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PRINT POST 100022543

DECEMBER 2022 VOLUME 32 NO. 04 ISSUE NO. 369

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Just for laughs - don't hold back!



Gill Cordiner believes older people should step up to the microphone

arranged it.”
 Gill had three days to create her five-minute segment which she practised over and over.

“I'd never been to see stand-up live and I had no idea really.

“I hadn't read any books, so I just naively wrote what I thought was comedy, and then on the Wednesday I went and performed.

“I was nervous, but I really enjoyed it and I didn't do badly at all, it was well received.

“I didn't tell anyone I was going to do it because I thought if it was totally crap, I could just slip away and nobody would ever know.

“My opening line on that first set was 'if you want to lose some weight do stand-up up comedy because I've been crapping myself all day' and that was my first opening joke and everybody laughed.

“But it was true, I did the toilet like eight times on that day and I realised that just by saying what was true and wording it in a funny way you could deliver a line.”

Gill is 56 now, she first took to the stage about four years ago.

“As I said, I never really planned much in my life, I just instinctively decide if I want to give something a go and I truly believe that you should never over-analyse the impulse to try something unless it's methamphetamine or sky-diving naked.

“If you get a notion to do something then you should give it a go because you can talk yourself out of anything.

“If I'd sat down with my husband and my kids and said I was going to do it, I don't know if they would have said, 'yeah Mum go try it' or they would have come and that would have been weird, so I think sometimes you just need to instinctively give things a go.

continued on page 3

by Allen Newton

SCOTTISH-BORN Perth comedian Gill Cordiner believes more older Aussies, particularly women, should step up to the microphone and have a go at stand-up comedy.

While plenty of youngsters are getting involved in Perth's blossoming comedy scene, Gill says older people with their

wealth of experience have the real-life stories that are grist to the mill for comedians.

Born in Glasgow and growing up in New Larnark, where she lived until her late 30s, she met her Perth, Australia-born husband when they were both working in Italy, and returned to his hometown where they started a family.

Gill has lived in Perth for the last 17 years and while originally she only came to take a peek she has never left.

“I never plan anything; my whole life has organically evolved,” she says.

Gill got involved in stand-up comedy nearly four years ago when somebody she knew was doing an open mike performance and asked her to

come and watch.

“I remember at that moment thinking 'I'm much funnier than she is, I should be doing that not you', you know the arrogance you have, 'I can do that' when you are looking at the Picasso in the art gallery.

“I thought 'I don't want to watch you. I want to do that to prove my point to myself and I told her I'd like to give it a go and she



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From the Managing Editor's desk



L-R; Tahlia Merigan - Have a Go News readers with Monika Kos at Channel 9 Perth studios

I AND the team had a lot of fun during Seniors Week 2022. *Have a Go Day* was a spectacular event with thousands of people attending and it was so lovely to chat to readers and many of our advertisers on the day. It was a perfect celebration for the event's 30th anniversary in Burswood Park. We are very proud to have been on this journey across the 30 years as the major media sponsor, working hand in glove with Seniors Recreation Council since ours and their inception. Well done to Dawn Yates and the incredible team of volunteers who worked tirelessly to deliver this fabulous event for older adults.

As part of our Seniors Week celebrations, we also held an exclusive tour of the Channel 9 Perth studios where Monika Kos took a lucky group of readers around the studio, showing them how television is made in the 21st century. One of our guests was a former Channel 9 make-up artist and she was thrilled to see the new studios after working at the Dianella location

for many years. Thanks to Monika and the team from Channel 9 for making this event possible.

I really don't understand why so many people equate older age with negativity. People get better in so many ways as they get older and it pains me that this is not celebrated more in society. Language used to describe people is important in changing attitudes and for many years I have gone out of my way not to use the word elderly. It drives me mad when I hear news reports of a 73-year-old described as elderly or when people make jokes about someone's age. It seems the Australian Government has cottoned on to this and has launched an anti-ageism campaign to empower older Australians. Research shows that ageism is harmful and impacts on people's mental and physical health. Celebrate your age, don't put up with ageism from your friends or family and keep getting out and having a go.

★★★

RAN. Bravo Zulu to her.

★★★

Don't forget the *Have a Go News* Facebook page offers a variety of entertainment, giveaways and information, we have a lot of fun there so please join us by liking our page at www.facebook.com/Haveagonews/

★★★

If you are happy to read *Have a Go News* electronically, we can send each edition to your inbox for free. Unlike other publications we don't send you any advertising material just the digital version once a month; sign up for free at readers@haveagonews.com.au

★★★

I hope you enjoy this month's edition and I take this opportunity to wish you and your family a merry Christmas and a happy and healthy New Year.

Thanks for supporting WA's longest running newspaper for mature Western Australians and the only one owned and operated in WA. See you in 2023!

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

After more than 10 years at our location in Perth we are on the move to Inglewood. We have a lovely new office which will suit our needs perfectly over the next few years. Our new address is 28B Sexton Road, Inglewood. Our PO Box, phone and emails will remain the same.

★★★

Many regular readers will know that our former assistant editor and my daughter Tahlia left us at the beginning of the year to join the Royal Australian Navy as a public affairs officer. I am very pleased to say that she has graduated as a sub-lieutenant and is now officially an officer of the

Ageing research snippet: Will you return to work?

A RECENT UK study has revealed that about 25 per cent of retirees return to the workforce after retiring.

With the pandemic and other factors increasing the cost of living and creating other financial pressures, many more people are looking to return to work from retirement.

The Australian federal government is making it easier for retirees to earn more money by lifting the threshold for earnings while receiving the age pension and there are many employers desperate for more part-time workers.

Great West Aussies - Did you know?

ANNIE Fogarty and her husband, Brett, founded the Fogarty Foundation in 2000 "to deliver education opportunities that support people to achieve their potential and inspire community leadership". The Fogarty EDvance program helps children in lower socio-economic areas overcome challenges that hindered their success at school.

