





#### LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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# HIS ISSUE



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Have a Go News' Lee Tate speaks with award-winning nature photographer **Chris Tate** 



Josephine Allison's interview with author Fiona McIntosh



Food & Wine Recipes and ideas Brunch with T Dining Divas



Christmas Gift Guide - Great gift ideas for readers

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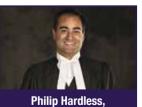
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# News is in their blood



9News' Michael Thomson and Monika Kos on the set

#### by Jennifer Merigan

MONIKA Kos says that once you work in the news industry you never leave it. Even if you take a short break, it's in your blood.

There are not many journalists who have the breadth of experience of reporting and delivering news that she does. Or can say they have worked across three different networks in 13 months, so it's exciting to see this warm and trusted reporter firmly planted back on our screens with her new appointment as anchor of 9News at 5.00.

"I'm finding myself moving

around later in life. It's wonderfully invigorating. And I hope I'm going to bring the audience with me and stimulate them, entertain them, inform them and introduce something new to them," said

If this year has shown us anything it's how much local news

Kos says that the pandemic has been the biggest story of our generation, of our lives. It has ensured that the public need to stay up to date with what's going on in the world and this has seen Western Australians develop a voracious appetite for local news coverage.

The new format is an exciting shift for Perth's 9News which will see them deliver two hours of live and local news leading with Monika Kos at 5pm followed by Michael Thomson at

6pm.
"It's a privilege to join the team at Nine and I'm humbled to have this opportunity to once again bring viewers the news that matters to them, in what has been an extraordinary year for all of us," she said.

Kos said this won't be about repeating the same thing throughout the two hours, it

will be a carefully crafted news experience utilising the well-resourced newsroom team here in Perth.

9News at 5.00 will focus on the important stories of the day, developing news with insight as well as lifestyle, entertainment, sport and weather. Kos will then hand over to Michael Thomson with the full story on the network's flagship 9News at 6.00 bulletin, featuring in-depth analysis, breaking local, national and international news, together with the latest in sport and weather.

continued on page 14

# Home Care for everyone

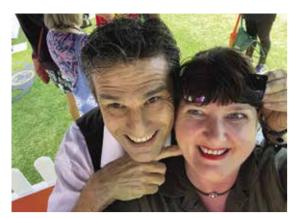
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# From the editor's desk



Tod Johnston and Jen Merigan at Have a Go Day

THIS is our final edition for 2020. What a year this has been. I would like to thank you, our magnificent readers, for supporting us through the worst of the pandemic when we wondered whether we could continue to publish. It was a scary time and your backing gave us the opportunity and hope to keep on going. The team and I will never forget this gesture and we hope we continue to deliver the best product to you and provide quality information and entertainment.

Thank you to the advertisers who continued to support us throughout the year, not only do you have the opportunity to promote your goods and services to our large readership, but you provide the means to continue our *Have a Go* community.

I also take this opportunity to thank my brilliant team who stand beside me each month; my partner Ron who has to live and breathe Have a Go News; my assistant and daughter Tahlia; my graphic artist and font of all knowledge Suyin. The journalists - Frank, Lee, Josephine, Allen and Brad who deliver wonderful stories each month; my sales team, Tammy, Deb and Sue and the distribution team lead by Vicki. Our in-house volunteers Helen, Pat and Judith and the many people who contribute in myriad ways to this newspaper, thank you!

This is a real community effort and I don't think this sort of spirit exists elsewhere. As we charge into the 30th anniversary of this newspaper I reflect on this, my family story of three generations and look forward to celebrating this milestone with you in 2021.

We had an amazing crowd attend *Have a Go Day*; thousands of people poured into Bur-

may have been our busiest one ever. Well done to Dawn and Martin and the team at Seniors Recreation Council of WA. It was great to meet so many of our readers on the day and it made me proud to see so many people bringing along their copy of Have a Go News. We served hundreds of teas and coffees and gave\_away loads of prizes. Thanks to the team of staff and volunteers who worked very hard on the day to man the hospitality tents. The mild weather certainly brought out more people and after lockdown I think there was a desire to explore the many options available and take advantage of the opportunities presented to live well in later life. Socialising and maintaining activity are some of the keys to healthy ageing and Have a Go Day is the perfect place to find something new to do and a wonderful way to highlight the many opportunities that are featured in our pages each month.

Talking about ageing well, I must say I have been very disappointed in many of the comments made about US president elect Joe Biden's age. He's a fit and healthy 78-year-old with a wealth of experience, who I think should be revered rather than demonised. It's disappointing hearing

negative comments from people in the mainstream media who I thought would not have been so ageist. It just goes to show we have a long way to go to stamp out ageist attitudes in our society.

Our Have a Go News
Facebook page is a great
way for us to stay in contact with you on a daily
basis. We have lots of
events, giveaways and
fun. You too can be part
of this thriving community
by liking or following the
page at www.facebook.
com/Haveagonews/

If you are tech savvy we offer readers a free service to receive the newspaper digitally via email on the day of publication. Just email read ers@haveagonews.com. au for a sign up.

This year, 2020, will certainly be a year we never forget; we are still in unknown territory but I hope we can continue to maintain our everyday freedoms and remain CO-VID safe. I take this opportunity to wish you the very best for Christmas and hope we all have a happy, healthy and prosperous

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

The office will be closed from 16 December until 4 January 2021.

#### **Ageing research snippet**

#### Indulge without guilt this festive season

ONE of the highlights of the festive season is enjoying socialising, parties, events and lovely food and drinks. It's time to relax and enjoy all the pleasantries without feeling guilty, especially after this year.

Professor of Psychological Services at the University of Melbourne, Brock Bastian, tells those who struggle with feeling guilty after indulging, that it is an essential part of life to take time and enjoy the things we love – it is good for both body and soul.

"It is really important to reward and look after ourselves because if we don't, we lose interest in life," he says. "We have to indulge in pleasure in order to have a good life."

So, this festive season, have that extra piece of pudding or cake and remember to enjoy the moment and don't feel guilty – it's good for the

Ed's note – we will have lots of great tips to keep you fit and healthy in the new year.

#### Word of the month

#### Quixotic

pronounced kwiksatik adjective

extremely idealistic; unrealistic and impractical.

"A vast and perhaps quixotic project"
The adjective quixotic comes from 17th century novel *Don Quixote* and has been used to describe unrealistic idealists since at least the early 18th century.

#### **Funny historical fact**

ELECTRIC lights were first used on Christmas trees in New York in 1882.

#### **Quote of the month**

WORDS are easy and many, while great deeds are difficult and rare!

Winston Churchill

#### Have a Go News Quick Quiz

- 1. What does LNG stand for?
- 2. WA road trains are up to 53.5, 56.5 0r 60.5m long?
- 3. Name the Pilbara dog central to Red Dog movies.
- 4. Afro Freeway, racing greyhound, set a State record 10, 14 or 20 consecutive
- 5. Name Australia's first Olympic female track & field gold medallist (from
- 6. Marcia Foley became WA's oldest PhD recipient at 77, 78 or 87?
- 7. Australia's most valuable fishery is based on which WA creature?
  8. Perth hosted the Empire Games in
- what year?

  9. What 2,700 million-year-old WA rock has an ocean-theme name?

  10. The world's most highly-valued
- pearl, from WA, is known as? See answers on page 14.

# Great West Aussies - Did you know?

WA trainers had four Melbourne Cup winners: Blue Spec (1905), Black Knight (1984), Doriemus (1995) and Rogan Josh (1999).

#### **Urban slang**

#### MERRY Textmas:

THE use of text messaging to send Christmas greetings.





# A walk down memory lane with the man behind the Bee Gees







L-R; Bill Oakes - the Bee Gees in their hey day - Barry Gibb and Barbra Streisand singing together

#### by Allen Newton

ROCK 'N' ROLL industry should thank their lucky stars that there was no social media around in the 1960s and 70s.

Bill Oakes, who was the head of Robert Stigwood's record company, RSO in those days, says the music industry was only beginning to find its place in the world and drugs and alcohol were

Even the Bee Gees their close-knit brotherhood and cleancut image succumbed to the party life where successful musicians could have anything they

The compelling documentary film released in cinemas on 3 December, The Bee Gees: How Can You Mend a Broken Heart, chronicles the rise of the legendary band and the evolution of their music over the years and goes behind the scenes to show something of the private lives of the Gibb brothers.

Speaking to Have a Go News from his UK home, Oakes said the Gibb brothers weren't unique in drug-taking and alcohol in those days.

"It was that era of excess, where nowadays people seem much better behaved," he says.

"I think it was partly because it was a new business. People forget how in the early 70s rock 'n' roll was huge in the sense the money was coming in and there weren't any rules yet.

"It was nothing like the pop business of the 50s.

They were victims in a way of that lifestyle where if you were on top you got anything you wanted, and they did, and they took advantage of it, each in their own

"But I don't think it affected their work. When it came to their work in the studios, they were very dedicated

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media had been around in the 60s and certainly in the 70s, they'd have had a field day.

While the film will certainly resonate with older audiences who grew up with the more than 1000 songs and 20 number one hits the Bee Gees created during their career, Oakes says the film should also appeal to younger audiences.

He says the producers of the film have been smart to include the perspectives of performers like Justin Timberlake, Chris Martin and Noel Gallagher, music producer Mark Ronson and musicians from the day, including Lulu and Eric Clapton.

It also features interviews with surviving brother Barry which helps to create a strong connection to the story.

"The film is tilted towards the generation that remembers being around when those records were released," Oakes says.

"The thing about the Bee Gees though is their music is still being played and Saturday Night Fever lives on, so they're not a period piece, they're evergreens

As the head of RSO Records, Oakes commissioned the Bee Gees to write songs for the 1977 film that would become Saturday Night Fever with a soundtrack album that would become one of the biggest albums in history.

"Robert and I went to France where the Bee Gees were producing a live album at the time and I gave them the script, which I don't think they ever read, but we outlined the story very

"I don't think they were interested in the story to be honest, but they loved Robert and were having fun with him.

"I was just occasionally saying to them 'there's the script' and then we left for Paris.

"Two or three weeks later this magical cassette arrived which had these five killer songs on it. They clearly had been listening to what the movie was all about."

Those tracks were More Than a Woman, How Deep is Your Love, If I Can't Have You, Night Fever and Stayin' Alive.

"They gave us gold dust and just imagine what they could have done if they'd read the script."

As music supervisor, Oakes won a Grammy for Saturday Night Fever.

He also supervised the music for another of the best-selling soundtracks of all time, Grease, which won him an American Music Award.

Among his other credits are supervision for the soundtracks of Alan Parker's Fame and George Lucas's The Empire Strikes Back.

"I was all of about 21 when I got to New York with Robert Stigwood, who managed the Bee Gees. I think because I was the only guy in the room when he thought of having a record company, he asked me to run it, which was quite a shock to me," Oakes says.

"I'd already met the Bee Gees briefly, because in my previous job,

in my late teens I was working as an assistant to The Beatles, so I was quite used to rock and roll royalty, but I was not expecting the Bee Gees.

'They were very different to The Beatles, they had a bond between them that remained unbreakable until the brothers passed away (Maurice died in 2003 and Robin in 2012), which set them apart from the other acts that I knew."

As well as interviews with Oakes and several musicians, the film features archival footage of recording sessions, concert performances, television appearances and home videos.

Oakes says he decided to get involved with the new movie when he heard that Barry Gibb was involved.



"When I heard that Barry was onboard I was pleased because I've done a few interviews over the years on various programs about the Bee Gees, but this came very directly with the validation of Barry Gibb, who said I should be approached.

"I was happy to make a contribution. If you're going to tell the story of the Bee Gees, I was there for probably a 10year stretch in the 1970s

mainly, I was very much part of their lives.

Oakes says that while it's difficult to say what music will work today in an entirely different landscape, the melodies of the Bee Gees are time-

"The thing that distinguishes them, although they went through various musical guises like middle of the road hits like How Can You Mend A Broken Heart and then into disco and R&B, but

I think what distinguishes them is their gift for melody.

"I think what they brought to disco was melody, which is why Saturday Night Fever resonated so well."

He believes they would still resonate today: "Their music is timeless.'

"They'll be known 100 years from now as one of the best song-writing partnerships of the late 20th century."

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Quentin Smythe (Dec)



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# ARE YOU SURE YOU WANT TO

DO THAT HON'? IT DIDN'T WORK OUT WELL LAST YEAR!



# Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,

CLOTHES FOR

**EMPERORS** 

0

I WAS interested in Lee Tate's article on legal costs. Like a few people I have considered legal action but was deterred by the cost and as far as value for money is concerned it was not there, as this example will explain.

A tree belonging to my local council dropped a branch through my roof. They claimed it virtually didn't happen, their insurance company said, "merely because a tree is on council

property does not make the council liable".

So I had a chat with a lawyer who told me, "you would probably win a case against them, but it would cost \$5000, with no chance of being awarded costs."

Trying to recoup damages in the region of \$500, by spending \$5000 does not make much sense.

There was another case in the local paper recently about a guy, in Wanneroo I think, whose car was damaged by a council tree, the council ran for cover, in reading what Local Government Insurance Scheme, the local body insurer, had to say, it was almost a carbon copy of the reply I got.

Scott Morrison says we all deserve a 'fair go', but how does the average mug get a fair go when the odds are clearly stacked against them?

> **Brian Morris** Via email

Dear Editor.

JOE Lunn, surely you jest.

You reckon there is no way our premier can be popular because he never leads. Well even though I have said for a long time that our premier cannot leave our border shut forever, I also think he has done a bloody good job in looking after those who

call WA home.

You said that we have been missing out on an important part of our existence because according to you our Premier has been sitting on the fence and not making decisions on his own; he has been making them on the advice of experts.

Our border is opening up, albeit cautiously, yes it is a case of maybe not being open fully by Christmas and I can imagine how hard this must be for families

Yet if they were to be totally honest what would they rather have to put up with the restrictions for a bit longer or have family members possibly being in hospital or even

to die?

As long as this virus is still capable of rearing its ugly head I am glad I am living in WA and not anywhere else in Australia. I have no family connection or any personal connection with the premier or any of his family.

> **Margaret Anne Ryan** Ballajura

Dear Editor,

I WAS delighted to read about "what goes around comes around" particularly good deeds.

It took someone to request banjos through your newspaper, to receive two - one going to a community band in Bunbury - but more importantly is that the other is now part of a group who are offering free concerts to nursing homes - to spread some musical joy.

One good deed deserves another, but this certainly goes above and beyond and confirms that there is still goodness, generosity and thoughtfulness in this world.

I'm sure the gratitude of many people and many more to come, goes to the person who initiated this project.

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**Iris Bennett Craigie** 

Dear Editor,

IN the letters section in November Have a Go News, Joe Lunn questions how anyone could say our leader Mark McGowan was popular in regards to his handling of the Coronavirus.

Well Joe, as a result of his actions we here in WA endured very limited restrictions when you compare them to those in the eastern states. How would you have gone if you happened to be living in one of the high rise blocks of flats in Melbourne that were locked down for months on end?

Or if that wasn't up to your liking Joe you could have ventured up to New South Wales under the watchful eye of the premier Gladys Berejikian who we remember for her decision to allow all passengers to disembark from the Ruby Princess and we all remember what happened there; 28 deaths were linked to that decision.

No Joe, we have had it really good in WA thanks to the outstanding leadership of our Premier Mark McGowan. Which was the reason that in a survey conduct-

ed during the pandemic 96 per cent of West Australians declared that he was doing a wonderful job and many stated that they have never voted Labor in their life but would be voting for Mark McGowan at the next election. Why wouldn't

> Jim Holborn Yangebup

Dear Editor,

PLEASE pass on my thanks to the organisers of have wanted to attend but running a charity for 20 years I was unable to be there. So this year was my first time and I asked

a friend who is entering her 60s to come with me and we both had a great time. We loved the Lighthorseman. We met several first timers too and learned so much and appreciate all the work and efforts.

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SPECIALISTS |

# Fiona McIntosh tells of The Champagne War from vineyard to battlefield



Best-selling Australian author Fiona McIntosh

by Josephine Allison

LIKE she often does, best-selling Australian author Fiona McIntosh and husband lan were on an information gathering expedition for Fiona's latest book when an accidental encounter inspired *The Champagne War*.

"We were walking down the famous Av-

"We were walking down the famous Avenue de Champagne in Epernay in France when I met this glorious woman Sophie Signolle. The more I talked to her, the more I realised I was talking to my character and everything she was saying smacked of my proposed character Sophie Delancre," McIntosh tells Have a Go News.

on several very strong women in the early centuries of Champagne Veuve Clicquot and Madame Pommery, but she is mostly inspired by another Sophie, a sixth generation champenoise. I literally ran into her; I was walking up the Avenue de Champagne trying to get inspired with no real plans for the story when I was captivated by this beautiful house. All the other houses in the street were very ostentatious but this was

"I was taking photographs and there were some tradies working outside. One of them came to talk to us and I

a quiet little house, it

looked like a country

manor and was very

pretty.

realised it was a woman and we apologised but she invited us inside, saying she was the owner. She was wearing jeans with paint all

over her and her hair

bundled up and opened

a bottle of champagne. "I fell in love with this woman, a widow, and very daring with the flavours she tries with her champagne, a sixth champegeneration noise inherited from her father. She learnt how to make champagne at his knee, walked the vineyards with him as a little girl and learnt about growing grapes and it was just irresistible.

"I said: 'Sophie I am going to write about you' and she said: well make sure I have a torrid love affair please, I must have a massive affair with a glorious man.

I said: 'done.'"

The Champagne War is a journey from war-torn Ypres to the sun-kissed vineyards of southern France, exploring the alchemy behind champagne and the heartbreaking realities of war, set in the summer of 1914, when vigneron Jerome Mea heads off to war.

His new bride, Sophie, a fifth generation and rebellious champenoise, is determined to ensure the forthcoming vintages will be testament to their love and the power of the people of Epernay. But Jerome disappears and life changes for Sophie, who never gives up hope of finding him.

Injured British chemist Charles Nash comes to Reims where Sophie has helped set up an underground hospital and the pair are attracted to each other. Her scheming brother-inlaw Louis has his own plans.

"I do love a bit of a love triangle, I can't help myself," McIntosh says. "Charlie is such a melancholy character but he is sort of irresistible. Like Sophie, you want to put your arms around him and say, 'it's going to be alright'. He is an interesting character and adds darkness to her light, just as the har-

rowing battle scenes were counterbalanced when the reader is with Sophie and talking about champagne and grapes.

"When my Sophie, the real Sophie, talks about champagne she gets almost misty eyed and there is almost a romantic attitude to what she is doing, I tried to capture this in the story but the grapes become personalities and that adds a lightness and froth to otherwise quite harrowing scenes.

"I needed that there, it was a lovely job to balance out the darkness with this light. It is a book for these times, you have to be resilient and deep, you can't solve it but you have to survive it, which is what we are all trying to do through this COVID

"There are so many aspects to this book, understanding the theatre of World War I, the battles in the region and where all the soldiers

came from. I had to understand the era itself, what people were like, what they were eating and doing and how they coped and survived.

"How did they make champagne in that time and under war conditions. There were so many layers, I thought I was going mad with so much to juggle.

"But it's important you stay the course because the whole aim of the historical writer is to put the reader into a bubble that they feel they are walking with these characters in that time and they can believe everything feels real and credible."

McIntosh, who lives in a small farm in the 'middle of nowhere' in South Australia, says she has written two books this year because of COVID constraints. "I would normally find this an impossible task but we couldn't go anywhere which puts pressure on future books."

A new book, Mirror Man, a 2021 crime novel, the third in the Jack Hawksworth series, is being edited and an historical release, *The Spy's Wife*, is due for release late next year.

"Normally I would be in Germany and Britain doing research but I'm a bit hamstrung. I'm relying on information gathered there earlier this year when I bolted home before the doors closed on Australia. The 2022 book will probably be a book set in Australia."

The Champagne War (Michael Joseph, \$33) is out now.



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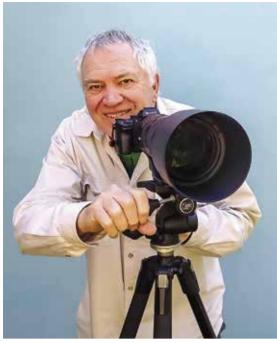
Guide Dogs







# Western Australian bird and flower lover publishes handy book of tips and pics



Chris Tate at the lens

#### by Lee Tate

Spread gove including to providing action gional even stamatic. Then he and a school mate tried valiantly to photograph wild birds.

"It was near-on impossible," laughs Chris who today is an awardwinning nature photographer. After a career in widespread government roles including tourism and providing advice to regional event managers State-wide, Chris developed his artistic skills – photography, sculpting and painting from his

home in the south-west. He is a contributor to national nature publications, has won numerous photography awards and produced his first book, *Photographing our Brilliant West Australian Birds and Wildflowers*, published exclusively by *Have a Go News*.

Chris believes that with the widespread availability of cameras, there are many useful tips – without being too technical – for novices and people using cameras on their phones, iPads and other devices.

"The book is not about which equipment to use but a reference guide with tips on how to compose images in the frame and what to leave out, how to take better flower images and how to approach native birds without scaring them off," he said.

"Knowing how to approach wildlife and the best ways to lessen background clutter increases the standard of your photos so much more. I think it boils down to creativity."

When, aged 16, visiting his school mate, Ray, in Katanning, Chris was shown a single-lens, reflex film camera, which was unusual in those days.

"Ray's dad drove us out to a bush reserve where we built a small wooden tower up to the nest of a western yellow robin.

"We took turns sitting in the small hide and photographing the adult birds as they came in to feed the chicks. After several days, we processed the black and white photos using an enlarger and chemicals.

"The results were surprisingly good and I still have my best image some 50 years later," Chris said.

"Now there has been huge advances in technology. But not everyone knows how to use it. You could question if there will be a future place for photographers with so many apps, automatic camera modes and effects in-camera and on devices.

"With a bit of understanding, results can be more imaginative and interesting," he said.

Chris recalls working, briefly, at WA's original, professional colour laboratory in Subiaco.

"Rolls of negative film had a code cut into the top edge which you had to learn to recognise by touch in the darkroom to determine which chemicals were used to process them.

"It was very embarrassing when I dropped a professional photographer's roll of film into the wrong bath and destroyed all his images. When he came in to collect his precious photos he was advised the 'new kid' had ruined them all."

Chris gave photography away for many years until he went on a walking safari in South Africa.

"I bought my first digital camera and telephoto lens to capture the wild-life. It really reinvigorated my interest in photography again," he said.

Chris joined a local camera club and learnt a lot about all aspects of photography. To have his images published, he wrote articles for newspapers and magazines and entered photo competitions.

A fourth generation West Aussie and youngest of four boys, my brother Chris has been in various management roles in Kalgoorlie, Karratha and Bunbury.

After his first full-time job delivering telegrams on a bicycle from the Cottesloe Post Office, Chris worked with SGIO for 24 years.

He worked with Homeswest and then for 16 years, Tourism WA, including six years as Wheatbelt regional manager and 10 years as regional manager of EventsCorp.

A keen cyclist he entered events in Tasmania, South Africa and WA.

Chris was appointed official photographer for the State Cycling Championships, Boyup Brook Country Music Festival, Nannup Music Festival, Christmas Island Bird Week and Bunbury Multicultural Festival.

A Perth Royal Show nature section judge, Chris took photos for the maps of the Bibbulmun Track and Munda Biddi Bike Trail from Perth to Albany.

"Photography is a creative and artistic activity that gets me outdoors, bush-walking, travelling and enjoying nature. I have met some really interesting people, been

on some incredible ventures and seen so many amazing natural sights," he said.

His competition wins include: Kings Park Wildflower Photo, Our Planet Travel, Austraflora Photo, Bunbury's Setagaya Sister Cities, WA Travel Best Holiday, Curtin University National Science Week, Aquest Photo and Shire of Dardanup. Plus his winning images featured in five calendar photo competitions.

Facebook: Chris Tate Photography and Chris Tate-Bird Images. www. christatephotography.

To purchase a copy of the book for \$25 call the office on 9227 8283 or see the form on page 14.



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# Interesting array of guest speakers for retirees meetings in 2021

DIETITIAN Fabienne Byrne, will be the guest speaker at the next meeting of the Association of Independent Retirees held on 21 January. What better time to find out more about healthy eating than following the Christmas and New Year festivities than in January?.

The speaker on 18 February 2021 will be Ashley Merrett who is

the community ambassador and community and stakeholder Engagement person for NBN in Western Australia.

The discussion will cover topics about how to connect, in home optimisation, scams awareness and a question and answer session.

AIR represents the interests of self-funded retirees to government at all levels – they are completely apolitical, solely seeking to improve and maintain the

positions of Australian retirees.
The membership

consists of people who derive at least a portion of their income from independent means, however, at least half of our members rely on the Age Pension for a substantial part of their income.

The first meeting for 2021 will be held under the current WA COVID-19 rules; the group is restricted with attendance numbers. Therefore, for those who wish to attend as

a guest please reserve a seat by registering your interest.

All meetings are held at the Penistone Park Community Sporting Facility, 27, Penistone Street, Greenwood.

All AIR members and any interested guests are most welcome. Cost \$4 per person including raffle, tea or coffee.

For further information please contact Mike Goodall on 08 6364 0859 or e-mail pnsair@gmail.com for further details.



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# **Grandparents fight against climate change**



Some Extinction Rebellion protestors recently demonstrated against the proposed gas field at Browse Basin, north of Broome © Miles Tweedee Photography

#### by Frank Smith

A GROUP of eight grandparents spent a week on hunger strike at Florence Hummerston Reserve, opposite Chevron's St Georges Terrace Perth headquarters, protesting the oil giant's proposal to develop the Browse Basin gas field, last month.

Grandfather Tom Webster told *Have a Go News* about the demonstration.

"We are a group of grandparents who are on a seven-day hunger strike here in Perth.

"We, like many others, are very worried that the planet will not be habitable for our grandchildren and want our environment conserved and kept in the beautiful condition we received it in.

"Chevron are proposing to extract gas from the Browse field in WA's north that will release four times the amount of carbon dioxide into the atmosphere as Adani. This will accelerate global warming which we are trying to prevent."

Retired UWA professor, Neville Bruce was one of the three men who did not eat for the whole week, said he joined Extinction Rebellion about a year ago because he thought it a worthwhile cause to bring the threat of climate change to public attention.

"I have been arrested twice," he said. "Once in

a demonstration at parliament house against a bill to enable gas extraction and once while drawing attention to Chevron as the private company with the largest carbon dioxide pollution footprint in WA."

