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IN THIS ISSUE

Let's go travelling - Tim Dawe's cycle along the Danube River, Austria to Vienna

Josephine Allison speaks with *TINA: The Tina Turner Musical's* Ruva Ngwenya

Allen Newton's interview with wordsmith Will Yeoman

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

- COMPETITIONS/GIVEAWAYS**
- Hilton Garden Inn Busselton - Overnight stay in King Guest Room Ocean View with breakfast
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Tipped for success!



Tipping Point Australia's host, Todd Woodbridge

by Jennifer Merigan

FORMER Australian tennis champion Todd Woodbridge won 83 doubles titles, including 16 men's Grand Slams, a further six mixed doubles and holds the record for the most doubles titles won by any player in history. Retiring from professional tennis in 2005 he has kept his connection to the game working as a sports commentator.

Now Todd has begun a new era in his career as host of Channel Nine's latest game show *Tipping Point Australia* which has hit the screens airing Monday to Friday at 4pm. Adapted from the mammoth UK hit, Australia is now home to the only other Tipping Point machine in the world. *Have a Go News* flew to Melbourne to go exclusively behind the scenes on set, experience the

thrill of the show and speak to Todd. He told me that the opportunity to host the show stemmed from Covid. "During Covid I started to do some segments on the travel/lifestyle program *Postcards* here in Victoria. "I always wanted to do some of those things on television and because I couldn't travel interstate it gave me a chance to show a different side

of myself. "Postcards gave me a chance to chat with people and have the rapport I like to have with them. That shone through and because of that it gave the execs the opportunity to see me in a different light." When the opportunity came up to audition for the Australian version of *Tipping Point*, Todd says of course there were other people who auditioned and were screen tested

but they said they liked what he was delivering and that gave him the chance to have a go.

Tipping Point Australia replaces the long running *Hot Seat* hosted by Eddie McGuire; I asked Todd is he going to be the new Eddie?

"Well of things that I was told very early on, when I started to work in TV and sports broadcasting; Bruce McAvaney was the man and some of the advice I got was 'don't try to be Bruce, be who you are'.

"The same applies in a game show - Eddie's success comes from his personality, what he brings, his work ethic, there are things you can watch and learn from.

"In this show I am more of me and that hopefully comes across to the audience and to my contestants."

After being a part of the audience, I found the Australian version pacier and the contestants not only have to be knowledgeable, they need to have lady luck on their side; I was on the edge of my seat with suspense throughout the show.

The other point of difference is audience participation, we Aussies really get behind the contestants and as a host I found Todd very warm and friendly with this more relaxed side of his personality really coming to the fore.

"I like to meet the contestants and spend a little bit of time with them before we go on.

"*Tipping Point Australia* is about interaction, being with people, the human feelings and emotions. We've had tears of joys, tears of sadness - the emotional endings to this show are really fantastic to work on - every single episode has a different feel to it because of that.

continued on page 16

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From the managing editor's desk



Jen Merigan with tennis legend and Tipping Point Australia host Todd Woodbridge

charming man he is, and I know you will enjoy watching this exciting quiz show. I also spoke to the very funny Nat Foster from the 6IX classic breakfast show who is a contestant on the show about her experience, so check out that story.

★★★

Base@Belmont and Seniors Recreation Council (SRC) are collaborating on a creative project that aims to bridge the generational gap. It involves young people capturing the life experiences of seniors in one-page written snapshots and producing photographic portraits of them. It will culminate in a community exhibition to promote intergenerational connection and youth literacy.

Seniors who would like to participate and share their stories can contact Martin Yates on (08) 6118 2717 during office hours.

★★★

This edition coincides with the Chinese Lunar New Year, and I wish all our readers who observe this festival, a joyous and prosperous year of the dragon. Gong Xi Fa Cai!

★★★

There's lots happening in Perth at the moment; Fringe Festival continues until February 18 and Perth Festival has started. One of

my favourite shows of the year is Ballet at the Quarry. If you have never been to the Quarry to see our dancers from West Australian Ballet, I urge you to take the opportunity to see a unique performance of ballet under the stars.

★★★

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★★★

Stay cool, happy and healthy and I hope you enjoy this month's edition. Don't forget you can find out further information, club listings and more stories at our website at www.haveagonews.com.au.

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

THANK you to the many readers who have taken the time to complete our 2024 reader survey, this means the world to me and the team. We have included the survey again in this issue and the information sourced from it really helps us find out more about your likes and dislikes and helps us attract advertising which is what allows us to continue publishing.

From early results we know our readers have a greater trust in print advertisements rather than digital. We fight a constant battle these days from businesses and government which direct their resources into digital (and all that money heads overseas) and sidestep print. I know it's not just *Have a Go*

News but all local newspapers feel the pain.

So please readers if you value your local and independent media, take the time to complete the survey, everyone goes into the draw to win a prize and it will be open until March 1. We have two formats available either the hard copy which you can post into us or go direct to our on-line survey at www.surveymonkey.com/r/YDNQT6B.

★★★

Tipping Point Australia has kicked off on our screens on Channel 9 weekdays at 4pm and I was thrilled to visit the set in December, be a part of the audience and interview Todd Woodbridge. You can see above the photo of me on set with Todd. What a

Great West Aussies - Did you know?

WA-raised Mathew Trinca served 10 years in Canberra as director of the elite National Museum of Australia. During his time, visitor numbers jumped 50 per cent. Starting his career at the museum in 2003 as a senior curator, Trinca took up a professorship with the Australian National University's Centre for Heritage and Museum Studies in 2024.

Ageing Snippet

Staying positive increases your life span

A STUDY from the USA of more than 150,000 racially diverse women aged 50 to 79 years old showed the most optimistic people lived an average of 4.4 years longer than the least optimistic.

Have a Go News Quick Quiz - See answers on page 35

1. Who was the first woman to read ABC television news in Perth?
2. What sport do West Aussie siblings Min Woo Lee and Minjee Lee play?
3. When did WA joined 5 other states to form the Commonwealth of Australia?
4. Name the world's largest fringing reef (at 300 kms long).
5. Cottesloe Golf Club is in which suburb?
6. What animal features on Western Australia's flag?
7. Kimberley rock formations are how old? (3 or 4 or 6 billion years?).
8. Which WA marsupial is often called "the world's happiest animal"?
9. Which WA author was declared a National Living Treasure in 1998?
10. WA's banded anteater is also called a ...?

Noongar Words

Benang - tomorrow
Biratj - daylight

Noongar Season

Bunuru - The hottest season of the year in February and March

Word of the month

quiescent
adjective

Pronounced kwy-ESS-unt

QUIESCENT is a formal word that describes things that are quiet, inactive, or in a state of peaceful rest. In medical contexts it describes a condition that is not currently developing or causing symptoms, as in "a quiescent disease/virus."

Example

Volcanoes may exist for centuries in a quiescent state before their sudden eruptions.

Quiescent shares roots with the far more common, and less formal, word quiet and traces back to the Latin verb *quiescere*, meaning 'to become quiet' or 'to rest.' First usage is noted in 1605 by Francis Bacon.

Quote of the month

AGEING is not about losing your beauty; it's a different kind of beauty. What I would like for all of us to do is to stop and consider how we think about mature men and how we think about mature women and really start gauging what we say and what we project. I just want people to reflect on that.

Andie MacDowell



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Ruva brings the singing, dancing world of Tina Turner to Perth



Ruva Ngwenya © Daniel Boud

by Josephine Allison

TINA Turner was a force in the rock music world, a dynamic, dramatic, dazzling entertainer who brought her own personal courage and life experience to the stage over many years. When Sydney based entertainer Ruva Ngwenya was chosen to play the title role in *TINA: The Tina Turner Musical* she was ecstatic.

"I had about 10 rounds of auditions before I was

offered the part," Ruva tells *Have a Go News* from Sydney where she is appearing in the show before moving to Perth for a six-week stint at Crown.

"I worked very hard dancing and singing and acting over a three-month period so it was a lot of work. I think I watched every clip of Tina on YouTube, all the documentaries about her and a few on Buddhism (Tina followed Buddhism) as well.

"I feel I am well learned in Tina's life and what she went through and I do my best to put myself in her shoes every night; I bring my own attributes to the role. There are moments when it is up to you to create that flair, that musicality that you have within you.

"What we have with musical director Nick Skilbeck is the Tina toolbox; there are so many things we can do to sound like Tina or bring Tina's essence to a song. But you still have a whole song to sing so the rest is up to you; bring Tina in but also yourself so that the two can marry and create this awesome performance."

Ruva has been gracing Australian stages since her early years, playing the Melbourne jazz circuit at the age of 16. Her professional musical theatre debut came in 2013 as Shenzi in *The Lion King*.

After this, a string of big musicals followed, including *We Will Rock You*, *Beautiful: The Carole King Musical*, *Ragtime* and *Moulin Rouge: The Musical*, making Ruva one of musical theatre's most sought-after performers.

TINA: The Tina Turner Musical follows Tina Turner (born Anna Mae Bullock in 1939) from her troubled childhood

in rural Tennessee, to her years on the southern R&B circuit with band-leader (and future husband) Ike Turner (played by Tim Omaji).

It charts her rise to fame, years of domestic violence and the career crash that nearly claimed her life.

The cast and live band deliver 20 of Turner's biggest hits including *Nutbush City Limits*, *Better Be Good to Me*, *What's Love Got to Do With It*, *Proud Mary* and earlier 1960s hits with Ike Turner *A Fool in Love* and *River Deep, Mountain High*.

Ruva captures Tina the singer in full voice from a 17-year-old singer to maturity and the wonderful dancing from swaggering, strutting and fast, jerky, hopping steps, all done in high heels.

"I do five shows a week each lasting about 2½ hours so from start to finish you don't leave the stage and you can't lose your concentration," Ruva says. "The only minute I stop and have a cup of tea is at intermission."

"There are lots of amazing costumes but my favourite is the red leather number that I wear at the beginning and end of the show, it is just so sexy."

Ruva says although she unfortunately did not meet Tina who was living

in Switzerland and was unable to come to Australia when the musical launched (Tina passed away last May) she sent a message to herself and the company wishing them well, saying she was so excited about the show being up and running in Australia.

"Of course, she had close connections with the National Rugby League and she gave me her blessing to bring my own soul to the role of Tina and I thought that was really special."

Special attributes about Tina?

"I would say her mind and her resilience. When I do the drama of the show the choices Tina makes and her will to keep pushing on until she reaches the pinnacle is quite extraordinary."

"I think these days we are a little bit soft, there has to be a safe place. I think in part it is a disservice to young people. Tina showed me I am capable of doing more than I was giving myself credit for because I didn't think I could do the role when I first heard it was coming to Australia."

"Then you look at Tina's journey, the hard work and dealing with a lot of abuse and it is quite inspiring and you are a lot stronger than you think you are... it's a matter of how much

you are willing to push and break through those walls."

Ruva says she works out at a gym most days and has one day off to give her body a rest.

"It is important to keep your body strong and mobile and also work out muscles that you don't work in the show."

"On my day off I usually sleep in, make a nice breakfast with eggs and then I might go for a walk, watch a movie and hang out with my boyfriend."

Most of the time I like being in the house because the rest of the week can be quite exhausting."

After Perth, *TINA: The Tina Turner Musical* goes to Adelaide, Brisbane and Melbourne into 2025.

Says Ruva: "I am excited about the future. When it comes it will be great."

TINA: The Tina Turner Musical plays at Crown Theatre from February 28 till April 6. Bookings at Ticketmaster.

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Index



- 1-19 Early General News and columns
- 21 Classes & Courses
- 22-29 Let's go Travelling
- 31-32 Downsizing
- 33 Healthy Living
- 34-35 Great Home & Gardening
- 36-38 Food & Wine
- 39-40 Arts
- 41 Friend to Friend
- 42-43 Puzzles

The super-agers have lessons for all of us



Are you a super-ager?

by Frank Smith

WE all know of people in their 90s, or even older, who live busy lives and show no sign of dementia. They are the super-agers.

They are the lucky ones, who have inherited the genes for longevity, but there is more to it than that. Lifestyle choices and environmental factors are also important determinants of how they age. Could the secrets of super-agers' lifestyles help the rest of us live better and longer as we age?

A team led by Dr. Claudia Kawas, professor of neurology at the University of California, Irvine, has tracked people over 90 for the past 15 years who live in a retirement village.

Participants agreed for their brains to be examined post mortem. To their surprise the researchers found that about 40 per

cent of those who had aged well and showed no signs of dementia, had all the brain physical changes found in Alzheimer's Disease.

A study by professor Bryan Strange, at the Technical University of Madrid, found that super-agers had similar concentrations of dementia blood biomarkers to other people.

These observations suggest that super-agers have some resistance to age-related memory decline.

Another study by professor Emily Rogalski and team at Northwestern University in Chicago focused on people 80+ years who have memory performance as good as 50 or 60-year-olds.

Their brains were physically more similar to the brains of people aged 50-60 than their 80-year-old

peers. The brain structure of super-agers was better preserved, with more grey matter in key areas involved in memory and movement.

The lifestyle of super-agers may have lessons for the rest of us.

They eat a healthy diet balanced rich in fruit and vegetables with plenty of protein. Those who were a little overweight in their 70s outlived others. They also indulged in an occasional glass of alcohol; people who drink moderately were 23 per cent less likely to develop Alzheimer's disease than those who abstained.

Super-agers maintain strong social ties to family and the community they live in and were more likely to report valuing close, meaningful relationships.

They keep physically active, not necessarily gym workouts, but moderate exercise, walking or yoga. Tests showed super-agers had better mobility, agility and balance. They also reported having been more active in midlife.

Compared with their peers, they were more independent in their day-to-day living, scored higher in intelligence tests, and were less likely to have a history of diabetes or high blood pressure.

Years of formal education was not significant for super-agers. However, many have a commitment to lifelong learning. They are open to new expe-

riences, ideas and new knowledge. Most challenge their brain every day, reading or learning something new. Many continue to work into their 80s.

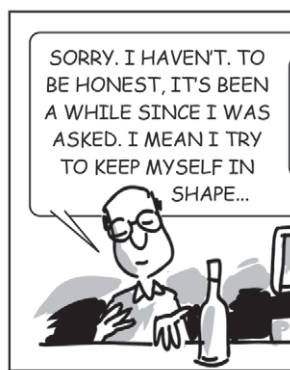
Super-agers were more likely to have a musical background than typical older adults. Other studies found that musical training is associated with improved late-life memory.

Super-agers maintain regular sleep patterns. Compared to the average senior they complained less frequently about not getting enough sleep.

Better mental health was one of the strongest factors associated with super-agers. They have a positive mindset, adapt to changes and maintain a sense of purpose. They mitigate stress through mindfulness, meditation, pets or hobbies.

In clinical tests to measure levels of anxiety and depression, super-agers scored better than their peers. Previous research has suggested depression and anxiety can impair performance on memory tests in people of all ages, and are risk factors for developing dementia.

While genetic factors play a part, lifestyle choices and environmental factors are important in how well we age. While individual preferences and circumstances may vary, integrating these principles into one's lifestyle could promise a more vibrant and fulfilling ageing journey.



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SINGING in a choir has proven to be very beneficial for physical and mental wellbeing, it is also great fun.

Churchlands Choral Society invites people to sing with them during their first term, which started on Monday February 5.

The choir meet every Monday at 6.45pm for a 7pm start at All Saints Uniting Church Hall, 50 Berkeley Crescent, Floreat. Wheelchair access is via the church foyer.

The talented musical director, Rachel Martella, has chosen a varied and inspiring repertoire for

first semester, culminating in the mid-winter concert in June. The equally talented accompanist is Alex Wheeler.

There are no auditions. Excellent SATB (soprano, alto, tenor, bass) tuition and online practice tracks are available.

The choir acknowledges its association with VoiceMoves (WA) Inc.

For further details email: churchlandschoralsociety@gmail.com or Sandra on 9341 5858.

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Run by the Royal Historical Society of WA at Stirling House 49 Broadway Nedlands on Friday February 23, 10am-12.30pm with 30 mins morning tea in middle. Cost \$40 Bookings essential.

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Writers weekend set to capture some of Australia's amazing authors



Writing WA CEO and Perth Festival Writers Weekend artistic director, Will Yeoman

by Allen Newton

SCI-FI, literature, poetry, journalism and even music all require talented writers.

The 2024 Perth Festival Writers Weekend is keen to capture as many of those forms of writing as possible.

To that end the Perth Festival and peak body, Writing WA will host panels, workshops, readings, performances and conversations from Friday, February 23 to Sunday, 25 at the State Library of WA.

A special pre-weekend program will also see special sessions at the City of Perth Library, Perth Town Hall and Centre For Stories whet festival goers' appetites from Tuesday, February 20.

Writing WA CEO and

PFWW artistic director, Will Yeoman says the festival has had many names over the years, but has been going since the early 1990s as part of the Perth Festival.

This is the first time it has been organised by Writing WA and also its first time at the State Library.

It will be casting a wide net in terms of audience appeal. Will says it will be a good mix.

"There are a lot of popular authors, literature, things that people would expect to see in a writers' festival, but I think the big differences for us will be the venue and also the fact that probably 80 per cent of the sessions are actually panel discussions rather than just your typical authoring conversa-

tion," he says. "We're trying to give people a bit of bang for their buck, just really pack them all in so almost every session has at least three authors."

"We're targeting a very general audience. That's always been pretty clear to us. In the past, I think there have been different kinds of focuses."

"Some years, people want to attract different audiences or younger audiences or whatever. We're just going as broad as we can because we want to think there's going to be something there for everybody."

"That's the ethos of the State Library as well, so working closely together with them, we really want to put on a show where everyone feels welcome and there's lots of stuff for kids right through to older people. No matter what you're into, whether it's sci-fi or high literature or poetry, journalism. I'd like to think we've got it all."

On the music front a song writing masterclass with Deborah Conway and Willy Zygyer was added to the program fairly late in the piece.

They were planning to come to Perth for a few days and on one of those days had nothing in their calendar and asked to be involved.

"I thought why don't you put on a writing workshop? It's selling extremely well so I think it's going to be a unique opportunity particularly for younger songwriters to learn from

some Australian music legends."

Will says the opening night of the festival is already sold out, but the weekend offers several highlights.

"The Saturday night for me is going to be really special. A lot of your readers will know Stephen Scourfield, the travel editor for *The West Australian*, he's going to put on a music and spoken word performance with his good friend Steve Richter, who's a fabulous percussionist."

"That for me is going to be really special because I've seen those guys perform over the years, almost always to sell out audiences. This is their first time together in the Writers Festival and Perth Festival program, even though separately they've appeared in Perth Festival before."

"There are some amazing panels. I'm looking forward to *The World As It Is*, because that's got such an interesting mix. Anthony De Ceglie, who's the editor-in-chief of the *West*, Nikki Savva, a well-respected journalist, Renee Pettitt-Schipp, who's a poet and writer from Britain, and Christos Tsiolkas, who I'm sure many of your readers will know very well as being an author of *The Slap* and some other amazing books."

"The panel is trying to look at how different kinds of writers respond, what role does writing and journalism play in responding to a world in crisis?"

Will says these panel sessions are very popular and this year are being made even more accessible by allowing patrons to pay what they want to get in.

"You can pay what you can afford. We're recommending \$24, but if you can't pay anything, you're still welcome, which I think is fabulous."

Will says WA is producing writers of a high standard.

"The standard has always been amazing. I think we've got some of Australia's best writers here. Take someone like Holden Sheppard, for example, still an emerging young adults author, working on his third novel at the moment."

"His first novel *Invisible Boys* was picked up to be adapted for the screen by Stan, so that's a big step forward."

"Craig Silvey is another. One of his books *Runt* - I think they're filming in York - that's being adapted for the big screen as well. So, there's a lot of opportunities."

"I just think that the writing sector is nowhere near as well funded as it should be in comparison with the other arts. If you take, for example, theatre or opera or anything like that, and I have a feeling it's because they're more obviously visible and physical, whereas writers, you don't really see them doing much; you just see the end product."

"Someone like Natasha Lester too, who writes

these beautiful historical romance novels has huge appeal, a mega best seller - these authors are right here in Western Australia."

"I guess they are two extremes but there are a hell of a lot of really talented West Australian authors. I just don't think they get the notice they deserve from the east coast."

"They don't get enough invitations to the festivals over there, whereas we're always ready to invite east coast authors over here. I'd like to see a little bit more of a reciprocal relationship there."

When it comes to train-

ing young writers Will believes we have some good programs.

"That's exactly what Writing WA is for, and we're really beefing up our training program this year. We provide a lot of opportunities for young writers, but also writers at any stage of their career in terms of professional development workshops, residencies, helping them with grants writing and that kind of thing, but there is still a lot of work to be done."

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NU-STYLE SHUTTERS
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Youth and experience combine for a magical musical afternoon

by Josephine Allison

THE finest of musical talent spanning more than 70 years in age will be on show this month when rising young teenage violinist and composer Ellie Malonzo joins esteemed virtuoso violinist and conductor Ronald Thomas AM at Government House for the Metropolitan Symphony Orchestra-MetSO gala.

At just 14, Ellie, of Mount Pleasant, is writing music for orchestras after starting composing aged

six, writing the first movement of a Violin Concerto. She has already posted an impressive list of awards and achievements and seems set for an illustrious international career.

Ronald Thomas 84, who grew up in the WA Wheatbelt and now lives in Guilderton, is also a child prodigy who took violin lessons from his father Ivan. He was awarded an AM last year in the King's Birthday honours list for significant service to the performing arts,

particularly through music.

At 18, Ronald left WA to study in London and later in Switzerland. On returning to London, he won the Carl Flesch International Violin Competition at just 21 years-of-age, the musical equivalent of the Olympic gold medal for violin. He was offered concerto engagements with the Royal Philharmonic Birmingham. In 1976 he became concertmaster, then musical director of the Bournemouth Sinfonietta.

He moved back to Australia in 1987 to become artistic director of the Australian Opera and the Ballet Orchestra (now Opera Australia). He formed the Soloists of Australia that performed at the Perth Festival while a guest lecturer at the Sydney Conservatorium and the leader of the Sydney String Quartet.

"I've been playing with the MetSO since the beginning of last year," Ronald told *Have a Go News*. "It gives me a lot of pleasure to be still playing,

conducting and meeting people without the high pressures of the past.

"I first met Ellie when we performed her violin piece for two violins last September after she was chosen as a MetSO Young Artist. We played together and I was impressed with her as a person, as a violinist and with her enthusiasm and work ethic.

"She gets up at 4am, to practice and works very hard. When the opportunity arose for the concert this month I thought we could do the Bach Double Violin Concerto with the orchestra.

"I'm looking forward to playing at Government House ballroom which has good acoustics."

Ronald is also music director of the daytime MetSO Chamber Orchestra which involves musicians aged from 12 to 92.

Ellie says she is excited to perform with Ronald Thomas.

"It just goes to show how much music brings people together; it's not very usual for people with

a 70-year age gap to perform together.

"We've done three practice sessions together and my dad makes us lunch."

Music has been part of Ellie's life since she was a toddler and she now divides her time between playing the violin, composing and study.

"Composing varies a lot depending on if I'm at school or on holiday.

She is fortunate enough to play on a fine Italian violin, a Joseph Panormo instrument made in 1787 and uses two French bows.

"I love swimming and sometimes I compose in my head while I'm in the pool."

Ellie has had many of her compositions workshopped by professional musicians around Western Australia. Her future looks bright.

MetSO Gala 2024 featuring MetSO Young Artists Alexander Chua (piano), Ellie Malonzo (violin and composition) and Charis Postmus (soprano) with special guest



Esteemed virtuoso violinist and conductor Ronald Thomas and violinist and composer Ellie Malonzo

soloist, MetSO conductor and world renowned violinist Ronald Thomas AM perform at Government House ballroom 3pm Sunday February 25. Also featuring the Echoes of Ukraine choir and acclaimed concert pianist Lydia Lai.

Tickets: www.metso.org.au

WIN WIN WIN
Thanks to Metso we

have five double passes to giveaway to the performance at Government House at 3pm on Sunday February 25. It's a great opportunity to see this brilliant local orchestra. To be in the draw simply email win@haveagonews.com.au with Metso in the subject line or call the office during business hours on 9227 8283. Closes 20/2/24.

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Prime Movers are seeking the services of a secretary for our not-for-profit organisation which conducts exercise classes to music for the over 50s, across the metropolitan area. For further information please view our web page: www.primemovers-exercise.com.au.

The person we are seeking would ideally be familiar with Prime Movers and will have attended our classes, but not essential. Competent with MS Word, Excel and Outlook; have good communication and organisational skills; and be committed to the tasks at hand.

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In the first instance, please forward your expression of interest together with resume/experience and skills to: secretary@primemovers-exercise.com.au



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Congratulations to our December winners; Kevin Walsh, Shane Furlonger, Margaret Phillips, Derek Osborne and Fred Neubronner.



