) as director and they are in talks with major Aussie ac-

tors for the lead roles.

Born in Perth and growing up in Scarborough, Russel, now living in Perth's northern suburbs, was the youngest ever SAS recruit, signing up when he was just 17 years old.

After leaving the SAS, he spent a lot of time overseas working in the intelligence and security field, but eventually decided it was time to come home and take up writing novels.

Normally, an SAS recruit would come from a military career, but Russel says he joined at 17 and did his recruit training at Kapooka in NSW and was assigned to join the infantry. While he was at infantry school the SAS selection board came around and Russel applied.

"I was given the opportunity and went across to Swanbourne and did the SAS selection course, passed the course and found myself posted directly to the unit when I was still 17, the youngest person to be badged into the regiment," Russel says.

It was really being thrown into the deep end.

"It sounds great, but honestly I wasn't mature enough to be put into the unit at that time, and while I passed the testing, mentally I needed another four or five years before coming to the unit, I think."

Russel has drawn on

his experience in the field to write *Brimstone*, the first book in the three-part Mantra 6 series.

He says *Brimstone* is about out-of-control political correctness forcing a government to a point where they are frightened to make any decisions in case it upsets a neighbour or other people on the world stage. It forces one man to make decisions from the shadows in order to keep the country safe and secure.

"The story is essentially the story of John Devereaux, the protagonist, who is an ex-SAS warrant officer who is seconded to the Australian Secret Intelligence Service where he is handed a mission that will test him to his very core.

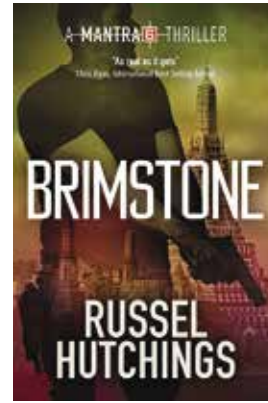
"He is sent into Cambodia to terminate two high value targets, one of them is a former general in the Khmer Rouge and the other is a rogue Thai general who is in charge of Thai special forces and also a king pin in the drug world.

"He goes in after those two particular targets, but as he is doing so, comes up against a much larger foe, the Russian mafia."

Much of the novel relies on Russel's personal experience.

"I'm talking about a guy who jumps out of an aeroplane at 37,000 feet, which is the type of thing we used to do, so as I'm

describing that it's exactly how it is, as if you were actually doing it.



"I try to take the reader along for the ride on the mission."

Russel says he started writing *Brimstone* while he was in Afghanistan.

"It was winter, and it was exceptionally cold where I was working so I was thinking about things that I could do to keep myself occupied in my downtime and I decided to start writing a novel."

The book was put on hold when work commitments heated up, but on his return to Australia, Russel's sister suggested he start writing again.

"And that's exactly what I did and started putting pen to paper again."

The second book in the Mantra 6 series called *Nitrate*, is finished and is with the publishers and should be out around May.

With two books under his belt and the film under way, Russel admits his journey as an author has been easier than many, but says everybody has a book in them and people shouldn't hesitate to put pen to paper.

It's also a good thing to do for people in their more senior years, he says.

"Along with age comes a lot of worldly experience and I certainly couldn't have written this series when I was 18 or 20 because you are just not

worldly enough, but that doesn't mean younger people shouldn't put pen to paper and write books about the experiences they've had.

"I would suggest to anybody who thinks they have a book in them – and most people do – is to take the chance and sit down and get your thoughts together because there are a lot of good stories out there that haven't been told yet."

Brimstone is available at all good bookstores.

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Australian researchers are future-proofing the next generation Covid vaccine



Dr Deborah Burnett

by Frank Smith

WHEN Covid first struck, researchers hurried to design an effective vaccine. And most of the 135 vaccines developed worldwide have been at least moderately successful.

However, viruses mutate and new strains, such as Delta and Omicron evolve. Virus strains that can evade the vaccine proliferate consequently, vaccines become less effective over time.

Researchers, led by Professor Chris Goodnow, executive director of the Garvan Institute of Medical Research, Sydney, are working on ways to overcome this limitation.

“Current Covid-19 vaccines, which target the SARS-CoV-2 spike protein, are highly effective at reducing disease severity and reducing transmission.

“Existing variants of coronavirus, such as the Delta strain, have already reduced the efficacy of antibodies generated by current vaccines. Nevertheless, they remain highly effective at preventing death and hospitalisations.

“Future virus strains,

which will emerge due to its mass spread, may escape the current vaccine strategy,” he said.

Therefore, Garvan researchers started looking for regions of the SARS-CoV-2 virus that are unlikely to mutate over time. Surprisingly, they found that surface proteins from related viruses, such as SARS-CoV-1, the virus responsible for the original 2003 SARS epidemic, generated antibodies that met these criteria.

The team tested different immunisations in mice aimed to generate antibodies that target a region of the virus that does not genetically vary between different coronaviruses and therefore is less likely to mutate in the future.

“Surprisingly, when we immunised with a protein from SARS-CoV-1, 80 per cent of antibodies that were formed bound

to this region.

“In contrast, when we used the SARS-CoV-2 protein, the mice generated antibodies that targeted regions of the coronavirus spike protein that are prone to mutations that allow the virus to easily escape,” said immunologist Dr Deborah Burnett.

“What this leads us to think is that targeting SARS-CoV-2 may not be the most effective vaccination strategy. Immunising against a related virus may produce an antibody response that has greater resistance against emerging strains.”

The researchers next set out to identify antibodies that not only bind to the SARS-CoV-2 surface but could also block its entry into human cells. They analysed thousands of individual antibody-producing B

cells and pinpointed a rare subset of these antibodies that were able to neutralise the virus.

“When researchers analysed the 3D structure of these antibodies, they all had several features in common. They bound to the same section of the virus surface and oriented the rest of the antibody to physically block access to the ACE2 binding site, a receptor on human cells that the virus needs to dock to before it can infect.

“We confirmed antibodies capable of blocking this interaction were able to neutralise the SARS-CoV-2 by blocking the ability of the virus to enter human cells.”

“We are now aiming to test next-generation vaccines in our preclinical models, to determine if they can generate these antibodies.

“We now know what to

look for in an antibody response. Our goal for this research is to help develop a vaccine that that would need no updating and that could ultimately lead to better control of Covid-19,” she said.

The findings, published in the journal Immunity, provide a new direction for vaccine development.

Meanwhile, vaccine maker Moderna says Covid-19 boosters could be combined with vaccines for ‘flu and other respiratory viruses in a single jab as early as next year.

“Our goal is to have a single annual booster, so that we don’t have compliance issues where people don’t want to have two to three shots at winter,” said Moderna CEO Stéphane Bancel.

The need for double vaccination and regular boosters may be avoided in the next few years.

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We visit 40 locations each year we are on the road, but our coach has reached its use by date.

A custom-built facility will cost \$650K and 12 months to build locally. We have \$250K, so we must find the balance. Lottery West declined our request for a grant.

We deeply appreciate the grateful thanks from our patients who always tell us how much they appreciate what we do - we love that help we give, but now - we need help!!

Any ideas/contacts/businesses you might be able to suggest who could help us achieve our goal would be welcomed.

On behalf of our Board of Directors,

Garry Irvine
Director,
Lions Cancer Institute WA Inc.
M: 0481 093 090
Email: garry.irvine@lionscancerinstitute.org.au
Website: www.lionscancerinstitute.org.au
Facebook: [lionscancerinstitute](https://www.facebook.com/lionscancerinstitute)



We have a waterproof Kindle E Reader to win

THIS month *Have a Go News* has a Kindle Paperwhite Waterproof eReader 32GB WiFi to give away. One lucky reader will have the opportunity to enjoy this fabulous device.

The Kindle Paperwhite eReader has a waterproof design so you’ll be able to read

your favourite books by the pool, at the beach or in the bath without worrying about damage from moisture.

It features a thin and lightweight design and a unique screen that’s designed to look like real paper without glare in almost any environment. The touchscreen display has a 300 pixels per inch (PPI) resolution and is glare-free to keep your eyes comfortable while you read. There’s an adjustable light so you’ll be able to get the right brightness for your needs. It comes with an internal memory of 32GB so you’ll have plenty of space to store your books. It also features WiFi connectivity so you’ll be able to download new books. The long-lasting battery can go for up to 42 days before you need to recharge. What a fabulous prize for someone to win.



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Services Australia update: What happens to my pension if I win Lotto?



by **Hank Jongen**,
General manager,
Services Australia

MARGARET has written

to me asking what would happen to her Age Pension if she won Lotto. She asked about two different types of winnings; a lump sum or a set for life arrangement where you get a regular payment every month for an extended period of time.

It's good to separate the two because the impact on your pension eligibility is different depending on the type of winnings.

Let's start with winning a

one-off lump sum payment. For Services Australia purposes, if you receive a lump sum through winnings or gambling, it is not treated as income. However, it may still affect your rate of pension, depending on what you do with it.

For example, if your winnings mean you now have over a million dollars in the bank, then your new bank balance combined with your other assets would almost certainly push you

over the asset limit and your pension would cease. If you won \$15,000, the increase to your total assets would be smaller and it may not affect your pension rate at all.

What you do with the winnings also has a bearing on how they could affect your pension. For example, if the \$15,000 was used to clear a credit card debt or pay down the mortgage on your principal home, then it would cease to be an assessable asset the moment

it was put on your card or mortgage. If the funds stay in your bank account, or you move them to another investment, then it would be added to your existing financial assets and deemed. If you buy a new car, the car will be assessed as an asset.

The other type of winnings, known as Set for Life, is where you get a regular amount for a set period of time (like \$20,000 a month for 20 years). Services Aus-

tralia treats these types of periodic payments as income. The income amount is assessed each time it is paid for the duration of the winnings.

It's important to remember that if you do receive winnings, either as a lump sum or periodic payments, you need to let Services Australia know. You can tell us about your changes online, using your Centrelink account through myGov or on your Express Plus Cen-

trelink app. You can also call us on 132 300 and talk to a Financial Information Service officer.

Thanks for the question Margaret and good luck to you.

See you next month.

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



by **Jon Lewis**

WHEN things seem bleak, bothersome or bewildering we can choose to look at the problem or at the solution. It can be summed up as making the best out of what you have.

The best, surprisingly, can be substantially better than what we have previously considered normal. An example would be when we have supply chain issues and empty shelves at supermarkets. Not being normal, this presents a problem or a solution, we can choose. I will join you in choosing a solution. It is okay to ask how and here is how my 'ask' was answered.

The shelves may be bare but there are always options

A dear lady called in to my talkback show on 6PR; I suspect the lady was a Nonna. She politely explained if you had flour and eggs then you had pasta. The recipe followed as a merry description of a family being involved together making pasta. Each had their little job and the result was a happy family well fed with the freshest pasta in the world.

Imagine that... even for those who live alone as I did in my single days. It was again, a dear Nonna who shared with me the magic of gnocchi. You mix all the ingredients together, the few that they are, then drop the small dollops of the potato mixture into the boiling water. They quickly sink to the bottom of the pan - then... this is where the magic takes place... slowly, after only a few minutes the dollops start to move; they rise up

along with the bubbles to the surface and float. Magic!

This, by the way, is when you know they are ready. Oh boy, they were sure fresh and tasty. A little sauce, a big plate and oh was I happy and full that evening. I have discovered with every call of despair from others a silver lining is available. On a few occasions it was necessary to trust faith and be open for what that solution could be.

You see, if you create an environment for better things, then they have a place to stay when they arrive. With ample supplies of delicious local ingredients here in WA we can enjoy all manner of fresh meals with delicious fruit, vegetables, beef, chicken and more. I especially love the more.

Mostly though, I love solutions that bring people together. As a result of this

thinking, from time to time we have spaghetti parties. Our guests arrive only to be met by flour, egg and a bubbling sauce. Did I mention there could be glass or two of something medicinal, perhaps born of Italy or locally from our wonderful Margaret River region.

Soon everyone has a little task and we are all full and happy!

By the way... the Nonna said you only need three ingredients to make delicious fresh gnocchi - potato, flour, and an egg. Simply bring a large pot of salted water to the boil. Add peeled potatoes and cook until they are tender. 15 minutes should do it. Drain them off and cool - it's hard to handle a hot potato.

Then it's time to get a wiggle-on and mash 'em. Combine the mash, flour and egg. Knead until the dough forms a ball. Shape

them into little half-inch pieces. I bring the previous water to the boil again and drop the dollops of mixture in. Now you too can experience the gnoc-

chi magic as after about four minutes they rise to the surface just for you.

Yummy! Any hot sauce over them will taste great. Making the best out of

what you have should be your plan.

While others are spitting chips, you can be making gnocchi.

All the best.

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The slippery slopes of life - when the weather gets in the way



by Rick Steele

I CAN still remember, just like yesterday, when my cricketer school teacher mate was playing for NZ at the WACCA, and my interest in Perth was growing. I was astounded by the weather reports. Back in those days, both

countries were still using fahrenheit and to a Kiwi, temperatures of 100 degrees seemed unworldly.

At the beach or in Auckland city, 73° was a heat-wave for us. To get Perth's today 40°C temperature in fahrenheit, multiply by 1.8 and add 32. That would equate to 104°F. Did David Suzuki mention global warming 20 years ago?

Meanwhile, last week in the northern hemisphere, Siberia was a balmy -45°C. While we swelter and await the border opening and the onslaught of Omicron, Beijing is preparing to present the Winter Olympics. Apparently,

the snow machines are working overtime to produce enough snow.

I look forward to watching the skiing. At this level of competition, it is highly unlikely there will be any trees on the course. Tragically, Sonny Bono died combining outdoor fun in the snow with knocking down trees with his face.

My uncle reckoned there's only three things to skiing. Learn how to put on your skis, how to slide downhill, and how to walk along a hospital corridor.

My brother asked: "Why is it so? - you pay outrageous prices for a

skiing trip, when you can just stick your face in the freezer and fall down on the kitchen floor?"

He was right, and probably still is, about the costs involved. A trip to the ski fields was way too expensive for our family. You needed to be wealthy. However, with the help of a bank manager, who was a vestry man at my dad's church, a fundraiser or two was organised, and a weekend trip to the Ruapehu Ski fields was planned and booked for our youth group. I was about 18 and like most of us on the bus this was our first ad-

venture in the snow. With help, the borrowed skis were adjusted and standing up was mastered.

The very gentle beginners' slopes beckoned and before long confidence was growing faster than ability. Bottom of page one in the learn to ski manual is 'how to stop'. This is very important as one's speed tends to increase very rapidly on an increased slope.

As I hurtled towards a helpless compatriot lying crumpled in the snow, directly in my path, my unskilled instinct told me that my only choice was to crash myself or cause

some serious damage to yon maiden in distress. With that my skis went one way, my knee another, and legs separated; one pointing north, the other south.

"Medic," I cried. With the help of a toboggan I was downloaded to the sick bay and issued a set of crutches on loan. Feeling somewhat guilty the young damsel offered to buy me a coffee to try to ease my pain. Coffee miraculously turned to beer and the long bus ride home was punctuated with far too many 'comfort' stops. Needless to say, not all were happy.

Indeed, in this day and age, as we negotiate our way through these troubled and uncertain times it is blindingly obvious that not all are happy. Statistics say that only one in seven dwarfs were happy. My booster Vax is tomorrow and it can be said I'm not deliriously excited about that, but somewhat accepting that it may well save my life.

So, as we slide down life's slippery slopes together, and the pace quickens as we go, try to remember how to put the brakes on if you need to stop in a hurry.

Cheers dears!

Looking down the golden lens - Seniors Card users urged to get clicking

WA State Government has launched *The Golden Lens* photography competition for Western Australian Seniors

Card members. Seniors and Ageing Minister, Don Punch, said that The Golden Lens competition is a

fantastic opportunity for WA Seniors Card members to share the stories of their lives and interests through the power of image.

"Our seniors lead diverse and interesting lives and love to share their stories, so what better way is there to speak a thousand words than through a photograph.

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

nity. This competition is a prime example of how the State Government demonstrates this very commitment and action."

The competition provides an opportunity for more than 400,000 WA Senior Card members to share photos they have taken which reflect the lives of seniors and seniors' interests across WA.

Importantly, the competition aims to promote ageing well by celebrating the skills of Western Australians through the art of pho-

tography and demonstrating people can be creative at any age.

There are four categories to submit photos: 'Active Ageing', 'Artistic Photography', 'Aussie Way of Life' and 'Meaningful Connections'.

There will also be a People's Choice category where the public can vote via the WA Seniors Card Facebook page.

The photos may be featured in the WA Seniors Card 2022 - 2023 Discount Directory to be published later this year.



Key prizes have been generously donated by WA Seniors Card business partners. All five winners will be invited to a lunch at Parliament House with Seniors and Ageing Minister

Don Punch. The competition closes on April 4, 2022. Further information about entry requirements is available at www.seniorscard.wa.gov.au/goldenlens.

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Have a Go News' Letters to the editor

Dear Editor,
EVERY 10 minutes an Australian suffers a heart attack. Sadly, many do not survive with 48 Australians dying every single day from heart disease – someone's family member, wife, husband, or special friend that means the world to them.

Given that heart disease is our biggest killer, it would be impossible for all Australian communities to not be impacted in some way. The simple fact is that there is still so much for us to learn

about heart disease and research saves lives. Heart Research Australia aims to reduce the devastating impact heart disease has on families and the community by supporting world-class and emerging researchers to conduct ground-breaking research into the prevention, diagnosis and treatment of heart disease.

That's why this February we invite all Australians to get involved with REDFEB, heart health awareness month, to raise

much-needed funds for ground-breaking research into heart disease. Getting involved is as simple as wearing red and donating to Heart Research Australia during the month of February. For more information or to donate, please visit www.heartresearch.com.au

On behalf of the thousands of Australians impacted by heart disease every year, thank you for your support.

Nicci Dent
CEO, Heart Research Australia

Dear Editor,
WHEN reading all the bits and pieces in your 'from the editors desk' bit of the paper I could not believe how short sighted the new managers of the Morley Recreation Centre are for them to not have the newspaper in their facility.

Given how quickly *Have a Go News* disappears when it is delivered to the South Ballajura Community Centre where my seniors club meets (other groups use the centre too) I think that the managers of the Morley Recreation Centre are missing out on helping those who use that centre. In fact, I reckon that if the word got around that the paper was available there it might even attract more users to their centre.

Dear Editor,
REGARDING Doug Steele's comment on electric cars from the January 2022 *Have a Go News*, EV cars are of the future even though they are a part of the motoring scene now.

How many vehicle owners can afford to outlay \$30,000-\$50,000 for an electric car? Especially for the older generation, that sort of outlay is a fair amount out of one's super or equates to up to four years of

I hope *Have a Go News* keeps going for at least another hundred years as quite frankly it is great to have a paper that gets out to most suburbs, unlike some of the other so called community papers which only serve a few suburbs.

So all in all, keep up the great work, the great articles, the great letters from fellow readers and may all of you at the paper, your friends and family have a safe and happy 2022.

Mrs Margaret Anne Ryan
Ballajura

Editor's note – thank you for your kind words, Margaret.

one's pension. Moreover, at the moment re-charging stations are few and far between or at least not in abundance.

Frank Cherry
Southlake

Dear Editor,
RECENTLY, I came across your very empowering newspaper at our local Coles supermarket. Thank you so much for the broad range of subjects.

Having spent the last 60 years Beyond the Spinifex Horizon, (Kimberley and Pilbara), and after the passing of my husband, Errol, I have returned to my Blood Country on The Margaret, where my family first arrived in 1830.

As we say in The Bush... "Go in gamely, Cobber, and don't look back!" In hope,

Jenny De Marchi

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

Yoga classes for seniors available in Mandurah

A YOGA Class for Seniors has commenced at the Leslie Street Sport and Recreation Centre, corner of Leslie Street and Creery Street, meeting every Friday at 1pm.

Carol Dawson, a fully vaccinated and qualified yoga instructor is taking the class for Seniors Recreation Council of WA Peel branch.

Participants are asked to provide their own floor mat. Registration for this one-hour class is \$25 and each session only costs \$5 each.

Why not come along and join this happy group? Further enquiries to Jan McGlinn OAM mobile 0427 088 615.

Chair Yoga will be commencing Tuesdays from 9.30am to 10.30am at the Leslie Street Sport and Recreation Centre corner Leslie and Creery Streets from Tuesday March 22.

This exercise is designed especially for seniors who have difficulty getting down or up from the floor. Using chairs, participants will

exercise with yoga style movements, which will be beneficial to wellbeing.

Qualified Chair Yoga Instructor Eleanor Venables has been appointed. She is fully vaccinated.

Registration will be \$25 each with session costs only \$5 per person. For further enquiries please telephone Seniors Recreation Council Peel branch president Jan McGlinn OAM on 0427 088 615.

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L-R; Baudin's cockatoo in Karen's garden © Boyd Wykes - Colourful Regent Parrot © Boyd Wykes - Quenda share the garden with free-range chooks © Karen Majer Inset; Ringtail possums raise their young in the garden © Boyd Wykes



by Karen Majer

FEW things give me greater pleasure than observing the birds and other wildlife that share our garden. Our residents include quenda (bandicoots), ringtail and brushtail possums and a variety of lizards, the largest being king's skinks. The great variety of birdlife is a constant joy, ranging from the tiny red-eared firetail finches, which collect moulted chook feathers to line their huge nests, to the square-tailed kite who regularly patrols overhead. I also spotted a lovely

little blue native bee recently.

The record-breaking heatwave over Christmas, with several days over 40°C in Perth and the South West, was exhausting, not least for the wildlife. Many creatures are not adapted to the heat extremes that we now experience.

Locally, vets and wildlife carers were inundated with heat-stressed and dehydrated ringtail possums, many with young. Western ringtail possums are only found in increasingly restricted parts of south west WA and are classified as critically endangered.

As our climate continues to throw up more extreme weather events, some species of plants and animals may be able to shift their geographic distribution to track suitable conditions but many are expected to contract

their range, surviving in smaller areas that continue to meet their needs.

For some species, and even whole assemblages of plants and animals, including the iconic karri forest, this will mean contracting further south. Global climate change is redistributing life on Earth according to a study published in 2017.



Urban environments and suburban gardens are becoming increasing-

ly important for wildlife. The ringtails in our garden made it through thanks to the water sources and shelter in understory plants that we provide.

Gardens will play an increasingly valuable role, for example in the survival of possums and the ability of some species such as white-tailed black cockatoos to remain in the area, as conditions become drier and temperature extremes more common.

My husband Boyd and I are lucky to live on a half-acre block where we have established trees, dense sheltering undergrowth and frog ponds. However, even a small garden can play a role. Providing a variety of water sources in shallow containers, some on the ground and some raised in a shady spot, is a key contribution in summer. Keep the water fresh to avoid breeding mozzies and be careful to avoid

deep, steep-sided bowls for fear of drowning little critters.

On very hot days, running a sprinkler on foliage can provide some cool relief. Don't worry if you don't have a native garden. Vegetation structured with different levels of trees, shrubs and groundcover will still provide shelter and nest sites, and many birds like proteas and other introduced plants.

You can lend a hand to your local wildlife in

other ways too. Support conservation and rehabilitation efforts in reserves, wetlands and foreshores. Lend your voice to campaigns to protect remaining bushland. Donate to wildlife rescue groups such as FAWNA.

