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VOLUME 23 NO.06 ISSUE NO.261 DECEMBER 2013

In this Issue

- Let's Go Travelling - Have a Go News' Travel Editor's trip to Switzerland, Holiday Guide to WA plus much more
- Grand Activities - school holiday fun
- Christmas Gift Guide

Competitions/Giveaways



- The Railway Man* - Colin Firth, Nicole Kidman
- Philomena* - Judi Dench
- The Book Thief* - Geoffrey Rush
- Luna Outdoor
- Camelot Outdoor
- Miss Fisher's Murder Mysteries* - Series 2 Part 2
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A magical encounter between human and horse



Beautiful and inspiring - Bungees Cavaliers © Pascal Ratthe

by Josephine Allison

TRANSPORTING 48 horses, 34 artists and a large backup and support crew around the world could be a logistical nightmare for the organisers of *Cavalria: A Magical Encounter Between*

Human and Horse which recently opened its Perth season at Belmont Racecourse in Victoria Park. But the operation is done seamlessly and everything comes together in the end, according to Cavalria spokesman Eric Paquette.

"Each time we move this show from one city to another it is quite complicated and it takes a lot of manpower and knowledge," he said. "This is the biggest show on earth; we are bigger than the Rolling Stones, U2 and Cher when we are on the road.

"We have eight tents in total which includes the White Big Top. We have the staff kitchen, the practice tent and the artistic tent. It's really a small village and we have to move all that, as well as the stables and horses." Paquette was speaking

from Los Angeles ahead of Cavalria's Perth season which itself has been a challenge with a chartered 747 aircraft needed to transport the horses here from Adelaide for the final leg of its first Australian tour. Cavalria is a lyrical, breathtaking show where audiences are transported to another world. Horses team up beside gravity defying performances by a troupe of colourfully dressed acrobats and riders in fairytale settings from a magical pond to softly falling snow and autumn leaves. A horse whisperer works his magic on six of the show's four-legged friends who gently obey his gentle commands. Throughout, there is the sense of a deep affinity and love between the performers and their equestrian friends - virtually anything is possible. In one sequence, aerialists suspend themselves from the rafters while the horses canter delicately below. In another, an artist holds a fiery torch while balancing on a ball and performing tricks. The live band is perched on a four-metre-high platform, delivering a "unique fusion of pop, classical jazz and world music" which highlights the mood of the show. Cavalria, which has toured the world since 2003, employs 120 people permanently with 100 people hired locally in each city and 100 trucks on hand to move material. In most cities the cast and crew stay in the same apartment complex with an executive chef preparing 320 meals daily. It's the horses that receive first class treatment, Paquette says. They have just been on holiday in the Adelaide Hills where "they can get dirty, roll around and have a big old time with their friends, eat grass and just be a horse."

continued on page 3

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From the Editor's desk



Judith Treby

HELLO Everyone,
 November is both a busy and enjoyable month at *Have a Go News*.

As well as the much looked forward to Bendigo Bank Seniors Week Festival, there is also a plethora of informative and exciting launches and events to attend which showcase many 2014 programmes of interest to readers.

The Bendigo Bank Seniors Week Festival was held this year from Sunday 10 to Sunday 17 November.

Each year, the Festival

offers a wide range of range of events and activities in which seniors can participate throughout Western Australia. It also acknowledges through the WA Seniors Awards, held at the beginning of the week, their valued and valuable contribution to our community.

The peak event of the 2013 Festival was the hugely successful Have a Go Day. Organised by the Seniors Recreation Council, the 'day' was again held in perfect weather in the grounds of beautiful Burswood Park on Wednesday 13 November with an attendance of around 14,000 visitors.

Congratulations to SRC's Dawn Yates and her fabulous team and to the many volunteers (our unsung heroes) who helped to make the day such a wonderful occasion.

It was good to see the lifting of restrictions on annual driving tests for those aged over 85.

Hopefully, this was in some small part, a response to calls for action from seniors' organisations mentioned in Frank Smith's excellent article *Older drivers discriminated against* which ran in the paper earlier in the year. The article included in part the following observations.

COTA Victoria says that that some older people give up their driver's licence before they need to because of feelings of intimidation and anxiety about testing procedures. This probably applies equally to WA seniors.

WA Association of Independent Retiree president Don Keene said seniors do not want to be discriminated against but also do not want to see bad drivers on the road who should not be there.

WA Self Funded Retirees Inc. sent emails seeking support from associations such as COTA, AIR, the RSL, National Seniors and also

to the Chair (June van de Klashorst), of the Seniors Ministerial Advisory Committee from whom they received a positive hearing.

Just a little reminder to our valued contributors: please note that our deadline for copy is the 20th of the month preceding publication. We don't mind if you are a day or two late, but life becomes difficult for us, when we receive around six or seven pieces of copy the day before we go to print.

Regular readers will know that Christmas is my favourite time of the year and I hope you enjoy the season too.

From all of us here at the paper, please accept our best wishes for a wonderful Christmas and a healthy and Happy New Year.

See you in 2014.

Judith Treby
editor@haveagonews.com.au
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Index

- 1-15 Early General News and columns
- 16-17 6IX 80th Anniversary feature
- 19-30 Let's Go Travelling
- 31 Grand Activities
- 32 Grand Activities /Puzzles
- 33 Christmas Gift Guide
- 35-36 Great Home & Gardening
- 37-38 Food & Wine
- 39-40 Healthy Living
- 41 Property & Finance
- 42 Style/Notebook
- 43-45 Arts
- 46 Friend to Friend
- 47 Scene Socially

Friends of Osborne Park Hospital need your help

FRIENDS of Osborne Park Hospital Inc is a group of older people who volunteer their services to help out in various areas of need throughout the hospital.

Currently, they are seeking volunteers to run their Cafe on weekends.

The hours are 11am to 3pm Saturday or Sunday, usually for one day per month.

Duties include sandwich making, heating pies and sausage rolls, making teas and coffees and generally serving the public. Expertise in handling money would be an advantage.

Interested readers can contact Meg on 9349 2630.

Over 55 paddlers enjoy their annual paddle and lunch

FOLLOWING the club's annual paddle at Mandurah on the Serpentine River, members enjoyed a wonderful lunch at Joy's and Glen's holiday home near the beach.

This was the 10th year that they have organised this event, for which we thank them very much.

Our annual sausage sizzle was held again this year at Garrett Road Bridge.

This sizzle was well attended as usual and our thanks go to the committee for all the work that they put into organising the event.

Special thanks to Derek for bringing along his Webber and doing much of the cooking.

On the 14 November, the club met at Shelley Beach from where they set off for a very enjoyable paddle past Mount Henry Bridge and back. Mike went to Shelley Bridge, instead of Mt Henry Bridge but eventually met up with us down river.

It was nice to see Elizabeth back with us again after her holiday up north and also Richard, who comes along whenever he can these days.

Compliments of the season to all readers.

Stan Wallin

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Keeping dementia at bay



Alzheimer's Australia's National president Ita Buttrose

by Frank Smith

THERE IS a pressing need to tell people how to reduce their risk of getting dementia as they age.

That is the view of Ms Ita Buttrose, 2013 Australian of the year and for the past three years national president of Alzheimer's Australia, speaking at an Alzheimer's WA lecture last month.

Ms Buttrose learned about dementia the hard way. For seven years she was a carer for her father.

"I learnt from experiences over that time. For 24 hours a day I was living and breathing dementia.

"In spite of the frustration and mood changes of the patient you need to respect the needs of the person with dementia, help them with decision making, but avoid finishing sentences for them.

"Know when to get help and don't

feel guilty about doing so. Carers are the unsung heroes of the dementia epidemic."

She said the Alzheimer's Association was promoting Montessori techniques of communicating. These build on the strengths of the patient to aid communication.

"The Alzheimer's Association provides the best service it can to patients and carers but it is also a change agent aiming to make the health system more dementia friendly.

"We need to include people who have dementia in their own care. Society needs to value older people and tap into their wisdom and creativity."

She said research into dementia is vital and until recently it was severely underfunded.

Following the Fight Dementia Campaign, the government has established the Living Longer Living Better package including making dementia research and care a National health priority with \$200 million funding over five years. In addition community care packages are to be increased over 10 years to help sufferers stay at home for longer.

"We need to change the attitude of the general community. Alzheimer's is not a normal part of aging. More than 80 per cent of people aged over 85 don't have dementia.

"Alzheimer's disease is not inevitable; the risk of dementia has been decreased in UK and Denmark."

The key is education.

"We need to inform Australians how they are able to reduce the risk of de-

mentia by adopting a healthy lifestyle. That also has benefits by reducing diabetes, heart disease and cancer.

"Your brain, diabetes, lifestyle and health are intimately connected," she said.

The Alzheimer's Association campaign Your Brain Matters focuses on risk reduction by looking after your heart health, increasing physical activity undertaking mentally challenges such as work, hobbies or travel, a diet high in vegetables and low in saturated fat and social activities for both physical and mental stimulation.

She said exercise can stimulate the production of new brain neurons by up to 25 per cent.

Future activities of the National Association will be to ensure that the government commitment is applied in the right way to aged care and aged care facilities.

"We need to lift the standards of aged care. We can't ignore the problem.

"Aged care staff needs to be provided with training in communication skills to deal with residents who have cognitive impairment."

The quality of life at the end of life was an issue with some service providers reluctant to use morphine to control pain because of fear that it hastened death. This a time when the patient has lost the capacity to make decisions, and the carer's wishes are often discounted.

"We should have zero tolerance of poor care service. Care providers differ, they require more than funding; we need consumer involvement in the care process," Ms Buttrose said.

continued from front cover

A magical encounter between human and horse...

"But the good thing is when they return to the show it's not just work, it's also play time. Everywhere we have been in the past few years from Berlin to Los Angeles we build a paddock where the horses can go and relax. They are just beautiful animals."

Cavalia is a lavish production which celebrates the relationship between humans and horses, virtually reinventing the equestrian arts. There is mutual respect, kindness, patience and trust, touching on the compassion between horse and human.

Horses cavort with the artists in front of a constantly changing digital background projected onto a 60 metre-wide screen. The audience faces a 50-metre wide stage which allows the horses space to gallop at full speed, at times running completely free, unfettered by bridles or halters.

Paquette says he was not a horse person before he joined Cavalia which is a fabricated word, inspired by the Spanish and French words for horse (caballo and cheval) and the English word cavalry.

"The show's tagline is: "a magical encounter between human and horse" which was just a tagline when I started but now I know about the work and trust between performer and horse and it's unique.

"It's a beautiful and inspiring show but it's also a show when you are on the edge of your seat because you don't know what's happening next."

Based in Montreal, Canada, Cavalia was started by Cirque du Soleil co-founder Normand Latourelle, who will visit Perth during the show. Latourelle, says Paquette, studied horses and their effect on humanity, realising he could depict that special bond on stage.

Paquette says the horses were given a clean bill of health under Australian quarantine regulations after 12 days isolation in San Diego and another 21 days in Sydney.

"It was fun and games for the horses in the paddocks outside Sydney but more difficult for the riders and grooms who had to shower, change clothes and ensure their feet were clean each time. It's quite an intense process."

Cavalia runs under the White Big Top, Belmont Racecourse, Victoria Park, until 5 January 2014.

WIN WIN WIN

Thanks to Have a Go News and Cavalia, you have the chance to win a double pass to see this lavish theatrical production on Wednesday, 18 December at 8pm.

For your chance to win, simply be amongst the first callers to phone the Have a Go News office during business hours on 9227 8283 or email win@haveagoneews.com.au and include the word Cavalia. Only over 45s eligible.

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WA Seniors Awards 2013



Award recipients with the Hon Minister for Seniors and Volunteering Tony Simpson MLA (fourth from left). From left, Jasmine Homer of Firey Productions Bunbury, Prof Gill Lewin, Barbara Colson, Errol Bartlett-Torr, Kylie Mathieson Amana Living, Nic Ellis, The West Australian and Greg Massam Amana Living.

THE 2013 Bendigo Bank Seniors Week Festival commenced on Sunday 10 November with the announcement of the winners of the WA Seniors Awards including the Deborah Kirwan Media Awards.

A new venue for the WA Seniors Awards meant the day was highly anticipated by all guests including finalists, their families, friends and nominees.

The awards, presented by the Department of Local Government and Communities in partnership with COTA WA, were attended

by 150 people at the State Reception Centre, Kings Park.

Guests enjoyed a three course meal while they took in the incredible views of the Swan River. Sponsors or their representatives were there sporting big smiles and included Juniper, beyondblue, Bendigo Bank, 6PR, Channel 7, *Have a Go News*, The Senior, Crown Perth and Perth Zoo.

Entertainment by The Musicantes almost took the roof off and set the tone for a very enjoyable event. They were accompanied by

singers from the West Australian Opera who enjoyed the repertoire as much as the guests. Everyone was moved by their performances.

The awards were one of hundreds of successful and well attended seniors' events which took place across WA during Bendigo Bank Seniors Week Festival and concluded on 17 November.

A little about the award winners:

Errol Bartlett-Torr
Recipient of the Juniper 2013 WA Senior of the Year and Community Award

Many of the organisations in Shark Bay function as a direct result of Errol's involvement. At the age of 80, Errol remains a member of the Shark Bay Volunteer Marine Rescue group, which he helped to establish. He also set up the Shark Bay Film Club, is a member of the Fishing Fiesta Committee, the Resource Centre Committee and the Arts Council. Errol attends all community events and uses his professional skills as a photographer to capture the activities on film.

Prof Osvaldo Almedia

Recipient of the beyondblue Inspiration Award for Wellbeing

As one of Australia's leading researchers into the ageing brain, Professor Osvaldo Almeida and his colleagues made the groundbreaking discovery that it is possible to delay cognitive decline with just 20 to 30 minutes of physical activity a day. During his 23-year career as a psychiatrist, Osvaldo helped to establish the Western Australian Centre for Health and Ageing. He also established the Mood Clinic at Royal Perth Hospital and was chief investigator in Australia's biggest study of depression in older people.

Barbara Colson

Recipient of the Intergenerational Award

In 2001, Barbara was instrumental in the establishment and development of several VIEW (Voice, Interests and Education of Women) clubs, run by the Smith Family in WA. This led to the establishment of six clubs across WA with more than 200 members. They also sponsor 38 disadvantaged children. The clubs provide financial assistance to families to cover the cost of their children's education and provide a forum for women to express their opinions and enhance their skills. The program helps to buy uniforms, text books and shoes for children.

Amana Living Enrichment Program
Winner of the Bendigo Bank Active Ageing Leadership Award

The Amana Living Enrichment Program is a collection of events, competitions and activities that help Amana Living's residents and clients to be active and social. The program promotes fun for seniors in an environment that allows residents to enjoy mental stimulation, physical activity and social interaction. The activities are tailored towards people with cognitive and physical challenges. The program's philosophy is that life is not just about surviving, but also seeks to foster wellbeing and meaningfulness.

Prof Gill Lewin
Recipient of the COTA WA Champion for Seniors Award

For the past 20 years Gill Lewin has been with Silver Chain and is now Director

of Research at the Silver Chain Group. Gill is also Professor of Ageing at the Centre for Research on Ageing at Curtin University. Much of her research has been focused on the development and testing of care models that promote the independence of older people. Gill has also been active in the Australian Association of Gerontology. As National President, she has represented the association on the National Aged Care Alliance, lobbying the federal government to improve the aged care system.

Deborah Kirwan Media Awards 2013

Lisa Morrison, Albany Advertiser

Winner Print Category, for 'Golden Oldies Shake a Limb for Fitness'

A desire to break down the stereotypes surrounding seniors led Lisa Morrison to write news and feature articles for the Albany Advertiser. Lisa is passionate about the wealth of life experience and wisdom that senior citizens can impart to younger generations. Her article 'Golden oldies shake a limb for fitness', highlights the positive impact exercise has on physical and mental health.

Jasmine Homer, Firey Productions, Bunbury
Winner Electronic Category for 'Don and June Crombie'

This piece, which aired on GWN, was about Don Crombie, one of the longest serving volunteers in the Bunbury community. Don is the official starter at the Bunbury Speedway and has been attending and supporting racing events for half a century.

Nic Ellis, The West Australian
Winner Photography Category for 'Age no barrier for footy veteran'

Nic initiated this story himself after hearing about footballer Kim Scadden on talkback radio. Wanting to hear more about a man who still played footy with his sons at aged 60, Ellis sought him out as his own experience of playing sport with his sons was cut short by injury. A great story about a man "kicking deep in to a fifth decade of football".

Have a Go News looks forward to another successful WA Seniors Awards in 2014.

Grandcarers Support Scheme launched

THE MINISTER for Seniors and Volunteering Tony Simpson MLA launched the Grandcarers Support Scheme recently at Faulkner Park, Belmont where he was joined by grandcarers and their grandchildren.

The Grandcarers Support Scheme (or GSS) recognises the financial sacrifice that many grandparents make when taking on informal full-time parenting responsibilities of their grandchildren.

It is administered by Wanslea Family Services in partnership with the Department of Local Government and Communities.

Minister Simpson said that the Grandcarers Support Scheme would be underway in time for payments to commence prior to the start of the first term of the 2014 school year – a time when grandcarers incur extra expenses for their grandchildren.

The scheme will entitle eligible grandcarers to a yearly payment of \$400 for every first child aged less than 16 years and \$250 for each further child in their full-time care.

To apply under the Grandcarers Support Scheme you need to fill in an application form which can be obtained by visiting the Wanslea Family Services website www.wanslea.asn.au or call the Grandcarers Helpline 1800 794 909, Monday to Friday 9.30am to 4.30pm.

After hours, you may leave a message and receive a return call during business hours. You may also enquire via email gss@wanslea.asn.au

Group celebrates milestone

NORTHERN Friendship Group turned back the clock with a "the way we were" film show at its 20th birthday celebration recently. The group, which still has several members from its early days, also hosted quizzes, games, music and a meal.

Set up in 1993, the Wanneroo based club welcomes Northern Suburbs singles and couples and residents over 50 keen to widen their social circle.

Member numbers have varied over the years, (currently about 40) and while all are welcome there is a shortage of male members.

Social activities include at least one get together each weekend and range from barbecues, outings to restaurants and amateur theatre to casserole and games nights, picnics, mini golf, ten pin bowling and more.

To join, please call Pauline on 9303 4938 or Trevor on 0404 894 382.

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High rents and job loss contribute to homelessness



Long-term St Bart's resident Brian

by Josephine Allison

A CHANGING Perth society with many people faced with high rents, the cost of living, job loss, injury and personal loss has called for care services such as St Bartholomew's House in East Perth to come to

the fore.

St Bart's, as it's popularly known, celebrates 50 years of operation this year but it's only a year since it moved into its innovative social housing facilities in Lime Street. The \$34 million building, with a homely community atmosphere, was of-

ficially opened by WA Premier Colin Barnett.

The twin tower, six and seven storey building has short and long term accommodation units for aged care, crisis and transitional and independent living programs, along with administration offices.

St Bart's provides support and accommodation for up to 500 of Perth's homeless people each night but many more are turned away.

Western Australia has the strongest economy in the nation but has one of the highest rates of homelessness with more than 13,000 people defined as homeless in WA (9 August 2011 Census).

Statistics show it only takes two or three crisis events in a person's life to push them into housing stress and homelessness.

Long-term St Bart's resident Brian, 73, was a lawyer before personal and health problems altered his life dramatically.

Born in Auckland, New Zealand, Brian settled in Perth with his wife and son in 1969, deciding life here offered better financial security.

"Also, Perth was comparable in size to

Auckland," he said. "My daughter was born here in 1973. I joined a law firm but eventually went out on my own."

Brian practised law until 1983 but his health took its toll and he was diagnosed with schizophrenia, "not the violent kind, but I was struck off the register and no amount of telling people I was on medication and would be alright, would convince them otherwise."

Faced with the prospect of having to earn a living to support his family, Brian headed to Port Hedland to work as a labourer. But the isolation and heat proved too much and he returned to Perth.

His marriage had failed and his former wife and children had returned to New Zealand. Brian was forced to sell the family home in West Leederville while trying to make a living in a metal imports business.

"But I wasn't mechanically minded and didn't continue the work. I had to sell my car and stayed with friends for a while, receiving a disability pension. I lived in a flat in Tuart Hill."

Brian ended up at St Bart's where he spends his days reading and listening to the

radio, favouring classical music.

"I'm currently reading a book about former US President Richard Nixon which is almost as turgid as he was," he chuckled. "I do like reading articles by Calvin Trillin who writes for The New Yorker - he brightens the day."

Brian is well cared for at St Bart's with three meals a day and his medication carefully monitored.

To assist St Bart's in its quest to help people, the organisation is calling on the WA community, individuals and corporates, to create a better future for those in crisis.

People can make a donation financially or in-kind. They can also invest in St Bart's capital fundraising project Brown Street redevelopment in East Perth. This will provide lodging house style accommodation for 30 mature aged women together with 70 apartments (varying from studio up to two-bedroom) for key-workers and low income families.

For further information about how to help St Bartholomew's House and its services visit www.stbarts.org.au or call 9323 5100.

Over 55 canoers challenge the Dwellingup and Bells Rapids

by Ken Westover

WITH OUR river level guru, George, predicting high water and a fast flow of the Upper Murray, the Over 55 Canoeing Club (O55CC), made an unscheduled one day trip in early October to Dwellingup.

Members arrived around 8am at the Dwellingup pub to transfer kayaks onto the club trailer and set off into Lane Poole Reserve.

On arrival at Island Pool, it was noted that the river level was high, with water lapping the top of the steps leading down to the landing and the rapids running hard and fast.

Leaving shuttle cars at Island Pool and led by Marilyn, paddlers moved on up to Sandy Pool, where kayakers were made ready for the descent downstream on the high and fast river.

The first major challenge was the S bend rapids

Negotiating these rapids provided thrills without spills, so kayakers were ported back to do it again...and again. Then it was on to Yarri-gal for morning tea.

The next rapids were the Double Drop which all survived, despite the snags and the turbulence at the bottom where the water was still running fast.

John T could not resist going back to do it one more time. Alas, he was thwarted: in turning for shore he was swept broadside into a snag and precipitated into the river. Refreshed by his swim and undaunted, John set off with the rest of the fleet for

the next big challenge - the Island Pool Rapids.

As we neared these rapids, the roar of the cascade filled our ears and excitement ran high as, one by one, kayakers shot the rapids.

Success in descending the rapids could be easily offset by the turbulence at the bottom. But all paddlers, showing great skill, survived the descent and returned, porting upstream to do it again and again and again.

Satisfied at last, it was lunch at Island Pool, then the long trip home.

Once more, George, our river flow guru, was predicting high water and good flows for the next week at Bells Rapids, so the word went out and paddlers gathered at Amiens Crescent to assemble for the trip.

With John T as leader and George and Glenn at the fleet's tail, the paddlers took to the water.

For the first kilometre, the rapids were free flowing, providing both challenges and excitement with all paddlers equal to the task of staying out of trouble and enjoying the fast water flow over low grade rapids.

After a morning tea break, just a short distance upstream from Yagans Bridge, the fleet re-entered the river to enjoy more fast water twisting and turning through the tea trees.

Leaving the river at Amiens Crescent, we returned to our vehicles left there 'under guard' by Rose and Jean at Bells and then enjoyed lunch.

With water levels drop-

ping, 17 October was likely to be our last chance for the season to enjoy some fast water, so it was back again to Bells Rapids.

The river level was lower this time, so rocks were more prominent and there were bumps and shallows to negotiate, but still ample fast water to make the rapids fast and fun.

Again club members showed their superior paddling skills by remaining upright and avoiding spills throughout the rapids.

But just when all danger was thought to be past, Colin had an altercation with a tree while negotiating a tight turn in fast water. The tree and fast current conspired to send him for an unplanned swim. Suitably refreshed by the experience, he emptied his kayak and enjoyed the rest of the paddle down to the pull out at Amiens Crescent.

For further information about the Over 55 Canoeing Club call Peter Graham 9409 3813, Barry Audsley 9243 7512, Marilyn Kinsella 9451 4297 or Ken Westover 9447 5624.

'Men's Den' opens at Baptistcare's Sunshine Park



Playing pool in the "Men's Den"

SUNSHINE Park residential aged care facility in Lesmurdie recently opened a designated area for their male residents where the men can get together to enjoy a game of pool, darts and socialise.

The idea came from Sunshine Park Manager Anne Protzman, who has wanted to have a space for male residents for some time but was unable to find the room.

So, Anne decided to transform the staff training room into a men's den to accommodate the 13 male residents.

Peter Winson, a resident at Sunshine Park, chose the name "Men's Den" which both staff and residents thought was great and is now its official title.

The furniture, including a

pool table, TV, lounge suite, bar and bar stalls were all bought second-hand at low cost and Anne's husband painted the room.

Within minutes of the Den's opening, two men began a game of pool whilst Ian the Maintenance Officer passed around drinks.

A group of men gathered together at a table for a chat.

"It's great to see them like this; this never usually happens, they normally only see each other at meal times," said Anne.

The Den is an alcohol free area but once a fortnight the men can get together for a glass of beer or wine under the supervision of Ian.

On these days they'll also have pool and darts competi-

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Visit www.southfremantlefc.com.au for more details or call the club on 9335 1555 and be part of WA's premier family club.

The City of Subiaco invites seniors to learn how to cook healthy on a budget

Healthy cooking, healthy living is a seven-week nutrition, cooking and education program for seniors. The program covers a range of topics, including the link between diet and chronic diseases such as cancer and dementia.

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COST: \$20 for full course

For more information, or to book a place, contact 9237 9320 or adminscc@subiaco.wa.gov.au

This project is funded by the Department of Industry, Innovation, Climate Change, Science, Research and Tertiary Education under the Productive Aging through Community Education (PAICE) Program

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Brian French

SO HERE we are at the end of 2013.

It has been quite an eventful year, with a change of government, the political demise of Mr Rudd and Ms Gillard, Australia winning the first cricket Ashes Test, very unusual weather, a fearful typhoon in the Philippines, the birth of Prince George, Mary's 80th birthday and many other milestone events.

I wonder what 2014 will bring; anyway, let us hope it will be a happy year for everyone.

Thanks to the generosity of Judith and Quentin we saw the show, *South Pacific*.

While it was an excellent show, I felt the leading man was miscast.

He is an opera singer with a superb voice, but I felt it was too powerful for this role. However, it did not detract from the show with the "funnies" making a significant contribution to our enjoyment. We also thought Lisa McCune's versatility in both singing and dancing was outstanding.

Many readers will know of the organisation PRIME MOVERS, Exercise to Music for over 50s.

With more than 5000 members taking part in classes throughout Perth and its environs, there is a need

for more instructors.

Consequently a training course is to be held in April 2014 for people who are interested in becoming instructors. The course will be run by the Chief Instructor, Wenda Packard who wants to hear from anyone who is interested. She can be contacted on 9364 6501.

It is preferable for instructors to be Prime Movers, but, exceptions might be considered for non Prime Movers.

While instructors are volunteers, they are provided with travelling and uniform expenses. They are also expected to be dedicated to Prime Movers and its members.

Australia has finally won a Test Match against cricket's Public Enemy No 1, and the team thoroughly deserved the win. But I do not like the level of sledging shown with such real venom. After so many years on the losing side, it's about time we had a win, but I hope the spirit of cricket can be maintained.

I can recall England's run of dismal results in the past when Australia ruled the roost. This change of fortunes happens to all teams in all sports which is good for sport in general even though very tough for the losing team. (I hate losing at any time - so my family tells me!)

We have recently had a terrible run of fatalities from shark attacks, and there is now talk of introducing the culling of sharks.

Of course, we all feel desperately sorry for the families and friends affected by the loss of loved ones; but is culling the answer?

It's interesting to hear

French's Forum

some of the comments which are not in support of a general cull of sharks, but would I like to see better methods introduced to protect swimmers/surfers? I, of course, don't know the answer, but am not happy with culling.

Christmas is on its way, and buying presents is now becoming a priority as well as sending cards.

I think the latter is number one on the agenda to ensure our overseas friends, when they receive them are reminded to get theirs in the post pretty quickly!

It seems that, as we get older, with old mates dropping off the perch more frequently, we have to send fewer cards. (I wonder if my old mates ask themselves whether or not I am still around.)

Have you noticed how shops have been advertising their Christmas wares earlier than usual, even with Father Christmas sitting in his splendour in shopping centres? Mind you, I do find this somewhat therapeutic.

My November French's Forum was not strictly as I wrote it although the meaning was the same.

I emphasised the words WEALTH and HEALTH to show how our needs and attitudes change from the upward and downward slopes of our lives. Therefore, I would like you really to consider how we do change over the years (or perhaps I'm under a delusion and we don't change).

These days, we seem to receive many more unsolicited phone calls offering computer help or informing us that we need computer help. We usually advise the

foreign-voiced call, that this is absolute rubbish. Does anybody else have this similarly irritating and find it annoying, or am I just being intolerant?

I think this is enough of my ramblings, but here are a few of my usual titbits given me by my friends.

"Be who you are and say what you feel, because those whose mind don't matter and those who matter don't mind."

Dr Seuss

"Nothing is impossible, the word itself says, 'I'm possible!'"

Audrey Hepburn

"Anyone who has never made a mistake has never tried anything new."

Albert Einstein

"Until I was 13 I thought my name was SHUT UP."

Joe Namath

"I never drink water because of the disgusting things that fish do in it."

WC Fields

"Maybe it's true that life begins at 50, but everything else starts to wear out, fall out or spread out!"

Phyllis Diller

"By the time a man is wise enough to watch his step he is too old to go anywhere."

Billy Crystal

Some others from a lady whose odometer has rolled over to 90:

Life is not fair, but it's still good.

When it comes to chocolate, resistance is futile.

Make peace with your past so it won't screw up the present.

It's never too late to be happy, but it's all up to you and no one else.

Life isn't tied with a bow, but it's still a gift.

If flying is so safe, why do they call the airport the terminal?

Why don't sheep shrink when it rains?

Why can't women put on

mascara with their mouths closed?

The ocean is made up of water and fish. Why the fish don't drown I don't know.

(Bobby aged 6)

A dolphin breaths through an asshole on the top of its head.

(Billy aged 8)

Well readers, I think I have bored you enough, but have a happy and safe Christmas and prosperous New Year.

And don't forget - Don't drink and drive.

Brian French

Email: bfrench792010@hotmail.com

Cavalia

Thanks to the generosity of Judith and Quentin, Mary and I were able to go to see the first night of this magnificent show at Belmont Racecourse under the huge white marquee. At the end, the whole audience stood up and gave it thunderous and well deserved applause.

Of course the beautiful and very well trained horses were the focus of the show, but the rest of the cast - acrobats, trapeze artists, breathtaking riders - certainly were not outshine. There was so much going on concurrently at times it was difficult to catch one's breath - should you look into the ceiling to watch the trapezes, or should you watch the hectic movement all round the stage?

If you have the opportunity to see *Cavalia* at Belmont Racecourse, take it.

The parking attendants should also be congratulated for their organisation after the show (at 10.45pm).

We will be thinking of this wonderful performance for many a day.

Tai Chi - far reaching health effects



BUFFETING winds and the threat of rain did not deter more than 90 members of the Taoist Tai Chi Society of Australia from assembling in Esplanade Park, Fremantle recently to celebrate Taoist Tai Chi Awareness Day.

The Mayor of Fremantle, Brad Pettitt, launched the event then stayed for a have-a-go session with other interested members of the public.

The colourful Tai Chi demonstrations attracted many onlookers and members shared with them their

personal stories of the health benefits of practising Taoist Tai Chi, the friendships they had formed and the calm they had found in performing the Tai Chi set.

New beginner classes commenced at some branches in November and will be available throughout the metropolitan area in February 2014 following a free "Open House" on Saturday 25 January 2014.

For more information phone 9371 7033, or visit www.taoist.org.au

BPIA update

WHAT A GREAT day we had at Burswood Park on Have a Go Day.