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Dean Head writes a children's book with lessons for us all



L-R; Dean Head - Dean Head filming UNICEF Goodwill Ambassador, Jackie Chan - Dean Head on location filming Transformers: Age of Distinction Inset; Book cover for Earth Movers

by Josephine Allison

WHEN Dean Head was a small boy growing up in Perth, he waited for the roadside council workers to head home, leaving behind their machinery which he would try out. It started a lifelong love of the big movers which the celebrated filmmaker has turned into an action-packed children's e-book.

Earth Movers Determined Kids versus Evil Aliens has already captivated children with parents and grandparents reading the e-book while doing the voices and acting out scenes. Dean recently visited Spearwood Primary School, which he attended as a child, spending two hours with his young audience talking about his career and the new e-book with plans to visit other schools.

He also plans to make a movie of the book for release in 2025 with WA settings including Kalgoorlie, Fremantle and the South West.

"When the council workers headed home, as a boy I would jump on the bulldozers, excava-

tors and other machines and pretend to drive them," Dean tells *Have a Go News*. "As I got older, I learnt how to drive and start them and then I went into filmmaking, starting with Channel Nine in Perth, later living in Hong Kong and China for more than 30 years.

"I often encountered excavators blocking our shots and I climbed in them, moved them out of the way and reverse parked them. When I was commuting to Malaysia and Hong Kong, I had a relationship with a lovely Chinese woman who had a two-year-old daughter.

"I was teaching her English. Every day I would be driving her to play school and we would pass a construction site with a crane towering above and it stood out. I said: 'babe, that's a crane' so every day after that, she would say: 'Daddy Nacrane, Daddy crane'; not the first word a two-year-old could learn but it was a start.

"All the machines and bulldozers were there and I looked at them and thought: Imagine if they all came to life and attacked us because they look

quite evil. And that's how the story came about.



"I want the book to be accessible to everyone, including kids who are not financially well off but have the chance to learn moral messages about anti-bullying, anti-racism, acceptance and respect for women.

"It promotes WA First Nations people and Chinese culture as well. The three kids Richie, Milly and Jimmy, are a First Nations girl, a Chinese-Australian boy and an Aussie boy who are all mates living near the remote Youanmi goldmine with no clue they are from disparate backgrounds."

Dean Head has won more than 60 international awards for films.

He has worked on Hollywood blockbusters including *Transformers: Age of Distinction*, *Rush Hour 2*, *Spy Game* and *Lara Croft Tomb Raider: The Cradle of Life*. His career has taken him around the world.

"Covid brought me back to Perth and I started this different project," Dean said. "I wrote the script for the movie over eight months and then, during Covid, I converted the script to a book which took 7½ months working from 4am to 9pm every single day. Every day my brain worked overtime and three times I fell over from exhaustion and collapsed into bed.

"I don't know where the energy came from - from the universe somewhere - and I kept going until I finished. Then I launched it and it's selling in 66 countries and I have the merchandise going. We

recently had a big social media blitz involving my cousin, an executive assistant coach who has 8000 followers around the world, and she did a big posting for me.

"My whole world is visual, I have millions of ideas streaming from my mind every day, I can't control it and can't stop it, but I enjoy it. I wrote the book with the energy and pace of a Hollywood blockbuster, drawing on my 40 odd years of experience.

"From the get-go, the kids are taken on a stupendous journey and they love it. A testimonial from twin nine-year-old brothers on the website prompted me to bring remote control excavators from China which I filmed with them. This advertisement for the book was projected onto a 10-storey LED billboard in New York's Times Square just

before Christmas." Dean says he has designed the book so that people can also learn English.

"There are hyperlinks that you touch and you are taken to a glossary or an online explanation so that kids can learn instantly.

"There is breast cancer awareness for kids involving the Pilbara Heavy Haulage Girls Group who painted their trucks pink and the benefits of breast-feeding mothers versus using powdered milk."

The e-book is available on Apple Books and Amazon for \$9. Follow Dean

Head on Twitter and Facebook on his journey promoting the book and translating it to film.

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Where opinions matter - should we save famous heritage houses for posterity?



by Lee Tate

BOB Hawke's humble childhood home in Leederville has been elevated to heritage status, considered fitting for a former Australian Prime Minister.

The Swanbourne home of John Curtin and wife Elsie was bought jointly by the Western Australian

and Australian Governments in 1998 and, since 2002, in care of the National Trust.

How much significance do we give these houses, what should be done with them and where does it lead?

What of the childhood homes of the highest-achieving, West Australian-born politicians John Forrest and Kim Beazley, both acting prime ministers? (Hawke was born in South Australia and Curtin in Victoria).

Forrest helped shape the nation, including the federal constitution, as well as Western Australia

and was a celebrated explorer.

Beazley and his father, Kim senior, helped shape modern Australia and Kim junior was leader of the Australian Labor Party, Governor of WA and later ambassador to the USA.

Harvey's Stirling Cottage was home to both Gibbs (creator of *Snugglypot and Cuddlepip*) and, earlier, Sir James Stirling. While only a replica, the cottage is a major tourist attraction.

Public interest is also shown in Tom Collins House in Swanbourne, built by famous author Joseph Furphy in 1907 who

wrote the classic novel *Such is Life* under his pen name Tom Collins.

The house was built in Servetus Street but relocated to Allen Park in Swanbourne, part of the Bush Heritage Precinct.

Albert Facey Homestead may have been moved from its rural setting in Wickiepin but nearly all the rooms have the original Facey furniture in them. The character building is popular with tourists.

This is the homestead that author Facey (author of *A Fortunate Life*) walked out of in 1934 during the Great Depression.

Woodbridge House in Guildford is another heritage landmark although visitors have limited knowledge of its roots.

In the 1830s it was part of the estate of Captain James Stirling and was bought by Charles Harper, farmer, politician, explorer, chaplain and part owner of *The West Australian* newspaper.

Harper built the turreted colonial mansion described in 1894 as the handsomest private residence that has yet been erected in the colony. Harper and wife Fanny



The late Bob Hawke outside 101 Tate Street, West Leederville which was his home for 14 years from age 10 - Image supplied © Department of Planning, Land and Heritage

raised 10 children there.

The sprawling home of Claude de Bernales (Overton) was one of the State's grandest mansions and attracts hordes all-year-round but with a minority knowing it only as Cottesloe Civic Centre.

Bob Hawke's 1929-built red brick-and-tile house on Tate Street, West Leederville, is considerably more modest. It was his home for 14 years from age 10. Bought by the State Government, its early visitors included Bob's uncle Bert, WA Premier from 1953 to 1959.

The Curtins' Jarrad Street, Cottesloe home also served as Curtin's of-

thopist, Sir Russell Grimwade). But it is doubtful whether navigator Cook ever lived in the house.

WA's rich and famous probably bless our low-key approach.

One US tour, Celebrity Homes, trawls the homes of Michael Jackson, Al Pacino, Halle Berry, Dr Phil, Lucille Ball, Elvis Presley, Marilyn Monroe, Elton John, Simon Cowell, Ozzy Osbourne, Charlize Theron, Bob Barker, Bruno Mars, Katy Perry, Justin Timberlake, Carrie Fisher, Gwen Stefani, Will Ferrell and more!

What do you think?
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Tips and advice for older daters from MAFS' expert John Aiken



Clinical psychologist and *Married at First Sight's* dating expert John Aiken

by Jennifer Merigan

WE know that the dating game is not exclusively for the young. For more than 20 years *Have a Go News* has run the very successful Friend to Friend page, a free service for readers which offers people the opportunity to find friends, travel companions and partners.

It's a well utilised section and each month we see people from as young as 38 to as old as 88 on our page looking for companions.

There have been many successful pairings, including a few marriages. It's another one of the feel-good things we do at *Have a Go News* for our readers.

Taking the plunge to get back out there and start seeing people is a brave step for anyone, particularly as you get older.

Last month I had the opportunity to speak to clinical psychologist and dating expert John Aiken from *Married at First Sight* fame.

John has specialised in relationships for 30 years and although he has closed his private practice, he is passionate about studying human relationships. Working full time on *Married at First Sight* (MAFS) he continues to upskill professionally.

"Throughout the year I go to workshops and conferences to keep my professional development

up to speed; I specialise in relationships, that's where my passion is; working both with singles and couples and I don't think that will ever stop," he told *Have a Go News*.

John has offered some useful advice for daters particularly those who are new to the scene.

He says older daters need to have the right mindset; which is... 'I am going to get out there and try and get out of my comfort zone.'

"Remember dating is like anything, it's a numbers game, so not taking it personally if it doesn't work out is important," said John.

"Just get back in there and try to meet different people in different settings, it all helps you to find out what you like.

"Whether you have dated a lot over the years or just come out of a relationship, it's really important to utilise the wisdom that you have.

"Learn from the past and really get clear before you meet that next person what your preferences are, what you like and what you don't like.

"I say to people who are looking to get into the dating game, think about the last relationship and think about why they weren't right for you.

"What are you looking for in your next partner? What are you going to do next time around that is different?"

John says it's also important to look at yourself and ask yourself what makes you so good at relationships.

"You need to ask yourself those questions and get clear on the answers before you start dating."

He also suggests finding out information from people who are already in the dating game and how it works for them.

"If you are going to go online you might get someone who has already done that to help you and help you understand the different apps that are out there and help you with the research on it.

"It's very important to get familiar with the process before you launch in," said John.

John also suggests utilising your friendship base when dating; ask them for advice and their opinions.

"Friends are very important as they are going to be able to tell you what is going on, because sometimes love can blind you and having them give you feedback is important in the dating game."

John said that many people do the same thing a certain way for many years and it's important to try something different and see where that leads.

"If you use these tips, it can be a guide for you and remember - it's not going happen if you stay indoors on your own and watch TV, so be brave and get out there and break the

mould," he said. And his advice about sexual relationships and dating...

"If you are wanting to find someone who wants a commitment there's no rush, get to know them before jumping into bed."

John believes that sex can race relationships forward so much that you may not end up meeting people who are into commitment.

"I always tell people to be a little more cautious

than risky, take it slow and get to know them and you will find out very quickly if their intentions are the right ones."

John Aiken is a clinical psychologist and has featured as an expert on *Married at First Sight* (MAFS) television show for 11 years.

Married at First Sight airs on Channel 9 every Sunday, Monday, Tuesday and Wednesday at 7.30pm or watch it on 9 NOW.

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by Rick Steele

WAY back in 1731, Jonathan Swift, author of *Gulliver's Travels*, wrote: that the odd fart was notorious for its stifling effect on romance.

Flatulation is an undeniable part of life. I don't think you will find the word

I'm inflated with baked beans... a breezy look at one of life's occurrences

inflated in the Oxford dictionary, because I made it up!

To be inflated: to be inundated with flatulence.

Shakespeare said: "to suffer the slings and arrows of outrageous fortune."

Steele said; "To suffer the zings and aromas of outrageous flatulation."

Lady Fotherington-Smith was prone to excessive flatulence, especially when excited by profile visitors. Her very loyal butler, Jones would always take the blame with a forthright, "Excuse me," and would

leave the room. It came to pass that the Bishop was in attendance, but due to unforeseen circumstances, Jones had a stand in...

Just as she pouring the tea, Lady Fogsbottom-Smith let go an explosive ripper...

"Jones...stop that!" She exclaimed loudly...

"Certainly Ma'am," he replied. "Which way did it go?"

I think the history of baked beans goes almost as far back as Adam offering Eve an apple.

"Here Eve, a little side dish I knocked up."

Primary school essential reading included; "Bubbles in the bath;" by Harry Letoff. Vaguely in my past I recall; Beanz meanz Heinz. School-boy humour screamed... "Beanz meanz Fartz."

As the eminent professor Julius Chocolate Man would say: "Why is this so?"

Baked beans and flatulence seem to go together like Batman and Robin or Romeo and Juliet."

Recently while on holiday in Coromandel, New Zealand, I spied this story by Stan Stewart of *The In-*

former; (the local paper I borrowed).

"Baked beans are mostly Navy beans, also known as Haricot and are the beans used in commercially produced canned beans. The label on a can found in a supermarket locally reads,

"Proudly made in NZ from imported and local ingredients."

Also on this \$1 can was the mind-boggling detail that the contents had travelled from USA/Canada to Italy - 8,600km - where they were packed; (no doubt in bulk), then trans-

ported to Sydney Australia - 16,000km where they were packed into cans with ring pull lids by Woolworths and sent on to NZ, another 2,155km.

These globe-trotting beans travelled 26,155km, plus trucking from Auckland to the shelves in Whitianga. Baked beans in tomato sauce are a common and widely used low cost protein-rich food.

Stan goes on to ask how this is possible to transport so far and retail for a dollar?

Strike me pink;

buggered if I know!

The Queen was showing the Archbishop of Canterbury around the royal stables when one of the stallions close by broke wind in such a loud and gutsy manner it couldn't be ignored.

"Oh dear," said the Queen blushing, "how embarrassing, I'm frightfully sorry about that."

"It's quite understandable," replied the Archbishop, and then after a moment added; "as a matter of fact, I thought it was the horse."

Cheers dears.

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Fremantle breaks new Guinness World Record...



Leighton Beach Fremantle

LEIGHTON Beach Fremantle was thronged with people on Saturday January 20 as crowds came together for the Guinness World Record - world's first ever, biggest, group ice bath.

The event was the brainchild of Mark Hughes from One Life Live It: a company focused on helping people break out of negative mindsets and limiting behaviours, often associated with anxiety and depression.

The event hoped to raise awareness of the benefits of cold-water exposure and breath work to improve both physical and mental health.

At midday the 537 participants made their way

down to Leighton Beach where more than 40 inflatable pools awaited. They were already full of seawater. Forklift trucks delivered pallets of ice. Each pool required 125 x 5k bags of ice. Participants collected the ice bags and placed them around the pools. There were 12 people to each pool.

Regular *Have a Go News* reader Jean Hudson was part of the event.

She said: "Once the ice was added and the water temperature checked - our pool was five degrees, we were ready to go.

"Guinness Book of Records adjudicator Pete Fairbairn gave further instructions that we were required to simultaneously submerge up to the neck in the ice bath for three minutes.

"Only 483 participants were needed for this to be a record. However, 509 hardy souls managed to submerge for three minutes, thereby creating a new world record," said Jean.

"All profits went to Beyond Blue, an Australian mental health and wellbeing support organisation that address issues such as depression, suicide, anxiety disorders and other mental health issues.

"Once we had warmed up a little, we joined Cold Nips, an Australia wide community movement that promotes wellbeing and raced and plunged into the turquoise ocean at Leighton."

Well done Fremantle on breaking a new record.

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Centrelink Update - how assessable income is calculated for real estate



by Hank Jongen, General Manager, Services Australia

REAL estate income assessments for Services Australia can often be misunderstood as it's assessed differently depending on the payment you're getting.

It's important to remember that in most cases the principal home has no income and doesn't count as an asset, so it doesn't affect your rate of payment.

When we look at assessable income from real estate, Services Australia does not recognise negative gearing – the tax arrangement where you can offset investment losses against other sources of taxable income. If a property is making a loss, the assessable income from the property is \$0.

If the payment or concession is based on your adjusted taxable income, like Family Tax Benefit, Childcare Subsidy or the Commonwealth Seniors Health Card, then you will need to add any net rental property losses to your taxable income as part of the claim.

For most other payments, Services Australia will look at both the assessable asset and assessable income from real estate. The value of the asset is the market value – what you would get if you sold it. We assess the value at the time of application and then automatically re-value the property on the anniversary of your claim based on the movement of property prices.

Services Australia can offset the value of real estate with any loans secured against that property. So if you have an investment property with a loan solely or jointly secured against the investment property, then we are able to reduce the market value by the proportion of the loan held against the property.

As an example, if you have an assessable property valued at \$650,000, with a \$200,000 mortgage secured against that property alone, then the assessable asset would be \$450,000.

If the mortgage used to buy the real estate was secured against the family home, then none of it can be used to offset the value of the real estate.

Time shares arrangements
Time share arrangements are a form of property ownership where you have a right to use a particular property or properties for your holidays. You may own a share of one property that gives you access to a particular place for a particular time, or be part of a points system that gives you access to a variety of properties at different times.

Time share arrangements are not treated the same as standard real estate. Services Australia assesses time share arrangements like a managed investment in that the income from the time share is deemed under our deeming rates. This means that there will be an assessable income under our deeming rules, whether you earn more or less than those amounts from the time share arrangement.

We assess the asset value of a time share as

the purchase price. That can be changed if you can provide evidence from recent sales that shows the value has fallen.

If there are any changes to your real estate or timeshare arrangements, you should let us know within 14 days. Until next time.

Until next time.

Until next time.

Until next time.

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

Could we do it better? (Just asking)



by Jon Lewis

IF it is going to be done, why not do it better? I suppose it is naturally all down to perceptions. You might feel already that it is good enough. So, how could you know that you are correct and not selling yourself too short? This is where another person's perception may come in very handy.

Could listening to that impression of your intended output put you on a whole new and perhaps exciting path?

I came upon this idea while wondering what might be the best way to reduce carbon emissions, as you do while stuck in traffic.

It occurred to me, if public transport was twice as good as it is now, maybe half of these cars might not be stuck in traffic?

I further pondered that in my experience public transport takes twice as long. Perhaps if we could speed it up it might just take the regular time. I then further pondered and considered if we doubled the speed of public transport could it take half the time, triple it, a third?

Certainly, if I could get to work in half the time by using public transport rather than my car, I would not only be delighted, I would have more useful time left in my day.

Just in case you are wondering, I am not in favour of buses traveling at 200km/hr, but I would like to see trains go that

fast... or faster... safer and more comfortable too.

Our Armadale train line is currently closed to remove all level crossings. This means at no point will car and train meet. This seems to me a wonderful opportunity to double or triple the speed of the train.

Hello engineers (my favourite people), this is where your genius is required, what would be needed to the track, bends, stations and carriages to make this happen?

Perhaps, with only a

small economical engineering change we might be able to safely do this to a level that is useful?

To put my idea into practice, I shared this article with a friend of mine, Hamish, who excitedly offered these revolutionary ideas:

Commuting – employees could consider where employees live as part of the interview process.

Traffic efficiency – less traffic equals faster commute, so stagger start times for different industries, say builders 7am, retail 10am, public servants 11am?

What do you think?

I would love to think that while the train line is closed, we took the time and opportunity to consider future generations and make this the start of something more than good, but better.

Consider the reduction in pollution, petrol use and platitudes. (A statement that expresses an idea that is not new)

Yes, it's not new and yet I am still waiting.

It's up to us if we choose, choose to be on track to a better way, all aboard!

All the best.

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Thinking about our place in the universe - can we save the planet from ourselves?



in Glasgow (COP26). He was given just one minute to say something to the 120 world leaders and more than 40,000 registered participants who met for two weeks in 2021 to address climate change, including the science, solutions and the political will to act.

Professor Cox told the story of his COP one minute during an inspirational production *Symphonic Horizons Live* with the Sydney Symphony at the Opera House in December. The performance was recent-

ly screened on ABC TV. He explained his concept of meaning. Whatever it is, it is surely a property of living things. We know it exists because the universe means something to us.

His lucid explanation of the evolution of the universe over 13.8 billion years, interspersed with symphonic music and amazing photographs taken from space missions, made dramatic viewing. Certainly it put our tiny world into perspective. Trying to imagine that there might be two trillion galaxies in the known observable universe, and that ours may not be the only universe, makes most peoples' brains hurt.

Douglas Adams got it right in his book *The Ultimate Hitchhiker's Guide to the Galaxy*.

"The Universe is an

unsettlingly big place, a fact which for the sake of a quiet life most people tend to ignore. Many would happily move to somewhere rather smaller of their own devising, and this is what most beings in fact do."

The inevitable conclusion would seem to be that our lives, our species, in fact planet Earth itself is insignificant in the bigger picture. Not so according to Professor Cox.

What if our earth is, as some cosmologists believe, truly unique? Could we be the only intelligent life form, alone among all those planets in all those galaxies? Some scientists believe that this might indeed be the case, with life on other planets likely to be green slime rather than resembling science fiction aliens typified by *War*

of the Worlds. If our earth is the only 'Goldilocks' planet with just the right conditions for evolution of complex lifeforms, surely we have a responsibility to be stewards of this brilliant diverse life, to do good, not harm?

Most of us care about the natural world, our communities and future generations and do our best, but it's easy to feel powerless in the face of governments, powerful lobbies and multinational corporations that determine our future. We shouldn't blame them entirely. We are complicit in our insatiable demands for 'stuff'.

Researchers have suggested that the very aspects of human cultural evolution over 100,000 years that have allowed us to dominate the planet might stop us from solving global challenges

like climate change. The authors of a recent paper propose some ways forward to get us out of this evolutionary trap. They include more intentional, peaceful, ethical global systems.

Can we do it? What if enough of us said... enough? What if we held our politicians to account and let them know that decisions made on the basis of short-term election cycles and current economic imperatives are not serving us - or the myriad life with which we share the planet - well?

What if we thought about the meaning of being a species with the intelligence to explore space and compose symphonies, and the awesome responsibility that imposes on us? As Professor Cox said: discuss. Maybe we can save our tiny speck of a world.

by Karen Majer

WE'VE made the only island of meaning in a galaxy of 400 billion suns and if we destroy this then we may eliminate

meaning, potentially forever. Discuss.

That's what Professor Brian Cox said when he was invited to address the UN Climate Change Conference

British Pensions update - register to vote in the UK to give expats a voice



by Mike Goodall

THE Bill has finally been passed to allow any British citizen (including any Irish citizen who also qualifies for British citizenship) aged 18 and over who was previously registered in, or has lived in the UK, even if that was only as a child, to

register to vote for any UK Parliamentary election, by-election or referendum.

You can register either in the last place that you were registered to vote or, in your last place of residence in the UK. You will need to provide evidence to support this in your application and you are only allowed to register and vote in one place.

Because we live in Australia, postal votes arrive in the UK too late for them to be counted. To be counted postal votes must arrive by polling day. The only safe way to guarantee that your vote will count is to use a proxy voter

who is over 18 or vote on the day if you happen to be visiting the UK. If your trusted proxy does not live in the same district where you are registered to vote they can apply to vote by post as a Postal Proxy.

The easiest way to register to vote is on line. People from Northern Ireland need to download, print and complete a registration form. For all applications you will need to prove your identity and provide evidence of your last place of residence or where you were last registered to vote in the UK.

The easiest way to prove your identity is

using your National Insurance Number (NINO) and your date of birth. The Electoral Registration office will then check your NINO against information held about you by the Department of Work and Pensions to confirm your identity. Failing that, you can provide a scan of your British Passport (current or expired). If neither of those work there is a list online of 17 other documents that can be used to provide ID.

Once you have registered online you can apply for either a postal or a proxy vote. I have enclosed links to apply for:

gov.uk/apply-postal-vote

(2) Proxy Votes www.gov.uk/apply-proxy-vote

Registering to vote will not create a tax liability in the UK. It is clearly stated in the legislation that there is no connection between being registered to vote, voting and being domiciled for tax as an overseas elector.

We are asking you all to register to vote in the UK and to contact the candidates when declared about their views on frozen UK State pensions.

Unless the Members of Parliament are 'on board' we will have no chance to have a

bill amending pension freezing passed by parliament.

Leave them in no doubt that you will only be voting for those who support unfreezing UK State Pensions worldwide. If only Australian expat pensioners registered to vote, voting and being domiciled for tax as an overseas elector.

At last, we have a voice and an opportunity to use it, hopefully for our future benefit.

Am I UK State Pension Age?

People born between October 6, 1954 and April 5, 1960, who have

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

The age at which those born after April 6, 1960 can claim will increase by one month extra for every additional month of birth until March 6, 1961 when it will become their 67th birthday. This is now subject to a UK Government review.

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



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GRAI begins an LGBTI book club

GRAI, (Lesbian, Gay, Bisexual and Transgender rights in ageing) has secured funding from Australia Post's Community Grants to run a book club and online chair yoga.

The LGBT Classics book club will be held on Wednesdays from 1-3pm at Pride Centre, 142 James Street in Northbridge.

The first meeting will be held on February 14 and features *The Well of Loneliness* by Radcliffe Hall. Copies of the book are available from the State Library, Belinda local library app for free, Kindle and Boffins.

On March 20 they will cover *Satyricon* (Satyrion) by Petronius.

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Retirees Club News & Recreation



Find out more about the historic gardens of Perth

JOHN Viska, founding chairman of the Western Australian branch of the Australian Garden History Society, will be the guest speaker at the March meeting of the Western Australian Self-Funded Retirees Association (WASFR).

His subject will be the Historic Gardens of Perth which is aimed at raising awareness of the rich gardening history of Western Australia.

John is well known as a lecturer, author and researcher and has received official recognition for his outstanding contribution towards Heritage in Western Australia. He is recognised also for his work in the preparation of conservation plans for the National Trust (WA), for the

Heritage Council and for Local Government.

His work also includes curating the Historical Societies two exhibitions on Historic Gardens of Perth and his co-editing of the publications *Historic Gardens of Perth and Historic Gardens of Perth, European Settlement to Modernism*.

The book encompasses about 130 years of history with around 200 pages of photographs, maps, plans and artwork. It has been exquisitely researched, is visually appealing and will prove invaluable to garden heritage professionals and to the wider public with an interest in the horticultural heritage of Western Australia.