With an election coming up, you can use your

vote for strong action on climate change to reign-in the impacts that we are already experiencing.

Every one of us can make a difference, and you'll have the joy of knowing you are extending kindness to the creatures who share your place.

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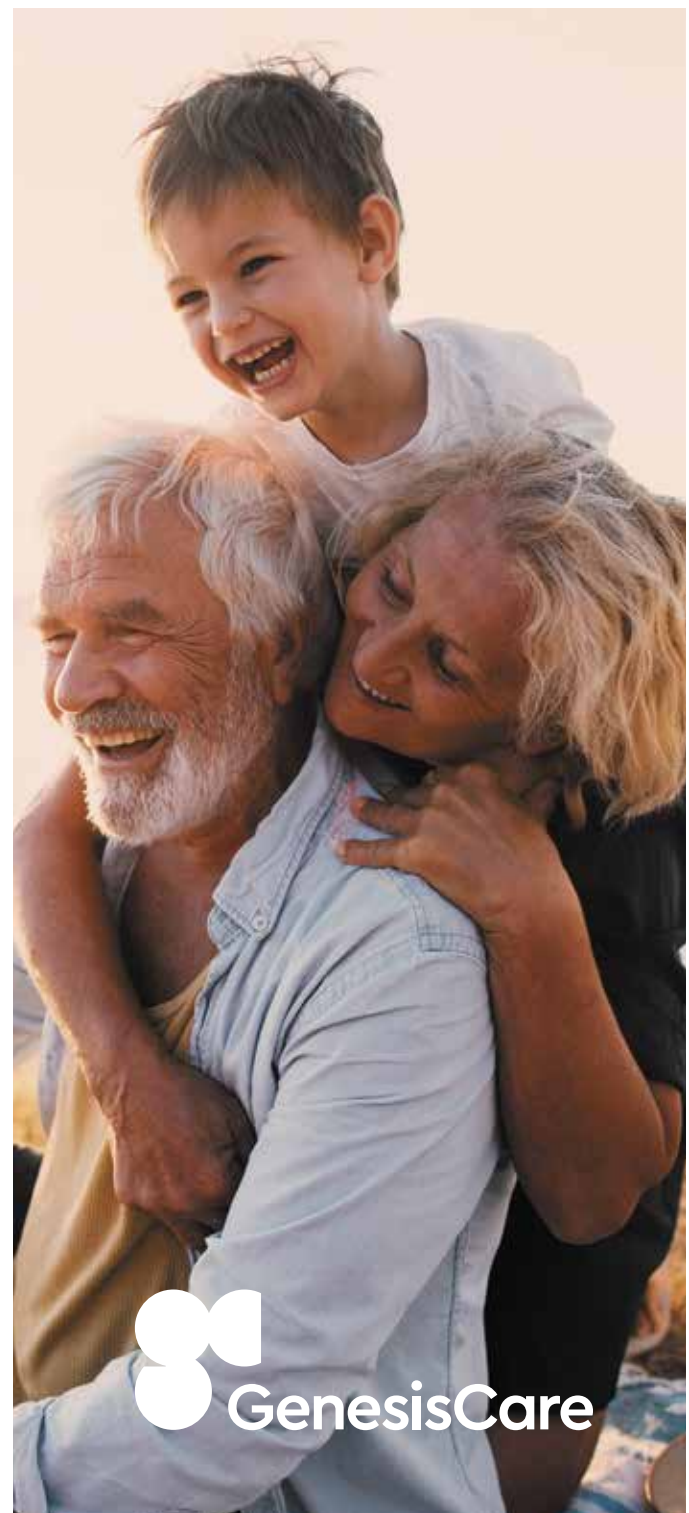
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Contact us

Tel: (08) 9366 1500
receptiononcologymurdoch@genesiscare.com

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*Any medical procedure or treatment involving the use of radiation carries risks, including skin irritation and associated pain. Before proceeding with treatment, you should discuss the risks and benefits of the treatment with an appropriately qualified health practitioner. Individual treatment outcomes and experiences will vary.



Make a splash! Come and have a go with the Over 55 Canoe Club



L-R; Claisebrook - Enjoy adventure and great camaraderie with the Over 55 Canoe Club

by Karen Finlayson

ARE you over 55? Ready for something different? Would you like to have a go?

Whether you've paddled before or are a complete novice, statistically there's a great chance once you have given it a go, you will take to paddling with the Over 55 Canoe Club (O55CC) like a

fish to water.

Our glorious river system and friendly club members make this an opportunity not to be missed.

Phone now and give yourself a New Year's treat – a treat that will last a lifetime. Nothing to lose and no obligation – with especially allocated days for newcomers to try before they buy.

The O55CC meet on

Thursdays for a weekly paddle, launching boats at 8am in the summer months and 9am in the cooler months. Heading off from a different location each week makes for a magnificent tour of our river system, seeing the city and suburbs from a whole new perspective.

Leaders and tail ends make every paddle safe. Choose to go with the

mainstreamers who paddle further and faster or the leisurly who take a more relaxed pace. Morning tea on logs or whatever the shore offers contributes to the feeling of peace and harmony. Being on the river with all its wildlife – pelicans, dolphins, swans and ducks with little ones paddling behind, is an experience worth having and one you can

enjoy regularly.

Fast water paddling is another option when you become more proficient. In winter with fuller rivers, the mainstreamers love to practice their skills navigating rocks and branches, tight corners and eddies – and it's not only the newcomers who sometimes fall in – the river plays games with everyone.

Bring a chair, we enjoy

lunch together under a tree. With a great sense of achievement and satisfaction we rest and replenish our energy levels before heading home.

A kayak, paddle and life jacket, as well as a buddy is supplied by the O55CC for all newbies to test how they feel on the water. Those who find themselves totally captivated, then purchase their own kayak, outfit, water-bottle, whistle and a roof-rack. With a \$90 membership fee you're officially a club member and ready to begin a great adventure.

Safety Day in the shallow water of Hillary's Boat Harbour teaches the important basics of paddling, including what it's like to tip into the water from your boat. With plenty of experienced paddlers to help it's also a fun day – everyone is generous spirited, patient and encouraging.

As well as paddling,

there is great camaraderie involved with a yearly club luncheon, a restaurant breakfast and an occasional barbecue. For the more adventurous there is an opportunity to participate in three- or four-day camps further afield.

We'd love to hear from you to arrange a place for our try out days. You have nothing to lose and so much to gain – come join us.

Simply phone club president Chris Cocker on 0410 479 024 or club secretary Dale Winn on 0420 733 024. For extra information please view our website at www.over55canoecub.org.au.



Geraldine Phillips and Ford Murray

Coaching dream team at Whitford Masters Swimming Club

by Kareena Preston, Coach and Swimmer Support Masters Swimming WA

FORD Murray and Geraldine Phillips are the heart and soul of Whitford Masters Swimming Club, a small and close-knit swimming group operating out of Craigie Leisure Centre in the northern suburbs of Perth.

Both are coaches who previously swam with the club and enjoy the great social atmosphere and regular training. As retirees, the club and

the friendships formed became an integral part of their lives.

When the opportunity presented itself to accredit as Masters Swimming Australia coaches, Ford and Geraldine jumped at the chance to give back to the people and the sport that they loved. They decided to go through the accreditation process together, learning and supporting one another the whole way.

Since accrediting, Ford and Geraldine have consistently put in the hard yards to improve their club and give their swimmers the best

possible experience. Both continually engage in professional development and mentoring sessions and have successfully attracted many new members to the club.

Ford says he has found his new passion in coaching.

"Coaching is a way of giving back to my club, and I get to help people realise their potential and maintain their personal wellbeing in a fun way," he said.

Throughout 2021, Ford and Geraldine arranged mentor coach visits, open water swimming clinics,

participated in membership drive campaigns and more.

With them at the helm, Whitford Masters Swimming Club is on the up and up.

Due to the outstanding initiative of these super coaches, Whitford Masters Swimming Club has been nominated for the McDonald Shield for Best Club Administration at the upcoming Masters Swimming WA Awards.

For more information about joining a Masters Swimming Club, please visit www.mswa.asn.au.

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A lifetime commitment to sailing acknowledged on Australia Day

NINETY-year old Bull Creek resident Kevin Owens' lifetime service to the sport of sailing has been acknowledged in the 2022 Australia Day Honours.

Mr Owens has been appointed a Member of the Order of Australia (AM).

As a boy he grew up sailing heavy timber dinghies on the Swan River which led him to sailing dinghies at Mounts Bay Sailing Club, eventually becoming commodore

of that club.

Kevin moved to Fremantle Sailing Club (FSC) to progress to ocean racing yachts too large for the Swan River and he became that club's commodore between 1992 and 1994. He was made a life member of FSC in 2021.

He left school at 14 and was apprenticed as a cabinet maker. Later he had a milk round which he sold at the age of 38 and took himself back to school so he could qualify

for teachers' college.

On graduation he became a manual arts (now known as design and technology) teacher. He taught at Hamilton Hill Senior High School for 10 years and Christian Brothers College, Fremantle for a further 17 years. At both schools he introduced sailing as an activity.

In 2014 Kevin Owens was awarded the prestigious Ron Tough Yachting Foundation Gold Medal for Outstanding Contribution to Yachting.

Kevin Owens AM said it is a great honour to receive this national award.

"I enjoyed encouraging young students to learn the skills to enjoy sailing on our river and ocean.

"Sailing has been such an important part of my life for more than three quarters of a century and the great joy has been the wonderful friends I have made from those I have sailed with or competed against."

A new petition to sign and British pension updates for expats in Australia



by Mike Goodall

THERE is a new petition about unfreezing the UK State Pensions for expat pensioners living in the countries that are legally discriminated against by the UK Government.

I know that you have all signed previous petitions but we need to keep raising the issue with the UK Government. If we go

quiet, they will think that they've won. The link is: petition.parliament.uk/petitions/601821

Please everyone sign and get your expat children and all your contacts in Australia and in the UK to sign as well. With more than 500,000 frozen pensioners and their families this petition should easily reach 250,000.

The International Pension Department claim that they are now making inroads into the backlog of processing State Pension Applications. If your application has been with them for 22 weeks (rather than 26 weeks) you can call them and insist that your application is given top priority. Then the first

payment should reach your bank account within 14 days. Of course, the letter will take somewhat longer, between six to eight weeks.

The UK Government claim that they are unable to afford annual pension increases or make any payments to help the 1950s women. These are still waiting for the next ruling from the Ombudsman following his initial report that the Department of Works and Pensions (DWP) were guilty of maladministration.

Meanwhile the DWP review on underpaid pensions to women is still going on. They estimate that a further 132,000 pensioners have

been receiving less State Pension than they are entitled to due to ongoing failings.

If a person who didn't receive their correct entitlement had died, the DWP say their estate is eligible to receive the increase. So why not ask DWP them to check out your parent's pensions, especially if your father was less than five years older than your mother.

I speak with the PWD on a weekly basis and often I've been given information that I know to be incorrect. If you are not sure that you are being given the correct information, ask to speak to a decision maker.

Just before Christmas

even the decision maker gave me the wrong answer and when challenged went to enquire further. I was called back within 15 minutes to say that I was correct.

Am I UK State Pension Age?

UK Expats and Australian citizens born between October 6 1954

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

Those born after April 6 can claim the pension one month later for every additional month of birth date until March 6 1961 when it will become their

67th birthday. This is now subject to a Government review.

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

Find the secret word...



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. Club 55
2. Guide Dogs WA
3. Cancer Council WA
4. Juniper
5. Arcadia

6. Alchera Living
7. Genesis Care
8. Nordic Walking Fremantle
9. Australian Medic Alert Foundation
10. Swan Settlers Markets
11. Western Australian Academy of Performing Arts (WAAPA)

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 28/2/22.

Congratulations to *Leona Della-Sale, of Dardanup, our December Ad Words winner.*

GOLDEN QUEST DISCOVERY TOUR
 6 October 2022
 11 Days / 10 Nights
 Unearth the riches of the Goldfields 128-year gold rush history - from one of the biggest open cut mines in the world to eerie ghost towns and the striking sculptures on Lake Ballard.
 Inclusions: • All sightseeing • 10 Breakfasts | 8 Lunches | 10 Dinners
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 • Northam-Southern Cross-Kalgoorlie-Leonora-Coolgardie-Merredin-York
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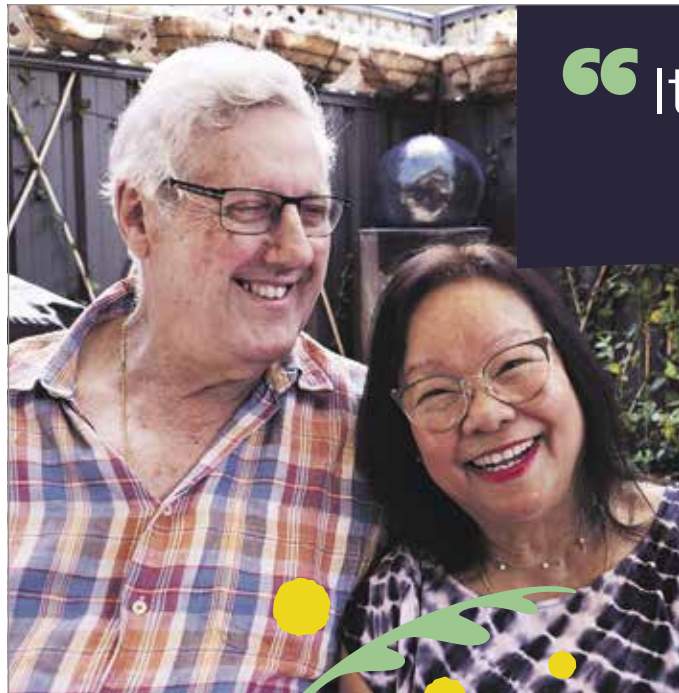
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Join our friendly, welcoming residents who are enjoying all the benefits of retirement village life in the sought-after suburb of Menora, just minutes from cafés, shops, parks and the Perth CBD.

Menora Gardens

- Variety of luxury apartments.
- Beautifully landscaped gardens.
- Wide range of outdoor activities.
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- Full access to Community Centre and Clubhouse.
- Prices start from \$400,000.

To find out more, call Kaye Ireland, Village Manager, on 9370 0296.



acacialiving.com.au

Increasing dairy product consumption reduces the risk of fractures



Dr Sandra Iuliano

risk of falls and fractures, particularly hip fractures in older people.

Dr Sandra Iuliano, nutritionist at the University of Melbourne and colleagues carried out a trial in 60 accredited aged care homes in Victoria.

She said nearly one third of falls and hip fractures of people in the community occur in aged care homes.

Although most residents consumed enough vitamin D, their average calcium intake is less than 700mg per day and protein consumption is less than 1g/kg body weight.

She hypothesised that increasing both calcium and protein in the diet of elderly people might reduce the incidence of fractures.

Consumption of milk, yoghurt, cheese and other food rich in calcium has been shown to slow bone loss and improves insulin-like growth factor which helps protect muscles when protein is in short supply.

The care homes agreed to supply their residents with either their usual diet or one enriched with dairy products. Each home had the same diet but the chosen diet was randomised between homes.

Participating homes housed about 7000 residents, 68 per cent female, average age 86. Most of the residents were able to walk unaided.

Half the trial participants in the control group consumed their usual menu with two serves of dairy (milk, cheese, yoghurt and skim milk powder) per day, while the intervention group increased their consumption to 3.5 serves/day, equivalent to 250ml of milk plus 20g cheese or 100g yoghurt.

The intake of this group became 1142mg calcium daily, and 12g protein, equivalent to 1.1g/kg body weight) daily.

A serving consisted in 250ml

milk, 200g yoghurt or 40g cheese. Skimmed milk powder was incorporated in some dishes to increase the protein and calcium content. Butter, cream and ice cream were not counted as they contain little calcium or protein.

During the two-year term of the trial residents suffered 324 fractures (135 hip), 4302 falls and 1974 deaths from all causes. Of these, 121 fractures occurred in the intervention group and 203 in controls — a 33 per cent risk reduction.

The incidence of hip fracture was 1.3 per cent in the intervention group and 2.4 per cent in the control group — a 46 per cent reduction in risk.

Similar numbers of deaths occurred in each group.

All falls were recorded by incident reports and fractures were verified by x-rays and examination by medical-trained personnel.

Dr Iuliano said dairy foods are readily available, palatable and affordable food choices for older people.

“We have not done trials on other calcium and protein sources and I would love to get the funding from grain growers and horticulturists to do them,” she said.

“One of the problems in residential aged care is residents are often reluctant to eat unfamiliar foods, so we are limited in choice.

“The residents also have a limited appetite so we need to find foods with a sufficient concentration of calcium and protein that they are likely to consume enough for their needs.

“Vegans need to be very careful to combine their protein sources to ensure they are eating enough of all the essential amino acids,” she warned.

The research was published in the *British Medical Journal* in October 2021.

by Frank Smith

RESEARCH in Australia has shown that eating dairy foods reduces the

Security talk for Bunbury retirees

GUEST speaker at the Bunbury branch of the Association of Independent Retirees (AIR) will be Senior Constable Neale Horsley on the subject of Safety and Security.

Any interested independent or semi-independent retirees are welcome. The cost is \$4 per person including a raffle and afternoon tea.

AIR will be holding their first meeting of the year on Tuesday February 23 at 2pm at St Augustine's Uniting Church Mangles Street, Bunbury.

Any enquiries to Richard on 0429 342 222.

Holly Wood Tuesday Morning Show returns for 2022



Bernard Carney

HOLLY Wood Tuesday Morning Show returns for the new year to the Perth Town Hall every Tuesday morning from 10.30am, sponsored by the City of Perth.

It's a great opportunity to enjoy some free entertainment and information in a warm and friendly environment.

Compere Bernard Carney looks forward

to welcoming people along to the show.

The February calendar kicks off on Tuesday February 8 with the *Silver Threads Band* which have been entertaining people since 1997.

On February 15, international recording artist Ian Pickford will present an eclectic mix of melodic songs from the

golden era of popular music.

February 22 will see popular entertainer Moira J Scott present a musical tribute to the great female singers of the 50s and 60s.

Following the show, head to Citiplace Community Centre on the concourse at the Perth Railway Station to enjoy a delicious lunch.

COMMUNITY NOTEBOOK

NUHRA COMMUNITY VISITORS SCHEME

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

QUINNS ROCKS SUMMER SIDE SHOW

February 12, 2pm-7pm Free event
Mintaro Park, Quinns Rocks
Experience the fun of the fair without the hefty entry fees
Lots of stalls come and have fun.

PLUS SIZE UPCYCLE MARKET

Guildford Town Hall
97 James Street Guildford
March 13, 9am-1pm

YORKS ANTIQUE & COLLECTABLES FAIR

York Town Hall. Easter weekend.
Sat and Sun 9.30am-4pm Mon 9.30am-3pm
Adults \$5 accompanied kids free.
Enquiries Ron 0409 680 982

ONE ACCORD COMMUNITY CHOIR

Welcomes new members of all ages no audition required
Rehearsals at St Stephen's Uniting Church Hall, Mackenzie Road, Applecross
Mondays from 7.30pm-9pm and Wednesdays 10am-noon.
Gillian 0419 949 832

GARDEN CLUBS AND SOCIETIES PLANT FAIR

Sponsored by WA Horticultural Council
A variety of plants will be on display and for sale.
Saturday February 19, 8.30am-4pm
Entry \$5 cash only.
South Perth Community Centre
Corner South Terrace and Sandgate Street
Contact Helen Martin-Beck 6361 7688 or 0417 946 221

PERTH SYMPHONY ORCHESTRA

Saturday February 26, 5pm-8.30pm Free
Splendid Park, Splendid Avenue, Yanchep
City of Wanneroo presents a swoon worthy evening under the stars featuring a catalogue of hits both old and new.

COFFEE CLUB MORNING

Thursday February 17 10am-12noon
Come along and enjoy coffee, tea and cakes available to purchase.
There will also be a cake and preserves stall.
Mobility Independence Fundraiser
Community Hall College Park
1 Fontaine Street, Darch
Details - Sheryl 0429 180 658

PURPLE WALK 4 EPILEPSY WA

Sunday March 27, 10.30am-1.30pm
Edinburgh Oval South, Curtin University.
www.purplewalk4epilepsywa.com.au

COOGEE LIVE

Saturday March 12, 10am-9pm
and Saturday March 13, 11am-6pm
An exciting range of cultural, food and beverage and wellness experiences for everyone to enjoy along
Coogee Beach Reserve and Omeo
CoogeeLive.com

COCKBURN CENTRAL COMMUNITY CONCERT

Saturday February 19, 7pm-9pm.
Victor George Kailis Oval, Veterans Parade
Cockburn Central
Free. Featuring Stella Donnelly and band plus supporting act Adrian Dzvuks.
Food and drink available to purchase but feel free to pack a picnic.

CHAIN REACTION DUO

Fremantle Workers Club
Sunday February 20, 1.30pm-5pm
Members \$5. Guests \$10. Pay at the door
Food on sale from 12.30pm to 2.30pm.
Fremantle Park Sport and Community Centre
36 Ellen St Fremantle

CHAIN REACTION DUO

Playing the great Rock and Pop classics
Sunday February 27, noon-3pm
Jetty's Bar and Grill
Lot 2 Tatham Road South Yunderup
email chainrea@bigpond.net.au
0413 726 857

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

CELEBRATING 40 YEARS

For forty years, the team at Perron Institute has worked hard to provide life changing treatments and a better quality of life for people living with neurological conditions, but this work requires significant and ongoing investment.

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institute

As it Happened - Beyond the Stories... a look back at cruising in the 60s



by Lee Tate

FIFTY years ago, cruise ship *Eastern Queen* steamed along the coast towards Fremantle. Passengers on deck,

lolling in the November sun, heard an announcement over the ship's speakers.

"If anyone is smoking anything other than normal tobacco, please toss it over the side," intoned the ship's purser.

"Anyone found by Customs officers possessing drugs is liable for fines of up to \$4000 or four years gaol."

Passengers obliged. Seeds, leaves and all manner of illicit substances were swept away on

the sea breeze, unloaded into the Indian Ocean.

Most of us among the 600 passengers were young Aussies returning from working holidays in London, flying to Singapore to pick-up the ship. Our numbers were bolstered by young Poms coming out for a holiday.

Yes, marijuana, mandrax and amphetamines were a part of life for the in-crowd, but only a small part. Ships' passengers often were having their first taste of drugs in that

care-free, ocean-voyage environment.

The illegal drugs, in small packages for personal use, were readily offered in Singapore, despite it being one of the world's most socially-restrictive nations. Spitting or discarding cigarette butts drew big penalties in that wonderfully clean city.

Blokes with fashionably-long locks, donned short-hair wigs before approaching Singapore Customs. Men's hair

getting too close to collar-length could be summarily-clipped by officials at the airport.

Most Aussies passing through Singapore stayed a few days and were regularly offered drugs, sexy postcards and tickets to lurid performances.

From the 1950s, and well into the 1980s, Bugis Street (pronounced Boogie Street) was the big attraction for observing the nightly gathering of transvestites and transsexuals, humans for hire.

Innocent young Aussies delighted at telling others: "See that beautiful girl. He's a bloke!"

A taxi driver offered me a pound of marijuana for \$100 which he said would fetch \$300 in Australia. He said the seeds could be extracted so buyers could grow their own 'pot'.