Noongar Season

Birak - The hot dry time of December and January

Noongar Words

Koomba - Big
Koort - heart, hearts, two hearts together

Have a Go News Quick Quiz

Questions

1. Broome's famous beach is named for what international link?
 2. Alan Bond bought which TV network?
 3. Name the federal Finance Minister
 4. How many political seats make a majority in Canberra?
 5. What does WACA stand for?
 6. Perth Scorchers are in which sport?
 7. In which sport do we find a hoop?
 8. The Kosciuszko is in which sport?
 9. Rafael Nadal is 32, 35 or 36?
 10. Metricon is Australia's largest...builder?
- See page 37 for answers.

Quote of the month

"THE Christmas tree is a symbol of love, not money. There's a kind of glory to them when they're all lit up that exceeds anything all the money in the world could buy."

Andy Rooney

Word of the month - Christmas

CHRISTMAS comes from Middle English Crīstemasse, which comes from Old English Crīstes-messe, meaning Christ's Mass.

The origin of mass, in the Christian sense of the word, is not entirely clear. It may come from Latin missa, but there are competing theories to what missa means. Some say it is a form of the Latin verb mittere, in which it would mean 'something that has been sent.'

Others say that it is a late form of Latin

missio, meaning 'dismissal'.

Another explanation is that it is the Hebrew word missah, 'unleavened bread', which God commanded to be offered with the Passover sacrifice in Exodus.

The origin of the designation Christ comes from Greek word Christos, meaning 'anointed', which is a translation of Hebrew m??ia? (anointed) that has been incorporated into the English language as 'messiah'.

Some believe that writing 'Xmas' instead of Christmas is an attempt to remove Christ from Christmas and may even consider it blasphemous.

However, 'X' in "Xmas" is not the English letter 'ex' but an abbreviation of the Greek name for 'Christ'. Abbreviating 'Christ' as 'X' can be traced back for centuries, with some written documents containing it dated as early as 1100 AD.

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Meet Western Australia's very own national treasure - still working at 90!



Emeritus Professor Byron Kakulas AO and Lee Tate

by Lee Tate

AS Australia's national treasures go, Byron Kakulas deserves to be at the top of the list.

He soars on international lists including Who's Who in the World, the Top 100 Health Professionals and 5000 Personalities of the World.

The West Australian medical and scientific legend was pursued by the world's elite institutions, while at Harvard and the Massachusetts General

al Hospital where he has worked and made substantial contributions.

While unfamiliar to most West Australians, Emeritus Professor Byron Kakulas AO, is a world leader in the field of neuropathology.

"Call me Byron," says the 90-year-old who still fronts up to work every day at his Perron Institute office in the Ralph and Patricia Sarich Neuroscience Institute Building in Nedlands.

The institute is celebrating 40 years since its

founding by Professor Kakulas.

"I look forward to what the future brings, including developing new treatments for devastating conditions which continue to affect millions of people around the world," he says.

Philanthropist businesswoman Elizabeth Perron says her father, the late Stan Perron, was inspired by Professor Kakulas's pioneering research into Duchenne muscular dystrophy and made a lifelong commitment. He established the Stan Perron Charitable Foundation, now chaired by Elizabeth.

Professor Kakulas, father-of-three, grandfather to seven and a great-grandfather, continues to focus on spinal cord injuries as well as Alzheimer's disease and motor neurone disease.

The lively nonagenarian strongly believes many healthy people retire far too early, when they could continue to make constructive contributions. He remained physically active, even during his

younger, seven days-a-week, 20-hour hospital working stints.

"I'd run up the steps at Royal Perth Hospital and all my life I've had a jog in the morning and a swim," he says.

He credits his wife, Valerie, for being his pillar of support for all their 61 married years.

His quokka breakthrough came in 1960 when his research on quokkas revealed muscles could be regenerated. This led to changes in the way damaged muscles could be treated.

The Perron Institute and Muscular Dystrophy Western Australia acknowledge that they owe their origins to the quokka findings by Professor Kakulas.

In 1967, Byron, then senior lecturer at UWA, partnered with a group of parents whose children suffered from muscular dystrophy and with the assistance of West Perth Rotary Club established what is now Muscular Dystrophy Western Australia.

In 1971 he was appointed Professor of Neuropathology, UWA, Dean of Medicine in 1978 and an Emeritus Professor in 2006.

Proud of his Castellanorizian heritage - his grandfather arrived from Greece in 1913 with his son, Arthur - Byron was born in Perth 19 years later.

He attended Perth Boys' School, Hale School and UWA before graduating in medicine at the University of Adelaide in 1956 and returning to WA.

Over the years, his many roles included Professor of Neuropathology, UWA, medical director, Muscular Dystrophy WA, medical director, Neuromuscular Foundation of WA, deputy chairman and CEO, Australian Neuromuscular Research Institute and head of department of neuropathology, RPH.

He was honorary visiting neuropathologist at Princess Margaret Hospital and neuropathologist at Sir Charles Gairdner Hospital.

Professor Kakulas was Clinical and Research

Fellow at Massachusetts General Hospital and Harvard Medical School and later, visiting neuropathologist.

In 1957-58, he was District medical officer for the Royal Flying Doctor Service in Meekatharra. In 1957-63, he was a field ambulance captain in the Royal Australian Medical Corps.

Professor Kakulas's honours and awards include Officer of the Order of Australia (in the Queen's inaugural Australian honours list, 1975), Honorary Doctorate of the University of Athens, the Gaetano Conte Prize of the Naples Conte Academy and a lifetime achievement award by the World Federation of Neurology.

Professor Kakulas still writes scientific articles and papers, (refusing to pay to have them published online by scientific journals as is the modern practice).

The Perron Institute's long tradition of innovation has led to major breakthroughs in understanding the origins of neurological disorders and has provided insights into the diagnosis and treatment of these debilitating diseases.

This includes the development of a drug that overcomes the most common gene mutation that causes Duchenne muscular dystrophy, revolutionising the treatment of the muscle-wasting disease. Young people who would otherwise be in wheelchairs at age 12 are able to walk into their late teens and beyond.