It will be available for sale at the March meeting following John's presentation. All proceeds from the sale of the publication will be returned to the community as grants to assist in garden restoration projects for heritage listed properties.

The meeting will be held at 10 am on Friday March 8 at the usual venue, the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

Visitors are always welcome, admission to the function is free of charge and there is ample free parking onsite.

For more information phone Ron de Gruchy on 94471313 or Margaret Harris on 0417 991 947.

Prof Martins to share his insights...

PERTH Branch of the Association of Independent Retirees (AIR) have invited internationally recognised expert Professor Ralph Martins to present his research into the diagnosis, prevention and treatment of Alzheimer's disease, at a meeting on Friday February 16 at 10am.

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

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

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

Members (\$2) and visitors (\$5) are en-

couraged to bring the correct money and their own coffee mug. Visitors are welcome. Enquiries can be addressed to Margaret Walsh (marghw@outlook.com).

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

For further information re the next meeting of the AIR Investors Discussion Group enquiries can be addressed to John (johnkwellis@gmail.com).

Free chair yoga online...

STARTING on Tuesday March 12 from 2 -3 pm for 10 weeks and thanks to funding secured by Australia Post's community grants program GRAI LGB-TI, rights in ageing will commence this online program available to LGBTI people in the community.

The program is free and is designed to ease people into healthier outcomes this year.

Register by emailing eo@grai.org.au

Interesting array of guest speakers for retirees group

JENNY Atkins from the Cancer Council WA will be the guest speaker at the next meeting of the Association of Independent Retirees (AIR) Perth northern suburbs branch.

Jenny will address the roles of the Cancer Council and talk about cancer as it affects older Australians with regard to research, prevention and cures.

This meeting will be held on February 15.

The March 21 meeting will present speaker Stacey Price from the Northern Suburbs Community Legal Group. Stacey will be talking about Wills and Estate Planning which follows on nicely from David Emery's talk in January re pre-planning your funeral.

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

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

Numbers are limited in the meeting room, if you are interested in attending as a guest, please reserve a seat by registering your interest with Mike Goodall.

Cost \$5 per person including raffle and refreshments. For further information please contact Mike Goodall on 0403 909 865, e-mail mikecgoodall@btconnect.com for further details.

Setting up the details for the bank of mum and dad...

IT is a common theme these days that youngsters cannot raise the deposit to buy a house, whereas Mum and Dad are loaded and don't know what to do with all the money they have been lucky enough to accumulate.

The government is unhap-

py that many older people are dying with lots of money which they have accumulated in superannuation. This was subsidised by low taxes.

It seems only fair that parents should help their children to buy a home.

Unfortunately, it is not always

a good idea and not well executed and sometimes results in elder abuse.

Mark Rattigan the managing director of Merideon Wealth Strategies will address the meeting of the Australian Independent Retirees (AIR) on the key considerations when pro-

viding financial support to your children.

The meeting will be at the Halls Head Bowling Club, Mandurah at 9.30am on February 26.

All are welcome.

For more information contact Norm Hodgkinson on 9527 2383.

Did you know - we have 206 bones in our body?

BONES need to be looked after and strengthened - just like our muscles, our heart and our minds. Bone health is important for maintaining our strength, managing osteoporosis and arthritis and preventing falls.

How well do we care for them and when should we start caring for them? Is it after we've had that dreaded fall or is it much before then?

To find out, come and learn from WA Health and Social Care experts about the role of lifestyle in the growth and strength of young bones, impact of age on bone health, dementia and bone health, managing osteoporosis and arthritis and preventing falls in older people.

Information is power and timely information can help prevent health complications and promote better care outcomes.

Do you and your friends want to know more?

Anantha Australia, in collaboration with City of Canning Council - Hillview Intercultural Community Centre, Lions International, WA Older People Health Network and several cultural community organisations, are conducting free community education workshops to empower and enable you to enhance your and others' health and wellbeing.


Open to anyone who is interested, the workshops are delivered over four hours and consist of subject expert presentations, sharing of lived experiences and motivational talks, opportunity to network with health and social care experts and volunteers over light refreshments.

When is the first event in 2024?

Topic: Bone Health, Sunday February 18; 1pm - 4pm Free event

To register: www.tiny.cc/AgeingWellRegistration

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Letters to the Editor

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



Dear Editor,
Re Lee Tate's opinion piece on banks in January 2024.

BANKS are closing branches. This is not necessarily new information. They have been doing it for a while.

In fact, it's very difficult to even get to the teller service if you can find a branch. You are often stopped at the door and asked what you want.

Having run a small business for over 30 years I can attest to the fact that cheques and similar payments (upon invoicing out) are something of the past.

I consulted my deposit book the other day. I have made not one cheque deposit for the past five years. This falls into line with the

fact that banks cannot be bothered with such payment mechanisms.

My Mum likes to give birthday gifts of cash to her grandchildren as a cheque but this has had to stop because it's so awkward for them to get into a branch or ATM and deposit the cheque.

It seems very impersonal to send a birthday gift via direct banking credit into their account. And Mum doesn't know how to do it anyway.

Financial literacy is a big issue for the elderly in this bright new world.

On the matter of cash, back when I was a uni post graduate student I was watching one day the supermarket checkout person coughing and sneezing and then

handling the cash from shoppers into the till and out of the till... all day long to hundreds of people.

I thought then about doing a Masters Degree in public health focussing on the role cash plays in spreading germs and disease.

I personally think that no cash should be used where food is handled.

In Asian food courts vendors ask the shopper to purchase a pre-loaded cash card that is used to swipe for food purchases. It's cleaner and easier.

Stand in a bar at a hotel and watch your drinks being poured and served. No-one pays in cash. The young crowd just swipe and move on.

Colin Scott

Dear Editor,
I'VE thought for many years now (I'm a septuagenarian) that the downhill slide started when corporal and capital punishment was abolished way back in the eighties.

Now it seems that we live largely in a state of anarchy, where crime perpetrators get away almost Scott free – whilst their victims and families suffer great loss and pain for the rest of their lives. Violence seems to be the order of the day now – daily news – but what is being done about it?

I can't believe that a whole panel of judges recently found it acceptable to order the release of so many dangerous and unlawful folk back into our community – several of whom have already been re-arrested! If the High Court can make such irresponsible decisions, what hope do we law abiding citizens have for the future?

**Florence Mellot
Ferndale**

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

Dear Editor,
PEDANTIC? Moi? (Margaret Ryan, Letters, December 2023) perhaps, but am I expecting too much from the comparatively excellent *Have a Go News*?

It is only because journalism as a whole has become so mediocre and has sunk to new lows over the past three years, that Jen and her team appear to shine with newsworthy context, a sense of humour and a tolerance of those of us with an alternative opinion.

Take the twin nonsense of COVID and climate change – no denial is allowed in the mainstream, it is heretic to speak out against these topics and ridicule and censorship is part and parcel of the tactics used against any dissenters. Why no allowance of debate?

My only criticism of this newspaper is that it doesn't go far enough. An independent paper should have the guts to print articles of an opposing point of view. It should not relegate

controversial topics to a letters' page with scathing and disowning comments from an editor.

It should not be afraid of upsetting sponsors.

The freedom of the press is mightily important, but in recent times we have witnessed newspapers and television becoming mouthpieces for governments, with very little balanced reporting and an almost unison trotting out of unsubstantiated propaganda.

Switch on your ABC, Chan-

nels 7, 9 and 10 for entertainment, but take any news coverage with a pinch of salt.

It is really time for people to stop believing every snippet of information that is uttered ad infinitum and rely on well-researched, critical thinking.

It may be a hackneyed expression and evidently not de rigueur, but there are always two sides to every story.

**David Rudman
Port Kennedy**

Dear Editor,
G'DAY... about bank branch closures and cash.

It is not just an issue of bank branch closures, especially in rural areas. The primary issue is cash in hand.

The tax office wants to know when, where, to whom, for what reasons, a person spends their income. With credit cards the tax office can check on every person's money activities.

This is a) abuse b) intrusion of privacy and c) plain tyranny.

People who use cash are punished with higher purchase costs. That is an additional punishment of those who need to use cash.

Banks do not give credit cards to people without a regular income. That means homeless, poor and elderly people foremost.

During the recent prolonged blackouts, no one was able to use a credit card, only cash, as no banks were open, ATMs didn't work and credit cards could not be activated.

Not everybody was able to drive to another town to use their credit cards. Cash was king. Cash needs to remain an active currency. We all need to stand up and fight for it.

We are a democracy and should not allow ourselves to be ploughed under by bureaucrats who never have a problem with their revenues.

**Monika Zechetmayr
Toodyay**

Dear Editor,
REGARDING bank closures in *Have a Go News* January the usual claimed reason for bank closures is that more customers are doing online banking, making many branches no longer justified.

Businesses seem to think everyone has a computer or is online. I have been a bank branch customer for over 50 years. They had a steady flow of clients, but the head office claimed the branch was not meeting its demand. After it was closed the next three available branches were five and 10 miles away respectively.

I am totally reliant on public transport, but some businesses don't give a toss about inconvenience to their customers.

**Frank Cherry
Southlake**

Dear Editor,
LEE Tate's article on bank closures and removal of cash was informative and encouraged me to sign the petition by the Cash Welcome campaign.

A couple of thoughts here. If cash is to be removed in favour of electronic payments then there should be no fees charged for use and it should be as anonymous to use as cash is currently.

Do this and I'll be happy to sign up to the change. While the information was good in Lee's article, I can't agree with his conclusion that we have been swamped by a technological tsunami

that we can't reverse.

Technology doesn't make these decisions, people do.

People who stand to benefit regardless of the inconvenience and the extension of their commercial and personal advantage. If we overlook this essential point, we become powerless and as long as we can vote in governments, we're not.

Ask your members of parliament where they stand. If you don't like the answer, find candidates who will back your opinions.

**Mark Gilligan
Waggrakine**

Dear Editor
I THINK the way UK has treated their pensioners living in Australia, is absolutely disgusting, and they should be thoroughly ashamed.

They have robbed us of 20, 30, even 40 years' worth of pension entitlement, while quite happily given it to pensioners in the US and other countries with little link to the UK.

But of course, if you spend thousands of pounds, holidaying there, you are entitled to it, but oh no – not all the time. The cost to UK is considerable, but they can afford to settle illegal immigrants in hotels, in their thousands, who have not contributed a cent to the UK.

I worked 69 years in UK, paid taxes, was a good citizen.

And this is how you treat ex-pats in Australia.

Alan Sexton

Dear Editor,
Please print my poem in your letters page...

A Happier New Year

*UNDER the rubble the children lie
Mums and Dads look down and cry
Help, Help my babies, bombs dropping from the sky,
But there is no help, why?
Must all these people die?*

United Nations are not united they are useless in times of war.

*The war mongers, yes the war mongers rule the day,
But soon there will be the devil to pay.*

*All our money is spent on weapons,
Is it our fault for keeping quiet?
Are we afraid of speaking out lest we start a riot?
Should we say something?
Better not or we might start a fight,
We could be next in line – don't rock the boat – be quiet.*

*Don't be afraid to say what you feel,
The war mongers are making a killing.
Under the rubble the babies lie
Can anyone tell me why?*

WA Higginson

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I needed flour, butter, sugar. And a helping hand. You guided me through my grandmother's recipe, with as much love and devotion as she'd shown.

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As it happened - beyond the stories - the Forrests of the Swan River Colony



by Lee Tate

THE slender, well-connected and wealthy Perth bride was 31 when she strolled up to the altar at St George's Cathedral on February 29 in 1876.

She had taken her time selecting her husband from enterprising young suitors in the Swan River colony. But the bridegroom didn't come from the ranks of the social elite.

The bearded man, 6ft tall and weighing 14 stone, was a local yokel, a miller's son from Bunbury. But Margaret Elvire Hamersley happily stepped up to say 'I do' with civil servant John Forrest.

After their honeymoon at the Rockingham Arms hotel the Forrests began

their lives' journey with Margaret's ambitious husband, the State's deputy surveyor-general, proving to be eminently worthy of her selection.

Margaret provided their solid start, a central city house - The Bungalow - with an acre of land between Hay and Murray Streets, bequeathed to her by her pioneering father, Edward Hamersley.

Scotsman Edward and French-born wife, Anne Louise, emigrated to Perth in 1837. Margaret, one of eight children, was born in France and was five when they landed in WA.

Perth's social pecking-order was strong with virtually everyone with power and influence coming from British privilege 'back home'.

Flanked by Margaret, the boy from Bunbury, quickly began to build his career, his influence and his assets.

Despite 12 years in the public service without a pay rise, John (or Jack to his family and friends), managed to acquire a property, 'Yandanooka' in WA's Victoria district,

several town lots and became a partner in two pastoral stations.

Author, Frank Crowley, in his weighty book *Big John Forrest*, revealed that Forrest also had a half share in a 200,000-acre property in the Upper Murchison, plus a quarter share of 590,000 acres on the Ashburton with his brother Alexander and Septimus Burt.

This property, Minderoo, became a profitable Forrest family enterprise. Generations later, the showpiece property was acquired by Forrest's great-nephew, billionaire Andrew Forrest.

Swan River colony, land grants and assistance to settlers was provided by the colonial administration to give them a direct interest in the colony and made them less likely to leave it for other British colonies.

Margaret became happily immersed in public life, the anchor of a husband constantly travelling as an explorer, surveyor or administrator. In Margaret's letters to Forrest, she wishes he was home more often.

For the Forrests in Perth, there were endless functions, dinner parties, amateur concerts, race meetings and visits to and from friends and family members.

Despite their commitments, the Forrests relished occasional get-aways including a proposed six-months' trip for a colonial conference in London which John extended to 12 months.

They sailed around the world to see how others lived. John took close interest in Canada's, cross-country rail system, helping him to shape plans for Australia's railways.

Margaret was a skilled wildflower painter and her work was published in authors' books. She embarked on a two-month painting excursion in the North-West, leaving John at home.

The Forrests had domestic help, allowing Margaret to potter in her garden and go to croquet and tennis or out to tea with friends.

In the mid-1800s, the Forrest family was flourishing. John's parents

were both alive, along with his three aunts and their children, six of his brothers' wives and their children, his wife's sister and his wife's six brothers and their children.

John and Margaret eventually had 50 nephews and nieces who, after the death of Margaret, all shared equally in John's estate.

John and Margaret, both from large families, hoped to have children but never did. It was speculated that Margaret may not have been able to conceive as a result of being thrown - when a young girl - from her brother George's horse. The horse fell on her.

With Margaret's dedicated support, John Forrest's legacy (1847-1918) is unmatched: Acting Prime Minister, Treasurer, Defence Minister, nation-builder, first WA Premier, explorer, surveyor, administrator and innovator.

Forrest led the successful campaign for the colony to join the five other States in a federation. WA became a State on January 1, 1901.



Margaret Elvire Forrest, 1887
© State Library of Western Australia 06992D

Maritime stories from Rotto...



ROYAL Historical Society of WA is pleased to host Helena Johnstone for this maritime talk on Rottneest Island.

A Rottneest voluntary guide, Helena particularly enjoys telling visitors about the social maritime history of the Island. She came to Perth from the UK in 2010 and soon developed an interest in the history of WA.

Rottneest Island has been called the brick on the doorstep to Fremantle: it's useful, but easy to trip over. Hear some tales of the men and women who have been connected to Rottneest Island over the years since its discovery by Dutch explorers.

The community talk will be held at 49 Broadway, Nedlands on Wednesday February 28, 10 for 10.30-11.30am Cost \$15 Bookings essential. Tel: 9386 3841 Email: admin@histwest.org.au.

continued from front cover

Tipped for success!

by Jennifer Merigan



Todd Woodbridge and Nat Foster

"I think that's what is going to make sure this show really enjoyable to watch," said Todd.

"Yes, it's a game show, it's about quiz, it's about knowledge, but there is a real element of luck and there is an emotional connection to every contestant."

"I know there is a big fan base which came about because of lockdown - it's a mesmerising addictive type of watch this one - we've given it a little bit of jazz at the end, compared

to the British show.

"It's not just about quiz, it's got layers, and this is reality television with a really nice thread of human emotion which is not fake.

"This show is a little bit like sport, in the end it's a win or lose, and we all take a chance.

"I get an adrenaline kick and I am invested with every contestant, and I want them to go home with the money," said Todd.

Game shows are always a lot more fun to watch when we see contestants from our home state competing.

Western Australians are in for a treat when well-known radio presenter from 6IX's classic breakfast team, Nat Foster joins the show on February 27.

Nat said she is a big fan of the UK version of *Tipping Point* and when the opportunity to be a contestant came up, she jumped at the chance.

"It's a lot different from sitting on the couch in your underwear shouting at the television; when you are on the actual show the pressure is well and truly on," said Nat.

"I was nervous about looking like an idiot and I didn't want to be the first person to go out. I got the star wobble when I saw Todd - all the bright lights and the fact all of sudden I had to wear a proper bra and full makeup and hair and I am not used to that working in radio," she said laughing.

Nat said Todd has taken to the job of host like a duck to water and Todd told me that Nat

was a brilliant contestant who brings a lot of fun for viewers to her episode.

Nat said there was a lot to take in being a contestant on the show, it wasn't all about the quiz knowledge.

"Take into account the buzzer - so even though I knew loads of the answers - I just wasn't quick enough and that was a bit of an issue for me, and I don't think we put enough effort and thought to be people on the buzzer and then lady luck has a go with the counters," she said.

One of the really fun parts to the show is the audience interaction with the contestants.

"I am not a shrinking violet and the audience were behind me cheering and I thought I don't even care if I get the answers right, I just want people cheering for me," said Nat.

"If you want to hear more of me listen to 6IX classic breakfast with me Nat and Westo every weekday morning between 5.30 and 9am on 6IX and don't forget to watch me on Tuesday February 27 at 4pm."

Whatever her success we know it'll be a lot of fun watching Nat.

Todd told me he hopes that everyone at home enjoys *Tipping Point Australia* as much as he has enjoyed hosting the show and looks forward to welcoming more West Aussie contestants to the show.

Tipping Point Australia airs Monday to Friday at 4pm in Western Australia on Channel 9 and is available to watch on 9 NOW.

COMMUNITY NOTEBOOK

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



HERB SOCIETY OF WESTERN AUSTRALIA

Meets four Monday of the month at John McGrath Hall, Hensman Street, South Perth. Doors open 7pm. Entry \$5 Includes speakers and supper. Visitors always welcome www.herbsocietywa.com

BALLAJURA SENIORS ASSOCIATION INC

Meets three days a week for bingo, pool, craft and carpet bowls. For full details contact Margaret Ryan on 9249 2396 or 0418 918 425 and leave your contact details if no answer.

BELTONES SINGING FOR FUN Tuesday nights 7.30pm-9pm

Community singing for fun, health and relaxation. Some part singing for extra challenge. \$5 a visit. Meerilinga Family Centre, 48 Peregrine Drive, Kingsley jeanda62@hotmail.com ph 0411 120 661

TRAVELING FLEA VINTAGE MARKET

March 3, 10am-5pm. Free entry. Vintage fashion handmade crafts and antique curiosities. Live music and food options. The Navel Store, Queen Victoria Street, Fremantle

SYMPHONY ON THE GREEN February 17, 5.30pm-9pm

Free event on the Village Green Rockingham. 9528 0333

SECRET WOMEN'S BUSINESS Presents Not In The Mood

Sunday February 25, 2pm-4pm Enjoy a unique captivating show featuring hilarious musical skits, heart-warming songs and inspiring tunes. Tickets \$40 Mandurah Seniors Centre, 41 Ormsby Terrace, Mandurah. www.trybooking.com/1152646 www.facebook.com/swbwa

TOODYAY FARMERS MARKETS Saturday February 17, 5.30pm-8.30pm +10 more dates

Locally grown produce plus art, music and fun. 140 Stirling Terrace, Toodyay


0432 839 690


GARDEN CLUB AND SOCIETIES PLANT FAIR


February 24, 8.30am-4pm Sunday 9am-2pm February 25. South Perth Community Hall, corner Sandgate Street and South Terrace. Entry \$5. This is a cash only event. Refreshments available.


COCKBURN MAKERS MARKET


March 9, 10.30am-7pm March 10, 11am-5pm Community Hub. Community Hub lawn Showcasing the finest talents and craft people from the vibrant Cockburn community. Bespoke jewellery, homeware, fashion and much more.

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MELBOURNE DELIGHTS & SHOW TOUR

5 DAYS

Noted for its cultural heritage, the city gave rise to Australian rules football, Australian impressionism and Australian cinema, and has more recently been recognised as a UNESCO City of Literature and a global centre for street art, live music and theatre. Discover the highlights and uncover the secrets of this beautiful city. Explore the city, shop till you drop and find a bargain, indulge in gourmet foods and choose between a footy game or a show at the theatre.

Tour Cost

\$3490*

Per Person
Twin Share
\$4250* Single

Tour Highlights

- ★ Enjoy a Bargains & Bubbles Tour including famous discount outlet stores and lunch
- ★ Embark on a National Sports Museum and MCG Tour at Australian Sports Museum, Melbourne
- ★ Experience Queen Victoria Markets Ultimate Foodie Group Tour
- ★ Enjoy a buffet dinner at the Conservatory Restaurant at the Crown Casino
- ★ Choose to either attend an AFL match or watch a show at the theatre

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares and taxes
- ✓ 4 nights' accommodation at The Savoy Hotel on Little Collins, Melbourne
- ✓ Breakfast daily, 1 lunch and 2 dinners
- ✓ Transfers throughout with a professional driver
- ✓ All sightseeing and entry fees as per itinerary



CAIRNS WINTER GETAWAY

A WINTER ESCAPE TO FAR NORTH QUEENSLAND

8 DAYS

What better way to escape the Perth winter than to spend seven nights in Cairns! It is the ideal place to base yourself for the week, enjoying the warm weather, getting out and about each day, having fun, seeing wonderful scenery and enjoying lovely food. Don't miss out on this opportunity to enjoy travelling again with a weeks holiday here in Queensland, Australia.



Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ 7 nights accommodation at The Crystalbrook Riley, Cairns
- ✓ Late checkout on the last day of the tour
- ✓ Breakfast daily, 4 lunches and 5 dinners
- ✓ Luxury Coach transfers with a Professional Driver
- ✓ All sightseeing and entry fees as per the itinerary

Tour Highlights

- ★ Wander the Cairns Botanic Gardens and enjoy lunch at Botanic Gardens Restaurant Café
- ★ Embark on a One-Way Kuranda Scenic Railway & One Way Skyrail Rainforest Cableway
- ★ Enjoy a guided Coffee Tour at Jaques Australian Coffee
- ★ Visit the Curtain Fig Tree
- ★ Cruise on Lake Barrine including lunch
- ★ Enjoy a guided tour on the Daintree
- ★ River including morning tea
- ★ Enjoy lunch at Daintree Teahouse Restaurant
- ★ Visit Mosman Gorge Tasting at Gallo Dairyland, Atherton
- ★ Tablelands
- ★ Enjoy a tour and lunch at Paronella Park
- ★ Enjoy a dinner cruise with Spirit of Cairns
- ★ Visit the Cairns Aquarium

Tour Cost

\$4950*

Per Person
Twin Share
\$6490* Single

4 to 19 September 2024

ITALY & CROATIA CRUISE

16 DAYS

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

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

Tour Cost

From **\$10,290***

Per Person
Twin Share

Upgrade to Oceanview for \$700 twin share

Upgrade to a Balcony Stateroom for \$1700 twin share

Single Upgrades – Please call the office



Tour Inclusions

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

Tour Highlights

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



5 DAYS

10 to 14 September 2024

SUNSET BLVD AT THE SYDNEY OPERA HOUSE

Discover the iconic city of Sydney with our 5-day Tour with the highlight, 'Sunset Blvd' the musical performed at the Sydney Opera House! Dine at the famous the iconic Sydney Tower Eye Restaurant, wander along Circular Quay, enjoy a tour of Sydney Opera House, explore Vaucluse House and indulge in high tea and marvel at the architectural wonders of the Art Gallery NSW. This tour offers a perfect blend of sightseeing, entertainment, and relaxation, making it an ideal holiday.

Tour Highlights

- ★ Dine at the famous the iconic Sydney Tower Eye Restaurant
- ★ Embark on a tour of Sydney
- ★ Visit Mrs Macquarie's Chair and enjoy views of Sydney Opera House, Harbour Bridge and Fort Denison
- ★ Tour of the Opera house including lunch at the Opera Bar
- ★ Visit the Art Gallery NSW
- ★ Watch the musical Sunset Blvd performed at the Sydney Opera House, starring Sarah Brightman
- ★ Visit Vaucluse House and enjoy a high tea
- ★ Enjoy a 4 course dinner on Sydney Harbour

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 4 nights' accommodation at the Intercontinental Sydney
- ✓ Breakfast daily, 1 lunch, 1 high tea and 2 dinners
- ✓ Transfers throughout with a professional driver
- ✓ All sightseeing and entry fees as per itinerary

Tour Cost

\$4490*

Per Person
Twin Share
\$5390* Single



14 DAYS

6 to 19 November 2024

EXCLUSIVE VIETNAM

Join us on our exclusive tour through the heart of Vietnam, where ancient wonders meet modern charm. From the historic streets of Hanoi to the mystical Halong Bay, and the cultural gems of Hue and Hoi An, this tour promises an immersive experience. Discover the Cu Chi Tunnels, cruise the Mekong Delta, and indulge in local flavours. Let each day be a chapter in your unforgettable journey through the splendours of Vietnam.