A continuous stream of people visited our booth and on the day, we spoke with more than 12 of them who had been back to the UK for a holiday and were not aware that they were entitled to receive an uprated UK State Pension for the time that they were in the UK or Europe.

The good news is that I have spoken with the International Pensions Centre and have made an agreement that they are entitled to make a retrospective claim provided that they meet a time from criteria. It is therefore imperative that these people contact me immediately to establish their claim for this cash which is rightfully theirs.

In last month's report I wrote that the UK pensions Bill was at its report stage and third reading in the House of Parliament on 29 October. The amendment to have Clause 20 removed was called by the speaker for debate and a most interesting debate took place. However, the UK Government 'managed to talk the amendment out' so that the MPs were unable to take a vote on it.

However everything isn't lost because the Bill now is in the House of Lords where more pressure will be brought to have this discriminatory clause removed. We have very strong support in the House of Lords so will be working on this to push for a recommendation that the Clause 20 be removed from the Bill when it is returned to the House of Commons.

On Wednesday 23 October, UK Prime Minister David Cameron requested that a report regarding the UK Pension

freezing policy was on his desk by Monday 28 October before the debate in the House of Commons. We now need help and request as many members as possible to send a letter (by post or e-mail) to David Cameron at 10 Downing Street to reinforce our report.

I will let you know how we get on once the Bill has finished all its readings in the House of Lords.

We took an opportunity on Remembrance Day to e-mail every UK MP to respectfully remind them that while they were paying their respects to our fallen Comrades-in-Arms, that they also remember those of us who are still alive and pay us our rightful uprated pensions.

At the same time as the Western Australian Seniors week was held, CHOGM was taking place in Sri Lanka and I was lucky enough to be granted an opportunity to meet with Foreign Minister Julie Bishop's advisor to present her with various documents relation to our campaign to have the UK suspended from the Commonwealth because of their continuing breaking of the recently signed Commonwealth Charter.

In addition more than 50 letters have been sent to Commonwealth Heads of Governments explaining why, at CHOGM, they should consider discussing Britain's failure to practice what is preached in the Commonwealth Charter.

We believe that Britain is persistently violating the Commonwealth Charter's core values and therefore why Britain's role in the Commonwealth should be questioned. There has been a high level of publicity in the UK press for this particular campaign which is helping us to put pressure on the UK Government.

The International Consortium of British Pensioners (ICBP) has made a considered decision to cease, after about four years, using Champollion to help manage our UK and PT media coverage. They are trying a different organisation PHA-media who will lead us on a project basis with our campaign. It is imperative that we have a strong PR campaign to successfully sell our message in the UK, where the campaign can only eventually be won, as this is a political issue not a legal one.

Anyone who would like to discuss this further is welcome to contact British Pensions in Australia on 1300 308 353 or Mike Goodall, BPIA's coordinator in Western Australia on 6364 0859 or e-mail: mikegoodall@btconnect.com

Mike Goodall

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Margaret QUIRK MLA
 Shadow Seniors Minister
 PO Box 6085 Girrawheen WA 6064
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 Email: girra@mp.wa.gov.au

WA Labor

Christmas - a time for family and more...



Alzheimer's Australia WA
CEO,
Ms Rhonda Parker

CHRISTMAS! It's not only a time for family, friends and the festive season, but it's a time many of us reflect on the year end and busily focus on projects that need to be finalised before we start our festive activities and take a well-earned break.

On reflection, this year has seen some significant advances in services for people in WA living with dementia, and they deserve recognition. I only have space to mention a few of the key achievements for the year.

The new federal government committed to spending \$200 million over the next five years on dementia research. For some time Alzheimer's Australia has lobbied for an increase in the investment in dementia research to address the disparity between spending on diseases such as cancer (\$162 million in 2012/13) and dementia (\$21 million).

The commitment to the \$200 million is wonderful and welcome news. These funds will be directed to the National Health and Medical Research Council which will award the funds through rigorous processes to researchers around the country. We work for a time when we have a greater understanding of the diseases that cause dementia and when far better treatment regimes and care options are available as a result of that greater understanding.

This year has seen Alzheimer's Australia WA (AAWA) funded to expand a valued service into new areas of the health sector and develop and deliver a brand new service – both to address gaps that exist for consumers on their dementia journey.

The expansion applies to the Dementia Behaviour Management Advisory Service (DBMAS). AAWA has delivered the DBMAS serv-

ice in community and residential care settings for some years now. It provides support to carers and professionals when behaviours caused by the dementia impact on the delivery of care to the person with dementia.

DBMAS has been a highly valued service. It will now be expanded for delivery into hospitals and to General Practitioners. It is clear from data that hospitalisation has a marked negative impact on people with dementia and the DBMAS service seeks to reduce that impact. There has been a very positive early response from hospitals to the introduction of this service. GPs are the important front line of health care delivery, and the opportunity to provide dementia information and support services at this level fills a gap that consumers have raised with us consistently over the years.

The new service that the federal government has funded is the Younger Onset Dementia Key Worker (YODKW) program. Younger Onset Dementia (YOD) is the term given to dementia diagnosed in those less than 65 years of age. There are some 24,400 people with a diagnosis of YOD in Australia, although these figures do not include all those with the condition as it is often undiagnosed for some time.

The YOD Key Worker is an advisor who can provide information and advice on what services and supports are available to those with YOD as they deal with what is a devastating diagnosis so early in life. The lack of support and information for those with YOD has been a glaring gap in services, and AAWA is pleased to now provide this service. There has been a strong response to the start of the YODKW service with referrals being received from a range of points in the health and care system.

There have been many other achievements throughout the year. The highlights for me are undoubtedly the times I spend interacting with those living with dementia. I am inspired by their courage and challenged to work for better care and support for them.

As I work to complete my to-do list before Christmas, I'd like to pause and share with you a comment made to me recently by a woman whose husband has dementia. We had been talking about Christmas. She concluded our discussion by stating that each moment was worth a memory, and her advice was that this Christmas we should all take

care to ensure that we made each moment a memory. What an important, poignant reminder of the value of the times we spend with those we care about, and of the value of our memory. Her advice is worthy of our attention. I can think of no better way of concluding my conversations with you, my readers, for the year than by encouraging you to take that advice.

This Christmas, as we take time out from the busy and important work we do and celebrate times with loved ones, let's remember the value of memories. Let's make memories out of simple, special moments.

Have a wonderful festive season and I look forward to more conversations with you next year.

Best wishes

Rhonda



Canberra University's
Professor Simon Kelly

by Frank Smith

A REPORT by the National Seniors Productive Aging Centre in Melbourne draws attention to the fact that some living costs affect older households disproportionately.

The cost of water, gas and electricity, medical services, rent and rates has risen at more than double the overall inflation rate in the last five years. Electricity costs alone rose by 83 per cent - more than six times the rate of inflation.

The report's author, Professor Simon Kelly of Canberra University, used data from the Consumer Price Index and the Household Income and Labour Dynamics in Australia (HILDA) survey of various age groups, income sources and income brackets in 2006 and 2011 to work

Seniors hit by living costs more than double the inflation rate

out how seniors are faring.

The average after-tax income in 2011 for households aged over 75 was \$36,200 compared to \$58,300 for households aged 64 - 74 years, and \$93,400 for households aged 50 - 64 years.

In the five years from 2006 to 2011 income grew by 30 per cent for households aged 50 - 64 years, and by only 19 per cent for households aged 75 or over years. Moreover the number of households reliant on the pension grew by 55,000 (6.5 per cent).

In 2011, almost half of all senior households receiving the lowest 20 per cent of income were aged over 75.

Kelly found that all age groups were having to spend a larger proportion of their income on utilities (electricity, gas or telephone).

Groceries cost an average of \$4,000 per person per year across all age groups. This was the largest expenditure item for seniors' households at 19 per cent of their after-tax (disposable) income on groceries, compared with 11 per cent for households aged 50 - 64 years.

Those seniors depending on the pension spent more than half (55 per cent)

of their income on essentials (groceries, public transport, petrol, communication, health and other insurance, medical expenses, pharmaceutical, utilities and rent), compared with one-quarter for employed households.

Professor Kelly said the results are predictable.

In 2011, almost a quarter of a million senior households said they had been unable to pay their utility bills on time and 14 per cent of pensioners in the lowest income bracket were unable to pay them at all.

The proportion of older (75+) households that were unable to pay their utility bills grew by 40 per cent between 2006 and 2011.

He found that seniors' households in the bottom 20 per cent for income spent an average of four-fifths (80 per cent) of their income on essentials. This group paid for utilities by reducing their spending on clothing, car maintenance, and groceries.

Timothy Adair, director of the Productive Aging Centre said lower income households and pensioners have changed their spending patterns to cope with the higher prices for essentials.

Join a village community that's far from retired.



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Karen Majer

by Karen Majer

IF I ASKED you to complete the phrase 'a random act of...' what would you say?

If it was 'a random act of senseless violence', you might have read the book, heard the song (by Anthrax) or just watched the news.

If you said, 'a random act of kindness', you probably know one of my favourite quotes: 'Practice random kindness and senseless acts of beauty'.

According to Wikipedia, the phrase may have been coined by Anne Herbert,

Getting your bearings at Christmas

who says that she wrote it on a place mat at a restaurant in 1982 or 1983. A random act of kindness is a selfless act performed by people wishing to assist or cheer someone up. It's a concept that has caught on, so much so that there have been organised campaigns and an Australian society. There are even websites with suggestions for random kind acts.

The festive season is a time for family and friends to come together, with all the attendant food and gift shopping, socialising and often a mad rush to get everything done.

Sadly Christmas is a time of stress and depression for some. Many factors all seem to pile up at once – loneliness, missing loved ones, not enough money, family members who don't get on, guilty overeating and the media-fuelled images that almost no-

one can live up to.

One survey found that 80 per cent of people reported feeling at least somewhat stressed over the festive season.

If ever an outbreak of random kindness is needed, it's over the next few weeks.

If you are a list-maker like me, you might rush off and write 'do something kind' on the 'to do' list, thereby making yourself even more stressed when you can't tick it off. Here's a better idea.

Make some time to get out of the Christmas rush into nature. There is considerable research showing that access to the natural environment improves health and well-being. Get out to the forest, river, beach, National Park, a favourite fishing spot or even the local gardens, wherever you feel at peace. Take a deep breath of fresh air, feel the space, watch the birdlife and leave the muddle behind. My escape is the coastline.

Tim Winton said it so beautifully. 'There is nowhere else I'd rather be, nothing else I would prefer to be doing. I am at the beach looking west with the continent behind me as the sun tracks down to the sea. I have my bearings.'

Once you have your bearings, you just might find yourself smiling at strangers and rediscover your capacity for spontaneous goodwill to all mankind.

I wish all *Have a Go News* readers a happy, healthy festive season.

I hope you give and receive many acts of random kindness and senseless acts of beauty.

Greens Go Green in Osborne Park



Lesley Bell, Helen Stevens, Cliff Gwelfi (President Osborne Park Bowling Club) Danielle Youard, Tina Stavrianos Members of Ladies Pennants Team

Advertorial

ONE OF Perth's most popular bowling clubs is going even greener by saving 17,000 kilograms of carbon dioxide per year and reducing their annual electricity bill by 50 per cent.

The 600 mainly senior members of the 1957 established Osborne Park Bowling Club have embraced new technology to support the installation of the latest state of the art 30 kilowatt Solar Energy System.

"Many of the club stalwarts understand how new solar technology can both help save the environment and reduce their significant energy costs," said Carbon Footie Director, Paul Connell whose company supplied and installed the solar system.

One hundred solar panels each with a capacity of 300 watts, linked to two 15 kilowatt inverters sourced from Germany have been installed at the club at Eldorado Street, Tuart Hill.

"This is an excellent outcome for Osborne Park Bowling Club, because not only will their electricity costs be substantially reduced, but also their example of stewardship to the broader community of the City of Stirling and beyond is on display for all to see," said Mr Connell.

Carbon Footie recently installed similar 30 kilowatt solar energy systems at the Quinns Rocks Sports Club and Royal Perth Golf Club, both of which have been outstanding successes.

As part of the original energy audit conducted by Carbon Footie at the Osborne Park Bowling Club, all the lighting will be replaced with the latest, more energy efficient LED technology which will not only create a "glowing" ambience for club members and visitors but further reduce their electricity costs.

"It's great to see such a well-loved and important community group kicking goals for the environment and being able to reap the rewards for many years to come. I congratulate the club's executive for their vision, their commitment to members and its leadership deserves praise for investing in a renewable energy future," Mr Connell said.

For more information, please call Paul Connell, CEO Carbon Footie 0402 278 794 or email paul@carbonfootie.com.au

Stamp Collecting

with Nigel Williams



Nigel Williams

mail labels.

This was and is a cheap way to continue your interest in the hobby.

I now have two albums which I call "philatelic items of interest" and at times it gets priority over the stamp collection. I found that these stamps quite often are offered for auction at stamp clubs to which I belong.

Some collectors, as a side to their collection will collect old stamp catalogues going back many years. I picked up an old Stanley Gibbons monthly No 82 April 1897 which has an interesting page showing a "black" list of people who had bought items and never paid for them. The catalogue lists their names and addresses, total amount owing and for how long.

Other items to collect are contract notes; stamp duty, customs duty stamps and pigeon mail. So you can see there are many options available if you didn't want to have a country collection.

This year at our *Have a Go News* stamp club has been very rewarding with new members joining the club, which is great to see.

There is always something new and interesting to learn at the meetings, so why not come along next year to 137, Edward Street, East Perth on the last Thursday of each month around 10am. The next meeting will be on 30 January 2014.

I would like to take this opportunity to wish all members and readers a very Happy Christmas and New Year.

Till next time, stay safe.

Nigel

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The \$10 Fun Pack is for Crown Club members and is \$15 for non-members when you travel on any metro service below. If you're not a member, it's free and easy to join when you arrive at Crown Perth.

Northern Routes

	time	stop no.
Alexander Heights (Wed & Fri)		
Alexander Heights Shopping Centre, Mirrabooka Ave	9.13am	12503
Illawarra Cr before Kingfisher Ave, Ballajura	9.23am	15999
Beechboro Shopping Centre, Beechboro Rd North	9.38am	15845
Walter Rd East Before Grey St	9.44am	15738
Bassendean Station - Stand 1	9.50am	17722
Maylands Shopping Centre	9.57am	11644
Arrive Crown Perth	10.10am	
Depart Crown Perth	3.45pm	
Joondalup (Tues to Sun)		
Joondalup Interchange - Stand 7	9.38am	17851
Coolbah Plaza	9.48am	18638
Warwick 8 Cinemas, Dorchester Ave	9.54am	18680
Stirling Interchange Bus Station - Stand 7	10.03am	11543
Arrive Crown Perth	10.20am	
Depart Crown Perth	3.30pm	
Quinns Rocks (Wed & Sun)		
RAAFA Estate, Hughie Edwards Dr	9.28am	18176
Shenton Ave, Currabmine Marketplace	9.43am	17861
Whitfords City (Marmion Ave)	9.53am	18066
Karrinyup Shopping Centre (Karrinyup Bus Stop) - Stand 5	10.01am	11562
Innaloo Bus Stop, Odlin Rd at Bunnings	10.08am	19212
Arrive Crown Perth	10.25am	
Depart Crown Perth	3.15pm	
Wanneroo (Tues & Thurs)		
Wanneroo Central Shopping Centre	8.58am	12308
Newpark Shopping Centre, Templeton Cres after Marangaroo Dr	9.11am	12485
Australia Post Wanneroo Rd, Westminster	9.19am	12336
Mirrabooka Bus Station - Stand 12	9.28am	12544
Dianella Plaza Shopping Centre	9.36am	11596
Arrive Crown Perth	9.56am	
Depart Crown Perth	3.45pm	
Morley (Tues & Thurs)		
Dianella Plaza Shopping Centre	9.45am	11596
Morley Bus Station - Stand 12	9.54am	11367
Walcott St (after Longroyd St)	10.15am	12631
Arrive Crown Perth	10.34am	
Depart Crown Perth	3.45pm	

Eastern Routes

	time	stop no.
High Wycombe (Wed & Sun)		
Kalamunda Bus Station - Stand 1	9.03am	13964
High Wycombe Shopping Centre	9.14am	14048
Forrestfield Caravan Park	9.23am	14114
Forrestfield Forum (Church)	9.25am	26122
Bus Stop at Discovery Holiday Park	9.27am	13866
Belmont Forum (Wright St Bus Stop)	9.42am	11670
Arrive Crown Perth	10am	
Depart Crown Perth	3.30pm	
Swan View (Mon)		
Darling Ridge Shopping Centre, Swan View	9.18am	14654
Midland Station - Stand 7	9.31am	14625
Bassendean Station	9.37am	17722
Bayswater Station	9.43am	16547
Maylands Shopping Centre	9.51am	11644
Arrive Crown Perth	10am	
Depart Crown Perth	3.30pm	
Southern Routes		
Armadale (Mon, Tues, Thurs & Fri)		
Armadale Interchange - Stand 4	9.01am	13192
Champion Dr, opposite Coles	9.07am	13051
Kelmescott Interchange - Stand 4	9.13am	22035
Gosnells opposite Addie Mills Centre	9.21am	19107
Thornlie Shopping Centre	9.31am	20500
Carousel Shopping Centre	9.41am	10050
Park Centre Shopping Centre, East Victoria Park	9.48am	11726
Arrive Crown Perth	9.50am	
Depart Crown Perth	3.15pm	
Fremantle (7 days a week)		
Fremantle Station - Stand 2	9.05am	10429
Corner Petra Street	9.17am	10295
Melville Shopping Centre	9.22am	10301
Myaree (Marmion Reserve Park 'n' Ride)	9.31am	10715
Booragoon Bus Station - Stand B4	9.38am	11134
Bus Stop after Como Hotel	9.53am	10335
Arrive Crown Perth	10am	
Depart Crown Perth	3.15pm	
Mandurah South (Wed, Fri & Sun)		
Corner of Old Coast Rd & Princeton Drive Car Park	8.38am	
Falcon Oval (Tennis Court Car Park, Flame St)	8.43am	
Halls Head Central	8.51am	17017
Mary St (Car Park near Old Bridge)	9.01am	
Dudley Park Bowling Club (Club Car Park)	9.08am	
Arrive Crown Perth	10.03am	
Depart Crown Perth	3pm	

Southern Routes

	time	stop no.
Mandurah North (Wed, Fri & Sun)		
Mandurah Football Club	8.50am	17371
Silver Sands Shopping Centre (Cnr Mandurah Tce and Anstruther Rd)	8.55am	
Meadow Springs Bus Shelter (Opposite Shopping Centre)	9am	17020
Madora Bay Bus Shelter (near Madora Bay Rd)	9.05am	17024
Singleton Bus Shelter (after Singleton Beach Rd)	9.10am	
Arrive Crown Perth	10.03am	
Depart Crown Perth	3pm	
Munster (Tues & Thurs)		
Cockburn Central Station - Stand 6	9.16am	23630
Munster Stargate Shopping Centre, Rockingham Rd	9.31am	10640
Phoenix Shopping Centre opposite ANZ Bank, Rockingham Rd after Kent St	9.36am	10647
Waverly Rd, Coolbellup, opposite Coolbellup Hotel	9.46am	20324
Kardinya Park Shopping Centre, South St	9.57am	10489
Arrive Crown Perth	10.20am	
Depart Crown Perth	3pm	
Rockingham (7 days a week)		
Before Wambro Fair and Halliburton Ave, on Wambro Sound Ave	8.59am	17296
Opposite Waikiki Village, Read St	9.05am	17304
Rockingham City Shopping Centre, Council Ave	9.10am	21225
Rockingham Interchange - Stand 7	9.15am	23788
Kwinana Hub Bus Station	9.27am	26360
Arrive Crown Perth	10.10am	
Depart Crown Perth	3pm	
Central Routes		
Wellington St (Mon & Tues)		
Wellington St Station - Stand 17	10.30am	25068
Arrive Crown Perth	10.40am	
Depart Crown Perth	2.45pm	

Please ensure you follow the parking rules when departing for Crown Perth. Arrival times should be only taken as a rough indication.

To avoid missing your bus, please be available at the departure area prior to the time stated on the timetable.



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Coins *with Mickel Smits*

BELIEVE it or not, back in the mid-60s when our currency was changed to decimal coins, it was suggested and predicted the changeover would gradually bring about the decline of the Christmas pudding as being part of the Christmas dinner menu.

Why?
Because there would no longer be available real silver coins such as the threepence and sixpence to put in the 'pud' which made the dessert so popular, particularly with youngsters who may not necessarily have had the palate for it otherwise.

The problem was the new 5c coins, the obvious substitute, were made of an alloy of copper and nickel (cupronickel) which was soon determined to be unsafe to include in the mix, so the demise of the Christmas pudding to some, appeared inevitable.

Well, time has proven this not to be the case. Traditionalists hoarded the old silver coins for the purpose and recycled them if necessary by exchanging current coins in lieu after the pudding was eaten and coins found.

Or you could of course

buy the old trays (trei - Roman for three) and zacs from coin dealers for comparatively little money if they are the common dates in average condition - year after year, we seem to sell more and more, so the tradition remains alive and well.

The custom of receiving a gift in festive food stems back to ancient times.

In medieval England the Twelfth Night marked the end of the Twelve Days of Christmas on which day there was much celebration and feasting and began with a cake being eaten contained in which was a dried bean. The one who found the bean in their serving was declared the ruler of the feast. This tradition was known as the 'Lord of Misrule' and stemmed back to pre-Christian festivals such as the ancient Roman Festival of Saturnalia - the idea was a ordinary peasant had the chance of being the 'lord' on the day and vice versa the lord and his hierarchy would play the peasants. What a load of fun this must have been for the peasants.

Apparently the inclusion of a coin was first recorded in the

early 1300s during the reign of King Edward the Second. The coin would have been a farthing or penny which were made of silver back then and, was an amount of money not to be sneezed at.

Small silver trinkets or tokens that beheld superstitious meanings also became fashionable to insert: a thimble meant the finder would remain a spinster for a further year; a button was sure to keep you a bachelor till next Christmas; a ring signified marriage; a miniature wish-bone brought good luck and an anchor ensured safe harbour and passage. However silver coins (wealth and good fortune) became the norm particularly around the early era of Queen Victoria's reign. Her husband, Prince Consort Albert, had a fetish for plum pudding which when such became universally known evidently and truly popularized the tradition of serving a 'pud' at the end of the Christmas Day feast. Coincidentally, the term 'Christmas Pudding' was first 'coined' around then.

In early days, just one coin was usually put in the pudding as this was considered a small fortune, but through time, families could better afford to put more treasure within. It then became customary to include sufficient coins so that all the gatherers would likely receive a gift and to help this eventuate, rather than blend the coins randomly in the mix, some chose to insert and distribute the coins evenly after the pudding was made - whilst maybe not as exciting or fun, it certainly helped safeguard from tears which is the last thing you want from a child (or adult) on Christmas Day. Ho Ho, have a very merry one, everyone.

Duyfken goes sailing and you can be aboard



Left to right: Duyfken sailing off Cottesloe Beach - Manager Tim Trevenen at Duyfken's HAVE a GO DAY booth

FOR THE many visitors to the Have a Go Day Duyfken booth you'll be thrilled to know that one of the rarest ships in the world is about to set sail... and you can be on it.

Experience a taste of life on a 16th century sailing ship as the Duyfken Replica cruises

the Perth coastline over the summer months.

Depending on the availability of volunteer crew, the cruises will occur on Wednesdays or weekends with six hour day sails (starting mid morning and finishing mid afternoon) and possibly twilight sails (mid

afternoon to 7pm).

If you take a day sail, a light lunch is included, while light refreshments are provided for twilight sails. However, please note that for safety reasons, the Dove is a 'dry ship'.

The best way to find out when she is booked to sail

is to email info@duyfken.com and place 'Duyfken sail dates' in the subject field.

Passenger numbers are strictly limited to 12 and the cost is \$150 per person. However, in the case of inclement weather when the ship cannot sail, your pre-paid booking will be refunded.

Departure is from the permanent berth at the Duyfken Jetty at the rear of Little Creatures Brewery.

Once again, it is hoped that readers who would like something different and interesting to do in their spare time, would look to join our ranks of volunteer crew. Those people who are available to crew on weekly tours will be given priority in the training courses.

And more tour guides, shipkeepers and maintenance personnel are needed to keep the Duyfken running smoothly.

So, if you have some spare time on your hands and a love for life, then volunteering on the Duyfken could be for you.

For more information or to sign up, please email marketing@duyfken.com.

Or become a friend of the Duyfken by joining up at www.duyfken.com.

Magazines needed for Royal Perth Hospital

THE FRIENDS of RPH Magazine Room are always in need of magazines for distribution to patients throughout the hospital.

Women's magazines need to be within six months of publication but there is no date limit for men's and general publications.

These can be dropped off at Victoria Square entrance

at any time.

If you are within a 25km radius of CBD, you can have them collected by calling Margaret at 9224 1683 on a Monday or Wednesday morning before 11.30am.

Your past generosity is appreciated and 'the friends' wish everyone the compliments of the season and look forward to your ongoing support in 2014.

COME SAILING THIS SUMMER
YACHT CREW WANTED

Royal Freshwater Bay Yacht Club is looking for enthusiastic people in good physical health, willing to crew on keelboats on Saturday or Thursday afternoons. Experience is not essential.

If interested please contact:
Club Development Officer
Barry Martin 9384 9100
or email training@rfbyc.asn.au



CORPORATE FUNCTION PACKAGES & SHORT TERM ACCOMMODATION SUITES







Entertainment at El Caballo Resort

Troy Cassar-Daley and Adam Harvey with "The Great Country Songbook Concert"

Supported by Western Australia's NEW GOLDEN GIRL Chelsea Basham

Saturday 8 March 2014 - Gates open from 5pm

THE BIG CONCERT UNDER THE STARS!

Audiences can look forward to hearing Troy and Adam perform songs such as

- * "He Stopped Loving Her Today",
- * "Behind Closed Doors",
- * "You are My Best Friend".

The Great Country Songbook was released on 14 June and jumped to the top of the ARIA album charts, debuting at #1 on the Country Album charts.

Chelsea Basham 6.30pm-7.30pm

Troy Cassar-Daley & Adam Harvey 8pm

VIP Outdoor Concert Ticket Package inclusions;

- MEET AND GREET Troy and Adam in our EXCLUSIVE VIP cocktail party
- Welcome canapés, exclusive pre buffet dinner, beer, wine and soft drinks available throughout the night.
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Chelsea Basham, winner of the 2013 Golden Guitar for "Best Talent of The Year".

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A Great Night Out!

KEEP THIS ON THE FRIDGE!

New City Square over old railway lines



Concept image of City Square, The Horseshoe Markets, ground level

by Frank Smith

THE CITY of Perth will be reunited with Northbridge for the first time in more than 130 years as a result of the sinking of the railway line from Horseshoe Bridge to Lake Street.

The project was first proposed in 1911 and had a false start in 1982 during the government of Ray O'Connor.

When the City Link project is completed a new city square will be created twice as large as Forrest Place and 25 per cent bigger than Melbourne's Federation Square. Construction is slated to start next year for completion by 2016.

Key features of the new square will be a permanent fresh food market, alfresco dining, an Australian native garden, water feature and Aboriginal public art, as well as portals leading to the new underground Bus Station and Perth Central Train Station

Premier Colin Barnett said the plan was developed in response to more than 2,000 ideas generated from community feedback.

"City Square will be a dynamic new destination that embraces Perth's life-

style and character to become one of our city's most significant places," Mr Barnett said.

"The square will include The Horseshoe Market place, an urban rooftop garden, water features, kiosks, retail spaces, landscaped terraced walkways, play spaces and striking Aboriginal art.

"Up until the late 1920s, Perth people enjoyed fresh food markets in the city on the corner of William and Wellington streets. City Square will herald the return of food, community and city life at the Horseshoe Bridge."

The project includes sinking the Fremantle railway and replacing the Wellington Street Bus Station with an underground bus station. A new two-way street will connect King and Lake Streets in a pedestrian-friendly environment as part of five new road and foot connections between Perth City centre, Forrest Place, the Perth Cultural Centre and Northbridge entertainment district.

The railway tunnel was completed earlier this year and work has begun on King's Square, on the site of the former Perth Entertainment Centre. A \$250 million contract to build the un-

derground bus station has been set for completion in 2016.

The project includes 244,000 square metres of new office space and 1650 apartments above the offices providing accommodation for a resident population of over 3,000 people. The area will also provide the convenience of a local shopping centre in the middle of the city, catering to the daily needs of residents.

One third of the project area will be dedicated to public open space.

Roe Street will undergo a major transformation. It will no longer be about simply moving cars from one end of Northbridge to the other. It will become a casual yet vibrant street scene, offering pedestrian-friendly, safe movement along wide footpaths and cycle paths lined by trees and benches.

Wellington Street will also gain a make-over. The highlight will be a 14 metre wide promenade along the northern side with benches, alfresco dining, stalls, public art and exhibitions, stretching from the Perth Arena to William Street to create a tree-lined linear park.

Bring a smile to a child's face this Christmas

SUBIACO VIEW Club, a valued part of the Smith Family is appealing to the public to support their Toy & Book Appeal, which is an opportunity to bring a smile to a disadvantaged child's face this Christmas.

This is a special time for families and giving, but sadly many kids go without a single gift this holiday season.

The Smith Family hopes to distrib-

ute 12,500 toy and book packs, wrapped and delivered by volunteers to more than 5,500 families nationally this Christmas.

To find out how you can bring the spirit of Christmas into the homes of disadvantaged Aussie kids, please ring the Smith Family 9265 5555 or visit www.simplygiving.com.au/th smithfamily

To learn more about VIEW clubs call Ann 9387 7104 or Audrey 9384 6143.

HURRY, ONLY 5 LEFT!

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NOW FROM JUST \$299,000.

Purchase one of these amazing beachside-lifestyle villas from just \$299,000 (two-bed, two-bath) to \$399,000 (three-bed, two-bath, double-garage), before this luxury retirement lifestyle option is gone.

The fantastic Community Centre, with kitchen, dining, lounge, library, pool, spa, gym and hairdressers is now under construction. Amazingly, buyers will pay no stamp duty and one, low, weekly fee covers all your building insurance, rates and water-use costs.

Plus, you'll receive a monitored 24-hour emergency call service, 19 TV channels, and high-speed ADSL to each pet-friendly villa.

Purchase one of the remaining 5, Stage 1 villas and we'll also pay all your electricity charges for twelve months and contribute \$5,000 towards the purchase of electrical goods, quality curtains or blinds of your choice.

For all the exciting details call Ken Hamilton on 0409 207 815 or 9652 0400.



CORPORATE FUNCTION PACKAGES & SHORT TERM ACCOMMODATION SUITES



* Entertainment at El Caballo Resort *

**NEW YEARS EVE
31 DECEMBER, 2013**

The FABFOUR - Beatles Tribute

The FABFOUR have been keeping the magic of the Beatles alive since 1992. This show has thrilled audiences across Australia and Asia time and time again.



GORDON HENDRICKS AS ELVIS



EXCLUSIVE GUEST APPEARANCE:
Gordon Hendricks,
European Elvis Champion in 2011.
Gordon has the voice and the look of Elvis. He faithfully recreates the Magic of Elvis taking you back to the 50's hits.

**DON'T MISS THIS GREAT SHOW!
BOOK EARLY TO AVOID DISAPPOINTMENT**

**SATURDAY
8 FEBRUARY, 2014**

Swing and Dance with...



Perth Hills International Award Band

Swing and dance to the sounds of The Great Glen Miller Orchestra with the Perth Hills and Wheatbelt Band, following their successful tour in Sydney Opera House and Hawaii they have now return to present this amazing swing and dance night at El Caballo Resort.

**BUFFET DINNER
\$29 PER PERSON**

• \$59 PER PERSON (SHOW ONLY)

BOOK NOW ONLY A FEW TICKETS LFET!