Three people lasted the whole seven days without eating any food, only water, five others joined for a short time and several people joined the group to show their support, including two doctors who checked on the health of participants.

"I did not eat for seven days, but that pales into significance compared to the 100,000s of children who are likely to starve as a result of climate change,"

Mr Bruce said.

Extinction Rebellion is a global movement that aims to achieve political change by non-violent civil disobedience.

The organisation is pressing governments to declare a climate and ecological emergency. They say government must act now to halt biodiversity loss and reduce greenhouse gas emissions to net zero by 2025.

Extinction Rebellion's vision is to create a world that is fit for generations to come by creating a regenerative culture which is healthy, resilient and adaptable.

They challenge people to leave their comfort zones to take action for change.

Last year a group of about 400 men, women and children from Extinction Rebellion marched along William Street through the heart of the city during the morning peak hour.

The protesters gathered near Elizabeth Quay about 8.30am and made their way up to St Georges Terrace, stopping traffic on the Esplanade as they went. They staged a yoga session in the middle of St Georges Terrace before continuing to Hay Street.

They then staged a sit-in protest, with some protesters linking their arms with plastic pipes and chains, before being dispersed by police who arrested some 65 protesters who refused to desist.

Mr Bruce said another protest is planned for later this month but details had not yet been made public.

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# Where opinions matter - isn't it time the media changed their news approach



by Lee Tate

WINDS of change that swept across so many aspects of our lives this year have not touched the news approach of our daily media.

The media has, of course, much to answer and has been called to task over generations.

With the ABC, criticism has centred on its perceived leftish approach. With newspapers it has been about sensationalism.

Do media barons and editors ever seriously consider what the public wants?

I have yet to discuss

media matters with anyone outside the media who doesn't want to tip a bucket on our daily media. Many saying they've stopped buying daily newspapers or switched off mainstream TV chan-

Social media has swamped us with so-called news, information and entertainment, often blurring the lines between news and entertainment. All hail the celebrity.

The public has greater access to information than ever before with more devices and more outlets for TV, radio and online but amongst it all, where is the quality news outlet?

Daily and weekly newspapers have responded with bigger headlines, bolder statements and celebrity/showbiz overkill.

Sure, celebrities making more money than giant corporations and small nations are chang-

ing culture and therefore part of the news. But where's the balance?

Billions of dollars have been sunk into media outlets for brilliant new technology and higher quality pictures but serious journalism has wilted. Fake news or junk news?

There's an old saying: "The media dumbs-down the news to a 12-year-old's mental level".

There are exceptions. Have a Go News is an independent newspaper, not involved in daily or weekly news headlines and its balance in delivering information with its strongly-growing circulation speaks for itself.

For a long time, TV networks and newspapers have feared that serious news coverage, minus the hype, will bore audiences. But it all comes down to the quality of the presentation and the authority of the presenter.

thority of the presenter.

News groups need to

select and train their talent to properly inform and entertain their audiences. Truth and believability should be the vital ingredients, not occasional additives.

Surely the media has a responsibility to the community to tone down negative news and 'beat-ups'. Evidence clearly shows these can have a significantly negative impact on societies.

Experts warn against watching, reading and listening to too much news on account of its overwhelming, manufactured negative-themed drama.

In the dog-eat-dog media world, it would be fantasy to believe that competing media rulers will put their heads together for the greater good and adopt common guidelines. But they could at least temper their approach to the daily news to reduce negativism, inaccuracies and that blurring of the lines between

news and entertainment.
The ABC, SBS, commercial networks and radio stations commonly lead their bulletins with murders, violence and car accidents: crime,

well as celebrities.

With all that is happening at any time in the world, our media outlets highlight local assaults, crimes and crashes that directly affect relatively few viewers and listeners.

courts and crashes. As

Yes, it's a sad fact when an 85-year-old man is assaulted in his home or a woman is attacked in Northbridge but just because the media has obtained 'good' pictures, this should not justify its placing high in the news list.

We see bloodied faces, sobbing women, smashed cars and high drama in places far removed from us dominating our headlines. What's to be done?

For the public to ex-

press an opinion, generate debate or seek change, how are they going to get their messages out? Media moguls take criticism badly.

Dissemination of rel-

Dissemination of relevant news and information is good for societies, raising levels of debate, knowledge and community involvement.

Can news be interesting, relevant to our lives, helpful in making decisions and dealing with governments and bureaucracy? You bet. It just needs to be steered the right way, kept concise, lively and, where appropriate, opinionated.

Dramas aside, how much do we learn from the news about what is happening all around our State, our nation and with our Asian neighbours? How often do we hear from farmers and Indigenous people?

Aside from a few highflyers, how much do we know about our State's business, government and community leaders? What issues are impacting our doctors, nurses, police and teachers other than industrial action?

What's happening at our schools and universities? How much influence do 18 to 20-year-old voters have on elections? When are employers and unions given a voice outside their periods of conflict?

The world, and our own backyard, are brimming with constructive news, information and entertainment that go largely unreported or misrepresented.

Let's have the transparency we demand of our leaders and public institutions. In this changing world, now seems an excellent time for mainstream media to turn the spotlight on itself.

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

# Petition for record check for underpaid UK women gains traction



by Mike Goodall

THIS will be my last up-

date for 2020 and like most people I will be delighted to see the back of 2020. In fact, I think that I can already hear serious celebrations taking place.

The recent petition raised by Sir Steve Webb, calling for the UK Government to use its records to identify all the women who had been underpaid, not just the

one group of married women whose husband's reached State Pension Age (SPA) after 17 March 2008. Their pensions should have been automatically reviewed for possible increase when their husband reached SPA. The petition has reached 12,612 signature which exceed the 10,000 required for a Government response.

The Government response was published on 18 November and confirmed that the Department of Works and Pensions (DWP) has started a wider State pension and record check to identify married women who may be being underpaid. This will also include widows who should also have received an increase following their

husband's death.

The DWP is also exploring how it can most effectively check State Pension records to identify other widows and those aged over 80 who may not be getting their correct State Pension entitlement.

This could mean that some additional cash might arrive in bank accounts before anything arrives in writing from the UK, because the post is so slow.

I am following up with Sir Steve a few queries regarding the Government response. If there are any changes to the above I will let you know. Hopefully this will mean additional payments for quite a few people who

are living in Australia.

Best wishes to all our

readers for Christmas and the New Year.

## Am I UK State Pension Age?

UK Expats born between 6 October 1954 and 5 April 1960 will be eligible to claim their UK State Pensions from their 66th birthday.

Those born after 6 April 1960 will discover that the age that they can claim will increase by one month extra for every additional month of birth until 6 March 1961 when it will become their 67th birthday.

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

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# Silver tsunami may be a bonus for all Australians in the future



Dr Jane O'Sullivan

#### by Frank Smith

A REPORT, authored by Dr Jane O'Sullivan of the University of Queensland, for Sustainable Population Australia (SPA), was published last month. It argues that increases in the proportion of older people benefits Australia.

With people living longer than ever and the baby-boomer generation reaching retirement age, some people worry that we will run short of workers and taxpayers. This has been labelled a silver tsunami, but Dr O'Sullivan says demographic ageing will stop well before that occurs.

She says retirees will never outnumber younger adults.

In the countries that have aged the most, such as Japan, there is no shortage of workers. Instead they have less unemployment and underemployment.

"The move in Japan to employ robots in aged care is mainly because economists predicted a shortage of care workers. Employment is driven by demand, not supply. Therefore as societies age older people who want to work can stay in the workforce," she said.

Only a small fraction of rising health costs is due to the rise in the proportion of older citizens. The

major increase in costs is due to new, improved and more services per person. At least until recently, increased longevity has deferred, rather than extended, the period during which older people need more health and aged

Australian government policy has encouraged high levels of immigration and higher birth rates. This can slow, but not prevent, population ageing.

The cost of extra infrastructure and education needed to sustain population growth is greater than the avoided costs of pensions, health care and aged care, Dr O'Sullivan

Nowadays most people born in Australia are able to live long and healthy lives. But this unquestionable good has become clouded by anxiety about its inevitable consequence: there are more

The report says an older, stationary or declining population offers many benefits for quality of life, environmental sustainability and economic sta-

An older, declining population can be:

· richer with less underemployment, lower debt and better balance of trade

- · smarter with a more experienced workforce · safer with less crime, bet-
- ter infrastructure, and less risk of critical shortages of water, food, energy or other limited resources, and lower pandemic risk fairer with better pay and
- job security greener with lower greenhouse gases and other pollution, and more
- space for nature · healthier, as we spend more of our life in good health and avoid the stresses of insecure emplovment

ing, commuting, competing, concrete jungles and crowds, and more time for ourselves, family and

community.
Dr O'Sullivan says demographic ageing is inevitable and public policy can be adapted to accommodate it. In fact market forces are already doing this for us. The pace of these adjustments is far gentler than those achieved in response to globalisation of labour or the information revolution.

While the whole population is getting older, we are now ageing better than ever before and this trend will probably con-

political voice The of older people is also strengthened as their numbers increase. More attention to the issues faced by older people will pressure politicians to

deal with long-neglected problems such as oldage poverty, loneliness the accessibility and of public buildings and transport systems.

Increasing digital literacy of older people will help improve social contact. access to services and independence.

She writes that a mature society is not just a society for the elderly. In a country with a stationary or declining population, children can be better supported to fulfil their potential. Young adults are more likely to access secure jobs in which their contribution is valued and older workers can be offered greater flexibility to remain in the workforce to the extent that they choose.

Families are more likely to achieve affordable housing and less income inequality. More volunteerism by our army of able retirees will add to social cohesion.

Native animals will also benefit by the lessening of the habitat destruction they face as Australia's population grows. Moreover future generations will have a greater chance of enjoying a world with a benign climate and healthy biodiversity.

The report says these depopulation dividends are there for the taking. An older, stable or declining population will provide a silver lining to the otherwise darkening clouds of environmental and social crises.

Sustainable Population Australia (SPA) is an independent not-for-profit organisation seeking to protect the environment and our quality of life by ending population growth in Australia and globally, while rejecting racism and involuntary population control.

# Services Australia's end of year help for Age Pensioners a big boon



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

DECEMBER can be a busy time and with everything 2020 has thrown at us, this holiday period may be particularly challenging.

Here are some of the ways Services Australia can help support you over this time.

#### **Economic Support Payment**

As announced in the October Budget, we'll be paying a further Economic Support Payment of \$250. This is for people who received payments including Age Pension, Carer Payment and Disability Support Pension on 27 November 2020. If you were on any eligible payment on that date. you'll get the \$250 in your bank account in December. The full list of eligible payments can be found on our website at servic esaustralia.gov.au/eco nomicsupportpayment.

The good news is this will be paid automatically, so you don't need to do anything to receive it.

**Work Bonus** 

Although this is a year like no other, some Age Pensioners may still do temporary jobs in December, like helping in a local shop or even being the Mr or Mrs Claus at your local shopping centre. With our Work Bonus, it's possible that your extra income doesn't have any impact on your rate of Age Pension at all.

The Work Bonus reduces the impact of income from wages or from self-employment on your pension. It only applies to income that has come from your own active participation, not to investment income like dividends or rent.

With the Work Bonus. we don't count the first \$300 a fortnight of your earned income. So if you've earned \$400 in the fortnight, only \$100 would be included as assessable income.

On top of that, every fortnight you didn't earn an income from wages or self-employment, that \$300 is set aside and continues to build up until it reaches a maximum Work Bonus Balance of \$7,800. What this means is that if you do some work in the future, that income goes against your Work Bonus Balance first. The great thing about that is your pension will not be affected until that balance is all used up.

So if you tell us you've earned some money over December, don't be surprised if your of Age Pension doesn't change.

Until next time.

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

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#### **Webber Gardens**

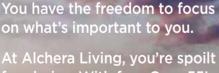
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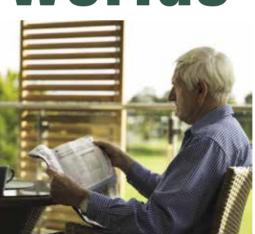


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# Community leadership celebrated for seniors in the northern corridors



Peter Kenyon (centre, rear) with some workshop participants at Bramston Park Community Sporting Facility

MORE than 80 seniors from 60 clubs and groups across the northern corridor took part in a series of events organised by the cities of Joondalup, Stirling and Wanneroo as part of Seniors Week (Sunday 8 to Monday 16 November) celebrations.

Seniors Lead-The ership program, supported by the Depart-ment of Communities Age-Friendly and Dementia-Friendly Grants Program, included a number of inspiring and

engaging speakers. Tim Muirhead, founder of Community Spirit Development, spoke about how strong communities could be the foundation of wellbeing by helping build connection and belonging.

Peter Kenyon spoke about drawing on the skills and passions of a group or club and the principles of Asset Based Community Development (ABCD), while Gareth Durrant took the group through some

simple activities which help unlock ideas, creativity and problem solv-

There was also plenty of entertainment on offer including performances from actress Jenny Davis and the Circle of Friends women's community choir, bowling, trishaw rides and origami.

One of the highlights was Wanjoo Seniors Club president Margaret Cohen's impromptu performance with Johnny Cash impersonator Monty Cotton.

The program helped raise awareness about Age-Friendly Communities, a framework that underpins the three local governments' Age-Friendly Plans.

Other focus areas included Act-Belong-Commit, mental health. diversity and inclusion, dementia friendly communities, volunteering, digital education programs and how seniors can better engage with local government.

## Burswood Park overrun with seniors - Rose Hope shares her Have a Go Day account



The Have a Go News hospitality tent

by Rose Hope

SITTING at my computer I had intended to print out my most recent article.

However, the printer has a mind of its own. Page after page of accounts written about COCOA (Come Out Camping Older Adults) camps began to spew forth faster than a mob of bungee jumpers.

I did what I do best on such occasions, I panicked and threw the whole system into chaos.

Armed with the result of the previous day's disasters and as many Have a Go News papers as I could carry, I made my way with just about every other senior in Perth and beyond to Burswood Park. The whole area had become a huge tent city. Dancers dressed in colourful outfits added to the gaiety. Everything needed to make seniors' lives as comfortable and enjoyable was being promoted. A huge hospitality tent became a free café offering tea, coffee and

Arriving for duty around 11.30am I got stuck into work at the COCOA club tent, talking to anyone who couldn't escape and distributing Have a Go News with a gentle reminder to look at the article on page six which described COCOA's latest escapade.

When the newspapers were gone I got rid of all the previous day's catastrophes. I left around 3pm with a crook back and sore feet. But hey, I had a good day!

Oh, by the way the COCOA club will be holding its next outing at Rockingham beach on Wednesday 20 January 2021 and its next camp will be at Quaranup near Albany from Monday 8 to Saturday 13 February 2021.

For further information contact Judy Hampson on 0450 735 415.



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# Letter to the editor

Submissions may be edited for clarity and space.

Dear Editor.

I JUST want to thank the organisers, Seniors Recreation Council of WA so very much for a wonderful day at Have a Go Day 2020. I thoroughly enjoyed it.

I was especially impressed with all the sanitiser

stations - very thoughtful.

All the stalls were excellent and so full of very helpful tips and information, and you even had the lovely horses to see and pat - they certainly like their car-

Everyone was very friendly and patient (except a few greedy attendees), and the whole event was very well laid out and organised, as well as being at an excellent and accessible location. It was a relaxing and fun day, a great day out, and I'm already looking forward to next year's

Thanks again, a brilliant day and a job exception-

Cheers

**Sue Curtis** Via email

Ed's Note - Well done to Dawn and Martin from Seniors Recreation Council (SRC) of WA who both worked extremely hard to jump through the COVID loops to bring this brilliant event to the people of WA. We are proud to be SRC's media partner with our long running relationship which clocks up 30 years in 2021.

Are you interested in helping us shape the future of residential aged care as a consumer?

Bethanie is launching a new Consumer Advisory Group with a focus on residential aged care.

If you are interested, and are available to attend regular meetings, please call 131 151 for an information pack.





#### Bethanie seeks expressions of interest for membership of CAG BETHANIE, one of WA's leading providers of aged care and retirement living services, is looking for

members to join a new Consumer Advisory Group (CAG) focused on improving the organisation's quality residential aged care services.

Bethanie's CAG will be comprised of a diverse range of aged care consumers or representatives that have a keen focus on shaping the future of residential aged care.

Bethanie's newly established

CAG will aim to keep residents and customers at the heart of everything they do. They will advise on best practice within the aged care sector to achieve better outcomes for the entire Bethanie community and also meet the changing needs and expectations of future generations.

Those who express interest in joining must either have personal experience within aged care homes or represent an organisation with a specific interest in consumers of aged care services.

CAG members will have an active consultative role in Bethanie's major projects, assist in the development of community engagement activities and provide advice on a variety of care and service initiatives.

Bethanie will offer ongoing support to all members with consumer advocacy training opportunities.

If you are interested in receiving an information pack, please call

## StrokeSafe volunteers needed for community groups

THE STROKE Foundation is looking for volunteers to be StrokeSafe speakers for community groups and workplaces.

The talks teach groups how to recognise a stroke, what to do if someone is having a stroke and how to prevent strokes.

The talks are offered free to community groups because speakers volunteer their time.

The talk includes the Think FAST initiative, which stands for Face: has their face dropped? Arms: can they lift both arms? Speech: is their speech slurred and do they understand you? Time: call 000 as time is crucial.

For information on becoming a StrokeSafe speaker, contact Helena Johnstone at hjohnstone@stroke foundation.org.au or 0424 699 565.

#### Find the secret word to win a \$200 shopping voucher



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

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

Find the 11 letters to

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

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

- 1. Catholic Homes
- 2. Nicholas Ciovica
- 3. Crystal Swan
- 4. Comfortstyle **Furniture**
- 5. The Dating Agency 6. Aussie Redback
- Tours 7. Quality Inn Railway Motel
- 8. Hall & Prior

9. Helena Valley 10. Sonia Mak

11. The Bodhi Tree

Entrants can enter via email win@ haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/12/20.

Congratulations to Diane Looffen, of Ascot, our October 2020 winner.



Belswan Lifestyle Village Pinjarra has an offer well worth considering. A select group of brand new strata titled house and land packages are being released from \$299,000 when combined with the \$45,000 of government grants available till the end of this year.

Enjoy resort style facilities – including a great clubhouse, bowling greens, plus a state of the art spa and swimming pool – the list is endless. Situated in the progressive rural hub of Pinjarra the town offers great amenities including racing and pacing venues, a pro standard golf course, a zoo, medical facilities and a comprehensive shopping complex anchored by Coles.

You'll love the relaxed country environment with everything close at hand.



Register your interest with Robyn on **0418 464 269** or by emailing **belswan@seniorsown.com.au** but don't miss out act **NOW**.









# And so, this is Christmas, what a year to have done...



Rick starring as the front legs of the horse at school



#### by Rick Steele

A NATIVITY play or even the display of the iconic scene in a shop window are not seen very often these days.

Back in my day, or the early fifties, being in the nativity play while in grade one or two could lead to an acting career, Hollywood, an Oscar, or at least the envy of your classmates.

And so it came to pass that the teacher was allocating the leading roles... The three wise men. There were supposed to be four, but apparently one of them knew a shortcut

to Bethlehem.

Joseph had already gone to the most popular boy. So there I was competing with the dumbest kid in the class whose surname happened to be Wiseman. The teacher concluded that because of his name, he got the role. I was bought off to be one of the shepherds. Big deal.

We got to hold a crook, clean up the droppings and try and control the baby lamb. The said beast was eventually taken off set for being too noisy and disruptive while Mary was nursing baby Jesus. Well do I still remember my mother dampening my hair with her spittle while she bobby pinned the tea towel to my head.

I was granted a speaking part. "Hark ye, look upon that star!" We, the shepherds were also responsible for leading the singing of the universal carol; "While shepherds washed their socks by night all seated round

the tub.'

We were also required to wish "Peas and goodwill to all mankind". Why peas, I asked myself?

The critics were kind and my next starring role was the front legs of a horse, (a talking horse of course). No, it wasn't Mr Ed. I concluded it was much better than being the back side.

To whom it may concern. The internet tells me there are only 15 shoplifting days till Christmas.

It is quite amazing what some children want for Christmas. Kid kept crying to his parents that he wanted a Mickey Mouse outfit. They finally managed to score one of Bill Shorten's old suits.

There was a kid down our street who pestered his parents unrelentingly. "I wanna watch." I heard that finally they let him.

As the season to be jolly approaches, and the office parties swing into step, perhaps one should

also consider those less fortunate than us like the poor Victorians and or the Adelaideans. I think the Christmas season, more than any of the other holidays is such a doubleedged sword. Family or not, statistics tell that one in five Aussies are lonely. Not all families get on, it's true, but the tyranny of distance and the pandemic leave me with seven out of eight grandchildren in lands far, far away.

For those in hospital, caring homes, boarding houses, the streets, couch surfing, gaol, or under the same roof where evil exists, Christmas, more than any time, can be the worst time of the year. It is a time for empathy and understanding.

standing.

The Perth Blues Club will be partying on Tuesday 8 December while celebrating our 28th birthday. A wonderful achievement for a club that has established such a prestigious reputation nationally and run entirely by volunteers.

I will be so proud to sing a song that night, along with our favourite songstress, Sue Bluck and a great team of our best The band is directed by internationally respected keyboard man, Bob Patient with his allstar team. Should you be unavailable for Birthday Blues; two weeks later it's the Christmas party on the 22 December with special appearance by the Jenny Craig reject in the red suit.

Our favourite James Bond has left the building. Not so long ago 'Q' presented 007 with a new watch. Whilst sipping on his martini, the obligatory beautiful damsel espied the special chronometer. "Ah yes," James replied; "It is the latest telepathic model and it tells me you are wearing no knickers!"

"The jokes on you," she giggled, "cause I am."

With that James taps the watch and says. "Well I be, the bloody thing is running fast!"

Cheers dears.

# Building mental strength takes resolution especially during a bike ride



by Jon Lewis

A REVELATION came to me while I was cycling on the Forrest Highway.

I had promised my darling wife Gloria a birthday present she would love. I suspected as we had celebrated our 10th wedding anniversary it could be a diamond. Well, she chose something harder.

A cycling tour of the south west. Oh my!

My destination was closer with each moment, yet the wind was strong and the traffic was loud. An annoying voice was asking me to quit. The voice had a complaining and trying sound to it. It was the loudest thing in my head. I wished it would stop. I also wished that it

didn't make sense.

Then another voice spoke to me. This one was clear and reasonable. It said to me, 'yes you can quit but that won't get you out of this situation. What's more each moment you put off quitting you are closer to the destination. This is also the solution.'

It couldn't have been simpler, all I had to do was

keep going. That was all I had to do. Resting was ok and it was important. Also, I wasn't alone. There were the reassuring honks of horns as if to say 'Keep going.' I liked that.

We eventually made it to our destination and celebrated with a dip in the pool.

I discovered on this journey I had more mental

strength than I gave myself credit for. What's more I am now wondering if it is a muscle I can grow?

Just like going to the gym for body muscle, could I go to a mind muscle gym?

Could committing to a course in a foreign language do it? What about reading a book cover to cover. Maybe watching a subtitled movie, going without a mobile phone for a day, keeping all commitments, cleaning the house everyday... What do you think would build your strength?

Consider that for the present.

On behalf of my wife and I, Merry Christmas and a Happy New Year.
All the best.



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**J** 1300 88 98 35

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9News' Monika Kos on the news desk

continued from front cover

# News is in their blood

by Jennifer Merigan

"Between Thommo and I, we've been on Perth television screens for almost 65 years. We've decades of presenting and on-the-road reporting experience. Thommo's become part of the furniture at Nine and I'll be a new piece, albeit vintage,' said Kos.

Michael Thomson said he is very excited to have Monika join the 9News team. She's highly respected, has great experience and knows Western Australia

"I've known Monika for many years and I'm thrilled she is joining us - she will be a great asset to Nine. She knows Perth and Perth knows her. I'm looking forward to working with her," said Thomson.

Kos said that starting news coverage at five will keep people fully informed earlier with extended news coverage. There will be light and shade, hard news and lots of local content. "It's tremendously exciting because

the stretch between five and seven at night is what I call settling time.

The kids are home from school grownups come home from work, empty nesters are thinking about dinner and catching up on the day's events before retiring for the night."

The new bulletin demonstrates Nine's commitment to bringing viewers the most comprehensive news coverage from a top team of journalists.

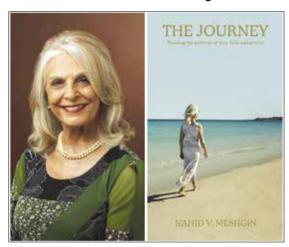
Monika Kos has been a great supporter of this newspaper. Over many years she has come down to Have a Go Day, served teas and coffees and met many of our readers. Recently she asked me to join her for a news panel on the Radio 6PR Sunday program she was doing prior to this new appointment. She understands the wants and needs of this readership.

"Our most loyal viewers are the mature demographic. Yes, Have a Go News readers. And we will look after them.

"I really encourage people to call into the Channel Nine newsroom, if there any stories or any events that they believe should be covered, don't ever hesitate to put a call in and let us know about what's going on in their community, what's going on in their lives...," said Kos.

"I'm excited to call Nine my new home, at the top of the terrace in the city, and I hope you'll join us from 5pm Monday to

# The Journey - treading the pathway of love, faith and service



Nahid Meshgin and The Journey book cover

SET across four continents, Iranian born Nahid Meshgin's story is one of loss, privilege, religious persecution and change.

After being forced to flee her homeland, Meshgin had to set down new roots in a new country not once but twice.

The Journey tells the story of her life with key spiritual principles and timeless virtues of her Baha'i Faith guiding her to tread a path of love, faith and service

"I wanted to share my story in the hope that others may find some commonality in my journey, an appreciation of the beauty I have witnessed in the places I have visited and within the hearts of the people I have met,' Meshgin said.

"It is also my heartfelt wish to encourage a understanding deeper of the bonds which join us all as members of humanity, for I have come to learn that we are each more similar than different, more connected than separate and we all share an underlying desire to live in peace.

"This has been a truth

which I have seen expressed and personally experienced among people from all around the world.

Much like the shifting desert sands of Meshgin's homeland, external change has been ever present in her life, yet at the same time, she has experienced an enduring stability which has been guided by a deep connection to family, fellowship and faith.

Without each one of these elements operating in my life, the other would become meaningless, so

the contrasting forces of change and constancy have become my allies and companions along the path.