A commitment of \$1 million-a-year for 10 years from the Perron Charitable Foundation has seen the Perron Institute expanding, recruiting leading scientists from around the world.

And Professor Kakulas keeps kicking goals.

continued from front cover Just for laughs - don't hold back! by Allen Newton

"I believe society will always put restrictions on what you should do, when you should do it and what type of person you should be to do something. I think if I'd listened to that I'd never have done half the things I have."

Gill says older people shouldn't hold back.

In the arts and particularly in comedy older people and women in particular are under-represented.

"I speak for my own age group and think my age group isn't represented very well in the arts at all, especially in comedy, not many older people do it and it's a difficult world because it is very youth driven."

"It's okay being an older comedian if you've been doing it for 20 years you're allowed to do that,

you're the elderly statesman and you've graduated into that position."

"But when you start from an older position, I think it's a lot less accepted and embraced, I think people look at you as if to say 'why are you doing this?'"

"It's bigotry to older people. Somehow we're at a point in life where we are supposed to slink away and buy a caravan. I don't subscribe to that at all, but I do think we live in a very ageist society that has an awful lot of negative things to say about anybody older."

"It's as if ageing was somehow a chosen occupation, as if ageing somehow precludes your brain activity."

"I'm sharper than most people I meet and that's nothing to do with

age it's just to do with being as sharp as a tack."

Being a woman also doesn't help in what's a male-oriented business.

"The conversations amongst men are different than they are amongst women, so sometimes you can feel quite isolated. You are rarely in a lineup where there are more than one or two women, although some promoters try really hard to avoid that."

Gill performs weekly across multiple venues with gigs three or four times a week including all the main clubs - The Comedy Lounge, Oasis in the Brisbane Hotel, Experimental Comedy Club on a Tuesday, Fremantle Comedy Factory and lots of small rooms where you can see comedy.

She also performed 100 gigs at

Fringe World Festival last year.

Gill says people interested in seeing her should be able to find her on social media.

"I'd really encourage anyone who fancies it to give it a go because it is a fun thing to do, it's an empowering thing and it would be great to have some more women on the scene."

"It's never too late in life to try something and actually be successful."

Gill says she won a competition from 50 or 60 people at the Comedy Lounge, run over four or five heats, where she would have been the oldest competitor by something like 20 years.

"I beat all these young hopefuls and it just goes to show that age can be a benefit to you."

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Copy & Advertisement Deadline – 25th of the month prior to publication

The Have a Go News JANUARY edition will be published on Monday 9/1/23



Have a Go News was founded in 1991 by Judith Treby (Dec) and Quentin Smythe (Dec)

Publishers: Concept Media
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Western Australian seniors honoured



L-R; Seniors and Ageing Minister Don Punch with WA Seniors Awards 2022 winners Delyse Ward and Bernie Daly

A LONG-TIME Country Women's Association (CWA) volunteer and a regional community leader are the WA Seniors Awards winners for 2022.

Delyse Ward has been involved with the CWA for nearly 60 years and the past four as its volunteer community coordinator.

The 79-year-old travels hundreds of kilometres every week, distributing packages made by CWA members to hospitals, refuges, aged care facilities, indigenous communities, and organisations working with homeless people.

These packages can include items such as laundry bags, scrub caps, 'Share the Dignity' packages, fiddle muffs, and rugs for

dementia patients.

She was recognised for her outstanding contributions to the community and honoured as the Metropolitan Senior Award winner.

Cunderdin community leader Bernie Daly is the regional Senior Award winner.

Since moving to Cunderdin 10 years ago, the 76-year-old has involved himself in a range of community activities, including the Cunderdin Men's Shed – of which he is president – the CMT seniors committee, and the Shire of Cunderdin – where he is a councillor.

Through his involvement with the Local Health Advisory Committee, he's promoted a

program where seniors fill out booklets with their medical details and put them on their fridge door, where the information is easily accessible to first responders in an emergency.

He is an advocate and spokesperson for the seniors of Cunderdin, ensuring their opinions and needs are well represented.

Seniors and Ageing Minister Don Punch said WA Seniors Award recipients, Delyse and Bernie are great examples of the valued contribution our seniors make to the WA community.

"Both are very active and heavily involved in community activities that benefit others; age is no barrier to either of them."

"Delyse has harnessed the power of an army of volunteers from the iconic CWA and is ensuring people facing life's biggest challenges can do so with a little extra comfort."

"Bernie is showing us all what it means to be a community leader. People like Bernie hold regional communities together and keep the country spirit alive."

In other Award categories, Judy Joukador – a volunteer with the Northern Suburbs Community Legal Centre, Older Peo-

ple's Rights Service – was announced as the WA Seniors Advocate Award winner.

Judy has been a volunteer peer educator since 2017. In that time, she's been a driving force behind the Purple Road – an initiative to create artwork which represents the journey of ageing.

In the last year alone, she's delivered more than 25 education sessions on elder abuse to more than 500 attendees.

Unicare Health – a supplier of hospital and aged care equipment – was awarded the Age-Friendly Business Award for its #safeseniors campaign. The project raises awareness of assistive technology to help seniors live safely and independently at home.

The City of Cockburn was honoured with the Age-Friendly local government award for its commitment to senior residents over the last fifteen years. This includes establishing the Cockburn Seniors Centre, the Cockburn community men's shed, and installing more than 90 pieces of public exercise equipment.

The city is also a member of the World Health Organisation's global network for age-friendly cities and communities.

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Have a Go News has moved...

Have a Go News has relocated its office to 28B Sexton Road, Inglewood

The management and staff of Have a Go News wish you the compliments of the season.

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Jerry Fraser is a master of his craft - meet WA's best-known oyster shucker



L-R; Perth's oyster king Jerry Fraser says the oysters give him the opportunity to interact with guests - Jerry Fraser at work

by Allen Newton

PERTH'S oyster shucking king, Jerry Fraser, believes it may well be a dying art.

While Jerry has never been busier plying his trade around Australia's bars and restaurants with his own brand of humour and conversation, engaging patrons as he shucks the oysters in front of them, he says very few youngsters seem to have the talent or desire to take up the trade.