• \$49 PER PERSON DINNER & SHOW

DON'T MISS THIS GREAT SHOW!

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A Great Night Out!

KEEP THIS ON THE FRIDGE!





Hugh Rogers

Have a Go Day 2013, a LiveLighter Event

This year Have a Go Day held on Wednesday 13 November, was a huge success attracting more than 14,000 of the over 45 demographic to the beautiful grounds of Burswood Park.

Thanks again to Sam, Steve and the Burswood Park grounds team who assist SRCWA every year by providing a wide range of support in preparing the area.

Congratulations to the management committee for producing such a professional and polished event, the planning for which starts 12 months prior to the previous year's evaluation meeting and culminates with two days of setting up before the 'day'.

The coordinators and committee begin at 6am on the Monday morning prior to Have a Go Day then repeat this on the Tuesday to make sure all the infrastructure is in place. On the Wednesday at 5.30am everything moves into high gear in preparation the arrival, from 6am of site holders who prepare their displays for the opening of the day at 8.30am.

The technology theme this year offered information on geocaching, Exergaming, Facebook, Skype and advice on computer use, all of which attracted much interest.

Telstra donated an iPad,

President's Jottings

SRC gave away an Xbox Kinect and Sticky PC also donated three mini computers. These were just a few of the items available to win in the many free raffles around the grounds on the day.

The opening, emceed by 882am 6PR's Steve Mills with the Police Pipe Band in attendance began with the Welcome to Country by Mort and Vivianne Hansen, followed by The Hon Tony Simpson MLA, Minister for Local Government & Communities who officially opened the day and invited everyone to 'have a go'.

This year, 212 site holders presented a wide range of activities which included archery, canoeing, exercise to music, golf, climbing wall, various forms of dancing and much more.

The many and various static displays offered a wealth of interesting information from clubs/groups, Government and senior specific agencies, travel and health. All outlets were very busy on the day. The entertainment was provided by Gary Lynn, a Frank Sinatra impersonator, country singer Jim Drysdale, the Bush Poets & Yarn Spinners, The Entertainers and also the Police Pipe Band.

All these talents, combined to provide wonderful entertainment throughout the day which was enjoyed by many who were able to take a moment to sit and relax after having a go at the activities.

The volunteers who manned the hospitality marquees were kept busy providing free tea and coffee to participants who came in to enjoy a 'cuppa' and a chat.

Thank you to Have a Go News, Channel 7, 882am 6PR and Phoenix Insurance

for sponsoring the hospitality tents.

Free major prize draw winners:

1st Prize donated by Crown Perth - \$2,000 Crown Perth Experience. Winner: Van Quang Ly

2nd Prize donated by Have a Go News and Kings Tours and Travel - \$500 Coles/Myer voucher. Winner Jennifer Eastley

3rd Prize donated by Channel 7 Perth - Family pass to RAC Christmas Pageant including VIP function at Government House. Winner: Y Speelman

4th Prize donated by Sizzler - \$200 Gift Card. Winner: Morley Tomsett

Thank you to Crown Perth, Have a Go News, Channel 7 Perth and Sizzler for generously supplying the prizes for the free raffle at Have a Go Day.

SRCWA owes a debt of gratitude to all the volunteers who contributed to this event and who worked on a myriad of jobs throughout the day. Without the volunteers Have a Go Day would not be possible.

This year SRCWA also appreciated the assistance of a team of prisoners from Woorlooloo prison who worked with the coordinators to set out tables, chairs, site number and more and also assisted with pack down at the end of a long day on Wednesday.

SRCWA also wishes to express a huge thank you to our valued sponsors and supporters whose support of Have a Go Day, a LiveLighter Event makes it the success it is.

Sponsors are: Burswood Park Board, Lotterywest, Crown Perth, Have a Go News, Department of Local Government & Communities, Department of Sport & Recreation, Channel 7, Healthway, 882AM 6PR, Telstra, Studio TwentySix Photography, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, Sizzler, Sticky PC, PACE BM and Scarborough Toyota

To view a full range of photos from Have a Go Day visit the SRCWA web site at www.srcwa.asn.au and make a note in your diaries that Have a Go Day 2014, a LiveLighter Event will be held on 12 November at Burswood Park.

The 2013 Seniors Award presentations were held on Sunday 10 November at State Reception Centre in Kings Park; a superb venue with magnificent views, which helped to enhance the success of the event.

Seniors Recreation Council of WA is proud to announce it was presented with a highly commended award for the Bendigo Bank Active Ageing Leadership awards

Congratulations to the following 2013 Seniors Award Winners:-

Errol Bartlett-Torr - 2013 Juniper Senior of the Year and also the winner of the Community Award.

Oswaldo Almeida - beyond blue Inspiring Award for Well-being

Barbara Colson - Intergenerational Award

Gill Lewin - COTA WA Champion for Seniors Award

Amana Living Enrichment Program - Bendigo Bank Active Ageing Leadership Award Winners in Deborah Kirwan Media Awards category

Lisa Morrison - Print Category

Nic Ellis - Photography Category

Jasmine Homer - Electronic Category

Seniors embrace the latest technology



Left to right: Mathew Winslade (Telstra Waterford Store representative), Leigh Davis (SRCWA Vice Pres) and Hugh Rogers (SRCWA State Pres)

by Josephine Allison

TELSTRA and the Seniors Recreation Council of WA came under the spotlight in Victoria Park recently for Tech Savvy Seniors aimed at making seniors feel more at ease with the latest technology.

A group of seniors spent several hours at the Connected Seniors Training Session where they were shown how to use a variety

of phones, an iPad tablet and a range of Telstra products including a T-Box and a T-Hub by Telstra Waterford store owner Craig Kimber and Telstra staff.

Tech Savvy Seniors project officer Martin Yates said the event aimed to break down the barriers for seniors using technology. Many seniors were isolated because they feared it, he said.

"We are trying to get seniors to use technology and have a play."

Seniors Recreation Council member Frances Laws said she wanted to learn more about technology.

"I use the computer and have done an SRC course and other courses but I know nothing about note pads or that end."

Bob and Mavis Owens, of Mt Claremont, dropped by because Mrs Owens wanted a new mobile phone and wanted to know more details about upgrading her computer.

SRC vice-president Phil Paddon, of Greenwood, said he knew little about technology and didn't even own a mobile phone.

Linley, of Victoria Park, said she was interested in the event because she needed a new phone and aimed to learn more about the NBN because it was in her area.

Telstra local business development specialist Hannah Wells said the event had been set up with the Town of Victoria Park because the suburb was one of the first areas to go live with NBN.

"It's a hands-on approach and part of Telstra's strategy of being local," she said.

For more information on Tech Savvy Seniors call...

Fun activities - computer classes at Morley Senior Citizens Centre

MORLEY Senior Citizens, not for profit organisation for the over 50 demographic, offers many diverse and fun activities at their centre including computer classes.

While other activities are free, the centre does currently charge a small fee to cover the costs of purchasing the computers.

Following is information on the days and times activities is available at the Centre. Scrapbooking classes from 12.15pm - 2.15pm every Monday. Enquiries 9276 6108.

Hairdressing services available Tuesday and Thursday from 8.30am.

Appointment required, please phone 0437 709 965 to book.

Computer training classes for seniors
For details of 2013/2014 classes please call 9276 6108.

Advocare incorporated

Are you an older person receiving support services to live independently at home?

Or perhaps you care for someone who does? If you're not satisfied with the standard of service you or someone you care for is receiving, Advocare can help you understand your rights and find a resolution. Advocare works statewide and provides a free, professional and confidential advocacy service

For more information please call **9479 7566 or 1800 655 566** (Country Callers).

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HYUNDAI HOPMAN CUP 2014 PROVISIONAL SCHEDULE*

DATE	SESSION	TIME	MATCHES
Sat 28 Dec	Day	10:00 am	[1] Poland v [6] Italy
	Night	5:30 pm	[4] Canada v [7] Australia
Sun 29 Dec	Day	10:00 am	[5] Czech Republic v [8] Spain
	Night	5:30 pm	[1] Poland v [4] Canada
Mon 30 Dec	Day	10:00 am	[2] United States v [8] Spain
	Night	5:30 pm	[3] France v [5] Czech Republic
Tues 31 Dec	Day	10:00 am	[6] Italy v [7] Australia
Wed 1 Jan	Night	5:30 pm	[2] United States v [3] France
	Day	10:00 am	[6] Italy v [4] Canada
Thurs 2 Jan	Night	5:30 pm	[1] Poland v [7] Australia
	Day	10:00 am	[3] France v [8] Spain
Fri 3 Jan	Night	5:30 pm	[5] Czech Republic v [2] United States
	Day	10:00 am	Winner Group A v Winner Group B

Book your tickets now at ticketek.com.au or by calling 1300 888 104

*This schedule is provisional only and subject to change.

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Situated in a picturesque rural setting surrounded by tall native trees, this amazing Village is conveniently located minutes from the Rockingham and Baldivis city centres, plus it's close to beaches, the freeway, train stations and a world-class golf course.

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To give you an added sense of security, Vibe is a gated community where the gates open at dawn and close at dusk. Your home will feature a video intercom system to the front gate so you know exactly who's coming to visit.

ESTABLISHED FACILITIES

To help you maintain a healthy and active lifestyle, you'll have daily access to a huge range of established resort-style facilities, including an outdoor heated pool, bowling green, tennis court, workshop, walking trail, clubhouse and more.

SECURITY OF TENURE

At Vibe, you'll enjoy the benefits of home ownership without the financial burden and responsibilities of land ownership. You simply pay a weekly rent for the land, facilities, infrastructure and services. Your Residential Site Agreement gives you legal protection against arbitrary rent increases, and any future Village owners are legally obliged to honour the terms of the lease.

YOU'LL NEVER FEEL ALONE

As a resident, you'll be part of a close-knit community with an unending program of events and activities. And when you need some quiet time, you can retreat back to your very private home and garden.

CHOICE OF HOME DESIGNS

Living at Vibe takes the time and expense out of owning a big family home. You can choose from stylish 1, 2 and 3 bedroom home designs to suit your lifestyle and budget. Move into an established home now or build a brand new home in as little as 12 weeks.

VISIT OUR DISPLAY VILLAGE

To find out more, come and view the wide range of homes in our display village at **124 Sixty Eight Rd, Baldivis**, which is open daily from 10am-4pm.

Vibe Baldivis Lifestyler, Helen Swanson, thought she'd been dropped into the village via a helicopter when she first moved to the popular gated community. A previous city-dweller and not knowing a thing about Baldivis, Helen feels she made a great decision.



“I'm a South Australian native and have lived and worked in six states before moving to Perth in 1987 with my then partner.”

“We had a great life and lived in a beautiful spot overlooking the ocean in Scarborough for 23 years, but sadly our partnership didn't last. I was forced to buy him out and sell the house at a really bad time, and I lost a lot of money on the sale.”

I was working 14-hour days, which was not healthy.

“Then came the worst part – I became ill with crippling rheumatoid arthritis, which prevented me from working for three years. This really put me behind financially.”

“Feeling the pressure to make ends meet and recover from my illness, my son suggested I look at National Lifestyle Villages' Hillview Village in High Wycombe because it was close to him in Helena Valley.”

“At the time I expected to get more for my home so I could move into a large property at the Village, but with the financial loss from the sale this wasn't possible.”

As an alternative my son suggested an affordable one-bedroom home at Vibe Baldivis.

“I never in my wildest dreams thought I would end up living in a Village environment! I used to be such a coastal-dweller. I loved the sea breeze, my beach walks and looking out to the

ocean with seagulls and magpies as my local fauna.”

“Now, I have to say, I'm loving the clean, semi-rural environment of Vibe Baldivis Lifestyle Village. I have discovered a whole new range of birdlife and I can take beautiful nature walks around the Village.”

I have an entirely new life here.

“I chair the Vibe Lifestyle Village liaison committee, I use the gym all the time and I try to play bowls regularly. I go along to the Monday night barbecues and I have made many new friends.”

“I'm proud to say, I've really adopted the Village-life as my own. I still work, but I work from home, which suits my lifestyle perfectly.”

I now live comfortably without the financial stresses.



If you would like to know more about Helen's story or how you can also change your life by moving to Vibe Baldivis Lifestyle Village, call **9524 4403** or Nancy on **0439 914 466** or Gerda on **0400 054 804** or visit **nlv.com.au**

**National
Lifestyle
Villages**
Vibe - Baldivis

LiveLighter Swimming in Albany



Masters Swimming WA at Albany LiveLighter event

OVER the middle week-end of November, Masters Swimming WA visited Albany to conduct LiveLighter coaching clinics for Masters' members and interested pool and open water swimmers from the Great South-

ern region with a broad aim of increasing membership of the local Albany Masters club.

Additionally MSWA was fortunate to receive financial support from the Great Southern region of the De-

partment of Sport and Recreation to include a special guest, Maida Vale Masters member Ceinwen Roberts, as part of the promotional weekend. This proved to be an excellent promotional hook.

Ceinwen presented at the Great Southern regional coaching forum function on Friday 15 November, highlighting her outstanding achievements in open water events in recent years whilst motivating attendees with her event experiences and coaching tips. Ceinwen completed the last of the "Triple Crown" open water swimming events (Manhattan Island and Catalina Island) this year after her 2011 English Channel crossing.

However according to Ceinwen, her major success was completing a triple crossing of the Rottne-

Channel in March this year, the first person to achieve this feat.

Prior to the LiveLighter coaching clinic at the Albany pool on Saturday 16 November, Ceinwen presented to the 25 participants and then assisted MSWA's volunteer coach presenter and mentor Kim Tyler with the practical coaching pool-side, which was a hit with everyone.

On Sunday morning 17 November at Middleton Beach, Ceinwen gave a short presentation to 23 participants on open water swimming and then they all enjoyed a few laps around the pontoon and marker buoys. Personal tips on ocean swimming from Ceinwen and Kim were a highlight.

Stroke correction and personal tips for pool and open water swimming are

available for members at all Masters swimming clubs from their wonderful volunteer coaches.

Have a Go News readers keen on getting into regular exercise through swimming could follow the lead from the enthusiastic Albany swimmers and summer is a great time to make a start.

If you wish to find out more about a club near you, then visit www.mswa.asn.au, make contact with the designated club person, find out details of when they hold their club sessions and visit for a swim or to check it out. It is even better to go with a friend.

For queries or further information contact me via wendy@mswa.asn.au or 9387 4400.

Wendy Holtom
Executive Officer

Women sought for Inner Wheel membership

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Clubs meet monthly at various venues throughout the metropolitan and regional areas with branches in Kalgoorlie, Northam, Mandurah and Albany.

In addition to the monthly meetings, members take part in regular social and friendship gatherings which include movie visits, coffee mornings or lunches.

Membership is open to all women over 18 and if there isn't a club in your area, then why not form one.

For more information please contact Maureen Betts 9453 6973 or Anne Nedkoff 9446 1006 or email iiv.a.a40extension@gmail.com.



Denis Martin

HI, I BELIEVE I told you that we were now into our long awaited trip to the Flinders Ranges and we have settled at Rawnsley Station a beautiful place to stay with excellent facilities and great sunset shots of the Rawnsley Bluff. On the map it's before you get to the well known Wilpena Pound.

Our first real 'sortie' into the big rocky bits was a 4WD

self guided tour along much of the spine of the Chase Ranges. When it got a bit hairy up there (and that was about 80 per cent of the time) I confidently told my passengers, "If you get scared, just close your eyes like I do!" That seemed to calm them a little; they went quiet.

This was not a 'beginners' Sunday drive; the track was rugged and narrow with long steep inclines, it had large loose rocks and a generous serve of washways and gullies. I have had considerable 4WD experience since 1973 and I do not hesitate to place this drive as one of my toughest 'rock climbs' to date. However, it gave us

some of the absolute best views of the ranges that we could possibly wish for.

In this article, with limited space, I can only mention a few of the great places to see (not in any particular order) if ever you come this way and I recommend all of them.

Check out the two hour walk called Alison's Saddle and Ring Cave, then Sacred Canyon, Sunset Hill, Nungawertina Hut, Blinman, Glass Gorge, Angorichina, Beltana Homestead Station Museum, Iga Warta Aboriginal Community and Arkaroola, if you can manage to go that far up.

Now for a couple of 'highlights' ...

We happened upon the Blinman Gymkhana as they celebrated their 145th year.

This took place at the well prepared dust surface of the Blinman airstrip and the dusty community of Blinman organized an amazing dusty event which included children and adult flag pick up type horse races, foot races, egg and spoon races, hay bail rolling races, varioustalls and of course the amazing event of the day - 'The Blinman Cup'

With several hundred people gathered from far and wide, Blinman presented an outstanding day with well organized events, food drink and entertainment

(and 'dust' - I think even the heavy dust had a light coat of dust on it) and they are to be congratulated.

My prize for the day goes to the race caller for the main event. As the 'Blinman Cup' proceeded, the caller, peering through the dust, announced something like this "... and now there is a red shirt in front followed by a yellow shirt then two other horses and another red shirt!" Then he announced the winner as it emerged from the dust bowl at the finish line. Well done to that man.

Another stopover that made us say 'Wow!' was the Beltana Homestead Station

Museum with its amazing collection of things from years gone by, but also, a monument and maps showing where Ernest Giles set out to walk, almost in a straight line across to Perth, a seven month journey - Wow again!

Other stuff that I enjoyed included: the excellent company of my co-travellers John and Jan; the beautiful Labrador that sat with us for lunch in 39 degree heat on a shop verandah at Copley and the impromptu sing-along and dancing at the Iga Warta Aboriginal Community.

Grass trees, or 'black-boys' as many of us senior

folk know them, grow out of solid red rock walls in the gorges at Arkaroola.

On a trip such as this, as many of you know, it is almost impossible to take photos that really capture the beauty and splendor of the rugged countryside. If you have been there then you know what I mean; if you haven't been to the Flinders Ranges I suggest that you put it on your bucket list - you won't be disappointed.

I wish you all a very Merry Christmas and a Happy New Year.

Cheers

Denis Martin



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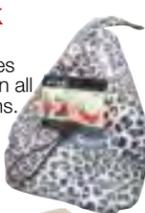
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WANNEROO Shop 6, 771 Wanneroo Road **9206 2391**

Photos for illustrative purposes only.

Stores Open: Monday to Friday 9am - 5pm Saturday 9am - 12noon www.daily.com.au

FOREVER CLASSIC - 6iX Celebrates 80th Anniversary

ADVERTISING FEATURE

From easy rolling to forever classic...



The Halycon days of Perth radio
DURING the 60s and 70s, the halcyon days of Perth radio, announcers ruled the air waves and 6iX was king. The station's big band of listeners would avidly tune in to listen to their favourite announcer or disc jockey.
Celebrating its 80th anniversary this year, 6iX still reigns supreme with a big following of loyal listeners and high ratings.
Many readers will recall fondly the 60s and 70s era

when Radio 6iX was at the forefront of rock 'n' roll and hit parade programs with both local and recorded shows hitting the airwaves.
Johnny Fryer was the local star disc jockey at 6iX and is well remembered for his Australian Artists Parade and American Artists Parade. Terry Spence, Rick Anderson, Janet Prance and Peter Waltham also did various DJ shows.
The 6iX Golden Microphone Award held between 1960 and 1963 (see image

above) gained the station much publicity among Australian artists throughout the nation. The winners were Australian rock idol Johnny O'Keefe, Lonnie Lee and Rob E.G.
Radio 6iX was the first station here to run a Beatles popularity poll asking for a yes or no vote from listeners? Do you like the Moptops from Liverpool? The "yes" vote won handsomely.
From 1964 until the end of the decade, station manager Stan Gervas introduced

a softer sound for the station which still played the hits, but not the loud ones.
Announcers during that time included Murray Jennings, Ken Hill, Mike Diamond, Des Austin and John May. Ted Gook, Ross Elliott, Archie Campbell. Bob Hicks covered sport.
In November 1964 6iX became the second Perth commercial station to broadcast 24 hours a day.
By 1969 Jan McAfee and the legendary broadcaster Nell Shortland-Jones had taken over the midnight shift. Nell was famous as a singer and for her Lass Around Town program which finished its decades long run on 6iX.

Pioneer of talk radio
Radio 6iX was a pioneer of talk radio both before and after Federal Government legislation allowed telephone calls to go to air. Sydney stars through Macquarie had their shows on 6iX with big names like Gwen Plumb, Gordon Chater, Eric Baume and Andrea.
These names were in addition to Perth's own talk personalities who included Marlene Rigby (wife of cartoonist Paul Rigby), Bernie Kirwan Ward, Lesley Ander-

son, Terry Luckett, Wyburn Taylor and, of course, the fun shows of Peter Dean and John Fryer.
Two years after John Fryer left Perth for top Sydney station 2SM, Peter Dean, the star of 6PR, moved to 6iX. In 1966, John Fryer was back at his old home and, almost by chance, the two teamed up to make the Can We Help You shows which drew an enormous number of listeners.
In 1969 Clive Robertson, Ric Stone, Rick Rodgers, Peter Barlow, Greg Pearce and John Cranfield joined the announcing staff. They played a modern blend of current music, oldies and album selections.

During that year, the parent company WA Newspapers sold to the Herald and Weekly Times Group. Because of government regulations, the radio station had to be sold. Radio 6iX and its WA Country Network teamed up with TVW Channel 7, a good match as both companies had been started by WA Newspapers.
6iX moves to Tuart Hill
In 1971 6iX was off to its third home at Tuart Hill where new studios, recording facilities, offices and a record library were built next to the Channel 7 television station.
A high point of 1971 was 6iX topping the Perth ratings. Alan Robertson, a leading show and well respected announcer who had distinguished careers at 6PM, 6PR and 6KY, joined the 6iX team.
Robert Maumill started his radio career at 6iX, first in racing panel shows then with his own show, Maumill at Midday, in 1973. Lionel Lewis made a brief return to finish his radio career at 6iX in January that year.
Many well known identities including Gary Carvolth, Sam Kronja and Eoin Cameron all had sessions on 6iX in the 70s.
6iX turns 40
There were big celebrations when 6iX turned 40 in 1973, which continued well into the following year. Old music, old programs featured with former staff returning. Vintage cars were hired with well-designed 6iX banners

paraded through the city and suburbs.
The 70s had 6iX using several slogans to promote the station. After Music 70 came The Sounds of Sunshine, The Entertainer and We're With You followed by the most successful Easy Rollin' 6iX.
With this slogan and a return to a softer but contemporary sound, for a brief period in 1979, the ratings were topped again.

Back to the beginning
Radio 6iX first went to air on 27 November 1933, with the official opening three days later. The new radio station was opened by Sir John Waters Kirwan, president of the WA Legislative Council and a former journalist and newspaper editor.
The 50th radio station to open in Australia, 6iX was only the third in Perth, joining 6WF, 6ML and 6PR. The new station was a joint venture between Musgroves and WA Newspapers. Musgroves Music Shop in Hay Street, Perth, and The West Australian and 6iX still flourish today.
Musgroves, at the time was located in Murray Street opposite Forrest Place, and the first 6iX studios were located on the top floor of that building known as Lyric House.
From the earliest days, 6iX set about having very strong programming plans. This was helped in the 30s by being part of the national Major Network, enabling 6iX to procure top shows.
Earliest programs heard were The Rudy Vallee Show, Mama Bloom's Brood and The Maxwell House Show. In fact, in its first year 6iX described a royal tour, covered a federal election, the MacRobertson Air Race and scored an interview with airman Charles Kingsford Smith.

National sponsors quickly came on board including Andrews Liver Salts, Ovaltine, Robur Tea, G.J. Coles and Woolworths. Twenty five years later these advertisers were still on 6iX.
Through 6iX, the place Snake Gully and the names Dad and Dave became household names. The program emanated from Sydney station 2UW. The show's only sponsor Wrigley's Chewing Gum did alright too!
6iX joins Macquarie
One of the first decisions made by 6iX management in 1950 was to leave the major network and join the stronger Macquarie Broadcasting network. This led to a massive acceleration of 6iX's growth. Evening listening (there was no television in WA) was at peak time. MBS had feature shows coming thick and fast from its 2GB Philip Street's famous studios.
Top national stars includ-

ing Jack Davey, Bob Dyer, John Meillon, Rod Taylor (later a Hollywood star), Queenie Ashton, Gordon Chater and Ruth Cracknell were all heard in various shows on 6iX.
Early programs were Give It a Go, The Dulux Show, the Ampol Show, Ask Me Another, Terry Dear's Amateur Hour and Life With Dexter. Older readers will have fond memories of these shows.
The Caltex Radio Theatre on Sunday nights had thousands of people sitting in front of the family radio tuned to 6iX.

Serials
- Listener's favourites
Radio serials were listeners favourites in the 50s and into the 60s and it seemed 6iX had the pick of the bunch. Fondly remembered are Dr Paul, Mary Livingstone, Imprisoned Heart, Right to Happiness, Marie Louise, Portia Faces Life, When a Girl Marries, For Richer or Poorer, Big Brother, Eyes of Knight, Second Fiddle, We Were Young, Dr Mac, Joan of Arc, The Dark Stranger, Dr Kildare (long before the television series on ABW2), Inspector West, Larry Kent, Space Patrol, Hop Harrigan and Brand of Justice. Many of these were broadcast well into the 1960s.
In 1953 6BY, the last of the three country stations operated by 6iX, was opened. The WA Country Network, as it was called, comprised 6WB Katanning, 6MD Merredin and 6BY Bridgetown.
The year 1951 saw the popular and bright new personalities join the station with Monty Menhennett taking over the breakfast spot.
A young star, John Fryer, joined 6iX and would go on to attract thousands of listeners over three decades.
Many of the station's music programs had special names with 6iX's morning request program called Choose Your Own (it was revived by Clive Robertson in 1971). Others were Music While You Work, Morning Melodies, Australian Corner, Musical Comedy Scrapbook and Bonnington's Bunkhouse Hour.
Stan Gervas, who had a major influence, joined the staff in 1953 until retirement in 1968. He started his career at 6PM after returning from England and 2CH Sydney to be a copywriter at 6iX.
The Royal Tour of 1954 was a big event for WA and an exciting time for Perth radio with a series of combined broadcasts by 6WF, 6PR, 6PM, 6iX and 6KY. Monty Menhennett and Jess Robertson from 6iX were two of the best six WA voices chosen to supplement BBC commentators for the visit.

continued on page 17

DAD wants to spray the radio with insect repellent when they sing

MUM thinks they are nice young men but they do need a new barber . . .

SIS wants to go to England to marry that triffick Ringo Starr . . .



AND WHAT DO YOU THINK OF The BEATLES ?

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Major role in sport

From the start, sport had a major role on 6IX. With 6WF, 6ML and 6PR, 6IX was part of a Perth network to broadcast the 1934 Ashes cricket series in England.

Radio 6IX had a long association with horse racing and trotting with top eastern states commentators calling the races.

Perth racing was called by Doug Gilmour and later Barry Thomas and Trevor Jenkins. Charlie Ammond was an early football commentator. Descriptions and score service of Test cricket matches continued into the 70s.

On 27 November, 1958, the new riverside studios called Radio House at 38 Mounts Bay Road, Perth, were officially opened by Premier A.R.G. (Bert) Hawke. The station could now boast the most modern and spacious radio station in the country..

By this time, Jeff Jeffrey and a young Gary Meadows became part of the on-air talent.

In 1961 the economic downturn was called a credit squeeze and business, including retail, was tough. It led to Musgroves selling its 50 per cent stake in 6IX-WB-MD-BY to WA Newspapers in 1963.

The 80s - A time of change

The 80s again saw changes with the parent company of 6IX now called TVW Enterprises with Robert Holmes a Court as chief. The station was badged as Our Town 6IX with many promotions linked with stablemates The Western Mail and Channel 7.

George Manning, Lionel Yorke, Errol Battersby (Jim Beam) were recruited and, a short time later, former 2SM disc jockey the popular Tony Murphy.

Late in 1984 new manager Brendan Sheedy launched what was branded as "the new 6IX" with a target audience of 25 to 45-year-olds with refined music for that age group.

Because of the stockmarket crash in that year, Robert Holmes a Court divested many of his financial interests, including 6IX. For the first time, the station was not owned by Western Australians, but a South Australian firm, Austereo. The up and coming company's plan was to build an FM network.

The Federal Government called for tenders from existing AM broadcasters to go on the FM band with 6IX and 6PM successful.

Station 6IX was branded as the Eagle. A big teasing campaign was launched, posing to the public questions such as: "Who is the Eagle? And "When is the Eagle coming?" Both stations then looked at the big cost they

would have to pay, thought it too much and handed back the FM licences.

A second bid saw 6KY and 6PM win with much lower bids.

Meanwhile, 6IX carried on as the Eagle.

More change in the 90s

The station was back in WA hands in April 1991. Bought by a company consisting of Chicken Treat owner Frank Romano, then Perth Lord Mayor Charles Hopkins, Foodland chief David Fawcett and broadcaster John K. Watts.

John K. Watts and Ron Moffat ran the breakfast session at this time.

At Easter 1993, the historic name 6IX returned with formats including Hits and Memories, then changed to Good Time Oldies.

September 1994 again saw 6IX ownership change and move away from WA with Southern Cross Broadcasting buying the station. Southern Cross also purchased 6PR.

Mark Pascoe and Peter Newman were now heard over 6IX as well as 6PR.

Formats switched between Best Songs Ever Made, Good Time Oldies and A Breath of Fresh Air.

Change of ownership again was not far away but there was no move this time.

Because of Federal Government rules, Southern Cross had to divest itself of 6IX when it bought 6NOW (96FM). No entity was permitted to hold more than two radio licences.

The new owners were a joint venture made up of Janet Cameron's successful Grant Broadcasters and Kevin Blyton's Creekside Investments.

Station 6IX became part of the Capital Radio Network.

The 6IX format has remained unchanged for the past 15 years though its slogan name changed three times ... Good Time Oldies to Good Times and Great Music and now Forever Classic.

Happy 80th birthday 6IX and keep those memorable songs rolling!



*All archival material and research for this feature was supplied courtesy of former 6IX announcer, John Cranfield.

6iX air line up February 1970



Clockwise from left: John Cranfield (Breakfast)

- Peter Dean (Morning) - John Fryer (Morning/Drive) - Rick Rodgers (Sport)

- Peter Barlow (Afternoon) - Ric Stone (Afternoon)



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Congratulations 6ix on a wonderful 80 years on air, Channel Seven Perth

BOOK REVIEW



Drunks, Pests and Harlots: Criminal Women in Perth and Fremantle 1900-1939

by Josephine Allison

PERTH historian and historical fiction writer Dr Leigh Straw was on a research mission to unearth an aspect of her husband's family history when she uncovered photos of mug shots of women sent to Fremantle Prison for drink and other crimes.

Dr Straw, a lecturer in history at Edith Cowan University, became intrigued about these women from the early 20th century who were often drunk and "fell through the cracks." She decided to write a book on the female criminals who stalked the seedy streets of Perth and Fremantle, often alienated by their families and ostracised by society.

Drunks, Pests and Harlots: Criminal Women in Perth and Fremantle 1900-1939

sheds an interesting light on these long forgotten women including Esther Warden, Mary Ann Sweetman, Sarah Mattson and May Ahern who have been brought to life by Straw's painstaking research at the State Library and other sources over the past few years.

Esther Warden was arrested more than 200 times for drunkenness, assault, theft, vagrancy, soliciting and property damage.

"She was a tough old bird in her later years and wouldn't take rubbish from anybody," Dr Straw says. "She tried to emphasise she was a victim but I'm not entirely sure she was. She wouldn't conform to society's expectations."

In comparison, Mary Ann Sweetman's story pulls at the heart strings. As a teenage girl, she witnessed the death of her mother at the hands of her father and was a key witness at her father's trial in January 1884. Henry Haynes was executed for the crime.