To most of the tens of thousands of us first-time Aussie travellers, it was all just fun. Cheap beer was the best of it.

No-one I was with or saw from the ship bought

anything more than beer, a bowl of Singapore noodles or a Coke (Coca-Cola, that is).

In London, we were told that the fine for smoking 'pot' was 10 quid. Many of us thought that there was so much going on after the sixties revolution - music, fashion, liberation - that we didn't need drugs.

Plenty who dabbled had their drug experiments cut-short on the decks of ships sailing into Fremantle.



L-R; Valerie Schönjahn and Richard Hammer are amongst the 73 artists exhibiting at *Sculpture at Bathers*

"The fish inserted into the mattress springs are designed to wiggle even in the slightest of breezes.

"This constant movement means the piece consistently changes in the light. Every aspect is unique as the fish independently flash, much like the fish in a bait ball you see in the ocean,"

said Richard.

Internationally recognised artist Jon Tary has fashioned a piece utilising fish and olive oil tins from local providore Kakulas Sister, highlighting Fremantle's unique global history.

"This piece will be a major focal point. It is in a fantastic location outside the WA Shipwrecks

Museum on the grass in the forecourt. So it's like an entrance statement as you walk towards Bathers Beach and Kidogo Art House, said Sandra.

"Jon has been in all our exhibitions and it's brilliant that someone who exhibits internationally still really enjoys and relishes showing in this exhibition.

Sun, sea, sand and sculpture continued from front cover

"The selected works are in accord with the cultural landscape and we try to encourage artists from across the state so we do have regional artists represented. We have a couple from near Albany and some from York. We try and make it as broad as possible," said Sandra.

A new satellite exhibition will be held at the Republic of Fremantle's urban distillery in Pakenham Street by renowned WA artist Tony Jones, who is also the chair and founder of Sculpture at Bathers.

This season will see the introduction of *S@B5 GLOW*, a new night-time illumination experience featuring cutting edge programmed LED light-

ing installed to activate the sculptures and the beach in the evening.

"It will look stunning; it will truly enliven and enrich the experience of walking along the beach and along the path at night time. It will be like a magical wonderland which will be on every night of the exhibition, it's a major new addition for us," said Sandra.

GLOW is sure to surprise and delight visitors of all ages - grab a picnic and enjoy the cool evenings at Bathers Beach.

There are free tours during the day along with torchlight tours in the evening. Two sets of special evening tours include food. One is the Sundowner at 6pm with drinks and canapes and

includes one of the artists who is showing in the exhibition guiding people around the exhibition. That's \$25 per head.

The Gourmet Tour is \$70 a head, which includes premium drinks, a decadent seaside seafood barbecue, and attendees are accompanied by an artist as they walk around the exhibition.

Kid-friendly weekend workshops will be held on the three weekends of the exhibition as well as three artist-led weekend workshops at nearby Artsource which are booking quickly.

"Bathers Beach House is directly next to the event and is open every evening. It is a fantastic spot to enjoy viewing

the sculptures and enjoy their friendly hospitality.

"Sculpture at Bathers relies on a lot on volunteers and we welcome anyone who would like to be a part of the event.

"Come down and enjoy the wonderful sunset across the Indian Ocean, it's quite a unique atmosphere there and a beautiful environment to experience in the evening," said Sandra.

Sculpture at Bathers is an easy event to access, easy parking, it's close to public transport and has a friendly family and community orientated atmosphere. It is a Covid safe event.

To volunteer, book a tour and find out more, visit www.sculptureatbathers.com.au.



MANKARA

Open Day

Saturday 26 February
9:30am - 11:30am

52 Bickley Crescent,
Manning WA 6152

All welcome,
no need to RSVP

Online tours and floorplans:
www.mankara.com.au

Sign up at the Open Day and
save 5% off* the purchase price!

But it's for one day only, don't get left out!

*T&Cs apply, see website or ask your consultant for details.

Right size. Right down the road.

Escape your family home and enjoy more freedom in a right size home in the right location!

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- ✓ New over 55's community with no sell back or lease back
- ✓ More time for family, friends and fun
- ✓ Ask how you can save up to 50% in stamp duty rebates exclusive to off-the-plan purchasers
- ✓ Lock and leave for the ultimate lifestyle
- ✓ Close to parks, shops, river and CBD
- ✓ 70% pre-sales secured
- ✓ Construction underway 2022

Be Quick!

The magic is for one day only!
Reservations must be made on
26 February 2022



Don't let the court decide the fate of your estate



Making a Will: all questions answered

LEARN more at a free wills information seminar during WA Will Week, hosted by the Public Trustee WA. The week runs from March 13 to 19.

WA Will Week encourages Western Australians to make a will so to reduce

the rate of intestacy.

The Public Trustee (Department of Justice) will be answering the following questions and more at their free-to-the-public wills education seminars to be held across the metro area, including an

online webinar.

What is a will and why you should have one?

What are the consequences of dying without one?

Which assets pass under your will when you die?

Who can contest your will?

What's involved for executors?

Attendees will also gain a better understanding of the deceased estate administration process and the risks and benefits of Enduring Powers and administration orders.

Public Trustee, Brian Roche, says that while you

never know what's around the corner, effective planning can bring peace of mind.

"Getting your affairs in order is an important part of life planning, yet incredibly, over half of Western Australian adults haven't planned for what might happen to them if they lose the mental capacity to make decisions, or what will happen to their assets after they're gone."

WA Will Week serves as the perfect prompt for what might otherwise be viewed as an awkward conversation and opens up the opportunity to talk with loved ones about

plans for the future.

Mr Roche points out that a professionally drafted will, together with a family discussion about how you would like your estate distributed after you are gone, goes a long way in helping to reduce the likelihood of surprises and conflict.

"Your will is one of the most important documents for you and your family, so it is wise to have it prepared by professionals. While some people are reluctant to pay for this advice, a small investment up-front can save loved ones a lot of time, heartache and expense down

the track," he said.

"Dealing with the grief is bad enough. You don't want to add to the burden by potentially leaving a mountain of paperwork, delays, stress and expense for your family at an already emotional time."

"Don't let the court decide the fate of your estate. Make or update your will and protect the future for your loved ones, keep relationships intact and ensure the process works smoothly."

This year, the Public Trustee will also be running an online, evening session via zoom for those who are unable to attend

the event venues in person. Register your interest to attend the online session via ptmarketing@justice.wa.gov.au - event link and instructions will be provided closer to the event date.

Registration to attend the seminars happening at venues across the metro area can be made online at www.trybooking.com/bwdfy or phone 1300 746 116. Bookings are essential, seats are limited.

Seminars will be hosted in line with current Government Health Guidelines and attendees may be required to show proof of Covid vaccination.

Government of Western Australia
Department of Justice

Life can be unexpected. Make a Will today.

While you never know what's just around the corner, effective planning can bring peace of mind. Join the Public Trustee for a free Wills and Estate Planning Seminar during WA Will Week and learn more about making and storing your Will and planning for the future administration of your financial affairs and estate.

Wills & Estate Planning Seminars

Bookings essential.

- Visit www.trybooking.com/BWDFY
- or Scan the QR Code • or Phone: 1300 746 116



Monday 14 March	Wednesday 16 March
Time: 10.15am – 11.45am	Time: 10.15am – 11.45am
Venue: Cockburn ARC	Venue: Public Trustee Perth CBD
Tuesday 15 March	Thursday 17 March
Time: 10.15am – 11.45am	Time: 1pm – 2.30pm
Venue: Technology Park Bentley	Venue: Public Trustee Perth CBD
Time: 5.30pm - 7pm	Time: 10.15am – 11.45am
Venue: Public Trustee Perth CBD	Venue: Joondalup Reception Centre

*The 5.30pm session will also be shown online.

To register for this webinar, please send your name and preferred email address to ptmarketing@justice.wa.gov.au



www.publictrustee.wa.gov.au

- Wills ■ Deceased Estate Administration
- Enduring Power of Attorney ■ Trust Management
- Elder Abuse Prevention ■ Private Administrator Support



Public Trustee

New local research project for diabetes begins this year

WA's peak diabetes research funding group has announced financial support for a project investigating a new way to tackle disease-inducing chronic inflammation linked to type 2 diabetes.

Diabetes Research WA

has awarded one of its 2022 Research Grants, valued at \$60,000, to University of Western Australia Professor Kevin Pflieger.

Professor Pflieger, Dr Elizabeth Johnstone and the Molecular Endocrinology and Pharmacology

Laboratory team at the Harry Perkins Institute of Medical Research, in collaboration with colleagues at Monash University, hope to reduce health complications of type 2 diabetes by blocking a newly-discovered pathway.

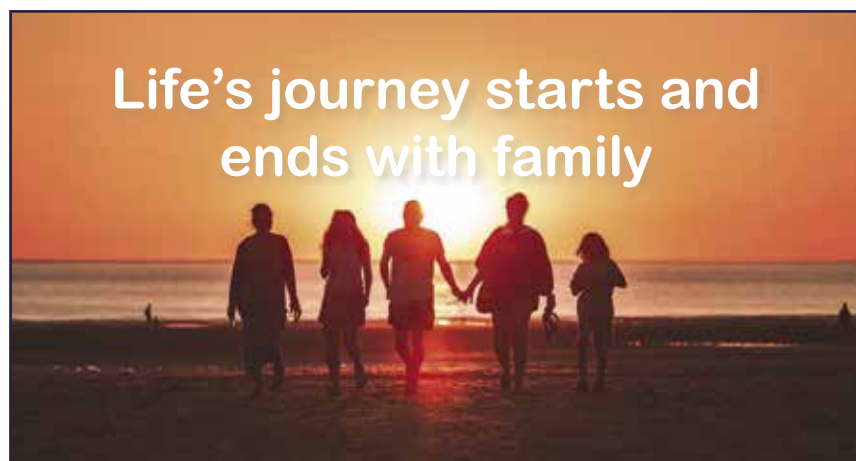
"Inflammation is increased in type 2 diabetes and we've found this pathway effectively stokes the fires of inflammation in the body, making it burn more fiercely, increasing the risk of it getting out of control and causing collateral health damage," said Professor Pflieger.

The group has found that key proteins on the surface of cells involved in chronic inflammation - known as Immunoglobulin-like cell adhesion molecules - are turned on by a process called transactivation when other G protein-coupled receptor molecules on the cell surface are themselves turned on.

"We hope to develop smart inhibitors of this pathway in order to keep inflammation under control and, in doing so, treat and prevent type 2 diabetes complications, such as atherosclerosis - which is the formation of fatty deposits in arteries - and kidney disease," he said. "This new funding will support us to dig into the underlying molecular mechanisms driving this transactivation process and test peptides that modulate the pathway, to expand the number of potential type 2 diabetes drug targets."

Diabetes Research WA executive director Sherl Westlund said, with 463 million adults living with diabetes in 2019, the majority with type 2, this was pivotal fundamental research.

UWA and Monash University are also supporting the project with funding.



Prepare your Will & safeguard your family

It's easy with HOMEVISITWILLS. We specialise in:

- Wills - simple and complex
- Testamentary Trust Wills
- Enduring Powers of Attorney
- Enduring Powers of Guardianship
- Advance Health Directives
- Probate
- Letters of Administration

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Call now 1300 870 900

Information at www.Homevisitwills.com.au

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Should've gone to Specsavers because you shouldn't pay top dollar for top-of-the-range hearing aids.

Book a free 15-minute hearing check today at specsavers.com.au/hearing



*Free 15-minute appointment. If further testing is required in a longer appointment, a fee may be incurred.

Classes and Courses

ADVERTISING FEATURE



Renowned artist offers art classes for personal exploration and growth

DAVID Giles is a multi-award winning artist with 20 art awards and 50 solo exhibitions to his name.

Exhibiting since 1994, he has featured in numerous books and art magazines and in an ABC documentary about his art career.

His classes are about using art as a tool for personal exploration and

growth. He is passionate about the importance of creativity and imagination in creating a better world. Programs are open to anyone interested in exploring painting as a process of self-expression and self-discovery.

In his upcoming abstract landscape painting course you can explore your own take on three con-

temporary abstract expressionist painters. Whilst their paintings are very abstract they draw inspiration from the landscape around them or memories of environments they have experienced.

While David calls their work abstract landscape painting it is not necessarily a term they would use,

says David.

"However, painting abstractly about the environment around me and how it makes me feel has always been a driving force in my practice and is something I would like to explore further. I invite you to join me in a journey of exploration."

Each session starts with a demon-

stration by David and concludes with a supportive and friendly show and tell review of each participant's progress.

At the end of term one participants will have the opportunity to exhibit in the Freedom School of Art Awards.

See website for course contents www.davidgilesartgallery.com



Exercise, meditate, relax with qigong

BILL Grace, a martial arts (pictured left) and qigong practitioner with more than 40 years' experience, is conducting three weekly qigong classes at Cottesloe Civic Centre's Lesser Hall.

Bill describes qigong as: "A slow dance-like martial art form, similar to Tai Chi but with even more health benefits."

"I would love to see more people benefiting from this 500-year-old practice," he said.

Qigong incorporates exercise, meditation and relaxation.

Bill said: "It has many health benefits

including reducing stress and anxiety.

"It is a wonderful form of exercise for all ages and fitness levels, it improves sleep, boosts the immune system, lowers the resting heart rate and improves breathing capacity, as well as creating a wonderful sense of calmness and well-being."

Bill's classes are on Wednesday, 5.30pm to 6.30pm and Friday and Saturday from 10am to 11am.

For more information email billgrace0@gmail.com or phone 0417 447 074.

Step2it LINEDANCE

Step2it for Fun & Fitness

choose from either Linedancing or Zumba Gold classes
Low Impact, suitable for Beginners and Seniors

Southern Suburbs: see website for locations

Contact: TINA 0402 314 114
www.step2it.iinet.net.au

Elevate your walk with Nordic Walking Fremantle



NORDIC walking is a year-round activity that utilises walking poles to create a full-body workout for walkers, as well as a tool for people with balance and mobility issues.

Nordic Walking Fremantle (NWF) is owned and operated by Carol Benson-Hitch, certified instructor with Urban Poling (Canada) as both a fitness walking instructor and

rehab/activator instructor.

Carol uses Urban Poling poles with a variety of clients as an exercise tool as well as to assist clients who need more support when walking.

For fitness, NWF is running ongoing group-walking classes as well as the popular clinic classes.

Also offered are private and semi-private lessons.

At Arthritis and Osteoporosis of WA in Shenton Park, Carol leads group classes for people with joint and bone problem diagnoses. Using the poles throughout these classes, members begin with seat-

ed full-body exercises then move into standing balance and strengthening exercises as well as walking using the rehab/activator technique.

Demo poles are provided for all clients and poles are available for purchase.

For information about classes, lessons, to read testimonials and more, visit www.nordicwalkingfremantle.com.au.

Contact Carol so you can: Elevate your walk too...

Nordic Walking Fremantle; Carol Benson-Hitch. Email nordicwalkingfremantle@gmail.com.

Or find her on Facebook: Nordic Walking Fremantle.

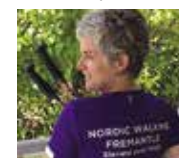


ELEVATE YOUR WALK WITH NORDIC WALKING FREMANTLE

NORDIC WALKING FREMANTLE is run by Carol Benson-Hitch, certified instructor with Urban Poling® (Canada) as both a Fitness Walking Instructor and Rehab/Activator® Instructor. Carol uses UP poles because they are unlike any other hiking/trekking pole on the market; the poles have no wrist straps! Instead, wide "ledges" on the ergonomic handles provide support for the client and create increased activation of upper body muscles.

NORDIC WALKING FREMANTLE provides:

- Group-walking classes, private/semi-private lessons and clinic classes for walkers who want to learn the technique then walk on their own.
- Lessons for specialised clients for – gait improvements, stability and mobility issues, early onset Parkinson's, Arthritis, Hip/Knee surgeries (pre-hab/rehab), etc.
- Workshops for businesses and organizations such as Arthritis societies, Physiotherapists, etc.



Demo poles provided for all clients and poles available for purchase.

For information about classes, lessons, to read testimonials and more, visit www.nordicwalkingfremantle.com.au

NORDIC WALKING FREMANTLE - Carol Benson-Hitch

E: nordicwalkingfremantle@gmail.com | FB: "Nordic Walking Fremantle"

Grace Qigong

Qigong Classes

- Integrate mind, body and spirit
- Reduce stress and anxiety

LOCATION Cottesloe Civic Centre (rear lawn area)

TIME Tuesday 9am - 10am, Friday 9am - 10am, Saturday 9am - 10am

CHARGE \$20 per class

Contact Bill - for more information
Email: billgrace0@gmail.com
Phone: 0417 447 074

Abstract Landscape Painting with David Giles

in person at Studio Eleven Art Gallery or LIVE on Zoom...

Renowned artist and art teacher, David Giles is well known for his friendly approach to teaching.

Abstract Landscape Painting with David Giles classes

Venue: Studio Eleven Art Gallery, 11 Captains Lane, Fremantle

Session dates for term 1, 2022: 18 February - 9 April

Session times: Fridays 1.30pm-4.30pm

Cost: \$320 - BYO acrylic paints, brushes and canvases.
**Canvases are also available for sale at Studio Eleven Art Gallery.*

'CLASSES SUITABLE FOR ALL LEVELS'

Abstract Landscape Painting with David Giles Zoom classes

Session dates for term 1, 2022: 20 February - 11 April

Session times: Sundays 10am-1pm or 1.30pm-4.30pm

FOR BOOKINGS phone 0416 079 204 or email davidgilesartist@hotmail.com www.davidgilesartgallery.com

Cake decorating classes

Valentines Cake Pops Parent & Child Class

12 February
12.30pm-3pm \$120pp

Isomalt Decoration Cake Class

26 February
12.30pm-3.30pm \$175pp

Fault Line Cake Class

19 March
\$140pp

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info@mydeliciouscakes.com.au

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KNOW THE GEAR - KNOW WHAT TO DO

MAKE THE RIGHT CALL

Classes and Courses

ADVERTISING FEATURE



Looking for male choir members...

LEARN the secrets of the South West's most successful male choir.

See and hear them as no one else does in rehearsal and find out what it takes to get a song ready for performance.

Bunbury Men of Song believe that if you run a choir with integrity, authenticity and good humour all the while striving for excellence, you will create something that men will want to be a part of.

The choir also have two CDs with their most requested songs available.

Bunbury Men of Song rehearse every Monday night at 7pm at St Augustines Community Centre at 119 Mangles Street Bunbury.

Drop in any Monday night. Men over the age of 18 are most welcome to attend and find out the secrets of the choir's glorious sound.

Phone Chris on 0437 000 205 for more details.

Gathering in the northern suburbs



THE GATHERING, a not-for-profit social club was set up by a group of volunteers in 2017 when chairman, Sean McDonagh, retired and he saw a need to bring people in the local community together to make new friends.

With the support of St Anthony's Parish Church in Wanneroo, a regular meeting was created and entertainers were found for the regular monthly gatherings.

The group meet on the third Thursday of each

month and organise an entertainer, guest speaker on topics relevant to the community, a quiz, games and raffles, all with prizes.

They supply free tea and coffee, ask members to bring a plate to share for lunch and make a voluntary contribution. The group currently has more than 200 members with an average turnout of 60.

There is always a warm welcome, a chance to socialise and have some fun.

They also hold Christmas lunches in July

and December.

Sean and the team visit local businesses for support, many of whom make a donation towards the prizes and promote them to members.

The group donated raffle monies to good causes and managed to raise \$1872 which went to The Stroke Foundation; Spirits of the Street Choir, St Vincent De Paul, St Anthony's Church and Wheelchairs for Kids.

The next meeting is on February 17 at the St Anthony's Church Parish Hall, 15 Dunebar Road in Wanneroo at 10.15am. \$5 contribution and bring a plate to share for lunch.

Find out more by calling Sean on 0431 018 388 or email thegatheringnorthernsuburbs@gmail.com.

Oops!

LAST month in the *Have a Go News* puzzles pages we published the incorrect clues for the cryptic crossword. Our apologies to readers for this error. Below are the correct clues you needed to help solve the January 2022 cryptic crossword.

STRAIGHT CLUES

ACROSS

1. Divulging (10)
6. Heart-to-heart (7)
7. Bosom (5)
9. More charming (5)
10. Jewelled headband (5)
11. Spaghetti or macaroni (5)
12. Pins & ... (7)
13. Singing siblings Richard and Karen, The ... (10)

DOWN

1. Rumlings in the

ranks (10)

2. Device for detecting those driving too fast (5,6)
3. Stern dressing-down (7)
4. December 31 (3,4'1,3)
5. Makes worse (10)
8. Boy from spouse's previous marriage (7)

CRYPTIC CLUES

ACROSS

1. Revealing record being beaten (10)
6. Chat and move, watching tea disappear (7)
7. Ape climbed out of cheapest box (5)
9. It's more pleasant in an ice rink (5)
10. Coronet in Croatia rarely seen (5)
11. Finished a type of Italian food (5)
12. Aggravates with sharp spikes (7)
13. Freshwater fish comes in to join the joiners (10)

DOWN

1. Unhappiness about second tint (10)
2. It will provide fine evidence in a snap (5,6)
3. Address of university (7)
4. A date to resolve to do better (3,4'1,3)
5. Vast garage somehow gets on one's nerves (10)
8. Treads on blended family member (7)

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



St Patrick's Church

10.15am each Sunday

Regular services of Holy Communion

Kids Program

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

Kids Program runs during school terms

Holy Honey

Buy Father Steve's organic raw honey



www.stpatricksmtlawley.com

Father Stephen Conway 0478 514 516

WA STAGE SCHOOL
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Specialised Casual Adult Classes
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Ballet Beats

LOW IMPACT
AGE 40+

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www.wastageschool.com.au/beats-program
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Introduction to...
Today's Social Square Dancing
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- Great social activity
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Call to say "I'm joining the fun!"
Janice on 0410 818 732
www.squaredanceaustralia.com

"For the time of your life!"