Born in Inverness, Scotland, Jerry left his homeland as a baby with his mum and his dad who was an instrument engineer involved in copper mining and went to live in the Peruvian Andes.

After primary school he went to boarding school in the UK and finally made his way to university in Tampa, Florida in the United States where he studied general

business and administration and then did a degree in geology.

It was in Florida that he learned to speak Spanish and got his first real taste for oysters.

"I'd had a taste when I was about 13 in Norfolk but didn't think much of them and wasn't too sure why people ate them, it wasn't a great experience for me, but at university we used to go and visit an oyster bar called the Copper Top," Jerry says.

"It was just a raw bar as they call them in the States, sawdust on the floor, raw oysters, steamed clams and jugs of beer, that was it - and Jimmy Buffet playing in the background - I loved it and that's the vibe I really enjoy."

He would visit with friends at least twice a week. The brothers who owned it, two basketball

players, offered Jerry work when they opened a new bar.

"They said you can eat free and drink free, so I did that for the last two years of my uni degree; I helped run a bar as a hobby and it was a lot of fun."

When he graduated in 1982 Jerry went back to Peru and did a year of geology before going back to the UK for a cousin's wedding and decided to try to get a job there.

He responded to a job ad which said, famous seafood restaurant seeks oyster man.

It turned out to be the very posh restaurant Bentley's in the West End of London, the oldest seafood restaurant in the U.K.

The interview went well as Jerry showed off his shucking skills and was offered the job, so long as he lost his beard and ponytail.

"That was the beginning of my oyster career," he says.

Jerry spent 12 years in London and in his time there shucked for celebrities ranging from the then Prince Charles and Lady Diana to the Rolling Stones Keith Richards and Mick Jagger, actors Oliver Reed, Sir John Gielgud and Elephant Man actor John Hurt who would sit at the bar with his Perrier Water, oysters and smoked salmon.

In London he met a young lady from Perth in 1988. Fiona, who was also working in hospitality and their romance grew with the pair getting married in 1991. They now have two grown up sons, Cam and Callum.

Jerry and Fiona visited Perth when Cameron was a year old because Fiona's grandmother wanted to celebrate her first great grandson's first birthday in Perth.

"I'd never been to Australia but being a geo I'd

heard a lot about Australia. "The Aussies and the Scots are very similar, the same sense of humour and they don't take themselves too seriously."

"We spent five weeks in Perth, and I couldn't believe it, the greenery and the beaches, the river, my in-laws live in Mosman Bay, so they lived just above Meads there and everywhere was friendly."

Jerry and Fiona came to live in Perth when son Callum was 10 weeks old and Cam was two, arriving on Mother's Day 26 years ago.

Jerry was quickly drawn into the restaurant industry, helping to manage The Boathouse in Scarborough but was surprised there were no oyster bars in Perth.

He says nobody really knew what an oyster shucker was, someone who runs oyster bars, opens oysters for a living and does it in front of the public.

"There's a lot of interaction and it's more like theatre," Jerry says.

When Warren Mead was opening the new Fish House in Subiaco Jerry met up with him and soon started working with him, setting up the oyster bar at the Fish House which initially sat 15 people, but got so busy they expanded to seat 30.

Jerry spent five years working at different Mead establishments before a damaged elbow tendon forced him to take time out to recover before going freelance.

His first job was two weeks at the Grand Hyatt in Jakarta which gave Jerry a taste for more international work, leading to stints in Bali, Singapore and the U.S. as well as around Australia.

In Perth he spent time at The Royal and the Raffles

before going to Print Hall where Jerry had his name up in lights on the oyster bar, then to freelance at Five Bar in Mt Lawley and Lot 20 in Northbridge.

Jerry now has seven venues on the go and is working pretty much seven days a week. "I like being here, there and everywhere with the oysters and it's a lot of fun and here in Australia it's a great product."

He's constantly surprised at how few oyster bars there are in Australia.

"It's not an easy profession to be in," says the 67-year-old.

"It's quite hands on. At a proper oyster bar, you sit at the bar and talk to the guy who is performing behind the bar and it's a great way to interact."

While the demand from consumers is there, Jerry says he is knocking back work from corporate clients and only has a list of two or three names of other shuckers he can



give them. "I get asked all the time why I don't train up some kids."

"You know what, I've tried, but they don't want to work weekends, they don't want to work Friday, Saturday, Sunday and they don't want to get their hands dirty. They want to get paid, but they don't want to work the

hard hours. "It's unfortunate because people like the theatre."

"And there are a lot of opportunities if the right people come along."

"I would love more youngsters to get involved with seafood and learn the art of shucking, because it is a dying art, sadly," he said.

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Rising writer Eleanor Limprecht's *The Coast* tells of hope and stigma



Eleanor Limprecht

by Josephine Allison

AUSTRALIAN-American author Eleanor Limprecht has lived in Sydney for the past 20 years after marrying and settling here from the US. Her unique look and research for her books has led her down different paths, certainly with a different perspective for her new book, *The Coast*.

Described as a "bold new book from a rising star in Australian literature" *The Coast* tells the poignant story of Alice, only nine years old in 1910 when she is sent to the feared Coast Hospital lazaret at Little Bay in Sydney, a veritable prison where more patients

are admitted than will ever leave.

She is told that she's visiting her mother, who disappeared one day when Alice was two. Once there, she learns her mother is suffering from leprosy and that Alice has the same disease.

What follows for Alice is a secluded life as she grows up, patients having access to a private, sandstone-edged beach, their own row-boat, a piano and library of books. But Alice is tired of the smallness of her life and wants to venture into a bigger world.

I caught up with a busy Eleanor Limprecht in Sydney:

***The Coast* is a wonderful book, written with great empathy and sensitivity about a subject most Australians don't know much about. How did it happen?**

I became interested in the history of leprosy in Australia while visiting the Prince Henry Medical and Nursing Museum at Little Bay, when I was researching my second novel, *Long Bay*. I live about 10 minutes away in another beachside suburb, Maroubra. I learned there had been a lazaret (small leper colony) on the grounds of the hospital. When I began to read about leprosy, I became fascinated. Everything I thought I knew about it was wrong: fingers and toes don't fall off, it is not highly contagious and most people (around 95 per cent of the population) are completely immune.