Sweetman's life was never the same after that though she married and had seven children. She drank heavily and was prone to public outbursts. Her father's violence devastated the life of his oldest child.

Sarah Jane Mattson as an outcast of Perth was demonised and criminalised for her drunkenness and portrayed

as a "bad mother."

The CBD's now designer King Street was notorious for drunken orgies and described as a "disgrace to the town." Murray and Hay streets were inner city slums and social outcasts were the only ones game enough to live in inner city Fremantle.

Dr Straw says more is known about Perth's prostitutes but less about women with an alcohol problem or women living in the streets as vagrants.

"I think these stories have been hidden within WA history," she says. "These women were fascinating for me because they pushed the boundaries. Whether or not they wanted to was something which depended on individual lives."

Dr Straw says her book has already received good reaction from people wanting to research their family history. She also considers it a starting point for people interested in WA's crime history.

Of women who drink today, she believes they are still looked at differently.

"If young women go out drinking everything's up on-line through Facebook and social media. The social perception of women drinking as being shameful has not really changed."

Dr Straw is currently researching a book *Anzacs Af-*

ter the War: Returned Servicemen in Western Australia, 1916-1939.

"I've been inspired to look at returned soldiers who had a really hard time. Part of it will look at the soldier settlement schemes in the Wheatbelt but the main focus will be on the men who needed treatment for war related illnesses including shell shock."

"Another is the number of suicides which really affected families after the war. There is a silence about this though we know a lot about the war and the fighting. But these are men who returned and had to adapt to civilian life."

People who can assist with information should contact Dr Straw by email l.straw@ecu.edu.au.

Drunks, Pests and Harlots: Criminal Women in Perth and Fremantle, 1900-1939 is published by Humming Earth and is available through amazon.

WIN WIN WIN

To be in the draw to win one of three copies of *Dr Straw's book*, address an envelope to *Drunks, Pests and Harlots Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901* with your contact details on the reverse or email win@haveagonews.com.au and include the author's name in the subject line. Only over 45s are eligible. Competition ends 13/01/13.

Christmas comes to The Holly Wood Tuesday Morning Show



From left: Maureen Felton, our hard working organiser; Bernard Carney, co-ordinator; proudly wearing his Wheelchairs for Kids' cap, Entertainer Extraordinaire, Joseph Happ Michelle Davies with Wheelchair; Charles from Wheelchairs for Kids, and audience member Phil.

by Michelle Davies

IT WAS a exciting and busy morning at the Christmas Holly Wood Tuesday Morning Show, where we welcomed Charles, a volunteer with Wheelchairs for Kids. He was inspired to volunteer for them after his first visit, and has been helping out for 10 years.

Charles was delightful, and gave us a glimpse of the latest design projects and partners of this wonderful organisation which started in 1998 and has grown year by year. They now build 38 wheelchairs every day.

The wheelchairs are shipped in large containers around the world.

Children who have lost limbs through land mines and unable to get off the ground, can now have mobility and dignity. Each wheelchair is fitted to the child and is designed to be adjusted. One hundred and fifty five volunteers build the chairs while other volunteers make teddy bears, and knit colourful rugs for the children.

The prizes for our Super Raffle were very generous and it was exciting to see all the money raised going to Wheelchairs for Kids.

Thanks to those wonderful people who donated the prizes.

We were then entertained by Joseph Happ, who according to our co-ordinator,

Bernard Carney, "has been involved in opera for years, and knows all the songs". Our grand piano was wheeled onto the stage and we were entertained with three beautiful classical pieces which included *Flight of the Bumble Bee* which was unforgettable and played with nimble fingers flying across the keyboard.

In his baritone voice, he sang *Edelweiss, Smoke Gets in Your Eyes, Every Body Loves Somebody Sometime, My Desert is Waiting* and many more wonderful songs.

Joseph received a standing ovation. To book Joseph for an event call 0411 115 505 or email josephhapp@hotmail.com.

A table laden with Christmas gifts donated by The Holly Wood Tuesday Morning Show and Holly Wood Dancers will be presented to residents of St Bartholomew's Home.

The Holly Wood Tuesday Morning Show is a free community service sponsored by Perth City Council and *Have a Go News*. It is held in the Perth Town Hall, corner of Barrack and Hay Streets, every Tuesday from 11am - 12 noon. Tea and coffee is available from 10am to 10.45am - no later. Join us for a great morning's entertainment and friendship.

For enquiries and information on guests or artists, please contact 9461 3145.

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All sessions are free to Diabetes WA members and NDSS registrants, \$20 for all others. Bookings can be made by calling 9325 7699 or emailing bookings@diabeteswa.com.au

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Jennifer Merigan in Switzerland

I AM writing this, my final column for 2013 in Zurich, Switzerland where I am immersed in their winter Christmas festivities.

I've enjoyed an amazing week here soaking up the Swiss Christmas celebrations and which you can read more about further on in this section.

Throughout this trip we have travelled by public transport using only our Swiss Pass. What an amazing network they have here.

As Australians we tend to prefer getting around by car, but here I would highly recommend using public transport; it is one of the best systems in the world and is very easy to navigate.

I'll tell you more in future editions about utilising the Rail Europe network and how 'training' through Europe is one of the most satisfying ways to travel.

Our final Talking Travel group for 2013 was very informative, not only for our attendees but

also for me.

Having the opportunity to gather information from fellow travellers is one of the highlights of these get-togethers. Thanks to Jan and Bob Weston for sharing their insights into France with me which I found most useful in preparing for my trip to Lyon and Paris.

Don't forget to join our facebook page or visit our website where you can see up to date photos and videos of my trip and experience some of the delights of Europe.

This section is specifically for you the reader. Feel free to contact me if you're travelling, send me a postcard, come along to one of our Talking Travel groups or just give me a call or email. I will always do my best to source current information or competitions and up to date travel information for you. Just email me at Jen@haveagonews.com.au with the subject Let's go Travelling E News for assistance with a problem.

We will be ramping up the distribution of our digital enewsletter in 2014 which will include exclusive special 'travel' deals for readers.

This paper is also available on line at our website www.haveagonews.com.au and here you can also see more videos of our travels.

Keep up to date with us regularly by liking *Have a Go News* on facebook or follow us on twitter.

I take this opportunity to wish you a very Merry Christmas and a safe and prosperous New Year.

Happy trails

Jennifer Merigan
Travel Editor

let's go travelling

The travel industry and readers are welcome to contact the travel editor:
Ph 9227 8283 Fax 9227 8293 Email: jen@haveagonews.com.au

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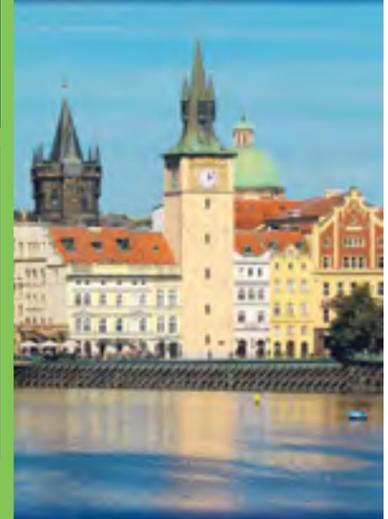
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ADVERTISING FEATURE



I'm dreaming of a white Christmas...

by Jennifer Merigan

IF YOU ask most Australians whether they would like to experience a white Christmas the majority would answer 'Yes'.

I certainly have always wanted the experience and this year my dream has come true.

Switzerland is the perfect country to experience Advent and all the Christmas festivities.

The Swiss celebrate Christmas a little differently and the celebrations begin early with

St Niklaus Day on 6 December which is one of the highlights of the season.

The eve of St Niklaus Day is best celebrated in Kussnacht at Lake Lucerne where the annual Klausjagen parade takes place.

Klausjagen literally means 'chasing St Niklaus' and this parade has been taking place since 350AD.

The Swiss are a proud people who value and maintain their traditions and Klausjagen is the biggest party of the year.

The atmosphere in the

town of Kussnacht is one of celebration and excitement and more than 20,000 people flock to the town to experience this unique tradition.

The parade is held at 8pm at night and the whole town is at fever pitch with expectation and excitement.

The streets in the old town are blocked off and lined with stalls selling Gluhwein (mulled wine), schnapps and typical Swiss cuisine.

More than 700 men from the town take part in this parade, and as it begins the lights in the town are switched off.

The procession starts with whip crackers who weave their way through the streets followed by a large procession of musicians blowing horns and trumpets. Next comes the bell ringers who ring the largest cow bells you have seen followed by the 'Iffelens' who are dressed in white robes with large colourful candle lit lanterns on their heads.

Finally St Niklaus and his Schmutzli (the alter egos of St Niklaus) join the procession.

Although it is exceptionally cold, this does not hamper anyone's spirits and you just cannot help being caught up in the excitement.

The celebrations last all night and the Swiss see St Niklaus Day in with great pomp and ceremony.

St Niklaus Day is celebrated all over Switzerland and is when Swiss children leave out their 'Christmas wish lists' and some treats for St Niklaus, similarly as we do on Christmas eve for Father Christmas.

Christmas Eve is the night when the Swiss have the main celebrations and most attend midnight mass.

The Swiss believe that the baby Jesus delivers the presents and these are generally given out at the Christmas Eve celebrations.

It's a beautiful tradition and of course this is from where our Christmas beliefs hail.

Every city in Switzerland has a variety of Christmas celebrations and one of the highlights are the markets.



Clockwise from left; St Niklaus hands out treats to all the children on St Niklaus day - Johan Wenner is one of the world's most famous Christmas courtiers whose decorations are ordered from the White House - Christmas markets are found all over Switzerland

I visited markets in Basel, Lucerne, Zurich and Einsiedeln.

The Christmas markets truly capture the spirit of Christmas. Don't let the thought of the cold weather put you off; it only adds to the experience.

The market stalls are little

wooden huts which are beautifully decorated with Christmas paraphernalia and sell a variety of food and gifts.

Some of the delicious treats you can enjoy in the markets include a cup of steaming gluhwein (mulled wine) which helps warm the cockles, or snack on a bag of hot roasted chestnuts (marronnins). Other delicious treats include raclette which is a hot potato and cheese dish or hot freshly made crepes.

The Swiss capture Christmas perfectly. During this trip I keep pinching myself because I feel like I am starring in a surreal Christmas card scene.

And if you want to take some of this Swiss Christmas spirit home, then a visit to Johan Wenner's shop in Basel is a must.

This Christmas courtier is famous worldwide and not only does he truly love Christmas he supplies some of the most exquisite ornaments and decorations I have seen.

Johan has built a Christmas empire over more than 30 years and his decorations are much sought after. His customers include the royal family of Monaco and the White House.

I had the great pleasure of meeting him and enjoying

coffee at his Christmas café which is open to the public during December.

He is such a humble man. When I asked him who was his most famous customer he replied, "a small boy who had been ill."

And in this busy world he believes that the best Christmas gift that you can give anyone is your 'time'.

And with that lovely and apt thought I take this opportunity to wish you a very Merry Christmas and I hope that you too may have the opportunity to experience the joy, beauty and traditions of a Swiss Christmas at least once.

The writer was a guest of Tourism Switzerland.

FAST FACTS

For more information on Switzerland visit www.myswitzerland.com

Johan Wenner Christmas decorations and ornaments can be ordered online at www.johanwenner.ch

Want to see more - then check out the videos of the Christmas experience at the website on our 'I'm Dreaming of a white Christmas' page at www.haveagonews.com.au

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ADVERTISING FEATURE



London Calling - A lightning bolt...



Left to right; Jayson Mansaray - Sipsmiths © Alastair Wiper

I REMEMBER being a rebellious teenager drinking alcohol away from the watchful eye of suspicious parents.

My friends would consume concoctions mixed with coke and sweet liqueur shots; I on the other hand preferred gin and tonics.

I was ahead of my time you see and to this day my love affair with gin remains though I now prefer gin either on the rocks with a wedge of fresh lime, with tonic or in a cocktail from time to time.

While today it is considered a sophisticated drink, gin had its genesis in the 18th century gin palaces where the drink was once the enfant terrible of the London drinking scene. Gin was the ruin of many a man/woman or child who indulged in a quick nip of the spirit, or a 'lightning bolt' as it was known.

Invented in Holland, the drink became popular when Dutch-born William of Orange took the English throne in 1688. Not long afterwards England was at war with France, so to help the economy, high taxes were placed on imported spirits and laws surrounding domestic production were deregulated.

This spawned what is known as the gin craze, which, with the lack of restrictions and cheap nature of the

product, thrived among the poorer classes. It is estimated that at one point there was one gin distillery in every four homes in London (quite often a distillery was no more sophisticated than a bath tub).

The gin craze came at a cost to London with a rise in crime and disorder.

In an anonymous note from a Grand Jury member the writer laments that "Most of the murders and robberies lately committed have been laid and concentrated at gin shops" adding, "being fired with these hot spirits, they are prepared to execute the most bold and daring attempts".

After public outrage and lobbying by prominent gentry, the 1736 Gin Act changed all that. The act required a high annual licence fee of £50 to distill gin. This meant that only the rich could afford to produce and consume the drink and why it is sometimes called the £50 Act).

The £50 Act, the 1751 Act and the rising price of grain are given credit for the end of the gin craze and the subsequent Victorian era of resplendent gin palaces.

Skip forwards to 21st century London and once again gin has risen from the ashes with a host of boutique distilleries, dedicated to high quality, hand crafted alchemy,

popping up all over the town

Sipsmith

In an unassuming West London garage lies the first distillery to be opened in London for nearly 200 years.

Sipsmith is the trailblazer for the small scale, hand crafted production of gin in modern day London and for that reason it wasn't a smooth start.

Being the first of its kind in the 21st century, there was no precedent for licensing and initially the powers that be thought the 300 litre beautifully handcrafted Christian Carl copper pot wasn't a big enough operation to be viable and rejected the applications because they thought it was simply a "bootleg operation".

But after two years of legal wrangling, the first license of its kind in hundreds of years was awarded to Sipsmith distillery.

Prudence, as the still is aptly named, has a carter head and a column which means Sipsmith can distill Barley Vodka (lovely tippie with very clean peppery hint) and London Dry Gin.

The London dry gin has a wonderful blend of botanicals: coriander seeds, juniper, lemon and orange peel, cinnamon, cassia bark, almond, orris and liquorice root - all macerated overnight to permeate the spirit.

The long process of distillation and the copper pots means all the impurities you might find in a shelf gin are removed; and if that wasn't enough, the first and last third of every distilled batch (known as the top and bottom) are thrown away, leaving only the most pure middle for your drinking delight.

Sipsmith have diversified and for the first time, I tasted a Sloe gin. This is the London dry gin marinated with hand picked sloe berries. The flavour is an incredible burst of marzipan, cherry and stone

fruits, which can be drunk as an aperitif or with champagne for a twist on the traditional kler royale.

But best was saved until last - VJOP (Very Junipery Over Proof) is for the die hard gin lovers like me who also, at times, like it with tonic...

Fierce in a good way is the best description for VJOP; it is supercharged at 57.7 per cent of the normal amount of Juniper... so it is big. And for this reason it is ideal for the perfect gin and tonic.

Every bottle is individually labelled with its batch, so if you go to their website and look on the batch blog you can find exactly how and when that particular bottle was made: a nice idea if you want to order one for the day of your birthday, or if my family read this...mine!

Sipsmith offer tours and have stockists around the world (in fact one of the proprietors has just visited Perth) and they offer tours of the distillery too, but book early as they are very popular. The Distillery is located at 27 Nasmyth Street W6 OHA / www.sipsmith.com

Little Bird Gin

At the other end of the spectrum in terms of flavour is the Little Bird Gin, operating in South London - since 2012.

This London dry gin's life started at tasting events and has grown from there.

Aimed at a lighter palette, the Juniper flavour has been toned down and more citrus flavours of grapefruit, orange and hint of ginger are present making it a good starting point for a vodka lover.

There isn't an official cellar door but they do have a pop up cocktail bar on weekends at the Maltby Street Markets in South London.

Interestingly, from Monday to Friday it's a furniture work shop but on weekends it's a pop up cocktail bar.

Friendly staff and a choice of al fresco or indoors dining comes with drinks in vintage glasses, crystal and medical bottles and the authenticity of a working furniture workshop. As the winter weather took its toll, I opted to start with a hot cocktail, the 'flying south' which is a gin lovers' version of mulled wine complete with fruits and spices. This was swiftly followed by a breakfast martini: orange liqueur, grapefruit lemon juices and orange marmalade...yummm!

Maltby Street, SE1 3PA / littlebirdgin.com

City of London Distillery
For those who want to

drink in the same place their gin is made, then the City of London Distillery (COLD) is the place for you.

Located off Fleet Street down a narrow staircase is a world of Chesterfield sofas and 217 different gins for you to try including COLD's very own London dry gin.

COLD's gin sits somewhere between Sipsmith and Little Bird; it's dry with a clear juniper taste but also with citrus notes too - in short an easy, clean and fresh gin for everyone.

The two brass stills sit side by side behind a glass wall directly opposite the bar; their names are Clarissa and Jennifer (named after the Two Fat Ladies: Clarissa Dickson Wright, and posthumously Jennifer Paterson). I was offered a G&T but opted for a London Distillery gin on the rocks; it was served perfectly over ice with orange rind (superb) which I sipped whilst admiring the images of the two fat ladies opposite me.

The gin is waxed and bottled by hand and all have their own batch and bottle number too, but for that fully bespoke experience, for £125 you can take part in the gin laboratory where you make your own gin from scratch. Design the recipe, bottle, label and wax it and take home your labour of love. Even better though if you want to come back and make it again, there will be a recipe card kept for you to recreate your own bit of gin heaven.

The London distillery is located in the square mile just off Fetter Lane and offers tours as well as a bar. 22-24 BRIDE LANE EC4Y 8DT / cityoflondon-distillery.com

Expanding on the subject of drinking... "Beer...Glorious London Beer" is on show in full force at the Pig's Ear Festival. In Cockney rhyming slang, Pig's Ear means beer and from 3 - 7 December you can experience and taste London's beer renaissance. Now I know I haven't given you much notice but if in London town for Christmas next year this is a must do.

But you can also find other events at the East London and City (ELAC) Branch of the Campaign For Real Ale (CAMRA) website for your next visit (pigsear.co.uk).

In closing, if anyone questions your thirst for gin I learnt that juniper, the key ingredient, is actually good for the kidneys and joints...but being responsible, your London Calling columnist reminds you that a 'Lightning Bolt' can be fatal.

It's hip to be square



Federation Square, Melbourne

by Jeanette Woolerton

THE CITY OF Melbourne is a vision of ethereal light throughout the month of December.

Every bough of every tree is illuminated with shimmering bulbs, bursting with colour, flickering and dancing with the gentle breeze in a spectacular celebration of the holiday season.

Christmas is a gift to all of us, rich or poor, young or old. It is a time in which to celebrate our loved ones and give generously from the heart.

Giving does not require financial security or gregarious gestures. It simply requires thought and presence.

Federation Square, in the heart of Melbourne, is testament to the gift of giving.

With a combination of merriment, music, film, video games, family portraits and secret picnic places, Fed Square, certainly knows how to do Christmas a little differently.

There is a large selection of family-friendly events and activities to choose from, including the Square's free Christmas program, 'Spirit of the Square', one of Melbourne's greatest December traditions.

One of these unique presentations takes place in the form of an inner city forest, namely In the Pines. The Square is inundated by a large public art installation of more than 100 Christmas trees by urban artists.

The trees transform each week, creating quirky patterns, mazes and secret hiding spaces.

While you wander through the 'forest', you may listen to your favourite festive songs, performed for free by community choirs throughout the Square.

For the young and young at heart, the Big Screen gaming scene will entice the player in all of us. Gamers can play independent video games on the Big Screen every Monday afternoon between 5pm and 9pm with the team from Freeplay Independent Gaming Festival.

Alternatively, you may wish to pull up a deckchair and watch classic Christmas films (as well as blockbusters) on the Big Screen, from 6.30pm on 3, 10, 17 and 21 December.

Another option is to have a quirky photograph of yourself and the family among the trees (with a free family portrait service every weekend between noon and 4pm).

The backdrop is spectacular: an urban forest of sorts, illuminated by flickering lights and the magical manifestations of so many creative minds.

Of course, no Christmas is complete without an abundance of delicious food.

Guests are welcome to browse through the Christmas food market (which includes festive offerings from Fed Square's many restaurants and cafes) from 11am to 4pm on Saturday and Sunday 14 and 15 December.

For those who find themselves 'orphaned' on Christmas Day, come to Fed Square for a Christmas movie marathon. Bring your own picnic basket and celebrate the day with fellow Christmas exiles between 11am and 6pm.

It is exhilarating, enticing, inviting and free for all. For further information, please contact the festival office at (03) 9655 1900

Email: info@fedsquare.com or visit the website at www.fedsquare.com/spirit

Festivities run from 01 December through to 25 December.

In Melbourne this Christmas, undoubtedly, 'it's hip to be square'

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Welcome to the 2014 WA Holiday Annual



ENJOY the great specials, stories and information in this handy guide to help plan your trips around our great State

Experience Perth

The 'Experience Perth' region centres on Perth, and the Swan River as does the neighbouring port city of Fremantle, at the mouth of the Swan. Take a day trip to the Avon Valley, Mandurah or Rottnest Island. There is lots to do in and around Perth.

Australia's South West

From towering forests to whale watching, fine food and wine, Australia's South West offers some of the most varied travel experiences in Western Australia.

Australia's Golden Outback

Vast clear skies and theatrical landscapes and true outback adventures, authentic Aboriginal encounters and visits to settlements built by gold rush pioneers.

This is the place for true outback adventure. Driving becomes an activity in itself

rather than a means to an end, and camping under the stars is a mystical experience.

Australia's North West

Australia's North West is one of the world's last true wilderness areas and the place to go for an authentic Aussie outback adventure. Relax on breathtaking Cable Beach. Don't miss the Bungle Bungle Range and the rocky landscapes of Karijini National Park.

Australia's Coral Coast

Beaches, exotic marine life, national reserves and the bluest ocean you'll see anywhere in the world is what you will find in Australia's Coral Coast. Swim with whale sharks, meet the dolphins of Monkey Mia and take in the unique rock formations of the Pinnacles.

Enjoy discovering more of our great state in 2014!

For more information visit www.westernaustralia.com

A classic pub in Highgate



From left: The Brisbane Hotel Beer Garden - The Brisbane Hotel grilled Tasmanian salmon, nicoise salad © Robert Frith

by Jennifer Merigan

THE BRISBANE Hotel, one of Perth's historic pubs, was built in 1898.

Located on the corner of Beaufort and Brisbane Streets it has been part of the city's landscape for more than 100 years.

After its major renovation in 2004 the hotel has been consistently recognised as one of the best pubs in Australia and has taken out many awards.

This year General Manager Mark Patterson was awarded with the Australian Bar Manager of the Year.

The hotel has one of the best beer gardens in Perth and the quality of food and serv-

ice is second to none.

The atmosphere of the hotel makes it attractive for all clientele and this summer they have brought back the classic counter lunch.

Classic counter meals are available from Monday to Friday until 3pm and average less than \$25 for a superb meal with a modern twist.

The hotel offers a great range of beers, wine and food for all tastes whether you just want to soak up the atmosphere in the famous beer garden with a drink and a snack or meet friends for a meal.

Some of the highlights of the snack menu include homemade sausage rolls, arancini balls, calamari and delicious pizzas.

to your liking. But if you can't go past the pub classic of steak and chips, then you will enjoy there one of Perth's best steaks.

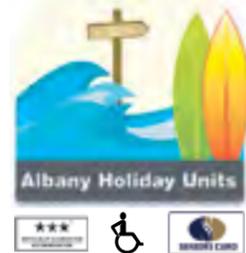
As a local to the area I find this hotel always provides consistent friendly service and exceptional quality meals.

It's not often that you can say a pub ticks all the boxes but, The Brisbane does just that and I can highly recommend it.

The Brisbane is a great place to celebrate a special occasion or just while away a pleasant afternoon in the beer garden.

It's always best to make a booking if you plan to have a meal so call 9227 2300 or visit www.thebrisbanehotel.com.au for further information.

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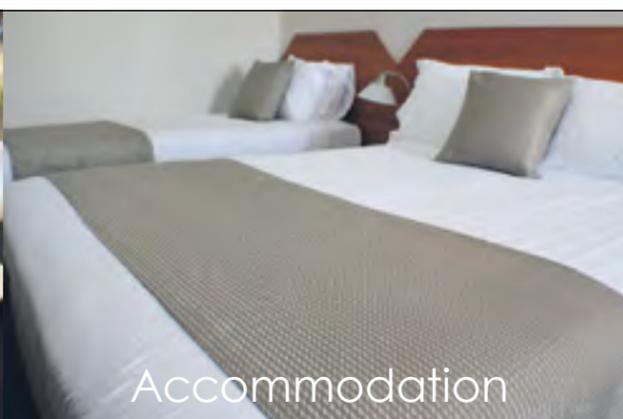
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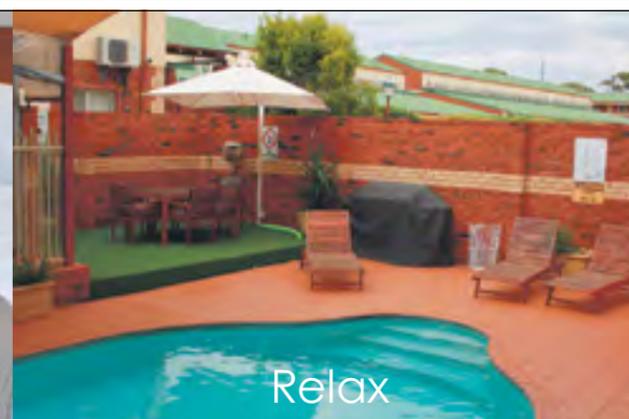
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New look for information bay



Swan Valley information panel

THE SWAN Valley Information Bay, located on West Swan Road (opposite Lilac Hill Park) has a new suite of information panels.

City of Swan Mayor, Charlie Zannino, said the interesting information about the Swan Valley region was useful for locals and visitors.

"The information bay is coordinated by the Swan Valley Visitor Centre and consists of six panels rich in information about the re-

gion," he said.

Information available details the long and captivating history of the valley, surrounding suburbs and information on neighbouring areas, including the history, attractions and walk trails and the fresh delights and gourmet produce available throughout the year from farmers' roadside stalls, farm shops and local stores.

Also included, of course, is the variety of wine and food outlets along the award winning 32 kilometre Swan Valley Food and Wine Trail as well as complementary attractions such as art galleries, wildlife and activities.

Maps on the panels show the Food and Wine Trail, including wineries, restaurants and cafes, accommodation, picnic spots and walk trails, local produce sellers, arts and crafts, breweries, heritage and other attractions.

There is also a map of the Guildford townsite and the Midland central business district.

Swan Valley/Gidgegannup Ward Councillor Darryl Trease said the information bay is a great addition in assisting visitors in and around the Swan Valley Region.

"It is available 24 hours a day seven days per week, and complements the services offered by the staff and volunteers at the Visitor Centre," he said.

For more information on the bay or anything in and around the Swan Valley contact the Swan Valley Visitor Centre on 9379 9400 or visit www.swanvalley.com.au

Discover Christmas Island - a natural wonder

RINGED by tropical waters of the Indian Ocean and topped with lush jungle, Christmas Island is a haven for Western Australian nature lovers.

The island is best known for one of the most spectacular migrations on the planet, when each summer, millions of land crabs march to the coast, turning the entire island into a real-life Discovery Channel documentary.

However, it's not just on land where wild-life puts on a show. If you strap on the snorkel and mask and plunge into Flying Fish Cove you can eyeball up to 170 species of tropical fish and countless colourful coral.

Christmas Island is the only place in Aus-

tralia where you can swim and scuba dive with whalesharks, the majestic beasts of the deep, which visit the island's 27 degree waters from November to April.

Back on land, walking tracks wind through the island's pristine rainforest to hidden blowholes, refreshing spring-fed waterfalls and Robinson Crusoe-style beaches.

For the less adventurous, the island boasts secluded lookouts, perfect for that romantic picnic or a glass of champagne to watch the sunset over the ocean.

Getting there: Virgin Australia fly four times a week from Perth www.christmas.net.au

For more information see ad this page.

Canal Christmas lights - world class display



have placed the well in one of the canals to raise funds that are injected back into the community to those in need. Last year more than \$11,000 was raised.

Mandurah Cruises visit the Christmas Lights every day in December to mid-March and recommend that bookings be made early to secure seats for the lights phenomenon.

Mandurah canal residents invest an enormous amount of time and effort into dressing up their homes.

The world class light show is an excellent way to get into the Christmas spirit in comfort whilst enjoying Christmas carols on the cruise with local ferry operator Mandurah Cruises.

For more information or to book call 9581 1242 or visit www.mandurahcruises.com.au

IN DECEMBER, Mandurah's canals are transformed into a world class light show.

Millions of lights illuminate waterfront homes in the form of flashing Christmas trees, sleds being pulled by dolphins and reindeers, snowmen, twinkling stars and many more amazing displays.

The lights are so spectacular that children liken them to Fairyland or Disneyland, others say they look like Vegas on the water.

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The local Rotary Club

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Bunbury - Collie, Boyup Brook "A Little Bit of Country History" Wellington Weir, Mine & Museum Collie, Country Music and Holograms Boyup Brook Cost \$85

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Top tourism honour for events dynamo



Left to right; Sir David Brand Medal winner Pat Strahan with Dr Jennie Bickmore-Brand

HAVING lived and breathed travel and tourism for the past 25 years, it was no surprise to see the doyenne of Western Australia's events industry Pat Strahan, awarded the coveted Sir David Brand Medal at the recent 2013 Western Australian Tourism Awards.

The title recognising 'outstanding contribution to tourism by an individual' was presented to Ms Strahan at the Awards' gala dinner at Crown Perth during November where she was honoured before a crowd of 850 members of the tourism industry.

Highly respected throughout the industry, Ms Strahan, as director of her own event management business Strahan Events, has worked both professionally and as a volunteer for more than two decades to build success for operators, brands and key initiatives within the tourism and event sectors.

Ms Strahan said her passion for the industry was inspired by the hard work people in tourism invest to create memorable experiences for their clients.

"It is very rewarding to know that you have helped create an enjoyable tourism experience, as it's something your visitors will always remember," she said.

Ms Strahan's career took flight in 1984 when she was charged with the responsibility of running WA's first-ever travel expo for travel agents, then called the 'World Travel Fair'. This was the catalyst for the launch of Perth-based Strahan Events (then 'Strahan Consultants') in 1990.

Over the years, supported by her team of event professionals, Ms Strahan has staged some of the WA's biggest and most successful exhibitions and events.

Among her portfolio (past and present) is the Perth Holiday & Travel Expo (for 27 years and counting), Perth Caravan & Camping Show (growing from 14,000 visitors in 1996 to 49,000 in 2011), Goldfields Caravan & Camping Show, Garden Week, West Coast Fishing Expo, GWN7 Top

Tourism Awards, Australian Tourism Awards, WA Tourism Awards, WA Environment Awards, Avon Decent, and the Channel 7 Christmas Pageant.

Some of Ms Strahan's other career achievements include:

- Involvement in restructuring of Tourism Council WA.
- Lobbying of government for recognition of the caravan industry in tourism among various issues it faced.
- Education seminars to increase tourism professionalism.
- Board positions with Tourism Council WA, Meetings & Events Australia, Events Industry Association WA, Caravan Industry Association WA and nationally with the Caravan RV & Accommodation Industry of Australia.
- Member of the Australian Tourism Awards organising committee and the Outback Safaris national committee.

"We have seen dramatic transformation in our industry over the years," said Ms Strahan. "There are always new challenges and opportunities, which I'm excited to be part of."

A guide to villa's West Australian holidays



Karri Forest

THE BEST thing about summer is getting away from it all including the heat! Villa Carlotta Travel has six of the best WA summer holidays to offer you in 2014.