Have a Go News PUZZLES SOLUTIONS

Solution for BIG Crossword page 46

O	K	A	Y		S	W	A	B	B	E	D		D	E	F	Y
A		O	U	I	J	A		N		A		A	W	A	R	E
T	E	R	M	S		G		K	G	B		Z	S	Y	R	U
H	A	T		S	H	O	A	L		I	N	E	R	T		I
	V	A	G	U	E		L	E	V	E	E		O	I	L	E
E		R	E	A	L	M	S		S	A	F	A	R	I		E
I	S	L	E		V	O			R		S		E	A	R	L
L			A	G	E	I	N	G		N	E	S	T	S		S
L		S	T	U	N		D	A	V	I	D		S	A	C	S
W	A	L	E	S			Z		C			L	E	E	C	H
I		A	R	T	S		S	E	V	E	N		P	O	R	T
L		N		S	A	L	A	D		R	A	V	I	N	E	
L	A	G	S		D		V			P		E		A	S	A
	B		M	A	D	M	A	N		B	A	R	R	E	L	S
	B	A	S	T	E		G	A	V	E	L		C	A	S	E
S	E	X		O	N	S	E	T		E	M	B	E	R		B
N	Y	L	O	N		I		T	N	T		I		N	O	O
I		E	L	E	C	T		E		L		B	I	S	O	N
P	O	S	E			S	H	R	I	E	K	S		H	Y	M

Solution for Crossword page 47

E	N	S	E	M	B	L	E		C	
C		L		O		A		O	A	K
S	U	I	T	C	A	S	E		M	
T		C		K		S		H	E	N
A	V	E	R	S	I	O	N			I
T		S			R		D			N
I			S	E	A	S	H	O	R	E
C	R	Y		X		T		M		T
	E		L	I	K	E	W	I	S	E
C	A	N		L		P		N		E
	L		T	E	A	S	P	O	O	N

Solution for Sudoku page 47

2	8	6	7	5	4	3	9	1
1	4	9	3	8	2	6	5	7
5	3	7	1	9	6	4	2	8
9	1	5	2	3	8	7	4	6
3	6	2	4	7	1	5	8	9
4	7	8	9	6	5	2	1	3
8	2	4	6	1	7	9	3	5
6	5	3	8	2	9	1	7	4
7	9	1	5	4	3	8	6	2

Answers for Have a Go News Quiz page 2:

1. Success Harbour
2. Perth Convention Exhibition Centre
3. 90%
4. 20 kms
5. Ghan
6. Kangaroo Island
7. Kalbarri Skywalk
8. Roses
9. Tulips and Camellia
10. Busselton

Solution for Wheel Words page 47:

Solution: Fail, Fair, Fame, Fare, Farm, Fear, File, Film, Fire, Firm, Flam, Flap, Flea, Flip, Frap, Leaf, Life, Rife, Afire, Feral, Fermi, Filar, Filer, Flair, Flame, Flare, Flier, Frail, Frame, Lifer, Pilaf, Rifle, Ferial, Pilfer, Filmier.

9-letter word: AMPLIFIER

Answers for PRISM page 47:

Rose, gold, mahogany, cinnamon, burgundy, lavender

let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



The new EV charge station on the Nullarbor © Dianne Bortoletto



AFTER a reschedule from its original date in November, due to Covid, our group of readers boarded their Antarctica flight on January 9 and took off on this amazing adventure. I was so pleased to receive so many positive reports from our group. It's a spectacular way to see this continent. This year the trip will depart on

November 27. We are planning to do another group, so please see details on this page to join the group.

★★★
One of the difficulties to road travel if you have an electric car has always been charging stations and to kick off the new year a charging station has been placed on the Nullarbor plain. This world-first EV fast charging system is fully off-grid, self-contained and powered by used chip (vegetable) oil from roadhouse deep fryers. It has been installed at the Caiguna Roadhouse, about 370 kilometres east of Norseman and

370 kilometres west of the South Australian border, making it one of the most remote EV fast charging stations on the planet. Let's hope this is the first of many.

★★★
I know many people are disappointed in the change of status for WA state borders. It makes it very difficult for travel businesses to restart and puts many family plans in chaos. It seems

that the rules change daily and unfortunately as we have found during this pandemic we just have to go with the flow. Changes to quarantine arrangements have been made for incoming international arrivals who test negative to Covid. They now have to complete seven days in hotel quarantine and can then transfer to home quarantine. Let's hope as the year goes

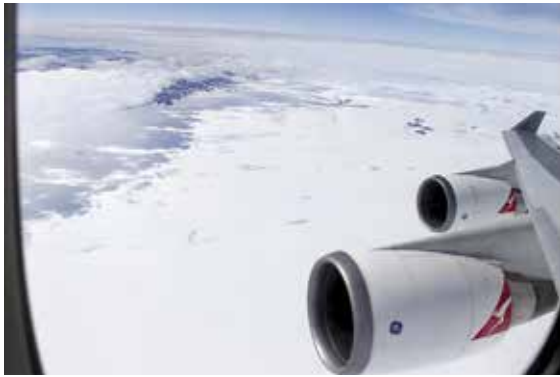
on that case numbers wane and we can have a more normal life and travel outside of the state again.

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

★★★
Happy trails

Jennifer Merigan

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



Fly to Antarctica on the best day trip in the world

Scott Lawrence, one of the passengers said: "Thank you again for all your efforts in providing me and my party with such a memorable and trouble free experience of a lifetime."

The next flight is scheduled to depart this year in November and once again *Have a Go News* is organising seats aboard this sensational experience.

It's a wonderful oppor-

tunity to tour the last great wilderness of Antarctica, safely.

Don't miss your opportunity to join our group for the departure from Perth in November.

Get ready to board the 787 Dreamliner with its larger windows providing a better viewing experience for passengers.

All seating classes experience spectacular views and the trip provides

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

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

ment system. This flight departs Perth on Sunday November 27 at 8am and returns at 8.30pm.

Seats sell out quickly for this amazing experience. The following seating is available:

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

Business Class - \$6499 per person
Business Class Deluxe - \$7999 per person.

A \$300 deposit is required with booking and full payment is required eight weeks before departure.

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

LAST month a group of *Have a Go News* readers took to the sky and

enjoyed the day trip of a lifetime flying across Antarctica.



NEW TOUR FOR 2022

\$95

QUINDANNING HOTEL

TUESDAY 8 MARCH - South

Departs 8am Canning Hwy & Murray Rd Melville
8.30am Pagoda Hotel Comer St Como
9am East Perth Terminal
Returns First drop approx 4pm
Includes Morning tea, lunch and luxury coach travel.

TUESDAY 17 MARCH - North

Departs 8am HBF Arena, Joondalup
8.30am Morris Pl, Innaloo
9am Morley Recreation Centre
Returns First drop approx 4.30pm

Morning tea at Pinjarra with time to visit the gift shop and Roger May Museum followed by a leisurely trip to the glorious Quindanning Hotel for lunch.

The Quindanning Hotel is the most easily recognisable historic buildings in the district, and one that is still very much in use today. With its generous use of Jarrah panelling, open wood fires (during winter), quiet location, large gardens and long verandahs, the Quindanning Hotel is idea for a day trip.



NEW FOR 2022: SHORT & SWEET DAY TOUR FOR THOSE WHO LIKE SHORT TRIPS

\$95

GUILDFORD AND THE SWAN VALLEY

FRIDAY 25 MARCH - South

Departs 8am Canning Hwy & Murray Rd Melville
8.30am Pagoda Hotel Comer St Como
9am East Perth Terminal
Returns First drop approx 4pm
Includes Morning tea, lunch and luxury coach travel.

THURSDAY 31 MARCH - North

Departs 8am HBF Arena, Joondalup
8.30am Morris Pl, Innaloo
9am Morley Recreation Centre
Returns First drop approx 4pm

Morning tea at Martin Jaine gallery and workshop in Guildford. This guy is amazing with what he produces from recycled materials. From here we will stop at the Swan Valley Visitor Centre for a walk around and look at some historic buildings and history. Plenty to see here before we head off to Pasta In The Valley for lunch. Your choice of lasagne, chicken parmigiana or spaghetti bolognese. Inside the restaurant showcases an impressive 30m long eye catching industrial pasta making machine, capable of producing 6 tonnes of pasta per day in it's time. No longer used. The only one of its kind in Australia to be on display inside a restaurant. Add in a visit to Whistlers Chocolate afterwards and I think that's the day covered.



\$100

OP SHOPPORTUNITY

THURSDAY 7 APRIL - South

Departs 8am Canning Hwy & Murray Rd Melville
8.30am Pagoda Hotel Comer St Como
9am East Perth Terminal
Returns First drop approx 4pm
Includes Morning tea, lunch and luxury coach.

TUESDAY 12 APRIL - North

Departs 8am HBF Arena, Joondalup
8.30am Morris Pl, Innaloo
9am Morley Recreation Centre
Returns First drop approx 4pm

Something a little different. First stop Ellenbrook Salvation Army shop. From here to the Bindoon Op shop and morning tea. Across to The Vic Hotel for a roast lunch in Toodyay followed by a stop in Sawyers Valley at Rumble through my Jumble. Plenty to see and buy!!



\$100

GLORIOUS GOOMALLING
FRIDAY 22 APRIL - South

Departs 8am Canning Hwy & Murray Rd Melville
8.30am Pagoda Hotel Comer St Como
9am East Perth Terminal
Returns First drop approx 4pm
Includes Morning tea, lunch and luxury coach.

WEDNESDAY 27 APRIL - North

Departs 8am HBF Arena, Joondalup
8.30am Morris Pl, Innaloo
9am Morley Recreation Centre
Returns First drop approx 4pm

Only an hour or so from Perth is Toodyay. Morning tea at the park followed by time to visit the Op shop, the Christmas Shop, The Toodyay Lolly shop or perhaps the visitor centre. Back on the coach and around 45 mins to the Goomalling Hotel for a delicious roast lunch. On the way back drive through Irishtown and stop at the Bakers Hill Pie shop for a quick break.

NORTHAM HOT AIR BALLOON GLOW NIGHT
SATURDAY 30 APRIL - LOCK IT IN NOW!

\$85

Departs 3pm Canning Hwy & Murray Rd Melville
3.30pm Pagoda Hotel Comer St Como
4pm East Perth Terminal
4.30pm Morley Recreation Centre
Returns First drop approx 10.30pm
Includes Luxury coach, afternoon tea and coffee.

This promises to be a very special night. And it only happens every few years. Northam is hosting the 2022 National Hot Air Ballooning Championships. Saturday night 30 April is 'Balloon Glow Night' where the balloons are inflated and subsequently lit up from within. What a spectacular sight that should be. I expect to leave Northam around 9pm - 9.30pm. Hopefully we will get a brilliant view of our city lights on the way down the hill.

There will be no dinner on this trip as it is impossible to book in anywhere. Please bring something yourself or get something from the food trucks that will be there. Tea and coffee will be on offer if you wish.

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ADVERTISING FEATURE

travel options for the mature west australian

The diverse and pristine Fitzgerald River National Park is well worth a visit...



Left to right; Mid Mount Barren - Royal Hakea - Pabellup Road - Sticky Tail Flower - West Mount Barren

by Frank Smith

FOR a look at what the south coast of WA was like 200 years ago, there is no better place than the Fitzgerald River National Park.

The park stretches nearly 100km from Bremer Bay to Hopetoun and includes some 300,000ha of pristine bush.

Nearly 1800 different

plant species have been found there and new found ones of being described for the first time every year. At least 75 plant species are found nowhere else in the world. Most spectacular are the Royal hakea, Quaalup Bell and Hakea Victoria.

While flowers are at their best from August to November there are plenty to see throughout

the year.

More different kinds of animals live here than in any other reserve in South West Australia. More than 200 bird species are found, including rarities such as the Hooded Plover, Western Bristlebird and the Western Ground Parrot of which only around 200 survive in isolated pockets along the south coast from Albany

to Israelite Bay. There are also 22 species of mammal, 41 reptiles and 12 frogs.

The Park is best accessed from Hopetoun from the east and Bremer Bay from the west. Only a short section of road from Hopetoun to Hamersley Inlet is sealed, but other roads are well maintained gravel suitable for two-wheel drive vehicles

although park rangers close them in inclement weather. Caravan must be limited to the short sealed sections.

Fitzgerald River National Park has several walk trails from 600m to 46km long. They are of varying difficulty from class 2, a well-defined track with solid surfaces suitable for all fitness levels to Class four for fit and experienced bushwalkers. None of them are wheelchair friendly.

Access is limited to some of the hilly areas because of the danger of spreading dieback. Hikers are expected to keep to the track and use the boot cleaning stations where needed.

Southern Right Whales gather in shallow water from June to October to calve before migrating back to their Antarctic feeding grounds. One of the best places to see whales from the shore is Point Ann.

There are several excellent rock fishing sites in

the park where the usual dangers of king waves apply. Boat, beach and spear fishing are also available.

The hardy may choose to camp in basic camping at Hamersley Inlet and St Mary's inlet near Point Ann. There are other extremely basic sites among some of the longer walk trails where everything from toilet paper to tents must be carried in and out.

There is no other accommodation within the park but a 16ha area of freehold land within the Park surrounds the historic Quaalup Homestead built by John Wellstead in 1858. The homestead and barn were restored in the 1970s as Quaalup Wilderness Retreat. It provides self-catering accommodation and camping. All power is provided by solar and the homestead is furnished as a museum, with some meals provided in the dining room.

Quaalup is 45km from Bremer Bay, the nearest

shop, petrol station and hotel.

The Fitzgerald River National Park is the core of WA's only UNESCO's Biosphere. The Park is surrounded by a buffer of remnant bush, beyond which is the transition zone where communities live. The Biosphere encompasses the entire Shire of Jerramungup and most of the Shire of Ravensthorpe, an area of over 1.5 million hectares.

The UNESCO Man and Biosphere Programme defines a biosphere reserve as follows:

Noongar people have lived in and passed through the park area for millennia. It is fitting that they continue to camp, fish and care for the country and are actively involved in park management.

Fitzgerald River National Park is not the largest National Park in WA, but it is one of the most diverse and pristine and well worth the 1200km round trip from Perth.

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 Wednesday 2 March, Cost \$130 per person
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Bremer Bay Canyon Orca Whale Extended Tour
 Saturday 12 March to Tuesday 15 March
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 Optional No Cruise Cost \$1080
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Gloucester Tree, Windy Harbor, D'Entrecasteaux National Park, Valley of The Giants, Tree Top Walk, Walpole's famous WOW Wilderness Boat Cruise, Beedalup Falls and Blackwood River Drive. Only \$1,055 twin share.

Club 55's tour programs for this year have been released and is now available online at their web site

www.club55.com.au. If you prefer a hard copy please contact the office on 0434 439 983 and they will post one out to you.

Club 55 Travel Club caters for individuals, couples and small groups. Pick-ups are from various locations around Perth, including Belmont, Booragoon, Bassendean, Innaloo, Whitfords, Gosnells, Thornlie, Riverton and Perth City. Membership to the Travel Club is free and people can register online at the website or simply call the office. They have a range of great tours coming up.

Large groups such as Probus clubs, bowling clubs and retirement villages are also very well looked after and have a choice from more than 70 specially designed outings to choose from, with convenient departures from club's premises.

All tours are done at an enjoyable leisurely pace. There are no strangers at Club 55, just friends you are yet to meet. Phone 0434 439 983 visit the web page www.club55.com.au where people can view and pay for tours online.

NEW EXCITING TOURS for 2022

FEBRUARY MYSTERY
 Friday 11 February \$99 per person
 PICKUPS; 8.30am Mandurah, 9.05am Rockingham, 9.20am Kwinana

DAY TOUR BOYUP BROOK COUNTRY MUSIC STREET CARNIVAL
 Saturday 19 February \$49 per person
 PICKUPS; 7.30am Rockingham and 8.05am Mandurah

DAY TOUR ROTTNEST ISLAND GRAND TOUR
 Monday 28 February \$175 per person
 PICKUPS; 7.45am Mandurah, 8.20am Rockingham, 8.40am Kwinana

MARCH MYSTERY TOUR
 Friday 4 March \$99 per person
 PICKUPS; 8.30am Mandurah, 9.05am Rockingham, 9.20am Kwinana

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ADVERTISING FEATURE



Going Fishing... there's no such thing as a bad trevally to catch



Ben Patrick hooked this horse of a brassy trevally on a Whiptail lure in Exmouth Gulf

but I can't recall a single occasion when I've felt short-changed after an encounter with a Trev, be it a member of the Caranx, Gnathanodon or Carangoides clans.

They are universally tough customers. Unlike other tough species like yellowtail kings, they fight hard but fair, rarely appearing to seek out a reef or snag to bring you undone. They don't jump as a rule and most people don't rate them highly on the table but they have qualities that endear them to anglers worldwide.

As table fare, I reckon most trevally aren't so bad, with a firm dryish texture and clean taste, ideally suited for curries and the like, or just thinly

sliced and pan fried in egg and breadcrumbs or batter. Skippy Pseudocaranx dentex are the pick of the bunch and make excellent eating in my book, especially when consumed fresh. Sadly, they seem to lose something in the freezing process. I like to shallow fry skippy fillets in egg and breadcrumbs and serve with salt and pepper and a good splash of lemon juice.

When it comes to a favourite among the trevally family, I guess most anglers would opt for giant trevally Caranx ignobilis, the big daddy, capable of reaching sizes in excess of 60kg. Predatory, powerful and explosive, these hulks have attained cult status around the globe

and anglers will go to extreme lengths to tangle with really big ones. GTs are one of the few species to generate the production of rods and reels designed specifically for them alone.

Brassy trevally Caranx papuensis are probably more numerous in the North West and just as much fun on a kilo for kilo basis as GTs, but they just don't grow as big. Up until just a few years ago many of the supposed GTs that were caught up north were probably brassy trevally, but these days, thanks to numerous magazine articles and the like, people have become a lot more educated about identifying fish species generally and trevally

in particular.

Other trevally that regularly turn up while fishing in northern parts include gold-spotted Carangoides fulvoguttatus and bludgers Carangoides gymnostethus. The gold-spotted trevally is more elongate than most of the other big trevally and is caught to around 12kg, while the smaller bludger usually turns up in big schools of fish to around 5kg. What the bludger lacks in size it more than makes up for in exuberance and power, but it is the worst of the lot for eating.

My own favourite of the trevallies is the golden (Gnathanodon speciosus), a fascinating fish that seems to have an almost

eccentric character. Unlike their cousins, goldens have rubbery lips and a hyper-extendable mouth. The markings can be striking, golden with dark vertical bars in juveniles or with scattered chocolate spots in adults. They can be caught in deep water but most often seem to come from the shallows, to the point where they can be spotted under rafts of weed or tailing on sand flats as they grub along the bottom for their next snack. In that sort of situation they make for exciting fishing and readily snap at small poppers, metal lures and saltwater flies.

Trevally, whatever the type, you've gotta love 'em.

by Mike Roennfeldt

as trout right through to marlin and even fish as universally highly regarded as Spanish mackerel,

I'VE had disappointing fights from fish as diverse



Stargazing in February - a sky full of planets

by Donna Vanzetti

JUST as our daylight skies are ever-changing, with new sunsets and shifting cloud formations, our evening skies are constantly changing too, as the star patterns appear to move across the sky throughout the year.

Amongst the stars are a few brighter looking ones that seem to wander on their own different path. These are of course the planets of our solar system. The word planet means 'wanderer', given by the ancient Greeks who studied the night sky and be-

gan to understand their orbits.

From our perspective here on Earth, as the planets continue their never-ending path around the sun, their orbits can sometimes bring the planets together to form incredible conjunctions or 'Planet Parties'.

Across the month of February early risers will be treated to a sky full of planets. Early February has Mars and Venus visible in the low eastern horizon just before sunrise. By the end of the month, Mercury, Venus, Mars and Saturn will be visible in the hours before sunrise.

When to look: Just before sunrise, all February. Which direction to look: Very low to the eastern horizon.

You will need a low horizon but it's well worth getting up early to enjoy the planetary views.

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

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



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ADVERTISING FEATURE



travel options for the mature west australian

Enjoy this award winning restaurant in the Great Southern



Pepper & Salt's owner and chef, Silas Masih

by Serena Kirby

WHEN the online review site, Tripadvisor, announced their 2021 Traveller's Choice awards, there was some serious celebration at Pepper and Salt Restaurant in our State's Great Southern.

Listing the top five winners in the fine dining category, TripAdvisor named Denmark's Pepper and Salt Restaurant, fifth in Australia. With the awards being based on the quality and quantity of online reviews, owner and chef Silas Masih said the customer-driven award meant more to him than most

typical restaurant awards. "It's great to get accolades from customers rather than simply people in the industry," Silas says. "The fact that people took the time to write the reviews and give us a star rating means a lot to me and our hard working staff. It's a big testament to our front of house staff that deliver the food as they are the ones who really create the dining experience."

ute people call to make a booking or when they walk in the door. "We put a lot of effort into making people feel comfortable. It's the extra care we take and the attention to detail that can take a good meal to a whole new level. As a restaurant owner I work as a leader, not a manager, as I'm across everything. I'll wash dishes and clean floors to help my business because this restaurant is centred around an 'us' philosophy not a 'me' mentality.

Silas, who has received many awards and accolades before, has also been nominated for national regional chef of the year by a leading gourmet magazine in recent years. And, while the quality and taste of the food is paramount, Silas adds that a good restaurant experience starts from the min-

ute people call to make a booking or when they walk in the door.

"We put a lot of effort into making people feel comfortable. It's the extra care we take and the attention to detail that can take a good meal to a whole new level. As a restaurant owner I work as a leader, not a manager, as I'm across everything. I'll wash dishes and clean floors to help my business because this restaurant is centred around an 'us' philosophy not a 'me' mentality.

Silas adds that his Fijian heritage is a huge influence on how he runs his restaurant.

"I treat people like they are part of my family and treating people genuinely is the key. Nothing is too hard and we go above and beyond to make our guests happy."

After 15 years running his restaurant Silas is well known as a 'spice master' and says spicy doesn't necessarily mean hot.

"I've created my own Seven Spice blend and we use this a lot. But my all time favourite spice is cardamom as this is the spice of love. It can be used in sweet and savoury dishes and gives a distinct depth and fla-

vour to a dish while being aromatically entrancing at the same time."

Another secret to the restaurant's success has been its easy access to quality, fresh local produce.

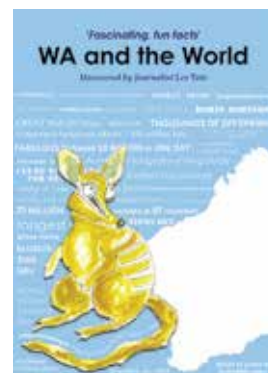
"We're blessed to have some beautiful produce down here. Denmark has a real culture in quality food that has been grown sustainably. For people down here, it's not a fact, it's a way of life. We also have our own extensive kitchen garden so many of the fresh ingredients have been still in the ground or on the plant until just minutes before they're put on the plate."

With visitor numbers booming since the start of the pandemic, Silas has been preparing for a busy summer season. Additional equipment and staple supplies have been purchased in readiness, but Silas admits staffing is the biggest concern.

"We expect we'll have to limit bookings so that we can retain the high level of customer experience people have come to expect from us. We want happy customers not loads of customers so bookings are essential."

www.pepperandsalt.com.au

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

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

The author's earlier companion book, *Awesome*

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

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

"I'm actually sharing these facts with my on-air listeners on Curtin Radio. They are fascinated... it is never too late to learn new and amazing facts. It is the perfect gift for someone who thinks they know everything," said Jenny.

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

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throughout 2021. It has been a very trying year for us, but we are still here, thanks to you the passengers.

This year is shaping up to be a busy one, with many bookings already coming in for tours, like the four-day Boyup Brook Music Festival, five-day Mt Augustus - Walga Rock, 10 day Adelaide to the Red Centre, 14 day Gibb River Road and the extremely popular nine-day Kimberley Dreaming, Savannah Way and Cape York just to mention a few.

Aussie Redback is particularly excited about doing the Gibb River Road this year, as there is talk of it being sealed in the near future.

There are a number of inclusions in many fares, such as flights, boat cruises, helicopter rides, museums and entries to national parks and most attractions.