"With the wisdom of hindsight, I have come to see that each taught me the valuable lessons I needed to learn in order to undertake the journey which lay ahead and gifted me with the tools required to navigate the way. For me, they have served as my inner compass, keeping me true to my course as life beckoned me forward."

Meshgin's autobiogra-

phy, The Journey is available at www.amazon. com.au for \$9.95 AUD as an eBook, or as a physical book at www.bahaibooks. com.au for \$29.95 AUD plus postage and features 90 full-colour photos.

#### **WIN WIN WIN**

To be in the draw to win one of five copies of The Journey simply email win@haveagone ws.com.au with The Journey in the subject line or write to The Journey c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/12/20.

#### **Handsome Gent Mid 70s**

Tall, solid build and blue eyes. Seeks genuine lady for friendship/long term companionship. He enjoys dining out, movies, live theatre and so much more. If you would like to meet him call now for more details.

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#345 **DECEMBER** edition puzzle solutions from page 47.

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Sudoku page 47

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Crossword page 47

Answers for Have a Go News Quiz page 2: 1. Liquefied Natural Gas 2. 53.5m 3. Koko 4. 14 5. Shirley De La Hunty 6. 87 7. Rock lobsters 8. 1962 9. Wave Rock 10. South Sea Pearl

# Celebrating Western Australia in two books



Name: Address:

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Awesome WA, 1001 Fair Dinkum Facts about Western Australia - Journalist Lee Tate has compiled this book about the weird and wonderful of Western Australia.



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#### Have a Go Day 2020, a LiveLighter **Event; Remembrance Day**

On 11 November, Have a Go Day, a LiveLighter Event, was held in the grounds of Burswood Park The weather was perfect for the many thousands of participants who came along. This year SRCWA partnered with the Victoria Park-South Perth RSL subbranch to include Remembrance Day observances.

The official welcome was emceed by Simon Beaumont from 882am 6PR and it was a pleasure to have the Hon Mick Murray MLA welcome everyone to the event and praise SRCWA. A moving Welcome to Country was conducted by Mort Hansen.

During the official opening wreaths were laid by Hon Mick Murray MLA, SRCWA state president Phil Paddon and Ron Baker from Victoria Park-South Perth RSL. The bugler Luis Lim called everyone to a one minute's silence around the grounds and then two planes did a fly past and poppies dropped from

The WA Police Pipe Band played the National Anthem and at the conclusion of formal proceedings the band escorted the Over Fifty Five Walking Association, The Heart Foundation walkers and other participants for the official Have a Go Day walk.

People were encouraged to have a go at activities including; boomerang throwing, canoeing, walking, riding on a trishaw, laser pistol shooting, climbing wall, petanque, croquet, pickle ball, disc golf, metal detecting, exercise to music, square dancing, Morris dancing, tap dancing, line dancing, yoga, breathing exercises, cooking demonstrations and more. Free tea, coffee and bottled water was available at the hospitality tents assisted by a large team of volunteers and compliments of Have a Go News.

There was a wide variety of information and display stalls for people offering information about clubs and groups, model boats, MG car club, classic Speedway, antique bikes, collectable displays, gemstones and many of the sites included information and giveaways. Health checks were also available at different

The entertainment stage was sponsored by Ingenia Gardens which also ran activities throughout the day, thank you Ingenia Gardens for your support. The entertainment was emceed by Jim Drysdale and Jenny Cole with the line-up including WA Bush Poets and Yarnspinners, Jazz Club of WA, WA Police Pipe Band, Jim Sings Country and Terry Bennetts with Sally Jane rounded off the fabulous line up just prior to the prize

#### **Major Prize Draw Winners:**

1st prize donated by Crown Perth - \$2,000 Crown Towers Experience: T. Payne

2nd prize donated by Have a Go News and Kings Tours and Travel - \$500 Visa Card: S. Saratsis 3rd prize donated by Telstra Australia - Technology essentials prize: V. Wong

Seniors Recreation Council of WA has an amazing volunteer team who work tirelessly for 12 months prior and spend three, 12-hour days setting up the event. It was particularly difficult in the lead up with the uncertainty due to COVID and the extra requirements needed to present a COVID safe event.

Our thanks and appreciation go to both past volunteers and the current team who through their dedication ensured a professional event was delivered for WA's seniors. The coordinating committee who organise the layout and management of the event had a challenge with two days of rain and windy weather hampering efforts. True to form all volunteers were on board at 5.30am on the day.

Thanks to the team of trustees from Wooroloo Prison who attended on Tuesday to assist the coordinators with setting up and on Wednesday to assist where needed and with pack down.

Have a Go Day would not be possible without these volunteers

SRCWA would like to thank Burswood Park Board for hosting Have a Go Day. The grounds staff do an

amazing job with the park and in supporting SRCWA. Thank you to Crown Perth for providing sponsor-

ship and for providing free parking in the high rise parking complex and the first prize for the major prize

Thanks to our media partners for their promotion: our major media partner Have a Go News, Channel 7. Home in WA, 882am 6PR and Curtin 100.1fm.

A big thank you to Lotterywest which once again supported SRC with a major grant. We also thank the Government of Western Australia for their ongoing support and for additional funding enabling us to once again employ a part-time administration assis-

SRCWA wishes to once again express a huge thank you to all our valued sponsors, partners and supporters that provide the means with which to make Have a Go Day, a LiveLighter Event, a success. Burswood Park Board, Lotterywest, Crown Perth, Have a Go News, Government of Western Australia, LiveLighter Healthway, Channel 7, Channel Seven's Home in WA, 882AM 6PR, Ingenia Gardens, Studio TwentySix Photography, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, Telstra. The Hire Guys and Scarboro Toyota.

#### Diary note for Have a Go Day 2021

Have a Go Day a LiveLighter Event in Burswood Park will be held on Wednesday 10 November 2021. Registrations for exhibitors and site holders will open early April. Put this date in your diary and if you would like to attend as a site holder in 2021 contact the SRCWA office on 9492 9773 to request to be put on the data base to receive a registration form.

# Not just paddling, this club has camaraderie



HAVE-A-GO NEWS No. 345 DECEMBER 2020

Members enjoying lunch after canoeing



by Ken Westover

FRIENDSHIP has always been high on the agenda of the Over 55 Canoe Club.

Some of the friendbetween older ships members of the club go back a couple of decades while newer members joining the club have quickly found kin-

dred spirits with whom they have formed a special bond. But overarching this, an all embracing camaraderie pervades, making for a most congenial and supportive spirit of fellowship as the backbone of the club.

And what better way to nurture and enhance this fraternity than socialising over a meal.

With this in mind, the regular paddle every Thursday morning al-ways includes a stop for morning tea, usually in a pristine and scenic spot, where paddlers can linger and chat, before continuing on their way.

And at the end of the paddle after kayaks are loaded on car roofs. camp chairs are pulled out and members gather in a circle to enjoy lunch, views and exchange solve the problems of the world.

To further foster fraternity the club has appointed a social secretary, Sandy, who oversees, organises and ensures we enjoy a very full social calendar, invariably centred around food.

The year starts with an evening barbecue in the environment beautiful of Matilda Bay, where members gather, gazing upon the magnificent vista of the Swan lit by the lights of the city, while tending a sizzling steak on the gas barbecues and swapping stories of their Christmas celebrations or whatever.

In March, a week-long camp at Walpole or Augusta, apart from the daily Happy Hour, must also feature an evening meal out at a local restaurant.

Shortly after returning to Perth, a club breakfast is held at Secret Garden in South Perth. Following this, in May a Devonshire tea is laid on for the paddles morning tea break. And with Mr Mocha being a club member, the scones, jam and cream are complemented by a superbly brewed cup of coffee.

Which brings us to June and the mid-season lunch, always catered for at a different and exciting venue selected by our social secretary, Sandy. In October the club enjoys a Mandurah paddle through the canals, or on the Murray River or Peel inlet, hosted by Joy and Glenn, who very kindly lay on a lunch for all paddlers back at their Mandurah beach house.

November is time for the sausage sizzle, organised by Sandy with a handful of helpers. At this event paddlers setting out from Garratt Road Bridge return for a mouth-watering lunch at the river edge, comprising a fresh multigrain roll, with a beautifully barbecued sausage, onion or coleslaw and a Mr Mocha coffee.

That brings the club's ongoing degustation to a climax with its end -of-season lunch, once again at a delightful venue, this year held at Ugly Duckling Wines in the Swan Valley. Apart from congeniality and consumption of fine food and wine, this occasion includes the awards by our duck master, presenting ducks to those members who pushed their barriers to the brink with an unintended capsize as a consequence.

So it can be seen that the Over 55 Canoe Club does not just provide fresh air and exercise to keep one fit in one's senior years. It also offers the opportunity to commune with nature, interacting with our native bushland, birdlife and dolphins. And to top it all we eat well and enjoy a sense of belonging and family togetherness, which is a precious commodity in these stressful days of modern life.

If you are interested in paddling with the O55CC please contact: club president Iris Mickiewicz on 0438 926 578 or club secretary Dale Winn on

# **Double Dip Aerobic Ocean Swim program for over 50s**

DOUBLE Dip program is organised by the Peel branch of Seniors Recreation Council of WA for people aged 50 plus. The program has been run successfully for many years.

Registration for 2021 will take please on Tuesday 8 December and Thursday 10 December at the Town Beach between the hours 8am and 9.30am both days.

Registration papers will need to be filled in, along with payment of \$40, which covers the three-month season. The program commences Tuesday 5 January 2021 and runs each Tuesday and Thursday during the months of January, February and March 2021. Lifeguards will be in attendance.

Enquiries to Jan McGlinn on 0427 088 615 or dmc56456@bigpond.net.au

# Dive into open water swimming this December



Competitors at the water event

**by Andrea Williams** (Maida Vale Masters **Swimming Club) and** Tarquin Bateman

LIVELIGHTER WOW Swims open water swim series has kicked off with a bang for the 2020/21 season.

On Sunday 8 November under sunny skies, 203 swimmers took to the water to enjoy the 34th annual Lake Leschenaultia Swim.

Hosted by Maida Vale Masters Swimming Club, the Lake Swim was a family friendly event attracting competitors of all ages and experience levels. There were four distances to participate in on the day – 400m, 800m, 1.6km and 3.2km.

The 400m 'Go Jump in The Lake' swim was for novices, and those who wanted to dip their toes into the world of open water swimming. Starting from the beach it was the first event of the day.

Many swimmers chose to take on the challenge

of the 800m or traditional 1.6km swim and had lots of fun.

The 3.2km swim - now in its third year - attracted more swimmers than ever as word spreads in the swimming community about the amazing venue that is Lake Leschenaultia. Nestled in amonast beautiful bu land in Chidlow, the clean waters of the lake are a safe and protected place to swim with no waves, no currents and no stingers to worry about.

After some fantastic swimming, participants in pink, yellow, white, green and blue swim caps emerged from the clear sun-soaked water to sprint through the finish arch - much to the delight of the spectators.

Afterwards there were presentations, and many families set up picnics or barbecues by the lake. It was a fantastic day, and a great way to kick off the LiveLighter WOW Swims series for the 2020/21 season.

Want to get involved? There are six events slated between November and March every year.

Round two in the series is the Fremantle Ports Swim Thru on 12 December at South Beach, Fre-

Hosted by Fremantle Masters Swimming Club, the Fremantle Ports Fremantle Swim Thru is not only a fantastic swim - but a worthy cause too. Part s are donated to the Street Doctor Mobile Health Clinic and St Patrick's Community Centre. The team will also be accepting donations of old towels on the day.

The Fremantle Ports

Swim Thru was first held in 1922 and was the first open water swim in WA. The inaugural swim was won by 14-year-old Maisie Boyle who was awarded a teapot for her efforts. A replica of this teapot, known as the Maisie Boyle trophy, bears the name of all winning swimmers since the event was rekindled in 2003.

There are three distances to choose from, so there is something for everyone. Registrations are open now, so get your name in the hat and join in the fun.

Rounding out December is the Christmas 10K, on 19 December at Coogee Beach.

The Christmas 10K offers a great challenge and is a qualifying swim for the South 32 Rottnest Channel Swim. With race distances of 3.2km and 10km, it is a fantastic build up your fitness before the silly sea-

Entries for this event are already open, so why not take on the challenge and hit the open water before the Christmas break?

There are plenty more events happening in 2021. For more information about the LiveLighter WOW Swims series, please visit www.wow swims.com.au or find us on Facebook and Insta-



## As it happened... beyond the stories - a look back at the disappearance of Harold Holt



by Lee Tate

IT was at this time of the year, 53 years ago, that a fit, white-haired man and four friends, cruised in his maroon Pontiac up to Cheviot Beach, just outside Melbourne.

Holt Harold was familiar territory plunged into the ocean that is notorious there for its rips, reefs, undercurrents and

thumping waves.

One mate tentatively followed but stayed in the shallows. Cheviot Beach is not a swimming place for the faint-hearted at any time.

Powering his way into the depths, Australia's 17th Prime Minister and fun-loving family man had plans to unwind over Christmas, eight days away. He was getting started.

Surf swimming and scuba diving topped his list of recreations. Harold Holt is remembered for his sporty image, newspaper photos showing him in a wetsuit with spear gun, flanked by bikini babes.

The 59-year-old Prime Minister was spending

the weekend at his Portsea getaway after wrapping-up his first full year in office.

His group of five drove to Point Nepean to watch solo sailor Alec Rose pass by on his world circumnavigation attempt.

Heading back to Port-sea, Mr Holt pulled over at remote Cheviot Beach and said he wanted a swim before lunch at the place he loved to surf and spearfish.

He swam out into sizeable surf before being swept quickly along in a rip. He disappeared from the sight of witness Marjorie Gillespie who said: "It was like a leaf being taken out... so quick and final.

The only other swim-

mer, Alan Stewart, stayed close to shore, deeming it too rough to go deeper. Harold Holt never came

When the dramatic news broke that Sunday morning, Australia was shocked to its core.

By evening, nearly 200 people were looking for the Prime Minister. The search went on for five days before being scaled down. His body was never found.

The inauspicious date, 17 December 1967, is etched into a memorial plate at the beach that Surf Life Saving Australia rates as extremely hazardous.

Conspiracy theories included suicide and kidnapping by submarine.

But those of us journalists who, in the wake of the tragedy, stood on the clifftop at that rugged beach and looked over that wild, open ocean with all its power, don't doubt that even the most accomplished surf swimmer could be snatched away in the blink of an

Portsea, among Victoria's well-heeled, was a much-loved holiday escape for Mr Holt, his vivacious second wife, Zara, and families. He had met Zara at university and proposed a couple of times but they went in different directions.

They reunited while Zara was still married. After she divorced and married Mr Holt, he adopted her three children including twins. It was an open secret that Mr Holt was the twins' father, as revealed in a biography. The twins closely resembled him.

Zara, a dress shop owner, made more monev than the Prime Minister, allowing them to buy their two holiday homes, one in Queensland.

Mr Holt followed Bob Menzies into high office and within three weeks of his 22-month tenure, he began to dismantle the White Australia Pol-

Becoming Treasurer after the 1958 election, he oversaw the creation of the Reserve Bank and introduction of decimal currency - the Australian dollar. Thankfully, he convinced Cabinet to call it the dollar, not the suggested royal.

Mr Holt was the first prime minister to conduct regular press conferences and television interviews.

The Holt Government expanded Australia's involvement in the Vietnam War and kept strong ties with President Lyndon B. Johnson. While visiting the White House, Mr Holt famously proclaimed: "All the way with LBJ", losing him some supporters.

Mr Holt's memorial service at St Paul's Cathedral in Melbourne on 22 December was attended by many world leaders.

# Love is all there is... our dogs can teach us a lot about love



Say hello to Scotty, the happiest, waggiest, little dog

by Karen Majer

RECENTLY I chatted to a friend over my garden gate. She was walking her Jack Russell and told me he'd been very ill. They almost lost him. This was his first walk and he was being very spoiled during his recovery.

I could really sympathise. recounted our experience when our little rescue dog, Scotty, had to have a growth in his mouth removed. Along with the growth he lost four teeth and a substantial sliver of jaw bone where it had invaded. Fortunately he recovered but his fragile jaw means that he is now unable to enjoy most of his favourite things bones, chews, balls and tuggy toys. However he is still the happiest, waggiest, little dog.

"All they need is love," my friend said. "In fact as we get older, we realise that love is all there is. Everything seemed complicated when were young but finally we understand that."

I've thought about that a lot. Life certainly was more complex, way back when. As a young Mum, juggling small children and earning a living, and as a mother of teenagers, a demanding job and with elderly parents needing care, I was anxious about trying to balance life's demands. Deadlines loomed as another great source of anxiety. With hindsight I might have done some things differently, but I comfort myself that I did the best I knew how at the

Now that life offers more

space, there's time to reflect on what's really important. Almost all my significant memories are of people and places that matter to me. I love the close people in my life, my animals, the place I call home and this amazing planet. I want to spend my remaining time doing whatever I can do to care for them.

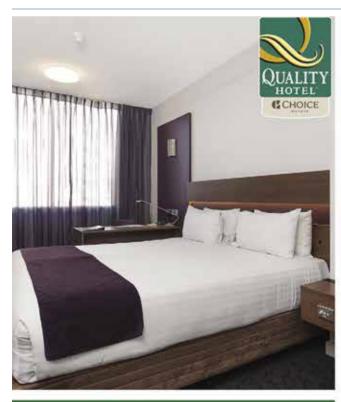
My heart goes out to everyone who acts to save our environment. Whether it is small actions like avoiding single use plastic, or a lifetime commitment to a cause, every time we make an effort it is an act of love. As we go into the festive season, there are many ways to share that love. Avoiding the plastic, tinsel, throw-away wrappings and huge focus on 'stuff' is a good place to start. Kids love to make decorations from pine cones and recycled materials. Maybe the family would like tickets to a special concert or an annual pass to National Parks? Some might appreciate a donation in their name to a favourite charity.

Buying local supports our communities and avoids carbon miles on imported goods. Thinking local is especially important when planning Christmas menus. Purchasing local produce and products supports famers and our local economy.

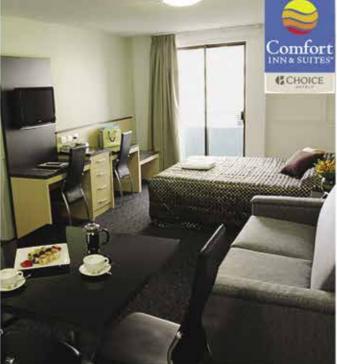
And I like Sophia Loren's quote: "The most indispensable ingredient of all good home cooking: love for those you are cooking for."

I wish all readers a healthy peaceful season filled with love and laughter.

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Our comfortable guestrooms start from just \$99 with breakfast Relax in the heated pool and spa or enjoy a game of tennis whilst you experience our warm hospitality.

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Call 9325 1455 to book www.ambassadorhotel.com.au Getaway with the Family

\$739 per night!

Stay in our spacious family apartment for only \$139 per night for up to 5 guests PLUS enjoy complimentary breakfast, parking and wifi.

Call 9492 7777 to book www.goodearthhotel.com.au

# SCHOOL HOLIDAY FUNI

## The greatest magic show for kids will be running during Fringe



The Greatest Magic Show returns to Fringe World

FOLLOWING a complete sell-out season at last year's *Fringe World*,

Showmen Productions is once again returning to Perth with *The Greatest* 

Magic Show – with more whimsical wonders than ever before. Having garnered international acclaim in countries such as Scotland, New Zealand and England; the stars Sam and Justin will be hitting the stage with brand new illusions.

After having debuted in 2018 to sell-out crowds across the country, the Showmen have continued their enormous success, being awarded the weekly award for Best Children's Show at the 2019 Fringe World, as well as winning Best Kids Show at the 2019 Sydney Fringe.

This year at the Fringe, *The Greatest* 

Magic Show stars Sam and Justin are bringing brand new illusions purchased direct from the same Vegas builder who worked with David Copperfield and Lance Burton; and for the first time, The Ringmaster will be played by Issie Hart.

As an added bonus, every child who attends the show will receive a free magic wand on entry and have their chance to take a photo with the stars of the show after the performance, plus a wide range of merchandise is available – including magic showbags so the kids can become masters of

magic themselves.
Comic magicians

Justin Williams and Sam Hume bring their combined 15 years in family entertainment to this magical show, which is anything but a typical children's magic show. The routines from these charismatic performers are unique, hilarious and absolutely and out of this world.

The Greatest Magic Show will perform at 4.40pm from 16 January to 31 January and 6-7 and 13-14 February at De Parel Spiegeltent, The Pleasure Garden Northbridge

Tickets: Adult \$25; Concession \$23; Family \$85; Groups 6+ \$20, Bookings: www. fringeworld.com.au

#### New yoga class in Mandurah

INSTRUCTOR Carol Dawson will run a yoga class for the Peel branch – Seniors Recreation Council of WA.

Registration cost is \$25 per person for 2021 plus \$5 per class payable on the day.

This class will run every Friday from 1pm to 2pm during 2021 at the Leslie Street Sport and Social Centre which is located at the T junction of Creery and Leslie Street Mandurah commencing Friday 15 January.

Please bring a yoga mat and bottle of water to each session.

Enquiries to Jan McGlinn 0427 088 615 or dmc56456@bigpond.net.au

# COMMUNITY NOTEBOOK



#### **MAYLANDS BRICKWORKS**

Open day 13 December 1-4pm. Swan Bank Road Maylands Contact (FOMB) if you have memorabilia or stories about the brickworks on 0439 491 586 or email friendsofmaylansbrickworks@gmail.com

#### SAHAJA YOGA MEDITATION

Free meditation for all ages
First Saturday of every month from 3-5pm
at 1254 O'Brien Road Gidgegannup
(Afternoon tea provided)
For Perth metro area www.freemeditation.com.au
1300 724 252

#### GIRRAWHEEN LOCAL VOCALS

Saturday 19 December 5pm-8pm Hainsworth Park. Girrawheen. Free event. Festive sing-a-long featuring favourite carols plus free activities for kids.

#### COMMUNITY CAROLS

North Beach Baptist Church Sunday 20 December 4.30pm fun fair 7pm carols The North Beach Primary School Oval 9338 7018

#### CAROLS AT THE OVAL

Sunday 13 December 7-9pm gates open 5pm Steel Blue Oval. Bassendean. This is a smoke, alcohol and pet free event.

#### **CAROLS AT SUNSET**

Presented by South Perth Lions Big Band Sunday 13 December 6.30pm-8.30pm Entry gold coin donation. South Perth Foreshore. Mends Street Jetty.

#### ARTISAN CHRISTMAS MARKET

19 December 9.30am-3pm Handmade treats, local artists and their crafts plus music, workshops, much more. Enjoy a fabulous day amongst the hills of Perth. Mundaring Arena. Mundaring Weir Road contact 0410 204 693

#### HIGH WYCOMBE CHRISTMAS PICNIC

Monday 21 December 5.30pm-8pm Free Christmas concert. See Santa, free craft activities, face painting. Scott Reserve 200 Newburn Road High Wycombe.

#### MIRRABOOKA COMMUNITY MARKETS

17 December, 21 January, 11 February and 18 March 4-9pm

Experience multiculturalism of your local community through international food, arts and crafts, stalls and entertainment

Location the car park off Yirrigan Drive.

#### DON RUSSELL PERFORMING ARTS CENTRE

Lot 13 Murdoch Road Thornlie Sundowner Series *AQIULA*.

A different take on classical and contemporary music.

Friday 18 December 7-8pm

Doors open at 5.30pm for pre-show entertainment, food and drinks. Cost \$22. First drink and food included in price.

Constructed like to manage to come ou

9498 9414 email drpac@gosnells.wa.gov.au

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

# Local Perth cast returns to the 91-storey treehouse

WHEN the national tour of *The 91-Storey Treehouse* started earlier this year, border restrictions meant that the Sydney based cast was unable to come to Perth to perform.

To make sure that Perth families didn't miss out, CDP Theatre Producers found another way to bring the tree-house to the Heath Ledger Theatre – they sent the set across the border and found

a brand new, local Perth cast.

The Perth cast played to sold-out audiences at the State Theatre Centre of WA in October, with the theatre maintaining socially distance seating. Now they are returning to the treehouse for a special summer holiday season this December.

In the stage adaptation of the bestselling book, Andy and Terry also face their biggest challenges yet. Mr Big Nose has sent his grandchildren to the Treehouse, and they don't want to just sit quietly.

Can Andy, Terry and Jill master this extreme babysitting challenge? What does mysterious fortune teller Madam Know-It-All really want? And will the Big Red Button really destroy the world?

Andy Griffiths and Terry

Denton's best-selling Treehouse series continues to delight young readers, with the recent release of *The 130-Sto*rey *Treehouse* debuting at number one on the Australian bestsellers chart.

The 91-Storey Treehouse plays a limited season at State Theatre Centre of WA from 27 to 31 December. For tickets, visit ptt.wa.gov.au or call (08) 6212 9292.

# Great fun to have with the grandkids this summer



ALREADY a craze overseas and now in Perth is Australia's first handpainted 3D mini golf course. The magical glasses bring everything to life, transforming a game of mini golf into a glow in the dark out of

this world experience.

3D mini golf is fun and suitable for the young and seasoned. Surprise your partner and grand-children with mind boggling activity.

Rhiannon Bond visited Glowing Rooms and had this to say...

"What an amazing experience. It's not just that each room is a work of art, everywhere you step, everywhere you look, something new jumps out at you. You can walk

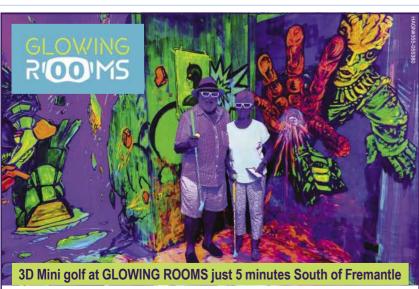
through a cosmos, underwater, and see waves crash on to land.

Whilst experiencing all this, you are trying to tap golf balls into black holes, around asteroids, through trenches, and over waves. Great place for kids, teens, and adults, anyone who loves to tap, tap, tap it in, and have their mind blown.

To visit Glowing Rooms book direct on 6244 5590 or visit www. glowingrooms.com.au.