Whether you love the dramatic coastline of the Southern Coast or the incredible vistas of ancient forests, one of these holidays will be sure to please.

Fully escorted and fully inclusive, villa has no hidden costs. Their professional tour leaders will show you all the best places and be on hand to help with your every need.

Starting down south, villa's seven day South West Coastal Cruising or seven day South West Discovery holidays feature all the major tourist sights. The world famous Busselton Jetty and Underwater Observatory, the Margaret River Wine Region, calm water river cruising and a relaxed, laidback getaway.

Want to get a bit further away?

Then Demark is the place to go, where the forest meets the sea. From the amazing ancient karri trees to the windswept coastal views, villa's five day Delightful Demark holiday is a trip to remember. The amazing views out of your luxury coach window on the drive there are worth the price of admission alone.

Visiting famous Green's Pool, a wide, tranquil bay sheltered by giant granite boulders, offers spectacular scenery and is just one of the many fantastic things to do and see.

Down the road from Demark is Albany, rich in history and abounds with incredible coastal sights. Tour highlights include Princess Royal Fortress, Port of Albany tour, a side trip to Walpole and the Valley of the Giants and Tree Top Walk plus a relaxing cruise on the famous Normalup Inlet. Choose between the classic Albany Great

Southern holiday or for those of you who are single solo travellers, the villa just for singles Albany holiday will have you meeting new friends and having a ball.

Further along the coast is Esperance and Bremer Bay. Esperance boasts the most stunning coastal scenery you will see. With hundreds of islands dotting the horizon, you will be snapping photos like there's no tomorrow. Highlights of this seven day getaway include the amazing replica Stone Henge, Cape Le Grand National Park and stops in Bremer Bay, Hopetoun, Hyden and the awe inspiring Wave Rock.

With multiple departure dates throughout January, February and March and with a special discount on offer for the months of February and March (conditions apply) enquire today.

Or why not get a few of your friends together and make it a holiday to remember.

Groups of 10 or more can take advantage of the group travel savings.

To discover more about these and other great villa holidays, see page 23, FreeCall 1800 066 272 or visit www.villa.com.au.

Take a walk with Inspiration Outdoors

HAVE you thought about walking the Cape to Cape or Bibbulmun Track but you are put off by the idea of carrying a large back pack and sleeping in a tent?

Inspiration Outdoors specialises in walking tours designed to ensure that you stay in proper accommodation and do not carry a heavy back pack. There's not a two minute noodle in sight either.

Their tours, which cover every region of Western Australia, range in duration from three to 13 days and can be either easy or challenging.

Spring departures are designed to coincide with the peak of wildflowers for the particular region giving you the best chance of spotting that rare orchid or field of colour.

Visit <http://www.inspirationoutdoors.com.au> or call Simon on 6219 5164 to discuss a walking holiday with Inspiration Outdoors.

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Members of the West Coast Metal Detector Club enjoy a weekend at Minnivale

West Coast Metal Detector Club travels to the wheatbelt

volunteer bushfire brigade building for training and as a meeting place for farmers in the district as there are no shops or a community hall there.

This tiny town formally known as the 36 Mile Post on the Rabbit Proof Fence was where a railway siding was built in 1911 to bring in supplies and as transport for the locals.

By 1921 the population had grown to approximately 700 with a co-op store, garage, post office and bakery (the large oven is quite a prominent landmark as you drive through the town), school and the Methodist church built in 1925; the only original buildings/part buildings still standing.

The weekend, although held at the same time as the AFL Grand final in Melbourne and the Perth Royal Show, was quite successful.

Forty members made the trip and camped in a small camping area next to what were once the tennis courts which by today's standards were quite modern with lights for night tennis.

Over the weekend, 47 pre decimal coins were found including a nice half crown as well as an assortment of badges.

An X-terra 305 metal detector was won by Alex Scorer and second prize, a pin pointer, donated by Minelab, went to Max Gibson. Pin pointers are generally used with a large

coil to enable you to "pin point" a target

We also visited a modern wheat silo and facilities that were constructed in 1963 to replace the original built in 1933. Railway lines are being installed inside to house an S Class "Greenmount" steam locomotive, passenger carriages, a dining carriage, guard vans and other rolling stock.

Funded by the local shire, it is hoped to have the train operational by July 2014 and as a draw card for visitors allow them to travel around the wheatbelt in a steam train as locals did in bygone years.

For more information, please visit our website www.wcmdc.com.au

by Kevin Gaines

OUR ANNUAL long weekend treasure hunt on the Queens Birthday at the end of September was held

at Minnivale, a very small wheat belt town approximately 190 kilometers from Perth with a population of just seven people. However it does boast a

In celebration of International Volunteer Day

THANK YOU to volunteers. Throughout November, the Bibbulmun Track Foundation hosted several 'Thank You' events to celebrate their volunteers in the city, Kalamunda, Denmark and Albany.

The Bibbulmun Track

Foundation has 300 volunteers who contributed nearly 21,000 hours during the year.

Whether maintaining the Track, sitting on the Board, answering enquiries, manning displays or guiding events, each volun-

teer makes an invaluable contribution to the Foundation and to the Bibbulmun Track.

Special mention must be made of Jim Baker, Isabel Busch, Jim Freeman and Charmaine Harris who all volunteered in excess of 500 hours and to Isabel Busch, Peter Sweetman and Guy Spouge and who received Outstanding Service Awards from DPaW.

As well as giving thanks and acknowledging commitment and enthusiasm, Thank You days allow Foundation members to relax with volunteers. It is a time to share the successes and happy times of the past year, renew friendships and to get to know volunteers who have joined during the year.

Volunteers are vital to the work of the Bibbulmun Track Foundation and with-

out them the Foundation would not be able to achieve all it does.

A very sincere thank you to all of the 300 volunteers - your contribution, large or small, is very much appreciated.

If you are interested in volunteering at the Bibbulmun Track Foundation contact Gwen on 9481 0551 or visit the website www.bibbulmuntrack.org.au

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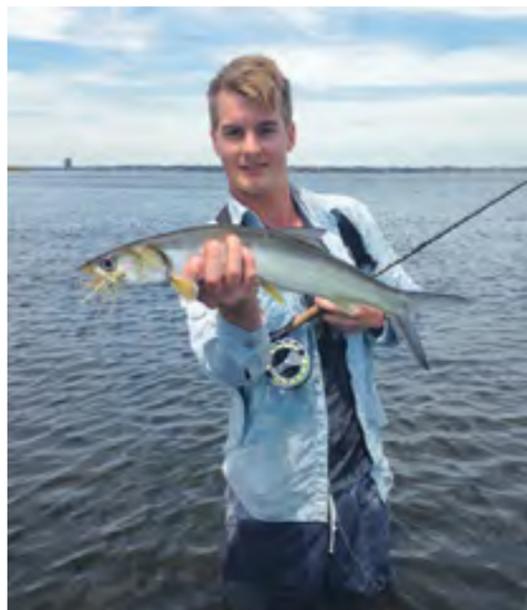
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Dave Thomson gets a nice Swan River giant herring

Going Fishing - Swan Giant Herring

GIANT herring are among the most charismatic of fish. They are keenly sought throughout tropical waters of the world by light tackle anglers who love the spectacular aerial antics of these long, silver speedsters. They are a sporting proposition only and are never, as far as I know, kept for the table.

Lucky for us, these great fish make their way into the Swan River most summers and the local sport fishing community is all ears to hear some sort of whisper where they might be. There are spots that they seem to favour, but they can be unpredictable and even the keenest GH chasers count themselves lucky if they run

into them more than once or twice a summer.

They take both flies and lures when they are in the mood and the most popular lures these days include small poppers like the Roosta 60 or metals like the Halco 20g Twisty. When hooked they can jump like mad things and are capable of making long fast runs. The average size fish that turns up in the Swan is small, around 50cm long, but even at that size they usually give an exciting fight. On the rare occasions when you hook a big one, well that's something else again.

I had my most memorable GH experience in early November this year when

I thought I would spend a couple of hours on a Saturday morning seeing if I could find them. As luck would have it, the first spot I tried turned up trumps. I'd been casting a fly for about an hour without much happening when, out of the blue, I hooked a monster. Close to a metre long, it grabbed the fly and made a heart-stopping jump, clearing the water by a couple of metres as it gyrated and sparkled in the morning sun.

I rang a couple of mates to let them know what was happening and within half an hour there were four of us, tossing lures and flies in quiet desperation. There must have been dozens of

them out there, some of them really good ones. We had at least 20 hits, resulting in almost as many hook-ups for just three landed and released. Keeping connected to those wild fish was nigh on impossible, but so much fun.

Just to show how unpredictable they can be, I returned two days later for

another try and couldn't turn a scale. That's fishing for you...and giant herring fishing in particular. Somewhere in the river system there is an elusive school of big giant herring. The lucky person who finds them is in for an unforgettable angling treat...I just hope it's me again.

Mike Roenfeldt

Great places to stay, great things to do!



THE 25TH edition of the Australia Accommodation Guide - The B&B Book 2013, features wonderful accommodation with generous hospitality. Hosts included in the B&B Book share their homes, offer their cottages and welcome guests from Australia and overseas to enjoy warm and

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The Australia Accommodation Guide includes hundreds of B&Bs and similar styled accommodation showcasing more than 300 listings in full colour. You will find owners who care about their guests and provide comfortable beds, crisp sheets, a good bathroom - and a place where you can relax and wake up prepared for the next day.

You will find no better value than that offered in the hosted accommodation sector.

Most properties in The B&B Book include breakfast, which is often a generous one, in their tariff. Many include extras such as a drink on ar-

rival, an after dinner drink or complimentary parking. Some offer great value meals or free internet access.

The B&B Book features a variety of styles from the fabulous to the simple, the quirky and funky, and the homely and well lived. Many welcome pets, most welcome children and some specialise in romantic getaways.

You will find B&Bs, guesthouses, farmstays and cottages all over Australia.

The B&B Book is available as a print edition from bookstores and newsagents or a downloadable eBook from the website: www.BBBook.com.au

The B&B Book, "... the only surprises you will experience will be pleasant surprises!"

WIN WIN WIN

To be in the draw to win one of five copies of the Australian Accommodation Guide - The B&B Book 2013, email win@haveagonews.com.au and include the word **breakfast** in the subject line or address an envelope to **B&B Comp c/- Have a Go News PO Box 1042 West Leederville WA 6901** with your contact details on the reverse. Competition ends 13/01/14. Only over 45s are eligible.

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30th Leeuwin Estate Concert Package

SHARON and Phil are delighted to offer a fantastic overnight package to the prestigious Leeuwin Estate in beautiful Margaret River for their 30th concert.

This package features relaxed travel from Perth (three pick up points) to Leeuwin Estate to enjoy a memorable evening with renowned Canadian Jazz pianist and songstress, Diana Krall, pictured right, accompanied by the Perth Symphony Orchestra.

Australian trumpeter and Jazz virtuoso, James Morrison, will perform as a special guest and his post concert, "Motown Revisited" show promises to keep guests in the main arena



© Mark Seligar

dancing until late.

This event promises to be everything a concert on this scale could offer.

The setting at Leeuwin Estate is world class, and the unique ambience of the venue combines to make this a very special annual event in Western Australia.

For more details,

please call Sharon on 1300 660 668.

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GRAND ACTIVITIES A school holiday guide for parents and grandparents

ADVERTISING FEATURE

Something for everyone at Stanbridges



The website is updated every two hours with 40,000 images available together with many thousands of PDFs and videos.

Stanbridges sell their products worldwide.

As the world has changed so too has the product that is sold.

Compared to 20 years ago when items had to be built before they could be examined and used, there is a steady trend for everything to be made and used out of the box.

The changes are subtle in all areas and range from LED lights being used in digital slot car sets by Scalextric, digital control of model railways that allow many locos to be used on the one track, LiPo long life batteries and brushless motor technology in RC cars, the latest paint technology in acrylic model paints, the latest multi-blade technology and stability and GPS control in model helicopters with on board cameras controlled by smart phones - the list goes on.

Meccano, invented in 1898, still survives and you can still build your own kite, a wooden model ship or balsa aeroplane.

You can even build your own doll house.

There is something for everybody at Stanbridges Hobbies!

For more information call 9271 8929.

clubs and further develop their skills. Parents are welcome to attend and classes are held at the rear of the shop on Saturday mornings - bookings are essential.

Stanbridges also sponsor Western RC Drifters.

This is a radio control car group that drives their radio controlled cars in the car park at the rear of the shop on most Sundays. They specialise in drifting with radio control electric cars and new members are always welcome.

The shop is also open on Sunday, and although the club uses the rear car park, there is plenty of on street parking available.

Stanbridges also produce a monthly newsletter for Diecast model car collectors - and offers free model rocket demonstrations at schools.

Model rockets are a terrific hands-on way to learn about flight and put into practical use the maths and science of working out how fast a rocket can accelerate, how high it flew and understanding such things as Newton's Laws of Motion.

Stanbridges were also instrumental in helping to set up the Perth Advanced Rocket Club which launches large model rockets many thousands of feet into the air.

The club has approval from CASA - Civil Aviation Safety Authority to enable it to safely launch to some rather extreme heights.

It well worth a visit on one of their launch days!

Over the years the range of product available has expanded enormously with more than 100,000 lines on the computer system with over 25,000 lines in stock.

by Peter Dallimore

STANBRIDGES Hobbies was started in 1948 by Jack Stanbridge.

Jack had worked on planes during the war and had a caravan repair and concrete mixer and trailer hire business in Victoria Park.

On 14 November 1948 he wrote his first order for stock in his fledgling hobby business. Jack always regarded that day as the date of the beginning of "Stanbridge's Hobbies". We have now just turned 65.

He started the business by selling model trains, working model steam engines, Meccano and balsa wood. In those days the choices for the consumer were relatively small. But, we still sell all those items and much more.

How things have changed.

Over the years Jack moved his shop to various locations until 1980 when he decided to retire. At that time the shop was located on opposite corner to where it is now.

The next owners moved the shop to its current location and it has slowly grown over the years.

In his retirement Jack, who passed away in 1999, wrote two books on his passion, railways in Western Australia.

Today Stanbridges employs a staff of 20 to handle their vast range of stock.

Stanbridges also offer classes for youngsters (nine-16) to enable the budding model builder to learn how to glue together a model and paint and decorate it with decals, resulting in a professional finish.

Many of these students go on to join plastic model

Insect adventures and fashion frolics!



Left to right; School holidays at the WA Museum - Easton Pearson Workroom

Western Australian Museum - Perth Insect Adventures

Dates: 18 January - 2 February

Times: 9.30am - 5pm

Cost: Free - \$3

Age: 4+

Bookings: Bookings only required for groups 10+

GO MAD for marvellous minibeasts as you uncover the fascinating world of insects! Help us create a massive rainbow butterfly migration, assemble an insect at our bug combination station, get busy with our bee craft and make your own spectacular insect mask to take home.

Easton Pearson Workroom

Dates: 19 December - 27 January

Cost: Free

Age: 5+

Bookings: Bookings only required for groups 10+

DESIGN your own fabulous fashion statement for the Frock Stars exhibition! Using paper-fabrics selected from the Easton Pearson design collection, style and dress your paper models to join the catwalk of creations in the exhibition.

'Easton Pearson: Workroom' is a Queensland Art Gallery Children's Art Centre project. This activity is featured in the 'Frock Stars: Inside Australian Fashion Week' exhibition.

Venue: WA Museum - Perth

Perth Cultural Centre, James Street

Further information: Call 9427 2836 or visit museum.wa.gov.au/whats-on/school-holidays/perth

Bookings: Only required for groups of 10+ on 9427 2792

Programs are subject to availability. All children 12 years and under must be accompanied by a parent or guardian.

Life On The Reef!

Western Australian Museum - Fremantle sites

EXPLORE the wonderful world of whales and reef creatures at the Western Australian Maritime Museum these summer holidays while the Western Australian Museum - Shipwreck Galleries keeps adventurers entertained with a monster-sized mission!

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MORE AEROPLANES - MORE FUN
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Our museum is housed in two huge pavilions and contains a magnificent display of 30 civilian and military aircraft, aero engines, models and aviation memorabilia. The Museum is open to the public seven days a week between 10am and 4pm.
Take a unique Inside Tour of the Lancaster Bomber, only \$100. Please book a week in advance.

School Holiday Fun at the Gravity Discovery Centre

Mon 30 December 2013 to Fri 31 January 2014
10.30am - 12.30pm (Monday - Friday only)
Lunar Cities - Monday, Wednesday & Thursday
We will be building a huge Lunar City using various craft and recycled materials
Rocket Making - Tuesday & Friday
Get ready for lift off! Bring along an empty 2 litre soft drink bottle for rocket making.
All additional materials provided.

Bookings preferred please. Parental supervision required. **COST: \$12 per child**

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Email: bookings@gravitycentre.com.au www.gravitycentre.com.au
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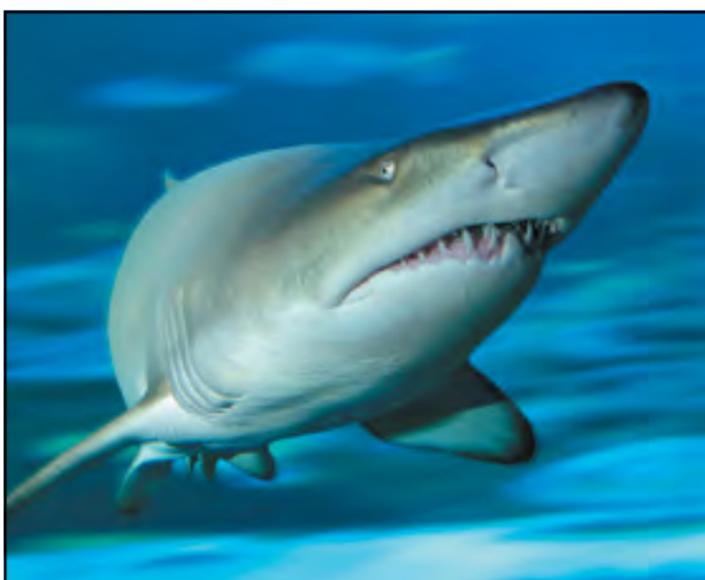
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Group and School tours welcome.
Galleries have disabled access.
Army Museum of WA
Artillery Barracks, Burt Street, Fremantle
Admission: Adults \$10, Children/Seniors \$7, Family (2+2) \$20
Contact: 9430 2535 www.armymuseumwa.com.au
Closed from 16 December 2013 to 7 January 2014



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GRAND ACTIVITIES

ADVERTISING FEATURE

...More Insect adventures and fashion frolics!



Western Australian Museum - Shipwreck Galleries
A Monster Mission
 Dates: 19 December – 2 February
 Times: 9.30am – 5pm
 Cost: \$2
 Age: 4+
 Bookings: Bookings only required for groups 10 +
 Ahoy ye adventurers! Come sail through the Shipwreck Galleries in search of strange and mysterious beasts of the deep. Set out on a Monster Mission activity trail and find some of the animals and monsters that lurk within the stories of the sea.

Myths and Mermaids
 Dates: 20 January– 24 January, 28 January – 31 January
 Times: 10am – 2pm
 Cost: \$2 for Mermaid, Amphibaman, Dugong, Dolphin activity
 \$1 for Mythconceptions activity
 Age: Ages 3 +
 Bookings: Bookings only required for groups 10 +
 Decorate some mythical and marine creatures of your own with our Mermaid, Amphibaman, Dugong, Dolphin foamcraft, or mix and match your own impossible creature transparencies with the Mythconceptions activity!
 Venue: WA Maritime Museum
 Victoria Quay, Fremantle
 WA Museum – Shipwreck Galleries
 Cliff Street, Fremantle
 Further information: Maritime: 9431 8334 or museum.wa.gov.au/whats-on/school-holidays/maritime
 Shipwrecks: 9431 8469 or museum.wa.gov.au/whats-on/school-holidays/shipwrecks
 Bookings: Only required for groups 10 + on 9431 8455
 Programs are subject to availability. All children 12 years and under must be accompanied by a parent or guardian.

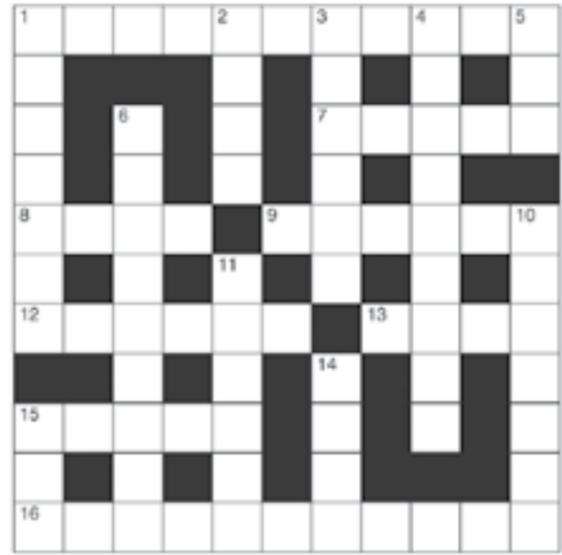


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Have a Go News DOUBLETAKE CROSSWORD

Tackle either set of these clues - you can even mix and match them, because the solutions are the same for both sets



© Lovatts Puzzles

DOUBLETAKE CROSSWORD SOLUTION WILL APPEAR IN THE JANUARY 2014 ISSUE of Have a Go News

CRYPTIC CLUES

Across

- Good climate for Spooner to wear feather? (4,7)
- Eager to adapt and get on (5)
- Decorates nicest interior (4)
- They appear to fulfil one's wishes (6)
- Suit that comes in handy when gardening (6)
- Lady made changes (4)
- Sprightly GI surrounded by ale (5)
- Doubt about land set aside (11)

Down

- They made an impression ages ago (7)
- Walk through water to get weighed, we hear (4)
- Very surprised at tortuous path featured in commercial (6)
- Hurry, Kane! Listen to Gale! (9)
- Regret taking odd route (3)
- Story lines involving Erica's son (9)
- In Sweden, top dog was replaced with lovable alien, to make more palatable (7)
- Remote-controlled fireball (6)
- Long sleep in stucco mansion (4)
- Even Xavier produced a melody (3)

STRAIGHT CLUES

Across

- Unreliable pal, ... friend (4-7)
- See eye-to-eye (5)
- Freezes, ... over (4)
- Magic lamp spirits (6)
- Buckets & ... (6)
- The Hunchback Of Notre ... (4)
- Nimble (5)
- Booking (11)

Down

- Petrified remains (7)
- Plough (through) (4)
- Astonished (6)
- Violent storm (9)
- Parisian thoroughfare (3)
- Movie plot summaries (9)
- Add sugar to (7)
- Shooting star (6)
- Prolonged unconsciousness (4)
- Artist's tool, ... brush (3)

DOUBLETAKE CROSSWORD SOLUTION FOR #260 NOVEMBER 2013



© Lovatts Puzzles

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

SUDOKU PUZZLE SOLUTION FOR #260 NOVEMBER 2013

SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

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

SUDOKU SOLUTION WILL APPEAR IN THE JANUARY 2014 ISSUE OF Have a Go News

Tumblers

Tumblers Kids Gym

School Term

Monday - Thursday 9am to 2pm
 Friday 9am to 2pm and 4pm to 6pm
 Sat/Sun 10am to 3pm

School Holidays

Monday - Friday 9am to 5pm

Birthday Parties

Riverton Leisureplex offers a range of birthday parties from Play Parties, Tumblers Deluxe Parties, Pool Parties to Super Slide Parties. To celebrate your child's next birthday, contact the Leisureplex staff to organise a package.

Waterslide, Rapid River and Leisure Pool

Ride the rapid river on fun nuts, zoom down the 50m waterslide and play games in the leisure pool. Please note, all children must be aged 6 and over to use the waterslide and fun nuts.

Waterslide Times
 (Summer & School Holidays)

11am - 1pm
 1.30pm - 3.30pm
 4pm - 6pm

Creche

School Term

Weekdays 8.45am - 12.45pm

School Holidays

Weekdays 9am - 12pm

Food and drinks available for purchase at our AQUACCINO CAFE

Experience the ultimate in luxury cinema



CONVENIENTLY located on the corner of Knutsford Avenue and Fulham Street, Belmont, Reading Cinemas Belmont is a 10 screen cinema complex featuring wall to wall screens, digital sound, stadium seating, comfortable seats with movable arms, first release movies, value packed candy bar deals, arcade video games and two quality restaurants.

They also have unlimited free parking at the door everyday.

For further information call 6272 9900 or visit www.readingcinemas.com.au.

WIN WIN WIN

To be in the draw to win double pass to see a film of your choice at Reading Cinemas Belmont, send an envelope to Reading Cinemas Competition c/- Have a Go News PO Box 1042 West Leederville WA 6901 or email win@haveagonews.com.au with your contact details on the reverse. Only over 45s are eligible. Competition ends 13/01/14.

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Christmas Gift Guide

ADVERTISING FEATURE



All I want for Christmas is...

ALL stories are true.

Some actually happened.

These three happened on the same day during last Christmas season.

I had been Santa for a seasonal employment agency. I thought as in the past two years that I would be returning to a posh department store near my home. That didn't happen and I was placed in a shopping mall at a further distance.

Santa is not meant to be grumpy and I was. I was

also not in costume yet and pondered how I was going to make the grade from grumpy to jolly.

Thinking it over I decided to use the new venue as a learning experience. It worked well. I discovered a bus route from home that I had not known existed. The bus delivered me right to the door of the mall.

My change room was better and the staff more responsive than at the former place. But the promised short shifts turned into much longer ones. The false beard and heavy red suit was more uncomfortable in the Australian summer heat than I remembered. Luckily I would only be doing about 12 shifts in the four week period up to Christmas. I could make it and counted down each day to the end in sight. And I decided that this would be my last year ever as Santa.

On my second last day a boy about 10 years old came up to me in the morning.

When I asked him what he would like for Christmas he said without any hesitation: "I'd like for my dad to get well".

I listened and told him I would see what I could do and asked him if there was anything else he would like. He had no other request. So I gave him a farewell toy and Christmas greetings while I juggled feeling helpless.

And my curiosity got the better of me so I asked him as he was leaving, "Can you tell me what is wrong with your Dad"? He said: "He's depressed".

As this boy left I noticed that his father was waiting for him. I watched as they walked to a children's

Go ask Santa

activity area where parents and children could work together on a Christmas project. I imagined myself walking over to that area and talking with the father and knew I couldn't as I was required to stay in character. And there were children and parents in the queue.

Around two o'clock in the afternoon a woman who looked in her forties approached the grand looking chair where I was seated. She was wearing a black dress and had a red ribbon in her hair. Her request was to have a photo taken with me.

The Santa's helper snapped the picture.

Keeping in character I asked her what she wanted for Christmas. She leaned over me and said in earnest "I would like our Dad to stop trying to kill all of us". I nodded my understanding. I gave her a small Christmas gift that everyone received and she left. Again I felt helpless and aware that many people seem free to ask Santa for what they need.

About 10 minutes before my shift ended, two young men who looked about 18 to 20 years old asked Santa's helper if they could have a picture taken with me. She agreed and they came up to me. The spokesperson for the two said: "We would like to have a picture taken with you. And after that we would like you to get up and we would like to sit in your chair and have you sit on our laps".

Without blinking I said: "that's not going to happen. But if you want a picture with me in my chair and you two sitting on each arm of the chair, that is OK with me". They agreed. The picture was taken. They got their copy of the picture and paid

Santa's helper.

Then the spokesperson came back to me and asked, "Can I have a hug"? I agreed and got up and we embraced. It was one of those moments when the hugger would not let go, so I stayed in his embrace for what seemed like a longer time than I liked. And then he said over my shoulder to his companion: "This is like hugging my dad, when I had one". I said nothing and the hug ended. Then his friend said to me: "Can I get a hug too?" I agreed and we embraced. It was a little less of a hug than the previous one. Both left and wished me a Merry Christmas.

As a retired marriage and family therapist and golden oldie of 77 years I had much to reflect on from these three events.

I didn't smell alcohol on either of the two young men; I was able to stay in my role as Santa with the woman and didn't give in to the urge to play counsellor with the father and son.

And as I was escorted back to my change area by the security officer my plan to make that season my last ever dissolved into a plan to return to the Santa experience this year.

I want to hear what might happen next.

Eric Lindbloom

Editor's note: Thanks for sharing your Santa experience with our readers Eric. Moreover, well done for deciding return to your Santa role next year, you're obviously much needed.

Smart online shopping

by the Department of Communications

SHOPPING ONLINE can be fun, convenient and a great way to find a bargain, but it's important to be careful about the purchasing process so you don't fall victim to a scam.

Many older Australians avoid shopping online because they are afraid of the potential security risks. They may be missing out on the many benefits of e-commerce: you can shop day or night, have your purchases delivered to your door, and shop around for the best price from the comfort of home.

Stay Smart Online advises that by

using your commonsense and following some simple steps, you can help keep your online shopping as safe as possible.

Always make sure you know who you are dealing with and what you are buying, and be confident you will get what you have paid for.

It is also vital to ensure that your account and credit card details are being dealt with safely, so only pay via a secure web page - look for the 'https' at the beginning of the address bar and a locked padlock in the browser.

Use a secure payment method such as PayPal, BPay, or your credit card. Avoid money transfers and direct deb-

it, as these can be open to abuse, and never send your bank or credit card details in an email.

Here are some other easy-to-share tips for safe online shopping:

Know what you are buying. Read the description of the product carefully - check the size, colour, value and safety of the product.

Read all the fine print. This includes refund and complaints handling policies.

Check the currency, postage and handling and other charges - there may be extra charges you aren't aware of.

Always print and keep a copy of

the transaction. Keep records of any emails to and from the seller.

If buying from an auction website, avoid private payments directly to sellers. Avoid private contact or payment directly with buyers or sellers - scammers will often use this ploy to 'offer a better deal'.

For more information about how you can manage online risks and enjoy the benefits of the internet with confidence, go to www.staysmart-online.gov.au. You can also receive regular information about recent online threats and scams by subscribing to the free Stay Smart Online Alert Service.

Send The perfect gift this Christmas



SENDING flowers for Christmas is the perfect gift for family and friends. Imagine their delight when they have a knock on their door and are handed over a box of flowers. Magnificent sprays with buds that will keep on blooming. All picked fresh from the nursery and delivered within 48 hours in the UK and Australia. With Send To you know exactly what you're sending and you know they'll arrive fresh at the door. Your flowers come complete in a presentation box with your personal message and includes special plant food and care instructions. Be sure, if you're not using Send To you could be paying too much.

When you send your flowers through Send To you know your flowers are coming direct from the grower and will last in the vase for two weeks - 100 per cent guaranteed.

Send To only deal with growers ensuring that when your flowers arrive they're as fresh as possible. Dealing direct and in cutting out the middleman you get to enjoy the affordable prices too. Prices begin at \$52 all inclusive with no extra to pay for delivery.

Send To deliver flowers, hampers, wines and gifts and send to UK, Europe, New Zealand, USA, Canada, South Africa and Australia. Send To have been sending customers' wishes for more than 25 years and take great pride in ensuring that your flowers arrive on time every time.

For more information contact Send To on freecall 1800 736 386 or visit www.send-to.com.au

WIN WIN WIN

To be in the draw to win of five Send To orchid bouquets valued at \$68 each simply address an envelope to Send To Competition c/- Have a Go News PO Box West Leederville WA 6901 with your contact details on the reverse or email win@haveagonews.com.au and include the word 'bouquet' in the subject line. Only over 45s are eligible. Competition ends 13/01/14.

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Have a Go News readers receive 15% OFF and no further discounts apply this Christmas

Offer expires 31/12/13



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www.midsummernightsdream.com.au
Email: midsummernightsdream@inet.net.au



Enjoy the holiday season at Whistler's

include a stop in at Whistler's where you can enjoy the superb grounds with its beautiful shaded grassed outdoor area complete with sand pit, chalk boards and plenty of space for the kids to enjoy a good play.