Tour Highlights

- ★ Explore Hanoi's historical landmarks
- ★ Take a cyclo tour around Hanoi's 'old quarter'
- ★ Cruise and overnight stay in the enchanting Halong Bay
- ★ Discover the imperial city of Hue, including the impressive Citadel.
- ★ Dragon boat ride on the Perfume River to Thien Mu Pagoda.
- ★ Scenic drive through Hai Van Pass to Hoi An
- ★ Walking tour of UNESCO-listed Hoi An with visits to Japanese Covered Bridge Pagoda
- ★ Visit the ancient Cham site of My Son
- ★ Explore Ho Chi Minh City, including the Cu Chi Tunnels.
- ★ Mekong Delta experience with an overnight stay at Coco Riverside Lodge.
- ★ Farewell dinner in Ho Chi Minh City.

Tour Inclusions

- ✓ Home pick-up & return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ Exclusive Tour of Vietnam with all transport & local guides
- ✓ 13-nights specially selected accommodation (4 star+)
- ✓ Breakfast daily, 9 lunches & 8 Dinners
- ✓ Sightseeing and Entry Fees as per the itinerary

Tour Cost

\$6990*

Per Person
Twin Share
\$8990* Single

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



Seniors Recreation Council Jottings



SRCWA Rockingham branch Have a Go Day, a LiveLighter Event

ON Wednesday May 1, Seniors Recreation Council of WA's Rockingham branch is conducting a *Have a Go Day* at the Mike Barnett Sports Centre, corner Dixon Road and Goddard Street, Rockingham from 10am to 2pm.

This FREE event will showcase club/groups, not for profit agencies and commercial entities who have a senior focus from Rockingham and surrounding areas, it gives the opportunity to site holders to provide valuable information and increase membership.

There will be a wide variety of activities to "Have a Go" at including carpet bowls, seated hockey, pole walking, bean bag toss, air soccer, and loads more fun things to try. There will also be many static displays with information for attendees.

Tea, coffee and bottled water will be available at the hospitality area and food will be available to purchase.

Come along to gather senior specific information from clubs/groups, community organisations and businesses.

We welcome clubs, groups, community organisations and businesses that may want to attend this free event. Please contact Danni 6118 2718 or email: info@srcwa.asn.au for further details.

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

Free Photography Workshop - Friday February 16 - 8am

Calling all shutterbugs, The Golden Lens photography competition is now open to all WA Seniors Card members.

The competition provides an opportunity for members to share photos they have taken which reflect the lives and interests of seniors across WA.

Why not join us at this free photography workshop where you can capture some early morning shots and learn tips and tricks with the experienced photographers.

Running on Friday February 16 at 8am sharp! \$10 lunch vouchers provided thanks to @140Perth (Café).

Bookings for the photo walk and meeting place details are through WA Seniors Card at 1800 671 233 or info@seniorscard.wa.gov.au, this is also where you will submit your entries into The Golden Lens!

Please bring your camera or mobile phone for this event.

Key Diary Dates for 2024

February 22

LiveLighter Aged Care Games
- Northam Recreation Centre

February 29

Healthy Lifestyles Event - Tech Savvy Seniors
- Fairway The Green, Gngarara

April 18

LiveLighter Aged Care Games - Bunbury

May 13

LiveLighter Seniors Activity/Information Day
- City of Vincent

November 13

Have a Go Day, a LiveLighter Event, Burswood Park, Great Eastern Highway, Burswood

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



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

PERRY Mason, American television criminal defence lawyer was my hero and role model, when I qualified as a young lawyer.

It seemed to me at the time, I may have learned

as much from Mr Mason as I did attending law school at university for four years.

In an early criminal case which I defended, my newly arrived Italian client (Luigi, or was it Alfonso?) had been charged with possession of a television reasonably suspected of having been stolen.

As a young, recent graduate from law school, as carefully as possible, I considered all the evidence and prepared the defence.

Could the prosecution prove the case beyond a reasonable doubt? Did my client have a reasonable defence?

My task job was to defend this man to the best of my ability.

After qualifying from law school, I carefully prepared my client's defence.

It appeared to me that my client was a hard-working, diligent new Australian who had only been in Perth a short time. He appeared honest enough. But struggling with the Australian language - he spoke basic English.

Regularly, he hung out at his local pub on Saturday evenings, having a few drinks and trying to improve and upgrade his understanding of the

Australian language.

On a Saturday evening, a friendly stranger at the pub offered to sell him a second-hand television for the sum of \$350. After haggling with the vendor, he purchased the item for \$250. A reasonable deal, so he thought.

He noticed the item had a few scratches. The vendor explained the television was in excellent working order. The superficial minor damage was because the television had fallen off the back of a truck.

My client had never heard nor understood this colloquial Australian expression. What does

it mean? He was a newly arrived Italian yet to understand the subtleties of our language.

Fallen off the back of what truck?

The vendor also offered to sell a second-hand washing machine, lawn mower and radiogram. Also, said to have fallen off the back of a truck. Very cheap and ever so slightly damaged.

As a young lawyer, I may not have been bold enough to defend a fluent

English-speaking client charged with purchasing a cheap item which might have fallen off the back of a truck.

Come and have a go with the Over 55 Canoe Club



L-R; Over 55 Canoe Club members at Frankland River - Deep River, is a few kilometres southwest of Walpole

by Janet Gatt

OVER 55 Canoe Club members are anticipating a fun week at the annual camp to be held in Walpole from February 21 - 28. Members will reside at Coalmine Beach Holiday Park from where they depart each morning for a paddling excursion and meet up later in the afternoon for convivial drinks and nibbles. Details of the next day's paddle will be decided over a beverage, or two, and the week's program includes a meal at a local café, and perhaps a barbecue.

The club has many excursions planned for the year, but Walpole is a major event, a fantastic opportunity to develop friendships with other club members and to explore beautiful local waterways.

The Over 55 Canoe Club was formed in

1986, and early members revelled in their paddling camps, held in those days in Icy Creek, Ravenswood, Molloy Island, Augusta, and Dwellingup. In 2003 the Club published *Memorable Collections* a witty and beautifully written collection of articles submitted by members describing their experiences on club camps.

Ted Sadler was a club founding member who met his wife Thelma through the club. Ted captures the magic of a Ravenswood camp in this excerpt from his article:

"It must have been the warbling of dozens of magpies that first disturbed my sleep, followed by the kookaburra chorus - and surely no one can sleep through that. I opened my eyes. From the tent, dark trees silhouetted against a grey sky appeared as fil-

agree etched on pewter. As the sky turned to blue, trees assumed their natural colour, tipped here and there with gold from the rays of the rising sun. Then came the massed chorus of smaller birds and the occasional 'quack quack' of foraging ducks. Fresh clean air conveyed a sense of well-being. A light mist lay on the river. Portents were good for the first day of the Over 55 Canoe Club Camp at Ravenswood.

"Yesterday the group assembled with tents and caravans just in time for lunch. Shady areas of grass were soon dotted with the paraphernalia of campers; eskies; stoves, tables and chairs, everyone in a jolly mood.

"Camping has been described as a passive recreation. Anyone who appreciates the outdoors will find the canoe an affordable and self-reliant

means of enjoying the peace and tranquility that river trips provide'. Whilst we wouldn't agree that it is always passive (sometimes it's hard work) there is no doubt that canoeing is an excellent way of viewing flora and fauna away from the hustle and bustle of life; a means of enjoying recreation in a natural environment. The river Murray provides ideal conditions for this as it winds its way between Pinjarra Bridge and the Peel Inlet.

"Among shady trees, some that overhang the water, it is possible to see ibis, egrets, grey herons, and spoonbills. Darters, cormorants, and shags preen themselves perched on jetties and fallen trees. Here and there a flash of blue becomes a kingfisher. Families of ducklings, some only hours old, become alarmed at our approach. Their tiny

legs flashing in the water like miniature windmills as they scurry away to some bankside haven. Snakes occasionally swim across our course, to vanish among tree roots at the river's edge. Water birds scatter at our approach; there is never any shortage of life and beauty on the river."

In that era, too, at night showered and relaxed, members enjoyed good natured ribbing, and a palatable red, while reminiscing on the events of the day.

The camaraderie of the early Over 55 Canoe Club prevails today, and similarly our members still experience an extraordinary commune with nature as they kayak the waterways of Walpole, and other locations.

You should join us. New members Try-Out Days are March 7 and 14.

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

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



Walking group keeps pace for 30 years in City of Swan



MANY years ago, Dorothy Fernandez started a local walking group in Lockridge, with the support of the City of Swan and

the Heart Foundation. From an original group of five people, the Lockridge Walk Group soon grew to having more than

30 members.

The group is very multicultural, with people of many nationalities joining in. Its success is largely due to the inclusive friendly approach taken and in particular the caring personality of the group leader Dorothy.

A research study undertaken by the University of WA into the reason for the groups longevity and success, highlighted this. It raised the issue of how valuable 'social capital' is in a community's well-being; often it is the group leader who is the key.

The group not only walks twice a week but has also joined in many other community activities such as tree planting, singing in nursing homes, Clean Up Australia Days, Red Shield collecting, and many activities organised through the City of

Swan on an annual basis.

A yearly tradition for the group has been a lovely Christmas celebration where the tables are loaded with food from all nationalities, Christmas carols are sung, and often self-written plays are performed.

At this recent Christmas, everyone gathered around the 30-year celebration cake to mark the achievement.

After 30 years, some original members have passed away but are still fondly remembered through many photos and videos.

The group may not be as sprightly as it was 30 years ago, but its heart is still just as big. It is a joy to be a part of; 30 years is a long time for a community walking group to 'keep on walking'.

Mitsubishi Pajero Sport - a confident performer in diverse terrains



Mitsubishi Pajero Sport



by Tony McManus, Australia Overnight radio announcer

NEW YEAR 2024 started with a few weeks driving some latest offerings from Mitsubishi; often an affair to remember – driving to and from Monkey Mia; a family trip that will be for-

ever memorable. Pajero Sport is a leap forward for the iconic SUV, blending robust off-road capabilities with modern design and technology.

The exterior, a harmonious blend of ruggedness and sophistication, featuring a refreshed front grille, sleek LED headlights, and bold lines that give it a more contemporary appeal.

Under the bonnet the Pajero Sport boasts a powerful engine line-up, with a range of options including petrol and diesel variants.

The responsive performance on and off-road

is enhanced by Mitsubishi's Super Select 4WD-II system, providing drivers with the flexibility to switch between 2WD and 4WD modes seamlessly. This feature, coupled with the robust suspension system, makes the Pajero Sport a confident performer in diverse terrains.

Inside the cabin, the model embraces a more refined approach to design and comfort. The spacious interior accommodates seven passengers with ample leg room, third-row seats can be easily folded to create additional cargo space.

Premium materials and thoughtful details elevate

the overall ambiance, creating a comfortable environment for both short drives and long journeys.

Technological upgrades are evident throughout. The infotainment system boasts a larger touchscreen display, offering an intuitive interface for navigation, entertainment, and connectivity features. Apple CarPlay and Android Auto integration ensure seamless smartphone connectivity, while advanced safety features such as adaptive cruise control, lane-keeping assist, and automatic emergency braking contribute to an enhanced

driving experience.

Off-road enthusiasts will appreciate the Pajero Sport's array of features designed to tackle challenging terrains. The multi-terrain select system allows drivers to optimize performance based on the surface conditions, and the hill descent control provides added stability during descents. The robust chassis and underbody protection ensure durability in demanding off-road scenarios.

Fuel efficiency is a notable aspect of Pajero Sport, with Mitsubishi's focus on optimising engine performance without

compromising power, appealing to drivers looking for a more sustainable driving experience.

A standout feature of the Pajero Sport is towing capacity, making it an ideal choice for those with a penchant for adventure. Whether towing a trailer, boat, or other recreational equipment, the Pajero Sport showcases its versatility and strength in handling various towing demands.

While Pajero Sport has made strides in terms of design, performance, and technology, it's worth noting that the competitive landscape in the SUV market is ever-evolving.

Some may find the infotainment system a little complex initially; absence of certain cutting-edge driver-assistance features, present in competitors, could be a consideration.

Mitsubishi Pajero Sport modernises a beloved classic, maintaining its rugged capabilities while embracing contemporary design and technology.

With a robust engine, advanced safety features, and off-road prowess, the Pajero Sport stands as a formidable contender in the SUV market, appealing to both adventure seekers and families alike. Priced from \$45,000.



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

**Your Perth
Your News**

9 NEWS
WA FIRST 5PM NIGHTLY 6PM



1. What is your gender?

- Female Male
 Gender neutral Other

2. What is your age?

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

3. Are you

- Married/Defacto Single Widowed

4. Do you work?

- Full time Part time
 Self employed Casual
 Retired Volunteer
 Unemployed

5. How do you feel about retiring?

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

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

- Yes
 No

7. If you're retired are you

- self funded part pension pension

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

- 1 2 3 4 5+

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

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

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

- Yes No

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

- Regularly Sometimes
 Rarely Never

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

- Ads in print
 Ads on a digital platform

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

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

14. What types of advertisements get your attention?

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

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

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



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

- Yes No

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

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

18. What is your favourite section of the newspaper?

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

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

- Yes No

20. Which ones?

- Western Australia Other parts of Australia
 International All

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

- Yes No

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

- Yes No

23. Where to?

- Western Australia
 Interstate
 Overseas

24. Do you have any of the following:

- computer smartphone - Apple
 tablet smartphone - android

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

- Yes No

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

- Yes No

27. Do you use social media?

- Yes No

28. If yes, which platform(s)?

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

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

- Yes No

30. Do you respond to digital advertising?

- Yes No Sometimes

31. Do you have an up to date will?

- Yes No

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

- Yes No

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

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

34. Are you the main grocery buyer?

- Yes No

35. What newspapers do you read?

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

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

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

37. What radio stations do you listen to?

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

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

- Yes No

39. Would you consider downsizing?

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



40. Would you move to a retirement village?

- Yes No

41. Do you own a car? Yes No

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

- Car House White Goods
 Holiday Furniture

43. How is your health?

- Poor Average
 Good Excellent

44. How often do you exercise?

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

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

- Yes No

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

- Yes No

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

- Yes No

48. Do you experience ageism in your everyday life?

- Yes No

Have a Go News Readers Survey

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

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

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

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



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

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

Classes and Courses

ADVERTISING FEATURE



A feast of intellectual stimulation for seniors



MALA Peel branch's week-long annual summer school is held in January

by Frank Smith

MOST of the leisure activities available for seniors seems to be aimed at the lowest cognitive level. Bingo may have its place as entertainment, but it does

not provide much exercise for the brain.

Use it or lose it applies to your brain as much as to the rest of your body. MALA (Mature Aged Learning Association) aims to provide food for

the mature intellect.

MALA president David Thorn said: "the unique aspect about MALA is that it was created by seniors for seniors, over 40 years ago and has remained fiercely independent throughout.

"MALA courses do not cater for acquiring skills for employment, but are very much focussed on learning for the pure satisfaction and enjoyment it brings.

"If mature adults have a need or desire to pursue an area of interest, it is within their power to become involved and influence program development and ultimately what is presented to the public.

"The lecturers recruited to present MALA courses are chosen because they possess relevant qualifi-

cations or experience in the topic, indeed many are present or former tertiary level lecturers.

"Many of our (university) lecturers express their delight and satisfaction at being asked to present to a truly appreciative audience."

Every January MALA Peel branch holds a week-long summer school at Mandurah, providing lectures on a range of scientific and contemporary subjects.

This January, for the second time, my wife and I spent a stimulating week attending 10 lectures, each lasting about two hours including questions. We bought season tickets (\$100) for all lectures but many people went only to those of particular interest

to them.

This year's lectures covered a wide range of subjects including bushfires, managing waste, climate and biodiversity, the idiosyncrasies of the English language by a linguist, gut health, the mystery of face blindness, why we have not yet found aliens and the tragedy of the Ukraine-Russian war.

Assoc. Professor Alexey Muraviev of Curtin University provided an overview of the war in Ukraine and the consequences of Russia's aggression. He explained the current state of play on the battlefield and the possible future course of action by major actors involved in this conflict.

"War is the failure of diplomacy," he said. "Putin is unlikely to back down

and has overwhelming support in Russia, but no war lasts for ever."

He said February 2024 will mark two years since Russia invaded Ukraine. Russia-west rivalry has now transformed it into a proxy conflict between Russia and NATO with no clear victory in sight for either side.

The recent Ukraine offensive liberated only about 300 km² at an enormous cost of around \$200billion.

He discussed possible future courses of action by major actors involved in this conflict, including Vladimir Putin's political future, and drew some conclusions on what key take-away lessons can be learned from the unfolding tragedy of the Ukraine.

In addition to the annual summer school MALA branches run a series of Friday lectures in Mandurah and Manning.

The subjects are wide ranging, challenging and explained by experts.

Other sources of intellectual stimulation are the University of the Third Age and monthly meetings of many Probus, National Seniors and self-funding retirees clubs.

For those senior interested in extending their skills in arts, crafts and languages Kalamunda Learning Centre and Mundaring Sharing offer short interest courses every year.

Life-long learning helps fight loneliness and reduces the risk of dementia in seniors.

New semester begins for MALA

PERTH Mature Adult Learning Association (MALA) first semester lecture program for 2024 commences February 23 through to March 22, all held at George Burnett Leisure Centre, Manning Road, Karawara / Bentley.

Each Friday, a series of five, one-hour lectures are presented requiring no prior knowledge and with no assessments. They are given by academics and other knowledgeable presenters, all special-

ists in their fields, who really enjoy sharing their expertise with the group.

Topics for this semester include: Art Reflecting Life, Any Peace Prospects for Ukraine? Benefits of Learning Latin, Mysteries of Language, A History of Global Indigenous Rights, and Creative Writing Techniques.

All enrolment and full program details are available on M.A.L.A. website www.mala.org.au.

School doesn't miss a beat

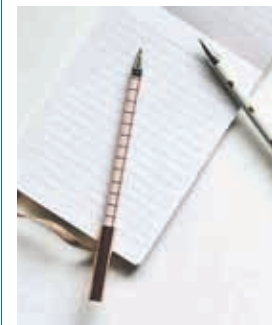
WA STAGE School has been a hub of creativity, offering Beats classes at its Booragoon and Malaga branches.

Tailored for those aged 40 and above, these low-impact sessions blend exercise with social interaction and pure enjoyment. Aiming for physical well-being, the classes prioritise gentle movements, adopting vitality.

Beyond fitness, participants form bonds in the welcoming environment, creating a tight-knit community. The Beats classes' success lies in their ability to infuse joy into exercise, making each session a celebration of life.

As WA Stage School marks 50 years, it continues to nurture health, happiness, and lasting connections. Find out more by visiting www.wastageschool.com.au or phone 9249 8558.

Free poetry workshops



JAKE Dennis is running free writing workshops for people to explore their creative talents, in

conjunction with City of Canning.

It's an opportunity for people to learn, share, connect and write.

The workshops are located near Curtin University and run fortnightly every Thursday from 6pm - 8pm until June 20.

Everyone is welcome - so please register your attendance for these free workshops at jakedennis@hotmail.com.

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



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

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

Find the 11 letters to make up the word and then send your entry in to be in the draw to win. Look out for these advertisements in sequential order to discover the blue circled letter to make up the Ad Word.

1. Catholic Homes
2. All in One Book Design
3. Prime Movers
4. Statewide Business Brokers

5. Swan Valley Station
6. Elite Tours
7. Hospitality Kalgoorlie
8. City of Greater Geraldton
9. Tivoli Club of WA
10. Koorliny Arts Centre
11. Greenfields Funerals

Entrants can enter via email with Adwords in the subject line at win@haveagonews.com.au or write to Ad Words Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 1/03/24.

Congratulations to Jill Miller of Carlisle, our January Ad Words winners.

WA STAGE SCHOOL
wastageschool.com.au

Specialised Casual Adult Classes
BOORAGOON | MALAGA

Boogie Beats
Tap Beats
Ballet Beats

LOW IMPACT
AGE 40+

For class information, visit:
www.wastageschool.com.au/beats-program
or call us on **9249 8558**

Cake decorating classes

| | |
|---|--|
| <p>Easter Cookie</p> <p>9 March 12.30pm-3.30pm \$110pp</p> | <p>Butter Icing Stenciling</p> <p>16 March 12.30pm-3.30pm \$150pp</p> |
| <p>Kids Easter Cupcake</p> <p>23 March 12.30pm-2.30pm \$80pp</p> | <p>New Palleted Flower</p> <p>6 April 12.30pm-3.30pm \$150pp</p> |

Purchase instore, online or phone 9418 5929

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Southern suburbs visit www.step2it.net.au for locations

PRIME MOVERS INC

Fitness and exercise for the over 50s

'Join Prime Movers'

Our classes for 2024 recommenced throughout the greater Perth area the week beginning **Monday 29 January**. Start the year on the right foot and come along and give it a try and enjoy our friendship and camaraderie for both men and women.

Over 3,500 members
60+ classes a week
Classes include stretching, low impact exercise and muscle work
Instructors are trained by health and fitness professionals
Annual membership \$20 with a class fee of \$5
Visitors are welcome to try a class for \$6

Phone 0444 560 037
between 9-5pm Monday to Friday
www.primemovers-exercise.com.au
COVID safe precautions will be in place at all our classes.

let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

LAST month my husband and I headed to Sydney to help my daughter settle into her new posting in Australia's biggest city. Although I have visited Sydney often, I have not really spent much time there for many years, only just passing through. After getting the daughter organised, we decided to do a few touristy things and take in some of the sights of Sydney.

Wow! I must say Sydney does tourism so well and I am sure there are some things we could emulate here. The Hop-on-Hop-off bus was a great way to get our bearings and see many city

highlights. It was a really pleasant afternoon and the commentary along with the Aussie music really made the trip worthwhile.

We took a ferry ride from Watsons Bay to Circular Quay on a sunny day and for about \$5 it was the perfect way to enjoy Sydney Harbour. The Opera House is lovely but it's the Sydney Harbour Bridge that I find beautiful and interesting.

We walked around the Rocks from Circular Quay, visiting the weekend markets with some stalls positioned right under the bridge. It's certainly a stunning feat of

engineering. It really was a fun few days, and if you are heading to Sydney for a cruise then take an extra day or two to enjoy all that the harbour city has to offer.

★★★★

Our Antarctica day trippers took off on Australia Day and journalist Allen Newton joined the flight. He said it was one of the clearest days ever experienced on this unique day trip and I had a sneak peek at his photos; they were outstanding. Allen will share his experience with readers in the March issue. The next flight departing Perth will be February 9, 2025, if you would like to join the trip, please email through your interest to me at jen@haveagonews.com.au

★★★★

Inside this section we are pleased to offer readers the opportunity to win an overnight stay at



L-R; The Opera House from a ferry - the cruise terminal at Circular Quay

the newly opened Hilton Garden Inn in Busselton. The hotel has views of the Jetty and with interstate flights coming into Busselton it provides travellers with another accommodation option. See page 27 to enter to win a stay which includes breakfast.

★★★★

In airline news Thai Air-

ways will recommence their direct daily Bangkok to Perth flights from March 27. This is great for tourism in WA and for travellers to Thailand.

South African Airways are resuming their direct flight service from Johannesburg to Perth which will operate three times per week. Flights leave Johannesburg on Tues-

days, Thursdays and Sundays and depart Perth on Mondays, Wednesdays and Fridays. These flights start April 28.

Emirates has announced they will relaunch a second daily flight between Dubai and Perth from December cementing Perth's status as Australia's western gateway.

★★★★

It's great to see tourism recovering and stabilising, post Covid. I welcome readers to get in contact, feel free to share photos, tips and advice and please don't forget to support our travel advertisers.

Happy trails!

Jennifer Merigan



10% DISCOUNT
*conditions apply
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Enjoy leisurely walks through the beautiful Karri trees or relax with a book while local bird life entertains you.
Phone **BIG BROOK RETREAT 9776 0279** and mention offer
*Offer applies for 3 nights or more between Feb 01 to Jun 30, 2024.



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



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Perth to Broome also available

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info@kimberleysafaris.com.au www.gibbriverroadtours.com.au

Jump on board with Aussie Redback Tours



March 26, or perhaps the tour after that - 'Adelaide to Darwin - the explorer's way', departing Sunday April 7 (a fantastic way to travel all the way up Australia through the middle from south to north).

Besides the above, Aussie Redback Tours have many other one-day and extended tours this year, so why not have a look at their website to find out what's coming up - www.aussieredbacktours.com.au.

You can either download their brochure from the website, or if you'd like a hard copy sent to you in the post, please contact them today on 1300 662 026 with your postal details.