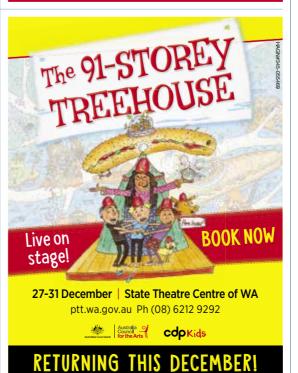


# CHRISTMAS GIFT GUIDE SEE PAGES 39 TO 42



Already a craze overseas and finally arrived in Perth. Australia's first hand-painted 3D mini golf course. Our magical glasses bring everything to life transforming a game of mini golf into a glow in the dark out of this world experience.

3D mini golf is fun and suitable for the young and seasoned. Surprise your partner and grandchildren with a mind boggling activity. It's "super easy" to book your tickets on our website www.glowingrooms.com.au. For questions phone 6244 5590.



Following a sold-out October season

# Let's GO MOTORING

DVERTISING FEATURE

# Riding in a petrol-plug-in hybrid and discovering the Mercedes way









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

MY friend Johnny Young wrote: *The Real Thing*, more than 50 years ago; perish the thought.

There has been so much written, discussed, analysed and critiqued about electric and hybrid motor cars. For most of us it's overwhelming. But the reality seems to be, there is no turning this old 45 record back on the original turntable.

I for one remain a little dubious about this new, (but becoming better every time I test drive one) technology. The quiet and effortlessness remains somewhat disarming; the performance and exhilaration certainly compelling.

But here's the (Russell Morris Real) thing. Stating the bleeding obvious, it's not a silky six, eight or twelve cylinder engine.

Driving the Mercedes Benz C-300e 2.0-litre, four-cylinder turbo petrol, plug-in hybrid, (from around \$84,000) while sweet behind the wheel, makes me feel as if I'm missing out on the real thing.

"Come and see the real thing, come and see the real thing, come and see," you'll be humming this now, for the next hour.

Having spent the last month behind the wheel of some of the latest offerings from Benz; the C300e remains a conundrum. Mercedes Benz C-300e
Charging the car in

Charging the car in the garage was a piece of pelican. Plug into a normal household outlet overnight and Bob's your Auntie. Any so called range anxiety, is a non-issue. Should get you around 50km. Then the petrol engine, while noticeably noisier than I expected, will kick in and take you there and back with typical Mercedes Benz aplomb. But it is around this time I missed the bliss of the electric motor, doing the slog.

The electrical system is fantastic at warming and/ or cooling the (not so little)

Benz, long before you plan to jump in. Set and forget timer; perfect for our hot summers.



All the many Benz, bells and whistles are in abundance: keyless start, comfy, effortless ride, gorgeous multimedia and connectivity system, displayed across the dash, which I found so easy to use and dare I say, a little bit of fun.

Adaptive cruise control, blind spot monitoring and lane assist. Boot space, less than a 300C, is more than sufficient for shopping and golf clubs. The battery takes up a little room.

And I still wonder why

so many of us who never play golf and don't own clubs, are concerned about being able to transport them.

I liked the Mercedes Benz C300e very much. However interestingly, the nagging feeling my little granddaughter will unlikely experience the delight of a petrol conventional six, or V8 engine, weighed worryingly.

Hopefully she and others of her vintage, will inherit a cooler, cleaner world.

The future is here. Now that is the *Real* 

Thing.

I would love to hear your thoughts on anything motoring. Please tell me of a specific car, about which you would like to know more. Drop me a line at my email address—tonymac@6pr.com.au.





# Brunch with T - the Have a Go News top three brunch spots for the year









Top three brunch spots for 2020; from left to right; Sedap Cafe's authentic char koay teow and roti canai - Post's delicious home-made cinnamon scroll - local hero and reliable Dôme Cafe



by Tahlia Merigan

DECEMBER is the time for reflection on the year that was, and I don't think many of us would have imagined 2020 would have turned out quite like it has

Lockdown was awful and the after effects to business has been enormous, so this year let's celebrate and frequent local businesses as much as possible.

To close off 2020 I have chosen our top three brunch spots of the year.

I am very fond of my Asian brunches and my number one spot this year goes to Sedap Café in East Victoria Park.

The delicious, authentic and well priced Malaysian café serves up food which is so yummy I couldn't go past making them the number one spot for the year. They scored 4.5 for their brunch in our July column, which was also the highest score for the year. If you have never tried Malaysian food this is the best spot to start a new cuisine love affair.

The second on the list is Post in the State Buildings, which according to our Editor Jen had the most delicious homemade cinnamon scroll and coffee. Post is a must for a visit to soak up the atmosphere of point zero in Perth and the take in the heritage of this wonderfully re-energised building. We reviewed Post in our August issue and they came in with a four out of five.

Long standing WA café brand Dôme came in third and they also scored 4 out of five. This good quality, well priced reliable option has sites across many suburbs in the state. I reviewed them in the November issue and was impressed with the consistency and broad choices across their menu.

If you have a favourite brunch spot you would

like to recommend and share with readers for 2021, don't hesitate to drop me a line at tahlia@ haveagonews.com.au

I take this opportunity to wish readers a merry Christmas and a Happy New Year.

Have a Go News top three brunch spots for 2020

No 1 - Sedap Place, 876 Albany Highway, East Victoria Park

08 6161 0741 www.

sedapplace.com

Open Monday to Sunday 11.30am - 2.30pm.

5pm to 8pm No 2 - Post Osteria, State Buildings, Perth Point Zero

08 6168 7822

postperth.com Open daily 6.30am to 10pm, breakfast finishes

at 11am. No 3 - Dôme Café

www.domecoffees.com Check vour local café for opening hours.

# Some special wines for summer and the festive season



by Frank Smith

WINE reviewers depend

on wineries to send wine

samples for tasting. For

several years I have re-

ceived a large number of

bottles of sparkling wine

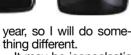
for review in the Christ-

mas edition of Have a

Go News. But not this







It may be iconoclastic to drink red wines with traditional Christmas fare but many of us do and we enjoy them too. And of course summer is the barbecue season and that demands ro-



Tamburlaine organic wines 'On the Grapevine' Cabernet Merlot 2019 is a preservative free wine made from grapes grown in a high altitude, biodynamic vineyard of Orange, NSW. This wine has aromas of spiced plum and earthy forest floor

undertones. The palate is mainly of cassis with smooth oak tannins with an extended finish. This is a wine to drink young. RRP \$19.95.

Pig in the House Shiraz 2019. This organic wine from Canowinda NSW, must be one of the best value gold med-

al wines around. It has a nice purple-red colour with aromas of dark berry fruits including blackberry and ripe cherries as well as aromatic spices mixed with white and black pepper and vanilla. The palate is well balanced with medium bodied fruit flavours. The flavour lingers for longer and complexity develops while swirled in the glass. RRP \$25.

Salina Estate ex-PRESS-ion Barossa Valley Shiraz 2019. This deep red wine displays robust aromas of dark forest fruits and a fruit driven oaky palate with a long plummy finish. A barbecue first choice red. RRP \$30.

Freixenet Italian Rosé made from traditional grape varieties of northern Italy. It is a fresh and fruity wine with the delicate aroma of red cherries. strawberries and a palate of white apples. flowers and Serve cold with light

dishes or as an aperitif. The unusual bottle would make it an interesting gift. Dan Murphy's

BFR Touriga, Lagre-in, Cabernet Sauvignon 2016 Each grape variety was fermented separately and blended together. It is a vivid deep dark purple in colour with aromas of black cherries, flowers, wild herbs and liquorice. The palate has a fine flavour of wild black fruits, resulting in exotic savoury notes over rich red and blackberry fruitiness with a long finish. A red for special occasions. RRP \$55.

And for those of us who don't indulge or have indulged too much, comes a wine that tastes like wine but contains no alcohol...

Plus and Minus Zero Alcohol Pinot Noir displays classic Pinot Noir expression in the glass with aromas of red fruits and a characteristic savoury edge. The palate displays typical Pinot Noir characters of dried herbs and spice with a touch of natural sweetness. Dan Murphy's \$15. And now to complete

the meal.



The Cat Amongst the Pigeons Tawny is a fortified wine with a bright medium tawny red colour with aromas of caramel and lifted spice. Blended from selected parcels it is fresh in style with a clean and lively palate showing complexity through barrel aging in a combination of seasoned French and American oak barrels.

RRP \$18 at Dan Murphy's \$21 at BWS.

### Find us on social media









Come and relax in our beer garden and enjoy our premium WA craft beers and handcrafted ciders with great Aussie Tucker to match! Your choice of one of the following:

Wood fired pizza (Sincer),
Salt 'n' Pepper Squid
Fish and chip basket with tartare sauce
Profes rolls with sweet chilli sauce
Some with chips. PLUS a middy of beer, cider or glass of wine from a selected range

Come along and enjoy Ironbark's fresh renovations...

The Valencia Complex, 55 Benara Rd, Caversham Ph 9377 4400 www.ironbarkbrewery.com.au **OPEN 4 days (closed Monday - Wednesday)** 



Shortbread is always a favourite hand-made treat for the festive season

# Delicious and easy Christmas recipes

NOTHING is better than making some delicious home-made treats for the festive season. Here's a couple of easy recipes which are perfect for gifts or sharing with friends.

#### **Christmas brownies**

200g unsalted butter 200g dark chocolate chopped

1 cup brown sugar 1 cup fruit mince

1% cup almond meal 3 eggs lightly beaten

1 teaspoon vanilla extract

½ cup macadamia nuts Preheat oven to 190°C, line a slice tin with baking paper. Heat butter, sugar and chocolate in saucepan stirring over low Add eggs, fruit mince, vanilla and mix well. Stir in almond meal and macadamia nuts and pour into tin.

Bake for 25 minutes and allow to cool in tin before slicina.

#### **Cheat's Christmas shortbread**

125g caster sugar 125g corn flour 2 cups plain flour 250g butter melted

Mix dry ingredients together, then mix in melted butter until well combined. Press into an ungreased lamington pan and bake at 170°C for 30 minutes. Remove from oven and cut into 24 squares. Sprinkle evenly with caster sugar and prick each piece with a fork. Return to oven for 15 minutes and then cool in the tin.

#345 DECEMBER edition Christmas puzzle solutions from page 38.

heat. Set aside to cool for five minutes.

Word Search Monster answer page 38: Kissing your sweetheart under the hanging mistletoe



#### by Vince Garreffa

PEOPLE mostly eat duck when they go to restaurants and rarely cook it at home. This recipe is so easy, and makes the perfect dish for your Christ-mas table. It also takes advantage of our wonderful local stone fruit.

Ingredients for 4 1 semi-boneless butterflied duck (size 18-25) 50ml soy sauce 50ml dry sherry 50ml peanut oil 10ml sesame oil 1 tablespoon of ginger finely chopped West Australian lake salt freshly cracked black pepper 4 nectarines

#### Method

Buy a semi-boneless duck that has the ribcage and crotch bones removed by ducking down to your favourite butcher. If you can't, then just split a whole duck down its back and hit it with a meat mallet gently until it's a flat, butterflied duck.

Either way, salt and pepper your duck and rest it for 10 minutes while you mix the sauce ingredients in a deep, flat roasting dish. Now immerse your duck in the sauce, turning often over two hours (when I'm lazy I leave it in the fridge overnight).

Now place the duck on a rack (skin side up) on a tray about 2cm deep and roast the duck at 200°C for about 30-40 minutes for semi boneless or 40-50 minutes for fully bone in. These cooking times are for a duck that is about 2kg (size 20). For larger ducks, cook longer and if you can't stand pink duck flesh, then definitely cook longer, you unlucky duck you.

The fat should cook off and leave the skin crispy with moist meat. The nectarine halves should be pan-fried at a gentle heat with a little marinade so that they get caramelised and a little soft. Duck with cooked nectarines is just yum. Boil the leftover marinade and serve it next to steamed rice and Chinese vegetables.

I take this opportunity to wish you the best for the festive season.

**Buon Natale!** 

Vince is the proprietor of Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am - 5.30pm Saturday 9am to 2pm. Phone 9371 6350 or visit www. mondo.net.au

# Butterfly duck with nectarines | Knife and fork talk with Dining Divas



L-R; Christina's Restaurant scrumptious chicken risotto and succulent grilled calamari with salad

#### by Judith Cohen and Pat Paleeya

WRAPPED in our raincoats and with brollies in hand we hopped on a train to Victoria Park and headed off to Christina's Restaurant. The walk from the station to East Victoria Park takes about a half hour but might take longer if, like these Divas, you have to investigate the little shops along

the way.

Established in 1994 by Christine Harding, this restaurant is well patronised by people from outer suburbs and locals

There is plenty of seating inside and a smaller dining area outside, which has a low dividing wall that separates diners from the passing parade along Albany Highway.

On offer is a \$20 se-

nior's lunch special Monday to Friday 11.30am-3pm. The menu offers a choice of four mains and a dessert which is cake of the day served with tea or coffee. Chicken risotto and grilled calamari and salad were what we or-

dered. The risotto was highly pleasing and scrumptious. Pieces of broccoli and capsicum married well with the chicken, plus the stock really enhanced this moreish dish. It was really filling but the salty caramel cheesecake dessert beckoned and was devoured with delight.

The grilled calamari was cooked to perfection superbly soft and succulent. This was resting on a bed of a mixed small leaf lettuce, cucumber, capsicum, avocado and tomato. This Diva could have eaten more but needed room for the delicious looking chocolate cheesecake that tasted as good as it looked.

Unfortunately we didn't have room for tea or coffee which came with dessert.

Our waiter was attentive, polite and with a friendly and efficient manner, he is certainly an asset to Christina's.

Three forks

Christina's, 891 Albany Highway, East Victoria Park

www.christinas restaurant.com.au

Open 7 Days lunch 11.30am - 3pm 9361 9877

#### **Vince Garreffa's peach and nectarine chunky chutney**



THIS CHUTNEY utilises our beautiful local stone fruit and is perfect with all meats. It will make a great addition to the Christmas table.

Ingredients: 10 peaches, cut in 10 to 15mm

10 hard nectarines, cut in 10 to 15mm

500g fine diced onion 500g fine diced ginger 100g brown sugar 100ml aged port pinch of salt big pinch of cracked black pepper 100ml extra virgin olive oil Method

Cook the onion In a big pot with the extra virgin olive oil until it starts to colour up, stirring often. Add your stone fruit wedges, stir and cook for 15 minutes on medium (stir often). Next add the ginger, brown sugar, port, salt, and pepper, stir often and cook until the wedges are soft but mostly whole. Cool and refrigerate. Serve or jar, lasts a few days if under cooked, a few weeks if cooked gently for long enough.

Letters to... Vince Garreffa

IF YOU want a particular recipe of Vince's, don't hesitate to drop a line to Have a Go News. Address your enquiry to Vince Garreffa c/- Have a Go News PO Box 1042, West Leederville 6901, or email your question to vince@haveagonews.com.au. Please include your phone number.

# Knife and fork talk ratings

Five forks - excellent food and service

Four forks – overall good food and service

Three forks - reasonably good food and service but could make some improvements

Two forks – food and service needs improvement

One fork – would not recommend



## **WEEK DAY LUNCH SPECIALS**

Information correct at going to press

#### **BAYSWATER HOTEL**

\$20 seniors lunch special Mon-Fri 12-2.30pm Railway Parade Bayswater 9271 7111

#### **CATALANOS CAFE** \$15 seniors lunch

Mon-Thu 11-4pm 266 Albany Highway Victoria Park 9362 1121

#### **CHEF AND CO**

**CAFE RESTAURANT** \$18 senior lunch special Wed-Fri 12-3pm 1000 Beaufort Street Bedford 9271 2288

CHRISTINA'S \$20 seniors lunch Mon-Fri 11.30-3pm 891 Albany Highway East Victoria Park 9361 9877

#### **IVY AND JACK** \$15 lunch special

12-2.30pm 7 days 788 Hay Street Perth 9261 7233

#### **KALAMUNDA** HOTEL

\$15 senior lunch special All day every day 43 Railway Road Kalamunda 9257 1084

#### **LAKERS TAVERN**

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FOR CHRISTMAS LUNCH

#### Thornlie 9493 3522

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9295 4500

Fri, Sat and Sunday 12pm onwards 48 Thomas Street Northam 9622 2422

#### **WOODBRIDGE HOTEL**

Under \$20 seniors lunch special Everyday 11.30am-9pm East Street Guildford 9377 1199

#### Chocolate company unveils new product for Christmas



MARGARET River Chocolate Company has unveiled a range of new products in time for Christmas to put a little cheer into the year of COVID.

They include chocolate Santa Iollipops, bite-sized chocolate gingerbread men, assorted Christmas baubles and reindeer and a special Christmas cake made in-house.

The company's ever-popular Christmas truffles are also back as well as a range of special Christmas hampers that are being prepared for individual purchase and corporate orders.

The company's festive hampers range in price from just \$19.95 through to \$179.95 for a massive deluxe Christmas hamper or customers can design

The company's mouth-watering Christmas pudding truffles sell individually or in a pack of 10 (\$24.95), Santas on a bed of chocolate will sell for \$22.95, bite sized chocolate gingerbread men for \$19.95 and the individual Santa choc-pops for \$2.95.

The Margaret River Chocolate Company range of hampers and hundreds of other gift ideas are available at both factories in Margaret River and the Swan Valley and at the city store at 317 Murray Street, Perth.

Both factories are open every day of the vear except Christmas Day from 9am-5pm and the city store is open usual CBD shopping hours.

#### WIN WIN WIN

Thanks to the Margaret River Chocolate Company we have four boxes of chocolate gingerbread shortbread to give away to some lucky readers. To be in the draw simply email win@haveagonews. com.au with Margaret River in the subject line or call the office during business hours on 9227 8283. Closes 15/12/20.

#### SOUTH PERTH **SENIOR CITIZENS CENTRE**



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Tuesdays - Pilates, Rumikub 9.30am, Zumba 6pm, Wednesdays - iPad classes 10am, Thursdays - Pilates, Book Club, Fridays - Sound Healing & Meditation

**TUESDAY LUNCHES:** \$15 members; \$20 non-members



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# Delicious cherry cheer puts a smile on everyone's dial this summer

by Noelene Swain

WA CHERRY season is unfolding with summer days and this year's crop is looking extra irresistible given it's likely to be short and sweet. Sunny spring days have sweetened the fruit which promises to be of good size, however spring rains caused a little disruption to some orchards.

Cherries flourish in the

coldest areas of the state as they need more than 1000 hours of temperatures below seven degrees followed by a mild spring. This limits the locations in WA that are able to grow cherries to the south west of the State – extending from the hills area around Dwellingup, Donnybrook, Manjimup and through to Mt Barker.

Locally grown cherries have a very short season

so it's time to enjoy this year's locally grown cherries through the holiday season. These cheerful morsel of colour are a true celebration of fresh summer flavours and perfect for sharing amongst friends and family gatherings.

Cherries are best enjoyed fresh so choose cherries with fresh green stems and firm, plump and bright-looking fruit. Cherries are only picked if they are mature so they will be sweet and juicy and ready to eat. Most cherries are red although the white varieties make a stunning appearance in time for holiday fun.

If you buy ahead, cherries should be stored correctly to get the best flavour and texture. Keep in the crisper drawer in the fridge in a clean, plastic bag, keeping the end loose. This allows air to circulate and slows deterioration. Cherries can

be stored for up to a week in this way. Wash just before use and gently pat dry with a clean towel.

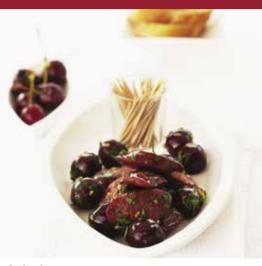
Glossy red cherries have a special appeal at any summer festive occasion and even a handful or two can provide a touch of luxury. A bowl of perfect cherries as a table centrepiece during a meal is indeed a treat for the senses. Use cherries as decoration on desserts like pav-

lova and chocolate cakes, arrange over the top of fruit salad or simply use a tiny bunch at each place setting at the table.

For those who can't resist the cherry temptation, here are some creative cherry ideas to share with your clan at any festivities over the summer.

Recipes brought to you by Fresh Finesse – www.freshf. com.au

# Cherry and chorizo tapas plate

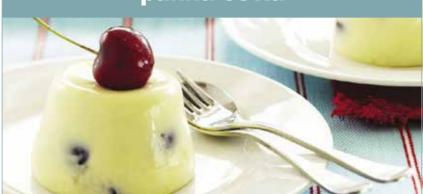


- 2 chorizo sausages
- 2 teaspoons olive oil
- 1 clove garlic, crushed1 teaspoon finely diced lemon rind
- 1 tablespoon finely chopped Continental parsley

200g pitted cherries
CUT the sausages into 1cm thick slices, heat the

oil in a frying pan and gently cook the sausages until crisp on both sides. When they are cooked, add garlic, cherries, lemon rind and parsley. Quickly cook, stirring constantly, and serve immediately with slices of thick bread and other tapas dishes.

# White chocolate cherry panna cotta



4 sheets leaf gelatine or 3 teaspoons powdered gelatine

- ½ cup milk
- 2 cups cream
- ½ cup caster sugar
- 100g white chocolate
- 200g pitted cherries

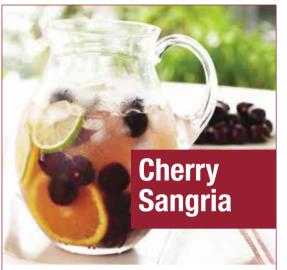
100g whole cherries with stems on IF using leaf gelatine, soak the gelatine in the milk. If using powdered gelatine,

sprinkle the gelatine over the milk, stir, then microwave on high for 30 seconds Place the cream, sugar and chocolate in a saucepan and stir over a medium heat until the chocolate has melted. Add the gelatine and milk and stir

until the gelatine has dissolved.

Place pitted cherries in the base of six moulds then pour over the panna cotta mixture. Refrigerate for three to six hours or overnight

When ready to serve, dip the panna cotta moulds in boiling water then unmould onto serving plates and top with whole cherries



750ml red or white wine (a spicy shiraz or fresh sauvignon blanc is perfect)

- 1/4 cup caster sugar
- 1 orange 1 lemon
- 1 lime
- 1 litre lemonade

300g pitted cherries, halved

COMBINE the wine and sugar in a large jug. Thinly slice the orange, lemon and lime and add to the wine mixture. Stir in the cherries and chill for at least one hour (or up to three days).

When ready to serve, add the lemonade and serve over lots of ice. Alternately, serve the wine and the lemonade in separate carafes and allow people to mix the sangria themselves, to their taste.

# What's fresh and best now in the markets for fruit and vegetables



Stringless beans: Beans are a good choice for summer menus 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.

Mangoes: Now is the time to indulge your taste for the tropics, with the Ord River mango season in full flight. Most people will wish for no more than to slice each 'cheek' from the flat stone, cut a diamond pattern

in the flesh and flex the mango half to turn the sweet flesh outwards. Eat as is, or slice the dices away from the skin to add to salads; mango, avocado, coriander. A squeeze of lime juice are a particularly good combination.

Cherries: Can any other fruit be as perfect for summer celebrations as fresh WA grown cherries? These ruby-hued and snow white wonders are deliciously sweet and plump and make an ideal centrepiece for a Christmas table. No need to serve dessert, just start nibbling. Cherries should be stored in the vegetable crisper in a clean, plastic bag with

the air removed. Better still, to avoid bruising or bumping, store in an airtight container and use within three to five days.

Herbs: Herbs make the feast at Christmas. There aren't many dishes that don't benefit from a sprinkling of green zinginess – be it basil, coriander, chives, or my perennial favourite, dill, which pairs exceptionally well with summer seafood. Experiment with the under-utilised flavours of Thai basil, marjoram, sage (great for stuffing your turkey or chook) and chervil. You could even really go all out and pot some fresh herbs as a beautiful, living present – wrap with

a big red bow and deliver with the promise that you'll get to sample the end results.

Valencia oranges: A great way to give your day a glowing start is with a glass of freshly squeezed orange juice. Also an excellent way to detox, post Christmas festivities. All citrus fruits give a more generous yield of juice if they are at room temperature when squeezed – rolling them firmly with the palm of your hand also helps. Valencia oranges are ideal if you like your juice chilled, as the juice keeps well in the fridge, ready for that morning burst of energy and Vitamin C.

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# let's go travelling





Views from the new Double Tree by Hilton Perth Waterfront

I HAVE had a few people ask when we will be publishing stories from farther afield than WA. We have decided to stay local until our controlled border comes down. Western Australia's hotels, tour operators and regional towns need us to support them and there is an abundance to do in WA, so please continue to visit them as know so many readers have done.

but you will need one to return. It is mandatory that people must apply for a pass at least three days before they travel to WA. They also require an email address to apply for the pass. You can find out more at www. wa.gov.au/organisation/ covid-communications/ covid-19-coronaviruscontrolled-interstate-bor der or call 13 26 843. \*\*\*

to apply for G2G pass

When the controlled finishes and things start to return to the new normal and we can travel safely around the country it will still be necessary for travellers to provide personal details to airlines and travel agents for contact tracing due to COVID. If you book a flight you will be required to provide your email address, postcode and phone number.

We had the opportunity of a sneak peek at the new hotel Double Tree by Hilton Perth Waterfront at Barrack Square which is about to open this month. It juts out on the edge of the waterfront at the Barrack Jetty and is sure to be another popular addition to the market. Some of the highlights include the infinity pool, the 18 Knots rooftop bar offering 360 degree views of Perth and Reel Kitchen which features an open kitchen concept highlighting local produce with the superb river views. Other touches include the signature warm chocolate chip cookie on arrival, Crabtree & Evelyn bath amenities and a new option to use your smart phone as a room key.

The hotel has some cracking deals available

to welcome guests and celebrate its opening. These can be found at www.perthwaterfront. doubletreebvhilton.com

Last month in this column we published a photograph that one of our staff took of what she thought was an old printing press on a visit to the offices of the Kalgoorlie Miner. We do like to ensure that we publish correct information and one of our wily readers very kindly informed us that it wasn't a press rather a linotype typesetting machine. Apologies for this

If you would like to join our group to fly to Antarctica on the day trip of a lifetime, we have detailed information available for readers. The trip will depart on 14 November 2021 onboard a Qantas

Dreamliner aircraft which will offer better viewing with the larger windows. See below for details.

If you have a travel issue, or share some information, don't hesitate to contact me on email or share a photo from a trip to our Facebook page. Our website also has a selection of great travel information which updated regularly,

com.au I take this opportunity to wish you a merry Christmas and here's to a much brighter 2021. Happy trails

visit www.haveagonews.

Jennifer Merigan **Travel Editor** 



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

#### A bucket list adventure to fly to Antarctica in a day on a Dreamliner

I read up about pro-

cedures relating to our

controlled borders and

notice that the govern-

ment advises people

not to travel outside the

state unless necessary.