While the children enjoy playing in the grounds, you can relax and enjoy Whistler's hospitality.

Browse the Whistler's chocolate shop with their entire range and samples available, you can enjoy a light lunch at the café, or relax with a cuppa in the Cocoa Lounge.

Enjoy home made ice creams, fudge, macarons and all the normal Whistler's favourites in this delightful family friendly space in the Swan Valley.

Don't forget that their factory outlet at 18 Hubert Street in Belmont is open for visits on Thursday and Fridays only from 9am to 5pm where you can taste and buy the selection of delicious products at wholesale prices.

Buses and groups of 20 or more are by appointment only – so give them a call to make a time.

The friendly staff at both the Swan Valley experience, or the Factory Outlet are there to make you very welcome.

Whistler's in the Swan Valley is located at 506 Great Northern Highway and is open from Wednesday to Sunday, the site is wheel chair accessible.

If you can't get to either of these locations Whistler's products can also be found at many IGA supermarkets and selected stores throughout WA.

For more information contact Whistlers on 9475 0150 or shop on line at www.whistlers.com.au

WIN WIN WIN

To be in the draw to win one of five fabulous Whistler's hampers valued at \$25 each simply send your entry in to Whistler's competition - c/- Have a Go News PO Box 1042 West Leederville 6901 or email win@haveagonews.com.au - subject Whistlers. Entries close 8/01/14 and only over 45s eligible.

AS WE LEAD up to Christmas, Whistler's is the perfect place to find those last minute gifts.

There Christmas range includes the very popular rocky road Christmas pudding, chocolate stars, Santa's and of course all their regular items which make ideal presents.

Whistler's is Western Australia's oldest confectionery company and this year they celebrated their 40th anniversary.

The holiday season is also the perfect time to visit the Swan Valley and of course make sure you

WIN WIN WIN



Have a Go News' subscriptions are on the rise, and to thank our subscribers we are offering new or existing readers the opportunity to win a \$100 gift card.

To be in the draw you must be an existing or new subscriber. Only over 45s are eligible. Competition ends 13/03/13.

See page 18 for our subscription form.



Have a Go News
is now available from
IGA Glendalough,
located at
Shop 1/4-8
Jon Sanders Drive,
Glendalough
Phone 9444 6837

Europe river cruising sells out fast

WITH THE unprecedented swing to Europe River cruising in 2014 and the introduction of the fly free offer including taxes, bookings for these cruises have escalated.

Unlike the large cruise ships with up to 4000 on board, river cruises with passenger numbers of around 160, have a friendlier ambience. On the 15 day sail, there is also the advantage of 'unpacking once' and stops at the wonderful river ports from Amsterdam to Budapest.

The 24 day cruise/tour being escorted by George Booth from Travel Tree departs Perth 10 September 2014 to visit eight countries: France, Belgium, Netherlands, Germany, Austria, Hungary and Czech Republic with the bonus addition of an overnight extension from Paris to Amiens in France to visit the battlefield of Villiers-Brentonneux. This trip follows the very successful Europe river cruise escorted by George in July 2013. He was so impressed with Travel Marvel that it was the choice for him to escort another group for 2014, which this time, includes the Somme battlefields.

The tour includes 52 meals made up of 21 breakfasts, 15 lunches, 16 dinners, daily bottled water, soft drink, beer or wine during lunch and dinner. These many inclusions go a long way to assisting with the trip budget.

As the trip has just nine cabins left on a full cruise starting from \$9,275 per person share twin

with an opportunity to upgrade into a higher deck cabin, the fly free airfares and taxes is only on offer until 20 December 2013, subject to availability.

The entertainment on most evenings comes from the locals who sing, dance and even show their skills at glass blowing. They board the vessel at one loch and disembark at another. The crew also participates in the entertainment.

At each stopover, passengers gather in various numbers to form touring groups, numbers of which are in line with the pace of the tour required. All participants are given individual audio sets to ensure they can hear commentary from the tour guide.

From the Travel Marvel Jewel's sun deck, passengers can observe the skill of the captain as he manoeuvres navigates the ship through the lochs and under bridges which accommodate the rise and fall of the rivers.

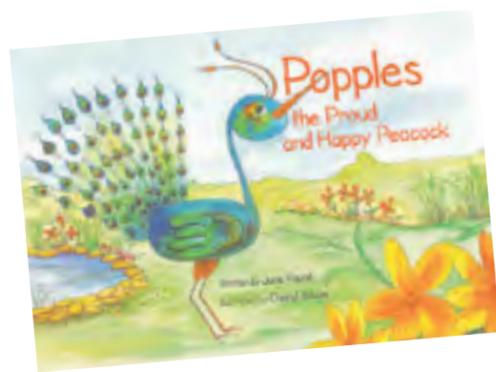
Other interesting elements to be seen on this cruise are the castles on the peaks, the vineyards and beautiful towns along the way.

You can also stop to walk the cobbled streets; a photographer's paradise which looks 'just like the brochure'.

For information and bookings contact Ms Maxiema Lager on 9382 5049 or email: maxiema@traveltree.com.au

See ad on page 21.

BOOK REVIEW



Popples the Proud and Happy Peacock
Written by June Round
Illustrated by Cheryl Wilson
Reviewed by Judith Treby

JUNE ROUND'S daughter Cheryl Wilson's passion and new found love for illustrating children's books, after attending a class in the art, inspired the then 80 year old writer to bring to life *Popples the Proud and Happy Peacock*, the theme of Cheryl's illustrations, by writing a series of stories around them.

A year later and with more than 10 versions of *Popples the Proud and Happy Peacock* stories written, to enable them to launch the upgraded first edition, June and Cheryl used a graphic designer to help streamline the first book of the Popples series ready for publication.

In the 10 stories written to date, friends of Popples, including Ozzie the wise owl and Jolly Frog present, in a simple and gentle way, the values of being well mannered, considerate and sharing.

This beautifully illustrated book would make the perfect gift Christmas gift for three to five year old children. Other versions of the Popples series, yet to be published, target children from the age of two to seven.

For more information about the books or to order, call June on 0414 629 898 or Cheryl on 0414 926 898 or email poppiesthepeacock@gmail.com.

WIN WIN WIN

To be in the draw to win a copy of Popples the Proud and Happy Peacock, which can be picked up at the office at 137 Edward Street, Perth, please call Have a Go News between the hours of 9am and 5pm Monday to Friday and leave your details or email win@haveagonews.com.au with the word Popples in the subject line. Only over 45s eligible. Competition closes 18/12/13.

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Christmas crackers to fill up your stockings or gardening boots!



Clockwise from left; Treat your garden to the many benefits of Seasol - the striking moth orchid - don't celebrate the festive season without Poinsettia or Gerberas



IT'S NEARLY Christmas, and I have some great ideas to make your gardening loved ones happy and Christmas shopping much easier.

It doesn't matter whether they are a keen gardener or a beginner; there are lots of interesting gardening gifts to fill up your stockings or boots this Christmas.

So let's take a look at what Santa has to offer.

No Christmas dining table would be complete without a vibrant Poinsettia as a centrepiece. For many years red and white varieties were popular, then recently along came some beautiful pink cultivars and now for this Christmas we have some spectacular speckled and 'Crystal' va-

rieties to choose from. The compact 'Ice Crystal' variety of poinsettia looks like the pink and red coloured bracts have been lightly dusted with snow and the speckled varieties splashed with cream paint. A great conversation starter for the relatives around the dinner table. Keep your Poinsettia in bright light away from excessive heat and cold draughts. Plant them in pots or containers on the patio after Christmas or in a partially shaded spot in the garden.

For a touch of elegance and sophistication why not give a beautiful orchid a try to add that extra special touch to your home. The striking Phalaenopsis or moth orchids are avail-

able in an amazing range of colours including white, yellow, pink, purple, orange and brown with bicolor, spotted, striped and speckled flowers in contrasting shades. Grow them in a warm brightly lit area of the home or the bathroom if sufficient light is available. Water once a week in the morning, and liquid feed at half strength regularly to encourage further blooms.

For the gardening 'bookworm' or beginner, the Yates Garden Guide is the perfect solution to learn 'how to garden' or gain 'handy tips from the experts'. There are chapters on garden design, flowers, vegetables, pest and diseases plus 'How to' sections to make gardening much easier.

To add some show stopping vibrant colour for pots or containers or to plant in the garden there are many 'festive' plants to choose from that provide the perfect gardening gift. Gerberas make terrific glowing rays of colour and come in dwarf and large sizes to suit beds, pots or for cut flowers. The new Sun Patiens impatiens or 'busy lizzies' as we know them are better suited to full sun and heat than the previous older varieties that preferred shade to grow well. They still require adequate water to thrive but have a stronger and healthier growth habit. These will provide a 'wow' factor when planted en masse or for spots of brilliant colour in the garden. Hydrangeas

look fantastic at this time of year and are available in pink, white and blue shades. They can be planted in partially shade positions outdoors ready for the following Christmas.

Readymade mini gardens containing red and white Poinsettias, Hypoestes or polka dot plant and ivy make a long lasting feature for the table. They may be placed on the patio after Christmas and will last several months in the container. Later on they can be re-potted when they grow larger either into a bigger container or individual pots.

If you like to make up your own presents, here is a top tip to add a bit of pizzazz. You can use an old goldfish bowl, fish tank or extra large jar or wine goblet. First wash it out, then place a 2cm layer of washed fine gravel over the base followed by a layer of thoroughly washed charcoal. Add a layer of premium potting mix and then you can plant your choice of small ferns, succulents, African violets, baby's tears, ivy or Begonia rex cultivars into the mix and place rocks or pebbles for decoration. Alternatively plant up a rose or mini-rose in a ceramic pot for a gift that keeps giving.

The older types of Be-

gonia rex were quite tricky to grow but now the magnificent new 'Inner Beauty' Beleaf Begonia rex collection makes it much easier. The 'Inner Beauty' range is at home either in a terrarium, a pot indoors or even on a sheltered and protected outdoor patio. There are eight different plants in the collection, each with different striking bright metallic colours including pink, red, silver and green. The compact bushy plants growing to 30cm high and 40cm wide have small leaves that will not look out of place with either the Christmas decorations or household décor.

The most important gift you can give your garden this Christmas is Seasol, the perfect solution for all your plants. Just add some Powerfeed fertiliser for the complete Christmas shopping basket for your loved ones. Remember you can either hose-on Seasol and Powerfeed or use a watering can, so no matter how large or small your garden is; Seasol has the answer to keep your plant presents in top shape long after Christmas has gone.

Most garden centres now have an extensive range of vegetables and herbs, not just as seedlings but ready grown in pots. There are mini herb and

veggie gardens, tomatoes, capsicums, blueberries (my favourite) and other berries to tempt your tastebuds. You could even use them for Christmas dinner.

Cyclamen are a childhood Christmas favourite of mine with their beautiful decorative and silver marbled leaves. There are available in miniature, dwarf and regular sizes with delicate 'parachute' like flowers in shades of white, pink, purple and red. The secret to keeping them looking good is to always water from below to avoid getting water into crown or top of the plant. Remove older leaves and flowers by grabbing the base of the leaf or flower and pinching it out. Keep in a brightly lit position and place outside at night as they prefer cooler temperatures to initiate further flowering. Liquid feed regularly. They can be placed in the garden after Christmas and allowed to dry off over winter. Re-pot in fresh potting mix in spring to have them ready for the Christmas table the following year.

Have a Merry Christmas and a very Happy New Year and I look forward to providing you with more great gardening advice next year.

© Colin Barlow 2013

Help needed desperately...

ST BARBE Grove in Hazelmere is about to embark on something huge...

On 25 July 2014, they will attempt to achieve a world record by planting 100,000 plants in one hour at Whiteman Park.

But they desperately need your help.

The seedlings will be grown onsite and volunteers are needed on a regular basis to help grow more than 100,000 seedlings in cell trays before July 2014.

Can you spare a few hours to help?

If you have time on your hands on a Tuesday or Thursday afternoon that would be great, but any spare hours you may have to offer will be much appreciated.

You can just turn up at Whiteman Park or call Adele for more details on 9250 4493.

If you have no time before Christmas they would love to see you in January.

There is a possibility that Whiteman Park can be accessed on Saturdays and evenings.

The more the merrier so please pass the word on and bring a friend.

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GREAT

HOME & GARDENING

with... Colin Barlow

ADVERTISING FEATURE

Easier and more enjoyable golf with QOD - the smarter golf trolley



THE AUSTRALIAN owned and designed QOD, the world's smallest electronic golf trolley launched in Europe just over a year ago has received the prestigious Golf Europe Product Award for Trolleys 2013 in Germany.

Judged by a panel of experts including some of the most respected names in golf - along with top European golf players and editors - QOD beat major brands across the award evaluation criteria to take home the title.

The trolleys were judged on their functionality, degree of innovation, user friendliness and comfort, design and style, trend character and the cost-benefit ratio.

Sydney based Collin Hiss, Managing Director of QOD, says the trolley is the result of seven years of detailed research, design and development.

"As a newcomer into the Golf Europe Product Awards, it was a complete shock that our product surpassed the extremely high standards and quality set by and observed in the other European entries," says Collin.

"We are proud and honoured to have received the award for trolley of the year 2013.

"This win is a testament to our

team's skills and continued commitment to deliver the world's most efficient compact electronic golf trolley with the aim of making every golfer's life easier."

QOD takes only a few seconds to assemble so golfers can go from car to course in less than a minute. Powered by the lightest lithium-ion batteries of its kind, Collin says QOD is a single piece of modular construction with three key factors in mind - simplicity, compactability and reliability.

Collin explains, "Golf is a walking game. The lightweight of the trolley allows golfers to enjoy and benefit from the walk without having to lug their often heavy golf bags around.

"My doctor often suggested that I walk the golf course instead of riding in a golf cart, so this is essentially what the doctor ordered."

Currently, golfers in more than 10 countries across Europe, the Americas, Asia and Australia are enjoying the benefits of the QOD innovation.

Australian elite amateur golfer, Jordan Zunic, has been using the QOD electronic trolley and its previous model for more than two years now. During that time, he had also provided valu-

able input and feedback to the QOD team on the trolley's functionality and design.

"Having to constantly travel for tournaments, QOD is just magnificent. The size of it is great and it's light. And the lithium battery it uses is equally as light and lasts 36 holes, which is very convenient for me when I have two games in one day," says Jordan.

"People are always impressed when I show them how small it folds up to and how easy it is to travel with, it's great," he says, "And when I'm not using it, my dad uses it, too. We all love the QOD."

WIN WIN WIN

To be in the draw to win a QOD golf trolley valued at more than \$1300 tell us the name of the Australian Amateur golfer who uses the QOD. Send your answer and details by email to win@haveagonews.com.au with QOD in the subject line or send an envelope to QOD Golf Trolley - C/- Have a Go News - PO Box 1042, West Leederville 6901 with the answer and your name, address and phone number on the back. Only over 45s eligible and competition closes 30/01/14. *Entrant details will be provided to QOD.

HOME in WA back in 2014



15th consecutive year on Channel Seven and GWN7 around late April - early May 2014.

The next series sees several milestone events. Ron (Dingo) Reddingius and his production team and the Master Builders Association, a major partner will attain the record of 500 episodes telecast since starting in 2000.

Switch Homes, part of the Pindan Group will also be building a charity home over the series. So if you have a business that would like to be featured on the series in 2014 give them a call on 0417 279 103.

THE FINAL show for HOME in WA - 2013 will go to air on the 14 December. Great news, it returns bigger and better for its



A free solar energy system for Christmas



AT COTA WA, we are all too aware that electricity costs are rising and many seniors are struggling pay their bills. One way to reduce electricity bills is to install a solar energy system.

In partnership with Carbon Footie, we would like to offer one lucky senior who lives in the metropolitan area the chance to win a solar system valued at \$3500 which will be fully installed in your home during early 2014.

The prize draw will take place at 3pm on 20 December, so enter the draw now for a chance to win.

- To be eligible you must:
- Be living in your own home in the Perth metropolitan area;
 - Be a Seniors Card holder;
 - Agree to your name and photograph published in the January 2014 edition of *Have a Go News*;
 - Submit only one entry per residence to this prize draw.

How do I enter the draw?

1. Put your name, address and telephone number on the back of an envelope.
2. Fold the envelope and place it inside second envelope.
3. Seal the envelope and mark it "Solar System Draw". Put a stamp on the envelope and;
3. Post your entry to COTA WA, PO Box 7896, Cloisters Square WA 6850 or bring it to the COTA office at Suite 1, Level 3, 110 William Street in Perth.

Carbon Footie is one of Perth's premier

energy efficiency companies specialising in solar energy. Established in 2009, Carbon Footie has grown to become a leader in its field with more than 14,500 domestic solar installations in the Perth metropolitan and Mandurah areas, as well as many large commercial installations. Based in Balcatta, but with a state-wide capability, they are WA owned and operated and are a proud example of a progressive business in a growth industry.

The company has installed hundreds of solar energy systems for seniors and particularly in the retirement living sector.

"Seniors are very dear to us" says Mr Paul Connell (Carbon Footie Chief Executive).

"They have embraced Solar Energy like no other demographic in Perth. This can be attributed to the fact they have been affected more than most when it comes to the increasing electricity costs".

"It is time to give back a little and treat a deserving senior with a complimentary solar energy system for their home this Christmas and say thank you to the older community for its support of the solar industry in Perth and the surrounds."

"Thanks must definitely go to Ken Marston and his team at COTA, who are helping to facilitate this, through their membership and extended network of seniors. We are certainly looking forward to a long term, mutually beneficial relationship with COTA and we are proud to be able to support them with this activity" said Mr Connell.



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FOOD & WINE ...eat, drink and be merry...

Vince Garreffa's Favourite Turkey Rolls



IT'S DECEMBER and our mind turns to ... turkey... That's right, it's time for turkey! It's a meat that's plentiful now, but not always during the rest of the year. Below is an easy recipe coupled with my kitchen favourite, potato. The sage is important for both flavour and presentation.

Ingredients for 4:

- 4 big or 8 small thin turkey breast steaks
- Prosciutto, one slice per turkey steak
- 500gm Royal Blue potatoes, boiled and sliced to 1cm thick
- 100gm butter
- 24 fresh sage leaves
- 2 10cm sprigs of rosemary
- 20gm dry porcini mushrooms, soaked in water for 20 minutes
- Seasoned flour
- Western Australian organic salt
- Freshly cracked black pepper
- Extra Virgin Olive Oil (EVOO)
- 1 glass of white wine
- Toothpicks



Method:

LAY OUT the turkey steaks and tap them down gently with a meat mallet to make them thin and even. Season with salt and pepper then add a couple of sage leaves and cover with a slice of prosciutto. Now drain and chop the soaked porcini mushrooms and spread some on each prosciutto slice until you use it all. Roll the steaks, trapping the filling inside and secure with one or two toothpicks. Next melt the butter with two tablespoons of EVOO and add the rosemary and remaining sage, frying together for two minutes. Remove the sage leaves and save them, remove the rosemary sprigs and discard; both flavours are now infused in the olive oil and butter mix. Add your cooked slices of potato to the frypan and fry until golden on each side. Lay them in the bottom of a roasting pan. Dip your rolled turkey steaks in seasoned flour, then add a bit more EVOO to the unwashed frypan (where you cooked your potato slices), and fry the turkey rolls all over until golden. Now put the turkey rolls on top of the potato and bake at 200°C for 15-20 minutes until turkey is cooked through. Bring the unwashed frypan to a hot sizzle and then add your white wine. Stir and cook for a minute or two until you have a nice sauce. Pour this sauce all over the turkey and potato, then cover with foil to rest for 10 minutes in the turned off oven. Serve with the sage leaves you fried and saved. Mmm... delicious.

Merry Christmas to you and yours in this festive season.

Letters to Vince Garreffa

IF YOU want a particular recipe of mine, don't hesitate to drop me a line at Have a Go News. Address your enquiry to Vince Garreffa c/- Have a Go News PO Box 1042 West Leederville 6901, or email your question to vince@haveagonews.com.au. Please include your telephone number so Vince can call you!



Special occasions celebrated over high tea at The Pagoda

ORIGINALLY established in the 1920s as a recreational and entertainment venue, The Pagoda Restaurant & Bar is a Como landmark.

Beautifully restored in 2008 and part of the 4.5 star international Esplanade River Suites, the venue showcases rich beauty with ornate ceilings, white columns, chandelier, timber long-bar, grand piano and sparkling river views.

The historical setting is home to South Perth's finest high tea courtesy of Executive Chef Jason Martin. His passion for all things sweet is displayed in his innovative high tea offering, complemented by fine leaf teas.

"Each item on the high tea stand is carefully selected from an array of fresh local produce and prepared by our

team of chefs to ensure the finest of quality" said Chef Martin.

Over the last few years high teas have become extremely popular, with many choosing to celebrate special occasions in this way, rather than with traditional lunches.

Its popularity has also spread across the special occasion market.

"Recently The Pagoda Restaurant & Bar has catered for a number of high tea weddings, engagement parties and big birthday celebrations," said Sales and Marketing Manager, Kylie Nordhoff.

The Pagoda Restaurant & Bar is open seven days a week for high tea, buffet breakfast, a la carte lunch and dinner. Bookings are essential 9367 0300.

HIGH TEA

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Makes: 10

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Canon Foods Gourmet Chevups are made with 100 per cent pure Australian beef and are low in fat and gluten free. You can quickly turn this recipe into gluten free by using gluten free pastry.

Ingredients

- 1 tray fresh Canon Foods Gourmet Chevups
- 3 sheets of thawed puff pastry
- 30mls water

Gourmet Chevups original sausage rolls

Method

PREHEAT the oven to 180°C

Cut each of the thawed sheets of pastry in half, then into quarters.

Place one Canon Foods Gourmet Chevups onto each square on the diagonal and fold to opposite corners to cover the Chevups.

Place onto baking tray with greaseproof paper and brush over the pastry with water.

Place in the oven and bake for 25-30 mins (depending on your oven) or until golden brown.

When ready set aside to cool for one minute before serving.

WIN WIN WIN

To be in the draw to win a Canon Foods voucher valued at \$100, email win@haveagonews.com.au and include the word canon in the subject line or address an envelope to Cannon Foods Comp. c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the back. Only over 45s are eligible. Competition ends 11/01/14.

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Christmas Party Fever

THE OLDE Christmas party; a tradition steeped in droopy Santa hats, crackers with bad jokes, stacks of booze and waking up with a sore head and a vague memory of performing an enthusiastic rendition of 'All I want for Christmas is youuuuuuu' for your adoring masses.

Great fun is had by all, and a chance to put on some lovely morsels and drinks for your nearest and dearest or cherished employees to nibble and imbibe the night away.

And try to behave; Santa knows if you've been bad or good, so be good for goodness sake!

Here's some refreshing fruity mocktails to toast the festive season.



Preparation: 2 minutes
Freezing Time: 30 minutes
Serves: 4

Peach and Ginger Crush

A LIGHT and refreshing 'Mocktail' to enjoy during festive entertaining

Ingredients

5 medium peaches, peeled, stones removed
1 cup frozen raspberries
125 ml Rochester ginger
2 cups crushed ice
Juice of 1 lemon

Method

PLACE peaches and raspberries into the freezer for at least 30 minutes. Place fruit and ice into a blender with ginger and lemon juice. Blend for approximately 10 seconds.

Note: Rochester Ginger is a non alcoholic drink available through health food stores.



Preparation: 10 minutes
Serves: 6

Nectarine Mocktail

TO MAKE a refreshing summer cocktail, replace half of the cranberry and apple juice with chilled rose wine

Ingredients

6 yellow nectarines (chopped)
3 white nectarines (chopped)
1½ litre chilled cranberry & apple juice
6 mint sprigs

Method

PUREE the yellow nectarines and divide between 6 glasses.

Carefully pour the cranberry & apple juice on top of the puree. Top with a little chopped white nectarine and garnish with mint sprig.

Prepared by Fresh Finesse Food Promotions www.freshf.com

What's Fresh



STRINGLESS BEANS: When you're unsure just what the temperature will be, these are a good choice as they are equally good hot or at room temperature. They go exceptionally well with Mediterranean flavours; toss beans with olives, feta cheese and slow-roasted tomatoes, finishing with a drizzle of extra virgin olive oil for a colourfully appropriate platter to take along to a Christmas barbecue.

PEACHES: Sweet, juicy and oh-so-fragrant,

peaches are about as close as you'll ever get to fruit perfection. Layer them in a large bowl and make them the centrepiece of your festive table; for dessert, thickly slice and serve with good-quality vanilla ice-cream and toasted almonds. Store peaches at room temperature (they can be transferred to the fridge when totally ripe) and handle them very carefully as they bruise quite easily.

BUTTON MUSHROOMS: These tiny mushrooms are the perfect size for popping into summer salads, onto pizzas and into easy pasta dishes. There's no need to wash them, just brush any dirt off and trim the stems a little. Button mushrooms make fantastic entertaining nibbles; simply marinate whole mushrooms for 30 minutes in olive oil, white wine vinegar and a touch of sugar, then toss with fresh herbs. Serve as finger food with toothpicks or as part of a buffet with wedges of toasted Turkish bread.

GINGER: Nothing beats the fresh biting flavour of fresh root ginger. Whilst it's native to India and China is also one of the earliest spices known in Western Europe. English pubs in the 19th Century commonly added ginger to the beer – the origin of ginger ale. Today you can't go past freshly grated ginger in marinades, stir-fries or refreshing fruity mocktails. Add some to your Christmas punch.

Garlic Prawn and Mushroom Salad

This easy, prepare ahead salad could also be served as entrée for your festive feast.

Ingredients

400 g cup mushrooms, thickly sliced
2 tblspn olive oil
2 tblspn lemon juice
2 cloves garlic, crushed
2 tblspn sweet chilli sauce
1 tblspn brown sugar
Salt and freshly ground black pepper
24 cooked king prawns, peeled and deveined
1 bunch rocket, shredded
2 Lebanese cucumbers, sliced
1 punnet cherry tomatoes
1 large avocado, peeled and cubed

Method

PLACE mushrooms into a ceramic bowl. Combine olive oil, lemon juice, garlic, sweet chilli, brown sugar, salt and pepper in a screw-top jar. Shake well to combine. Pour over the mushrooms, stir to coat the mushrooms. Cover and set aside for 30 minutes to



Preparation: 15 minutes + marinating
Cooking: 5 minutes
Serves: 4

marinate. Preheat a barbecue plate on high heat. Add mushrooms and cook, tossing, for 4-5 minutes or until tender and golden. Transfer to a plate. Allow to cool. Place prawns, rocket, cucumber, tomatoes and avocado into a large bowl. Add mushrooms and their juice. Season with salt and pepper. Toss gently to combine. Serve.

RECIPE FOR ONE Christmas Peach Ice cream

THIS DELICIOUSLY easy Christmas dessert is reminiscent of a traditional peach melba, but with a festive twist.

Ingredients

1 peach, sliced
2 scoops vanilla ice-cream
1 tblspn cup raspberry or strawberry sauce
1 tsp roasted flaked almonds
? tblspn mixed fruit
? tblspn brandy
almonds and cherry to decorate

Method

SOFTEN ice cream slightly. Stir through almonds, mixed fruit and brandy. Refreeze.

Divide the sliced peach into serving bowls. Top with ice-cream and spoon over the berry sauce.

Garnish with roasted almonds and cherries if you like. Serve immediately and enjoy!



Preparation: 2 minutes
Cooking: Serves: 2

There is nothing like bubbles for Christmas



by Frank Smith

HAVE a Go News usually looks for good quality value-for-money wines under \$20 per bottle, but Christmas and birthdays present an opportunity for an occasional splurge and there aren't many quality sparkling wines in our normal price range.

This month we tasted three new sparkling wines from Grant Burge made the traditional way for finer bubbles.

Although usually credited to a French monk Dom Perignon, méthode champenoise was actually invented by Englishman Christopher Merret in 1662.

The *Grant Burge Pinot Noir Chardonnay NV* has a creamy texture with long lingering bubbles due to the 30 months spent on tirage (the traditional secondary fermentation in bottle prior to disgorgement of the lees) RRP \$29.95.

The *Sparkling Blanc de Noirs NV* is made from Pinot grapes and spent 38 months on tirage giving it a delicate creamy mouth-feel, a fine bead and balanced acidity. RRP \$31.95

The *Grant Burge Sparkling Shiraz Cabernet* has flavours of Christmas cake with a creamy mousse and lingering mouth-feel. Its complexity is enhanced by a dash of vintage tawny. When the family Christmas is over and we 'olds' are on their own, we like to serve this with duck. RRP \$29.95.

For those who want a sparkling drink for celebration but need to stay on their feet, there is nothing like a

Moscato. They make ideal pre-dinner aperitifs or serve them with a cheese plate or with dessert.

The *2012 Rolling Moscato* has fresh notes of strawberries, Turkish delight and rosewater, with just 6.5 per cent alcohol. The spritz style gives the wine freshness and lift. RRP \$17.

Grant Burge has released two Moscatos – the *2013 Grant Burge Moscato Frizzante* with fresh floral spice and citrus aromas and hints of passionfruit and guava and the *Grant Burge Moscato Rosa* with delicate aromas of strawberry, Turkish delight and musk balanced with fresh acidity. Both contain just eight per cent alcohol. RRP \$18.95 but look for them at discount liquor stores.

Looking for a present for the family wine buff?

A new book, *Barossa Shiraz*, by Dr Thomas Girgensohn is the first attempt to relate terroir to the taste of wines in Australia. The book provides detailed information about vineyards in the Barossa Valley, Australia's best-known wine region and Shiraz, its hallmark grape.

Girgensohn's book explains why the same grape variety tastes different at various locations due to differences in soil minerality and aspect. *Barossa Shiraz* makes an ideal companion for a trip to South Australia or for the serious red wine collector. The book is published by Wakefield Press RRP \$39.95 and available from most bookstores and the website www.wakefieldpress.com.au

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ADVERTISING FEATURE



Health news



Left to right; Jeanette Woolerton and "man's best friend"



Dogs are now saving lives.

In recent years, organisations all over the world have looked to training dogs to detect medical conditions in humans.

Earlier this year, Medical News Today reported on research from the UK charity, Medical Detection Dogs, detailing how dogs have the ability to alert their diabetic owners when their blood sugar levels are too low (hypoglycemic).

Other research has revealed how dogs are able to detect clostridium difficile bacteria - a component that causes many hospital-acquired infections - in feces samples and hospital air.

But how exactly are dogs able to detect human disease?

The answer lies in their olfactory senses. But it is not that simple.

Dogs could also be the future of cancer detection: a device called Na-Nose™ that can smell lung cancer compounds is based on a dog's sense of smell.

However, the process of training and preparing the appropriate canine for the appropriate scent is complex and fascinating.

For further information of this process, please refer to: <http://www.medicalnewstoday.com/articles/269099.php>

There is so much more to the family dog than meets the eye.

And there is so much more to the pancreas, which is revealed within the eye.

According to this latest research, the future is looking both bright and sweet.

Have a Merry Christmas and wonderful New Year.



Brenda Matthews

Taking up the challenge for Parkinson's

"I LOVE the Himalayas, I love Nepal, but most of all... I love a challenge!"

These are the emphatic words of Brenda Matthews, Executive Officer of Parkinson's WA, who is climbing 6,500m to Mera Peak, Nepal's highest trekking peak, all to raise funds to support people living with Parkinson's in WA.

With 30 people diagnosed with Parkinson's every day, it being the second most common progressive neurological condition after Alzheimer's, Brenda is passionate about playing her part to increase the awareness of Parkinson's in our community.

"I will be walking in crampons (traction shoes) and using ice axes along the way, and, as we approach Mera Peak,

night time temperatures can drop to minus 10°. We will often be trekking six to seven hours a day, so I have needed to be disciplined about preparing mentally and physically for this trek."