Sharon and her team look forward to travelling with you soon.

NOW that you've finished your Christmas, New Year, and Australia Day festivities, you may be thinking, "now what shall we do?"

Aussie Redback Tours have some tours on their calendar that may just be what you're looking for.

You might like to book onto their 'Wellington Dam' one-day tour on Sunday March 10 (a very popular tour so don't leave it too late to book), or the next one after that which is the 'Ferguson Valley and Gnomesville' tour on Sunday April 14 (you might like to bring

along a gnome to leave with the thousands of gnomes that live there already).

If you're thinking of something a little longer, then it's not too late to book their South Australian; Flinders Ranges/Lake Eyre/Coober Pedy" tour departing Tuesday



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

CONTACT US FOR OUR 2024 BROCHURE!

| | | |
|--|--|---|
| <p>Day Tours 2024</p> <p>Welcome to 2024 Mystery Tour Wellington Dam Ferguson Valley - Gnomesville Moondyne Joe Festival Toodyay</p> | <p>Sun 11 Feb Sun 10 Mar Sun 14 Apr Sun 5 May</p> | <p>\$110 Seniors \$115 Adults includes morning tea, picnic lunch or restaurant meal as stated. Day tour pick-ups Joondalup, East Perth and Rockingham</p> |
| <p>Extended Tours 2024</p> <p>Wave Rock/Mulka's Cave/York Flinders Ranges/Lake Eyre/Coober Pedy Adelaide to Darwin/Explorers Way Darwin to Broome WA's Coral Coast - Perth to Broome Gibb River Road Savannah Way - Kununurra to Cairns Cape York/Thursday Island</p> | <p>2 Mar 26 Mar to 3 Apr 7 to 20 Apr 14 to 25 May 28 May to 8 Jun 11 to 19 Jun 2 to 15 Jul 1 to 13 Aug</p> | <p>Flights included in fare</p> <p>2 days from \$420 9 days from \$3900 14 days from \$5400 12 days from \$4500 12 days from \$4300 9 days from \$4500 14 days from \$5490 13 days from \$5450</p> |

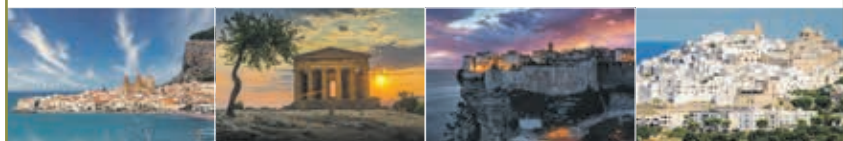




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Have a Go NEWS

let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

Cycling along the Danube - taking the Ringstraße in old Vienna



L-R; the entrance to Hofburg Palace (Imperial seat) - Strauss's statue in Stadtpark (after dismantling) - Karlsplatz - Mozart's statue in Burggarten - Ferris wheel at the Prater Harry Lime/The Third Man etc! - Belvedere Palace

TIM Dawe cycles along the Danube River to Vienna in this final story from his four-part series on Austria.

I'VE just spent six delightful days cycling along the Danube River, peddling through spectacular scenery of forest and valley, punctuated by quaint villages and scrumptious cakes. But what really impresses is cycling around my destination - Vienna. Many Europeans cycle sedately around their cities, commuting to work, the market, or just getting around - millions of them, every day. And in Austria's capital, with 1,200km of bike paths, they cycle because it's convenient - and they can.

The first thing I notice in central Vienna is that cyclists, are legitimate road-users using legitimate vehicles, ride on meandering inner-city roads that once were

goat tracks. The second thing is the bike path is a bike road. It's raised above the street's edge, paved and kerbed, with marked lanes and even bike traffic lights. It runs in-between the street and the footpath, safely separated from pedestrians by a fence or vegetation, and often flows into special pathways at roundabouts and bridges. When pedestrians cross the bike path, little synchronised lights operate at handlebar level to control bike traffic. Cyclists have freedom, and ownership. For example: from my hotel I ride through busy central Vienna to the University (about 6km) on my little velo-bahn, stress-free and unhindered. I only have to stop twice.

My third observation puts Vienna in a world of its own - its remarkable Ringstraße encircling old Vienna. It's not one street but several, named for

adjacent, important buildings such as Hofburg Palace (Burgring) and the Opera House (Opernring). In 1857 Emperor Franz Joseph declared: "It is my will" ... that the ancient city walls and moat be demolished and replaced with broad boulevards, grand buildings and beautiful parks. The long-reigning reformer bulldozed his way through - so to speak.

It's cycling heaven. On a wide, tree-lined path I easily circumnavigate a large, touristic city, trams and all, and without a care in the world. Vienna's imperial might and its architectural treasures breeze past. I take excursions off the Ringstraße losing myself in the winding back streets, popping up in unexpect-

ed places like the Naschmarkt or Karlsplatz/Karlskirche. It takes me some hours to 'cycle-the-circle' (Ring Cycle?) yet I want to do it again.

While my bicycle was hired 350km away in Passau, Bavaria, there are many local options. You can hire a variety of bikes, including electric, from Citybike Vienna, picking up/returning at 120 participating train stations, or use commercial rentals. Some of the famous Viennese highlights seen from my saddle include: the Hundertwasser Haus, Kunsthau (museum) and the Prater, Vienna's landmark recreational area where at night, by that famous Ferris wheel, I can become Harry Lime.

There's also the Opera

House, St Stephens (a medieval cathedral dominating the cityscape), Mozart's monument, Heldenplatz, City Hall, Schottenkirche, Johann Strauss's monument in Stadtpark, and the Danube Canal. Riders arrive at these must-see places 'up close and personal'. The splendid Schönbrunn Palace is just a 10km ride - or, like me, take your bike on Vienna's cycle-friendly train.

Indeed, Vienna is a world-leading velo-city, continuing to plan and innovate. The city recently built Bike City - a block

of 100 flats for middle-income people. It's designed with wide communal hallways and lifts, a bike rack outside each door, and bike storage on every floor. Bike City residents cycle 25 per cent of all their trips compared with six per cent for other residents.

A world away, I consider Australia's capital cities regarding inner-city cycling. We seem to be streets away from Vienna's urban cycling network. Generally, we live in low density suburbia; they live in high density urbanity. We build

straight streets for fast cars, buses, trucks... rarely for cyclists; they separate space for differing road users while weaving streets around historic monuments. We let loose lycra lads/ladies on high-speed, expensive weekend circuits; they mount old-fashioned bikes in street clothes for daily, purposeful journeys to ... somewhere.

Yes, there are major differences, but perhaps we should look to places like Vienna to improve our cycle infrastructure - and culture.

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ADVERTISING FEATURE



Soaking up the delights of Windermere in the Bahamas



L-R; Pat and Knox one of the resident dogs - the beautiful outdoor terrace - Pat with her friends celebrating Thanksgiving - sea stars aboard

by Pat Paleeya

IN the predawn darkness I sat on the wooden steps that led to the beach, the blackness of the sea blended with the dark clouds on the horizon. I watched as the sky turned a vibrant orange before becoming a soft pale blue. The sea now a glorious turquoise intensified the whiteness of the sand. This is Windermere Island in the Bahamas.

My friends Claire and Martin have a home in North Carolina which they escape to whenever hurricanes threaten to batter the Bahamas and after a visit in North Carolina we fly to their island paradise. Once on-board Claire fell asleep, Martin crunched nuts. While I was experiencing delusions of grandeur, I envisaged alighting from the private jet at Windermere and sashaying into a swanky airport at Governor's Harbour. My home for three weeks.

In actuality I sashayed across the tarmac into a replica of my Uncle Jim's shed. The officers were efficient and polite and in no time at all we were on our way.

Windermere Island is only eight and a half kilometres long. It is connected to the larger island of Eleuthera by a bridge. As it is a private island there is a guardhouse on

the bridge ensuring that only residents and visitors have access.

Claire and Martin's home overlooks Savannah Sound, the décor is Hamptons style with blues and whites as the main colour scheme. These colours are reflected in the natural world around them, the sea, blue sky, and beach.

My friends had given me a delightful suite that overlooked Windermere Beach and the Atlantic Ocean. I take a very early morning walk along the beach to Casuarina Point which was as far as the eye could see. I never found any notable shells. There is a certain amount of detritus on the beach every morning - mainly ships' ropes and plastic containers which is cleared by Piti, a young man in Martin's employ. Whenever we met, he had the brightest smile and was a joy to speak with. Much of this debris comes from cruise ships. I would often see them on the horizon - floating cities, brightly lit and quietly dropping their rubbish into the ocean on their way to dock in Nassau. During the pandemic hardly any rubbish was washed ashore.

Ships of a much different kind made Nassau their base in the 17th/18th century. Pirates used Nassau to trade plunder, and the

men who governed the islands were probably buying and selling the pirates booty. Ships also brought African slaves to the islands. Today about 70 per cent of Bahamians are their descendants. Pirates and slave traders have long gone but today drug running is an area of great concern, because the islands are only 200km from the U.S. coast. Out on a boat one morning with Demetrius, Martin's chef and factotum, the young skipper pointed out the wreck of a light plane lying on the seabed visible in the clear water. According to island gossip the plane was on a drug run when the pilot spotted a police helicopter following. He ditched the plane, swam ashore and scurpered.

The boat trip around the island was amazing, there were masses of turtles, all different colours and sizes, reef sharks and box fish. Cushion sea stars were in abundance, orange, big and beautiful. We could also see large conch on the seabed, our skipper hooked one on board which Demetrius took home and prepared a conch salad for dinner.

I was lucky enough to celebrate Thanksgiving on the island. By the time 3.30pm came around I was ravenous, the aroma was tantalising, then with the biggest beaming smile Demetrius present-

ed us with a huge turkey and trimmings which we polished off with gusto. There was sweet potato baked in a coconut and rum sauce, a roulade, finely sliced brussels drizzled with balsamic glaze and baked to perfection, and a creamy mash that turned the humble spud into a gastronomic delight. I munched my way through all the dishes, stuffed myself with stuffing and downed a couple of large G+Ts with a flourish. Kryshna (Demetrius's partner) and I finally waddled back to our suites, sidestepping lots of geckos that were scuttling around the lighted path.

The next morning, I walked to Casuarina point. The foliage around the island is lush and abundant. Lots of bougainvillea, sea-grape trees and many other tropical plants that I cannot name. Martin has created a micro rain forest around his home. It has all of the above plants and trees plus gigantic elephant ears and the largest air plants I've ever seen.

There are Bahamian cherries also but there were only a few left on the trees - very different from Australian cherries. These were hard and crunchy resembling a Lilly-Pilly in size and colour.

There were many different birds and butterflies along the lane, beautiful

swallowtail butterflies, blackish with a large yellow vee-shaped stripe on the wings, tiny pale blue ones and enormous bumble bees. A couple of small birds caught my eye, with grey and white colouring a little like a honeyeater. Casuarina trees shaded the lane and I later found out that these were introduced to the Bahamas in 1930 as windbreaks for houses along the coast. They are now considered invasive and responsible for erosion of the coast and a threat to the biodiversity of native flora and fauna.

While walking through the preserve I was surprised to see red earth, quite a deeper red than we see up North. The red sand of the Sahara Desert is blown high into the atmosphere where winds take it around the globe. Some of the sand falls on Eleuthera and is highly prized for agriculture.

I encountered many Bahamian and Haitian men walking along the lane. They come across the bridge from Eleuthera to work in the large homes and gardens on Windermere. Occasionally a small vehicle similar to a ute would pass me by with workers packed in like sardines.

Claire remarked that only here if you see a man walking along carrying a machete it is safe to give him a lift. There is pover-

ty on the islands, the cost of living is high. There are grocery stores at some settlements, but no supermarkets as we know them. Fishermen sell their catch daily at Tarpum Bay and one or two other places on Eleuthera. Grouper, bonefish, crabs and conch are some of the varieties of seafood on offer, wahoo and Mahi Mahi are also abundant. I had some Mahi Mahi which was delicious.

On the way back Demetrius pointed out three Potcakes in the ocean pouncing and diving for fish. These are the island dogs. They are wild but good natured and well loved by all. Claire and Martin are dog lovers and apart from the dogs Knox, Shaq and Wish they also have a twenty-year-old dog called Onyx, small with spindle like legs and pinched face, Rosie who has beautiful big eyes and back legs that do not work and Oisín a very handsome Potcake.

There were only two days left for me on Windermere before flying to Nassau for an overnight stay and a day tour with Cheryl, a friend of Claire and Martin, then Heathrow-Singapore-Australia. Those two days were spent touring Eleuthera with Demetrius in the afternoons and savouring my solitary beach walks at dawn. We drove to the

Glass Window Bridge where the Atlantic and Caribbean meet, the Caribbean is turquoise, the Atlantic deep blue, the sweeping seascape was incredible, and so beautiful.

We drove around the settlements stopping here and there. I found the houses around Governor's Harbour old and charming with small gardens crammed with colourful flowers in beds or pots. We had lunch at the Buccaneer Club outside on the deck under some shady trees. Lunch the next day was at Tippy's Restaurant and bar situated slap-bang on the beach at Palmetto Point. Diverse décor is eye catching, lots of colour and quirky decorations. Both restaurants served fantastic meals from local produce, plus of course plenty of seafood.

Evening came and I wandered over to Claire and Martin's for dinner, my last as I was heading home the next day. I had my torch as there are no lights along the lane just complete darkness. Everything was so still and silent. The countless stars radiated a luminosity that I had never seen before. There were fireflies too, not flying but on the ground in a long line, lighting my path, my own amazing guard of honour.

Fireflies and stars, what a beautiful adieu.

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ADVERTISING FEATURE



travel options for the mature west australian

Going Fishing - wading in the shallow sand flats of the Swan River



by Mike Roennfeldt

I'VE made no secret of the fact that my absolute favourite kind of fishing is wading shallow sand flats with either spin or fly gear. It's at its best up in the warm waters of the North West but that doesn't mean there aren't opportunities in local waters and even farther south.

The Swan River, for example, punches way above its weight for a stretch of water surrounded by city and suburbs. Sure, it cops a lot of pressure and the level of activity on the water on a warm summer weekend morning makes life a little difficult, so plan to avoid the crowds. Fish where most people don't go, or when most people don't go.

It's not so much that the fish

flee but rather they are less inclined to feed or act aggressively when there are people about. I've noticed this particularly with yellowfin whiting. When people are splashing or just wading nearby you can't catch one. When things return to a more natural state in their eyes, they very quickly come back on the bite.

Flathead are the mainstay for the Swan River flats fisherman and they definitely like things quiet. Forget Claremont Bay at 8.30am on a summer Saturday but give it another go at 5.30am midweek. The difference in the fishing experience may surprise you.

We are now into the time of year when black bream spread out over the sand flats of estu-

aries and the Swan is no exception. You just have to find out where the fish are.

I had a memorable session at White Beach one February a few years ago. There was quite a lot of weed in the water, growing in columns, with clear patches in between the weed. It was obviously a happy hunting ground for the bream and there were schools of them cruising the weedy labyrinth looking for prey. I was fishing fly that morning and landed several nice fish after casting to them in the clear, glassy conditions.

But if fly fishing isn't your thing, a light 2-3kg spin outfit will do the job nicely and you can cover a whole lot more water with a lure than you can with a fly. And covering water is what

flathead fishing is all about. Unlike bream and whiting, which are often on the move on the flats, flatheads tend to stay in one spot as they wait to ambush their prey. If you've run a lure past a flatie and it hasn't taken, chances are you won't get it. Move on a few steps and cast again. The more ground you cover the more flaties you will get.

You can use soft plastics for flathead but that tends to slow things down even further. I prefer a shallow running hard-bodied minnow when chasing them, something along the lines of a standard depth RMG Scorpion 52, in brown trout pattern for the open flats and the same in a crawfish pattern for darker water.

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The tour programs for this year have recently been released and are now available online at the web site www.club55.com.au. If you prefer a hard copy please contact the office on

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Left to right; Karijini Eco Retreat © Base Imagery - Mackerel Islands cjmaddock - Onslow Beach Resort's The Beach Club

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The Warlu Way follows the path of the Warlu, or Dreamtime sea serpent, as it traverses the Pilbara region of Western Australia with its ancient and sacred landscapes rich in natural beauty. From the pulsing red heart of the outback to the coast, see mountain ranges, deep gorges and plunging waterfalls, before travelling to remote beaches and a bucket list island escape.

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north of Perth, Karijini Eco Retreat is hidden in the depths of the spectacular Karijini National Park, featuring safari-style eco tents, cabins, campsites, an outback restaurant and bar. One of Australia's leading eco-tourism attractions and proudly 100 per cent Aboriginal owned, the Retreat provides access to the park's walks and guided adventure tours.

Explore a wonderland of ancient natural landscapes formed more than two billion years ago, with breathtaking gorges, slot canyons, sheer red cliffs, towering waterfalls

and turquoise swimming holes, home to a variety of wildflowers and native wildlife.

A short walk trail leads directly from the Karijini Eco Retreat into the stunning Joffre Gorge, where you will be awestruck by the curved waterfall inside a natural amphitheatre, flowing for part of the year after rainfalls.

From Karijini, drive west to the coast, passing red earth, bushland and mountain ranges, and discover the quaint coastal outback town of Onslow. Stay at the Onslow Beach Resort overlooking a unique red sand beach

and the deep blue Indian Ocean. The resort offers relaxed sophistication and a refreshing welcome, with stylish, modern self-contained suites and a restaurant and bar right on the beachfront. Resort facilities include free Wi-Fi, an outdoor swimming pool, barbecues, paddle board hire, tour desk and parking.

One of the only places in WA that you can see both a sunrise and sunset over the ocean, plus the Staircase to the Moon natural phenomenon, Onslow is dotted with giant termite mounds, white salt lakes and plenty of history. Ex-

plore the old town ruins, the Anzac Memorial, the Goods Shed Museum and one of Australia's biggest shell collections at the Neil and Judy Baker Shell Museum.

Lying a short 45-minute hop by ferry off the coast of Onslow, the Mackerel Islands conjure up memories of simpler times, sandy feet and sunshine. Stretched along the main bay, stay in spacious air-conditioned beachfront cabins, each featuring a kitchen, lounge and dining area, plus a shaded beach patio with a barbecue, table, chairs and a hammock, perfect for

relaxing, reading a good book and watching the ocean.

A range of tours and activities is available, including fishing, snorkelling, kayaking, stand up paddle boarding, boat hire, turtle interaction, bird watching, sunset 4WD bus tours, and Dinner Under The Stars events.

The marine wildlife is nothing short of amazing, where you can spot sea turtles, dolphins, dugongs, stingrays, wobbegongs, crayfish, gropers, colourful tropical fish and beautiful coral formations.

Whales visit the islands during their migration and

calving season in July and August and are a magnificent sight playing in the waters offshore.

A Warlu Way Road Trip Six Night Package is currently on offer, priced from \$2,829 for two people. You'll spend two nights at the Karijini Eco Retreat, one night at the Onslow Beach Resort three nights at the Mackerel Islands, with ferry transfers, some meals and other extras included.

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Conjunctions and occultations - look up at the night sky!



by Donna Vanzetti and Carol Redford, Stargazers Club WA

JUST as our daylight skies are ever-changing, with new sunsets and shifting cloud forma-

tions, our evening skies are constantly changing too, with the Moon, stars and planets providing a smorgasbord of stunning views. During their orbits we see lunar occultations (when the Moon, appears to move in front of a planet, blocking it from view) and conjunctions (when two astronomical objects, like planets, appear close together in the sky). And let's not forget the spectacle of meteor showers, there's plenty to see in our night skies.

The Alpha Centaurids meteor shower returns to WA's night skies from late January to February 21, peaking around February 8. This year they are forecast to produce about six meteors per hour. With the shower reaching its highest point before dawn, your best viewing will be in the hours up to around 4am.

When and where to look:

On February 15, the moon is a beautiful waxing crescent — and it's visible in conjunction with the king of the planets, Jupiter, all evening. This conjunction is a good one for naked-eye stargazing or viewing with binoculars. You'll be able to follow the conjunction until the moon sets at 10.29pm and Jupiter follows a few minutes behind.

When and where to look: 7.40pm, February

15 in the north-western sky.

Set your alarm clock for early. There is a special conjunction of Mars and Venus. The planetary pair rise in the southern sky together at 4am. Look to the eastern horizon where Mars and the morning star, Venus, will appear incredibly close together. This conjunction is great for naked eye astronomy or viewing through a pair of binoculars.

When and where to look:

From 4am February 22 in the east-south-east.

Pop these dates into your cosmic diary and have a star-filled 2024.

If you're a budding astro-enthusiast, check out Stargazers Club WA's telescope classes and astronomy events for beginners at: www.stargazersclubwa.com.au

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Situated along the picturesque shores of Geographe Bay, Hilton Garden Inn Busselton serves as a gateway to the idyllic Margaret River region

HILTON Garden Inn, Busselton, marks a significant addition to Hilton's expanding portfolio. Situated in the heart of Busselton with breath-

taking views of the iconic jetty – the longest timber pier jetty in the southern hemisphere – the 110-room establishment is the third Hilton Garden

Inn hotel in Australia. Situated along the picturesque shores of Geographe Bay, Hilton Garden Inn Busselton serves as a gateway to

the idyllic Margaret River region with a vibrant town centre situated just five minutes away. Offering convenience and ease of travel, a se-

lect number of Hilton Garden Inn Busselton's rooms come equipped with sofa beds to accommodate larger groups. Half of the guest rooms offer expansive views of Geographe Bay, with some featuring private balconies. A total of 54 Ocean View Rooms, including 40 with balcony access, provide a balanced blend of scenic surroundings and functional design.

Dining options include Together & Co, a modern restaurant highlighting the region's exceptional produce, and The Bar, a cosy social space with an al fresco area and a curated selection of wines. The 24/7 grab-and-go retail space, &ToGo, provides guests with a variety of menu options, from healthy to indulgent.

Along with upscale accommodation, thoughtful touches and modern amenities, the hotel

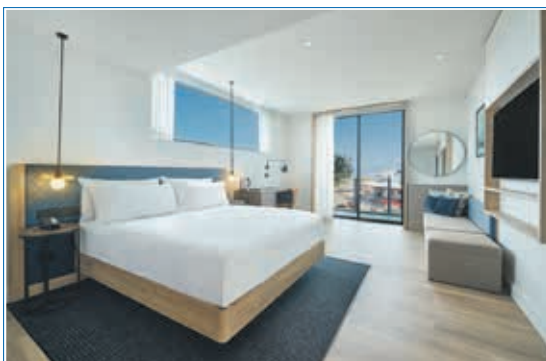
features bright and airy modern meeting spaces with sea views and abundant natural light. The largest ballroom, spanning 223 square metres, boasts a balcony and private bar, while a boardroom-style space caters to small meetings. Overlooking the Busselton Jetty, these spaces offer state-of-the-art technology and catering facilities for memorable events.

Paul Hutton, area vice president and head of Hilton Australasia says: "We are beyond excited to introduce Hilton Garden Inn Busselton to our community and guests. Nestled in the vibrant heart of Bus-

selton, with the iconic jetty as our backdrop, we look forward to offering modern amenities and warm, glowing service for everyone who walks through our doors.

"The opening of the hotel really adds to the city's momentum. Take its burgeoning cultural facilities, retail opportunities, and growing hospitality sector, add direct airline routes from Melbourne and eventually Sydney, and Busselton is certainly set to become a preferred destination for domestic travel."

For reservations, visit www.hilton.com/en/hotels/bqbgigi-hilton-garden-inn-busselton/.



WIN WIN WIN

Thanks to Hilton we are pleased to offer readers the opportunity to go into the draw to win an overnight stay in an Ocean View King guest room with breakfast included. Simply email win@haveagonews.com.au with Busselton in the subject line or write to Busselton Hilton c/ Have a Go News PO Box 1042 West Leederville 6901. Closes 1/3/24.

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T&C'S apply, valid for travel Wednesdays to Tuesdays, April - October 2024, subject to availability, excludes school holidays. See website for details.

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Destination Geraldton – so much to do in the mid-west city of Jambinu



Left to right; Yamaji Art Emu Eggs public art installation on Geraldton foreshore - Australian Sea Lion - Museum of Geraldton Inset; City of Geraldton



GERALDTON also known as its local Aboriginal name Jambinu, is a five-hour drive or a one-hour flight north from Perth and TransWA provide regular bus services. Geraldton has a rich maritime history with Aboriginal heritage at every turn. The lively coastal city invites adventure seekers, fishing fanatics and food lovers alike to explore its myriad attractions.

Wearing its Aboriginal, maritime and Spanish missionary history firmly on its sleeve, Geraldton bursts with cultural attractions.

Overlooking the Indian Ocean, the Museum of Geraldton celebrates the rich heritage of the land, sea and people of the

Mid-West region.

Discover ancient landforms, Yamaji history and culture, and the region's unique natural landscapes and marine environment.

The archaeological riches from four Dutch shipwrecks – *Batavia*, *Gilt Dragon*, *Zuytdorp*, and *Zeewijk*, are revealed in the Shipwrecks Gallery. Visitors can join a guided highlights tour available daily at 11.30am.