It is certainly something

to get your head around.

At this stage if you plan

to leave Western Aus-

tralia you do not need



HAVE a Go News is excited to again be leading a group for this day trip of a lifetime to fly to Antarctica in 2021.

We do not know when our international borders may open again but this is a wonderful opportunity to tour the last great wilderness of Antarctica.

Bookings are strong so don't miss your opportunity to join our group for the departure from Perth in November 2021.

Since Qantas retired the Boeing 747, the 787 Dreamliner is now in service, with fewer seats but larger winwhich will pro vide a better viewing experience for passengers.

All seating classes experience spectacular views and the trip provides the complete Antarctic experience Antarctic experts on board, live crosses to the Australian station, videos and other informative activities.

Passengers will receive a comprehensive information kit, two full service Qantas meals plus inflight snacks and full bar service - including champagne, wine, beer, spirits, soft drink and use of the state of the art entertainment system.

This flight departs Perth on Sunday 14 2021 November 8am and returns at 8.30pm. Seats are selling out quickly.

The following seating is available: **Economy Class** Standard - \$2199 per person **Superior Economy** Class - \$3199 per

person Premium Economy Class - \$3999

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

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

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# et's go travel options for the mature west australian



# Discover the romantic side of WA's bush at Boshack Outback - tourist Australiana





Left to right; The freshwater lake at Boshack - Deryck near his lake

#### by Frank Smith

DERYCK Brockhurst set up his unique tourism business mainly by ac-

nearby 40 years ago. Then he sold the farm to go into business overseas. When he returned to Australia he bought Boshack, at Wattening

Springs some 30km north of Toodyay. It is an oasis consisting of a freshwater lake and some 125 ha of uncleared bush, part of which was originally his

For a few years Deryck lived in a small shack on the property, living the simple life away from the pressures of the business

Gradually friends began to come for a short holiday and he realised there was an unfulfilled need for people to get away from the modern world and spend time with nature

So, with his daughter

in charge of marketing, he began to set up the Australian outback expe-

Boshack is totally sustainable; electricity is generated from solar panels, water comes from the fresh water lake and all food is grown on site using permaculture. There is no air conditioning but sprinklers between the huts cool the environment during hot weather.

His original tourist market was Singapore, but this has been extended to Malaysia, Taiwan and China and even schools in Perth. He also gets photography clubs and

Asian Australians looking for an instant outback experience.

"The kids come for a visit and afterwards they bring their parents. We don't advertise. Most people who come here are meant to," he said.

associate "Visitors bush with nature. We don't tell tourists what to do, we ask them what they want to do."

Visitors' first stop is a campfire site in the middle of a patch of paperbarks. Deryck talks about bush food, the Aboriginal dreamtime and demonstrates a Coolgardie safe that can keep chocolate

from melting even in the heat of summer.

He tells stories that illustrate Aboriginals' close connection with nature and their ability to survive and travel vast distances in the bush.

"I tell stories for half to three quarters of an hour to get people in the right mood. You should see how people change."

Deryck introduces his visitors to bush tucker, including the legendary witchetty grub, but after the squealing and gag-ging he reveals that it is really a gelatine snake.

He also demonstrates the didgeridoo.

As they walk through the grove he explains how paperbark can be used as a wound dressing, for painting and how it protects the tree from fire. In the middle of the grove is a well, said to be built and used by Bishop Salvador. which continuously runs clear, cold, fresh water.

"I use humour a lot. If they complain about the flies I offer to cut a hole in their trousers so the flies will be attracted away from their face to their bum.

He likes his visitors to keep to the kangaroo tracks on bushwalks to avoid degrading the envi-

"I tell them that they will never be attacked by a snake if they stay on the track. They keep right on the track after that.

In fact he has seen very few snakes on the property. There are a few echidnas and kangaroos as well as rabbits and foxes.

Other activities include canoeing on a freshwater lake, swinging the billy, fishing and catching marron, sometimes shearing a sheep and a traditional Aussie barbecue.

"We've had a dream run. Our feedback is that it is invaluable experience," Deryck says.

Boshack was one of only 26 places in the world selected for Eco Sustainability at OFF-SEAS (Outdoor Forum for South East Asian Schools) at Singapore in June 2018.

Those of us who have spent some time on the wrong side of the black stump might be cynical, but for millions of Asians and Europeans the romantic side of the Australian bush is just what they

Contact Deryck Brockhurst 0408 005 621 or www.boshackout back.com.

#### cident. He used to farm

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**CHRISTMAS GIFT GUIDE SEE PAGES** 39 TO 42





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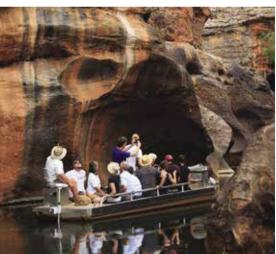
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Take a tour of the Australian outback from Perth to Cairns on their Savannah Way tour and explore the Kimberley, the Northern Territory and the outback of Queensland. For those looking for a spiritual outback experience, the Adelaide to the Red Centre tour is perfect, there's no better place to go than Uluru-Kata Tjuta National Park. Watching Uluru, a massive red monolith, change colour as the sun sets is one of outback Australia's most amazing magical moments.

In the opal mining town of Coober Pedy, most people live underground in a bid to beat the summer heat. Here, people can visit houses and churches all carved into the side of a hill or underground, and a late afternoon visit to the breakaways for sunset is just beautiful. One thing not to miss while visiting Coober Pedy.

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Also available is the Cape York /Thursday Island trip, a magical tour of the top end of Australia. Bordered by the Gulf of Carpentaria and the Coral Sea, Cape York Peninsula is an untouched wilderness dominated by mighty meandering rivers and vast flood plains. It's the place where people can stand on the very tip of the Australian continent and discover the oldest rainforest in the world. There discover the beauty of Thursday Island on a day cruise to the Island.

For more details on our 2021 tours please call Aussie

Redback Tours on 1300 662 026.

# et's go travelling travel options for the mature w



# Mike Roennfeldt takes a look back to fishing holidays of the past



Back to the 1950s with a nice Shark Bay flathead

#### by Mike Roennfeldt

WITH overseas and interstate holiday options

off the table, like many other West Aussies I looked around for a local alternative and settled on

a place that I hadn't visited for quite a few years.

My memories of Shark Bay go way back to the 1950s, a time when my areat uncle had interests in several stations up that way. These included Peron and Dirk Hartog Island and I had an unforgettable holiday at the latter when I was about eight or nine years old. Being able to go fishing by myself in front of the

homestead was amazing

and the highlight for me

was catching a big flat-

head on a handline. In 1969 I was living in Melbourne and joined my mate Chip Watkins on a full-on three-week road trip, driving his MKI Austin 1800 across the Nullarbor, up to Carnarvon, back to Perth for a wedding, then down to Esperance and on to Melbourne via a couple of South Austra-

lian wineries. We slept in

the car and must have smelt pretty ripe at times.

On the way back down to Perth we had a few days at Monkey Mia where we enjoyed some incredible fishing on big tailor and bream, as well as numerous unstoppables. Amazingly, we didn't see a soul for the duration of our stay.

So it was back to Monkey Mia; the place had changed a little since 1969. The resort right on the beach is pretty special I reckon. Well maintained and stylish but still in keeping with the relaxed sandy feet vibe that is so quintessentially West Australian.

While it wasn't a full-on fishing holiday, I did manage to put in a few hours tossing lures around the shallows with my mate Dan Tenardi. The idea was to catch some yellowfin whiting and we did okay on that score, although the average size was down a bit on what people tell me is normal for the bay these days.

Catching whiting on poppers had been something of a bogey thing for me. I invariably have no trouble getting them on Scorpion 52 lures but convincing them to take poppers had been nigh on impossible. I guess I just wasn't holding my mouth right because I finally cracked the code at Monkey Mia.

Winding at medium pace while constantly jiggling the rod tip worked a treat and I was impressed by how aggressive the

whiting were when attacking a little Roosta 45 popper worked in this fashion. The spoils were enough for four of us to enjoy a full-on fish barbecue back at the resort that

Before cracking the code I put in some time with the old faithful Scorpion 52 right in front of the resort camping area. A few modest sized whiting did the right thing and there was a moment when I was transported right back to the 1950s as a very respectable flathead nailed the little Scorpion almost at my feet.

It was the best fish of the trip and it too was destined to grace the barbecue next night. Like all flathead it was memorably good on the plate.

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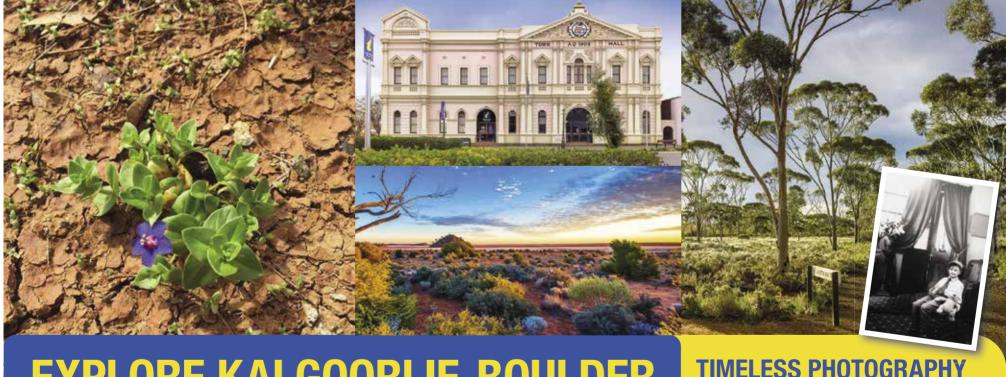
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# et's go traveloptions for the mature west australian





# **Exploring country WA and its wealth of colourful birdlife**







Mandurah Bird Observers Group members recently photographed their finds in the Dryandra woodlands, from left to right; Numbat - yellow robin and rufous treecreeper 2020 © David Budd Photography

#### by Bill King

BIRDS of the feathered varietv were on everyone's minds when twelve members of the Mandurah Bird Observers Group travelled to Narrogin in October for an outing of great interest and pleasure.

At Narrogin, the Dryandra Visitors Centre hosted a complimentary morning tea and we were greeted by vol-

unteer Doug Sawkins who gave an informative geological historical talk with examples from the area.

This was followed by a guided tour of the Foxes Lair nature reserve where Doug explained the terrain makeup and relationship to the area's vegetation. Later, members travelled to Dryandra woodlands where 113 species of birdlife have been recorded.

Members were fortunate to observe more than 40 different species which was reasonable for that time of year and the prevailing conditions.

Of those seen, members photographed a yellow robin and a rufus tree creeper. Of the many native animals in the area, members spotted a numbat, which posed for a photo, an echidna and some adult kangaroos with joeys.

After sundown, members enjoyed a guided tour of the Barna Mia nocturnal native animal sanctuary where the bilby, mari, quenda, woylie, possum, boodie and marloo are kept in a protected environment. Special red torches allowed members to view many of these amazing animals as they came out in the open to feed. A delightful experience.

The next day members visited the Railway Dam in Narrogin where they were fortunate to see many birds including striated pardalote, regent parrot, black-fronted dotterel and Australasian grebe.

On the way home to Mandurah, members were privileged to explore the Private Village Museum, a fascinating experience that

the season.

The extended spring

closure was one out-

come from the resource

level review undertaken

by the Department of

Primary Industries and

Regional Development

(DPIRD), which identified the South West blue

swimmer crab resource

was in need of greater

protection. In addition to

the closed season, ad-

hering to minimum size

vital to ensure sustain-

DPIRD Fisheries Man-

ability.

limit rules.

impressed everyone as the owner had created a wonderful historical display of Australian yesteryear.

The extensive range of WA wildlife is something for all Western Australians to enjoy and appreciate as many are endangered from various elements in the environment.

So, get out there and explore country WA

# Summer opening for crabbing season comes with a warning

MOST commercial and recreational crab fisheries, from Minninup Beach (15km south of Bunbury) and north to the Swan/Canning Rivers, are now open after a three-month closure

to protect pre-spawning female blue swimmer crabs.

Cockburn Sound remains closed to all crab fishing, due to ongoing low stock levels.

During the early part of

the season, a key issue for fishers in the Peel-Harvey and Mandurah regions will be that, while research shows there are good numbers of crabs, a large percentage of these are still undersize.

Fisheries compliance officers will be looking closely at retained catches to ensure fishers do not keep any blue swimmers below the legal size

Fishers are urged to

be careful in handling crabs, make sure they measure all blue swimmers they do catch. If they're less than 127mm across the widest part of their shells, return these to the water immediately.



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This will help the crabs fishing activity should to survive and grow to be reported to 1800 815 be legally fished later in 507. All FishWatch calls received are treated in

dence."

More information is available in Crabbing for blue swimmer crabs in The West Coast Region or the Recreational Fishing Guide, available on the department's website at www.fish.wa.gov. au. All tishers are under an obligation to know the rules that apply where they go crabbing.

the strictest of confi-

It is also timely to relimits and bag limits are mind crab fishers that toxic algal bloom events of Alexandrium have agement Officer, Nick Blay, said the departbeen detected in the Swan and Canning Rivers at elevated levels in ment appreciated the recent years and could support of crab fishers for their stewardship of become an annual octhe resource and comcurrence.

plying with size and bag Fishers are also reminded not to eat mus-"There will not be sels from these rivers. many legal size blueys As a general rule, recrein the Peel Harvey for ational crabbers should another month, so some remove the head, guts (mustard) and gills from fishers may prefer to wait. but our compliance crabs caught in the officers will be monitor-Swan and Canning Riving the crabbing closely," before freezing, Mr Blay said. "Don't risk cooking or eating them. a fine or prosecution by See the DPIRD flver on how to clean your blue taking undersize crabs or more than the bag limit. swimmer crabs, at www. "Any suspected illegal fish.wa.gov.au.





Courtesy pre and post home/hotel transfers



Transport

Accommodation



Attractions



Tour <u>Leaders</u>



**Local Guides** 



# We A Interstate Adventures

#### **WA Summer Escapes**

| Bounding Income   |                                 |             |             |
|---|---------------------------------|-------------|-------------|
| Departing January   |                                 |             |             |
| <b>Great Southern Delights</b> Featuring the Denmark Arts Markets   | 4 DAYS                          | 21 – 24 Jan | \$1,075pptw |
| Australia Day in Bunbury<br>Featuring an Australia Day evening cruise aboard a five-star vessel           | 4 DAYS                          | 24 – 27 Jan | \$1,415pptw |
| Departing February 2021   |                                 |             |             |
| <b>Esperance &amp; Bremer Bay</b> Featuring Cape Le Grand National Park, the Recherche Archipelago & Bren | <b>7 DAYS</b><br>mer Bay Resort | 1 – 7 Feb   | \$2,370pptw |
| Albany Great Southern Featuring the Torndirrup National Park, the National Anzac Centre & Kalga           | <b>6 DAYS</b><br>n River cruise | 3 – 8 Feb   | \$1,770pptw |
| Jalbrook – Wine, Women & Song Featuring the South West Opera Ensemble's performance of Wine, Women        | <b>3 DAYS</b><br>n & Song       | 19 - 21 Feb | \$995pptw   |
| <b>Delightful Denmark</b> Featuring William Bay National Park, regional gourmet delights & local art      | 4 DAYS                          | 23 – 26 Feb | \$1,110pptw |

#### **Interstate Autumn Adventures**

| Departing March   |                            |  |   |
|---|----------------------------|--|---|
| Celebrating Canberra in Autumn  | 6 DAYS                     | 10 – 15 Mar                              | \$3,370pptw                               |
| Grand Tasmania Experience   | 11 DAYS                    | 12 – 22 Mar                              | \$5,610pptw                               |
| Magnificent High Country of Australia   | 11 DAYS                    | 16 – 26 Mar                              | \$4,615pptw                               |
| Melbourne International Flower & Garden Show  | 5 DAYS                     | 22 – 26 Mar                              | \$2,685pptw                               |
| Historic Hobart & a Taste of Tasmania   | 8 DAYS                     | 24 – 31 Mar                              | \$4,110pptw                               |
| A Norfolk Island Easter   | 9 DAYS                     | 29 Mar – 6 Apr                           | \$4,135pptw                               |
| Kangaroo Island Adventures  | 6 DAYS                     | 31 Mar – 5 Apr                           | \$3,350pptw                               |
| Departing April   |                            |  |   |
|   |                            |  |   |
| The Man from Snowy River Bush Festival  | 7 DAYS                     | 5 – 11 Apr                               | \$3,340pptw                               |
| The Man from Snowy River Bush Festival Splendid Bright, Beechworth & Yackandandah                                       | 7 DAYS<br>9 DAYS           | 5 – 11 Apr<br>19 – 27 Apr                | \$3,340pptw<br>\$3,895pptw                |
| ·   |                            | •  |   |
| Splendid Bright, Beechworth & Yackandandah  | 9 DAYS                     | 19 – 27 Apr                              | \$3,895pptw                               |
| Splendid Bright, Beechworth & Yackandandah Anzac Day on the Murray Princess, SA   | 9 DAYS<br>5 DAYS           | 19 – 27 Apr<br>22 – 26Apr                | \$3,895pptw<br>\$2,995pptw                |
| Splendid Bright, Beechworth & Yackandandah Anzac Day on the Murray Princess, SA Norfolk Island in Autumn                | 9 DAYS<br>5 DAYS           | 19 – 27 Apr<br>22 – 26Apr                | \$3,895pptw<br>\$2,995pptw                |
| Splendid Bright, Beechworth & Yackandandah Anzac Day on the Murray Princess, SA Norfolk Island in Autumn  Departing May | 9 DAYS<br>5 DAYS<br>9 DAYS | 19 – 27 Apr<br>22 – 26Apr<br>22 – 30 Apr | \$3,895pptw<br>\$2,995pptw<br>\$4,120pptw |

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# Some top tips to use when travelling around Western Australia



From left to right; Down the rabbithole Bridgetown - Weibbe Hayes Geraldton - Beached Barrel Café Geraldton - Cowaramup and Avon Terrace

#### by Chris Parry

THE way we travel will always be a representation of our character; maps or apps, cash or cards. Do you use the maps and GPS system on your car or phone? Perhaps, like me, you still like to have a UBD stashed under the front passenger seat.

Here's my list of Have a Go things to do when and wherever you travel to in this beautiful state: 1. Visit local shops. To

experience a good regional town, stop and explore the main street. A gift shop, a general store and a bakery. That's the trifecta. Top Tip: Cowaramup.

2. Eat where the locals

eat. OK, it sounds a bit like an overseas tip but even in our towns the locals know where to go for a great burger and where to stay away from. **Top Tip:** Broad Arrow Tavern, Kalgoorlie.

3. Find where the locals relax. At the end of the day, where are the locals going to watch the sunset or relax? It might not be the Instagram worthy vista that the travel sites recommend but the atmosphere in the company of locals rather than tourists may be a better way to finish your day. **Top Tip:** Derby Jetty.

4. Watch the world go by. Often when we travel it's about getting from A to B. Buy some Drum-sticks and Frosty Fruits for the family and just watch people walk past and take it all in; you're not just on your way to somewhere amazing, you are somewhere amazing, right now. Top **Tip:** Geraldton foreshore. 5. Have a conversation, not just a transaction. Have a chat. How's the weather? How long have you worked here? Try my 11-year-old son Tom's icebreaker question; Who's your favourite Marvel character? Top Tip: Margaret River Bakery.

6. Get safely lost. Let yourself meander, just a bit. Don't route map it with an app, let yourself go left and right down a

SWAN VALLEY is West-

ern Australia's oldest

wine region and the sec-

ond oldest in Australia

few side streets, you're not going to fall off the edge of the world. Top Tip: Toodyay for shops, museums, galleries and

Buy impulsively. Make buying something you don't need an essential part of the travel experience. You know you don't need it but just buy it. Whenever I see a prickly pear cactus in Perth I think of my travels through Puglia in Italy where I saw a beautiful terracotta prickly pear with the little red flower buds on it. I missed my chance. Don't miss yours. As I said to Tom in Beverley: "You never know where you'll find

Swan Valley's spirited new trail...

know is that it is also

home to five acclaimed

As part of the new

distilleries.

another rusted bicycle bell." Top Tip: East End Gallery, Beverley.

8. Get to a local market. There's no better way to bring together most of the tips in this list. Many of our regional communities have a regular market that offers up the best of local produce and odd knick knacks. something. something impulsively. Say thank you. Have a conversation. Sit down with some local food and watch the world of the market pass before your eyes while your kids are entertained by the local barber shop quartet. Top Tip: Walpole local

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was a welcome new ad-

had a great range of bev-

erages to choose from in

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Distillery Trail is a valu-

able new addition to the

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in less than a day.

dition to the region. "Visitors have always

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tourism experience," he said. "What better could there be to support local businesses than ticking a world-class bottle of spirits off your aift list at one of our acclaimed-distilleries?" The Swan Valley Distillery Trail is the eighth in the Swan Valley suite of WA Food and Wine Trails, supported by Tourism WA. You can find out more about the Distillery Trail as well as Fine Wine, Sweet Temptations, Cider and Ale, Kids in the Valley, Fresh Seasonal Produce, Wine and Art Off the Beaten Track, and Bush Tucker and Beyond, at swanvalley. com.au/See-and-Do/







health options for the mature west australian





# An interesting look at the future of aged care which may well be robotic



Robear, a patient care robot

by Frank Smith

AGED care is labour intensive; wages are often the largest single expense of aged care operators. Robots might take off some of the workload, leaving support workers more time to engage with the residents and undertake the personal care not possible for machines

At least that is the thinking of the Japanese Ministry of Health, Labour and Welfare.

Two tasks that robots have been designed to undertake are transporting people from bed to wheelchair and helping paralysed people eat. Both of these are research projects and have not been used commercially.

The first is Robear, a patient care robot with a cute bear face designed to put patients at ease. Robear is designed to lift elderly patients out of a fully or partially reclining position on a bed, and transfer them to a wheelchair. It was developed a few years ago by the Robot Sensor Systems research team of Reiken in Japan.

Other robots, including RoPHa and My Spoon have been designed to offer bite sized pieces of food to residents. For healthcare institutions, feeding disabled residents take a considerable amount of time. Researchers say these robots allow residents to eat at their own pace and according to their own preferences. They also eat more and better.

Specialised robots are useful, but a robot capable of a wide range of caring would be ideal.

Softbank Robotics have created Romeo a versatile robot with a humanoid design intended to assist the elderly as they experience cognitive and physical decline. Romeo is programmed with a variety of physical tasks and interpersonal interactions aimed at helping elderly people live independently in their own homes for as long as pos-

Romeo can pick up and move objects, open doors, climb stairs and provide mobility assistance while a patient is walking. It can to identify if a patient has fallen and needs emergency services to be contacted. The robot can also be programmed with specific care routines which are triggered by the time of day or by the patient's request, and can respond to keywords and activities by asking questions and offering topics for discussion. Romeo can even be set to detect a patient is napping and wake them, or offer food, drink and medications at prescribed intervals.

Fraunhofer-Gesellschaft, a research company in Stuttgart, Germany, has developed a range of versatile Care-o-bots that act as smart helpers. These have been made available to other researchers to develop their own programs for application in areas such as households, hotels, care homes and hospitals. One application scenario for Care-O-bots is supporting aged care in nursing homes or supporting elderly people in their private homes.

One resident at Shintomi Nursing Home in Japan told the Japan Times that talking with a robot eased the anxiety of worrying about what the other person is thinking during conversations, makina participants more inclined to speak freely and share feelings.

Professor Tal Oron-Gilad at Ben Gurion University in Israel and her team are working on ways to improve human interactions with robots in collaboration with Israeli, European and US robot builders.

"This means we are looking at many types of robots: mule-type robots that can carry and accompany older adults for safety and for carrying bags, groceries, tableware to the dining table or a hot dish,"

she said.
"We are looking at robotic arms that can set a table, or help in the kitchen, and we are looking at telepresence robots that can serve as a remote eye, for example to explore the house for hazards such as an open window, a forgotten gas stove or a spill on the floor.

"Lastly we also looked at robots to encourage movement and physical exercis-

Siddhartha Srinivasa, a professor of robotics at University of Washington's school of computer science and engineering said: "I'm actually incredibly hopeful and confident, particularly when it comes to robots being used for assisted care.

"My hope is that they'll be a useful physical robot in the assistive care domain in the next 10 to 15 years.'

# Settle back and enjoy a genteel and luxury life at St Lukes in Subiaco



AGED care is evolving and Hall & Prior is leading the way, prioritising the wellbeing of residents, no matter what their background or beliefs may be, in their 27 homes in WA and NSW.

For more than a quarter of a century, the Perth-based company has provided high quality, clinical care for more than 1,600 residents in their homes, as well as over 1.100 community care

One such home - St Lukes in Subiaco – is an excellent example of the group's ethos of creating aged care experiences that meet the needs of each and every resident in their care.

Deb Sinclair-Lane, regional leader, heads up a team of experienced allied health professionals who work hard to ensure their residents' happiness and needs are at the centre of all they do.

"There is a lovely atmosphere at St Lukes, it's a small but love-Iv heritage home that has a gordeous darden and is very central to Subiaco and the Western Suburbs," Deb said.

"St Lukes was Hall & Prior's first home and is a beautiful place to relax and be well cared for. Converted from a residential house. our high ceilings, exposed wooden beams and chandeliers will make you feel at home."

There's always plenty to do at St Lukes and all Hall & Prior homes, with a range of activities always taking place for our residents to take part in, including excursions to the nearby Subiaco community. There is also plenty of

quiet time for them to relax and enjoy the gardens or partake in happy hour on the porch as they watch the world go by.

"We've got a vibrant activity program which changes each month, and a wonderful team that makes sure our residents have everything they need."

If you'd like to book a tour of St Lukes, please contact Deb on 9381 8061 or email info@hallprior. com.au. You can see the complete collection of Hall & Prior homes at www.hallprior.com.au.



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# healthy living Sadvertising Feature



health options for the mature west australian





# Perth chef Youri's top culinary skills delight people living in aged care



Institute of Hospitality in HealthCare's (IHHC) Brightest Star award winner, Chef Youri Choi

by Josephine Allison

WITH the standard of nutrition in aged care in the spotlight, a dedicated Catholic Homes hospitality specialist has taken out a major industry award for her commitment to culinary excellence and service in aged care in WA.