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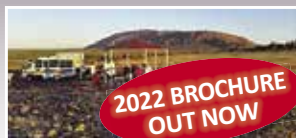
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- ★ View the magnificent colour of Hutt Lagoon's famous Pink Lake

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Single Price \$2740*



5
DAYS

KIMBERLEY COUNTRY

TOUR HIGHLIGHTS

- ★ Embark on a sights tour of Kununurra
- ★ Watch a Kimberley sunset
- ★ Visit the historic Durack Homestead Museum
- ★ Cruise Lake Argyle and the Ord River
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- ★ Relax in the hot springs at Zebedee Thermal Springs
- ★ Enjoy a Chamberlain River Cruise

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- ★ Cruise on the Kalgan River

6
DAYS

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TRAVEL DATES 23 TO 28 APRIL 2022

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TOUR HIGHLIGHTS

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

5
DAYS

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- ✓ Home pick-up and return by private car
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- ✓ Return Economy Airfares and taxes
- ✓ 4 nights' accommodation at the Potshot Resort Hotel
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\$3250* Per Person Twin Share
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3
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TOUR HIGHLIGHTS

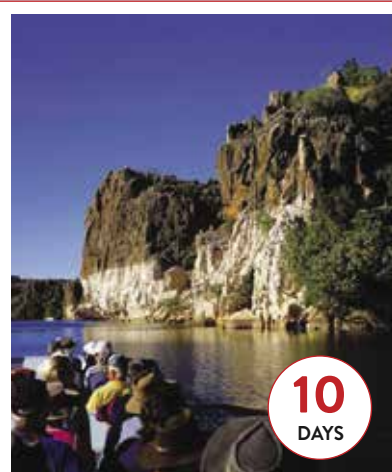
- ★ Lunch at the Crooked Carrot
- ★ Views of Wellington Dam
- ★ Walk amongst the trees at the Golden Valley Tree Park
- ★ Enjoy a ride on the Pemberton Tramway
- ★ Lunch at the Cider & Blackwood Valley Brewing Company
- ★ Enjoy a Donnelly River Cruise with morning tea
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- ✓ Sightseeing and entry fees as per itinerary**

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KUNUNURRA TO BROOME

TOUR HIGHLIGHTS

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

10
DAYS

TOUR INCLUSIONS

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

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ADVERTISING FEATURE



Hope for Esperance... discovering our state in these times of restricted travel



Left to right; Museum Village - yachts criss-cross Esperance Bay - joyriders ascend above a whale and that bike - Lucky Bay, children at play Inset; Blue Haven beach and Skylab memorabilia © Tim Dawe

by Tim Dawe

MY first holiday visit to Esperance was with an extended family, with differing agendas. This time it's different: A solo venture over three days (five including transport). My vague plan is to divide my days into walking, cycling and driving. This promotes a slower paced, more closely observed, perspective from my memory of this south coast town, 400km due south of Kalbarrie.

Walking the central streets of town, just a few metres from the glorious vista of Esperance Bay, everything seems familiar, save the extensive new buildings of the civic centre and shopping mall. It's still modern, serviceable – and beautiful. What strikes me in my meanderings is how wealthy it appears. Some

million-dollar mansions are now set high above West Beach, matching the value of the views. The physical infrastructure is also striking. Along the waterfront are extensive, well-maintained public amenities, all with solar power. Intriguingly I spot a small viewing seat that, on closer inspection, is a solar panel. Public land around town tends towards lush, manicured grass. Nearby there's the Rural Clinical School for medical students and the TAFE campus is expanding greatly. It's quite a revelation.

My notion that exploring Esperance on a weekend might be rather dull proves false. Esperance Bay is awash with white sails. Ocean-going yachts and single-sailor craft criss-cross in regatta formation. Kids in wetsuits tumble at surf school, the skate park whizzes on the beachfront and littles squeal in carriages of the miniature railway. The place is buzzing, cafés are full, people are moving and the scene

is vibrant. I walk past the amphitheatre – yes, and there's the Bijou Theatre (1869) and 3D cinema as well – stopping for a coffee at the Museum Village.

The museum is a marvel: A collection of fully restored and relocated heritage buildings formed into a parklike setting, including the former one-room Salmon Gums school (1895). It's open for business with shops, galleries, arts and crafts – and history. It's also a major attraction for Friday Twilight and Sunday markets. A growers market operates every other weekend a little along the bay. I visit Cannery Arts Centre, one of many excellent galleries. Esperance's social infrastructure is also striking.

I have a personal interest to explore the acclaimed Esperance Museum: To see my donation displayed. It must be the only museum in the world to exhibit remnants of NASA's space station, Skylab, that disintegrated across south east Western Australia in

1979. Later the town gave NASA an infringement ticket for littering... This museum is a marvel, dedicated to the history of the town and district – from French sailors in hope, to goldrush miners with hope, to rough sealers/pirates, to tough farmers/pioneers. Its many carefully curated artifacts are housed in a spacious, historic building, extending outdoors with large displays (the first wind turbine in Australia, 1987) and a shady water park. Walking around the grand sweep of Esperance Bay reveals not only hotels with picture-perfect views but also the burgeoning suburb of Castletown. Beyond is Bandy Creek Harbour, a haven for local fishers and boaties. Esperance is well-served with boat ramps and jetties while storm-damaged Tanker Jetty has been restored for the 21st Century.

After a heart-sinking overnight rainstorm, day two redeems itself with a sunny, cloudless sky. I'm keen to try out an electric bike but am pointedly told: "The only one you can hire is that one". It looks

like a joke – gearless, with chopper style handlebars, weighing more than I do. But it gets lots of smiles tooting around town. The cycling plan involves doing the 40km Great Ocean Road circuit. It's soon apparent why Esperance's windfarm generates power for all the town – and others. I ride into 30km/hr headwinds towards Pink Lake (no longer pink). With considerable effort I achieve a 4km leg but then, wisely, take a shortcut road to reach the coast near West Beach.

Again, the infrastructure is superb, with a scenic bike/footpath winding from beach to glorious beach up and down vegetated dunes, far from vehicles and caravans. There are times when I want to stop this lung-busting ride but I succeed, reaching the highly photogenic, and recommended, Twilight Beach. My favourite beach is Blue Haven, less a postcard image and more a diverse seascape. There's no question; these five western beaches are gorgeous, made stunning with vivid turquoise water

turning white in rolling surf. The upside to this weather is, of course, the return ride. Howling wind on my back has me screaming down, and sometimes up, the dune track whilst barely peddling. Closer to town, I explore the heights of Dempster Head, the nearby pioneering family's homestead (1867), and the port operations.

The 45min drive to Cape Le Grand is recommended. However, this 30,000ha national park requires time. There's the 20km coastal track offering walkers seascapes of extraordinary beauty, climbing 260m Frenchman Peak that's seen from all around Esperance, and grand granite landscapes. There're chances to spot bandicoots and pygmy possums, spring wildflowers of banksias and witness seasonal whale activities. But I spend most of my few hours visiting world-famous Lucky Bay. It's a beach where one can just absorb, relax and stay for hours, just like its iconic sunbaking kangaroos. Those extraordinary photographic images have ensured its popularity. There are far more camping spaces and amenities than I remember at this idyllic beach, yet it's far from crowded.

Esperance is a long way for most travellers, even for Australians used to distance. Perhaps this contributes to its charm. It's a small country town of 14,000 yet it seems to exude quality, sophistication and confidence – it's slightly unreal. How else to describe this beautiful place that seems to have everything?



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Let's go motoring... two of the best from brothers with different mothers



Left to right; Hyundai i30N - the electric Kia Niro



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

MY poorly disguised preference for sedans is like an awkwardly placed neck tattoo. It sometimes

creeps over the shirt collar to say hello at the most inopportune times.

And so it was recently with a Kia Niro and a Hyundai i30N. Two little cousins; brothers if you like from two different and curiously related mothers.

Kia has been the sponsor of the Australian Open tennis for 21 years. I remember it well; perplexing because Mercedes Benz was pretty much the world wide sponsor of tennis. The Benz logo just looked so well on every tennis net.

At the time, I remember being disheartened that Kia had somehow weaseled its way in as Australian Open sponsor in preference to Mercedes Benz. How would this work? What would the likes of tennis heroes Rod Laver and John Newcombe feel about this, (at the time) less prestigious brand infiltrating the game of my childhood?

So it was with some weird universal righting of a wrong that Kia provided me with an electric Niro to drive over the two weeks

of the Australian Open. It was the second time behind a Kia Niro steering wheel, only this time it made infinitely more sense.

What was instantly familiar was the sense that Kia is no longer a brand interloper. The build quality is reassuring; the new car smell is familiar and I no longer resent the fact they had moved in on the traditional Mercedes sponsorship turf. Kia is now, by all accounts, a premium brand.

With a starting point

of around \$62,500 plus on-roads; Kia Niro is a cracking option. And the idea of never again driving into an ugly petrol station and being asked if I'd like to buy a bag of ice or a chocolate while here, makes it even more desirable.

So it was with some trepidation that I spent time, just a week or so later, driving a brand 'cousin', Hyundai i30N.

It was red; they do in fact go faster.

The i30N is the antithesis of the Niro. It's smaller,

but not too small. And a petrol engine, with a top speed of 300 km/hr. With double demerits in Perth throughout most of January; not a great time to test it.

Starting from \$44,500; this is a fantastic, fun package. A little rocket if you will; Volkswagen GTI-like. In this latest iteration, automatic transmission and 10.25-inch touch screen are welcome additions. With a heated leather steering wheel, privacy glass, Apple CarPlay, and a host of other

premium goodies; this is one, out of which I did not want to jump.

There is no doubt the South Koreans are (not so slowly) doing to prestige cars and brand awareness in Australia, what Toyota did to Detroit. And why not? Both are well worth owning.

But for very different reasons.

One tries to imagine what the next 21 years will bring.

Off to tennis training now; Ash Barty inspired us all.



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



SUNDAYS 5.30



Downsizing

ADVERTISING FEATURE



Find new beginnings living on the coast...



planned community facilities.

"The village has been crafted with active living in mind and to complement the Geraldton community which has a thriving population of those seeking lifestyle changes," said Mr Gemmill.

"It will attract people who want to live by the beach, own a dog and have a lock up and leave lifestyle."

"I think Covid-19 got a lot of people thinking about their lifestyle options and it's warm in Geraldton, our community will be 500 metres from the beach and I think people will really embrace it."

Interested people can view display homes on Saturdays and Sundays from 1 – 5pm at 18 Bosley Street, Sunset Beach.

Email craig@sunsetbeachvillage.com.au or call 0435 427 384.

Downsizing provides the opportunity to enjoy a new stage in life and there is nothing better than enjoying this living on the coast.

Sunset Beach Lifestyle Village is a new development for the over 55s on the beach side of Geraldton.

This premium coastal pocket in the Mid West

will host 80 homes with a range of exclusive designs reflective of the location.

Development Solutions is behind the project. Director Craig Gemmill highlights the coastal home designs for buyers reflect the area – Abrolhos, Batavia and Coral plans – offering centrally located

kitchens and wide open spaces.

Publicly-listed accommodation provider Fleetwood Housing Solutions were chosen for their logistical capability and ability to deliver homes on time and in budget.

Mr Gemmill said that the beach side location was a strong selling point along with its

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Downsizing

ADVERTISING FEATURE



Styling your abode is a labour of love in the month of love



by Zofia St James

FEBRUARY is the month for lovers... how about lovers of self? Some of the best gifts I have ever received I have given myself. There is no need to drop hints, ask for the receipt so you can exchange or feign delight.

Just the pure joy of desiring something and buying it, taking it home and loving it and it giving yourself everything and more than you ever thought possible... the empowerment of spoiling yourself.

Every woman should buy a diamond and promise never to leave herself. I thought that was a very cool idea, so I did on my 40th birthday. Just ask my friends, clients and just recently my mother how great it feels to simply get past any guilt or excuse as to why you should have something you have long dreamed of.

Of course, we are sensible – in fact too sensible – but sometimes or just once, try it and spoil yourself.

This year, I hope we take any and all opportunities to have fun, delight our eyes, taste buds and without exception our home, our little castle and sanctuary.

Over the years' columns that I have written focused on design but lifestyle ideas for me are just as much fun to write about and suggest.

Some people can obviously afford to have their homes professionally designed, furnished and

look picture perfect, however for me it's the care and love that's applied by an occupant that speaks so much louder. A tidy and ordered home, personal effects carefully arranged, comfortable furnishings, fresh flowers or house plants, books, art, a beautiful fruit bowl overflowing and the aromas of coffee or slow cooking in the kitchen. That's home.

It should give you a wonderful feeling just as much as anyone who visits. The most frequent comment clients make is that the changes made are something they have dreamed about for a long

time. While I know changes are dependent on happening at the right time, it also takes decisiveness and actioning them.

It's never too late to make something happen for yourself that will make you feel fantastic about where you live, what you wear or eat. We are only too familiar with how quickly yet another year can get away from you like a slippery fish.

This year, dream a little dream and make it come true. Late last year I started some work for a lovely client (hi Julie) and made some suggestions for her. So far the canvas has had

a refresh by way of painting, some new window treatments, sofa, accessories, a rug and utilising some art into different rooms and choosing new light fittings that are just awaiting installation. Shopping for these items was so much fun as Julie was very much a part of creating the looks and contributing ideas.

I'm looking forward to the finished product and for her to pad about and enjoy her home that now speaks all about her and this new chapter in life.

We all have a vision how we would love to see ourselves and our homes

look, this year let's just do it, even if it's just in the most simple and humblest ways, but apply love and everything just looks better in that shade.

Take care and promise to love yourself to bits... Zx

Zofia offers an interior style consultation for readers and a free over the phone or video consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. Those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email zofiastjames@hotmail.com



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Downsizing

ADVERTISING FEATURE



Changes to residential parks laws offer greater certainty for tenants

CHANGES to improve the security of long-stay tenancy agreements and promote fair and transparent arrangements between park operators and tenants will come into effect on January 31 2022. Long-stay tenancies can involve living in a

caravan, mobile home or park home located within a caravan park or lifestyle village. The changes to the Residential Parks (Long-stay Tenants) Act 2006 will affect new residential park agreements and some will apply to existing residential

park agreements. The laws cover on-site home agreements – where the tenant rents a site and a dwelling in a residential park, and site-only agreements – where the tenant rents the site from the park operator and owns their own dwelling which is

placed on the site. **Changes include:**
 · Limiting the termination of new fixed-term agreements on the sale of a park or if the owner's financier takes possession of the park.
 · No longer allowing 'without grounds' terminations of site-only long-stay agreements, instead setting out specific grounds that will provide greater certainty in relation to termination rights.
 · Improved disclosure requirements on con-

tractual issues such as exit fees.
 · Clearer rules for park operators, home owners and prospective tenants in relation to the sale of homes.
 · Clarification of the park operator's obligation to enforce park rules in a fair, reasonable and equitable manner.
 · Standard lease clauses will apply to all agreements and will no longer be able to be varied.
 · Introduction of standard form agreements

for new arrangements. Commissioner for Consumer Protection, Gary Newcombe, said the amendment bill was passed through parliament in June 2020 and implementation of the changes follows extensive consultation with tenants, operators and the community. "In the past, residents have been particularly exposed if the park operator decides to sell the park or becomes insolvent, because residents usually own their

home but only lease the land on which it sits," he said. "These changes to the laws strike a fair balance between upholding the rights of tenants and maintaining the financial viability of the park for operators. "They provide greater certainty and a clearer understanding of obligations for both residents and operators." More information can be found at www.commerce.wa.gov.au/consumer-protection.

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RAAFA Retirement Living

Making a sea change to new beginnings



Enjoying amenities: Anne and Dane

RECENT RAAFA Estate Meadow Springs residents Anne and Dane have downsized from 386

acres at Corrigin, to their new home at Meadow Springs – and they say their tree change to sea change has made them very happy. "We decided on a RAAFA estate because we had friends at Cambrai Village and also at Merriwa which we loved, but our daughters live in Bunbury so we chose Meadow Springs Estate so that we were closer to them," says Anne. "Our friends at RAAFA Estate Merriwa, who we've known for over 40 years, relocated about six years ago and said it was the best move they've ever made, and that got us thinking that we too would also rather make the move sooner rather than later. "In our previous home we were 35km away from the nearest town and

medical facilities, and we made the decision that we didn't want to move in our 80s, we would rather do it while we were fit and healthy as you never know what's going to happen." Since moving into the estate in mid-November, the couple have plunged themselves into village life, with Dane joining the bowling club and Anne enjoying the amenities including the swimming pool, as well as making new friends. "For anyone who is thinking about the move but is a little unsure, I would say definitely look into it, we have absolutely made the right decision and are both very happy here already."

Resident-centered living is available in Willagee

LOCATED just a five-minute walk from the Archibald Street shops, cafés, medical services and Willagee Community Centre, Alchera Living Weeronga offers a variety of housing options for over 55s. Overlooking Winnicott Reserve, Alchera's new beautifully-appointed apartments have been designed, with consideration and care, to be attractive to people who are downsizing in preparation for retirement. The architectural design includes accessibility to support ageing-in-place. Alchera Living Weeronga delivers a variety of social engagement op-

portunities for residents living within the village community. Residents can choose to participate in regular morning tea and guest speaker events, social outings with transport provided, fish and chip nights with bingo, casual barbecue gatherings, happy hours, craft activities and card and board games. Encouraging exercise inclusive for both younger and more senior residents, the indoor heated pool at Alchera Living Weeronga is perfect for weekly AquaFIT sessions. Recognising that not everyone enjoys water-based exercise, weekly yoga classes and ForeverFIT classes

also take place in the Village Social Centre. Understanding the concept of ageing-in-place, Alchera's Resident Liaison Officer is available to assist residents with the connection to services supporting residents to live at home for as long as possible. Providing prospective buyers with choice, Alchera Living offer two life lease options. Current available apartments include a choice of three different designs priced from \$445K. For more information or to make an appointment to view Alchera Living Weeronga, contact Matt 0429 893 018.

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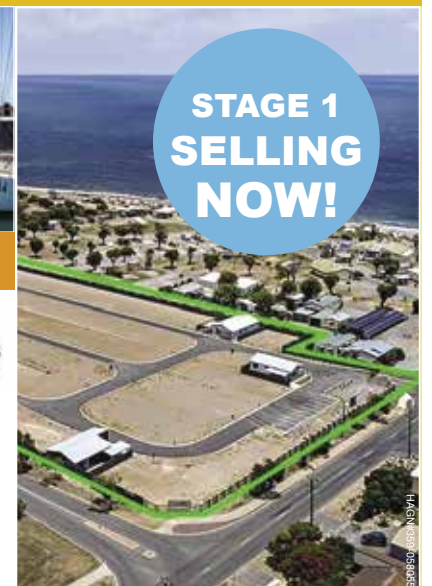


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Downsizing

ADVERTISING FEATURE



Rightsizing gives time and flexibility to live your life the way you want



The Mankara community and Fred and Robyn enjoying their new abode

MORE time for family, friends, fun and travelling are just few of the motivators for buyers who have made the decision to rightsize with their new home at Mankara in Manning.

"You only have one go at life, so you may as well live it," says 69-year-old Fred who has bought a three-bedroom, two-bathroom home on the top floor of the

community with his wife, Robyn.

"We didn't hesitate," he said. "We had been looking for ages for a rightsize apartment and just couldn't find what we wanted."

"Robyn and I are extensive travellers, so we were looking for an apartment which was totally lock-up-and-leave and close to everything we need; Mankara fitted this

perfectly.

"This is a rightsize home for our right-size lifestyle."

Buyer Sandra, who is a keen planter, is looking forward to focusing on maintaining smaller green spaces and putting her energy towards enjoying her days off instead of feeling guilty about the looming chores.

"Sure, I could have put off moving until I'm older,

but why wait? I'm 65 now and want to enjoy my freedom with a low maintenance and brand-new home," Sandra said.

"I am looking at volunteering, visiting community gardens and still enjoy working part time. This move won't change that. If anything, it gives me greater freedom to live my life the way I want to," she said.

Southcare chief ex-

ecutive officer, Dr Nicky Howe, who is part of the team powering the new development said the move to rightsize showed no signs of slowing down.

"Rightsizing is so popular because it opens your world up to so many new possibilities for retirement living.

"It's a time to be celebrated as you enjoy the next phase of life without the maintenance and upkeep problems of the traditional family home.

Figures from the "Rightsizing: Australian Prime Insight 2020" report released by Knight Frank, substantiate that.

The report found that 'active retirees' — those who are over 55 and favour city or urban living — are looking to 'rightsized' rather than downsize in retirement, preferring a home that suits their lifestyle, rather than just trading their family home

in for something smaller. The move to a low maintenance, lock and leave lifestyle makes apartments an attractive option for many.

"The key to finding an apartment that works for you is to choose one that can be personalised the way you want, is close to all amenities like shops, services, parks and the CBD, and if you really want to tick the right boxes, choose an apartment that is fully finished so all you need to do is turn the key.

"The great thing about buying off the plan is that it gives you time to sell your current home in the time it takes this one to be built," Fred said.

"And for our home at Mankara you own the property outright, there are no land lease arrangements like many other types of retirement places. You are free to

sell anytime or pass the property onto your family without any embargoes to worry about.

"This lifestyle gives us the flexibility and savings to allow us to keep living life."

Mankara is located at 52 Bickley Crescent in Manning and apartments are selling from \$309,000. When complete, the community will have 82 strata titled turn-key apartments over four levels, a café and community centre on the ground floor and a roof deck for entertaining.

Join them at the Mankara Open Day on Saturday February 26 from 9.30am to 11.30am. Sign up on the day and secure five per cent off the purchase price. Some T&Cs apply, so speak to your consultant for all details. Discover more at www.mankara.com.au or call 9032 6489.



The Have a Go News office no longer accepts plastic lids for recycling

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

Currently, there is no co-ordinator for Lids for Kids in WA and we cannot continue to collect lids.

Lids for Kids in the eastern states has joined forces with Re-think Recycling but

they are yet to set up centres in WA.

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

We take the opportunity to thank the hun-

dreds of people who have taken on this initiative and have recycled their lids.

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

WA FIRST 5.00

SEE THE FULL STORY 6.00

healthy living

ADVERTISING FEATURE

health options for the mature west australian



Getting help to stay safe, comfortable and at home

SOMETIMES a little help with gardening or housework or even some minor home modifications can make all the difference to being able to remain safe and comfortable in your own home. Applying for a Home Care Package may be the way to do this.

Applying for a package doesn't mean losing your independence; it's quite the opposite. In fact, getting a little help with daily activities can lead to a much better life with services

ranging from domestic assistance, shopping, transport and social support right through to allied health services such as physiotherapy, special dietary requirements, mobility aids, personal care and nursing with quite a few other services in between, depending on the level of the package.

However, inviting someone into your home to assist for the first time isn't an easy decision and as Annie Carvell, Client Relationship Manager for CPE

Group says, this is why it's so important for the client to be involved in the choice of their support team.

Annie chooses the carers for CPE Group for their ability to show understanding, kindness and respect as well as relevant experience and a qualification in health care. But she says they each bring their own individuality to the relationship so it's important for the clients to be able to choose those best suited to them and build

a support team that they feel comfortable with and they can trust

Having access to the funding a home care package provides can lead to a safer and more enjoyable lifestyle, so it's well worth considering that application and then taking the time to build a care team that you can look forward to welcoming into your home.

If you would like more information call Annie on 1300 665 082.

The new self-loading Quingo Flyte MkII mobility scooter



The Quingo Flyte can be loaded and unloaded from a car using a remote control

SCOOTERS can bring freedom and independence to all those who use them. However, they can bring about a differ-

ent challenge – transporting them in a boot of a car. “60 per cent of enquiries that we receive is for portable scooters that

people can bring to shopping centres or family outings,” said Nat Darbyshire, director of Motobility. “The main problem is that lightweight portable scooters, still weigh 19kg and upwards. This is often too heavy for the user to lift unassisted and 75 per cent of the time also too heavy for the carer/partner to lift.”