How long was your research and where

did it take you?

I spent two years researching this novel because there was so much I had to learn. I began in Sydney at the History of Medicine Library in the Royal Australasian College of Physicians but also travelled to Peel Island in Moreton Bay Queensland, Angledool near Lightning Ridge in NSW, and to the National Hansen's Disease Museum (and archive) in Carville, Louisiana. I would never have been able to write about the Yuwaalaraay character without the connections I made in Angledool, and visiting Peel Island convinced me that I needed to include that leprosy colony in the novel. We lived in the US for a year in 2019 so I was lucky to be able to visit Carville, because it has the most extensive archive on the history of Hansen's Disease in the world.

Did you know much about leprosy before this book?

I knew very little and everything I knew was essentially wrong. I knew that it was considered the most stigmatised disease and I learned that much of this stigma is misplaced. What it now called Hansen's Disease attacks the nerves, so it is a lack of feeling pain that is the problem. People damage their extremities (and eventually some of the bones absorb) because they can't feel and so burn them and damage them. Pain is important because it prevents us from injuring ourselves, and a lot of the damage caused from leprosy is a result of pain's absence.

The main character, Alice, is a poignant

yet uplifting person. Even though her life is sad what do you feel are the qualities you brought to her personality and her relationship with Yuwaalaraay man, Guy?

Alice is curious about the world (a bit like *Alice in Wonderland*) – she is adventurous, seeking answers to the millions of questions she has. I wanted her to be the sort of person who, while frustrated by her limitations, also sees the silver linings: she is back with her mother Clea, there is enough food to eat, and there are people to speak to, and books to read. She can walk along the coast and find solace in the beauty of the natural world and eventually, fall in love. There are many accounts of people in leper colonies around the world who had relationships, and sometimes babies born of them. In the outside world, no one would come near them, but they could still know human touch and affection.

Little Bay in Sydney is depicted in your book as a heart-breaking but strangely beautiful place. How many leprosy patients lived there and from what period? How frequently did you visit there while researching your book?

It is a very beautiful, isolated place. The first patients were there in 1881 and the lazarets were demolished in 1966 (though there were still occasionally leprosy patients treated in the tropical medicine ward of Prince Henry into the 1990s). It was always a small lazaret: there were

never more than 40 patients at a time. In total the estimated are between 180 and 250 patients treated over time. I visited quite regularly while writing *The Coast*, sometimes just to sit in the overgrown scrub behind the beach and listen to the various birds, lizards, the wind in the trees. I wanted to really get a feeling to the natural landscape, as it is one thing that has hardly changed.

Do you hope people reading your book will gain some insight into leprosy patients living at Little Bay in that time and the isolation and stigma?

I hope *The Coast* will encourage readers to think about the damaging effects of isolation, stigma and shame. About how we still fear what we don't know, and we are quick to blame those who are different in some way. I hope it encourages readers not to romanticise history: to be glad of the progress we have made but also reflect on the ways history repeats itself and the danger of this. But I also hope it encourages readers to find some parallels, we all went through Covid lockdown and perhaps can recognise that when your world shrinks, you notice what is around you and find beauty in the smallest things.

What is next for you in the writing field? Do you write every day? Why did you move to Australia in 2002?

I'm writing two things: a memoir and a contemporary novel. I don't write every day, because I work as a lecturer in creative writing at UTS in Sydney and I have a family, but I write in chunks when I can. I moved to Australia in 2002 because I fell in love with an Australian I met in Italy. We travelled together for a little while, had a long-distance relationship for a year, and then he convinced me to move to Sydney. We now have two teenagers, 15 and 13, and I consider myself Australian and American. I've lived longer in Australia than I have lived in any other country. And I think that not having grown up here I have a unique perspective on Australian history, I've had to learn it from scratch and I am so interested in what has been left out: the omissions.

The Coast by Eleanor Limprecht (\$32.99, Allen & Unwin) is available at all good bookstores.

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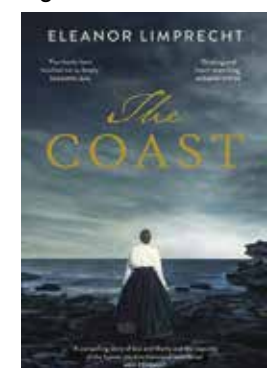
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Celebrated violinist Rupert Guenther opens new musical chapter in Perth



L-R; Rupert Guenther - The School of Creative Arts, Wangara

by Josephine Allison

STEPPING out into the starry night outside his Toodyay home, internationally renowned violinist and teacher Rupert Guenther is transported back to part of his childhood growing up in eastern Victoria. His family's love of music inspired him to study the violin which led to a glittering international career with some of the world's top performers.

Settling in Perth, Rupert

recently opened a privately funded international music academy, The School of Creative Arts in Wangara, to show others, professional artists seeking to improve their skills, adult learners and children, how to create their own music.

"I was very fortunate that I grew up in a family whose parents loved music and everyone was encouraged to play," Rupert tells *Have a Go News*.

"The environment into

which I was born was the sound of violins, pianos and cellos in Melbourne in the 1960s. I also spent part of my time in the country.

"My parents were great leaders in the arts and fostered philosophers, painters and musicians who dropped by all the time. I was fortunate to grow up with some interesting musical and philosophical inputs through painters and artists.

"When you are in your

formative years that can be quite a powerful impact on your view of the world. The 60s and 70s was a time of great humanitarian vision and I was part of that culture. I studied the violin at university, going on to Europe to study with some of the great masters and play with great operas and orchestras.

"I was immersed in everything that I needed to be and am now. I was very fortunate but it wasn't just music; there was a generous spirit towards humanity which was important, I wasn't a selfish go-getter. Caring for the world, humanity and culture has remained a big part of my vision."