All proceeds from Brenda's 20-day gruelling challenge will go towards supporting the services provided by Parkinson's WA. These include four Parkinson's Nurse Specialists who visit people with Parkinson's in their homes, educational seminars, 21 Support Groups around WA, and yoga and singing classes.

To find out more about Brenda's challenge or Parkinson's WA services, phone 9346 7373, email pwaadmin@cnsa.com or access the website, www.parkinsonswa.org.au.

by Jeanette Woolerton

Eye spy ...

THE eyes are the window to the soul, but latest research proves that the eyes are the window to the pancreas as well.

A part of the pancreas that produces and secretes insulin (essential for maintaining normal blood sugar levels) is largely inaccessible.

However, recent research has found a way to study the insulin-producing cells, by transferring them to the eye.

Researchers from Karolinska Institutet in Sweden say this technique enables the eye to serve as a sort of window into health reports from the pancreas.

A dysfunctional pancreas is principally responsible for diabetes, hence these findings could have a major impact on diabetes research.

Endocrine cells of the pancreas, called The Islets of Langerhans, release insulin which regulates our blood sugar levels.

After a meal, these cells release insulin into the blood at an amount in direct proportion to the amount of food eaten.

In cases of obesity, larger amounts of the hormone 'insulin' are needed to make up for the larger amount of food ingested (which, in turn, increases the risk of the body's sensitivity to the hormone).

Researchers have now established that by increasing the number of insulin-producing beta-cells, the Islets of Langerhans try to adapt to this condition (a function important to the maintenance of normal blood sugar levels).

When this function breaks down, it can lead to diabetes.

The sweet taste of a successful resolution is imminent...

For further reading, please refer to <http://www.medicalnewstoday.com/articles/269057.php>

Doggone it

It is an old cliché, but also an accepted truth that a dog is "man's best friend"

Dogs are unquestionably loyal, devoted and protective of their human custodian.

However, as if that was not enough to endear humanity to the humble hound, a recent turn of events has proved that humans have become more reliant on dogs than ever before.

People with declining memories sought for exercise study

PEOPLE concerned about their declining memory are urged to participate in a new study into the effects of exercise on brain function.

Researchers from The University of Western Australia are looking for healthy but inactive non-smokers aged between 50 and 80 who are worried about changes in their memory - such as forgetting names they once knew.

Winthrop Professor Daniel Green, of the School of Sport Science, Exercise and Health, said recent studies suggested that exercise prevented cognitive decline and may even increase the number and function of nerve cells in the brain.

However, the best type of exercise to achieve this result in humans remained unknown.

"In this experiment we will study the impact of different forms of exercise on brain blood flow and function," Professor Green said. "Our aims are to understand the mechanisms responsible for the benefits of exercise as we age and to optimise exercise interventions."

The Preventia study will target older adults who have concerns about their memory but have not actually been diagnosed with any cognitive impairment or Alzheimer's disease.

Researchers will trial two different types of exercise (land-based and water-based walking) to see if one is better than the other at improving how the brain works - in particular the blood flow in the brain.

The School's Research Associate Professor Kay Cox -

who was involved in previous research which demonstrated that walking improves memory or cognition - said the results of the new study would help researchers develop exercise programs that could achieve optimal results for brain health.

"Older adults often worry about forgetting things such as where they put their keys, names they once knew, or forgetting why they walked into a room," she said. "This study will provide an opportunity for them to find out how exercise might improve their brain fitness."

Researchers are looking for healthy, non-smoking, inactive men and post-menopausal women over 50, who live in the Perth metropolitan area and who have concerns about their memory but do not have diagnosed cognitive impairment or Alzheimer's disease.

Inactive is defined as not doing more than 30 minutes of moderate intensity exercise per week.

Volunteers will be allocated to one of three groups - an education group, a land-based walking group, or a water-based walking group.

A fully supervised six-month exercise program will be conducted three times a week at the UWA Nedlands campus. Participants will undergo fitness, health and cognitive assessments at the start of the program and after six and 12 months.

Potential candidates for the Preventia study should contact Angela Spence on 6488 2378 during office hours, or email angela.spence@uwa.edu.au.

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Opening Hours: Monday to Saturday from 10am to 5pm, Shop 12, 238 Walter Road, Morley.

For further information phone 9276 2859. Refer to ad on page 4.

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PROPERTY & FINANCE

ADVERTISING FEATURE



Can you give me information on landlords' rights to remove tenants?

ADAM Hornsey, a solicitor working in the Great Southern, presents a Q&A column for readers to address any and all legal issues.

With three years experience in the Australian Taxation Office, as well as at the Australian Prudential Regulation Authority (superannuation) and a community legal centre (tenancy and social security law), Adam also specialises in Wills and Probate, insurance, some criminal matters and drafting contracts and other specialised documents.

He can be contacted on 0459 467 796,

at adam@springdalelegal.com.au, or PO Box 179 Denmark WA 6333.

We welcome your input and invite you to send in your questions.

FOR MANY reasons, a landlord/property owner/manager may wish to remove a tenant from their property. There are a few factors which influence how this can be done.

For a periodic tenancy (this is a more 'ad hoc' agreement which continues indefinitely, rent can be payable at any increment of time), unless landlord and tenant

agree to end the tenancy, notice of termination of the tenancy must be in writing and in the correct Notice of Termination form as required by the Residential Tenancies Act 1987 (WA).

Three forms exist; Form 1A: Notice of Termination for Non-Payment of Rent (where notice has been given to the tenant of breach due to non-payment of rent); Form 1B: Notice of Termination for Non-Payment of Rent (where no such notice has been given); Form 1C: Notice of Termination (if the property has been sold (requires 30 days notice), destroyed (7

days), if tenant has not remedied a breach (such as drastic uncleanliness) which has been brought to their attention in writing, within at least 14 days, or no reason (30 days notice).

An owner may issue a termination notice if a tenant is in rent arrears, but this is not an eviction order – a tenant may only be evicted under a court order (a tenant can avoid this order by, for example, paying rent arrears one day before court hearing).

For a fixed term tenancy, the agreement ends on the date given on the agreement, and tenants must vacate the property on

that date if alternative arrangements have not been made.

Owners must be cognisant that, even if their property is managed through an estate agent, they are ultimately liable for the tenancy and may be liable for wrong actions of the agent. If the tenant lodges an action regarding the property, it will name the owner rather than the estate agent.

This is a very brief overview of some applicable rules. Further information should be sought about specific circumstances.

For general advice, you can consult the Tenants Advice Service WA.

Sports stars retire to resort living at Latitude Lakelands



AFTER REPRESENTING their country at the peak of international sport, former Paralympians Kevin Cunningham (pictured above right) and Neville Read were surprised to find themselves sharing tall tales in the same retirement village.

Both have chosen to kick back and enjoy the good life in Peet Limited's award-winning Latitude Lakelands over 55s community, near Mandurah.

Neville recently relocated to WA from South Australia and it was in the new clubhouse at Latitude that he met Kevin, a long-time resident and also a former Paralympian.

Kevin was one of 24 Australians to compete in the very first official Paralympics in Rome, in 1960. As a 21-year-old, he was one of 400 competitors from 23 countries. His sports were basketball and track and field.

Kevin also competed in the 1968 Tel Aviv Games only months after Israel's Seven Day War. "You could still hear the guns going off on the border," he recalls.

He participated in three Commonwealth Games, winning the pentathlon in Perth in 1962.

Neville, meanwhile, is a wheelchair lawn bowler who won bronze at the Seoul Paralympics of 1988.

He also competed in the 2002 Manchester Commonwealth Games — when athletes with a disability were the first included as full members of their national teams, thereby making the Games the first fully inclusive international multi-sport games.

Neville and wife Sue shifted from the Adelaide Hills to be closer to their daughter Tamara and husband Darren in nearby Meadow Springs.

Neville uses a specially adapted wheelchair for his lawn bowling and hopes to make use of the bowling green which is one of the community facilities at Latitude along with a lap pool, private gymnasium, cinema, cafe, salon, communal dining facilities and more.

The resort-style Latitude village will ultimately com-

prise 194 architecturally-designed, largely free-standing, double-brick homes, on a spacious eight hectare landscaped property.

Stage 4 was recently completed and is centrally located immediately opposite the clubhouse and community centre.

Comprising 30 new homes – 14 of which are still available for purchase under freehold survey-strata title – there are five distinctive designs to choose from.

Stage 4 homes start from just \$360,000 – with Peet offering a bonus Ford & Doonan split system air conditioning unit for each Latitude home, if a deposit is placed by 31 December 2013*.

For complete peace of mind, each home is also fitted with an emergency call system.

The new Stage 4 display homes are open on Wednesday, Saturday and Sunday from noon to 4pm.

To join Kevin and wife Maureen and Neville and Sue, contact Peet's sales representative Cath Acton on 1800 678 683 or drop into the Land Sales Office, at 52 Belambi Chase, Lakelands.

*Terms and conditions apply. Visit latitudelakelands.com.au for details.

Ending the funeral insurance rip-off

by Frank Smith

DEATH is one of the few certainties of life; everyone can expect to have to pay for a funeral at a cost between \$4000 and \$15000.

So it is no wonder than many seniors, not wanting to impose a financial burden on their family when they die, take out funeral insurance.

Recently ASIC (Australian Securities and Investment Corporation) published a highly critical report on the funeral insurance industry.

With most funeral insurance policies you pay regular premiums for a fixed amount of cover, which will be paid to your beneficiary when you die.

You don't know when you are going to die, so you need to think about whether you can afford funeral insurance over the next 10, 20 or more years. Not only will you need to keep making payments over the years, but premiums usually increase with age and grow over time.

When you retire you may not be able to afford the premium payments, but if you stop paying them, your policy is likely to be cancelled and you

will not get back any of the money that you have paid towards your policy. If you live longer than expected you may end up paying for your funeral several times over.

A coalition of consumer advocates has accused the industry of misleading advertising, a lack of competition, poor disclosure, and a failure to promote consumer understanding about funeral insurance products and alternatives. As a result they have released a strategy to end what they call the funeral insurance rip-off.

This includes:

- fixed premiums for the duration of a policy;
- capped insurance so that no more premiums are payable after a certain amount has been paid;
- improved advertising practices; and
- providing prospective customers with an estimated total cost of the policy.

Consumer Action Law Centre CEO Gerard Brody said the advocates wanted to present the industry with a list of practical measures, which would have tangible benefits for policy holders.

"Our lawyers only hear from policy holders after the damage is done - after they've paid years

worth of premiums for a product that simply isn't right for them. Implementing the ideas in our strategy would prevent many of the problems we see."

"Consumer and older Australian advocates have set the challenge and it's now up to the funeral insurance industry to respond. Insurers need to decide if they want to continue to benefit from a flawed market place, or if they want to let the sun shine in and allow Australians to benefit from greater disclosure, safer products and better consumer protections," said Mr Brody.

ASIC lists alternative ways of paying for your funeral including prepayment and funeral bonds (which may be paid by instalments), setting up a funeral savings account and the death benefits provided by many superannuation funds.

To its credit some players in the funeral insurance industry have responded to these criticisms offering premiums that remain constant and capped so you never pay more than the cost of your funeral.

For more information visit www.moneysmart.gov.au/life-events-and-you/over-55s/paying-for-your-funeral.

Letter to the Editor

Submissions may be edited for clarity and space.

DEAR Editor,

I would like to express our appreciation and offer our thanks for your support in the publication of details of our monthly meetings and the speakers who present at them.

It is evident that often the large numbers of visitors who are enticed to attend our monthly meetings do so from the information which you have included in your newspaper and from these visitors we have gained many new members.

We now have a break until February next year and will again be seeking your support.

Please accept our best wishes for Christmas and our sincere hope that your newspaper continues to prosper.

Kind regards,

Bob Arnold
WASFR

(Western Australian Self Funded Retirees)

Award recognises the value of enriching lives

AMANA Living received a leadership award for its Enrichment Program during the Seniors Week Festival (10-17 November).

The World Health Organisation has promoted the benefits of a lifestyle that adds life to years, not just years to life.

By creating environments in which older people can participate, engage and connect, the Amana Living Enrichment Program encourages healthy, active ageing.

"Our Enrichment Program is a growing collection of activities that help our residents and clients to be active and socially engaged," said Amana Living CEO Ray Glickman.

As one of WA's largest not-for-profit providers of aged and community services, Amana Living makes every cent of funding count when it comes to quality care.

But life isn't just about surviving – it's about living in a meaningful way, with a sense of wellbeing and fulfilment. The Enrichment Program was created to enhance wellbeing through a range of activities, from art to sport, and is funded through grants and donations.

Amana Living Enrichment Coach Kylie Mathieson leads the organisation in this area, developing and driving new projects.

Projects are tailored to include those with cognitive or physical

challenges. Three of the most successful are:

The Wii World Cup: Players and coaches emerge from 40 centres across Australia (beyond Amana Living to other aged care providers) to compete in the annual Nintendo Wii tenpin bowling competition.

Windows to the World: Netsurfing using a laptop, big projector, speakers, and an enthusiastic volunteer or staff member, takes residents on a virtual tour of the globe, stimulating memories and keeping older people connected with the wider world and those around them.

Project Picasso: Family members and volunteers help residents

and clients living with dementia to create artworks, culminating in an annual art exhibition open to the public.

The WA Seniors Awards are presented annually to recognise the work being done by and for seniors. Amana Living's Enrichment Program received the Bendigo Bank Active Ageing Leadership Award, which recognises a not-for-profit organisation for its innovative planning and providing opportunities for seniors to lead full and satisfying lives.

Further information call Jane Hammond on 9424 6330, 0434 246 564 or email jhammond@amanaliving.com.au

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Kate and Rod Hawker

EACH FORTNIGHT, Rod and Kate Hawker drive around the City of Nedlands collecting seniors with transport restrictions to bring them to the library. For the library patrons, it's more than just a trip to the library – it's the chance to have a chat, a cup of tea and a laugh and to connect with

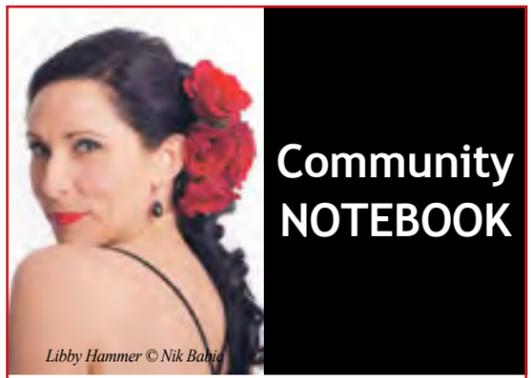
other people. Returning to Australia after many years overseas, this dynamic duo wanted to get involved in their local community. They started as volunteers at Nedlands Community Care (NCC) more than 11 years ago and now, not only ferry library patrons to and from the library, but NCC cli-

Celebrating volunteers

ents to doctor's appointments, shopping trips, the podiatrist, or wherever they need to go. They collect library patrons from local aged care facilities or from their homes. Rod will even take a bit of a detour on the trip home and go through Kings Park or another scenic route, extending a simple trip to collect books into an outing. Having transport limitations is challenging in itself, but it also brings with it isolation, loneliness and a certain amount of fear. When a person is housebound, they often find their self-confidence drops away and it becomes even harder to find the confidence to leave the house. "We know that for us, it's better to be out and about rather

than sitting around at home, so we know it's important for the clients as well," says Kate. Kate and Rod love the relationships they form with the people they help and know the benefits they gain from connecting with the community. They witness first hand that once people become engaged again in the community, their health improves. Rod says, "The best thing about doing this is that it's so rewarding – everyone is so appreciative." The patrons agree – Pauline Legg has lived in the City of Nedlands for more than 70 years. She is blind now, and is grateful for the service. "They couldn't be kinder," she says. Brenda Dixon who also has vision loss says, "They're

wonderful! What would we do without them?" Established in 1985 by the United Nations General Assembly, International Volunteer Day is celebrated on 5 December each year. The City of Nedlands would like to say a big thank you to all their volunteers, who, like Rod and Kate Hawker, demonstrate the spirit of volunteerism, community service and active citizenship. If you're interested in finding out more about organisations and the volunteer opportunities they offer, and how you can get involved, contact Robyn Forrest at the Nedlands Volunteer Resource Centre on 9273 3640 or volunteering@nedlands.wa.gov.au



Libby Hammer © Nik Babic

Community NOTEBOOK

CITY OF COCKBURN TOASTMASTERS

New members welcome Meets first, third and fifth Thursday of month from 7pm to 8.45pm Coobellup Hub Community Centre 90 Cordelia Ave, Coobellup Contact Graham 0488 788 351

THE PERTH MALE VOICE CHOIR

The choir is recruiting basses and tenors especially for their concerts in 2014. For further details please contact secretary Glanmore Edwards 9384 1690

INTRODUCTION TO TAI CHI

Tuesday 17 December 1pm to 2pm Kenwick Public Library Free event bookings essential Ph 9397 3099

THE STARLIGHT HOTEL CHOIR

Whether it's singing, songwriting or just helping out we want to hear from you. Choir sessions Mondays 9.30am-11.30am It's free, fun and a great way to make new friends. St Patricks Community Support Centre 9430 4159 admin@stpats.com.au www.stpats.com.au

CITY OF FREMANTLE CAROLS BY CANDLELIGHT

Fremantle Arts Centre, gates open 6pm, carols start at 7pm. The Libby Hammer Quintet and Arcadian Voices lead you through all your favourite carols. Bar open and food available. All welcome, free admission (gold coin donation welcome) www.fac.org.au

CITY OF CANNING CAROLS BY CANDLELIGHT

Civic Amphitheatre 1317 Albany Highway, Cannington 7.30pm Sunday 15 Dec Carols led by the Rossmoyne Community Singers and The Canning City Brass Band and a visit by Father Christmas.

SHIRE OF BRIDGETOWN-GREENBUSHES CHRISTMAS in the PARK

Tuesday 17 December From 5.30pm to 8pm at Memorial Park. Santa arrives at 6.30pm and local singers will entertain with traditional Christmas Carols.

CITY OF ALBANY NEW YEARS EVE FIREWORKS

Two spectacular skyshows 31 Dec 2013. Family fireworks at 9pm and also the traditional midnight fireworks. View these stunning displays at the Albany foreshore and ANZAC Peace Park.

MANDURAH NEW YEARS EVE CELEBRATIONS

Tuesday 31 Dec 2013 from 6pm-12 midnight. Bring family and friends to the foreshore for festivities galore. Impressive fireworks displays at 9pm and midnight.

FREE SOCIAL DANCE AT TWO RIGHT FEET DANCE CLUB

Monday 18 December at 5.15pm Scout Hall 399 Rokeby Road, Subiaco Waltz, foxtrot, samba etc. Dance lessons Wednesdays 5.30pm-6.30pm. Contact Larissa 6380 1119 email 2rightfeet@gmail.au

A FESTIVAL OF LESSONS AND CAROLS

St Georges Cathedral 22, 23 & 24 Dec 2013 at 7.30pm Email info@perthcathedral.org or 9325 5766

HEATHRIDGE CAROLS IN THE PARK

Sunday 22 Dec Heathridge Park Sail Terrace Heathridge Childrens activities start 6.60pm, formal programme 7.70pm concluding with fireworks at 9.15pm. All welcome.

COTTESLOE CAROLS BY CANDLELIGHT

Sunday 22 December 7pm BYO Picnic at Cottesloe Civic Centre Lawn at 6pm. Combined event by the Town of Cottesloe & St Phillips Anglican Church.

MUNDARING CAROLS IN THE HILLS

19 December 5.30pm-9pm. Sculpture Park Jacoby Street, Mundaring. All welcome. Family event.



Zofia

HI EVERYONE,

Well it's that time of the year once again; the crazy manic time of Christmas.

Please don't say that you don't like Christmas, but I do get why if you say that you don't.

Lots of people resent the overwhelming pressure of it all.

But don't be pressured, just have fun with it. It's like any other day of the year when you decide to dress up a bit, have a lovely meal and have all the family over. Why not just enjoy creating a beautiful day.

Put your heart into it and be rewarded by creating a delicious meal, a beautifully presented table and decorated tree.

I love the challenge of making each of my projects look as stunning as possible

Style

A guide to fashion and grooming with **Zofia St James**

and this relates in particular to the lovely ladies who come to me for styling advice.

I began work as a stylist for Westfield and for the past seven years, I have been a freelance stylist in my own business, with four of those years spent writing this column.

These seven amazing years have seen me grow as a person and in my profession.

I have always had a passion for décor and that is where I started, as an interior stylist.

I have loved writing this column and have considered it an honour to share my ideas and advice with you.

Each month, I have stretched my imagination to offer readers fresh and new ideas on how to present the best in fashion but also to re-vamp your surroundings and décor.

I do hope that it has given you that boost of confidence and inspiration to make some changes for you as women.

It is not just about buying new clothes but a way to im-

prove self esteem, because if we look good we feel good. And that is a power that cannot be underestimated.

My clientele now includes mature women and I can't tell you how proud I am of this. Many mature women often wonder where or if they do, have a place in the world of fashion.

Well you most certainly do!

So, after being shown a few simple tricks on how to dress to look and feel younger and even slimmer, it has really been incredibly rewarding to see 'my ladies' emerge from the cocoon as butterflies.

Many ladies tend to dress 'safe' and for comfort which in itself can be aging.

A lot of women do complain that there are no clothes out there for them but there are. You can find them in shops that you may think are not for you or too young for you or you assume, too expensive. So you do have to discard that thinking and take the step to visit some

of these outlets to discover another world of fashion not just stick with the 'old' faithfuls.

So it does once again, ensure you take a new attitude and have confidence to make yourself into the woman you are ... a resolution for 2014 perhaps?

I do hope that you have enjoyed reading my column as much as I have enjoyed writing it for you.

Now, I have though some very exciting news to share with you.

I am about to embark on a brave new adventure and I am relocating with my daughter to live in Sydney.

However, I will still be writing the column for you on a quarterly or seasonal basis and sharing with you my aspirations and inspirations from afar.

My next column will appear in the March issue. I look forward to building upon my clientele base in Sydney and especially my passion for ladies 'of a certain age' who are convinced

that fashion doesn't care about them.

I do intend to visit Perth as often as possible and in future columns I will let you know when I will be here, so that if you would like to catch up for a one on one consultation that can be arranged.

In the meantime please don't hesitate to email me at zofiajames@hotmail.com with any questions that I can assist you with.

So this Christmas, I wish you all a very special and memorable day with your loved ones and the biggest, brightest amazing year ahead for 2014.

Buy yourself a little something beautiful to put under the tree, wear your lipstick and perfume. Look and feel amazing not just on Christmas Day but every day because you are beautiful and you deserve it.

Lots of love always,

Zofia xxx

A fun, friendly, helpful place to buy swimming gear

Advertorial

SKIDS is not just a bathers shop, it's a fun, friendly, helpful place to buy swimming gear for the whole family.

Owner Roseanne Constant and her staff take the time to personally help and fit you, so when you hit the beach or pool, you do it in style and with confidence.

Much of the range is Skids' own brand, made in Perth from Australian made Chloroban or Aquamax, the latest high performance technology in chlorine resistant fabrics designed to last with a high UV protection factor of 50+.

The crew at Skids Swimwear knows the importance of protecting all members of the family from harmful rays – which is why they carry a huge range of protective gear.

This includes Cancer Council sunglasses and hats through to UPF 50+ rashies, zip-suits, swim shorts, leggings and much more.

There is always a huge range to choose from to kit out the kids ready for both swimming lessons and holiday fun in the water, including a brand new range from Escargot.

Because customers come in all shapes and sizes, Skids also carries a huge range of well-known brands, ensuring everyone finds something with the right fit. Other chlorine-resistant brands include Speedo, Rival, Zoggs, Pool-proof, Finz and Funkita.

There is a huge range of fashion lycra from brands such as Sunseeker, Jantzen, Baku, Capriosca and Fantasie (catering for fuller cup sizes up to G), and many new labels including Moon-

tide, Finch and One Summer.

Serious swimmers are looked after with brilliant colours from Rival,

Speedo, Zoggs and Funky Trunks – even the men and boys can get in on the colour revolution.

To complement the swimwear, Skids has a huge range of ladies leisure wear, plus polo shirts, boardies and trackies for the men.

Just arrived from Duchamp, Sportswave and Emily Adams are tees, shorts and three-quarter pants in lots of gorgeous summer colours.

Also check out the 'Specials Room' for heaps of great summer and winter bargains.

For further information, contact Skids Swimwear on 9354 4124 or drop in to their store located at 11 Augusta Street, Willetton.

Want a new look?

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

Arts

films/theatre

dvds

books/reviews

Perth International Arts Festival patrons in for a treat



Nofit State Circus' Bianco © Richard Davenport

by Josephine Allison

PERTH International Arts Festival patrons are in for a treat when the city's biggest festival in its 62-year history starts in February.

Artistic director Jonathan Holloway has scoured the world to bring the finest talents in theatre, dance, visual arts, circus and film to Perth for the festival which runs from 7 February to 1 March.

"PIAF is a festival for the people which connects Perth with the rest of the world," PIAF general manager Julian Donaldson told an audience of 800 people at the festival launch at the Perth Concert Hall.

The festival is global in content and local in delivery, Holloway said, with funding poured into the event by sponsors, donors and Lotterywest.

"Next year's festival has theatre, circus and music you have never experienced before with artists from

around the world and within WA. This is a festival which I hope we all deserve."

More than 1000 of the world's most exciting contemporary artists will transform and disrupt Perth as the Festival spills across unique venues and outdoor spaces.

An opening highlight is the free festival opening spectacular *Veles e Vents* from Spanish pyrotechnics troupe Xarxa Teatre, over three nights at Langley Park.

Audiences are in for an exciting challenge with Jeremy Deller's free event, *Sacrilege*, with Stonehenge relocated to Perth as a full-scale inflatable and interactive sculpture in the Supreme Court Gardens.

Another free program takes 'art to the people' as the streets of Perth are transformed and re-imagined with Sam Routledge and Martyn Coult's *I Think I Can* which brings avatars to life in an enchanted model town.

The strong line-up includes the Australian premiere at the Regal Theatre of Israel's *Not by Bread Alone* with 11 deaf-blind actors taking the audience on a profoundly moving journey through their inner world, as bread is baked on stage. Patrons are also invited to take part in the Blackout Restaurant where they dine in complete darkness served by blind wait staff.

Staged in Perth for the first time, Verdi's tragic opera *Otello* is performed by the WA Opera with guests from the Cape Town Opera Chorus.

Other highlights are Israel's renowned Batsheva Dance Company, the Beijing Dance Theatre's *Haze* and the Australian premiere of Russian director Dmitry Krymov's *A Midsummer Night's Dream (As You Like It)*, a re-imagining of history's first great love story. The WA Ballet enters new territory with *Radio*

and *Juliet*, a bold revision of *Romeo and Juliet* at the Quarry Amphitheatre.

In theatre, South Africa's Yael Farber adapts Strindberg's classic *Miss Julie* to post-apartheid South Africa in *Mies Julie*. Robert Wilson returns to Perth with Samuel Beckett's blackly comic masterpiece, *Krapp's Last Tale*, while from New York comes *An Iliad*, Denis O'Hare's riveting one-man performance of Homer's Trojan epic *An Iliad*.

Festival patrons will be challenged with new technology including the video multiplayer show, *Situation Rooms* which follows the stories of 20 people whose realities have been shaped by the weapons industry, Tod Machover's *Between the Desert and the Deep Blue Sea* performed by the WA Symphony Orchestra and *The Game Changers* at the Octagon Theatre.

In music, Brooklyn based indie rock band The National return to Perth for one-night only, modern soul legend Booker T Jones celebrates a life-time of soul and American songstress Madeleine Peyroux delivers her smoke-and-whisky vocals for one night at Chevron Festival Gardens.

Among the strong movie line-up is *Coast*, a musical and cinematic love letter to Australia's coastline with the premiere of the film tribute *Girt By Sea*. Veteran actor Robert Redford's acclaimed film *All Is Lost* has Redford, at 77, playing an unflappable sailor who wakes to find a shipping container has crashed into his boat.

The Perth Writers Festival features appearances by Martin Amis, Lionel Shriver, Richard Flanagan, Margaret Drabble and David Vann.

For more information about the Festival, visit perthfestival.com.au

Who's coming for dinner?

SUE CLARK Book Shop Volunteer at the Royal WA Historical Society has just put the finishing touches on a new feature display in the Society's Book Shop. Come along and see how she creates an intimate dining room and invites the visitor to think about which West Australian historical fig-

ure they would like to dine with or read about.

Sue has volunteered in the RWAHS Book Shop for the past 10 years. She began her career as a nurse and then changed to teaching. Twenty three years as a teacher in the public and private school systems may account

for her almost magical ability to transport people to another time and place with her amazing displays. Visitors are always impressed by her wonderful way with people, words and books.

The large RWAHS Book Shop range includes everything Western Australian: local history, guides, indexes, In-

digenous history, exploration, biography, commerce and industry, maritime history and sociology along with a new popular range of historical fiction for children and adults.

Have a browse in the Book Shop and don't forget to check out the Society's Reference Library and Museum.

The Society is open Monday to Friday 9.30am to 5pm and is located at 49 Broadway Nedlands.

For more information, call 9386 3841 or visit www.histwest.org.au

Group visits are welcome please contact the office to make a booking.

PATRICIA
ROUTLEDGE

Narrator

PIERS
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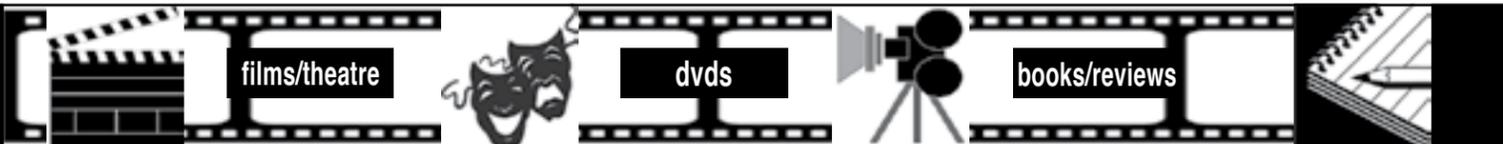
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Arts



On the Silver Screen

Sam Reid, Tanroh Ishida and Hiroyuki Sanada. From a screenplay by Frank Cottrell Boyce and Andy Paterson, the film is an Australia/UK co-production produced by Andy Paterson, Chris Brown and Bill Curbishley.

In Cinemas 26 December

Philomena

Philomena is the true story of a mother's search for her lost son. Falling pregnant as a teenager in Ireland in 1952, Philomena Lee was sent to the convent of Roscrea to be looked after as a "fallen woman". When her baby was only a toddler, he was whisked away by the nuns to America for adoption. Philomena (Judy Dench) spent the next 50 years searching for him in vain. Then she met Martin Sixsmith (Steve Coogan), a world-weary journalist as cynical as Philomena was trusting. Together they set off America on a journey that would not only reveal the extraordinary story of Philomena's son, but also

the powerful bond that grew between Philomena and Martin.

Based on Sixsmith's acclaimed book, *The Lost Child of Philomena Lee: A Mother, Her Son, and a Fifty-year Search*, the film is a bittersweet drama, a compelling narrative of human love and loss and ultimately a celebration of life.

In Cinemas 26 December

The Book Thief

Directed by Brian Percival and with a cast including Geoffrey Rush, the young Sophie Nelisse and Emily Watson. Based on the beloved bestselling book, *The Book Thief* is narrated by 'Death' and set in Nazi Germany - a place and time when, as the narrator notes, he was extremely busy. Under the watchful eye and caustic musings of 'Death', a young girl named Liesel embarks upon a journey marked by discovery, courage, friendship - and the power to triumph over the most daunting obstacles.

In Cinemas 9 January
WIN WIN WIN

To be in the draw to win a double pass to one of the above films, email win@haveagonews.com.au and include the name of the film in the subject line or address an envelope to On the Silver Screen c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the back. Only over 45s are eligible. Competition ends 20/12/13.