The Quingo Flyte can be loaded and unloaded from a car using a remote control in less than 60 seconds. This works by the use of a docking station, which can be installed into most hatchbacks, station wagons and four-wheel drives. The docking station includes a set of telescopic

ramps, especially designed to guide the Quingo Flyte in/out of the boot.

The Quingo Flyte is designed to suit a range of different situations, including outdoor use, kerb climbing, as well as tight spaces, thanks to its patented Quintell five-wheel design. The extra leg-room achieved through this design, is perfectly suited at those who may suffer from joint stiffness, especially in the hips, ankles or knees, to ride more comfortably.

Come try the new Quingo Flyte MkII in the showrooms in Osborne Park and Mandurah or give Motobility a call to find out more on 6243 4006.

Demand for robotic pet therapy

WHILE use of robots in some industries and markets is causing ethical, economic and performance-related challenges, demand is high in the healthcare sector, particularly in local aged care facilities in Australia and New Zealand.

Ageless Innovation CEO and co-founder Ted Fisher said studies reported in the American Journal of Medicine have shown robotic pet therapy is effective in improving the quality of life and care for older adults and should be considered as part of an overall treatment plan.

“Independent clinical research has shown that animatronic pets reduce feelings of isolation and loneliness, and improve quality of care and life for older adults; reducing agitation, anxiety and use of medication for those suffering from Alzheimer's disease and related dementias,” Mr Fischer said.

“We have seen a rise in demand for animatronic pets for ageing loved ones,

especially those who cannot look after animals, but seek comfort and mechanisms to combat loneliness and bring relief.

“The older adult population can benefit most from the physical and emotional benefits of joy, companionship, and the power of play,” Mr Fischer said.

Following the Royal Commission into Aged Care Quality and Safety, some residential care facilities have included animatronic pet therapy as an innovative way to address challenges in the sector and reduce the need for physical and chemical restraint.

Nearly half a million Australians currently suffer from dementia, and this number is set to double in the next 25 years. Despite the disease being the second leading cause of death in Australia, there is no cure for Alzheimer's disease and related dementias and it costs the Australian economy \$3 billion annually in health and aged care spending.

World Hearing Day inspires - To hear for life, listen with care...



Regular hearing checks are essential

EXPERTS urge Australians to seek out help for their hearing loss, whatever their age, arguing it

is the key to healthy ageing.

Speaking ahead of World Hearing Day (WHD) on March 3, hearing industry leader Ear Science Institute Australia said people were delaying, an average nine years from the onset of symptoms to seek effective interventions that could help them hear better and stay connected to the world around them.

The 2022 theme for WHD set by the World Health Organization is “to hear for life, listen

with care.” Sandra Bellekom, CEO of Ear Science says, “Make sure you heed the warning signs and contact your GP or Lions Hearing clinic audiologist if you have persistent ringing in the ear (tinnitus), and or difficulties hearing high pitched sounds or following conversations.”

She urges people to adopt these simple safe listening behaviors:-

Keep the volume down
1. Set your device's volume level to no more than 60 per cent

of maximum.

Use well-fitted and noise cancelling headphones.

Protect your ears from loud sounds

2. Wear earplugs in noisy places.

Move away from sources of sound, such as loudspeakers.

Limit time spent engaged in noisy activities

3. In a noisy place, take regular breaks in a quiet area.

Limit daily use of personal audio devices.

Monitor listening levels

4. Use apps to monitor your sound exposure.

Choose devices with built-in safe listening features.

Regular hearing assessments

Ear Science reports that more than one in four people aged over 65, the new breed of young seniors, have hearing loss but many persevere in life untreated and therefore compromised. WHD raises awareness and highlights the importance of good hearing

and ways to prevent or treat hearing loss.

Lions Hearing Clinics focus solely on hearing and are part of Ear Science Institute Australia, which is a world-renowned research centre with all funds fed directly back into research. Lions offers comprehensive hearing services throughout 20 clinics in WA, as well as free hearing screening online.

“We want to remind people that to hear well is to live well,” says Sandra.

HEAR WELL LIVE WELL

YOUR HEARING IS IMPORTANT, LISTEN FOR THE SIGNS TODAY

Book your hearing check with the most trusted hearing care provider in WA*, with qualified and experienced Audiologists delivering hearing care led by science.

20 clinics across Perth and the South West, now open in Palmyra, Shoalwater and Woodvale. lionshearing.org.au | 1800 054 667



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What is killing the under 70s? An interesting long term research study...



According to recent study, lifestyle factors, such as alcohol consumption affects the longevity of under 70s

by Frank Smith

LIFE expectancy is increasing in the developed world, yet a substantial proportion of adults still

die prematurely. The reasons some people die before they get to 70 is not clear.

Recently an international group of 47 scien-

tists from 10 European countries and the USA co-operated in an analysis aimed to estimate the contributions of tobacco smoking, hypertension, obesity, physical inactivity, excessive alcohol and poor diet towards the risk of premature death.

They analysed data from more than 250,000 European adults drawn from the EPIC study, aged between 40 and 70 years at the time of recruitment.

EPIC, the European Prospective Investigation into Cancer and Nutrition study is one of the largest cohort studies in the world, with more than half a million participants recruited across 10 Europe-

an countries and followed for almost 15 years.

The researchers built survival models to estimate risk of death conditional on various risk factors together. The causes of premature death – attributable fractions – prior to age 70 years, were calculated based on the fitted models.

The EPIC study identified nearly 12,000 deaths that occurred before the age of 70. The researchers found that the causes of premature mortality were smoking 31 per cent, poor diet 14 per cent, overweight and obesity 10 per cent and high blood pressure nine per cent. Physical inactivity and

excessive alcohol intake were seven per cent and four per cent respectively.

The study also provides preliminary evidence that high cholesterol levels were another cause, although the sample size was limited.

Collectively, the attributable fractions for all six risk factors was 57 per cent – 35 per cent among never smokers and 74 per cent among current smokers.

For individuals, the survival curves suggest smoking has a similar effect on survival to age 70 to that of all other factors combined. Men who were smokers but possessed otherwise healthy characteristics had expected

survival of 86 per cent. That is close to the 83 per cent expected survival of men with other unhealthy lifestyles but who never smoked.

Women who were smokers with otherwise healthy life styles and non-smokers with an unhealthy lifestyle also had similar survival rates to 70.

The authors said while smoking remains the predominant risk factor for premature death in Europe, poor diet, overweight and obesity, hypertension, physical inactivity and excessive alcohol consumption also contribute substantially.

Any attempt to minimise premature deaths will ulti-

mately require all six factors to be addressed.

The EPIC study is jointly coordinated by Professor Elio Riboli, Director of the School of Public Health at Imperial College London and Dr Marc Gunter and Dr Paul Brennan at the International Agency for Research on Cancer in Lyon, France.

If you neither smoke nor drink, exercise regularly, eat a varied diet and maintain normal weight and blood pressure, you will probably live longer.

Cynics might say that at the very least it will seem longer.

The research was published in the BMC Medical journal.

Treat your sweet Valentine to some delicious fragrance



IT wasn't until about the 14th Century that Valentine's Day was celebrated as a

day of romance. The feast of St Valentine was celebrated annually on February 14 in honour to the Christian martyr Saint Valentine.

This slowly evolved to a commercial and cultural celebration of love. It also may have roots in the Roman festival of Lupercalia – a festival celebrating the coming of spring (in the Northern Hemisphere), fertility and pairing of males and females by lottery.

To commemorate your love and commitment to your special someone, the Sandalwood Shop is offering a bundled fragrance offer, beautifully boxed in environmentally sustainable crush boxes.

Scent certainly activates our emotional 'beingness' because the response to smell awakens our emotional side.

Smell receptors (also known as olfactory receptors) in our nose has a direct link with the limbic system. The limbic system is a set of structures in the brain that oversees a range of behavioural and emotional responses, regulating fertility cycles, sex drive and memory storage or access.

Smells are supreme at evoking memories and our reactions will differ with each person's unique circumstances, belief systems and ideas. Aromas can therefore arouse or soothe, even warn, or frighten.

So, it's this strong emotional response that a perfume can create in a person, that makes it incredibly powerful at setting the mood for people to fall in love. Head to the website www.thesandalwoodshop.com.au to discover more.

Scratchie packs to win...



THIS month we have five, \$20 Lotterywest Scratchie packs to give away to some lucky people.

To be in the draw, simply email win@haveagone.com.au with Scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/3/22.

Congratulations to B Syson, M Schroeder, Jenny Wilson, Christine Blackman and Choon Soh our December 2021 winners.

9 MUST WATCH PROGRAMS THIS FEBRUARY

TODAY PERTH
Wake up with Karl Stefanovic and Allison Langdon for Australia's most talked about breakfast show! Includes local opinion and news analysis each morning with familiar Perth faces.
WEEKDAYS FROM 5.30AM

9NEWS WA FIRST
Weekday afternoons, WA viewers have the opportunity to ask Monika Kos the questions you need answered, live. What do you really want to know? Includes the latest breaking news.
WEEKDAYS 5.00PM

9NEWS
Join Michael Thomson for the full story. Perth's comprehensive one-hour bulletin covering the latest in news, sport, and weather. Live from the top of the terrace in the city.
NIGHTLY 6.00PM

A CURRENT AFFAIR
Host Tracy Grimshaw covers the realms of politics, crime, human rights, science, technology, celebrities and entertainment – all investigated by a dedicated team.
WEEKNIGHTS 7.00PM

MARRIED AT FIRST SIGHT
Pop the champagne and watch sparks fly when Australia's biggest guilty pleasure and most talked about social experiment returns, with its bold and explosive take on love.
SUN 7.00PM, MON, TUE, WED 7.30PM

THE HUNDRED WITH ANDY LEE
Host Andy Lee is joined in the studio by a panel of Australia's funniest comedians and 100 regular Aussies via Zoom, to find out who we really are and the facts that make us tick as a nation.
TUESDAYS 9.00PM

AUSTRALIA BEHIND BARS
In an extraordinary Australian television first, Australia Behind Bars, presented by Melissa Doyle, offers unprecedented access beyond the high walls and barbed wires of three maximum security prisons.
THURSDAYS 9.00PM

DAVID ATTENBOROUGH'S THE GREEN PLANET
Dive into a world where a single life can last a thousand years, with David Attenborough. See things no eye has ever seen, and discover the dramatic, beautiful plant life of Earth.
FRIDAYS 7.30PM

DELISH
Each week, Perth celebrities will dish up delightful, easy-to-cook recipes, using seasonal homegrown crops to tantalise your taste buds.
SUNDAYS 5.30PM



healthy living

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One in five Australians have shoulder pain: are you one of them?



by Robert Vander Kraats, Sport Physiotherapist

SHOULDERS are unique

joints. They are made up of three bones, several ligaments, tendons, and muscles. The shoulder complex is distinctive; the joint has very few connections to the rest of the body. It has a non-existent bony socket, in which the shoulder can move in many different planes of movement.

As it is the most mobile joint in the body, the eight muscles that secure or cause movement of the

shoulder are critically important. Nearly six million Australians see a medical professional every year regarding a shoulder presentation, of which half are rotator cuff pathologies.

The World Health Organisation reports that one in five Australians have chronic shoulder pain. Hence shoulder pain is a common presentation to a physiotherapist, particularly in a private practice. Such a presentation can occur regardless of age, gender, other medical issues or the type of sport.

There are several common presentations, namely: rotator cuff sprains/tears, frozen shoulder, bur-

sitis, impingement, labral (cartilage) tears and subluxations. If you suspect one of these, you should get the pathology confirmed by Robert and Jeff and put a management plan in place.

The common misconception that people have is that often shoulder conditions require surgery. After a thorough assessment, stretches and/or strengthening exercises can be given. These might consist of shoulder blade strengthening work and assisting posture. Specific stretches may also be given to correct an overly forward position of the shoulder.

The cause of some shoulder pain is a referred

pain. For example, a neck issue in which the pain is not felt in the neck region, but rather manifests in the shoulder complex.

Frequently as one ages, osteoarthritis can develop within the shoulder complex. Although this can cause many unwanted symptoms, specific strengthening exercises, often with stretches, may assist.

Strengthening exercises and stretches can be performed in the comfort of your house. Often Robert and Jeff will give you a length of theraband, which is an elastic band that comes in various tensions, for gentle strengthening



An exercise program can be developed to reduce pain

exercises. A demonstration of a rolled up towel or a foam roller is often shown for various stretches.

This is just general infor-

mation, for a comprehensive assessment and diagnosis, phone 9203 7771 or visit www.ngp.net.au to make an appointment with Robert and Jeff today.

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PERTH Mobility Scooters understand that the onset of loss of

mobility can be a difficult time for people. So their first priority is you.

They will help find the best solution for your needs to help you regain your independence.

They are a 100 per cent Western Australian-owned and operated company. They stock an extensive range of leading brands of mobility scooters, power wheelchairs and accessories including hoists, batteries, and battery chargers.

Senior sales representative, Debbie Borello said: "I love getting to know a person and finding out what will help them lead a happier and more independent life."

"I make sure I take the time to understand exactly how they are

going to use the equipment, and what they want to achieve so I can match them up perfectly."

With Perth's most modern and spacious showroom facility, they offer a unique space to trial mobility scooters and power wheelchairs. They also offer a personalised mobile showroom service at people's home.

During February, as a special offer and while stocks last for every mobility scooter or power wheelchair purchased customers will receive 50 per cent off a Guardian Lingo or Medifone Safety Pendant. Please see the website for full details.

Helen is lost.

Helen has Alzheimer's and struggles with loud noises and crowds. She misses the quiet garden at her old house.

Helen's detailed history is registered with Safe & Found WA, which means that when she's reported missing Police will not only know where to look for her, but how to soothe her when they do find her.

If someone you know is at risk of going missing, register them today with **Safe & Found WA:**

Visit safeandfound.org.au or call **MedicAlert on 1800 88 22 22**



Safe & Found WA is a joint initiative of:





Safe & Found WA is a joint initiative of Western Australia Police Force and Australia Medic Alert Foundation



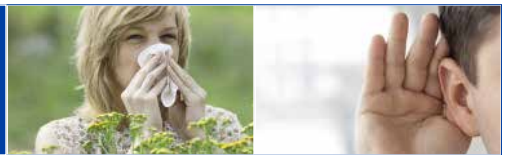
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Do you know someone who could be at risk of going missing?



on their profile. This profile contains past addresses, habits, behaviours and health concerns, and includes one of the most important details in a search, an up-to-date photo.

In recent months, two Safe & Found members were found, based on the photo alone, highlighting to WA Police not only the importance of a good photograph, but also how easy this makes it for members of the public to join the search for a vulnerable person that has gone missing.

When police undertake a search, the most current photo available is sent out via a 'Be on the Lookout' (BOLO) through Police channels, Facebook and where necessary, the Emergency Alert system. Inspector Steve Scott of WA Police explains: "The

photo that WA Police might have, most likely their driver's licence, will either be dated or they won't have one at all.

Safe & Found means that we have that photo straight away. Which is very important in a digital age because we can push that straight away to Facebook, or use emergency alert and send it to everybody's mobile phone in the area to help us find that person."

WA Police suggest that you plan ahead if you have a loved one vulnerable to going missing, by taking clear photos that will represent what they look like, what they might be wearing and if they travel with anything distinctive such as a mobility aid or particular item of clothing. These photos are a powerful visual tool for police,

search teams and volunteers.

To plan ahead, we have some tips on how to take the kind of photos that will assist in a search.

Where possible, place the person looking towards soft light such as a window or a doorway. This will show their face clearly and ensure features such as hair and eye colour are visible.

Take another photo with

anything that they may take with them if they go outside. This may include their coat or hat, handbag, a mobility aid or even their dog.

Take photos of them wearing their favourite clothing.

Include photos of distinguishing features such as tattoos and piercings etc.

Don't forget to update your photos if there are any changes, such as a

haircut, changes to facial hair or the addition of a mobility aid.

Now you've planned ahead with photographs, Safe & Found WA offers you the best place to store them to ensure that these photos, along with their important personal details are immediately accessible to WA Police. Register now at www.safeandfound.org.au or call Med iAlert at 1800 88 22 22.

SAFE & Found WA is a joint initiative of Western Australia Police Force and Australia Medic Alert Foundation, designed to assist in the alarming rise in searches in recent years for vulnerable West Australians.

The ground-breaking program offers peace of mind that if someone you care for goes missing, WA

Police will immediately have detailed personal information to commence a search. It is a critical back-up should other solutions such as tracking devices fail.

Since launch in August 2021, six Safe & Found members have been returned safely home due to the detailed information Police were able to access

Stem cell nutrition is helping many in Western Australia

THERE has been a lot of recent publicity about stem cells. The National Institute of Health has identified 74 treatable diseases with stem cell based therapies.

Now there is a great natural product that people can take to assist their own adult stem cell migration from bone marrow to where they are needed.

This product is safe, affordable, easy to take and effective, and is now in Australia.

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

It makes sense therefore, to increase the number of stem cells available.

The rate of natural decline of

stem cells in our blood stream as we age is 45 per cent by the age of 35, 50 per cent by the age of 50 and 90 per cent by the age of 65.

Every time you consume two capsules of stem cell nutrition, within an hour up to 34 per cent more stem cells will be released into the bloodstream.

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

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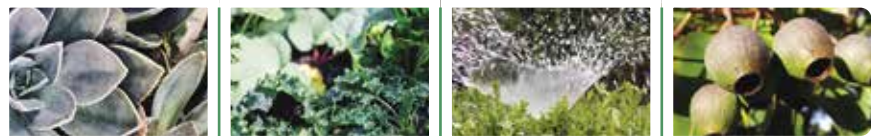
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Natural look and easy care Carex is perfect for the Western Australian climate



L-R; Carex oshimensis 'Feather Falls' - enjoy orchids and more at The Garden Clubs and Societies Plant Fair - the African Violet Society of Western Australia Inc and The Rose Society of Western Australia Inc



by Colin Barlow

THROUGHOUT the world grass-like plants are in vogue and making waves as part of the 'New Perennial Movement' where planting schemes are designed to replicate nature. Because many of these plants originate in Europe

and North America, they are not ideally suited to our harsh Australian climate. Consequently, we need to adapt our planting palette to include plants from other parts of the globe that will provide grass-like texture, colour and movement in our planting schemes. Two recent introductions in Western Australia are from the sedge genus Carex and allow us to partially recreate our own take on this worldwide phenomenon. The first Carex buchananii 'Dusky Fountain' features slender cinnamon coloured foliage all year

round, forming a 60cm high and wide mound of arching foliage that creates a fountain like effect. Dusky Fountain is native to New Zealand and can be easily grown in most well drained soils. This is a particularly tough sedge; it is tolerant of dry conditions once established and makes a superb low maintenance waterwise plant with little or no pruning required. Dusky Fountain provides valuable colour, form and texture to garden displays and looks wonderful planted in drifts of three, six or nine plants in larger nat-

ural plantings. In smaller gardens, plant them either singularly or in threes to provide pops of colour and interest and to tie the whole scheme together. Carex buchananii 'Dusky Fountain' is suitable for use in coastal and inner city areas, as well as poolside and large containers. In Western Australia it prefers part shade or full sun provided there is adequate moisture, so improve sandy soils with bentonite or kaolin clay and organic matter before planting. Another suitable introduction is Carex oshimensis 'Feather Falls', a strikingly ornamental Carex, native to Japan, with exceptional performance in gardens and containers. Growing only to 30cm high but with a spread of 50cm it has long elegant weeping white and green variegated foliage that looks

sensational when allowed to cascade over the edges of walls or dark coloured pots, containers and hanging baskets. This waterwise maintenance-free plant will grow in both moist and dry conditions provided the soil is not waterlogged. During the spring months delightful cream coloured plumes atop feathery flower stems arise from the centre of the plant foliage, creating the effect of fireworks going off. 'Feather Falls' is tolerant of both full sun, part shade and heat in Western Australia, so makes a worthwhile addition to the garden providing year round foliage colour and contrast. For the best effects plant in long drifts, massed plantings along garden edging or to brighten up shady areas of the garden. Make sure that you plant up a container with Carex oshimensis to enjoy

the gorgeous foliage and fireworks up close. For all Carex cultivars simply apply a controlled release fertiliser in spring like Scotts Osmocote All Purpose or Powerfeed with Troforte All Purpose to maintain and boost healthy growth throughout the year. Clumps can be easily divided in spring to increase plant numbers. **Pick up some plants at the Garden Clubs & Societies Plant Fair** It is that time of year again. Check out some of the most popular and unusual plants in our state at Perth's best plant fair. The Garden Clubs & Societies Fair takes centre stage from February 19 and 20 at the South Perth Community Centre on the corner of South Terrace and Sandgate Street in South Perth. If you are looking for some inspiration or expert tips, don't miss out on this opportunity to meet the growers of an astonishing range of fascinating plants from Western Australia's amateur horticulture groups and societies. Specialised plants on display or for sale in 2022 at the fair include: African violets, Begonias, bromeliads, bulbs, cacti, Chrysanthemums, Clivias, cottage garden plants, cycads, ferns, frangipanis, Gerberas, Hibiscus, Hoya, Iris, orchids, palms, Pelargoniums, roses and succulents. Entry is only \$5 for adults and the fair is open from 8.30am to 4pm on Saturday, and from 9am until 2pm on Sunday. The Plant Fair is subject to COVID-19 restrictions which include check in using the SafeWA or ServiceWA apps, wearing face masks and providing proof of Covid-19 vaccination certificate and identification. Be early to avoid delays and to pick up some plant beauties and bargains. A limit of 200 people at any one time may apply. For more information call Helen Martin-Beck on 6361 7688 or go to www.horticulturalcouncil.com.au

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Pictured - 90mm Colonial Skirting

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90mm Colonial 75mm Splayed 60mm Small Colonial 60mm Bullnose

Clean Up Australia Day is an opportunity to help the environment



AUSTRALIANS are urged to get in early and sign up for the country's largest community-based environmental event, Clean Up Australia Day on Sunday

March 6, as the environment feels the effects of a post Covid-19 hangover.

Opening of volunteer registrations comes after lockdowns and changed habits fuelled a significant increase in household waste. While Australians are returning to lifestyles of pre-pandemic normalcy, the last two years have seen significant increases in single-use plastics, alongside unprecedented numbers of used face masks, takeaway coffee cups and food packaging littering our footpaths, parks and beaches.

Clean Up Australia chairman, Pip Kiernan, says it's more important than ever to protect Australia's unique environment by stepping up on Clean Up

Australia Day.

"While most of us are returning to living more normally, the environment is still experiencing the impact of the pandemic," she said.

"Our habits changed during Covid and most of these haven't been kind on the environment. Surges in online shopping, meal delivery services and the use of disposable face masks and coffee cups, mean the environment is feeling the after-effects of the pandemic in ways not seen before."

Four in five Australian households made an online purchase in 2020 alone. Over 5.5 million Australians aged 14+ (26.5 per cent) used meal delivery ser-

VICES last year and less than four per cent of soft plastics are recycled in Australia, despite it being the most lethal consumer plastic for ocean wildlife.