Rupert is an international concert artist and composer who performs his own original works entirely through improvisation. He has toured and given recitals and live radio broadcasts worldwide for more than 20 years. He has worked as a sideman to the stars includ-

ing Demis Roussos, as well as touring with Olivia Newton-John, Anthony Warlow, John Farnham and *Beatles* producer, Sir George Martin.

"Suddenly you are on stage working with someone you grew up with, listening to their music, but it's much deeper than that," Rupert says. "What really impressed me was not only their artistry but their vision or lack of it, sadly, in some cases. They were generous, good-hearted people who lifted everyone up, not just on stage.

"I still feel emotional about Olivia Newton-John who shared her lunch with me at Channel 9 when I didn't bring mine. That was part of my journey to bump into wonderful people like that. Sir George Martin was instrumental in how great the *Beatles* sounded and he was also a beautiful person, generous and humble.

"Demis Roussos in his caftans was the guy

we made fun of when we were kids, but when I went to his hotel suite in 1999 for the first rehearsal before his show, he was a fantastic person, world class and down to earth.

"Meditation has also been a big influence in my music; I did eastern meditation early on and more western stuff now. It's another dimension about the quality of life and having your own standards."

Rupert has been described as playing music that reflects the wonders of the universe, reflective of a forest, a gravel creek bed, a cloudy sky, different types of rain or a starry night. Now he wants to share with others how to create and improve their own music.

He has developed and taught his approaches to classical music improvisation in many workshops and masterclasses in Australia, the UK, Italy and Austria for more than 15 years. He will present his approach at the European

Strings Teachers Association in Cardiff next April and other locations yet to be confirmed. Next year he will also launch a book on this topic.

After living and working in big cities like Melbourne, Vienna, New York and London, Rupert is revelling in country life.

"You open the back door at night and there is no light pollution, you can see the galaxies above, hear the wind, smell the grass and hear the animals munching in the field below. To come back to that is very healing."

Rupert Guenther is performing a *Tiny Concerts Series*, a series of imaginative new works for solo violin in the new auditorium at The School of Creative Arts, Wangara, for an intimate audience to experience an up-close-and-personal journey with the artist on January 14, February 4 and March 25, 2023. For bookings, go to Ticketek and search for *Tiny Concerts Series*.

Photo competition to reflect the lives of seniors across the state



FOLLOWING the success of the inaugural *Golden Lens Photographic Competition* run by WA Seniors Card Centre, entries are now open for the 2023 competition.

The competition provides an opportunity for WA Seniors Card members to share photos that reflect the lives of seniors across Western Australia.

The competition aims to promote ageing well, by celebrating the skills

of Western Australians through the art of photography and to demonstrate that people can be creative at any age.

There are five categories: Active Ageing; Artistic Photography; Diverse Cultures; Flora and Fauna; and Seniors' Influencer.

There will also be an overall People's Choice category where public voting will be via the WA Seniors Card Facebook page.

Selected photos will be featured in the next edition of the WA Seniors Card Discount Directory which will be published in the 2023-24 financial year.

Prizes have been donated by participating WA Seniors Card business partners for the winner and runner-up of each category.

Have a Go News editor Jennifer Merigan said she was proud to be a judge in the inaugural competition.

"I know photography has always been a popular pastime with readers and the quality of the entrants made judging difficult.

"I look forward to seeing the innovation and creativity from this year's entrants," she said.

The competition closes on March 17, 2023. Further information about entry requirements is available at www.seniorscard.wa.gov.au/goldenlens/.

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Where opinions matter - are the best years behind Western Australia?



by Lee Tate

AFTER another wealth-riddled year, unprecedented prosperity is upon Western Australia. The foundations are laid for the most progressive and productive era in the State's history.

Western Australia dominates as the nation's richest State. And our rich are getting richer.

But, for our quality of life, are our best years behind us?

Baby Boomers will be among those who can legitimately ask, as we head

towards the development that comes with progress and population growth: "Is that the sort of State we want?"

For the price of progress, we need only look east to the development of Brisbane, Melbourne and Sydney.

A recent six-week return visit to the eastern cities by your columnist was like a splash in the face with cold water. Big-city traffic, rush and high-rise comes with their territory, of course, but the development of the past decade has been unremitting. And it's not a pretty sight.

Queensland's Gold Coast, the evil face of coastal development, has been the butt of our jokes for generations. But boy, you want to see it now.

With its population at five million, (Gold Coast, 600,000, Sunshine Coast,

400,000) Queensland carries stark warning signs for WA (population 2.6 million).

Australia's fastest-growing State, WA's numbers rise 20,000-90,000-a-week. By 2050, WA will be home to more than 3.5 million people.

How to shape Perth, our regions and our coastal centres? How many tourists do we want in the name of progress and development if we follow the development patterns of the eastern states?

Undeniably, the east coast tourist hubs are super-popular holiday magnets. Visiting West Australians can relish the buzz, the pulse and the greater choices of activities, venues and culture. (They can't beat our beaches, of course). But we are glad to leave it behind.

High-rise apartments on their beaches, rivers

and canals are something to behold. We thought they were stretching their limits decades ago.

Soaring apartment blocks smother every available centimetre of space and shoot for the stars. Shame about the shadows cast by skyscrapers that house hordes of tenants and big-spending tourists. There is no consistency in high-rise height levels, building styles or taste.

Western Australia is at a crossroads and perfectly poised to set its own course. The State is brimming with architects, builders, financiers, tycoons, entrepreneurs, scientists, students, academics, go-getters and support services.

Western Australia, under-populated and broke, was built on borrowed money with our harbour, railways, civic buildings,

roads, mining and bridges funded from London.

But now, financially, WA has never been in a better position. Our choice is between unbridled development to meet the projected hordes of new residents and tourists or a considered, lateral approach, embracing what we really want, not what we can squeeze out of a lemon.

If the price of progress is super-towering apartment blocks and crowded cities and suburbs without character, loss of natural light and token trees and gardens, we invite heavy traffic, parking problems, higher charges, climbing crime and broken families.