Witness the wrecks of *HMAS Sydney (II)* and *HSK Kormoran* as they currently lie, 2,500 metres deep on the ocean floor, in *From Great Depths*, a moving exhibit and 3D film.

The Museum's shop has a great range of sou-

venirs, gifts and educational items suited to all ages and interests. The museum is open daily from 9am to 3pm.

There is so much to do in the area; kickstart explorations by boarding a diving or snorkelling charter to the Abrolhos Islands or enjoy an aerial view of these idyllic coral-fringed islands during a scenic flight. Situated just 60 kilometres off the coastline, the Abrolhos Islands are a unique marine environment serving up plenty of opportunities to get up close to the local wildlife. It's also a top-ranked fishing spot famed for its rock lobster and a bird-watching paradise.

Gaze up at the awe-in-

spiring architecture of St Francis Xavier Cathedral, make a visit to the HMAS Sydney Memorial and embark on the Yamaji Drive Trail, which connects a number of intriguing heritage sites.

Walk trails are such a fantastic way to explore your surrounds. Check out some of the best on offer locally.

Check out the Greater Geraldton Heritage Walk Trails booklet at the Geraldton Visitor Centre or Geraldton Regional Library. An online copy of the booklet is also available.

The Marine Terrace Trail begins on the Geraldton foreshore outside Dôme Cafe. Follow the markers to discover fine examples of Victorian, Federation and Art Deco buildings on this walk. Marine Terrace has long been the commercial centre of town. Through the ages, for whatever reason people came to Geraldton, they would undoubtedly end up on Marine Terrace. Discover the life and times of some of them the mid-1800s as your journey along the trail.

The Waterfront trail starts on the Geraldton Foreshore outside Dôme Cafe. Follow the markers and enjoy a jour-

ney through time with a walk through some of the City's earliest streets and buildings. See how Champion Bay evolved into a busy port and how the town of 4,000 people transformed during World War II to accommodate 40,000 military personnel.

New Leaf Connect provide Dongara's only locally owned and operated small group tour and transport provider, offering off-the-beaten-track experiences for both visitors and locals alike who are seeking meaningful connections with people, places and produce in the Mid-West region of Western Australia. Contact them to see the range of tours available, all aiming to shine a light on the incredible people, places and produce that is on offer in the Mid-West.

There is a raft of accommodation options available, including Geraldton Backpackers on the foreshore which is centrally located in a beautiful, newly renovated heritage listed building just metres from the inviting waters of Champion Bay and Town Beach. Enjoy the ocean views, listen to the waves breaking on the foreshore and watch ships come into

the harbour while relaxing in the tranquil outdoor garden terrace or from the enclosed upper balcony.

Myriad events happen in this seaside city and Sundays by the Sea encapsulates the unique lifestyle and is held in Stow Gardens, next to the Geraldton Multipurpose Centre on the Foreshore.

Each Sunday welcomes a new performer and is the perfect way to take in the last few hours of the weekend. All that's left to do is grab the picnic rug, some friends, a bite to eat and relax to good tunes as the sun goes down. The series will run until May 19 (excluding public holidays and Shore Leave weekend).

Shore Leave Festival runs from April 24-28 and is the ultimate seafood festival hosting some of the most unique dining experiences in Western Australia. A central focus of the festival will be the Beach Price Markets at Fisherman's Wharf. These markets will showcase Geraldton's seafood and regional produce. Visitors will experience a bustling seafood market with a diverse range of fresh seafood for sale, live cooking demonstra-

tions with celebrity chefs, all while enjoying a beer and some tasty seafood treats.

One of the highlights is the Western Rock Lobster Back of Boat barbecue, a scrumptious feast of freshly caught lobsters, grilled to perfection with a generous drizzle of garlic butter running daily at the foreshore from 4-7pm throughout Shore Leave.

There is an exciting food and drink scene in Geraldton with fresh and unique produce at the doorsteps of the happening eateries.

Be spoiled for choice with establishments serving up their unique take on the local offering. From traditional Italian to Abrolhos Islands' Western Rock Lobster to quirky cafés, wine bars and family-friendly dining. Exceptional produce converges with great service and Geraldton lifestyle vibes at family-owned and run restaurants and cafés. Each express their taste of the bountiful land, sea and relaxed Geraldton atmosphere.

Pick up a copy of the Geraldton food trail map.

When in Geraldton, do as the locals do: relax, eat, drink, explore, repeat.

Find out more on Destination Geraldton at www.visitgeraldton.com.au







Centrally located within walking distance to the beach, restaurants, supermarkets, banks, and local attractions. Geraldton Backpackers offer budget accommodation with private queen, twin or single rooms and shared dorm rooms. All rooms are with shared bathroom facilities. Fully equipped kitchen, two TV rooms, outdoor garden areas, and secured parking.

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Lee Tate takes an in depth look at dementia and how to prevent it



Dementia numbers are predicted to explode globally to 153 million in 2050 © Pexels

by Lee Tate LEADING researchers and specialists are looking with fresh eyes at the worldwide dementia crisis after a surprise slump in dementia numbers. Authoritative, long-term surveys show significant falls in dementia in richer countries with a

greater focus on health. The risk of developing dementia can be substantially reduced by improving health, particularly in mid-life, according to the findings. Billions of dollars and massive effort has been pumped into the decades-long international search for a silver bullet drug to beat dementia without success. Dementia numbers were predicted to explode from 57 million globally in 2019 to 153 million in 2050, as populations age. Dementia is not an ageing disease but mostly emerges later in life.

But a bigger picture that emerged from leading, long-term surveys, shows a turnaround in dementia numbers, as compiled by writer Sarah Neville in the *Financial Review*.

A study, tracking the health of almost 50,000 over-65s, showed new cases of dementia in North America and Europe had dropped 13 per cent per decade over the past 25 years. The results were consistent across other, unrelated studies.

"The absolute risk of developing dementia is lower now than it was 30 years ago," said Harvard epidemiologist, Albert Hofman.

He said better cardiovascular health was likely to be a significant factor in the improved figures, given the enormous emphasis in North America and Western Europe on preventing cardiovascular diseases that lead to strokes and heart attacks.

At least a third of the over-50 population take pills to control high blood pressure and used statins to reduce cholesterol.

Dementia incidences also fell more for men than women, for good reason. Men received more attention to cardiovascular risk factors than women in the 1970s and 1980s because women were wrongly believed to be less susceptible.

The second most common form of dementia (after Alzheimer's disease) is vascular dementia.

Japan also reported a turnaround in dementia cases, from an ongoing study of over-65s (since 1985), falling six per cent over 10 years.

Leading researcher, Professor Toshiharu Ni-nomiya, in 2010 forecast that Japan would have eight million dementia cases in 2050 but from his latest work, he expected this to be about five million.

The study helped en-

courage focus in Japan on health education and awareness and better management of lifestyle diseases that were spreading in Japan.

"People say it is very difficult to prevent dementia but I think our new data shows the possibility of doing that," he said.

A Swedish study was among the first to report the falling incidence of dementia. Research leader, Chengxuan Qiu, said: "Even if we are not able to do much about tau or amyloid (plaques emerging in the brain) we can do something to promote the vascular health of the brain and that will also help to prevent or delay the onset of symptoms."

Researchers also established that people whose brains remained nimble and active seemed to be better able to tolerate the deterioration of dementia without any obvious loss of faculties (cognitive reserve).

University of Cambridge professor of public health medicine, Carol Brayne, led lengthy dementia studies and reportedly was staggered to find the falling incidence of dementia.

"I really thought the trajectory of dementia couldn't be changed because I thought it was so

closely linked to ageing," she said.

Professor Brayne suggested that reducing dementia incidence required optimising neurological function throughout a person's life by improving brain and physical health.

Her studies revealed lesser dementia incidence falls in deprived areas with unhealthy living.

But British dementia researcher, Dr Susan Mitchell, warns that the world may again see the rise in dementia numbers.

A report in *Lancet Public Health*, showed dementia decreases in England and Wales by 28.8 per cent in 2002-2008 but a 25.2 per cent increase in 2008-2016.

The findings may reflect a huge rise in obesity and type-two diabetes, coupled with the 2008 financial crisis and food poverty, leading to poorer health.

British findings showed the biggest rise in new dementia cases was among people with the least education.

Harvard's Albert Hofman says about one in three dementia cases could be averted through better heart and brain health.

"It's not bad but it could be better," he said.

ANDREW RUSSELL VETERAN LIVING (ARVL) APPEAL

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Taking that first step and having a hearing

check can be daunting for many, but the team at Specsavers Audiology are trained to help you through your hearing journey. It all starts with a free* 15-minute hearing check where you can discuss any difficulties you may be experiencing, and we can determine whether further diagnostic testing is required.

A hearing check does not automatically mean hearing aids are needed but when done regularly, they may help uncover any changes to ensure hearing loss is detected and treated earlier.

To book an appointment or find out the cost of hearing aids upfront visit [specsavers.com.au/hearing](https://www.specsavers.com.au/hearing).

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



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Downsizing

ADVERTISING FEATURE



Looking at the prosperity of living well even if times are lean



Some of the looks which inspire good design



by Zofia St James

I AM sure that most of you are feeling the effects of the rising costs of living and the impact that it is having on us all, touching all facets of daily living. Given our ages, it's nothing that we haven't seen

before. It just requires some modifications to plans or indeed cutting back in certain areas or luxuries we are used to indulging in...whatever.

However, I would like to at least Have A Go... (no pun intended) and perhaps try if I may to put a little slant on the current state of affairs. There is an ethos I have always seemed to live by, consciously or subconsciously, throughout my adult life and believe me there have been some mighty lean moments. I like to call it "The prosperity of living." And that

is just as, if not more, important than the prosperity of how much we have to spend.

Times like these, and it could be worse, calls for us to become fluent in the language and art of living well, not just spending well. First of all, switching up our attitude must first be one of gratitude, cheesy as that may sound. I love my life and am grateful for each day, so that is the spring board from which I begin the day.

Making the most of the simple things that you already have and make

upgrades wisely to things you want or need.

Don't compromise on quality, just buy less. Treating ourselves is important. Essentially don't succumb to the negative press, at least eat well and beautifully.

Simplify your home, declutter, upgrade the small things that bring you comfort such as a set of new towels and tea towels.

If indeed you have put travel plans on hold, look at where you live and see how small modifications might serve you in enjoying being at home more. A new bigger screen TV...

will enhance the viewing of any sport or movie and have you feeling almost there.

I suppose in those, before mentioned, incredibly lean times, I learned to live, eat, dress, breathe and take joy in tricking myself into feeling richer. I suppose one might think what does this have to do with downsizing? It is actually downsizing our

expectations but not joy in our living or basic necessities.

Speaking of downsizing, it seems all my friends are starting that process now. In their 60s I think is the optimal age with which to tackle for the mammoth task of sorting through the stuff that for a few decades we have managed to ignore.

Even if the next proper-

ty might be a challenge in this market, getting 'move out ready' will help you not to go completely insane when that opportunity presents itself. There is a lot of things that are happening in the world right now, but your abode is your sacred space, make sure you put the love into it, and it will love you back. Enjoy the month ahead.

Zx

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

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Downsizing

ADVERTISING FEATURE



A silent cry for help: Why WA veterans need your support



RAAFA CEO, Michelle Fyfe

by Michelle Fyfe, RAAFA CEO

THROUGHOUT my career I've had the privilege of working with selfless and passionate service people who have dedicated their lives to making our communities safer places to live.

Sadly, their self-sacrifice often goes overlooked in our society until it's too late — as is now the case for our veterans.

What most people don't know is that when veterans return from service, they face their biggest challenge yet. They are three times more at risk of homelessness than everyday Australians.

But the battle doesn't end

there. Homelessness is just one challenge that some of our veterans bravely face. Suicide is now more prevalent with those experiencing homelessness than those who are not.

Most veterans at risk or experiencing homelessness do not seek help until it's too late. What we are witnessing in our community is a silent cry for help.

In response to these sobering figures and facts, our team at RAAFA developed the Western Australian Andrew Russell Veteran Living (ARVL) program, which will see the development of purpose-built emergency veteran accommodation in our state.

This program was developed

in 2022 in collaboration with Professor Kylie Russell, widow to the program's namesake Sergeant Andrew Russell, who served in the Perth-based SAS Regiment. Its aim is to ensure our veterans receive the support they need and undoubtedly deserve when they return from service.

Upon completion, the ARVL program will see an accommodation site consisting of 16 purpose-built units. It will provide vital services to connect veteran residents with wellbeing and health services. These services will help support the four in five veterans reporting mental health conditions, including PTSD, while experienc-

ing homelessness.

But, to make this program a reality, we need your help. We're calling on all Western Australians to join forces with us to help end veteran homelessness.

This week we've launched the ARVL Appeal, which will help raise money to build ARVL's emergency accommodation and deliver the services needed to support our veterans.

February 16, marks the anniversary of Sergeant Russell's tragic passing, please donate to the ARVL Appeal to help make this program a reality: dpggo.io/raafawa

On behalf of the veterans, we thank you for your support.

Profiling the people who work at Regis - meet PCA Tina from Regis Weston



Tina is a dedicated worker at Regis

MEET Tina, a Personal Care Assistant (PCA) at Regis Weston since 1984. Tina is a symbol of dedication and compassion. From handling cleaning and laundry to becoming a valued PCA, Tina's journey highlights a lifetime committed to enriching the lives of older people.

Motivated by a desire to bridge the gap with

her distant parents in Indonesia, Tina finds happiness in caring for older people. Her advice to aspiring caregivers is simple yet profound.

"Always be patient with the elderly and listen to what they have to say."

Reflecting on her time, Tina emphasises the continuous learning and enrichment that

comes from working with older people.

Tina said by listening to residents she has made some real connections and that's what keeps her going.

"What I enjoy the most about working with the elderly is all the interesting stories they tell," she said. "I have learned a lot over the years, and my times flies by every day."

Celebrating 40 years with Regis last month, Tina sees her enduring presence as a significant win for her and Regis.

"Regis is a wonderful company to work with," Tina said. "It appreciates all my hard work that I have put in over the years and they make me aware if it every day."

Tina wholehearted-

ly recommends Regis Weston as a workplace. Her 40-year journey is an invitation to join a community that values its people and cherishes the unique stories that make each individual special.

As we celebrate Tina's incredible service milestone, let her story inspire us to find fulfillment in the selfless act of caring for others.

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While several of these homes have been sold, they won't be available for occupancy for another 4 to 6 weeks, this gives you a chance to view our home designs in person.

Our display homes can be viewed at Piara Waters Lifestyle Resort, 681 Warton Rd, Piara Waters for a limited time only, **so don't miss out.**

For more information please contact:

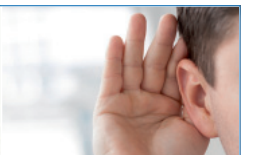
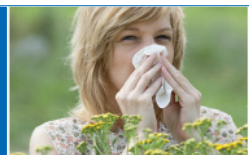
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Physiotherapy update - Do you have constant annoying hip pain?



by Robert Vander Kraats,
Sports and Exercise Physiotherapist

PAIN in the hip region is very common. There are many causes of hip pain, a frequent presentation is called Greater Trochanteric Pain Syndrome

(GTPS), or 'hip bursitis'. A University of Queensland study found that in 2022 in Australia alone the condition affected 1.8 per 1000 people. The report said "it has substantial negative impacts on function, sleep and quality of life". GTPS is most prevalent between the fourth and the sixth decades of life.

People often mention the pain is over the lateral aspect of the thigh, and it is often exacerbated with prolonged sitting, climbing stairs, high impact physical activity, or lying over the affected area.

There are many different causes for GTPS, hence the importance of a comprehensive assessment by a sports physiotherapist to correctly identify the cause, any contributing factors, and plan management.

One common cause is tightness of the lateral band (Iliotibial band), which can cause repetitive friction and compression to the bursa of the hip. This leads to inflammation of the bursa, known as bursitis.

A contributing factor that is often seen on assessment, is weakness

in one of the gluteal muscles. This muscle provides stability to the pelvis region and hip, so weakness in the area creates an unstable base whereas it should provide a strong foundation. As a consequence, the repetitive friction and the compression is accentuated.

There are many causes for hip pain, hence a thorough assessment by a sports physiotherapist is needed. Some conditions include: arthritis; referred pain from the back; acetabular labral tear; muscle strain or a

tear; sacroiliac joint dysfunction; snapping hip syndrome; femoral acetabular impingement; tendinopathy; inflammatory and metabolic disorders; infection and childhood disorders.

Patients often say: "I'll just get a hip replacement and my hip pain will go away". However, many people present after having a hip replacement and the pain is still exactly the same. There are many conditions of the hip and many potential contributing factors. A comprehensive assessment is needed to

consider the big picture.

Depending on the exact condition that is diagnosed, management is varied. The intervention is on a spectrum based on the severity, corrective exercises and foam rolling may be indicated initially, leading to injections, and ultimately surgery.

Robert Vander Kraats is a sports physiotherapist with 18 years of experience, book in with him at Greenwood on 9203 7771 or online on www.ngp.net.au for your comprehensive assessment.

Struggling to navigate the home care package application process?



ARE you considering a home care package but aren't sure where to start? Or have you started to apply and are confused about what comes next?

Latest statistics from OPAN (Older People Advocacy Network) show that in the eastern states alone, more than 9000 people gave up the application process before they had completed it as they found it too confusing. So you aren't alone in this, but with support and armed with the right information, it need not be so difficult.

CPE Group Home Care Providers now offer exactly this support with their new Navigation Assist Program. They can provide you with a personal navigator to answer all your questions

and to guide you through every step of the way from the first moment you decide to apply.

There is no charge for Navigation Assist and no commitment to choose CPE Group as your provider should you be awarded a home care package. They do not reference CPE Group or its services during the program nor do they later contact those who have taken part unless specifically asked to do so.

Navigation Assist explains the purpose of home care packages, who is eligible, what the funding can provide and most importantly how to apply. A Navigator can assist you in preparing to apply for an assessment, discuss with you what will happen during an assessment and how best to explain your needs to the assessor.

Those who have already used the service found that having an age care professional to answer their questions on a one to one basis and provide the information they needed, made the application process much less confusing.

In the words of one family: "...the way you explained a complex system made it all so much easier especially for mum. I couldn't give enough thanks and words will never accurately describe the positive impact you have made to my family."

If you would like more information about Navigation Assist or to book an appointment with one of their Navigators please call them on 1300 665 082 or contact them at info@cpegroup.biz and make sure you ask for Navigation Assist.



Norman 'Dot' Kitson and Louis Kelly

THE waves may not be as big as those he once rode and he's far from sure-footed, but Norman

'Dot' Kitson loves being back on a board after almost 50 years. The 72-year-old

Bethanie resident was a regular with the City Beach Surf Riders Club in the 1960s and 1970s,

earning the nickname Dot for the large coloured circle a friend placed over his damaged surfboard.

"We used to go to Margaret River, which was really big surf; it was great," he says.

Norman hadn't surfed, however, since a serious car accident in Africa in 1974, which left one leg slightly shorter than the other.

Living with mobility issues, Norman thought his surfing days would remain in the past until he started talking to Bethanie case worker Beth O'Donnell about how much he'd

like to revisit them.

Beth arranged for Norman to meet Louis Kelly, a surf coach with Ocean Heroes, resulting in Dot being their first participant in the retirement age bracket.

"He's one of a kind for us," Louis says.

Norman was up for the challenge, too. "I thought, 'well why not, give it a go'," he says.

Louis said once Norman got on the board for that first lesson, he was like a 20-year-old again, paddling straight out to the waves.

"I had to hold the board

back so we didn't get dumped. I didn't think we'd make it beyond the break but we did and Norm set his mind on a wave and started paddling again. We managed to get a perfect little wave."

Beth was there to watch the joy unfold.

"He just loved it! He was like a fish to water again - he lay on the board and started paddling and was going much faster than I expected."

For Beth, the surfing safari is another way to help the Bethanie community reconnect with

their passions.

"It's about really listening to our clients and what's important to them," she says. "We have a lady who loved to play the piano and I found a music therapist who works with people with cognitive impairments - now she plays the keyboard and sings every week."

"Another woman just wanted to get back to the zoo because she loved animals, so we got a therapy assistant, her oxygen and she had a day out at the zoo. Nothing's impossible."

How stem cells therapy may help the symptoms of arthritis

ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection and also to start the healing process.

The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to the need for joint replacement surgery.

Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion.

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue, adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a

shock absorber). As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when you were 25. Stem cell nutrition encourages

your body to naturally release millions of new stem cells - which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better. If you would like to find out more about how stem cell nutrition can transform your life phone Sandra Barnsley 0412 479 156.

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GREAT HOME and GARDENING



Hot tips to keep your garden cool and garden gifts for Valentine's Day



L-R; Castle Howard - David Austin Rose Garden - Phalaenopsis orchid - Royal Horticultural Society Garden Wisley Inset; African Violet Society members



by Colin Barlow

HOT summer weather has finally hit with a vengeance here in Western Australia, with a run of 40°C days blistering and savaging our gardens. The air-conditioning inside our homes is a far

more comfortable and enticing option than being outside blasted by the hot sun and dry furnace-like winds.

February is our hottest month, so you need to check that your sprinklers are reaching your plants and covering all your lawn. Extra hand watering is a must, before the cooler autumnal mornings and dew make an entrance in March to help us, and our gardens, recover.

This month love is in the air, and what better way to express your affection than with a touch of nature's elegance. This Valentine's Day, why not step away from the clichéd bunch of roses and

explore the enchanting world of living gifts.

Say it with orchids – the timeless symbol of love and elegance. Whether they are adorning a vase, a terrarium, or a mini garden, Phalaenopsis orchids are bound to make your loved one's heart flutter.

If you're in the mood for a gift that's both stylish and health-conscious, go for houseplants in decorative pots. It's a gift that keeps on giving, adding a touch of nature to your loved ones' environment and also freshening up the air around them.

If they adore roses, why not give them a living rose in a beautiful ceramic pot or container to keep your

love blooming every Valentine's Day.

Time for a trip to explore some gardens

Alternatively, why not treat your green-thumbed loved one to a winter rose extravaganza, by joining my enchanting 'Rose Gardens of England' tour from June 21 to the July 3, while our roses in Australia take a well-earned rest. I will be leading this tour in the English early summer for Ross Garden Tours to visit some of the best rose gardens in England, starting near the Scottish border in Newcastle and finishing in Richmond, just outside London at the famous Hampton Court Palace Garden Festival.

Trip highlights include the spectacular Alnwick Castle in Northumberland, famed for its use as Hogwarts Castle in the Harry Potter films; the castle grounds include the rose garden filled with more than 3,000 roses. The exquisite Castle Howard in the Howarian Hills, home of Brideshead Revisited and the magnificent Chatsworth House, set in a Capability Brown designed landscape park in the Peak District.

David Austin's famous rose garden and nursery in Shropshire is heaven for all rose growers and lovers. The spectacular garden showcases more than 700 different varieties of the amazing roses

bred by the late David Austin.

One of England's most famous gardens at Sissinghurst Castle in Kent, the realm of Vita Sackville-West and Harold Nicholson and Royal Horticultural Society Wisley round off this flower-filled trip, before the grand finale at the Hampton Court Palace Garden Festival, including the floral marquee, show gardens and the naming of the prestigious 'Rose of the Year' award.

So, if you would like to join me this year on this captivating tour of 'The Rose Gardens of England' in the English summertime or travel on any of my other tours in 2024, check out the list of tours and links below:

Japan Cherry Blossoms: rosstours.com/tours/japan-cherry-blossom/
 Rose Gardens of England: rosstours.com/tours/england-roses/
 Western Australia Wildflowers: rosstours.com/tours/wa-wildflowers/
 Tasmania in Spring: rosstours.com/tours/tasmania-in-spring/
 Spring Gardens of Victoria: rosstours.com/tours/victoria-spring/

Garden Clubs and Societies Plant Fair

It's that time again for the much-loved Autumn edition of the Garden Clubs and Societies Plant Fair from February 24 – 25 at the South Perth Community Centre on the corner of South Terrace and Sandgate Street in South Perth. Now in its 16th year, the original and still the best plant fair and sale will showcase Western Australia's best amateur horticulture groups and societies and their range of common, rare and unusual plants.

This year's participants include African violets, bromeliads, cacti, Chrysanthemums, cottage garden plants, cycads, ferns, frangipanis, Gerberas, Hibiscus, Hoya, orchids, palms, Pelargoniums, roses, succulents and wildflowers.

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. For more information call Bob Hunter on 0417 946 221 or go to www.horticulturalcouncil.com.au.

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L-R; Refresh your skills, Aqua Skills 55+ Program - Always wear a lifejacket and Take a Mate - Old 4 New Program

WITH summer in full swing, many people are enjoying time at our beaches, rivers and pools to beat the heat. But, a tragic start to summer has seen eight Western Australians lose their lives to drowning, and a number of rescues off our coastline.

Royal Life Saving is urging seniors to Make the Right Call and keep themselves, their families and friends safe around the water.