The environmental organisation is encouraging volunteers to sign up early to show their commitment to improving the environment. Registration is easy, and all community-based participants receive a free Clean Up kit containing gloves and bags and other resources, with packs for individuals, families or groups available.

"Clean Up Australia Day is the opportunity to do some good – to roll up our sleeves, get out there and take action," Ms Kiernan said.

"Signing up now means you're making a pledge to protect Australia's environment. Together, we can make a meaningful, long-lasting difference to the parks, beaches, rivers and pathways near us."

If you can't join a Clean Up, Ms Kiernan urges Aussies to make a donation to Clean Up Australia.

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ADVERTISING FEATURE

The final Brunch with T - a fond farewell from this columnist



by Tahlia Merigan

STARTING my career in the family newspaper has been a privilege and something I value greatly. Last year I, applied and was accepted to be a reservist in the Royal Australian Navy and at the end of last year an opportunity came

up for me to be appointed full-time. The opportunity to serve my country is an honour and one I could not refuse. So this will be my final column for *Have a Go News* as I embark on a new adventure with the Royal Australian Navy.

Our reviews will continue in a new format and I am sure editor Jen will keep you posted on my progress after I complete my training course.

Due to the Covid outbreak my movements have been restricted before I leave, so for my last column I made a dash for takeaway from a lovely little café just around the corner

from home.

Family-owned Aposto is well worth a visit, with delicious coffee and a great selection of home-made goodies.

I liked the fact it's off the beaten track, just around the corner from Terry Tyzack Aquatic Centre, and very well patronised by locals.

Aposto's fare is well priced and the cabinet is full of delicious treats which made it hard to choose.

Jen and I stuck to the basics ordering a bacon and egg roll (\$10) which was full of delicious smoky bacon, creamy egg and home-made tomato sauce.

The toasties are great value and the ham and cheese (\$7) was just how we like them; crispy on the outside and oozing cheese.

I am definitely a sucker for a sweet treat so we shared a cinnamon scroll (\$4.50), lemon slice (\$3) and a hundreds and thou-

sands biscuit (\$3) purely for research purposes.

The coffee is delicious and we enjoyed a large flat white (\$4.50) and an iced coffee with ice-cream (\$7) which was perfect on a hot morning.

Aposto has an excellent range of bagels, sandwiches, pastries - both

sweet and savoury, cakes, biscuits, slices and home-made gelato. They also have a range of gluten free treats too.

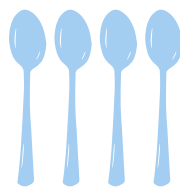
I was disappointed I couldn't dine in but Aposto was a worthy visit for my last column with friendly service and easy parking. A little secret to be shared.

Take care readers, I salute you.

4 spoons
Aposto Café, 4 Bayley Street, Dianella
0402 966 307
Open Monday to Friday 6.30am to 3pm, Saturday 6.30am to 2pm.
Find them on Facebook or Instagram

T's spoon ratings

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



Delicious and moist alfoil lamb wallets: roast or barbecue



by Vince Garreffa

THIS is easy and perfect for the barbecue but

works well in the oven too. The flavours are delicious and there's no washing up if you serve in the alfoil wallet on top of a paper serviette. Preparation time is just 30 minutes; then just sit back while it cooks and everyone wants to know what's cooking.

Make your own chimichurri sauce with a mix of dry oregano, paprika, chilli, thyme, parsley, co-

riander and garlic or buy a commercial one with no preservatives.

- Ingredients for 4**
- 8 lamb chump chops
 - 4 medium royal blue potatoes
 - 2 tablespoon sage, chopped
 - organic WA lake salt
 - freshly cracked black pepper
 - heavy duty alfoil

Chimichurri Marinade Ingredients

- 8 tablespoon dried Argentinean chimichurri sprinkle
- 4 tablespoon white wine vinegar
- 2 tablespoon water
- 6 tablespoon extra virgin olive oil (EVOO)

Method
 Do your prep work - chops should be seasoned with salt and pepper then sealed on a high heat in a small amount of EVOO, one to two min-

utes on each side, to colour. Then cool and set aside.

Boil the potatoes until tender then cool, peel and crush, mixing with sage. Season with salt and pepper and fry potatoes and sage in a little EVOO until the sage releases its aroma, then cool mixture.

For marinade: mix all Chimichurri ingredients really well, beating in a bowl using a fork or whisk then set aside for 15 minutes.

Using three layers of heavy duty alfoil put two tablespoons of Chimichurri marinade in centre of alfoil and cover this with a lamb chop. Now cover the chop with some potato and sage mixture and cover this with another lamb chop. Top with two more tablespoons of marinade, then wrap into a parcel with all the seals

on top to trap the juices, a nice neat square or rectangle.

Bake the parcels in an oven at 180°C for 30 minutes or barbecue bottom side only on medium heat for 20 minutes in centre of barbecue. Then rest for 15 minutes on the warm edge, before serving in alfoil. Don't turn parcels over so as not to lose the juices.

Remind your guests to open the packages carefully as to not to get caught with the hot steam. It's very yummy and bread dipping delicious.

Vince is the ambassador for Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am - 5.30pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mondo.net.au

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Letters to Vince Garreffa...



IF you want a particular recipe of Vince's, don't hesitate to drop a line to *Have a Go News*. Address your enquiry to Vince Garreffa c/- *Have a Go News* PO Box 1042, West Leederville 6901, or email your question to vince@haveagonews.com.au. Please include your phone number.

food & WINE *...eat, drink and be merry...*

ADVERTISING FEATURE

It's a plum time to enjoy the juicy plums which we have been waiting for...



Plum variety Black Amber
© www.summerfruitaustralia.com.au

by Noelene Swain

AT last, juicy Western Australian plums are hitting their peak and what a treat they are. With beautiful rich colour, soft smooth skin and a sweet fresh aroma, just wait till you taste them. Yes, it's been quite a wait for the for these jewel coloured beauties but now they are ripe and ready and the prices are very reasonable.

Mid-January to February is the best time for plums with an abundance of large sweet and delicious fruit coming from right throughout WA, including the Hills, Donnybrook and Manjimup.

There are around 200 different varieties of plums to choose from at various stages of the season so it's a bit tricky to select by variety. It's more common to know the flesh colour and style that you prefer. In the coming weeks the firm yellow flesh varieties like Black Amber and Amber Jewel will take the spotlight so there is no time to waste if you're a serious plum fan.

Although every plum differs to some degree in colour, size and taste, the two main categories are; European plums and Japanese plums. European plums are oval-shaped and about 5 – 6cm long with a range of pink to purple

skins. Flesh can range from yellow, to creamy-white, to blood red. Japanese plums are round to heart-shaped, 5 – 8cm long and their skin colour can range from yellow to red. Their flesh can be yellow, amber or yellow with red.

Plums do not continue to sweeten once they are picked so choose carefully. Ripe plums lose their glossy sheen, so this is the best guide for the naked eye. Also ensure smooth skin that is free of blemishes, soft spots or discoloration. If you have purchased plums that are a little firm they may be left for a day or two at room tempera-

ture to soften. Alternatively, use up any plums past their prime by poaching in a light syrup for a delicious topping to ice-cream, yogurt or morning cereal.

Fresh plums make a quick, healthy and delicious snack on their own. A cold plum straight from the fridge makes a refreshing treat on a hot day. Ripe plums should keep this way for around five days. They are also ideal for juice, jams and chutneys, and make fantastic fillings for pies, tarts and cakes.

Enjoy Western Australian plums while they are at their peak, right throughout summer.

Plum, yoghurt muesli pots



Preparation: 5 mins;
cooking: none; serves: 4

A REFRESHINGLY easy breakfast or dessert.

8 blood plums, halved with stones removed

½ cup brown sugar
400g thick Greek yoghurt
1½ cups toasted muesli

Place the plums onto a baking dish lined with baking paper, sprinkle with brown sugar and ½ cup water, cook under a preheated grill until the plums are soft.

Divide half the plums between four serving glasses, top with yoghurt, muesli and finish with remaining plums and syrup.

Recipe supplied by: Summerfruit Australia

Plum dessert cake - done and dusted!



Preparation: 20 mins; cooking: 30 mins; serves: 6 – 8

THIS is a delicious cake to savour the sweet tangy of fresh plums. It will work equally well with other fresh summer fruit – like peaches, nectarines or apricots.

8 plums, halved with stones removed

3 tablespoons butter
½ cup sugar
1 tablespoon extra sugar
1 teaspoon vanilla
1 egg
⅓ cup buttermilk
¾ cup self-raising flour

Method:
Heat oven to 180°C. Grease and

line a 23cm round cake tin.

Whisk together butter and sugar till creamy. Add egg, vanilla and buttermilk. Whisk till well combined. Fold through sifted flour till batter is smooth then pour into prepared cake tin.

Arrange plum pieces onto cake. Sprinkle with extra tablespoon of caster sugar. Bake for 25 - 30 mins or until cake is cooked when tested. Cool to room temperature. Serve with a dollop of cream and dusted with icing sugar.

Recipe supplied by: Fresh Finesse: www.freshf.com.au

What's fresh in the market place for February



L-R; Bartlett pear baked oats © australianpears.com.au - barbecued swiss brown mushroom & soba noodle salad © australianmushrooms.com.au

AMBER jewel plums:

A lovely large, red heart-shaped fruit that was developed here in WA. The rich gold-coloured flesh is sweet and juicy even when the fruit is firm. Buy plums with plenty of colour, a somewhat dull skin and just a little softness. Ripe plums lose their sheen, so the best guide to plum ripeness is to look for plums with an all over dull colour. For great tasting plums, correct storage and handling are important. If your plums seem a little firm they may be left for a few days at room temperature to soften. Store ripe plums in the refrigerator. Plums are ideal for juice, syrups, jams, chutneys and make fantastic fillings for pies, tarts and cakes.

Donut peaches:

A unique white fleshed peach, small and flat with a sunken centre (shaped like a doughnut). Can be eaten firm or soft and are naturally sweet and juicy. They're a huge hit with

kids, as they are easy to hold in hand, easy to eat and have great novelty factor.

Bartlett pears:

Another lovely new-season delight, Bartlett Pears are the first of the autumn pome fruits to arrive in the market. Look for a light green to yellow pear, or a red-green in the case of 'Red Sensation' Bartlett's. They're medium sized and are sweet and aromatic with the Red Sensation being slightly tarter. These pears are a good all-rounder being suitable for both cooking and eating fresh. To test for ripeness, the flesh near the stem should give when gently pressed. It's often best to buy them quite firm and let them ripen at room temperature for a couple of days, however remember that pears ripen from the inside out, so don't leave them too long. Pears and a strong cheese such as a blue or a goat's cheese are a gorgeous combination.

Celery:

Select celery with

fresh looking leaves and tightly formed stalks. Use finely sliced celery to add crunch and flavour contrast to salads, especially an Asian-influenced brown rice version drizzled with sesame oil and a dash of rice wine vinegar. Sliced portions are the perfect New Year detox substitute for a cracker to dip into hummus and tzatziki.

Swiss brown mushrooms:

Plenty of flavour and just the right size for popping into summer salads, rice pilafs and pasta dishes. These nutty brown mushrooms work well with Asian flavours such as chilli, ginger and coriander; try stir-frying in the above plus a dollop of hoisin sauce and serving with honey glazed pork and steamed greens.

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SWAN SETTLERS MARKET

food & WINE

...eat, drink and be merry... ADVERTISING FEATURE

Knife and Fork Talk with the Dining Divas - A tasty spot in Lathlain



Left to right; Laika noodle salad and stack - Laika is a casual cafe with ample seating

by Pat Paleeya and Judith Cohen

WE haven't been to Lathlain before, so we decided to check out a local eatery in the area.

Laika, formerly a washing machine workshop, is a large casual cafe with its own in-house roastery. Dining is casual with plenty of seating inside and out. Meals are \$24 or less.

We chose the Laika stack and noodle salad.

The stack consisted of toasted New York rye bread with avocado smash, grilled haloumi, grilled broccolini, roasted cherry tomatoes and poached egg.

The bread stack was nicely crunchy with lashings of smashed avo in between. The broccolini was lightly grilled with a

pleasant bite. This was atop the stack with a few rocket leaves in the mix. The poached egg was scrumptious, especially so when broken over the haloumi. Very pleasing meal.

A large bowl arrived with a liberal serving of noodle salad looking delicious and very edible. The finely diced carrot and cabbage was crunchy and fresh

and with the roasted cashews and ginger, soy dressing made it a meal to remember. A generous

serve of mixed herbs was tossed through the dish but unfortunately one herb was a little overpowering; nonetheless a meal well enjoyed.

The cafe is tucked into Lathlain Place situated

near the large Lathlain Football Oval which is an easy walk from Victoria Park railway station.

Lathlain is a suburb that has beautiful tree-lined streets with the added extra scenery of the lovely legs of the practising footy players. Whoooo! what a bonus.

Kitchen opening hours are 7am-2pm all days.

Three forks
Laika, 11 Lathlain Place, Lathlain
0497 009 335
Open daily - 6.30am to 2.30pm.

Knife and fork talk ratings

- Five forks** – excellent food and service
- Four forks** – overall good food and service
- Three forks** – reasonably good food and service but could make some improvements
- Two forks** – food and service needs improvement
- One fork** – would not recommend



WEEK DAY LUNCH SPECIALS

Information correct at going to press

<p>BAYSWATER HOTEL \$21.99 seniors lunch buffet Mon-Fri 12pm-2.30pm Railway Parade Bayswater 9271 7111</p>	<p>COODE ST CAFE \$24 and under lunch menu. 11.30am- 3.30pm Mon-Sat. 24 Coode Street Mt Lawley 9371 9900</p>	<p>NOBLE HOUSE \$12 lunch special Mon- Sun 10.30am-2.30pm Closed Tuesday 180 Scarborough Beach Road Mt Hawthorn 9242 52 36</p>	<p>THE ASHBY BAR AND BISTRO \$15 seniors lunch menu Mon-Fri 11.30am-2.30pm 131 Pinjar Road Ashby 9206 1966</p>
<p>CANVAS CAFE All day menu \$25 and under 7 days 8am-2pm 1 Finnerty Street Fremantle 9432 9555</p>	<p>LAIKA Under \$25 menu 7am-2pm all days 11 Lathlain Place Lathlain 0497 009 335</p>	<p>PREMIER HOTEL Most meals \$25 and under Lunch 11.30-2pm Mon- Fri 1 Williams Road Pinjarra 9531 1212</p>	<p>THE BEST DROP TAVERN Nothing over \$20 lunch menu 11.30am-3pm. 7 days 18 Haynes Street Kalamunda 9293 2993</p>

Pleasure from drinking a glass or two of red wine increases with age



LAST year four Portuguese scientists carried out an unusual trial of the affects of drinking red wine. Customers were invited to participate in the study.

Some drank alone, others as pairs and the rest as part of a group of up to six people. All were asked to complete a questionnaire about their feelings after finishing

their second glass of the same red wine. The trial was carried out in a Lisbon bar specialising in pairing red wine with food.

The results showed that red wine increased pleasure and arousal, decreased the awareness of time, slowed the subjective passage of time, increased the attentional focus on the present moment, decreased body awareness, slowed thought speed, turned imagination more vivid, and made the environment become more fascinating.

It also increased insightfulness and originality of thoughts, increased sensations of oneness with the environment, spiritual feelings, all-encompassing love, and profound peace.

All changes in consciousness occurred regardless of the sex of volunteers and whether drinking alone or in company. Older people experienced greater increases in pleasure than younger drinkers.

The experiment was self-funded by the investigators.

Here are a few wines for your drinking pleasure.

Castle Rock Estate 'RS21' Riesling 2021 is light and pale in colour with green hues. It has a bouquet of intense lime juice backed by a delicate fragrance of orange blossom and lavender giving a bouquet that is zesty and fresh. The palate is enveloped by beautiful rich lime juice fruit characters. The core of

natural acidity creates that great finesse and length for the wine. Lively, crisp and with an attractive delicacy now, this wine will blossom with age for at least 20 years. An ideal aperitif wine, will also accompany fish, delicate crustacean and mild Asian dishes. RRP \$21.

Taitarni Sparkling Rosé 2014 is made from the traditional sparkling blend of Chardonnay 63 per cent, Pinot Noir 29 per cent and Pinot Meuniere eight per cent, by the méthode-traditionnelle. At disgorging, the addition of liqueur of Pinot Noir imparts the unique taste and elegant salmon colour.

The winemaker says: "This wine has developed

lovely structure and secondary yeast characters due to its time on lees, displaying a hint of bread on the nose which is balanced with a creamy texture. The addition of a dosage liqueur of aged Pinot Noir at disgorging produces beautiful complementary strawberry and rose petal aromatics and a balance of acidity and sweetness, which results in a truly elegant sparkling rosé." RRP \$26.

Clover Hill Tasmanian Cuvee NV Along with a bright green hue, this wine has a delicate and soft mousse. On the nose, it has attractive aromas of bright citrus, fresh apples, brioche and cream. On the palate, the wine offers crisp apple pie and lime char-

acters. It has a great drive and length with a balanced mouthfeel. RRP \$36.

Patina Pinot Noir 2018 (Orange region) is bright brick red in colour with aromas of fragrant Pinot Noir displaying raspberry, blackberry and savoury characters. The palate displays ripe red cherry up front leading to a savoury, slightly sour cherry finish with mouth-watering acidity and fine tannins. This wine is a great accompaniment to chicken, lamb, pork and pasta.

It is drinking well now and should continue to show development for at least 10 years. Expect to see some spice and savoury characters after several years' of bottle ageing. RRP \$45.

How to know you're truly buying local and why you should



1. Look for the Buy West Eat Best logo
 ONLY Western Australian

products can display this iconic logo. How strict is the criteria you ask?

Fresh products like vegetables, meat, and seafood must be 100 per cent grown, fished or farmed in Western Australia.

For grocery items the main ingredients must be grown, fished or farmed in Western Australia, and the product must also be processed and transformed here too – which helps keep jobs in WA.

Plus, it's not just suppliers and producers who can earn recognition. Local venues which are part of the food service program showcase their commitment by making sure that a minimum of 70 per cent of their entrée and main menu heroes are local ingredients – which is very impressive.

2. Eating seasonally is better for us (and the planet)

In-season fruit and vegetables require less energy and resources to produce and transport. With items spending less time in storage, this typically ensures they are fresher and higher in nutritional value.

As well there are environmental benefit to eating seasonally – from reduced fuel requirements due to lower fuel miles, to less energy required to store and chill.

Finally, there are health advantages from eating seasonally with many in-season foods helping prepare the body for a changing environment.

For example, autumn's squash and root vegetables are loaded with beta-carotene, a nutrient which helps the immune system at a time when many are getting ready for the colder months to hit.

3. High demand for local produce = a stronger local economy

Purchasing local food helps the economic growth and development of Western Australia. By buying local, you are supporting the WA food and beverage industry, which extends to growers, producers and other businesses, along with their communities. Be sure to look out for the Buy West Eat Best logo when making your next purchase.

Have-a-Go NEWS

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Abbreviations used in Friend to Friend

ALA: All letters answered	DTE: Down to earth
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SD: Social drinker	NG: Non gambler
NS: Non smoker	NOR: North of River
SOR: South of River	TLC: Tender loving care
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Seeking a Friend

ACTIVE trim lady WLTM fit gent, NS, 60-70, financially comfortable, very GSOH, SD, DTE, enjoys travel, walking, outdoor pursuits, and socialising.
Reply Box 9009

A NEW beginning in 2022. This slim, genuine lady WLTM gent approx late 70s, companionship, GSOH, fin sec, music, dance, cooking, happy times, life in general, metro area.
Reply Box 9024

AUSSIE male, 63, enjoys walks, outings, movies and good company, world traveller, WLTM similar lady.
Reply Box 9017

CALLING single ladies and gentlemen, 65+, seeking friendship, companionship, a soulmate or just a true friend. Let's meet for a coffee; why not? "If we never try we will never know". No fees other than the cost of your own beverage.
Reply Box 9020

CARING lady SOR WLTM genuine DTE gent with no baggage and GSOH also NS and preferably knows his way around the kitchen. My interests include gardening and I also love to cook. Love beach walks.
Reply Box 9021

GENT 70, many interests, active, affectionate, love to meet lady for travel, movies, theatre, walking, weekends away, SD, NS, SOR, let's meet, see how things go. Genuine replies. ALA.
Reply Box 9019

GENT 70, seeking ladies only and blind dates, see which lady be suitable, NS, SD, GSOH, NOR, WLTM, age 50-65, we can coffee, see how it goes.
Reply Box 9018

GENT WLTM Asian lady, 45-60ish, still wanting to enjoy life, SOR, active, happy, enjoys movies, dinners, walking, sports, home life, hope we can meet. ALA.
Reply Box 9023

GOLDFIELDS gent would love a coffee with the lady from Boulder wearing sandals. We met recently in the fruit shop.
Reply Box 9016

ROMANTIC inclined gentleman, very mature, very active, not bad looking, slim statue, young at heart, would enjoy the company of a lady needing care and attention. NOR.
Reply Box 9010

SINGLE kind, honest, retired gent, 68, rides Harley, well travelled, WLTM DTE, SOR, lady, GSOH, NS. Let's have lift off together and enjoy this new year. ALA.
Reply Box 9012

WOMAN NOR WLTM a genuine, honest guy for outings, a coffee to start. Also a NS, aged 75-85. ALA.
Reply Box 9011

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WHERE are you mister? Come out, share my life. No glass slippers, I won't disappear at midnight. Let's make our own fairytale together. Take a chance in life with this interesting, active lady early 70s.
Reply Box 9013

Do you need a companion or friend? Let Have a Go News help you through our Friend to Friend page. Get writing and send in your coupon.

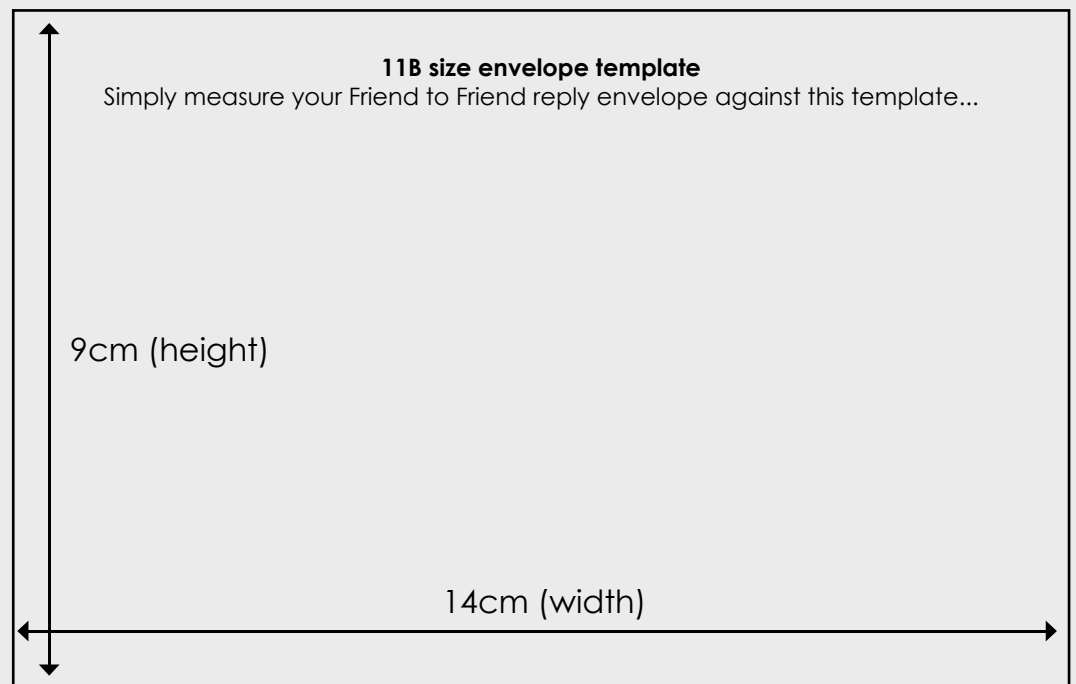
Seeking a Partner

ATTRACTIVE English lady 70+, medium build, feminine, educated, GSOH, ND, Cannington area, postcode 6107. I like reading, music, walking, gardens, country drives, WLTM an unattached (not separated), genuine, well presented, fin secure, gentleman, 68-75 with old fashioned values for permanent long-term relationship. ALA.
Reply Box 9015

FIT active, DTE bloke, 63, postcode 6210, WLTM happy, active, positive, GSOH, lady, NS, SD, for relationship to develop. Enjoying outdoor, usual social activities, walks, cycling, family, gardening, sport, with occasional motorcycle touring short overnights.
Reply Box 9008

GENT would like lady partner, up to 68. Me; 70, NS, ND, like most things, I rent nice unit, no car, get around still, fit, like to hear from nice friendly lady, medium build, ALA.
Reply Box 9014

Envelope size for Friend to Friend replies...