Aside from WA's enormous wealth, brain power, work ethic and have-a-go attitude, Western Australia has greater advantages than our sister cities. Time



Financially, Western Australia has never been in a better position

to plan and our isolation.

Western Australia proved during two years of pandemic, against the views of Canberra and other States, that we can substantially control our own affairs.

There's never been an

opportunity like this. I've never heard any West Australian say they want our State to be like any of the others.

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

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WA seniors to be honoured by young artists



19-year-old Elliott West shows 102-year-old Grace Lovell the beginnings of her portrait

WESTERN Australian opening to the public on December 13 at the Wilkinson Gallery at the Claremont Showgrounds, displaying portraits of

some of our most senior citizens.

The initiative by Embraced Inc. aims to bridge the generational divide by connecting a centenarian with a teenage artist, who is tasked with creating a portrait that captures and celebrates a moment in a 100-year-life.

The exhibition runs from December 13-18 and is open 11am - 5pm daily, except for December 17 when it will be open from 11am - 1.30pm.

The process begins with the teenagers getting to know their subject through a series of meetings and interviews.

Creative director of Embraced, Rose Connors Dance said that it is a highly personal creative process for every artist.

For most, it is a chance to meet someone who is 100 years old for the first time; for the centenarian it is a chance to share their story. For both generations - it is a memorable exchange of perspectives.

"The connection formed between the young and old makes for a portrait with great meaning. To see what

100 years of life looks like through the eyes of young artists is incredibly humbling for everyone involved," she said.

Post-exhibition, portraits are gifted to centenarian participants to keep and treasure for generations to come.

The project has already been rolled out in NSW, Victoria, Queensland, South Australia and Tasmania and the response has been overwhelming, receiving accolades from the industry, participants, and the general public alike.

The project not only promotes intergenerational friendships and celebrates life at 100 but was also created with the desire to fight stigma attached to ageing.

The Centenarian Portrait Project is proudly sponsored by the Commonwealth Department of Health; supported by the Australian Human Rights Commission, Lottery West and the West Australian Department of Communities.

For more information about the project and exhibition opening times visit www.embraced.com.au.



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Don't be another statistic - get smart to avoid being scammed



Only about 13 per cent of scams are reported...

by Frank Smith

THE Nigerian prince, dodgy banker with dormant millions and the scantily clad 26-year-old from Kazakhstan have not contacted me for years.

Cybercriminals have got smarter.

Australian Competition and Consumer Commission (ACCC) says in the first nine months of this year Australians lost over \$400 million to scammers. And this may be a gross underestimate as only about 13 per cent of scams are reported.

Investment scams caused the highest losses, followed by dating and romance scams and remote access scams.

Seniors made the most reports (35,343) and experienced the highest losses (\$87.4 million).

Dr David Cook of Edith Cowan University Securi-

ty Research Institute said critical areas where seniors are threatened are banking, shopping and appointments.

"Your mobile phone is the most stolen item. It contains your digital identity. This is worth more to cybercriminals than the value of the phone.

"Once they have your identity, they can open a bank account or take out a loan in your name.

"Paypal is the safest way to pay. Sellers never get to see your credit card.

"If you receive a request to update your details don't - it could be a ruse to get your personal information."

"Paypal tends to look after its clients," he said.

If you make an online appointment with your doctor, you will get an acknowledgement by text message, but you don't

know who actually sent you text message. Cybercriminals may also send other messages that look genuine and important. Don't click on the URL in the message.

"On-line surveys are also dangerous. Only do them if you trust the source. They can easily ask for personal information."

Dr Cook said most people did not have anti-virus software on their mobile. The anti-virus software on your computer can often be installed on your mobile for free.

"If you get a dubious message ask yourself, is it real?" If in doubt ring the sender on a number you already know and check.

"Another way to check is type the first four words plus scam, into Google and search. If it is a scam someone will almost certainly have spotted it," said Dr Cook.

The ACCC also reported more than 16,000 reports of false-billing and 13,000 online shopping scams.

False billing is when an invoice is sent to you for a non-existent good or service. It is usually for a small sum which many people don't bother to check.

Shopping scams are when you are asked to pay online for something, such as a puppy, which

does not exist and so is not delivered. Don't part with money unless you are certain the person you are dealing with is legitimate.

A common scam is for someone to contact you claiming to be from a bank, telco, NBN or Internet Service provider threatening to cut your service off if you don't pay them. End the call immediately.

If you suspect an email, put your mouse pointer on the sender's name and click to reveal the sender's real address. If it looks different to the name of the sender delete it. On no account click on any hyperlinks.

The latest threat comes from the data breaches in Optus and Medibank and this is likely to continue. These businesses should be able to tell you if and what information about you has been compromised.

If scammers have your name, address, date of birth and driving licence or passport they can apply for credit cards or take out loans in your name and guess who will be responsible for paying them off?

Writing in *The Conversation* Professor Jeffrey Foster of Macquarie University wrote:

"While passports and drivers licences can be re-

placed, there's no protection against your medical history being released to the public. Hackers may try to exploit this information in extortion scams.

"If you are targeted by an extortion scam as a result of the leak, you should notify law enforcement immediately, either through ReportCyber or your local police office.

"If you have been affected by a data breach, apply for a new driving licence or passport with a different number. You should also inform your bank and service providers that your data has been compromised."

One way to defend yourself is to carry out a credit check. If any financial agent, such as a credit card provider has enquired about your credit record it will be recorded. You can ask the bureau to place a ban on further enquiries which will prevent credit information being given to a fraudster. To find out how visit www.creditsimple.com.au/.

ACCC advises: Use multi-factor authentication when you log into your online services and apps. This could be a code sent to your phone, a token or secret question. Your face or fingerprint or voice can also be the key to let you into your accounts.

Passwords are also critical, use a different computer-generated password for each application, or create your own passwords make them at least eight letters long and include upper and lower-case letters as well as symbols such as # and \$.

is not known to others, for example: "I go on holidays on 15 December". Substitute numbers for letters in your password string and use symbols, e.g. @ for "a" and zero for o, to make it more difficult to decipher.