Chef Youri Choi, who originally trained as an accountant, took out the Institute of Hospitality in HealthCare's (IHHC) Brightest Star award at the WA branch's award ceremony.

Catholic Homes chief executive Paul Andrew congratulated Ms Choi, saying that her passion to create high quality cuisine, which is enjoyable and nutritious, is the cornerstone of the best possible life for everyone in aged

"As the 2020 WA Brightest Star, Youri has displayed great potential and enthusiasm in her role where she has continuously provided excellent service delivered with love and respect," he said.

Ms Choi started with Catholic Homes in 2016 as a kitchen support worker at Archbishop Goody Residential Care. After time in chef-relief roles she was this month appointed as chef to Servite Residential Care and was delighted with the win.

"I provide the food that is giving people joy and when I see them, they feel love and are cared for," she said. "I want people to enjoy their life, that's why I want to keep cooking and going forward."

Mr Andrew said the organisation was building a solid reputation for quality in hospitality and food service, following multiple awards from IHHC and OSCAR.

Improvement of nutrition in aged care has been a welcome inclusion of the proposed recommendations presented by the counsel assisting the Royal Commission into Aged Care Quality and Safety.

In response, Dietitians Australia commended counsel for putting nutrition first.

"Good food and nutrition are important to healthy ageing, for both physical and mental health. Australians living in residential aged care homes have no choice but to eat the

food provided, so it's promising to see the quality of meals being prioritised," said Robert Hunt, CEO of Dietitians Australia.

"In a survey by the Commission looking at quality of care, food was raised as a key concern by older Australians. Food is a practical way to support quality of life and it must be at the core of care.'

Researchers at the University of South Australia have shown that plain solutions are often the best, with a new study finding that aged care residents can improve their nutrition intake simply by increasing their meal

The study found that for each kilojoule increase in served energy there was a 0.73 kiloioule increase in consumed energy.

UniSA rsearcher Hei Tong Lau said that the portion side effect was a manipulation to test the true effects of extrinsic food-cues

"Our research is focussed on improving the nutrition and health status of older Australians living in a residential aged care facility," she

# Wellbeing when living with dementia



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EMERALD Life is entirely dedicated to supporting individuals living with dementia to have their best life. Centrally located in West Leederville, Emerald Life is focused on improving quality of life and maintaining residents' wellbeing by creating a positive and engaging environment for all.

Their residents have meaningful relationships with a dedicated team that really care. Resithat really care. dents participate in activities they enjoy daily, providing them with a sense of purpose and happiness. All residents have a wellbeing profile created to capture their individual preferences, which helps staff to get to know their residents better.

Residents are encouraged to get involved as they choose with a varied and diverse program to suit their identified needs. with gender specific options, individual or group choices available. Activities stimulate wellbeing, quality of life and supports relationship building and communication.

Choices are varied from cooking to gardening, interacting with animals, including the popular alpacas visits, to walking programs, arts, crafts and music concerts. There are many options to choose from, seven days a week.

Resident and residents' family feedback on the wellbeing program is continuously sought to ensure Emerald Life constantly improve their programs and keeps residents happy.

Such a positive and engaging environment ensures that all residents can enjoy their Emerald Life journey.

See their advertisement on page 3.

#### Medical practice offers a range of services

BULLSBROOK Family Medical Practice is pleased to announce the addition of some new medical professionals including a dietician, GP and podiatrist.

Dietetic consultant Clara holds a Bachelor of Nutrition and Dietetics (Hons) degree. She has experience in both the hospital and community settings. Her specialty areas include diabetes, heart disease, obesity, malnutrition and food intolerances. She has previously worked closely with multicultural communities in promoting good nutrition and lifestyle habits. She understands that everybody is different and has different needs, and strives to provide advice that is tailored to the inDr Brandon Truong has also joined the practice. He is a Doctor of Podiatric Medicine (UWA), and previously completed a Bachelor of Science specialising in Biomedical Science and Physiology. He has experience on managina patient's foot and lower limb problems in a holistic way.

He is interested in all aspects of podiatry, especially in diagnosis and treatment of various dermatological conditions including ingrown and thickened toenails, fungal nails, corns and warts as well as routine foot and skin care in elderly and diabetic clients.

The practice welcomes new patients and can be contacted on 9571 1478.

## How good was 2020 Have a Go Day?

CPE GROUP Client Relationship Manager Annie Carvell said it was lovely meeting so many people at Have a Go Day at Burswood Park on Wednesday 11 November.

"From the lady who eventually was able to

get her father's permission to become engaged, the gentleman who came along to say hello to one of the team and all of those who had wonderful stories to tell. Thank you for coming to chat to us,' said Annie.

But Annie left feeling that some of those she talked to may be missing out on funding available to them through My Aged Care, because they aren't really clear on what it is and what it can provide.

Annie said she spoke with many who thought it was only for personal care and they could manage that.

However, when asked ow they managed household tasks such as gardening and cleaning windows they said they struggled or could no longer cope with them.

They didn't know that My Aged Care can be used not only for personal care but also for domestic assistance, garden and home maintenance including minor home modifications, preparation and dietary supplements, transport, social support, podiatry, physiotherapy and other allied health services, aids, equipment and medication assistance.

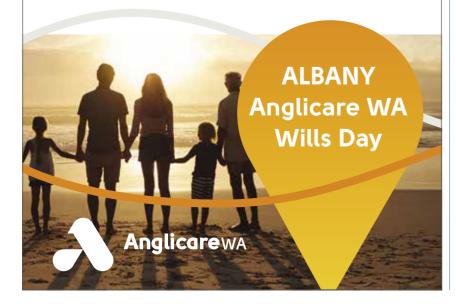
Annie says My Aged Care could be considered as a top-up to their age pension when that is no longer sufficient to provide the care needed for them to remain in their own home if they wish to do so, rather than move into residential care.

People may be surprised by what help is available and who is eligible. Find out on My Aged Care's excellent website at www.myagedcare.gov. au or call CPE Group on 1300 665 082 for a copy of their Guide Through My Aged Care.

## **Book a FREE information** session on planning a Will followed by a Will Writing Day

Date: 3 February from 10am **Cost:** The information session is free. Option to write a legal Will afterwards. only \$70 by appointment.

▶ To register contact Romm 9263 2076 or analicarewa.org.au/get-involved/events



Our team is expanding...

**Bullsbrook Family Medical Practice** welcomes... our new dietician Clara, our GP Dr Naeem Shoukat and our podiatrist Dr Brandon.



NEW PATIENTS ARE WELCOME

Call us on 9571 1478 to book an appointment with our new practitioners.



# healthy living water lising feature



health options for the mature west australian





# A positive attitude helps to retain your super-power memory as you age...



Time spent outdoors and with nature is good for mental health

by Frank Smith

SOMETIMES we open the fridge and can't recall what we are looking for or we can't remember the name of a familiar acquaintance.

That's normal, and although it gets more frequent with age, it is not the start of dementia. People with dementia forget that they have forgotten. Those with normal memories recall; it just takes a little longer.

People who have an enthusiastic and cheerful attitude are less likely to experience memory decline as they age.

Researchers at Northwestern University in the US analysed data from nearly 1000 older US adults who participated in a national study conducted at three time periods: between 1995 and 2014.

Each time participants reported if they had expe-

rienced positive emotions during the past month. In the final two assess-

again 15 minutes later. The results showed that memory declined less in people with a positive attitude, even when adjusted for age, gender, education, depression, negative affect, and extraversion.

ments, participants also

completed tests of mem-

ory, consisting of recalling

words immediately after

their presentation and

"Our findings showed that memory declined with age," said associate professor Claudia Haase. "However, individuals with a more positive attitude had a less steep memory decline over the course of almost a decade."

The research was published in the journal Psychological Science earlier

Contact with nature and time spent outdoors is good for mental health. A recent study by the Barcelona Institute for Global Health suggests that it may also reduce the rate of cognitive decline in older people.

Researchers performed a 10-year follow-up of 6,500 people aged 45 to 68 in the UK. Participants completed a battery of tests that assessed their verbal and mathematical reasoning, verbal fluency and short-term memory at three different time-Neighbourhood greenspace for each participant was estimated using satellite images of where they lived.

Psychologist Carmen de Keijzer said the research shows that the loss in cognitive functions during ageing is slower in people who live in greener neighbourhoods.

The risk for dementia and cognitive decline can be affected by exposure to environmental hazards, such as air pollution and noise and lifestyle factor such as stress and sedentary behaviour.

"Living near green spaces results in more physical activity and less exposure to air pollution and noise.

"Our data show that the decline in the cognitive score after the 10-year follow up was 4.6 per cent smaller in participants living in greener neighbourhoods.

"The observed associations were stronger among women, which makes us think that these relations might be modified by gender," she said.

The research was published in Environmental Health Perspectives, this

While everyone gets older, not everyone feels their age. How old we feel, which is called our subjective age, also varies between people, with many feeling older or younger than their actual age.

"Why do some people feel younger or older than their real age?" asks Dr Jeanyung Chey of Seoul National University in Korea. "Some possibilities include depressive states, personality differences or physical health. However, no-one had investigated brain ageing processes as a possible cause.'

The ageing brain shows a variety of age-related changes that reflect declining neural health, including reduced volume of grey matter.

Dr Chey and her colleagues performed MRI brain scans in 68 healthy people whose ages ranged from 59-84 years and looked at grey matter volumes in various brain regions.

The participants also completed a survey on whether they felt older or younger than their age and answered questions assessing their cognitive abilities and perceptions of their overall health.

People who felt younger were more likely to score higher on a memory test, considered their health to be better and were less likely to be de-

"We found that people who feel younger have the structural characteristics of a younger brain," said Dr Chey. "This difference remains even when other factors, including personality, subjective health, depressive symptoms, or cognitive functions, are accounted for."

One possibility is that those who feel younger are likely to lead a more physically and mentally active life, which could cause improvements in brain health. However, for those who feel older, the opposite could be true.

The research was published in the journal Frontiers in Aging Neuroscience this year.

So to keep a good memory as you age think positive, feel young and take a walk in the park whenever you can.

# Better non-invasive monitoring and treatment of diabetes



A hot bath reduces the risk factors for type 2 diabetes

by Frank Smith

TYPE 2 diabetes affects about one million Australians and 400 million people globally. People with diabetes have complications that impairs their quality of life and

reduce their life expectancy. They are four times more likely to suffer heart attacks and strokes, are three times more likely to suffer kidney failure and 15 times more likely to need amputations than non-diabetics.

Diabetes is the leading cause of preventable blindness in Australia and nearly half the people with diabetes experiences a mental illness, such depression or anxiety.

Current medications can be effective but have limited tolerability and significant side

Once a week injections

effects.

A University of Melbourne study found that the SMOC1 protein, which is naturally produced by the liver, can decrease blood glucose levels.

Researchers have engineered a long-lasting form of SMOC1 which, if it works the same way in humans as in mice, would only need a weekly injection.

In mice SMOC1 is more effective than metformin, the current frontline drug for type 2 diabetes, in improving blood glucose control and insulin sensitivity. It also avoids the risk of causing dangerously low blood sugar associated with current drugs

SMOC1 also reduces fatty liver and blood cholesterol levels, which are common health problems in type 2 diabetes patients.'

Non-invasive blood glucose monitoring Research by Dr Masakazu Aihara and

colleagues at The University of Tokyo, Japan has found that glucose levels in tears is closely related to glucose in the blood. Moreover glycoalbumin levels in tears reflect an average of blood glucose levels over the preceding two weeks. Measurement of these biomarkers in tears is a potential method of monitoring the disease that would avoid the need to take blood

Other Japanese researchers have developed a microneedle patch for monitoring glucose levels using a paper sensor. The device painlessly monitors fluid in the skin within seconds. Anyone can use the disposable patch without training, making it highly practical.

Enzyme linked to insulin resistance and glucose intolerance

Australian scientists at the Centenary Institute, Royal Prince Alfred Hospital, Sydney have found that insulin resistance and glucose intolerance are caused by the lack of an enzyme in the liver called sphingosine kinase 2. This suggests a new treatment approach for diabetic patients whose glucose blood levels are dangerously high.

Daily hot tub

Dr Hisayuki Katsuyama, of Kohnodai Hospital, Japan and colleagues have found that a daily hot bath reduces the risk factors for type 2 diabetes, including glycated haemoglobin, a measure of blood sugar control. It also leads to reductions in diastolic

Will metformin benefit you?

Metformin is the first-line drug to lower

blood sugar levels in type 2 diabetes patients, but one third of patients do not respond to it and some suffer serious side effects. Researchers at Lund University in Sweden have now identified biomarkers that can show how the patient will respond to metformin treatment via a simple blood

"We have found biomarkers that can identify which patients will benefit from and tolerate metformin. This will advance personalised therapy in type 2 diabetes," says Professor Sonia García-Calzón.

Using electromagnetism to manage

blood sugar

Diabetic mice exposed to electromagnetic fields for a few hours per day have normal blood sugar and response to insulin, with no drugs or injections..

"We've built a remote control to manage diabetes," says Calvin Carter at the University of lowa. "The effects are long-lasting, opening the possibility of an electromagnetic therapy that can be applied during sleep to manage diabetes all day."

The new study indicates that electromagnetism alters the balance of oxidants and antioxidants in the liver, improving the body's response to insulin."

The findings were published in Cell Metabolism last month.

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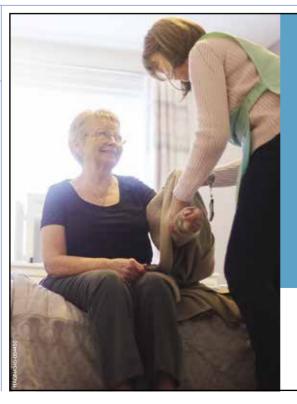


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West Perth, Connolly, Gosnells and Mundaring For further information please contact: Solace Grief Support Group of WA Inc President 0488 991 084

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# Downsizing ADVERTISING FEATURE

# The final chapter for a historic farming pioneering family in the Avon Valley



Eddie O'Driscoll and daughter Jen

#### by Lee Tate

EDDIE O'Driscoll, 74, has steered the final chapter of a historic adventure for a West Australian dynasty that began in 1871.

Migrating from Ireland in 1869, the O'Driscoll

family broke into Australian pioneering life by working as shepherds for farmer William Locke Brockman in remote bush between Northam and York.

After two hard years adapting to a new way

of life, sweating over long hours in testing, virgin-bush conditions to build a small stake of their own, they became proud owners of a property, Shamrockville.

In 1946, the family added Chillamoning

which includes the site of the homestead that has been upgraded over the generations.

Five generations later and a lifetime of mostly-prosperous farming by Eddie, flanked by daughter, Jen, for the past 11 years, the time has come for the father-of-three to step aside.

Eddie's two adult sons chose different directions, with Sam becoming a city accountant and Toby opting to live in Margaret River.

"I have mixed feelings about selling, naturally," says Eddie, flanked by partner Robin Crew, looking out over the glorious spread of land that has attracted intense rural interest with its listing for sale.

To have been in the same family from WA's pioneering days is rare. The wheat and chaff farm has been a supplier in WA and to Singapore, United Arabs Emirates.

South East Asia, Malaysia and Hong Kong.

Eddie has invented many of his own machines that have allowed him to extend into a successful chaff-cutting business on the property. Jen is proud of her

dad's inventions.

"It allows us to oversee the whole process of growing, to manufacturing and selling," she said.

Thoroughbred owners and breeders clamoured for the chaff because horses experience less inflammation and are less susceptible to injury when fed quality wheaten chaff, she explained.

In 2005, Eddie also masterminded a process to manufacture round rolls of hay, becoming less labour-intensive.

Jen followed dad into agriculture studies at the Muresk Institute, focussing on agronomy. She hopes to remain in related rural industries or businesses The O'Driscoll farm, of nearly 1,000 hectares, is mainly cropping but maintains some sheep and incorporates a small feedlot.

The property, with its district views, includes the George Warner paddock, named after a pioneering squatter who set himself up on the O'Driscoll land and farmed almond trees, raising a family that stayed there contentedly for one-and-a-half gen-

erations.

Today there is a modern-day squatter, Bob, who for several years has lived on the property with his two caravans, joining the staff to make chaff deliveries to Perth.

Over its many generations, the property has been productive but also eventful, battered by heat, drought and floods.

Eddie, Jen and their team of workers confronted poor seasons in 2009 and 2010 and this year with a severe rain shortage after cropping.

Eddie says at the best of times the property produced up to 4,000 tonnes of hay for chaff a

"To do what I've been brought up to do and work at all my life in the wide-open spaces has been very rewarding. But until you go into the city and then come back to it, you don't appreciate it all totally," he said.

Eddie said if he had to choose a different course in life, he would have liked to pursue engineering or architecture but farming was always his priority and his love.

"But now Jen and I have accepted that it's time to make the change.

"I know it hasn't fully sunk-in. I have yet to decide where I'll live in Perth but that's okay. What I've done with my life on the land has been very satisfying. It's the family tradition." smiled Eddie.

# Stunning new homes in the heart of Greenwood will suit downsizers

SIMPLIFY your life and come along to enjoy all that the leafy suburb of Greenwood has to offer with new downsizer dream homes for over 55s.

These new dwellings are ideally located in west Greenwood, within walking distance of cafes, restaurants, a convenient Foodworks supermarket, doctors, dentists,

bus-stops and beautiful parks.

Design-wise these homes will be stunning. They have been planned to be low maintenance with consideration of future living expenses courtesy of solar panels and a gas boosted solar hot water system. Buyers can also choose homes with two or three bedrooms, two bathrooms and double lockup garage with shoppers'

These quality and complete turn-key homes will be built by reputable Sovereign Building Company. Some features include underground power, solar panels – 3kw, 10 panel system connected to the grid, 300 litre gas boosted solar hot water system, energy saving

LED downlights, reverse-cycle split system aircons, ceiling fans, fully landscaped and reticulated gardens.

Over 55s, claim your COVID rebates on these stunning new homes in the heart of Greenwood – time is running out as the application for the rebates must be started before 31 December.

Federal Government grants are means tested and both state and federal assistance may be available depending on your own circumstances and the contract date

Visit reiwa.com.au/20-kanangracrescent-greenwood-4364251/ or call Sonia Mak on 0407 196 253 for further information.



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# Downsizing ADVERTISING FEATURE



# Plan ahead and prepare for Christmas the Zofia way



Left to right; Some Christmas inspiration is available at many local stores. Zofia's wrapped and ready for Christmas









#### by Zofia St James, Interior designer **Sherlock Homes Group**

HAPPY December everyone. I am hoping as you read this that you are organised for Christmas and just now enjoying the wonderful vibe that this time of the year always brings.

I had promised myself that come the first of December I would be totally set. Decorations up, gifts purchased, wrapped and ready and I'm happy to say I did it. And now all I have to do is enjoy the lovely look of it for the whole month.

Our family is far from large, so it was not the overwhelming process it is for many people who must cater for a whole

tribe. So whether you have a small or a large family, a small budget or you like to go all out for Christmas, after the year that has been, December is a lovely month to enjoy the cheer, reflect and start casting our eyes forward to a brand new year and fresh chapter in our lives.

For those of you scratching your heads and wondering where to start; I suggest you get in the mood first. So, start decorating. My tree is willow branches in a large vase on my dining room table that I hang ornaments on. I think it looks stunning, however if you ask my youngest she would say that I robbed her childhood Christmases by having a modern take rather than a big

green traditional tree with 'snow' dipped branches (insert appropriate rolling eyes emoji here).

The other tree is a large black conical shaped plant frame that I painstakingly covered with 25 metres of fairy lights... and she hates that too.

Getting the decorations up certainly induces the motivation to make a list and hit the shops. I like choosing the gift-wrapping paper in a theme that changes every year. This year mine is the nutcracker theme. I wrapped the gifts and attached a cracker and tied them all up with a big red bow. I think it's my best effort vet.

When thinking about your table setting this year, tie the colours back

to the colour scheme you chose for the gift wrap paper.

It really can be fun and even super simple to add a couple of potted red poinsettias as a centrepiece or flowers in the colour that complement the gift wrapping.

Even food can be chosen and decorated to have a Christmas look. Try adding pomegranate fruit to a green salad... as basic as that might sound to some. One year I created a wreath of candy canes, chocolates and dried fruits on a big wooden board for a grazing table.

Make an effort to be creative, it adds to the joy to the experience for those who you are celebrating with over the festive period.

When it comes to selecting gifts for your loved ones. Think about their taste, personality, hobbies and passions. It pays to listen in advance and take a mental note. But really there is also absolutely nothing wrong with gift cards. Just place them in a lovely card, decorate the envelope with a large bow and attach a little Christmas ornament.

Plan to spend a special day in your local shopping precinct. Wear comfortable shoes and take a break and have a nice lunch.

My favourite local retailers are Table Culture for the passionate and ultimate host/hostess with the mostest. Try

Hidden Lace for the goddess in your family who loves feeling the touch of silk and lace against her skin. Janice and Lisa also stock Côte Noir, a beautiful French range of candles and room diffusers and other beautiful scented bath products that I'd be thrilled to receive.

There are also children's gifts and clothes. Visit Simon Johnsons for a little yummy something or gift baskets or products to make your own. Adairs have lots of gift ideas for the linen and homewares lover. Look in at Trilogy for something big or small, the alfresco or lover of anything in French style. And finally, my go to - David Jones... they always have something that has had some

thought and hopefully a little hint that makes that person who receives it smile

Finally get yourself a little something too, we all deserve to self-gift. Have a truly bright and blessed Christmas everyone, stay safe and see you back here in January. Ho, ho, ho and Merry Christmas.

Zofia offers an interior style consultation for readers. She offers readers a phone or video call consult free of charge. She can assist with de-cluttering, restyling, choosing furniture and personal styling. For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email int shg@gmail.com

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# OWNSIZING ADVERTISING FEATURE

# Finding peace of mind in retirement at RAAFA Erskine Grove



Shirley and David Lloyd, finding peace of mind at Erskine

WHEN it's time to make a new lifestyle decision, it's a case of looking forwards, not back, says Shirley and David Lloyd, who moved into Erskine Grove, one of RAAFA's retirement living estates in April.

'We took a long time to decide to downsize, and weighed up all the pros and cons," says David, who will turn 80 in just a few months.

"We visited pretty much every retirement village in Mandurah, but when we walked through the gates at Erskine Grove it had the most welcoming feel, it was laid out so well and we were impressed straight away.

"We had so many friends who advised that, if we were going to move, we should do so sooner rather than later, and definitely before we turn 80. That advice turned out to be very sound," said David.

Shirley and David were previously living on a large bush block 20km south of Mandurah, where they loved the space and semi-rural lifestyle, but where there were no nearby amenities.

"We realised that, if for any reason one of us couldn't drive, there was no public transport nearby. Moreover the block also took a huge amount of effort to maintain," explains Shirley.

"However, if moved to somewhere like Erskine Grove, we could walk to the shops, which is great for keeping fit, and we have all the services we need close by, including

a local doctor's surgery. "And we also real-

ly liked the idea of the level of security that Erskine Grove offers, which we felt would give us peace of mind.

'There's certainly lots to be weighed up when moving from your family home, but for us the decision to move to Erskine Grove was well considered and has proven to be a great lifestyle choice.

Find out more at www.raafawa.org.au or see their advertisement on page 33.

# Strata titled house and land packages released by Belswan



SOME people wish to enjoy all the benefits of a lifestyle village, but rather than having a life lease, prefer to have their own strata title house and land.

To satisfy this demand, particularly for baby boomers, Belswan Pinjarra is releasing a limited number of strata titled blocks and homes which allow purchasers to take advantage of the combined federal and WA state grants of \$45,000.

With this incentive, potential buyers can have a new home from just \$299,000, giving them a titled property with all the protection offered under the Retirement Villages Act.

The Belswan Village has exceptional facilities, too numerous to list. When people take into consideration the growth of amenities in Pinjarra itself, you can't fail to see the advantages of

With good connections both to Perth and the south, it's well worth taking the short trip to check out both the village and the town, whether it's for yourself or perhaps your parents or relatives.

Give Robyn Craig a call on 0418 464 269 to set up a convenient time to take a tour or get an information pack. You'll find the experience well worthwhile.

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# Home care helps 90-year-old Marie stay active

FIT-BALL classes, books and meditation, to spiritual groups and spending time with the family, 90-year-old Trigg resident Marie Lewis is rarely short of something to do.

This tech-savvy nonagenarian can usually be found streaming exercise classes for seniors or attending online church services in Canada.

"I discovered I could ioin Mass in places such

as Santa Fe in New Mexico and Boston, Massachusetts. It was marvellous," Mrs Lewis

But bubbly Mrs Lew-is says it's the support of her home care team from Baptistcare that helps keep her active and independent on a day-to-day basis.

Like many older West-Australians, Mrs Lewis takes advantage

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Homecare help from Baptistcare helps 90-year-old Marie Lewis keep active and independent

of a government-funded

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age through Baptistcare. Twice a week, one of her four regular support workers comes to her house to help with chores such as cleaning. laundry, changing the

"Having help around the home is such a blessing," Mrs Lewis said. "It means I can stay living at home, enjoying all the things I like, including being indepen-

bed and shopping.

"I do feel blessed. Life has been vastly different recently, but it's beautiful too and it's still good," she said.

If you're interested in home care support for your loved ones, visit www.baptistcare.com. au/home-care

# GREAT HOME and GARDENING



#### Get your garden ready for summer and celebrate the festive season with some greenery











Left to right; Red Poinsettia - Wollemi Pine - Cacti and succulents - Mistletoe cactus and Hydrangeas

#### by Colin Barlow

RECORD rainfall during November and an unusually cool spring have really benefited our gardens. They have had the chance to recuperate before the really warm summer weather sets in. This welcome bonus of natural rain has replenished the soil, and our plants have flourished.

Take the time now to check your sprinklers and apply a wetting agent if you haven't done so already. Then apply a controlled release or organic fertiliser to feed your plants and the soil and your garden will be looking great for Christmas

Your plans this year for the Christmas festive period may be a little different to what you previously imagined, but this year has brought gardening and plants to the fore. During the period of lockdown many people found their green thumbs, so the gift of a plant at Christmas will certainly be well received by many.

You could start by ditching the old huge plastic Christmas tree, and try using a living tree this year. A great choice is the dwarf conifer Picea

glauca var. albertiana Conica' or white spruce which makes a nice neat and compact pyramidal tree, just like a mini pine tree. My favourite is the Wollemi Pine or dinosaur tree or you could try any of the following including the pencil pine, bookleaf pine. Norfolk Island pine, lily pilly, Albany woolly bush and pine trees. They are all suitable to use as a Christmas tree for a couple of weeks inside over the festive period. After Christmas, remember to place your tree outside to let it recuperate in a partially shaded spot in the garden.