It's that time of the year again...



CAMELOT OUTDOOR Cinema is now open and features 3D movies, great event nights, delicious food options and great pre-screening musical entertainment.

This unique and intimate venue, located at MosArts, is a dynamic hub of arts, recreation and community activity in the heart of Mosman Park.

Camelot screens a selection of the best films of the season in its picturesque and intimate setting within the limestone walled gardens of the Art Deco Memorial Hall in Mosman Park.

So for a summer of fantastic films, look no further...

Camelot is an outdoor lifestyle open for five months of the year from 5 December through to mid-April.

This year, their new digital system will provide an enhanced sight and sound cinematic experience for patrons enabling 3D presentation - perhaps the first outdoor cinema in WA to do so. In addition experience an exciting, diverse line-up of the year's best films.

Sink into a deckchair or grab a beanbag in front of the big screen under the stars and

make it a great summer of great cinema.

Presenting more than just films, Camelot will feature popular Jazz & Oyster Nights courtesy of Perth Jazz Society on the first Wednesday of each month) with oyster shucking by Andy Grljusich, Fairbridge Festival Tasters (on the second Wednesday of each month), and World music selections featuring Villa Cuba and Universal Tone Arm on the third Wednesday of each month together with a variety of tasty onsite food choices.

Look out for food specials brought to you by Espresso at Camelot.

Doors open 6.30pm. Film starts 8.15pm. Tickets are available online www.lunapalace.com.au

WIN WIN WIN

To be in the draw to win one of five in-season passes to Camelot Outdoor Cinema, be amongst the first five callers to phone Have a Go News during business hours (Monday to Friday, 9am to 5pm) and leave your details or email win@haveagonews.com.au and include the word 'camelot' in the subject line. Only over 45s are eligible. Competition ends 20/12/13.

The Railway Man
DIRECTED by Australia's Jonathan Teplitzky (*Burning Man*), *The Railway Man* is an extraordinary and inspiring true story of heroism, humanity and the redeeming power of love, starring Nicole Kidman and Colin Firth (pictured above).

The film is based on Eric Lomax's best-selling memoir of the same name.

Eric Lomax was one of thousands of Allied prisoners of war forced to work on the construction of the Thai/Burma railway during WWII. His experiences, after the discovery of the secret radio he built to bring news and hope to his col-

leagues, left him traumatised and shut off from the world. Years later, he met Patti, a beautiful woman, on a train and fell in love.

Patti was determined to rid Eric of his demons. Discovering that the young Japanese officer who haunted her husband was still alive, she faced a terrible decision. Should Eric be given a chance to confront his tormentor? Would she stand by him, whatever he did?

The film was shot in Scotland, Queensland and Thailand, with major sequences filmed on the actual Death Railway.

The stellar cast also includes Stellan Skarsgard,

ART for ALL

- 2 - 24 December Christmas Bazaar
- 25 December 2013 - 8 January 2014 Atwell Gallery closed - Atwell Arts' office re-opens for 2014 on 6 January.
- 11 - 19 January 2014 Outside the Square; Summer School. Turning the ordinary into the extraordinary - featuring visiting artist Mitzi Vardill.

ATWELL GALLERY AT ATWELL ARTS CENTRE
Riverside location on bus route - Plenty of parking - air conditioned
586 Canning Hwy, (Cnr North Lake) Alfred Cove
Ph: 9330 2800 www.atwellarts.com

Miss Fisher's Murder Mysteries: Series 2 Part 2



THE SECOND series of *Miss Fisher's Murder Mysteries* builds on the meticulously constructed world of series one as it follows

the independent, glamorous and unflappable leading lady detective Phryne Fisher (Essie Davis). This lush take on the traditional crime drama explores the fascinating and varied subcultures of 1920s between-the-wars Melbourne. From the shadowy lanes of the city to the halls of academia, from high-class brothels to haute couture, Phryne defends the innocent and juggles admirers with her usual panache, all the while keeping up her delicious dance around Detective Jack Robinson.

WIN WIN WIN
To be in the draw to win one of three copies of Miss Fisher's Murder Mysteries: Series 2 Part 2, email win@haveagonews.com.au and include the name of the actor who plays Phryne Fisher in the subject line. Alternatively, address an envelope to Miss Fisher's MM Competition c/- Have a Go News PO Box 1042 West Leederville WA 6901 and include your contact details on the back. Only over 45s are eligible. Competition ends 31/12/13.

OTELLO - THE MAGIC FLUTE - IL TROVATORE

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The Tivoli Club of WA would like to thank their patrons for their support and patronage throughout 2013, and to wish them a Merry Christmas. The Tivoli Club of WA looks forward to presenting new shows for Have a Go News readers in 2014!

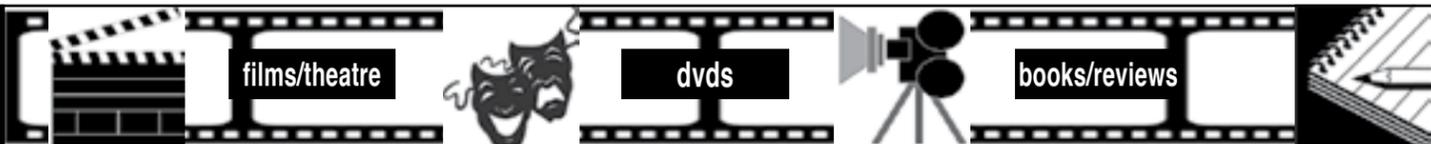
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Web www.tivoli.org.au

VENUE
Applecross District Hall,
Kintail Road, Applecross
(opposite The Raffles at Canning Bridge)

Call or email to be placed on mailing list for future shows

AD/15825

Arts



Entertainment under the stars at Luna Outdoor



Steve Coogan and Judi Dench star in *Philomena*, one of Luna Outdoor's stellar movies

Street Leederville where you can enjoy entertainment and refreshments under the stars ... see some terrific movies, and music, pizzas, wine, beer and cool pre-screening events.

Seating includes some really comfy bean bags and installed is the latest in digital technology and a 3D system.

Luna Outdoor is open now and screens throughout summer.

Some engaging highlights to mark in your diary:
Muscle Shoals (PG): In the 1960s, the tiny Alabama town of Muscle Shoals became the unlikely source of some of the most creative and celebrated funk and soul music in American history. This compelling 'doco' includes interviewees Aretha Franklin, Wilson Pickett, Keith Richards and Mick Jagger, Bono, Bobby Womack and of course studio founder Rick Hall.

Opening night - Saturday 11 January from 7pm Musical entertainment by RTRFM92.1.

The Wolf of Wall Street (CTC): Based on the memoirs of Jordan Belfort, this Wall Street true-story follows a massively successful and unscrupulous stockbroker (Leonardo DiCaprio) from his rise to the high life before his 1990 fall from grace involving crime, corruption, mob infiltration and the US Federal Government. The film is directed by Martin Scorsese and co-stars Jonah Hill, Matthew McConaughey, Jon Favreau and Jean Dujardin.

Saturday Music Event Sat 25 Jan from 7pm - Dom Mariani and The Majestic Kelp will making a special appearance and presenting on screen their animated **Where in the World** (a song for the summer).

The Room (M): Screening Sundays 22 December, 12 January and 2 February. Perth Cult sensation is back on the screen! This Citizen Kane of Bad Movies is hosted by Tristan Filder who will guide you through the experience. Come and see the birth of a cult with its poor score, terrible acting and internet meme generating script.

Food and drink ideas for your nights out...
 The intimate Luna Outdoor is fully licensed (*must be 18 years or over to order alcohol) and offers a selection of fine wines and premium beers as well as tasty Luna Outdoor Blue Cow Cheese Company platters featuring a fulfilling selection of cheeses, a delicious assortment of Black Swan Dips, plus Blue Cow Crispbread that are available from the Luna Lounge bar.

You are also welcome to bring your own picnic or take away, but sorry no BYO alcohol.

Doors open: 7pm | Films Start: 8.15pm | Please note: cheap days do not apply to Luna Outdoor.

WIN WIN WIN
To be in the draw to win one of five in-season passes to Luna Outdoor, be amongst the first five callers to phone the Have a Go News office during business hours (Monday to Friday, 9am to 5pm) and leave your details or email win@haveagonews.com.au and include the word 'luna' in the subject line. Only over 45s are eligible. Competition ends 20/12/13.

IT'S TIME to head outside to Luna Outdoor, located in the courtyard of Luna Cinemas at 155 Oxford



Focus on arts and culture

Midland Ward Councillor, Daniel Parasiliti, said the City had commissioned an independent body to conduct the study.

"The Mundaring Arts Centre is currently undertaking the work under the guidance of Jude van der Merwe, previously the Executive Director of Artsource," he said.

"The City has lively arts and culture groups that meet regularly to share skills and knowledge," Cr Parasiliti said.

"We want to ensure that these groups and others new to the City of Swan have the capacity to engage with festivals, events, classes, workshops and opportunities to exhibit work.

This is the community's opportunity to shape the future vision of their arts and culture services, by completing an online questionnaire or interacting in the online forum. Written submissions are also welcome.

For more information or to complete the survey go to www.swancommunity.com.au Information is also available by emailing jhaynes@mundaringartscentre.com.au or calling 9295 3991.

LOCAL RESIDENTS are being invited to provide input into the City of Swan's Arts and Culture Plan.

City Mayor, Charlie Zannino, said the plan would guide arts and culture programming in the City for the next five years.

"Our City has been growing at an enormous pace over the past decade, and our attention has been on the infrastructure needed to meet the needs of our residents and local businesses," he said.

"It is now time to re-focus our arts and culture investment so that we can enhance the liveability and attraction of the City as a whole.

"Swan has some tremendous buildings that can be re-purposed specifically for arts and culture.

An intimate evening with DivaLicious



DivaLicious' Penny Shaw and Fiona Cooper Smyth

"We talk about how we were rival sopranos in the chorus of WA Opera, how and why we got together, and re-enact our experience on "Australia's Got Talent", said Fiona Cooper Smyth.

"There are two sides to us - the poignant angelic side, and the devilish dueling side", added Penny Shaw

"Of course - I'm the angelic one..." said Fiona with a smile.

Moving on, audiences can definitely expect a delightful hour of humour, harmonies, and heavenly voices as DivaLicious invite them into their dressing room and reveal all... Hollywood glamour, dressing room gossip, and show-stopping favourites combine to make the

perfect musical cocktail: "shaken, not stirred!"

Light-hearted and entertaining, whilst maintaining the highest musical standards, DivaLicious has impressed everyone from the seasoned opera lover to the complete novice and were nominated for Best Cabaret in the Fringe World Festival 2013 Awards.

Dramatic, funny, even poignant, the delicious duo is a treat for those who love good singing and a good laugh.

Go DivaLicious!" said Ben Elton, comedian, author, playwright and director.

Tickets: www.fringe-world.com.au

For more information: www.divalicious.net.au or call 0438 933 635.

Christmas cheer



Perth Harmony singers

AUSTRALIA'S Champion Women's Barbershoppers are at it again, spreading Christmas cheer by singing carols throughout the City during the month of December, and delighting their audiences with the beautiful ringing chords and four part harmonies which make Barbershop style so unique.

They will set up in each specified location for approximately 20 minutes, singing a selection of favourite traditional carols plus some Australian ones

too, then move to a different location to sing some more.

Having won the regional Gold medal at this year's National Convention, Perth Harmony will be representing Australia next year at the International Sweet Adeline Convention, and according to those who heard their performance in November at Sunday Piazza Live, the ladies are sounding awesome.

Why not take a pause from your Christmas shopping and come and hear for yourself how wonderful

these carols can sound when sung in beautiful four part harmony, by the very best of Australia's Barbershoppers.

Carols in the City
 Mon 16 Dec 4 - 6 pm City Malls
 Tues 17 Dec 12 - 2 pm St George's Tee
 Tues 24 Dec 11 - 1 pm City Malls

Check the website closer to the dates for more specific information for locations at www.perthharmonychorus.com.au or phone Beryl 0402 615 650.

NOMINATED for Best Cabaret at Fringe World last year, Perth's premier opera duo DivaLicious will open the Fringe World Festival 2014 with their new Hollywood style show, "An Intimate Evening with DivaLicious" at 6pm from Friday 24 to Monday 27 January in De Parel Spiegelent.
 As well as recounting their DivaLicious journey, while taking the audience on a quick trip to Hollywood, comic sopranos Penny Shaw and Fiona Cooper Smyth will sing songs from the movies including musical theatre hits and operatic favourites.

CNR MENDS ST/MILL POINT RD, SOUTH PERTH (opposite Windsor Hotel)

"Thank you to all our patrons for visiting the Old Mill Theatre in 2013. Look out for our new season commencing with Dinner with Friends from 14 February 2014. Merry Christmas and Happy New Year."

BOOKINGS: 9367 8719 or oldmilltheatre@inet.net.au
www.oldmilltheatre.com.au

KOORLINY Arts Centre
 Sulphur Road Kwinana

Proudly supported by the City of Kwinana

The Westcoast Chordsmen
 FRIDAY 13th DECEMBER
 Perth's premier senior men's barbershop chorus will bring you songs of the season along with some Christmas cheer in their own a capella style

A Tribute to Simon & Garfunkel
 FRIDAY 10th JANUARY
 The Simon and Garfunkel Tribute Show includes all the great Simon and Garfunkel favourites that you love to remember

\$15 includes Morning Tea from 10am Show at 11am

Box Office Hours: Mon - Fr 12pm - 5.30pm and at least 1 hour before any live show. Etpos available (No cash withdrawals)

9467 7118

Join our fan page on FACEBOOK or check our website at www.koorliny.com.au

CYGNET CINEMA

One Chance (Commences 28 November)
 The Railway Man (Commences 26 December)
 Philomina (Commences 31 December 2013)
 Tickets: Adult \$14, Conc \$10, Child \$9

16 Preston Street, Como PH 9367 1663
 Email: info@cygnetcinema.com.au
www.cygnetcinema.com.au

FROM THE DIRECTOR OF THE QUEEN

The true story of a search for a lost son

JUDI DENCH STEVE COOGAN

PHILOMENA

SCREENING FROM BOXING DAY at WINDSOR CINEMA, CINEMA PARADISO and LUNA ON SX

"AN EXTRAORDINARY TRUE STORY" WOMAN'S OWN
 ★★★★★ THE GUARDIAN
 "TOUCHING AND CREDIBLE" SUNDAY TELEGRAPH

THE RAILWAY MAN

SCREENING FROM BOXING DAY at CINEMA PARADISO and LUNA ON SX

www.LUNA PALACE.com.au

Head to our website (and the mobile web version) for all the week's programmes, sessions and advance tickets sales.

Old Mill Theatre seeks volunteers



INTERESTED in helping out with set-building?

Or maybe you have a few hours to spare and would like to help a community organisation in other ways?

If so, South Perth's Old Mill Theatre would like to hear from you.

Call Chairman Phil Barnett on 0433 695 538 if you would like to get involved.

Please nominate a category for your advertisement. *Tick one box only.*

- Travel companion
- Pen friend
- Seeking a friend
- Seeking a partner

Abbreviations used in *Friend to Friend*

- ALA: All letters answered
- DTE: Down to earth
- GSOH: Good sense of humour
- ND: Non drinker SD: Social drinker
- NG: Non gambler NS: Non smoker
- NOR: North of River
- SOR: South of River
- TLC: Tender loving care
- WLTM: Would like to meet

Each person may submit an entry every month.

Please tick this box if you DO NOT wish to receive information relative to **Have a Go News Activities.**

Friend to Friend

FREE

For over 45's only.



STOP: Please read new instructions carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend PO Box 1093, West Leederville WA 6901.

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$1.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post.

Entries not accompanied by the correct sized envelopes will not be considered for publication.

Name Address

..... Postcode

Phone I am over 45 years of age (Signature)

Seeking a Friend

A CARING slim, happy lady enjoys life in general, has many interests. WLTM gent 70-75 with GSOH, company for happy times to enjoy our tomorrows. Long term if compatible NOR.

Reply Box 5973

ACTIVE Aussie gent, 55, many interests. WLTM mature lady, we can meet, chat, find out about each other. I'm DTE male with GSOH offer TLC, age open, ALA. Me; SOR.

Reply Box 5950

ACTIVE gent, early 60s, slim, own business, fin sec, no baggage, likes all social outings, looking for well presented lady, 50s-60s for companionship, relationship. SOR.

Reply Box 5992

ACTIVE gentleman, healthy, sincere, honest, mid 50s, NS, ND, NG, SOR, seeking lady for outings, companionship.

Reply Box 5975

ACTIVE independent widow, mid 70s, WLTM gent with GSOH for outings and friendship. Time is passing so let's get together for a coffee and chat. Prefer 6210 area.

Reply Box 5965

ACTIVE lady late 50s, WLTM sincere gent for friendship possible relationship. I'm NS, SD, DTE, GSOH, enjoy walking, movies, drives, outings and so much more. So let's meet for a coffee and chat.

Reply Box 5984

ACTIVE lady retired, executive, likes dining out, movies, football, home life, NS, SD, fin sec, DTE, WLTM refined gent, 65-75, GSOH, SOR, ALA.

Reply Box 5967

ATTRACTIVE funloving, 50+, classy, new age gal, independently dancing through life with honesty and integrity in tall and slim, healthy, ageless body, timeless mind. Well travelled, educated, confident, secure, stable, NS, ND, clean living. Into metaphysics, nature, animals, art, intelligent, constructive conversation. Soulmate read and reply and we'll meet NOR cafe.

Reply Box 5974

ATTRACTIVE lively and lonely lady hoping to meet and form friendship, maybe relationship if compatible with DTE genuine gent with GSOH and caring, nature, ALA.

Reply Box 5954

CAPRICORN gent, early 70s, friendly, affectionate, 5'8", slim, GSOH. Seeking a loving relationship, with a lady not unduly into alcohol, football or religion. Maybe Australia, overseas travel, sharing expenses. Let's have coffee and make 2014 special.

Reply Box 5969

CAUCASIAN woman, 48, 5'10", NS, SD, DTE, WLTM caucasian man of similar age for friendship and outings. Please don't reply if over 55. Attraction is important and a cheeky personality helps.

Reply Box 5988

CLASSICAL music, loving, male, 60, NS, SOR, WLTM, similarly inspired, lady, 40-55 of verve and vitality with cultural interests, passion for reading, thinking, expressing, travel and sparkly converse. A secular outlook, better guarantees.

Reply Box 5989

EUROPEAN gentleman, handsome, 58, tall, GSOH, single, romantic, good dresser, caring, loving, honest, no ties, loves cooking, movies, dancing, sunsets, WLTM lady 50-60, romantic, holding hands, hugs, red roses, good friend, caring, loving, honest, photo, TLC, ALA, NOR.

Reply Box 5991

EX-FARMER living in metro area missing the country lifestyle. WLTM farming family for visits. Help in busy periods, mature age ND, NS, female with skills and experience to share, loves outdoors and working with animals.

Reply Box 5983

FRENCH Italian speaking, quietly confident, I can see her, she is a child of the 50s, educated, intelligent enough to ignore the vanities of cigarettes, she is elegant and understated, shy or outgoing and she is unrestricted by previous ties, she is looking for a man; educated who enjoys film festivals, red wine, travelling. If you know her please ask her to intrigue me by sending me a message. SOR, Mandurah.

Reply Box 5981

GENT 65 very active, would love to meet Asian woman between 45-55, must speak English. I live SOR, Baldivis, want someone close. Let's meet and find out a little about each other. Be a devil.

Reply Box 5951

GENT active, like to meet lady, 60-70, for friendship, SD, NS, DTE.

Reply Box 5961

GENT seeks Asian lady with good heart, happy, age no problem. When we meet we will find out more about each other, hope to see you soon. Happy person, good company.

Reply Box 5966

GERMAN lady attractive 65, motor still purring, love outdoors, cooking, weekends away, intelligent conversation. WLTM a healthy, tall, professional gentleman, 58-68 only, for quality company, let's get together and explore the possibilities.

Reply Box 5979

GUY 66, slim fit, GSOH, SD, NS, very clean, no family ties, homely type, do casual things, go for a meal out, gardening, playing good old rock'n'roll music, fishing, looking for a lady. Same situation to be my friend and lover with no baggage not into computers. Will answer any replies SOR.

Reply Box 5986

HELLO to you. Don't sit home alone. Free singles social group, aged 50-60, SOR, seeking members interested in various activities. Please include contact details, landline number preferred.

Reply Box 5964

I AM looking for the cream of the crop! Mature, healthy, slim, trim, reasonably educated, good looking and moderately wealthy lady. I will offer you the same as I request NS, SD, located WA.

Reply Box 5993

JUNE Gardner of East Freo and Wilson & Johns Florist era 1953 - love to relive.

Reply Box 5980

LADY late 60s with country values, SOR, 6210, loves beach sunsets, picnics, theatre, music, travel. WLTM NS, genuine gent for coffee and a chat. Must have GSOH, view to friendship and happy times together.

Reply Box 5998

LONELY gentleman would like to meet Asian lady as companion. I am a genuine, sincere person. I am 65.

Reply Box 5952

MALE 57, no ties, active, enjoys walks, travelling, WLTM lady.

Reply Box 5971

MALE 68, pensioner, unwealthy but healthy (thanks God), medium build, clean optimistic, love long walks, WLTM slim lady, 60-65 with similar interests, SOR, NS, NG, GSOH for friendship only. I'm waiting for your reply.

Reply Box 5956

MAN mature and fit seeks female for dance partner two days a week. Need a lady who has danced at a good level in the past or similar. Let's have a coffee.

Reply Box 5976

REFINED nice lady, 61, med build, NS, NOR, who enjoys travel, movies, theatre, conversation and quiet times. Seeking friendship of an honest and sincere gent up to 70 with good morals and family values.

Reply Box 5997

RHODESIAN gent, 62, fit, slim, healthy, loves Jesus, enjoys life to the maximum but missing the main ingredient and that's you. An answer to prayer with much to share also heaps of TLC GSOH SOR. WLTM.

Reply Box 5949

SENIOR lady WLTM male female for friendship, outings, movies, cards, etc, NOR. Love to hear you.

Reply Box 5978

SINGLE lady needs companionship for movies, dancing, view relationship. I am 53, looking for male, 53 to 60, have pet dog. Patches is three years old.

Reply Box 5977

THIS lover of Australia's immense photographic scenic beauty, landscape art, light, classical music, jazz, gardening is free spirited, romantic, warm hearted, colourful, widow, 75, slim, who WLTM poetic, creative loner, TLC, gentleman. Handicap or financial status unimportant.

Reply Box 5987

WIDOW looking for widower. If you are SD, NS, NG, DTE, and not taller than 175cm, age 55-60, then please answer.

Reply Box 5962

WIDOWER late 60s NOR, SD, enjoys watching sport, drives, walks and homelife, easygoing. WLTM lady late 50s to mid 60s, for friendship and relationship. ALA.

Reply Box 5990

WIDOWER NS, ND, honest not flash, 77, 77 kgs, 5'8", Bay-swayer area, good nick, keep busy with grandkids, enjoys walks, drives, chatting, WLTM ok lady, ND, NS, widow, if interested. Let's meet for coffee and chat.

Reply Box 5953

Visit **Have a Go News** online: www.haveagonews.com.au

Seeking a Partner

AUSSIE gent 57, well presented, likes travel, walks, adventure, fin sec. Seeking a lady. Let's meet for a chat.

Reply Box 5968

ENGLISH Australian lady 65 young WLTM same age who enjoys beach, bush, travelling, drives, markets, eating out, home life, good all rounder, gentleman, educated, intelligent, kind, caring, good hearted, loves animals, fun, GSOH, spiritual, healthy.

Reply Box 5982

EX COUNTRY aussie gent, 71, 5'11 1/2", slim, active, VG-SOH, romantic, clean living, loves outdoors, caravanning, fishing, sport, good conversation, laughs, normal activities, each other. WLTM similar friend, share happy permanent relationship.

Reply Box 5995

EX YUGOSLAVIA 57, GSOH, NS, SD, loves life, WLTM articulate gent, 55-65, GSOH, kind, NS, SD, to share good times, hiking, movies and other outings and travel, friends, possible relationship SOR.

Reply Box 5996

FILIPINA 60s going on 40s, I am one of the remnants, a firm believer in this little thing called love. Alone but not lonely, looking for someone but not desperate. Positive attitude with easy laugh.

Reply Box 5959

GENT 63, Bunbury, tall, fit, active, NS, SD, GSOH, DTE, honest, caring, enjoys all life adventures, travel. WLTM lady, 55-65, 5'6"+, slim to medium build with same outlook on life, long term future relationship. ALA. Genuine replies please.

Reply Box 5972

GENT 67, good looking, well presented, honest, sincere, faithful, affectionate, loving, healthy, romantic, fin sec, loves 60s music, travelling. Seeks lady to love and cherish for second life after 20 years of one relationship.

Reply Box 5994

GENT 74, fit, NS, young at heart, enjoys wine with meals, most things in life, honest, affectionate. Seeks lady, NS for friendship, possible relationship. SOR.

Reply Box 5963

Friend to Friend



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 1093, West Leederville, WA 6901.

(example only)
Send your reply on a single sheet of paper. Place in a small envelope 11B (measures approx. 14 x 9cm). No greeting cards or bulky items. All replies will be forwarded at the end of each month. All replies are strictly confidential and are not opened.

Seeking a Travel Companion

SEEKING travel companion. I am down to earth, ND, NG, NOR. WLTM nice gent 60-75. I love cooking, nice and easy going, love travelling overseas, well educated, widow, 58. I am Australian originally from south east Asia ancestry. WLTM gent NG, SD, GSOH, own home, fin sec. I am fin sec, need travel companion and friendship. I am happy and friendly nature, caring.

Reply Box 5960

Seeking a Pen Friend

CURRENT teacher from Singapore seeking pen pals from all parts of Australia. Hope to know this beautiful country better.

Reply Box 5955

PEN FRIEND seeking friend, ALA, WLTM.

Reply Box 5957

Do you need a companion or friend?

Don't be lonely over Christmas and the summer holidays. Let **Have a Go News** help you through our **Friend to Friend** page. The early bird catches the worm! Get writing and send in your coupon.

A safe & secure connection service for the over 40s

Have a Go News and Contact-me.com.au offer all readers a **100% FREE** membership. Easy sign up! Looking for Friendship, Travel partner, Sports partner or more, try it now. Full access all areas 100% FREE!! Register online now www.contact-me.com.au/quickregistration

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*App is compatible with iPhone 3GS, iPhone 4, iPhone 4S, iPhone 5, iPod touch (3rd generation), iPod touch (4th generation), iPod touch (5th generation) and iPad. Requires iOS 4.3 or later.

Scene Socially.....



SCENE (1): Fun and activities were enjoyed, information was sourced and friendships were made at the LiveLighter Have a Go Day held in the beautiful Burswood Park on 13 November..

SCENE (1): Top row from left: Janet Alexander didn't just scale the climbing wall once; she climbed it twice. Minister for Seniors, Tony Simpson, having a go at archery. The fabulous Prime Movers, Exercise to Music group had the crowd on their feet and dancing throughout the day. Second row from left: Our lovely volunteers who worked non-stop throughout the day serving tea and coffee to visitors together with Channel 7's Today Tonight host Monica Kos, second from right. A stalwart of Have a Go Day, each year, we look forward to welcoming Monica to the event where she always spends several hours chatting to visitors while helping out serving tea and coffee. Have a Go News' Tammy Scott and Diane Broderick. Bethanie General Manager; Chris Frame presenting Monica Kos with a Bethanie Shopping Bag. Third row from left: Marlene and Jane from COTA enjoyed chatting with visitors during the day. Margaret Quirk, shadow Minister for Seniors with two 'have a goers' and Leader of the Opposition, Mark McGowan. Mort, presenting Welcome to Country, a highlight of the opening ceremony. Channel 7's Basil Zempilas with Have a Go News' Lisa McMahon and talented entertainer, Athol Wightman of He's Been Everywhere CD fame. Fourth row from left: Manning the Dufkyen stall, one of the many displays to be found throughout the grounds were Ron and Tim from the Dufkyen 1606 Foundation who encouraged visitors to come aboard as volunteers and promoted the summer day sails. The Collector's Club - one of the many interesting collections on display. A lucky chocolate wheel winner was delighted to win and receive her prize from Channel 7's Basil Zempilas. Canoeing on the lake - always a popular activity, with participants lined up all day to 'have a go'.



SCENE (2): At the Special Seniors Variety Concert held recently, Jan McGlenn and Valda Picking received special senior appreciation awards for their volunteer work during the past decade.

SCENE (2): At the presentation from left; Eddie Storm, Jan McGlenn, Class 96.5 fm radio's Bob Dalla Volta, Deputy Mayor Darren Lee and Valda Picking.

Yacht crew wanted



ROYAL FRESHWATER Bay Yacht Club located on Keanes Point, Hobbs Place, off Lilla Street, Peppermint Grove conducts Keelboat races on Saturday afternoons throughout the summer sailing season. Each week, casual crews are needed to fill in for absent crew members. In an endeavor to improve participation levels in keel boat fleets and assist members, the Principal Sail Training Centre Barry Martin maintains a register of potential

crew members looking for casual or regular positions. Anyone interested in crewing regardless of their level of experience is encouraged to contact Barry on 9286 8200 or register your interest on the Club's Crew bulletin board. Alternatively, you can come down to the club on Saturday between 12 noon and 1pm dressed ready to sail (eg. shorts, casual top/spray jacket, deck shoes or non marking sneakers, hat and sun

screen) and report to Barry who will be located near the main gate; look for the sign "CREW REGISTER". He will arrange placement on a yacht. Though vacancies/opportunities vary from week to week, placement on a boat is virtually assured given the wide variety of sailing craft participating in club races. For further details contact Barry Martin on 9286 8200 during office hours.

bamBOO Outdoor Cinema



LUNA PALACE Cinemas and Luxe Bar are thrilled to announce the return of films back into the heart of Beaufort Street at bamBOO Outdoor.

The season will start on 18 December, showing a mix of contemporary favourites, cult classics and premieres.

Patrons will have the chance to enjoy movies under the stars with their favourite cocktail, cider, beer or bubbles.

The nearby Ace Pizza will be delivering pre-purchased pizzas to moviegoers for a truly gastronomic experience.

BamBOO is truly a hidden gem behind the Iconic Beaufort Street landmark, Luxe Bar.

With its tropical bamBOO and amphitheatre style seating, the cinema is going to be a great place to spend those hot summer nights.

There's something in the air this summer as we take the outdoor cinema experience to another level.

Make sure you watch out for special pre-screening events every Sunday, brought to you by the Perth Jazz Society.

bamBOO Outdoor Cinema runs from Wednesday to Sunday, commencing 18 December (except Christmas Day, 18 January and 1 February 2014)

Doors open at 6pm, films start at 8pm.

For more information visit www.lunapalace.com.au.

At the midnight hour



Jon Lewis

"Now Number One After Midnight"

Jon Lewis can be heard on 6PR 882 AM, from midnight to 3am on Friday and Saturday nights. Catch his Let's Go Travel Show from 5am Sunday mornings. Is your club looking for a quizmaster? Jon is available as your Quiz Master - and he's good. Call or text him on 0404 005 882.

For more details, visit the website www.have-a-go-quiz.com

JON Lewis' column will return in the January 2014 edition of Have a Go News



DISTRIBUTOR WANTED!

A distributor is required one day per month to assist in the distribution of Have a Go News. Good remuneration for the day. Must have own vehicle - station wagon, van or utility. Join the Have a Go News team. For further information contact Suyin on 9227 8283.



Mount Barker Wine Producers & Mount Barker Turf Club presents Wine, Racing, Gourmet Food & Music

SUNDAY 19 January 2014

12 noon-8pm

Frost Park, McDonald Ave, Mount Barker

ENTRY: \$20 Adults \$10 Concession

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