While drowning is perceived as an issue that mainly affects young children, latest research shows that over the past decade drowning rates are highest amongst seniors, representing over one quarter of total drowning deaths recorded across Australia during this time.

Jen Mickle from Royal Life Saving WA says that while many people have grown up around the water, it's important to be reminded of ways to stay safe.

"We understand that many seniors have spent a lifetime enjoying the water and know how to stay safe. Our priority is to prevent seniors from

drowning by reminding them of how to stay safe and Make the Right Call when it comes to their safety around water.

"We also want to reinforce the positive benefits of active ageing. But contrary to popular belief, unlike riding a bike, swimming skills can fade over time, especially without regular practice. It's crucial that seniors refresh their swimming skills and stay confident in and around the water."

Royal Life Saving WA offers free AquaSkills 55+ classes at select public swimming pools throughout the State that provide seniors the opportunity to get back into the water and refresh their swimming, water safety and personal survival skills.

"These programs are not only an opportunity to refresh skills but are a great way to meet new people and have fun in the water," she says.

Royal Life Saving WA is encouraging seniors, their families, and the broader community to join them in making water safety a priority this

summer and 'Make the Right Call' by following these water safety tips:

Know the conditions - always check local conditions, especially if you aren't familiar with the local area.

Know your limits - Whether you're a seasoned swimmer or a casual dipper, know your swimming abilities and never overestimate them.

Also, talk with your GP about how medications may impact your abilities in the water.

Avoid alcohol around water - by staying sober while in or on the water, you not only reduce the risk to yourself, but others enjoying the water with you.

Wear a lifejacket - no matter how old or how experienced you are, it's important to always wear a lifejacket while boating or fishing.

Take a mate - not only is it more fun, but it also means that you have someone to raise an alarm or find help quickly in an emergency.

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

Have a Go News PUZZLES SOLUTIONS

Solution for BIG Crossword page 42

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

Solution for Crossword page 43

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | T | R | I | D | I | N | G | | T | A | R | M | A | C |
| I | O | R | | H | T | | | | | | | | | R |
| M | A | Y | H | E | M | | R | E | C | R | E | A | T | E |
| E | N | L | I | S | T | E | D | | S | C | R | E | W | S |
| R | | B | | A | | | | | | | | | | E |
| S | A | L | S | A | | D | I | S | C | O | V | E | R | S |
| | | U | R | | | | | | | U | X | | | |
| O | B | E | D | I | E | N | C | E | | S | T | A | B | S |
| B | | | S | | | W | | | | M | T | | | |
| S | E | D | A | T | E | | H | E | A | R | T | I | E | R |
| E | | U | O | | F | | R | | U | N | O | | | |
| R | O | O | S | T | E | R | S | | U | N | R | E | A | L |
| V | | | L | | Y | | | | I | R | L | | | |
| E | A | G | L | E | S | | G | Y | M | N | A | S | T | S |

Solution for Sudoku page 43

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

Solution for Wheel Words page 43

Cite, City, Code, Cord, Core, Cote, Dice, Iced, Rice, Cider, Cited, Coder, Cored, Corer, Credo, Cried, Crier, D'Écor, Decoy, Decry, Dicer, Dicey, Edict, Recto, Trice, Credit, Direct, Erotic, Record, Rector, Cordite, Rectory, Creditor, Director.
9-letter word: DIRECTORY.

Solution for Word Search page 43

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

Answers for Have a Go News Quiz page 2:

1. Susannah Carr
2. Golf
3. 1901
4. Ningaloo Reef
5. Swanbourne
6. Black swan
7. 3 billion years old
8. Quokka
9. Tim Winton
10. Numbat



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dow screens to all people with a valid Western Australian seniors card.

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Artificial intelligence can tell which vineyard a wine comes from



used a machine-learning algorithm to tell which estate 80 Bordeaux red wines came from, with 100 per cent accuracy by assessing their chemical signatures. This provides evidence that terroir does indeed give a unique flavour to each wine.

Professor Pouget used chromatography to vaporise each wine and separated it into its chemical components. This gave them a chromatogram for each wine, with about 30,000 points representing different chemical compounds.

The researchers used 73 of the chromatograms to train a machine learning algorithm, along with data on the chateaux of origin and the

year. Then they tested the algorithm on seven chromatograms that had been held back.

They repeated the process 50 times, changing the wines used each time. The algorithm correctly guessed the chateau of origin 100 per cent of the time. It was also about 50 per cent accurate at guessing the year when the wine was made.

"Not many people in the world will be able to do this," says Pouget told *New Scientist*. "It really is coming close to proof that the place of growing and making really does have a chemical signal for individual wines."

"The similarities and differences in chemical

compounds reflect the elusive concept of terroir."

Here are a few in for you to test your personal tasting skills on.

Aristotelis ke Anthoula Sunnyboy The Zafirakos family used to make wine in their garage every year. Now they have established a vineyard at Pambula on the NSW south coast. Sunnyboy is made from a blend of Vermentino and Zibibbo. Tony Zafirakos says: "It has skinsy characteristics without a lot of tannin. It is a juicy ripe drink with good acid that slurps easily down on its own." Serve cold, without food on a sunny day at the beach or accompany spicy dishes. RRP \$39.

Stockman's Ridge Outlaw Chardonnay 2017. This single vineyard features volcanic soils high on the slopes of Mt Canobolas. It is light gold in colour with aromas of apple, peach, a hint of lime and toasty characters. The flavours are similar to the nose with roasted cashew and minerality with a full-bodied, long, finish. Serve with nutty cheeses, shellfish and white meats. Drink now or cellar until 2030. RRP \$40.

Parker Estate Cool Climate Cabernet Sauvignon 2021. This wine is from Coonawarra one of Australia's cool-climate wine growing regions. The colour is deep ruby red with purple hues. It has aromas

of dark fruits, blueberry and blackcurrant with a hint of vanilla, mixed with warming spices and undertones of dark chocolate. The palate provides flavours of cherry and blackberry with a touch of earthiness and toasty hints. RRP \$24.

Stockman's Ridge Primrose Pinot Noir Chardonnay 2022. This sparkling wine has a light pink hue. It displays delicate aromas of strawberry and rose petals. The palate has crisp acidity and a lingering mouth feel bursting with strawberry, pomegranate and citrus flavours. The wine is delicious on its own on a warm summer day or for special occasions. Drink now or cellar until 2026. RRP \$35.

by Frank Smith

WINE buffs talk a lot about terroir, the combination of local geography, climate, microbes and wine-making prac-

tices that is thought to determine the unique taste of each wine from any vineyard.

Alexandre Pouget of the University of Geneva and his colleagues

Knife and fork talk with the Dining Divas - checking out Karrinyup's restaurants



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

by Pat Paleeya and Judith Cohen

WE didn't venture far this month, just a short trip to Karrinyup Shopping Centre to check out some of the restaurants there.

We decided to try Arirang Korean BBQ. We were early and snagged a table along the West Deck that had two very comfortable chairs under a large sun umbrella. This was quite a peaceful place away from the hubbub inside and did us very well until the restaurant opened at 11.30am.

We chose from the \$25 menu honey chicken and beef Bibimbap. Our lunches arrived on trays

with each one having mini bowls containing kimchi, macaroni and corn, pickled radish and two slightly bigger bowls of miso and rice.

The beef Bibimbap bowl was brimming with colourful vegies, carrot, sliced zucchini, sliced mushroom, mixed greens and thinly sliced beef strips. On top of all of this tempting fare was a (sunny side up) soft fried egg. The flavours of this excellent meal were first rate and every morsel complemented all the others.

The honey chicken was presented in bite size succulent pieces, the batter or coating was soft, sprinkled with sesame seeds. This was pure-

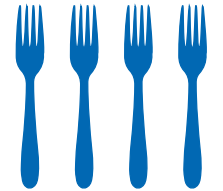
ly delectable with hints of spices just lingering on the taste buds.

Accompanying this ambrosial treat were the bowls as described above.

We enjoyed both meals which were devoured with gusto. We enjoyed the pickled radish so much we charmed the owner into selling us a bowl each.

The staff were courteous, friendly and attentive. The restaurant is large and airy with indoor and outdoor tables, clean and very inviting and began to fill up quickly in a short space of time. Well worth a visit.

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Information correct at going to press

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food & WINE

...eat, drink and be merry... ADVERTISING FEATURE

Busting brunch all over Perth - a visit to Fremantle's iconic hotel



by **Buster the bruncher**

GIVEN the Esplanade Hotel's strategic siting in the port city, you would expect everything to be ship-shape for brunch.

So it was for some of the occupants of the hotel's 300 rooms and streams

of visitors passing through its grand entrance to begin their adventures.

Brunch-seeking locals, like us, should be alert to the hotel's tight timetable because at 8 Bells (10am) the buffet is cleared with no reservations again till high noon. Brunch buddy Professor

Ken joined me at a table with barely five minutes to spare.

First things first at the Esplanade. Pay the bill: the \$38-a-head charge came like a splash of cold water in the face to a couple of struggling seniors.

Of course, big-eaters who can consume both cold and hot breakfasts, along with toast and pastries would get more bang for their buck.

The inclusion of juices (which adds \$8 to the bills in cafés) and coffee does soften the blow for us.

Says the corporate blurb: "The Atrium Garden Restaurant is open every day from 6.30am for Fremantle's most famous and loved buffet breakfast. Kick

back with a barista-made coffee or get one takeaway as you explore the best the area has to offer."

We tackle the buffet before, at 10am sharp, it is cleared away. Laid out are standard cereals, free-range eggs, bacon, sausages, tomatoes, baked beans and modest hash-browns.

Croissants, pastries, small (thankfully) chocolate muffins and a goodly selection of fruits (small serves, go back for more?) almost complete the picture.

One surprise was black pudding which we tackled with considerable reservation, never sure if it is to our tastes.

But, hey, the black pud'

was a delight and added some excitement to the standard smorgasbord fare.

The Esplanade, a Freo institution, has played a powerful role in the foundations of our port city, capital city and State since 1850.

Our topic of conversation centred on some of the history which isn't on show. Perhaps some large photographs and walls of printed material would add historic and marine flavour to this grand old lady.

Locals might also like to know more about the hotel's modern development. Most of us are aware that brick heiress Marylyn New spent a small fortune on expanding and improving

the Esplanade before selling it.

From the beginning in 1850, there was excitement when the first building on the site, a warehouse, served as a temporary home for the first 75 convicts arriving from Britain.

Later, it was developed into a private home and became a hotel in 1895. Ms New bought the Esplanade in 1991 for \$12.2 million and sold it in 2000 for \$90 million. It takes a small fortune to make a large one.

The hotel, on both the Register of the National Estate and State Heritage Register, was acquired by local outfit, Primewest Management (chaired by

John Bond, son of the late Alan) in association with Rydges Hotels & Resorts, for \$88.5 million. (Investment house, Centuria Capital has since merged with Primewest).

3 Spoons
Esplanade Hotel
 46-54 Marine Terrace,
 Fremantle
Breakfast:
 Monday - Friday
 6.30am-10am.
 Saturday and Sunday -
 7am-10.30am
 Phone: 9432 4802



Buster the Bruncher spoon ratings

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



Mondo Recipe of the Month - Calabrian stuffed capsicums



Serve Calabrian stuffed capsicum as is, or with mash, rice or pasta and crusty bread with a West Australian wine

by **Vincenzo Garreffa**

CAPSICUMS are very versatile vegetables with one of the highest vitamin C levels, perfect with high iron meats. I just love the red ones, to me they are the sweetest. Choose small to medium size ones for an entrée or two for a main course.

Ingredients to feed two people
 4 small red capsicums or 2 large red capsicums
 400g beef & pork mince
 200g cooked rice
 50g onion diced fine
 50g capsicum diced fine

50g carrot diced fine
 25g fresh oregano
 50g Italian parsley chopped
 garlic to taste
 extra virgin olive oil (EVOO)

freshly cracked black pepper to taste
 organic lake salt to taste
 chilli is optional (but necessary if you want to be Calabrian)
 4 x cups Napolitana tomato sauce

Method
 Heat diced onion, diced capsicum and diced carrot in a little olive oil until it is all cooked,

coloured and tasty. Now take the pan off the heat and add minced meat, cooked rice, garlic, oregano, Italian parsley, salt and pepper to taste and mix in the cooled pan with two teaspoons of EVOO to achieve a great smelling paste. Don't forget to add the chilli if required.

Slice the cap with the stalk off your capsicums and remove all seeds and white pith inside the capsicums. Fill the capsicums with your mix and put the lid on. If the capsicums will not stand up

straight, cut a tiny bit off the bottom so they will stand alone in the shallow roasting pan.

Roast in the oven at about 180°C for 40 minutes without the stalky lid hat. Now pour your hot Napolitana sauce over the capsicum. It will flow over the stuffing and down the sides, put the capsicum lid on and roast for 30 minutes until cooked through and the capsicums are tender. Serve as is or with mash, rice or pasta and crusty bread and a West Australian wine. WOW!



Mondo Butcher and Grocer is located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am - 5.30pm Saturday 8am to 2pm. Phone 9371 6350 or visit www.mondo.net.au



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See page 20 for further details.



food & WINE

...eat, drink and be merry...
ADVERTISING FEATURE

...eat, drink and be merry...

At last - It's plum season and juicy, ripe plums are always worth waiting for

by Noelene Swain

JUICY Western Australian plums are hitting their peak at last 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 these jewel-coloured beauties, but now they are ripe and ready and the prices are very reasonable.

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 sweet-

en 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 temperature 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.

Prepared by Fresh Finesse: www.freshf.com.au.

Plum dessert cake

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 and stone removed

3 tablespoons butter

1/3 cup sugar

1 tablespoon extra sugar

1 teaspoon vanilla

1 egg

1/3 cup buttermilk

3/4 cup self-raising flour

Method:

Heat oven to 180°C. Grease and line a 23 cm 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 to 30 mins or until cake is cooked when tested. Cool to room temperature. Serve with a dollop of cream and dusted with icing sugar.



Preparation: 20 mins;
cooking: 30 mins; serves: 6 - 8

Plum, yoghurt muesli pots

Preparation: 5 mins;
cooking: none; serves: 4

A REFRESHINGLY easy breakfast or dessert.

8 blood plums, halved with stones removed

1/2 cup brown sugar

400g thick Greek yoghurt

1 1/2 cups toasted muesli

Method:

Place the plums onto a baking dish lined with baking paper, sprinkle with brown sugar and half a 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



What's fresh for fruit and vegetables this month in the markets



Barbecued Swiss Brown Mushroom & Soba Noodle Salad © australianmushrooms.com.au

Swiss brown mushrooms: Plenty of flavour and just the right size for popping into summer salads, rice pilaffs 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.

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 value.

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 are 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 a 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.

Your Perth Your News

9 NEWS

WA FIRST 5PM NIGHTLY 6PM





LUNA PALACE CINEMAS

What's on the silver screen this month at Luna Cinemas

Force of Nature from February 8. Showing at Luna, SX, Windsor.
 THE sequel to the 2021 Australian box office hit (*The Dry*), sees five women take part in a corporate hiking retreat but only four come out on the other side. Federal agents Aaron Falk and Carmen Cooper head deep into the Victorian mountain ranges to investigate in the hopes of finding their whistle-blowing informant, Alice Russell, alive.

Bob Marley: One Love from February 15. Showing at Luna, Outdoor, Luna SX.
 On the big screen for the first time, discover Bob's powerful story of overcoming adversity and the journey behind his revolutionary music. Produced in partnership with the Marley family and starring Kingsley Ben-Adir as the legendary musician and Lashana Lynch as his wife Rita.
Fallen Leaves from February 15. Showing at Luna, Luna SX.
 Don't miss the love, laughter, and unexpected encounters as two lost souls, Ansa and Holappa, navigate the twists and turns of romance in modern-day Helsinki. Immerse yourself in this gem from Finland's most beloved director, full of retro-aesthet-

ic charm, and raise a glass to love in turbulent times.
Humanist Vampire from February 15. Showing at Luna + Luna SX.
 Sasha (Sara Montpetit) is a teenage vampire with a serious problem: she's too sensitive to kill. Unlike the rest of her clan, Sasha's fangs don't come out when she's hungry or sensing fear; she needs to feel a personal connection to her prey.
Whale Nation February 15. Showing at Luna, Luna SX + Luna Outdoor Sun Feb 18.
Whale Nation is not just a film; it's a call to action to join a global movement advocating for the harmony between humanity and nature, aiming to shed light on whales' remarkable abilities and intricate social lives

and it will be best experienced on the big screen.
The Zone of Interest February 22. Showing at Luna, Luna on SX, Windsor.
 A hypnotic and strikingly original film that dismantles human darkness in the face of evil. The commandant of Auschwitz, Rudolf Hess, and his wife Hedwig (Sandra Hüller), strive to build a dream life for their family in a house and garden next to the camp.
The Road to Patagonia Advance Preview February 24 at Luna Outdoor, Doors open 6.45pm. Film starts 7.45pm
The Road to Patagonia is a stunning, intimate and unflinching series of love letters within a documentary – firstly a love between two people,

and secondly between humanity and the Earth.
Club Zero February 29, Showing at Luna.
 A charismatic teacher (Mia Wasikowska) convinces her teenage students that disordered eating can produce many kinds of enlightenment in Jessica Hausner's (*Amour Fou, Lourdes*) bold satire *Club Zero*.
Four Daughters February 29. Showing at Luna.
 An intimate journey of hope, rebellion, violence, transmission and sisterhood that will question the very foundations of our societies. *Four Daughters'* unique approach to documenting real-life horror is a formal gamble that only underscores the bravery and resilience of its subjects.

A pinch of mystery - with a dash of danger



MRS Sidhu (Meera Syal, *Yesterday*) is a chef with a taste for solving mys-

teries. A lifetime of being an Indian 'aunty' has sharpened her skills as an investigator: an instinct for truth, a warmth with people, and an indefatigable sense of nosiness.
 Recently widowed, she juggles her new catering business with her efforts to encourage and motivate her wayward son, Tez (Gurjeet Singh, *Ackley Bridge*).
 As Mrs Sidhu finds her way around the kitchen on her various catering

jobs, murder somehow always manages to find her. Ever ready to follow her nose, her sleuthing leads her across the path of long-suffering DCI Burton (Craig Parkinson, *Line of Duty*).
 A dour divorcé, Burton was once at the top of his game as a detective, but after some lazy mistakes, he's feeling pressure to prove himself. At first aggravated by Mrs Sidhu getting mixed up in his cases, he reluctantly begins

to accept that together they make the perfect pairing to fight crime.
Mrs Sidhu investigates is released on DVD February 21, RRP: \$34.95.
WIN WIN WIN
Thanks to Nixco we have 10 copies for some lucky readers to win. To be in the draw simply email win@haveagone.com.au or write to DVD competition c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/3/24.

Sundowner events at Koorliny Arts Centre



L-R; *The Godleman Duo* and *Coco Bros*

AWARD-WINNING Koorliny Arts Centre, Kwinana, is gearing up for another exciting year of entertainment, kicking off with two sundowner events in the light-festooned courtyard.
 The rhythm of the ukulele and beat of the hula drums will transport audiences to a world of the Aloha spirit

at *Coco Bros'* Hawaiian-themed show on February 18, while the 2024 performance season will kick off with a staged reading of classic Australian play *Hotel Sorrento* in March. Audiences are encouraged to bring grazing platters and camp chairs or picnic blankets to these outdoor events.

In the main theatre, the ever-popular *Morning Melodies* program began this month with *The Godleman Duo* on March 1.
 A special Valentine's Day Midweek Music event will feature Justin Freind, one of Australia's leading Gilbert and Sullivan performers, in a celebration of the iconic big tunes from the best-loved musicals.
 The centre offers something for everyone – from award-winning performing arts to visual arts, from author and artist talks to book clubs, from classes and creative workshops to volunteer opportunities.
 For more information about upcoming events and experiences, visit kooliny.com.au and sign up for the newsletter, or call 9467 7118.

The Holly Wood Tuesday Morning Show returns...

EVERY Tuesday morning at the Perth Town Hall come and join the friendly group who enjoy camaraderie and entertainment from 10.30am. Compèred by Bernard Carney, the show has been going for many years and provides a hub for people in the city.
 The show kicks off at 11am every Tuesday from February 13 with the following...
February 13 – The extremely popular and busy *Silver Threads Band* perform around 50 shows a year for schools, seniors' groups,

service clubs, arts and civic events in both metropolitan and country locations. The Band received an award for Outstanding Contributions to Senior Citizens and Bandmaster Irwin Palmer was awarded the OAM in 1997. They will entertain with a fun participatory show to start the year off with a blast.
February 20 – welcome back to Moira Jo Scott who will present a tribute to the great female entertainers of the fifties and sixties.

February 27 – Wayne Stanley is an international performer, well known for his tribute to 'The Voice' – Sir Tom Jones, also featuring songs by other great singers with whom Tom shared the stage, such as Engelbert Humperdinck, Frank Sinatra, Chuck Berry, and Neil Diamond. Wayne is a dynamic performer who loves to entertain in the cabaret style of yesteryear with great music, fun and lots of audience participation.
 Don't miss this show.

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Director **Tammy Peckover**
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ERIC BANA

FORCE OF NATURE

THE DRY 2

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The multi-sensory *Monet in Paris* experience extends season

MONET in Paris, the multi-sensory experience celebrating Claude Monet and the world's most renowned artists of the Impressionist era, will extend its successful Perth season until March 10 due to popular demand.

Housed in the purpose built Le Grand Palais, situated at Crown Perth, this new immersive event has been created by Grande Experiences and Andrew Kay, the team that brought Van Gogh Alive to Australia.

Monet in Paris is a super-scale, arts and entertainment experience for the whole

family to enjoy. Visitors will accompany some of the world's most fearless artists of their time in an exhilarating adventure across 19th-century bohemian Paris and the lush countryside of France.

Young and old will be plunged into Monet's water lilies and dance with Degas' ballerinas in this stunning explosion of life, light and colour. Art meets technology as breath-taking paintings are projected on an enormous scale, illuminating the loose brushwork of Claude Monet, Camille Pissarro, Pierre-Auguste Renoir, Paul Cézanne, Edgar Degas, Berthe Morisot,

Mary Cassatt and many more.

Housed in the spectacular Le Grand Palais, a 2,500-metre square custom designed super-scaled marquee, featuring six transformative break-out spaces, bars, a café and gift shop, visitors will experience a 360° immersion into Monet's world. Designed by Australian theatre designer, Anna Cordingley, Le Grand Palais is one of the biggest portable exhibition buildings in the world.

The exhibition now runs until Sunday March 10.

Bookings: www.monetinparis.com.au

Ghostbusters are back on screen



STARRING Paul Rudd, Carrie Coon, Finn Wolfhard, Mckenna Grace, Kumail Nanjiani, Patton Oswalt, Celeste O'Connor, Logan Kim, Dan Aykroyd, Ernie Hudson and Annie Potts *Ghostbusters: Frozen Empire* sees the Spengler family return to where it all started – the iconic New York City firehouse. They team up with the original Ghostbusters, who've developed a top-secret research lab to take busting ghosts to the next level. When the discovery of an ancient artifact unleashes an evil force, Ghostbusters new and old must join forces to protect their home and save the world from a second Ice Age.

In cinemas March 21. *Ghostbusters: Frozen Empire*

WIN WIN WIN

We have double passes to give away to some lucky readers to see *Ghostbusters: Frozen Empire* the third film in the franchise thanks to Sony Pictures. To be in the draw simply email win@haveagonews.com.au with *Ghostbusters* in the subject line or write to *Ghostbusters* c/- Have a Go News PO Box 1042 West Leederville 6901.

Karen Knowles presents *Songs & Stories*



Karen Knowles performs at Astor Theatre Perth in March

SONGS & Stories was created by Karen to honour the love, light and heartfelt contribution Olivia Newton-John, Judith Durham and Archie Roach made to the fabric of Australia's musical

soul and identity.

Karen had a strong affinity with all three artists. She grew up singing Olivia's music on *Young Talent Time* and sang The Seekers repertoire extensively when

touring with the band as their lead singer in the early 1990s.

Through Karen's work with reconciliation since the 1990s she encountered and was touched by Archie Roach's musical expression of connection to country.

Singing for and with audiences with heartfelt gratitude and recognition, join Karen for *Songs & Stories* as she upholds what Archie, Judith and Olivia all stood and sang for – unity, healing, connection and belonging.

In this specially curated concert, Karen's performs so many of their most loved songs including Olivia's *I Hon-*

estly Love You, Hopelessly Devoted To You, and Let Me Be There; Judith's much loved I'll Never Find Another You, Morningtown Ride and Carnival Is Over; as well as Archie Roach's gems Native Born, One Song and It's Not Too Late.

Songs & Stories offers audiences an opportunity to be with each other to collectively honour and celebrate the contribution of these incredible singers who have formed a large part of the soundtrack of our lives – join her at the Astor Theatre Perth on Saturday March 2 at 8pm. Bookings – www.astortheatreperth.com/

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Win tickets to see the film *Bob Marley: One Love*

BOB Marley: One Love, in cinemas on Valentine's Day, celebrates the life and music of an icon who inspired generations through his message of love and unity. On the big screen for the first time, discover Bob's powerful story of overcoming adversity and the journey behind his revolutionary music.