If you would like to help out with the Christmas dinner why not try planting up some small pots, troughs or containers with mixed herbs or veggies? They are sure to come in handy, and the freshly picked produce tastes so much better than shop bought. You could even try planting a dwarf fruit tree that can fit into most small home gardens or can be easily grown in a large pot.

Christmas just wouldn't be the same for me without a traditional red Poinsettia on the dining room table. Now there are a range of white, pink and speckled

varieties to make your table decoration a little more unusual, for those who dare to be different.

Indoor plants are still on trend and devil's ivy, ZZ plant, Philodendrons, cast iron plant, moth orchid, peace lily, Swiss cheese plant and Anthuriums are easy to care for. There are numerous hanging planters available now including macrame hangers that look stunning planted up with devil's ivy, mistletoe cactus and Syngoniums.

Cacti and succulents also continue to be popular and make great gifts for people who sometimes forget to water their plants. With a wide range of mini-gardens, bowls and glass domes to choose from, they are a ready-made gift.



I like to place some large Hydrangeas outside my south facing front door in a partially shaded spot to welcome the season. Both the mop top and lace cap varieties in shades of blue, pink and white make an imposing entry statement and splash of colour. Smaller potted specimens make a perfect table decoration for

a week or two, before being placed back outside in the garden. Keep them well-watered over summer.

Both boys and girls love their power gardening tools. The extensive range of battery powered mowers, hedge trimmers, whipper snippers, chainsaws and leaf blowers that are now available, make gardening tasks a breeze. Don't forget to check out your local dealers for the best advice on the tools and machinery to suit your tasks and budget.

So, if you have just started gardening or are

an avid gardener then spread some Christmas cheer with a gardening gift that will continue to grow throughout the year.

Have a very Merry Christmas and a Happy New Year and I look forward to another year of great gardening advice next year.



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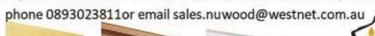




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# How stem cell nutrition can help to ease the symptoms of arthritis



Sandra Barnsley Advertorial ARTHRITIS is painful in-

flammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection - but also to start the healing process. The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to joint replacement surgery.

Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion.

#### How Can Adult Stem Cells Help Arthritis?

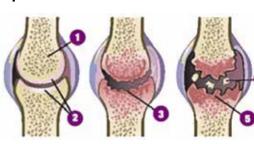
Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue, adult stem cells can become

new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when you were 25.

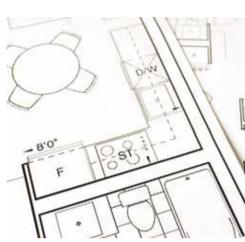
Stem cell nutrition encourages your body to naturally release millions of new stem cells - which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better.

If you would like to find out more about how stem cell nutrition can transform your phone Sandra Barnsley on 0412 479



Evolution of Osteoarthritis Diagram; 1. Bone, 2. Cartilage, 3. Thinning of cartilage 4. Cartilage remnants 5. Destruction of cartilage © doctorramev.com

# Home builder grant now extended until end of March 2021



DATA from the Australian Bureau of Statistics (ABS) shows WA comfortably recorded the highest increase in building approvals of all states over the last year, increasing by 96 per cent.

The state to record the second highest growth was New South Wales at just 39.6 per cent.

The surge in building approvals follows the introduction of the State Government's \$20,000 Building Bonus and the Commonwealth Government's Home-Builder grant in June this year.

As at 30 November, Revenue-WA had received 4,369 Building

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Bonus and 3,301 HomeBuilder applications and paid out almost \$20 million in grants.

The Homebuilder program, which is administered by RevenueWA, will be extended to 31 March, 2021.

The grant is \$25,000 for contracts signed between 4 June and 31 December, 2020, and \$15,000 for contracts signed between 1 January and 31 March, 2021.

The RevenueWA online application process allows Home-Builder applicants to lodge their application with a copy of the signed building contract prior to the application close date of 14 April, 2021, then upload other supporting evidence when it is available after this date.

For the WA State Government's \$20,000 Building Bonus grant, contracts must be signed between 4 June and 31 December, 2020, but applications can be lodged up to 31 December,

The requirement to commence construction of a new detached home has been extended to 12 months from the date of the contract for the Building Bonus grant. There have been no changes to the timeframes for contract dates, single-tier developments and owner-builders.

Applicants can speed up the timing of grant payment by making sure they submit all evidence required with their application. Currently, about 90 per cent of applications are unnecessarily delayed because correct documentation is not provided to prove HomeBuilder reauirements have been met.

For more information and eligibility criteria, visit: www.wa.gov. au/government/announce ments/building-bonus-grants

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# Popular Channel Nine presenter Louise Momber's new life in Canberra



Louise Momber and family

CHANNEL Nine Perth's Louise Momber is leaving the Perth station

this month. We spoke to her about her move to Canberra.

Tell us about your move to Canberra? Was

it an easy decision?
"We decided to move to Canberra after my husband was offered a promotion over there with Channel 7. It was too good to turn down. After 13 years at Channel 9 – and having lived in Perth my whole life – I felt the time was right for a new challenge. So here we are – taking the plunge."

What have been your highlights at Channel 9 over the years?

"I have been so privileged to do a variety of roles in my time with Channel 9. I'm proud to say I've anchored basically every type of bulletin available. Week-

end News, Today Perth, Perth's A Current Affair, WIN News, Nine News at 4pm and the Weekday 6pm bulletin. I've also been a senior reporter, political reporter, executive producer, weather presenter... I was even chief of staff for a day (I was terrible at it). I can honestly say I've loved every role.

"I've covered a wide range of stories – from the discovery of HMAS Sydney off Geraldton, to various high-profile court cases and political issues. I even got to interview Sir Michael Parkinson – which was very special.

"Without a doubt – anchoring bulletins during the global pandemic will stay in my memory forever. Every bulletin was intense. Every story as important as the one before it. I've never experienced anything like it. There was nothing familiar or predictable about any of it. So many people impacted - on a global scale. It's been an honour to be part of the media during this time replaying such important information day after day.

"The work I've done with charities and the Perth community has been another highlight for me. I was lucky enough to co-host the IGA and Variety Carols by Candlelight in the City 10 years in a row. As the largest

Carols in WA – it became a Perth institution. I hosted WASO Symphony in the City, plus events with the Cancer Council, Multiple Sclerosis WA and Breast Care WA to name a few. Thoroughly rewarding opportunities and memories – that I will certainly treasure.

"My colleagues at Nine have become like family to me. It's been wonderful working alongside each and every one of them. Our industry can be tough, overwhelming and at times – emotionally draining. Having work mates you can have a laugh with is so important. I'm really going to miss the newsroom ban-

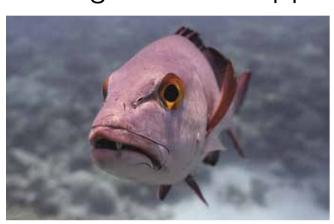
What will you be doing to celebrate Christmas this year?

"We will be having a quiet Christmas in Canberra – just our family of four and dog, Millie. My husband has offered to cook Christmas lunch – which should be interesting. We're planning to FaceTime loved ones in Perth – so we don't miss out on anything."

A final word for the readers?

"To everyone who's supported me during my time at Channel 9 – thank you. I'm so proud of our state and it's been an honour to bring you the news all these years. This is 'see you later' – definitely not goodbye."

# Octogenarian snapper found in WA becomes oldest tropical reef fish



81-year-old tropical reef fish

AN 81-year-old midnight snapper caught off the coast of Western Australia has taken the title of the oldest tropical reef fish recorded anywhere in the world.

The octogenarian fish was found at the Rowley

Shoals—about 300km west of Broome—and was part of a study that has revised what we know about the longevity of tropical fish.

The research identified 11 individual fish that were more than 60 years old, including a 79- year-old red bass also caught at the Rowley Shoals.

Australian Institute of Marine Science (AIMS) fish biologist, Dr Brett Taylor, who led the study, said the midnight snapper beat the previous record holder by two decades.

"Until now, the oldest fish that we've found in shallow, tropical waters have been around 60 years old," he said.

"We've identified two different species here that are octogenarians and probably older."

Dr Taylor said the research will help us understand how fish length and age will be affected by climate change.

"We're observing fish at different latitudes — with varying water temperatures — to better understand how they might react when temperatures warm everywhere," he said.

The study involved four locations along the WA coast, as well as the protected Chagos Archipelago in the central Indian Ocean.

It looked at three species that are not targeted by fishing in WA; the red bass (Lutjanus bohar), midnight snapper (Macolor macularis), and black and white snapper (Macolor niger).

Co-author Dr Stephen Newman, from the WA Department of Primary Industries and Regional Development, said long-lived fish were generally considered more vulnerable to fishing pressure.

"Snappers make up a large component of commercial fisheries in tropical Australia and they're also a key target for recreational fishers," he said.

"So, it's important that we manage them well, and WA's fisheries are among the best managed fisheries in the world."

Marine scientists are able to accurately determine the age of a fish by studying their ear bones, or otoliths which contain annual growth bands that can be counted in much the same way as tree rings.

Dr Taylor said the oldest red bass was born during World War I.

"It survived the Great Depression and World War II," he said.

"It saw the Beatles take over the world, and it was collected in a fisheries survey after Nirvana came and went."

"It's just incredible for a fish to live on a coral reef for 80 years."

The research is published in the journal Coral Reefs.



### Christmas church services available to celebrate the festive season

FROM a traditional Christmas service to a short family-friendly message, there are an abundance of opportunities to celebrate Christmas at churches across WA.

Most churches offer a special service for Christmas Eve or Christmas Day, or head into the city for the Christmas service at one of the cathedrals. Please note current COVID-19 restrictions apply and churches may now hold up to 60 per cent of their capacity in line with the new announcements.

St Georges Cathedral Perth. Cathedral Square Precinct

Friday 25 December Holy Eucharist with Carols 8am - 9am, 10am - 11.15am.

St Mary's Cathedral, Victoria Square Perth

Thursday 24 December 6pm Children's and Families Nativity Mass

with Nativity Play 9pm Solemn Christmas Vigil Mass 10.30pm – 11.10pm Lessons and Carols

Friday 25 December 12am - Midnight Solemn Pontifical Mass 8am – Dawn Mass

9.30am - Christmas Day Mass 11am - Solemn Pontifical Mass of Christ-

mas Day 5pm - Christmas Day Mass

South Perth Uniting Church, 2 Sandgate

Friday 25 December Christmas Worship Service 8.30am St Peter and Emmaus Church

Joondanna, 56 Green Street Monday 21 December

7pm - "Blue" Christmas service Thursday 24 December at 5pm - Family Christmas service Friday 25 December at 9am - Christmas

Day service St Catherine Laboure,

55 Bedford Avenue Subiaco Friday 25 December 8.30am Mass St Francis Xavier,

West Parade and Windsor Street Perth Friday 25 December 9.30am Mass

Rockingham Uniting Church,

4 Erindoon Way, Waikiki Thursday 24 December at 6pm Christmas Carols on the lawn. Outdoor public singing of Christmas carols and performances by groups and communities linked to the church.

Bunbury - St Patrick's Cathedral.

11 Money Street Christmas Eve - Thursday 24 December 6.30pm service

Friday 25 December Midnight Mass

Mass 8am and 10 am Australind - Christ the Living Vine, 52 Mardo Avenue

Friday 25 December 8.30am service Albany Grace and Glory Ministries

Free Community Christmas luncheon, 25 December 2020

Pastor Steve and Karen Marshall are hosting a lunch for anyone who is alone at Christmas. Attendance must be registered. call 0412 850 105 or visit www.christma sluncheon.org



**SATURDAY 19 DECEMBER** 2pm Children's Christmas Service

**SUNDAY 20 DECEMBER** 7.30pm Festival of Lessons and Carols\*

**WEDNESDAY 23 DECEMBER** 7.30pm Festival of Lessons and Carols\* **THURSDAY 24 DECEMBER** 

7.30pm Festival of Lessons and Carols\* 11.30pm First Eucharist of Christmas

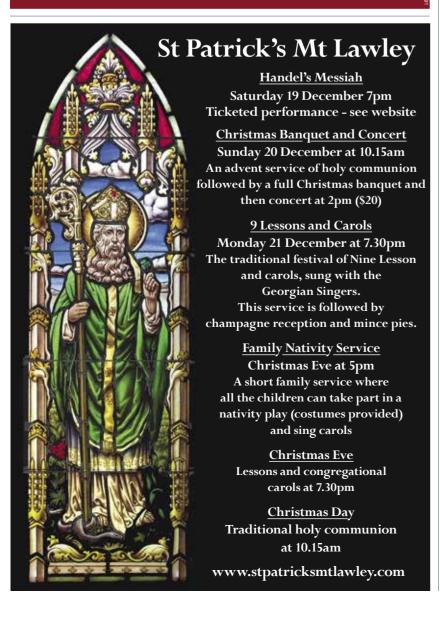
**FRIDAY 25 DECEMBER** 

8am Holy Eucharist with Carols 10am Choral Eucharist with Carols Music: Mass in F (Haydn), Sans Day Carol (Rutter)

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#### Vienna Pops New Year's Eve evening gala and afternoon delight



THIS New Year's Eve, Australian soprano Rachelle Durkin (pictured left) will be returning from New York to join musical director Mark Coughlan and the Vienna Pops Orchestra to fill the Perth Concert Hall with joy, optimism, laughter and music to welcome in the New Year.

Rachelle has performed around the world and her brilliant, pure voice and captivating stage presence is a winning combination.

The rising stars for this year's performance are the bright, young 18-year-old classical percussionist Rohan Zakharia and the brilliant Devon Lake, a 17-year-old with a baritone voice that belies his years.

Choose from the Vienna Pops af-

ternoon matinee concert or the evening Champagne Gala Concert and create memories this New Year's Eve by treating your family with the gift of a family pass and celebrate the new year together.

Matinee Family Concert 2pm - 3pm Back by popular demand for those looking to enjoy a shorter family-friendly event, or just start the New Year celebrations early.

Gala Concert 9.30pm - Midnight

Ring in the New Year with an evening of musical talent, humour and of course a glass or two of champagne. For tickets, please visit perthcon

certhall.com.au

Call on 9231 9999 or book in person at Perth Concert Hall box office.

### **XMAS WORD SEARCH MONSTER**

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. The leftover letters will reveal the mystery answer.

| T | Α | S | S | Ε | L | S | Κ | G | N | ı | L | ı | Ε | С | 0 | Т | R | 0 | 0 | L | F |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| М | 0 | Т | S | U | С | В | 0 | W | S | Ε | ı | R | R | Ε | Н | С | F | N | U | T | S |
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| С | R | Α | L | Ε | S | N | 0 | I | T | Α | R | 0 | С | Ε | D | S | M | G | S | Υ | Ε |
| 0 | 0 | T | T | ٧ | 0 | U | F | Ε | Α | T | Н | Ε | R | S | Ε | Ε | I | P | D | R | N |
| Ν | С | U | S | L | G | R | Υ | Ε | F | Α | S | Ε | W | ٧ | D | С | L | R | N | Ε | Ε |
| Ε | Р | R | 1 | I | Ε | N | L | Ε | R | 1 | D | T | L | 1 | 1 | Α | Υ | Ε | Α | Α | С |
| S | 0 | Α | R | S | Α | В | Α | T | Н | В | L | Ε | В | С | N | N | G | S | L | L | S |
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| С | Υ | Α | Т | S | I | T | Α | L | Н | I | L | L | Α | ı | T | Н | Т | E | Ε | Α | T |
| Α | L | U | Υ | Н | S | T | Ε | Ε | S | Р | U | 1 | Т | D | G | Ε | S | Ε | М | Р | Α |
| N | Ε | 0 | L | ı | S | В | Ε | Ε | Н | M | S | S | G | Р | ı | Н | Ε | Α | Ε | Р | N |
| Ε | T | D | R | Ε | R | K | R | F | ı | N | Α | S | G | Н | ı | Т | Т | R | Н | L | G |
| S | L | Н | 1 | Α | T | Ε | 1 | N | ı | L | 1 | N | S | G | Т | Н | ı | Ε | Т | Ε | N |
| W | С | В | T | S | R | R | Α | R | Р | R | S | Ε | Т | Α | D | S | S | 0 | D | S | 1 |
| М | 0 | 1 | U | ı | N | T | Ε | I | T | I | N | S | Ε | L | L | S | T | R | N | L | R |
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| Ν | T | 0 | G | S | В | Ε | S | С | Α | R | Ε | Α | W | Α | Y | Ε | ٧ | I | L | W | S |

A decorated tree has become an important part of Christmas traditions for families around the world. Cross off all the related words hidden in the grid of letters and the leftover letters will reveal another Christmas tradition.

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**FAMILY** 

See page 20 for puzzle solutions

### Discover the Christmas lights trail in Perth which is back and bigger than ever



THE MASSIVE light spectacle organised by the City of Perth has a total of 30 stops this year to ensure that Christmas is brimming with magic.

Choose from one of four journeys across the CBD, Northbridge, East End or West End areas, or forge your own festive journey through our dazzling light displays, enchanting building projections and joyful street decorations. Make up their own trail or download maps from the website at visit perth.com

Plus there's roving entertainment every Friday and Saturday night and during the day on Saturdays and Sundays to add that extra dose of Christmas spirit.

Trail routes will cover about four kilometres including the following venues: WA Museum Boola Bardip; Perth Cultural Centre; Northbridge Piazza; Kings Square; Yagan Square; Raine Square; 140 William Street; Forrest Chase; Forrest Place; Murray Street Mall; Hay Street Mall; Cathedral Square; Council House; Elizabeth Quay; Enex; Brookfield Place; Claisebrook Cove and Hay Street, West Perth.

Brighten up your Christmas with this gorgeous Christmas lights trail which will bring joy to everyone.

# Preserve your memories by converting old films with DiskBank



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

AS time passes, old film footage slowly degrades.

In the early twentieth century, film reels were not designed with longevity in mind, often using unstable chemicals to improve the quality of the picture.

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Many films shot during the 1930s/40s will eventually succumb to what's known as 'vinegar syndrome', a decomposition process that releases a vinegar-like odour.

s a vinegar-like odour. As the film ages, it will continue to deteriorate until it is damaged bevond repair.

Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already begun to break down and lose quality. Now is the time to take action and ensure your priceless recordings aren't lost forever.

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

If the film has already

begun to decay or develop mould growth, Disk-Bank can take steps to revive your footage if the damage has not spread too far

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

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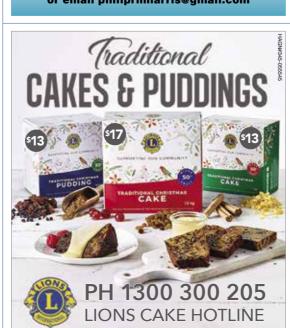
Carry Bag (RRP \$99.99) or a Santa's Nut Sack, twin pack (RRP \$55.99) email win@haveagone ws.com.au with Morish in the subject line or write to Morish Nuts c/- Have a Go News PO Box 1042 West Leederville 6901. Competition closes 31/12/20.

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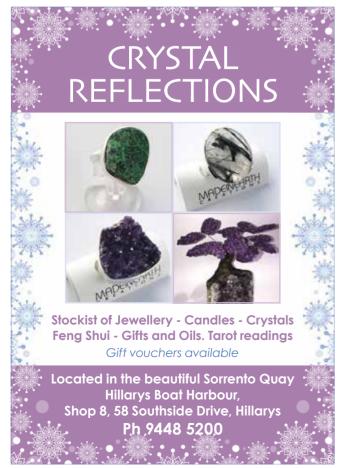
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# art see market



Polly Hilton for STATE
© Frances Andrijich and Wunderman Thompson

# West Australian Ballet en pointe for an exciting 2021

AUSTRALIA'S oldest ballet company will begin its 69th year with *As One*: Ballet at the Quarry as part of Perth Festival.

This trio of performances, 4 Seasons, Heartache and Moment of Joy will run between 5 and 27 February at Quarry Amphitheatre in City Beach.

From 23 to 27 March it is Maylands' turn. *Genesis* is an up close and personal performance with a post-show Q&A with the choreographers.

On Wednesday 14 April join principal rehearsal director and artistic associate Jessica Gethin for an evening of insights at the West Australian Ballet Centre.

Giselle is a 178-year-old tale of impossible love, vengeful ghosts and ultimate forgiveness. The performance with the West Australian Symphony Orchestra will run from 13 to 22 May at His Majesty's Theatre

Australian choreographic legend Graeme Murphy shares his vision in a chat on Wednesday 16 June at the West Australian Ballet Centre.

Live at the State Theatre from 24 June to

3 July, is another trio of performances: Air and Other Invisible Forces, New Creation and Coincheurs

and Gainsbourg.

A beautiful life-like doll and two bickering young lovers create comic chaos in Coppélia. His Majesty's Theatre will host this stunning ballet from 16 to 25 September.

The famous Sleeping Beauty will make you feel like a child again at His Majesty's Theatre from 18 November to 12 December. This fairy tale will bring colour and magic to Perth just in time for Christmas.

Before seeing *Sleeping Beauty*, see the heart behind it. Javier Torres chats about his work at the West Australian Ballet Centre on Monday 25 October.

The company offers various pre-performance talks throughout the year. *Giselle* on Saturday 15 May, State Saturday 26 June, *Coppélia* on Saturday 18 September and finally *The Sleeping Beauty* on Saturday 20 November.

The company also offers adult classes starting at \$18 at the West Australian Ballet Centre in Maylands.

On various Fridays throughout 2021

WA ballet will open its doors for people to witness the sheer dedication that goes into acquiring the purity of classical ballet technique. Accompanied by live piano, people can be inspired by how the dancers prepare their mind and body for a full day of rehearsals. Held at the WA Ballet Centre in Maylands at 9.45am. Don't miss this opportunity to be absorbed into the ballet. Cost \$15. Coming dates 22 and 29 January, 5 March, 16 April, 28 May, 30 July, 27 August, 1 October, 8 October and 5 November.

For information on tickets or events, visit www.waballet.com.au or call 9214 0707.

# Volunteers wanted - Love Ballet?

If you would like to help out with WA Ballet with various functions and events contact the philanthropy department on 9214 0727 or email scombemorel@waballet.com.au

### Freo set to swing into the new year...

FREMANTLE will come alive with the wonderful sounds of Jazz Fremantle Sunday concerts in late December and early January 2021.

On 13 December upcoming vocalists Daisy Fanning, Lucy Iffla and Owen Measday present the Golden Age of Jazz, the last concert for 2020 beside the Rubaclava Orchestra. At interval there will be special Christmas raffle hampers and tempting Christmas goodies.

The new year enters with a bang on 10 January with *Jazzin' the Blues* with vocalist and guitarist Brenton Fosdike, guest vocalist Jenny Wrenn and a quartet of local jazz musicians.

On 17 January *The Girls Swing!* has Sue Bluck and her trio with their distinctive soulful sound, paying homage to some of the world's legendary female piano playing jazz singers.

On 24 January internationally acclaimed singer-songwriter Randa Khamis, who has released two singles and two albums worldwide on the London label, Freestyle Re-

cords, and his swinging quintet stage *Swingin at the Savoy*. It's a Jazz Party, will transport the audience back to the roaring 20s.

On 31 January rising vocalist Matilda Simcock and her stellar quartet will take the audience through an afternoon of three unique sets of music from the likes of Ella Fitzgerald, Billie Holiday and Sara Vaughan to Nina Simone, Shirley Bassey and Carmen McRae.

Concerts will be held on the second floor of the Navy Club, 64 High Street, Fremantle, 3pm-6pm. Entry \$15 members, \$22 non-members at the door. Table bookings please text Pamela on 0416 838 827.

WIN WIN WIN

Jazz Fremantle is pleased to offer a free double pass to a future concert for a lucky Have a Go News reader. To be in the draw simply email win@haveagonews. com.au with Jazz in the subject line or write to Jazz c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/12/20.

# Crime solving whiz series now on DVD



HIGH-FLYING, PR whiz Agatha Raisin (Extras, Catastrophe) leaves London to retire to the quiet, picturesque Cotswold village of Carsely.

Entering a local competition, she somehow finds herself the prime suspect of a murder and by launching her own investigation to clear her name, Agatha accidentally becomes an amateur sleuth.

As Agatha settles into the village and the life she always dreamed of, trouble is never far away. Together with her friends Roy (Mathew Horne, Gavin & Stacey), Gemma (Katy Wix, Not Going Out), James (Jamie Glover, Waterloo Road) and Sir Charles (Jason Merrells, Waterloo Road), Agatha is always a step or two ahead of the local police and proves to be a dabhand at solving the village's bizarre murders.

The six-disc set featuring 22 x 45 mins episodes and feature length pilot, Agatha Raisin and the Quiche of Death. Out now on

**KOORLINY ARTS** 

CENTRE KWINAN

DVD \$59.95.

**WIN WIN WIN** 

We have 5 box sets of Agatha Raisin to give away to some lucky readers. To be in the draw simply email win@ haveagonews.com.au with Agatha in the subject line or write to Agatha Raisin c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/12/20.

## Go behind the scenes...



Traditional Jazz every Tuesday,
7.30pm - 10.30pm
Yokine Bowling Club,
10 Wordsworth Avenue
Come listen, dance and socialise at our friendly club.
Different band each week.
Members \$10, non-members \$15
Meals available from 6.30pm,
drinks at club prices
Enquiries to jazzcaterina@gmail.com

VENUE tours have recommenced at the Perth Concert Hall.

Come along to delve into the backstage areas of the Hall, see the new display of historical information on the lower gallery foyer and audio and lighting equipment of old, on the upper gallery foyer.

The next tours will be held on Tuesday 5 January, Wednesday 6 January and Monday 11 January, 2021.

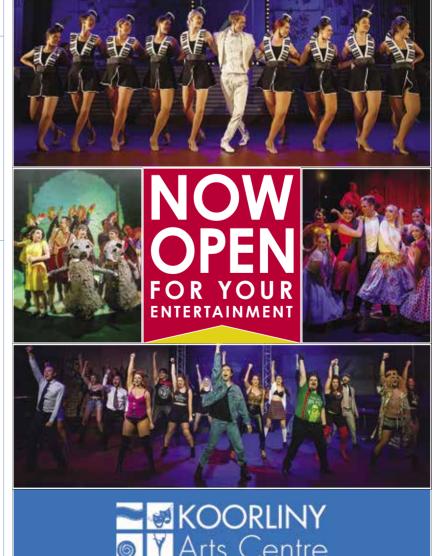
Each session runs for about 30 minutes and tours will run at 10.15am and 11.15am.