When replying to a Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:
 eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)
 Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popu-

larity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.
 No greeting cards, bulky items and photos.
 All replies will be forwarded early in the next month.
 All replies are strictly confidential and are not opened.
 Replies must be in response to reply boxes no older than three months.

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KARDINYA LADY 76 successful, accomplished, slim, very well grmd, o/going, country girl at heart, physically active, sk gent 72-82.

WILLETTON LADY 78 sweet, kind, understanding, English lass, wid, proud homemaker, likes the simple things in life, sk gent 78-85.

NORTH PERTH LADY 79 extremely active, beautifully grmd, elegant, friendly, d.t.earth, caring, loves bowls, cricket, concerts, c/van travel. Sk gent 75-85.

MANDURAH GENT 69 outgoing, gets on with people easily, well presented, tidy habits, helpful towards others. Loves the outdoors, sk lady 60s.

PEEL REGION GENT 74 tall, handsome, man's man, o/going, healthy, punctual, a man of his word, love travel & my dog. Sk lady 65-75.

HILLARYS GENT 75 well spoken, intelligent, calm, e/going, academic, well travelled, positive, old fashioned manners, sk honest, refined lady 68-75.

FREMANTLE GENT 76 very trim, fit, healthy, sociable, well travelled, organised, loves to walk, watersport, music (inc opera) sk educated lady 70s.

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Ooh la la - The French Film Festival is back

ALLIANCE Française French Film Festival returns to Perth for the 33rd time from March 9 – April 6 with a selection of must-see films screening at Palace Raine Square, Luna Leederville, Luna on SX, Windsor Cinema and Camelot Outdoor. The festival presents the very

best of contemporary French cinema with charming period dramas, comedies and tantalising thrillers. For more information see www.affrenchfilmfestival.org

WIN WIN WIN
Thanks to the Alliance Française de Perth we are giving away 10 admit-two passes,

valid for any film screening as part of the Festival excluding Special Events. To be in the draw simply email win@haveagonews.com.au with French in the subject line or write to French Film – c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 27/2/22.

Uplifting documentary will hit the screens early March



HAVING escaped starvation and tyranny in their homeland of Zimbabwe, four refugees have conquered the odds to become South Africa's top sommeliers.

Driven by relentless optimism, a passion for their craft and unshakeable national pride, they form Zimbabwe's first ever wine tasting team and set their sights on the coveted title of 'World Wine Tasting Champions'.

From the moment they arrive in France to compete, this team of mavericks turns an establishment of privilege and tradition on its head.

A truly uplifting documentary that celebrates just how irrepressible the human spirit can be, *Blind Ambition* is an inspiring underdog story for the ages. In cinemas March 3.

WIN WIN WIN
Thanks to Madman Entertainment we are giving away 10 in-season double passes to some lucky readers. To be in the draw simply email win@haveagonews.com.au with *Blind in the subject line* or write to *Blind Ambition* – c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 27/2/22.

Action film about lost treasure hits screens...



UNCHARTERED is about a street-smart thief Nathan

Drake (Tom Holland) who is recruited by seasoned treasure hunter Victor 'Sully' Sullivan (Mark Wahlberg) to recover a fortune lost by Ferdinand Magellan 500 years ago.

What starts as a heist job for the duo becomes a globe-trotting, white-knuckle race to reach the prize before the ruthless Moncada (Antonio Banderas), who believes he and his family are the rightful heirs.

If Nate and Sully can decipher the clues and solve one of the world's oldest

mysteries, they stand to find \$5 billion in treasure and perhaps even Nate's long-lost brother... but only if they can learn to work together.

In cinemas February 17. #Uncharted

WIN WIN WIN
To be in the draw to win a double pass to *Uncharted* simply email win@haveagonews.com.au with *Uncharted* in the subject line. Or call the office during business hours on 9227 8283. Closes 15/2/22.

Kenneth Branagh stars in and directs the latest adaptation of Agatha Christie's classic mystery

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

Fascinating, Fun Facts: WA and the World - The sister publication to *Awesome WA*, journalist Lee Tate uncovers an array of interesting facts from Western Australia and the world. A great book for anyone who loves trivia and facts. Perfect for quiz nights.

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

ORDER FORM

Post completed form to *Have a Go News* PO Box 1042 West Leederville WA 6901

Name: _____

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ORDER	Prices	Quantity
Awesome WA, 1001 Fair Dinkum Facts about Western Australia	1 book \$25	___ x \$25 (inc gst)
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The North West town of Broome inspired Lizzie Pook's debut novel



Lizzie Pook

by Josephine Allison

LONDON-based author Lizzie Pook has spent a lot of time in Australia and joked with friends and family that it feels like her second home. She has always been interested in the darker side of British-Australian history so what better setting for her new debut novel *Moonlight and the Pearler's Daughter* than the North West of WA.

"It was during one road trip through WA that I came across the Fremantle Maritime Museum," Lizzie tells *Have a Go News*. "Hidden away inside was a fascinating little exhibition about a British settler family who were part of the dangerous (and often-times brutal) early pearling industry in Shark Bay."

"The strong-willed matriarch Eliza Broadhurst, an early feminist, piqued my interest and stayed in my mind. On the same trip, while rummaging through a second-hand bookshop, I found an old signed copy of *Port of Pearls* by Hugh Edwards, a brilliant little book about how the small but cosmopolitan township of Broome (Rubibi) became the epicentre of the global pearl shell industry."

"I picked it up out of sheer curiosity, bought it without thinking too much about it and stuffed it away in my bag."

"These two concepts – adventurous tales of pearl diving and a story with a strong-willed heroine at its centre – percolated in my mind for years. It was only when I visited Broome for the first time in 2015 that everything came together."

"Broome was one of the most beautiful places I had ever seen, plus it was home to a rich and engrossing British-Australian history that was certainly very little known

with it a tale of tragedy. Charles Brightwell, master pearler, has gone missing at sea. It falls to Eliza to seek out the truth behind her father's disappearance and she sets out to solve the mystery, paying a high price along the way.

After her WA visit and back in London, Lizzie says she got her hands on as many resources as she could find, spending months poring over books in the British Library alongside her work as a freelance journalist.

"Whenever I could, I travelled back to WA, returning to Broome to visit lugger museums, try on diving helmets and walk the jetties and mudflats. Subsequent trips took me around the Dampier Peninsula, where I spent time with Indigenous guides, toured pearl farms and explored the vast landscapes."

"I learnt how to spear mud-crabs; I visited Beagle Bay church with its intricate pearl shell altar; I interviewed everyone I could find from crocodile wranglers to bus drivers. It was a long process,

about five years in total but I enjoyed every second of it."

Spending her early working life as a journalist, Lizzie says that during her 20s she held vague, amorphous dreams of writing a novel but it always seemed unreachable.

"Growing up, I'd simply assumed that books were written by privately educated people with lots of money and connections. I had no idea that actually, all you had to do was put pen to paper and write."

"Travelling around the world as a journalist opened my eyes to so many different stories and gifted me so much inspiration but I never seemed to have enough time to sit down and turn any of it into something solid."

"It was only when I was diagnosed with chronic illness and pretty much ordered to rest by my doctor, that the time opened up for me to be able to write a novel. I did exactly that, researching, drafting and writing a thousand words a day, all

of which would come together to create the first draft of *Moonlight and the Pearler's Daughter*.

"With Eliza, I wanted to create a believable heroine – someone ballsy and impressive enough to make readers want to follow through the story, but also someone flawed and real, who makes mistakes and struggles with the weight of things that have happened in the past. I think most of us can relate to that."

"Moreover though, I wanted Eliza and many of the other characters, to be representative of how loss can be used as a driving force in life. Loss can be propulsive. It can act as rocket fuel. That's certainly my experience of grief – that it pushes you to do

things you never would have dreamed you were capable of doing."

Lizzie says she is currently spending most of her days at her desk in grey, rainy London writing her second novel which should hopefully be published in 2023.

"Promoting *Moonlight and the Pearler's Daughter* during the pandemic has been a varied but stationary process. I would have loved to have been able to travel but that hasn't been the case. Still, I'm very fortunate, and having online events means they are accessible to those who might not have been able to attend."

"I'm chatting to people on the other side of the world via phone or Zoom but my abiding view remains the same:

cars parked along the frosty street outside my front window and the cats leaping from rooftop-to-rooftop, just as they do every day."

Moonlight and the Pearler's Daughter (\$32.99, Penguin Random House Australia) is available from good bookshops.

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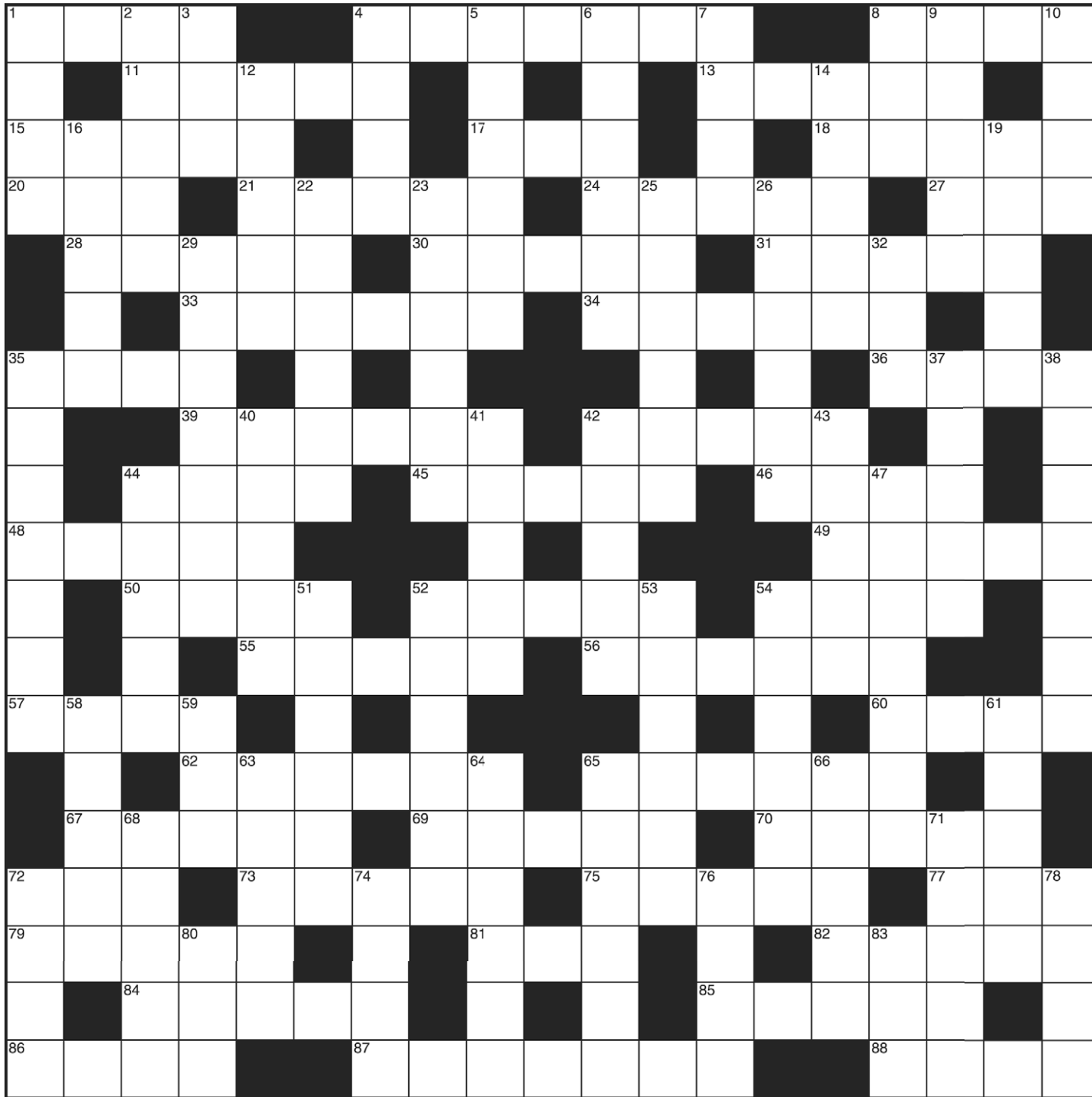
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BIG CROSSWORD - SEE PAGE 22 FOR SOLUTIONS



ACROSS

- 1. Satisfactory
- 4. Mopped
- 8. Openly resist
- 11. Seance board
- 13. In the know
- 15. Competitions ... & conditions
- 17. Soviet secret police (1,1,1)
- 18. Thick sweet liquid
- 20. Head covering
- 21. School (of fish)
- 24. Motionless
- 27. Details, ... & outs
- 28. Indistinct
- 30. Flood barrier
- 31. Lubricated
- 33. Kingdoms
- 34. Game park tour
- 35. Tiny landmass
- 36. Nobleman
- 39. Growing older
- 42. Twig shelters
- 44. Stupefy
- 45. Michelangelo's masterpiece statue
- 46. Marsupial pouches
- 48. Celtic country
- 49. Parasite
- 50. Cultural pursuits
- 52. Square root of 49
- 54. Fortified wine
- 55. Leafy side dish
- 56. Chasm
- 57. Delays
- 60. Pronto (1,1,1,1)
- 62. Crazy person
- 65. Cask
- 67. Coat in pan juices
- 69. Judge's hammer
- 70. Luggage items
- 72. Gender
- 73. Beginning
- 75. Glowing coal fragment
- 77. Resting place
- 79. Synthetic fibre
- 81. Dynamite-like substance (1,1,1)
- 82. Gallows loop
- 84. Vote into office
- 85. North American herd animal
- 86. Ask (question)
- 87. Screeches
- 88. Religious choral work

DOWN

- | | | | |
|------------------------------|------------------------------|------------------------------|--------------------------|
| 1. Swearword | 16. Roof edges | 41. Stared fixedly | 63. Make amends |
| 2. Major blood vessel | 19. Below | 42. More agreeable | 64. Prattle |
| 3. Delicious! | 22. Utter bliss | 43. Hairdressing shop | 65. Ladybird or firefly |
| 4. Pudding starch | 23. Nut | 44. Colloquial language | 66. Merits |
| 5. Leg/foot joints | 25. Moved closer towards | 47. Breakfast foods | 68. Wheel spindles |
| 6. Maternity ward deliveries | 26. Bakes | 51. Depress | 71. Black wood |
| 7. Stupor | 29. Bigger | 52. Fierce | 72. Cut with scissors |
| 8. Fine (weather) | 32. Tell untruths | 53. Incendiary bomb material | 74. Is seated |
| 9. Hauntingly frightening | 35. Animosity (3,4) | 54. Stab | 76. Toddler's aprons |
| 10. Shriek barks | 37. Valuable possession | 58. Monks' home | 78. College supervisor |
| 12. Magazine copy | 38. Ignite (cigarette) (5,2) | 59. Phone text (1,1,1) | 80. Bullfight cry |
| 14. Awake | 40. Wind blasts | 61. Beasts of burden | 83. Thrilled exclamation |

**SEE PAGE 22 FOR
#359 FEBRUARY EDITION
PUZZLE SOLUTIONS**

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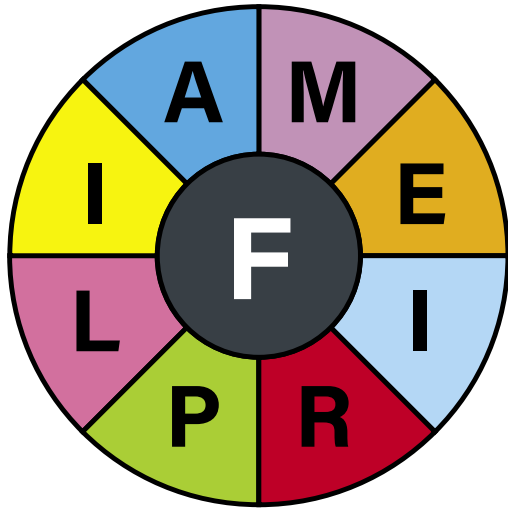
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Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals ending with S. See if you can find the 9-letter word using all the letters.

16 Good 21 Very Good 25+ Excellent

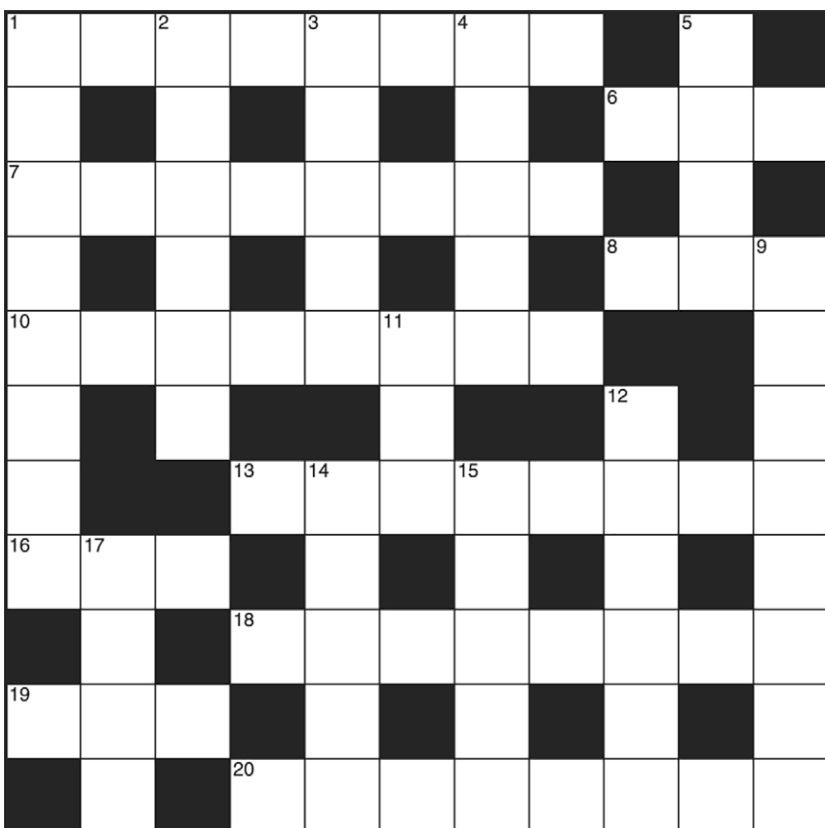
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SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. RATING: ★★☆☆☆

		9	3	8		6		7
5	3			9	6			8
9					8	7	4	6
		2	4	7	1	5		
4	7	8	9					3
8			6	1			3	5
6		3		2	9	1		

CRYPTIC CROSSWORD



STRAIGHT CLUES

- ACROSS**
- Musical troupe (8)
 - Wine barrel timber (3)
 - Luggage item (8)
 - Egg-layer (3)
 - Strong disinclination (8)
 - Ocean's edge (8)
 - Shed tears (3)
 - Similarly (8)
 - Hornet's nest, ... of worms (3)
 - Cutlery item (8)

DOWN

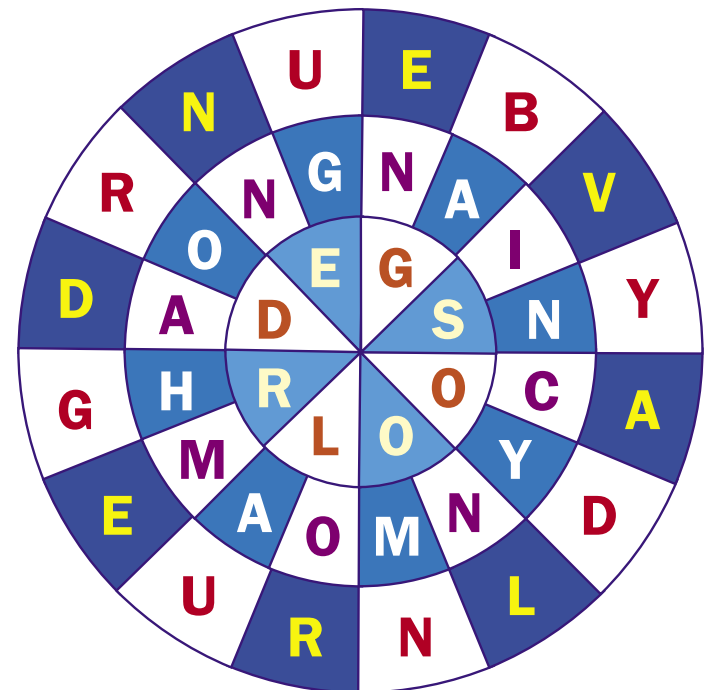
- On a high (8)
- Cake portions (6)
- Derides (5)
- Lariat (5)
- Arrived (4)
- Last teens year (8)
- George and ... Gershwin (3)
- Chain reaction, ... effect (6)
- Expel from homeland (5)
- Becomes involved, ... in (5)
- Property sales rep, ... estate agent (4)

CRYPTIC CLUES

- ACROSS**
- Queen's emblem covering dress outfit (8)
 - Even Mohawk is an acorn bearer (3)
 - Bag for jacket and trousers provided before legal proceedings (8)
 - Sheraton throws out roast chicken (3)
 - Dislike of a certain point of view (8)
 - She saw Spooner at the coast (8)
 - Shout out and weep (3)
 - Fond of sage? The same with me (8)
 - Is able to take the blame if carried (3)
 - Used for good measure, though a stirrer in the kitchen (8)
- DOWN**
- European Community still joyful (8)
 - Cuts parasites on board (6)
 - Makes fun of smock that was altered (5)
 - Girl had nothing but rope, for cowboy (5)
 - Turned up when auction item left Camelot (4)
 - One-off score? (8)
 - Irish group made to leave Madeira (1,1,1)
 - It has a number of spots on it (6)
 - Banish eggs? I'll say! (5)
 - Treads on stairs (5)
 - In Brazil, money is genuine (4)

PRISM

TRACK down the six colours hidden in our prism. The words appear either clockwise or anti-clockwise and are on alternate spaces.



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