Produced in partnership with

the Marley family and starring Kingsley Ben-Adir as the legendary musician and Lashana Lynch as his wife Rita.

WIN WIN WIN – Email Only
To be in the draw to win one of five double passes email win@haveagonews.com.au with *Marley* in the subject line. Closes 20/2/24.

Something is brewing at the State Library



THE State Library's new exhibition *Liquid Gold: A Taste of WA Brewing History* explores WA's rough and tumble relationship with beer and brewing. From pre-colonial fermentation and early homebrews to the mighty Swan Brewery taking on the world, the exhibition charts entrepreneurialism, activism, bitter rivalries and social change.

Liquid Gold showcases documents, photographs and stories from the State Library's vast collections – including what is likely the earliest written beer recipe – alongside advertising material and recorded interviews which reveal how brewing helped shape WA's

economic and cultural identity.

The State Library is pleased to debut 10 new oral histories as part of the exhibition, which document the evolution of WA craft brewing from the 1980s to today. The interviews – which have been added to the State Library's collection – feature leading industry figures like Howard Cearnis of Little Creatures fame and John Stallwood of Nail Brewing, as well as a snapshot of the new wave of WA's independent brewers.

To celebrate the exhibition and bring WA's brewing history to life in a can, the State Library has partnered with Otherside Brewing Co. to develop a limited-edition heritage beer. Drawing on early beer recipes, photography and stories in the collection, Otherside head brewer Rhys Lopez created the 'Gilded Ale', a contemporary interpretation of recipes from as early as 1913.

The exhibition and the beer will be launched at a free opening event and panel conversation at the State Library on Saturday 17 February at 6pm.

Hear from a panel of industry in-

siders and innovators in conversation about the rise of WA's most famous brewing brands and dive into the next industry trends.

The line-up: Phil Sexton, legendary brewer behind Australia's first micro-brewery Matilda Bay Brewing Company and co-founder of Little Creatures; Mick Little, co-founder of Little Creatures fame and John Stallwood of Nail Brewing, as well as Michael Payne, of Lighting Minds non-alcoholic beer; Mark Braddock, co-founder Block Branding and the designer behind some of WA's most iconic brands including Feral Brewing Company; Pia Poynton of Otherside Brewing Co. and certified beer expert and judge and Julian Tompkin, author, cultural journalist and academic, and moderator for the evening.

Opening event and panel conversation: February 17 at 6pm – State Library of Western Australia – Free event, drinks available to purchase. Bookings at www.slwa.wa.gov.au.

Exhibition: February 17 – June 2 – ground floor, State Library of Western Australia – free.

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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 |
| WLTM: Would like to meet | |

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Please nominate a category for your advertisement.

Tick one box only.

- Travel companion Wishing to contact
 Seeking a friend Seeking a partner

Name

Address

Phone Email

This is a free service. All care no responsibility.

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.40) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

68 female, single, interested to correspond with a sensitive new age guy. My interests are metaphysics, no cafes, nutrition, fitness, books non-political, aware, personal growth, 60s-70s music, quiet life, travel, world balance - am I asking too much? ALA to your address or c/o address.

Reply Box 9497

A GENUINE caring lady 70+ WLTM gent of similar interests, approx 80, good company, conversation, GSOH, fin/secure, share life's journey, happy times, ongoing if compatible. NOR.

Reply Box 9487

ATTRACTIVE lady 70s, WLTM travel companion to cruise in May and maybe form relationship. I have a GSOH. I'm kind, caring, dress well, happy natured, fin sec, and live Peel area. ALA.

Reply Box 9500

FEMALE well groomed NOR hoping to meet genuine, trustworthy, honest gentleman with various interests. I'm active, spontaneous, fun, caring, I'm also genuine, NS, SD, let's meet for a chat.

Reply Box 9488

FRIENDLY NOR group welcome single ladies and gents, 64+, to join us for get togethers meeting new people, mixing and chatting on a regular basis. No fees. Please reply with a mobile number. ALA. Happy New Year.

Reply Box 9502

THE Have a Go Meet a Friend Group will be gathering every third Saturday of the month at the Stirling Arms Hotel (close to Guildford Train Station at 12noon to have lunch and drinks together, meet new people, make friends and mingle around for a few hours, there is no fees involved other than your own meal and beverages, everybody is very welcome to come in and join us.

Reply Box 9504

GENT 79, slim, 5'8", lives SOR 6156 area seeking lady around same age for dancing classes and social dancing on Friday and Sunday. I also play carpet bowls. I'm sincere, honest, trustworthy. Have own home.

Reply Box 9503

GENT GSOH SD 80, 70kg, house and car, WLTM lady from Armadale or closer.

Reply Box 9495

IS 2024 the year this lady 73 meets her ideal man? NS, GSOH, SOR, just asking.

Reply Box 9489

LADY WLTM 75/80 guy to share twilight years. I enjoy reading, gardening, walking, travel in/out Australia, missing special friend, travel buddy, no expectations, just enjoying each others company. Let's see what happens. Metro/only 6107.

Reply Box 9496

MALE, 55, geek, seeks female, 50-60, similar, witty, funny, talkative, language, chillout and hangout together, movies, beach scene, concerts, travel, tattoos okay, 6018 area, any race. WLTM, coffee, driver licence preferred. Live life as it comes, I say...

Reply Box 9506

Seeking a Partner

ACTIVE European widower, low 80s, younger looking, married 60 years, med build, NS, SD, fin sec, would cherish company of affectionate, slim lady till 73 and accept what life offers. I like travels and associated matters. NOR.

Reply Box 9493

ACTIVE gent 65, fit, financially comfortable, looking for a lady.

Reply Box 9494

ATTRACTIVE refined lady 70+, originally from UK, educated, happy natured, med build, 160cm tall, VG-SOH, ND. My interests; music, reading, walking, gardening, socialising, country drives. WLTM unattached gentleman (not separated) up to 75 years, who is well presented, fin secure, loyal with old fashioned values for a permanent long term relationship who lives SOR, hills area or country. ALA.

Reply Box 9491

AUSSIE gent, NS, ND, healthy and caring, seeks compatible lady in her 70s, early 80s, who is not on her last legs to spend time together. No scatter brains, gold diggers or control freaks. Meet for coffee NOR, coastal areas.

Reply Box 9498

See below for how to reply to Friend to Friend advertisements

COMPLETE gentleman, 71, personable, enigmatic, fun-loving, adventurous, passionate, honest, caring, good listener and communicator seeking a free spirited, open loving woman interested in keeping young. Life is a mystery to explore together. Come join me.

Reply Box 9499

GENT 63 honest, caring, DTE, NG, NS, quiet personality. WLTM Asian lady, 50-62, Vietnamese, Chinese, Japanese, and other Asian country from Perth area for friendship or relationship.

Reply Box 9501

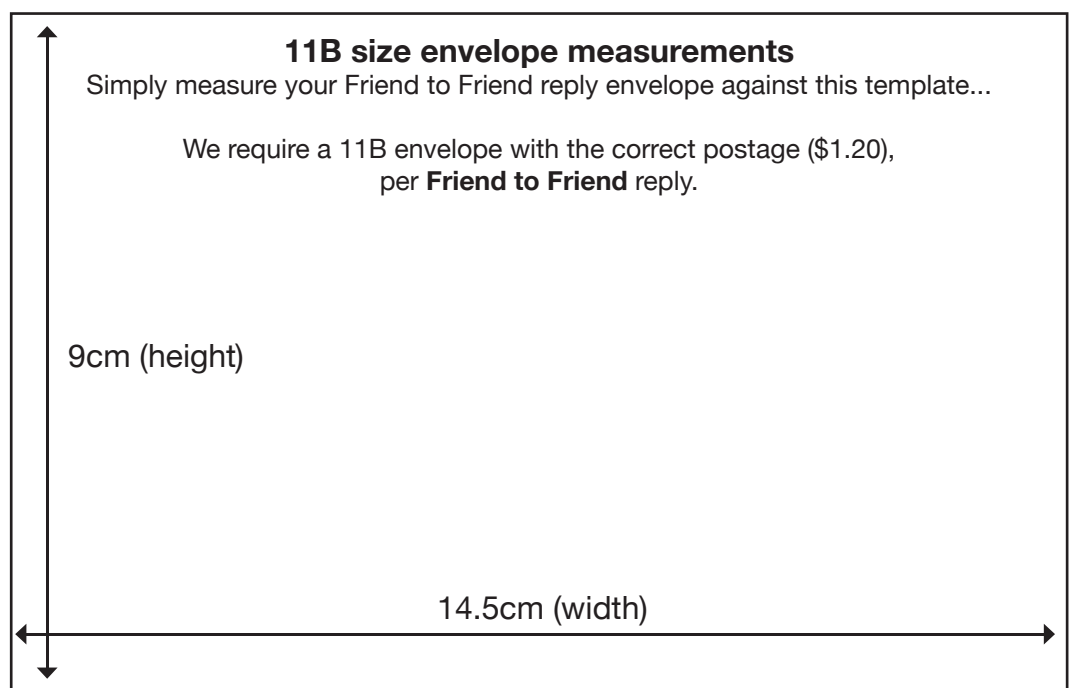
NOT looking for a perfect match, but maybe aiming to go in the same direction. Do we want the same things? Lady 74 looking for a best friend/partner, a man around 70 to share life.

Reply Box 9490

YOU'RE new to this, and a bit beware, wanting a partner with loving care. There are many men who will tell you a tale, but let me tell you of a genuine male. My friend has been on his own for quite a long time. Without reason and without rhyme. He's good looking, fit, a romantic Leo and young. His attributes remain unsung. Yes, he's retired, but nowhere near dead. You will know that when - well, in that area, enough is said. If you're female, attractive and requiring more, offer your name and number, and tell him the score. Of course, you know by now, it's really me, NS, NG, GSOH and drinker (of herbal green tea). Mandurah-Peel area.

Reply Box 9505

Correct envelope size for Friend to Friend replies...

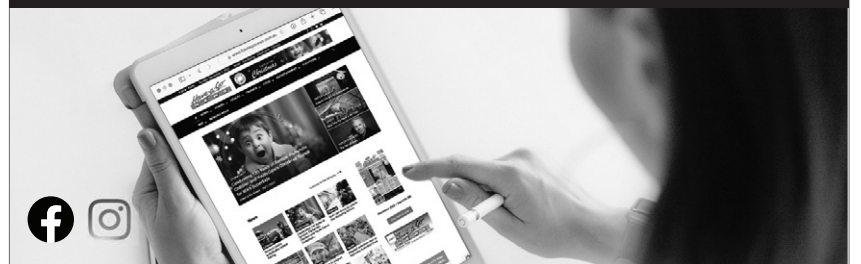


Wishing to Contact

WOMAN 68 NOR, thanks to all responders to my advertisements. My life became confused since I advertised, so please give me six to seven months to readvertise. I seek 'Cabot Cove' lifestyle, seaside essential, *The Big Chill* movie essential, ie good friends; my star sign is Libra.

Reply Box 9492

Can't find any print copies from your nearest outlet? Read us online...



When replying to a Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)
 Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see example below.

No greeting cards, bulky items and photos.
 All replies will be forwarded early in the next month.
 All replies are strictly confidential and are not opened.
 Replies must be in response to reply boxes no older than three months.

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



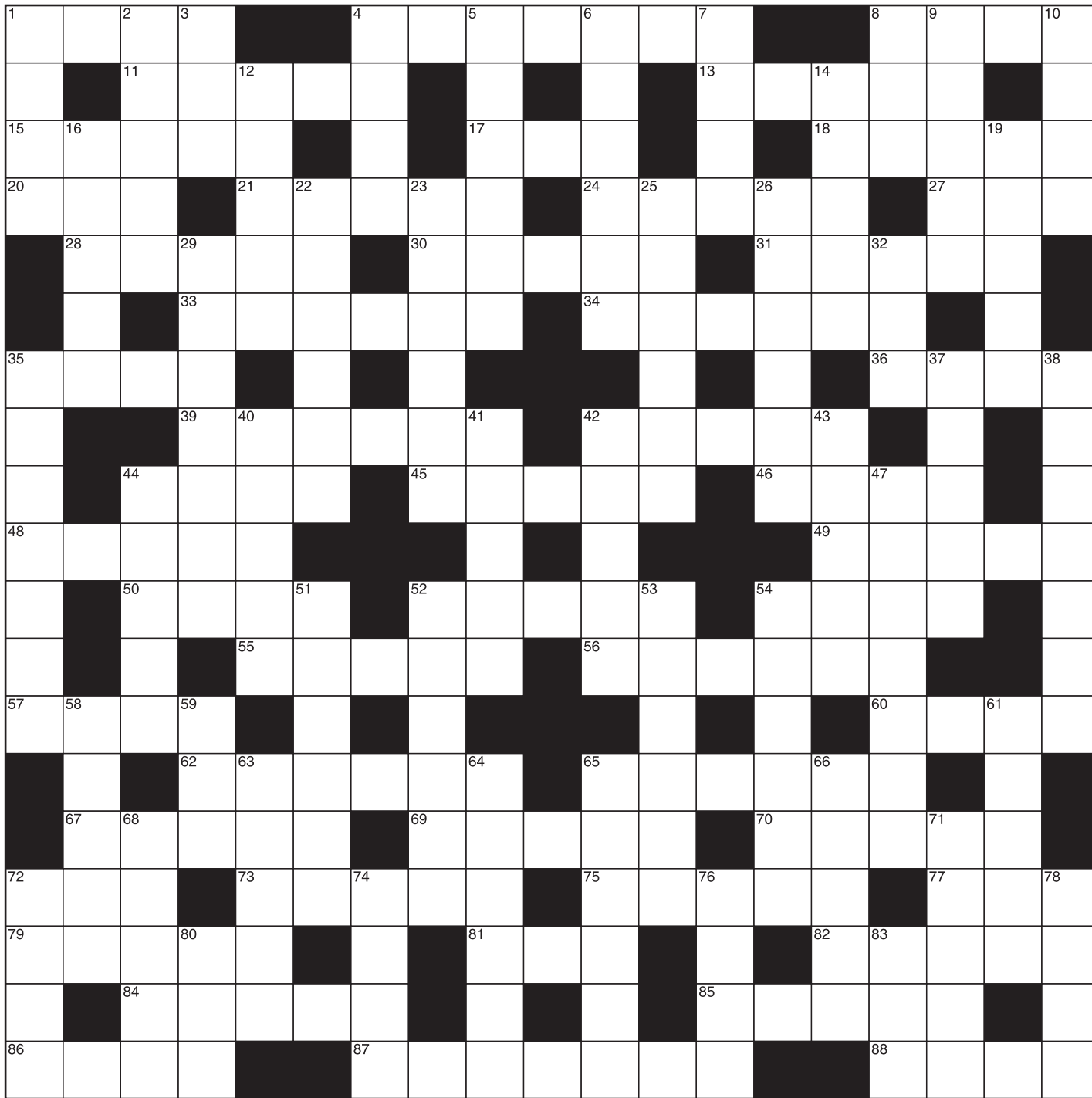
10.15am each Sunday
 Regular services of Holy Communion

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

Holy Honey
 Buy Father Steve's organic raw honey

www.stpatricksmtlawley.com
 Father Stephen Conway 0478 514 516

BIG CROSSWORD - SEE PAGE 35 FOR SOLUTIONS



ACROSS

1. Spicy honey liquor
4. Bleaker
8. Wading bird
11. America, ... Sam
13. Clay-based rock
15. Marine growth
17. Morning vapour
18. Betrays secret
20. Age
21. Unnecessary
24. Urge to action
27. Fah, ..., lah, te, doh
28. Sugar-coated
30. Pre-decimal coin
31. Bumps into
33. Skimmed
34. Rule (country)
35. Measure of length
36. Copenhagen native
39. Voguish fads
42. Pivot
44. Poke
45. Fast jet effect, ... boom
46. Apiece
48. Shoplift
49. Steers off course
50. Looked up & down
52. Coupled
54. Legumes
55. Long tales
56. Forcible restraint
57. Comfort
60. Frosted (cake)
62. Rue
65. Draining tube
67. Chilli con ...
69. Crow relative
70. Avid
72. Soaked
73. Support garment
75. Publicist, press ...
77. Negative adverb
79. Greatly love
81. Morse Code distress signal (1,1,1)
82. Stringent
84. Fete, ... Gras
85. Cowboy's noosed snare
86. Low cloud
87. Accomplishments
88. Slithered

DOWN

1. Self-defence aerosol
2. Of the ear
3. Forensic ID check, ... test (1,1,1)
4. Castrate (horse)
5. Truly!
6. Cutting (grass)
7. Invitation reply (1,1,1,1)
8. Unwell
9. Monster
10. Silk band
12. Brooding hen sound
14. Cleverer
16. Heart or lung
19. Ship's officer
22. Approached
23. Overturns
25. Short-sighted
26. Materialise
29. Cigar receptacle
32. Demise
35. Tedious
37. Hurts
38. Lived
40. Movie parts
41. Fizzy drinks
42. Employed
43. Overhanging roof edges
44. Removes skin from
47. Stopping
51. Knife
52. Builders
53. All through
54. Peacock & ...
58. Formed a curve
59. Blunder
61. European money
63. Participate in (competition)
64. Cord fringe
65. Flavour with herbs
66. Promises
68. Tiny particles
71. Register
72. Quite hot
74. Military subdivision
76. Snake-like fish
78. Dull crash
80. Plague rodent
83. Donkey



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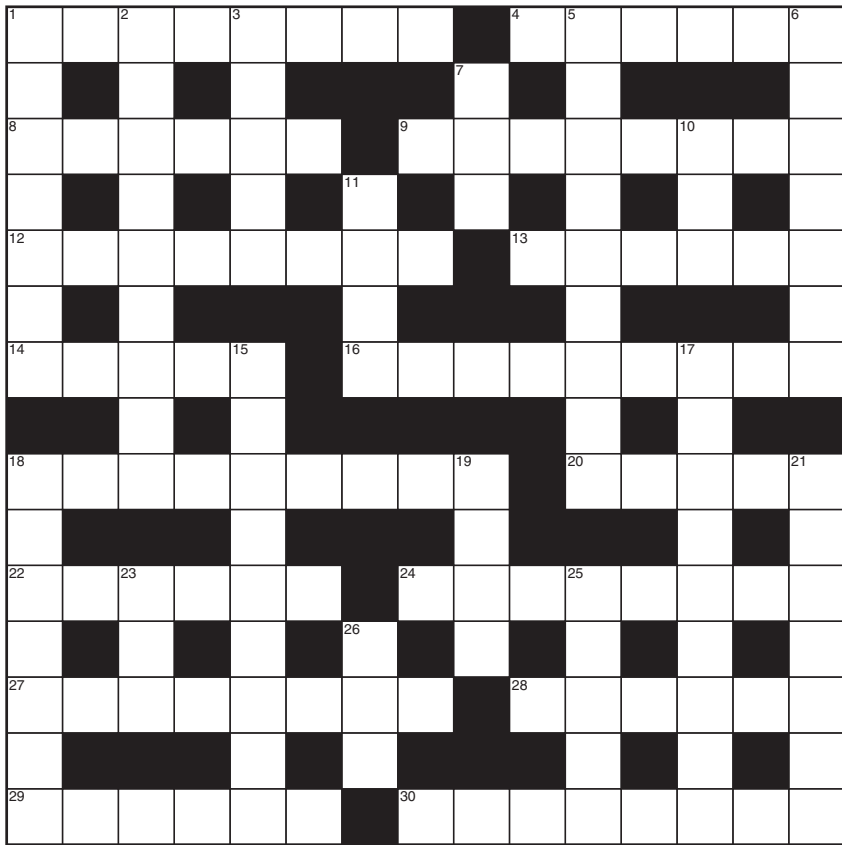
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FROM ONLY
\$3,825

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CROSSWORD



ACROSS

- 1. Saint travelling by horse taking long steps (8)
- 4. The asphalt runway material at commencement (6)
- 8. Border at end of month on chaos (6)
- 9. Race around inside

- tree madly to duplicate crime scene (2-6)
- 12. Listened out for those who joined up (8)
- 13. Cheats prison wardens (6)
- 14. Ass in LA disrupted South American dance (5)
- 16. Finds out what record sleeves sound like (9)

- 18. Dutiful submission ... once around bed, that is (9)
- 20. Start taking a back seat, when getting sharp pains (5)
- 22. Tranquillise a steed on the move (6)
- 24. Detect sound of terrace level that's more

- substantial (8)
- 27. Duck in duty rotas or male chickens? (8)
- 28. Neural surgery? Cool! (6)
- 29. Legal predators well under par on links? (6)
- 30. Athletes seen to take a tumble (8)

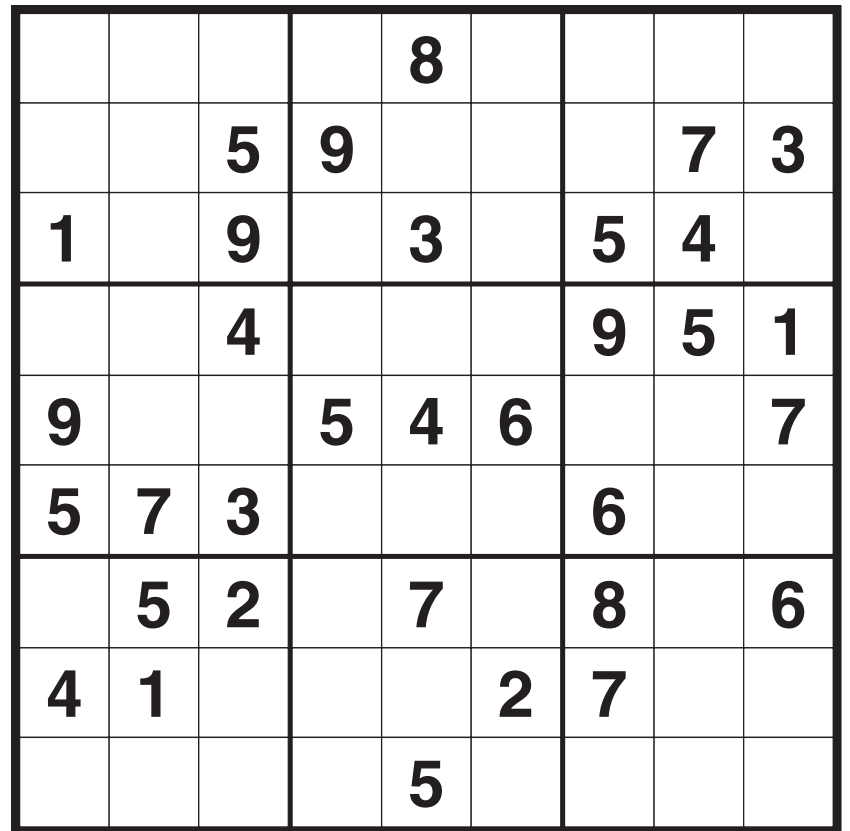
DOWN

- 1. Boils immersed partially (7)
- 2. Down at Buckingham Palace over shade (5,4)
- 3. Cover wound with item of clothing (5)
- 5. Our coat is redesigned. Looks appalling! (9)
- 6. They need to be ironed out (7)
- 7. He gets ten to follow him for a spell (3)
- 10. Even lazy me? Yes! (3)
- 11. Almost ready to scan (4)
- 15. Late riots disturbed Greek philosopher (9)
- 17. They put one to the test (9)
- 18. Wait at table after Miss Peep goes back to see (7)
- 19. We were holding a jug (4)
- 21. Ambles towards luxury car on the street (7)
- 23. Pair performing in arduous surroundings (3)
- 25. Pruning off extremities causes argument (3-2)
- 26. Young fish swim freely around electric fish (3)

SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9.

RATING: ★★☆☆☆



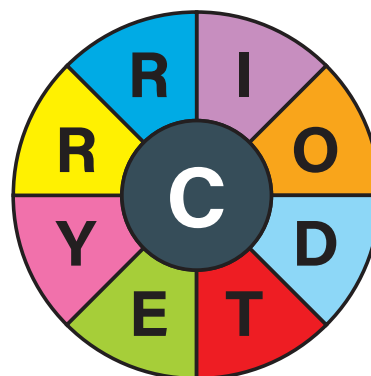
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WHEEL WORDS

Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using all the letters.

Wheel Words

11 Good 16 Very Good 21+ Excellent



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WORD SEARCH



FIND all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. Theme: Cartoon characters

- | | | |
|-------------|--------------|---------------|
| Astro Boy | Foghorn | Rocky |
| Bullwinkle | Jerry | Scooby-Doo |
| Daffy Duck | Jetsons | Scrooge |
| Donald | Mickey Mouse | Tom |
| Elmer Fudd | Minnie | Wile E Coyote |
| Felix | Pluto | |
| Flintstones | Road Runner | |



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Join the 2 out of 3
parents already
saying 'no'.



No one should give
alcohol to under 18s.

alcoholthinkagain