Entry is by gold coin donation.

To book, just email info@perthconcerthall. com.au stating what day and time you would like to attend.







KOORLINY.COM.AU 9467 7118



# Join the celebrations of 30 years of Opera in the Park in 2021



WEST Australian Opera has presented opera in the park for 30 years and is proud to be able to continue to deliver this annual free summer event with the outstanding support of the City of Perth and Lotterywest.

In 2021 to mark this special achievement, West Australian Opera is rolling out West Australian stars for City of Perth Opera in the Park 30th gala concert which will feature audience favourites from the world of opera and musical theatre.

West Australian companies join forces for this special event weekend featuring West Australian Opera principal artists, the West Australian Opera Chorus. and the West Australian Symphony Orchestra as

part of the 2021 Perth Festival.

WAO executive director, Carolyn Chard, acknowledges that the 30th anniversary is a significant milestone.

"Producing an event on this scale takes a monumental effort; and we have been fortunate that our partnerships with the City of Perth and Lotterywest has enabled *Opera in the Park* to become a flagship event on the state's summer calendar.

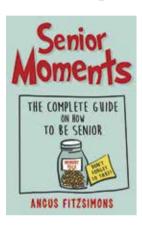
"After COVID19 disrupted live performance, we are proud to be able to reconnect with the people of Western Australia with a new COVID safe format for *Opera in the Park* 

"This includes limiting audience numbers at the event but we are able to offer two performance dates to enable as many patrons as possible to attend in the city plus you can still view via social platforms as we livestream to you," said Ms Chard

Opera in the Park is a free event, however patrons must register to attend, and tickets must be shown to gain entry. Registrations can be made at: West Australia Opera website: www.waopera.asn.au; Perth Festival website: www.perth festival.com.au; In person at Perth Theatre Trust Box Offices.

Each performance will be livestreamed to enable regional audiences or anyone to watch from home. See www.waopera.asn.au for details.

# A complete guide on how to be a senior offers an entertaining insight



Reviewed by Pat Paleeya Seniors Moments The Complete Guide on how to be senior by Angus Fitzsimons

PURCHASE this book. Do not resist or think twice about it. Be it a gift or a treat for yourself doing so will make someone very happy (especially Angus the author). The dedication page at the beginning of this book is far from the

usual ho hum blurb, it is a very comical and paved the way for a side-splitting irreverent, tongue in cheek look at growing older. Like a big box of Bassetts there are all sorts of topics covered in the 33 chapters – so let's have a taste.

"It's a senior moment when to you WW means the start of a war not an internet address." It's a senior moment when you know who Danny Kaye is, but you think Kanye West is a country in Africa."

From the chapter on diets. "Macrobiotic diet – John Lennon and Yoko Ono were big evangelists for this one, they were both very thin and added an extra secret ingredient of heroin – presumably the poppies were organic."

"The low GI diet – popular in WWII, if you dated short US servicemen then you would lose weight"

would lose weight."
From the chapter on med-

icine – "physio – like massage parlours without the fun bits."

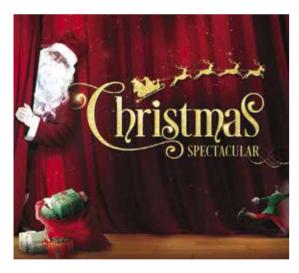
Because I am a senior I have a book of quotations on my shelf so have borrowed one from Colette... "Total absence of humour renders life impossible," so unless you are a really grumpy ole git who finds life impossible you will absolutely love this book which was inspired by the comedy revue, Senior Moments

by the author and Kevin Brumpton.

One concluding senior moment to share with you. "It's a senior moment when your idea of an apple technology breakthrough is a fresh granny smith apple in winter."

Don't miss this one. Thanks Angus, this will tickle many funny bones. Published by Hachette RRP \$29.99 – available at all good bookshops.

### Celebrate Christmas with this spectacular show...



COME and experience the most magical holiday event of the season.

LUNA

PALACE

Christmas Spectacular is an all singing, all dancing production that cel-

ebrates the joy and excitement of Christmas.

Join some of Australia's leading international musical theatre and cabaret stars including – John O'Hara (School of Rock, Grease, Singin' in the Rain), Annie Aitken (Anything Goes, Oklahoma); Allyce Martins (West Side Story, Sweeney Todd) and The Voice finalists, Jordan Rabbone.

Celebrate the fun and magic of the festive season with Santa and all of his friends, as they take you on a snow sprinkled musical journey to the North Pole. Featuring all your favourite Christ-

mas songs, Christmas showgirls, the traditional nativity scene, and of course... Santa's COVID safe flight plan.

This spectacular show will ignite your holiday spirit and remind you that Christmas truly is the most wonderful time of the year.

Performances will run on Tuesday 22 December, 1pm and 6pm; Wednesday 23 December, 10am, 2pm and 6pm; Thursday 24 December, 10am, 1pm and 4.30pm.

Santa Claus is coming to Crown!

Book now at www. Ticketmaster.com.au

## Heart warming sequel to Bob film



BASED on the international best-selling books, this heart-warming tale is the sequel to the hit film *A Street Cat Named Bob;* based on the true story of homeless busker, James Bowen, and his handsome ginger tom Bob, a stray whom he nursed back to health.

From the day James rescued the injured street cat, which he found abandoned in the hallway of his sheltered accommodation, the two began a friendship which transformed both their lives and touched millions around the world.

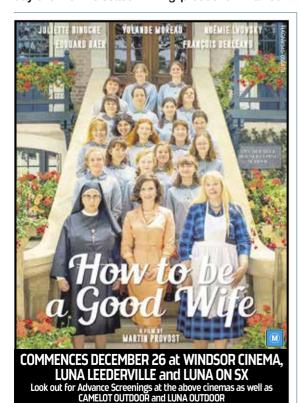
In A Christmas Gift from Bob, James looks back at the last Christmas he and Bob spent scraping a living on the streets and how Bob helped him through one of his toughest times –

providing strength, friendship and inspiration and ultimately teaching each other about the true meaning of Christmas spirit along the way.

In cinemas 3 December.

#### **WIN WIN WIN**

Thanks to Rialto Distribution we have some in-season double passes to give away to lucky readers. To be in the draw simply email win@ haveagonews.com.au with Bob in the subject line or call the office during business hour on 9227 8283. Closes 12/12/20.



For SESSION TIMES, OTHER

FILMS and TO BOOK TICKETS

visit our website:

www.lunapalace.com.au

Eniov a Circus

### If you can't trust your mind, trust your heart

DIAGNOSED with a mental illness during his senior year of high school, a witty, introspective teen struggles to keep it a secret, while falling in love with a brilliant classmate who inspires him to open his heart and not be defined by his condition. *Words on Bathroom Walls* is a moving film releasing in cinemas on 10 December.

#### WIN WIN WIN

Thanks to Sony Pictures we have 10 double in-season passes to giveaway to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Walls in the subject line or call the office during business hours on 9227 8283. Closes 13/12/20.

### Enjoy a Circus of Illusion at Crown Perth to kick off the new year

START 2021 by leaving the dour miseries of 2020 behind and escape into a world where sawdust and sequins join cutting edge illusions that create a fantastical extravaganza of wonders in *Circus of Illusion*.

Circus of Illusion blends worldclass artists, mime and magic that will leave you mesmerised by a show full of mystery and may-

Stay on the edge of your seat and keep your eyes peeled as stunning showgirls levitate, disappear and fly high in the air and the talented troupe of performers from across the globe treat your senses to a show of pure spectacle.

Due to COVID travel restrictions, casting has been done in Perth from among the sensational talent currently in residence here rather than abroad.

Ringmaster Magnus Danger Magnus is two times winner of the Children's Show of the Year at Fringe World 2018 and 2019. His crowd-frenzying stage antics have taken him all over Australia and abroad, emceeing for some of the globe's most famous and talented burlesque, circus and cabaret stars.

Acclaimed illusionist and Australia's Got Talent finalist Michael Boyd will present death-defying escapes and ingenious illusions that will leave you in awe and suspense.

Cameo Rascale are an internationally acclaimed acrobatic, comedy and juggling act. In 2009 the family acrobatic act made it through to the grand final of Australia's Got Talent. The talented duo of James Capener

and Rebecca Borromei bring a new dynamic of exciting skills to the stage, having previously performed on international cruise lines, plus at exotic hotels and resorts around the world.

Don't miss Circus of Illusion – a truly magical extravaganza at Crown Theatre, Perth at 7.30pm Saturday, 9 January and 1pm Saturday 9 and Sunday 10 January

Tickets now on sale \$49-\$79 plus handling charges from www.ticketmaster.com.au or call 136 100.

# Friend to Friend







#### Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

PO Box 1042 West Leederville WA 6901

#### Abbreviations used in Friend to Friend

ALA: All letters answered GSOH: Good sense of humour SD: Social drinker

NS: Non smoker SOR: South of River WLTM: Would like to meet DTE: Down to earth ND: Non drinker NG: Non gambler NOR: North of River TLC: Tender loving care

| Each person may submit one entry every month. |    |                        |                      |  |  |  |  |  |  |  |
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|   | Na | Obtaining replies to v | our Friend to Friend |  |  |  |  |  |  |  |

Please nominate a category for your advertisement.

Tick one box only.

Travel companion Seeking a friend

Wishing to contact Seeking a partner

Phone ...... Email ..... I am over 45 years of age ......(Signature)

Reply Box entry:

Please include two stamped (\$2.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

#### Seeking a Friend

**ASIAN** lady, a face chiselled by age and experience, no vice, 1950 vinwell maintained, model, GSOH, good conversationalist, into oldies and goodies music, spontaneous, easy to look at, not into computers or anti depressants. ALA. **Reply Box 8700** 

CHRISTIAN gent 68. hope to meet like-minded lady for coffee and Bible study from faith to faith. what could be more interesting than that?

Reply Box 8692

GENT 76, 5'8", 80kg, WLTM lady, 70-78, SOR who is sincere, honest, trustworthy, star sign Taurus, Capricorn, Pisces Or Cancer who is lonely. I enjoy carpet bowls, country & western music, quiet nights home, NS, ND.

Reply Box 8702

GENT 81, 166cm tall, 73kgs, enjoys all types of music, interested in most sports, likes walks, gardening, going out for coffee, the occasional meal, SD, NS, NOR, WLTM lady 75-85 for friendship and companionship, also TLC. Reply Box 8698

GENT UK/Aus 72, 180cm VGSOH, presentable, sociable, NS, SD, enjoys travel, gym, family, beach, coastal walks, usual social activities. Seeking intelligent, attractive, compatible, easy going lady to mid 60s, all travel modes. inspired. destinations Northern suburbs. Coffee?

Reply Box 8701

**GENTLEMAN** are you looking for that perfect lady, better keep looking because it's not me. I'm 70, young, GSOH, NS, SD, growing old gracefully. Want to meet for a cuppa?

Reply Box 8693

**PETITE** European lady, postcode 6014, seeking intelligent, DTE gent with GSOH, NS, SD who understands how to treat a lady. I present myself well, love dancing, theatre, movies and good food. If you are genuine, sensible and not over 70, then I will be glad to hear from you. Any nationality.

Reply Box 8699

#### Seeking a Partner

**ATTRACTIVE** English lady, 72, postcode 6107 feminine, educated, medium build, Catholic, own home, DTE, GSOH, ND, 55, WLTM well presented gentleman, 66-72 for permanent, long term relationship (not separated) who enjoys music, reading, walking, country drives. Genuine replies only.

Reply Box 8696

EASY GOING guy, 64, NS, DTE, WLTM Asian lady who likes country life, to share life together, enjoys walks on beach or just a simple bunch of flowers with TLC

Reply Box 8703

GENT late 70s WLTM a DTE lady who enjoys 60s music, homelife, country drives, gardening and to travel in WA, Australia now, cruises and overseas later on. Look forward to a coffee and chat if interested

Reply Box 8697

LADY 66, very feminine, dark hair, NS, GSOH, SOR, medium build, honest, respectable, positive outlook, WLTM genuine gentleman, 65-75, long term relationship, not separated, TLC. Are you the one? Let's meet and see. Genuine replies only. **Reply Box 8694** 

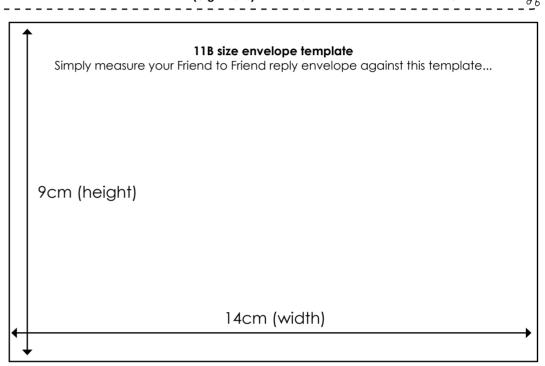
**WLTM** respectful, caring, honest man for company and fun times together. I love country drives, reading, current affairs and swimming. Like similar

Reply Box 8695

#### Have you met your match?

We at Have a Go News are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you? If you would like to share your story please email helen@haveagonews. com.au or write to; Friend to Friend PO Box 1042, West Leederville WA 6901 Your privacy will be respected.

Do you need a companion or friend? Let Have a Go News help you through our Friend to Friend page. Get writing and send in your coupon.



## When replying to an Friend to Friend entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)

Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.

No greeting cards, bulky items and photos.

All replies will be forwarded early in the next month.

All replies are strictly confidential and are not opened.

Replies must be in response to reply boxes no older than three months.

#### Floral art brings friendship through flowers



WA FLORAL Art Society meets monthly where like-minded people get together to enjoy friendship through flowers.

On Saturday 12 December at 12.45pm the group hold its annual Christmas party with a demonstration by international judge and floral designer Jean Shine, followed by an auction of the designs and a festive afternoon tea.

Meetings are held at the Osborne Community Hub at 12 Royal Street in Tuart Hill. Visitors are welcome for a fee of \$10. Check out the website www.wa floralart.org.au or call Penelope on 0403 552 811 for all information.

#### New outlet in Maddington

Have a Go News is now available at Pharmacy 777, located at Unit 4, 2 Sheoak Road, Maddington. Contact them on 9459 6179 or visit them online www.pharmacy777.com.au.

#### **SOLUTIONS MATCHMAKING** "The safest way to meet a genuine and suitable companion" 9371 0380

KINGSLEY LADY 70 very attractive, well spoken, blue eyed blonde, beautifully groomed, gentle, kind, feminine qualities, sociable. Fit & healthy. Enj caravan travel, dining in or out, walks, friends. Sk gent 67-77.

**SCARBOROUGH LADY 72** gorgeous English lady, trim, attractive, great smile, well dressed, youthful, vibrant, positive & full of life. Walks, reads, travels, enj friends/family & playing mahjong. Sk gent 68-78.

LEEMING LADY 76 kind, caring widow, slim, petite, well grmd, feminine but not afraid to get hands dirty, enj garden, movies, cooki & fit. Sk gent 71-81.

BOORAGOON LADY 77 extremely fit, educated, good looking, fashionable, loves adventure & outdoor pursuits. Sk tall, confident man w/ GSOH 70-80.

ROCKINGHAM GENT 76 tidy, well presented, well mannered, sincere, level headed, active, friendly, enj fishing, boating, garden, dining out, weekends away, BBQs w/ friends. Sk lady 70-80.

TUART HILL GENT 77 tall, trim, educated, well spoken, easy on the eye, warm & easy going, good communicator, sk personable, fun-loving woman 68-78.

VIC PARK GENT 77 active mentally & physically, tall, trim, loves cycling, swimming, local & overseas travel, music, socialising, cooking healthy food. Sk intelligent, good natured lady w/ similar outlook 70-80.

MORLEY GENT 76 intelligent, easy going, tidy & well groomed, Christian outlook. Seeking companionship w/ lady who would like to go out & do things as a couple.



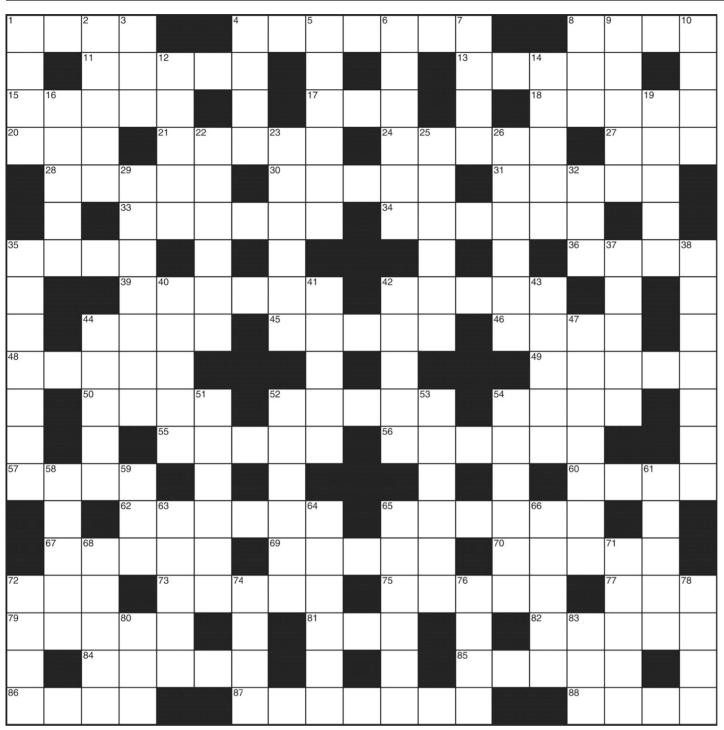
SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995



# Have a Go News PUZZLES PAGE Have a Go



# **BIG CROSSWORD**



#### **ACROSS**

- 1. Poor (excuse)
- 4. Angrily
- 8. Bare
- 11. Eye droplets 13. Circle (Earth)
- 15. Dutch shoes
- 17. Globe
- 18. Mistreat
- 20. Family
- 21. Remove fleece from
- 24. Lagoons
- 27. Jogged
- 28. Free-for-all 30. Peeved
- 31. Sales booth
- 33. Inscribed
- 34. Formed a crowd
- 35. Largest continent
- 36. Week divisions
- 39. Recount
- 42. Remains
- 44. Pleadingly, on bended
- 45. Long tales
- 46. Santa's bag
- 48. Person beyond help
- 49. Holiday house
- 50. Rework (text)
- 52. Invasive plants
- 54. Actor, ... Hackman
- 55. Omission
- 56. Hold up
- 57. Created 60. Honey drink
- 62. Riding seat
- 65. Blood fluid
- 67. Plentiful 69. Dribble
- 70. Swiftness
- 72. Cravat
- 73. Emerged 75. Common
- 77. Lout 79. Come in
- 81. Cheat
- 82. Poke fun at
- 84. Send (money) 85. Protector
- 86. One-on-one fight
- 87. Vulgar
- 88. Unchanged (2,2)

#### **DOWN**

- 1. Candle string
- 2. Do penance (for) 3. Barrel
- 4. Tiny landmass
- 5. Loved deeply
- 6. Pictorial symbol 7. Egg centre
- 8. Metal pen-point
- 9. About-face (1-4)
- 10. Biblical garden
- 12. Valuable possession
- 14. Coat with pan juices
- 16. Boughs
- 19. Unfortunately
- 22. Interrupt (speaker)
- 23. Prevents (disaster) 25. Bends to circumstanc-
- 26. Compositions
- 29. Discovered
- 32. Attach
- 35. Jumbled letter puzzle 37. Leg/foot joint
- 38. Perspired
- 40. Spooky
- 41. Keen
- 42. Country, ... Arabia
- 43. Rescued 44. Massage
- 47. Film theatres
- 51. Dealer
- 52. Planets
- 53. Reeks
- 54. Kimono-clad hostess
- 58. Once more 59. Clairvoyance (1,1,1)
- 61. Zones
- 63. Burglar deterrent 64. Builds
- 65. Leap
- 66. Valletta is there 68. 100 cm
- 71. Frog-like animals 72. Started golf match,
- ... off
- 74. Upon 76. Powerful need
- 78. Dues
- 80. Slippery fish
- 83. Age

### Scratch and win...



Scratchie pack competition is one of our most popular. Readers enter it with gusto. We have received thousands of entries this year and have given away loads of packs. We have our fingers crossed that one

of our readers will have a big win. This month we have five \$20 Lotterywest Scratchie packs to give away to some lucky people.

To be in the draw, simply email win@haveagonews. com.au with Scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/12/20.



#### And the winner is...

CONGRATULATIONS to Robyn Devenish of Mandurah who was the lucky winner of the seven inch Sonig tablet and Verve carry case in the September edition of Have a Go News competition.

Don't miss every edition for a great selection of prizes to win.

#### **New outlet in Maddington**

Have a Go News is now available at Pharmacy 777, located at Unit 4, 2 Sheoak Road, Maddington. Contact them on 9459 6179 or visit them online www.pharmacy777.com.au.







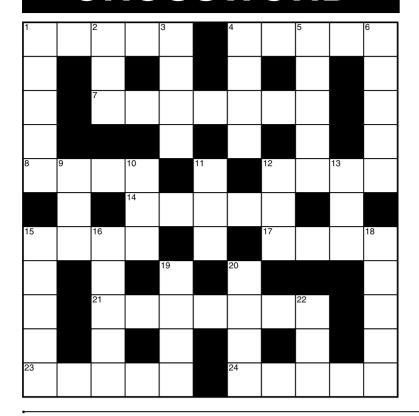




# Have a Go News PUZZLES PAGE



# **CROSSWORD**



#### **CRYPTIC CLUES**

#### **Across**

- 1. Keys in categories (5)
- 4. Notices pimples (5)
- 7. Rod used to get a good reception (7)
- 8. Epic tale set in Algiers again (4)
- 12. Go steady with fruit (4)
- 14. End in peace as expected (5)
- 15. Team sighed audibly (4)
  17. Leon comes back for Christmas (4)
- 21. Makes a difference to a mature non-professional (7)
- 23. Cancel in the middle of camera set-up (5)

#### 24. Partridge loses part of sharp crest (5)

#### Down

- 1. Sad to mistreat ugly amphibians (5)
- 2. It's round and green, looks sweet in the garden (3)
- 3. Stage scenes for groups of people (4)
- 4. Dispatched cent as verbally requested (4)
- 5. Written in memos "A kasbah for Honshu city" (5)
- 6. Twenty in total (5)
- 9. Mr Baba is some goalie! (3)
- 10. A church expert (3) 11. Flying fox found in birdbath (3)
- 12. Oddly enough, doesn't study (3)
- 13. Golf peg kept in canteen (3)
- 15. Tony's car even included alarm (5)
- 16. Turbulent situation that often precedes queen (5)
- 18. Not all knowledge is on the shelf (5)
- 19. One hundred at the start of short, wide street to see grotto (4)
- 20. Engineers read Beloved(4)
- 22. Ruby is embarrassed (3)

#### STRAIGHT CLUES

#### Across

- 1. Kinds (5)
- 4. Leopard's markings (5)
- 7. Insect feeler (7)
- 8. Lengthy story (4)
- 12. Sticky ... pudding (4) 14. Stop (5)
- 15. Support, ... with (4)
- 17. Sir ... Coward (4)
- Unpaid sportsman (7)
- 23. Remove completely (5)
- 24. Narrow hilltop (5)

#### Down

- 1. Frog relatives (5)
- 2. Whistle ball (3) 3. Solidifies (4)
- 4. Mailed (4)
- 5. Japanese seaport (5)
- 6. Take revenge, settle the ... (5)
- 9. Boxer, Muhammad ... (3)
- 10. Top pilot (3)
- 11. Flutter (one's eyelids) (3)
- 12. Lion's home (3)
- 13. Arrange, ... up (3)
- 15. Frighten (5)
- 16. Theatrical piece (5)
- 18. Cliff projection (5)
- 19. Collapse, ... in (4)
- 20. Expensive (4) 22. In debt, in the ... (3)

# SUDUKO

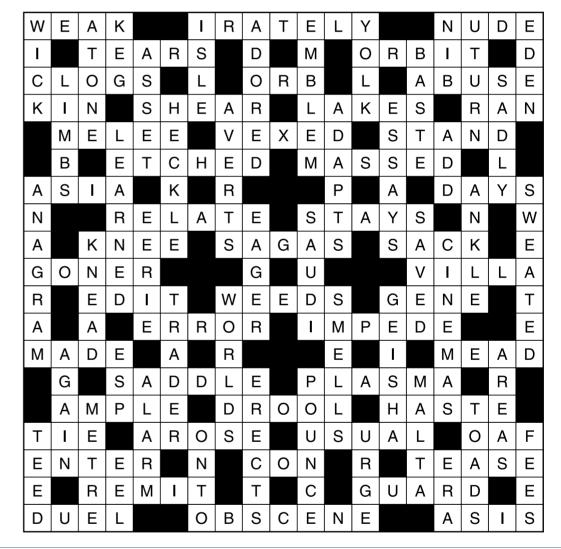
Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★★☆☆☆

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

SEE PAGE 14 FOR #345 DECEMBER EDITION **PUZZLE SOLUTIONS** 

### **SOLUTION** for BIG Crossword page 46



**ESCAPE TO STUNNING** 

# SOUTH AUSTRAI

ADELAIDE, KANGAROO ISLAND & MURRAY RIVER HOLIDAY PACKAGES

Enjoy a stay in the city of Adelaide before travelling on a two day tour to Kangaroo Island for some wine, wildlife and gorgeous landscapes. Finish your South Australian holiday with a 3, 4 or 7 night cruise on board the PS Murray Princess exploring the beautiful Murray River.

Choose from 8, 9 or 12 day packages, including:

3 nights accommodation in Adelaide · 1 Day Ultimate Adelaide and Hahndorf tour · 2 day Ultimate Kangaroo Island Tour, including accommodation · Murray Princess cruise including all meals and a selection of onshore tours.





\*Conditions apply, see website for details. Prices valid to 31 March 2021. Excludes travel to/from Adelaide.





BESPOKE FURNITURE GALLERY

181 Stirling Highway Nedlands Perth WA 6009

(08) 9386 7706

**BESPOKEFURNITUREPERTH.COM.AU** 

## WA MADE | CUSTOM DESIGNED

Stop by our Nedland's showroom for Perth's best display of custom storage and furniture solutions for your home-small or large.

Custom designed and made right here in WA, using local manufacturers.