If in doubt don't part with any money and do inform Scamwatch. You may be wrong. I have reported several legitimate offers which looked doubtful, but don't let that put you off.

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Punishment (corporal) or self-inflicted... and cheers to good health



by Rick Steele

COLLINS pocket English dictionary (1981), as used by Mount Lawley students of about that time, describes corporal punishment thus: "punishment inflicted directly on the body, as flogging."

This draconian behaviour, (today's common view) had long time ceased since my experiences of the fifties and sixties?

Of course, we know this not to be really true, and recent media reports have shown in graphic detail re-

cent floggings. However, at least you don't see the cat-o-nine tails these days. I can understand bringing back the birch, but only between consenting adults.

My mother's favourite weapon of choice was the wooden spoon which on the bare leg gave more than a tickle. At her insistence father only once perpetrated a couple of blows to the rear end with a small walking cane, which he delivered in a very gentle manner. No idea what ghastly crime I had committed.

Boarding school was a totally different kettle of fish and pain was used as a learning tool and dealt out on a regular basis. In our schoolhouse where 70 boys between ages of 12 and 18 shared common facilities, tidiness was essential and an offence would be rewarded with two swift and hurtful blows to a pyja-

ma clad bottom, with a size 12 sand shoe. Next morning in the shower, the red/purple/blue bruises related the sad story. That punishment was delivered by the senior boy prefects. And, I might add, with great gusto. "Ouch!"

Headmaster, house masters and teachers reached for the cane in times when the need to discipline arose. Does 'six of the best' ring any bells? It does to me.

I also remember a quote used on more than one occasion, just before the assault on my person... "Richard, this hurts me having to do this!" Yeah right, I thought as I braced for the impending blows. Surely you jest.

A boarding school, and/or any school or kindy has to be, for obvious reasons, secure and pupils may not come and go as they

please. If I recall correctly that seemed to be my most regular offence. It was severely frowned upon when I arranged to meet one of the teacher's daughters at the local village and buy her fish n chips and a milkshake.

'Six of the best'. Absconding from a school choir performance to go the movies.

"Bend over Richard." Not only six but removed from the choir and gated for the rest of the term. Gated meant you were not allowed visitors or off the premises for any reason; except a funeral. I lost my chance to see the *Beatles* because I was gated.

Self-inflicted punishment by definition is your own fault. I think I remember just once a musician, on my birthday, helping to bend my elbow to force one more drop down my gur-

gler. (Cough cough).

With the Santa season just around the corner, and the incessant message to buy more and drink more, I can picture my uncles and aunts at Christmas and their two toasts. The first was to our dear recently departed Queen Elizabeth and the second was always, "Good health!"

It makes good common sense that we *Have a Go* faithful, baby boomers, seniors, and indeed all humans and beasts of the field should treasure their health. Nothing worse than feeling and being crook. I am pleased to report my band and I had a cold, but successful mission to the Bridgetown Blues Festival and after my apparently entertaining stint I had a cool and refreshing ale. In fact, it was so good I had two.

I have been under doctor's orders since April, so



a bill of better health is like an early Christmas present. "I'm a lucky boy!"

A young lady is waiting at the bus stop with her baby in her arms and two dastardly elderly women make very unfavourable comments about the beauty of her baby. She immediately

bursts into tears and is still crying when the bus pulls up. The kindly bus driver sympathisers and as she boards says.

"Cheer up lady, don't cry, and here, I've got a banana for your monkey!"

Cheers dears. Good health.



by Jon Lewis

LATELY I have become overtaken with a new way to approach an argument.

Mostly, for me, arguments end up either being won or annoyingly lost.

On occasion there

Winning isn't everything... a new approach to agreeing to disagree

might be an 'agreement to disagree'... although rarely does the other party want to agree to this. I know... strange but true.

The big risk, I find, with trying to win an argument, is losing track of your true intent and honesty, in fact losing track of the truth.

The emotion attached to winning can be so strong and powerful, that the desire to win can quickly overtake the intent of truth.

So, with this casual observation, I have moved

towards a different way to dispute and I will share it with you now.

Firstly, some definitions...

Argument: an exchange of diverging or opposite views, typically a heated or angry one.

Enlightenment: the action or state of attaining or having insight.

As you may have guessed, it is the enlightenment I now aim for and my process is as simple as this... do not argue. By doing this I avoid the need

to win or lose. After all, if I do win that would mean someone else has had to lose an argument.

I cannot think of anyone who would be happy to lose anything and certainly not an argument heated or not.

So how do I actually not argue?

I try to carefully seek the enlightenment or the understanding of the other's position. That is the understanding of the other person's view. It can be quite tricky at times.

Almost as tricky as untangling a bunch of well knotted headphone cables of the same colour (I actually do this and can confirm I quite enjoy it).

At the end of the process, I can better see where the other person is coming from and if I feel they do want to know about my position, I am in a better place to convey it.

The best part for me is honesty and intent to stay true. As I attempt to truly understand the other, my emotion sits on the back

burner. For me, at least, this is a proper place for emotions as they can really get in the way.

It's important to note - thank you for reading this far - I am not attempting to be a robot or be better in any convoluted way. Rather, I just want both sides to be heard and conclude happily or at least calmly with real knowledge of the other's position.

After all, if my position turns out to be foolish, I would be glad of it being

pointed out sooner rather than later. Who would want to be pushing a heavy empty barrow, when it can be lighter and filled with something useful?

It is just an idea; I am trying and so far it seems to be serving me well.

That is... me and you, or is it you and I? I am open to enlightenment on this.

On a personal note, Merry Christmas to you and your family from me and mine.

All the best.

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Good accordion playing and a fine barrel of wine



by John Rando, lawyer, musician, existential philosopher

ONCE upon a time, before the days of political correctness.

Once upon a time, before the days of cancel culture.

Once upon a time people felt free to speak candidly, and freely without fear of the consequences.

In the remote, tiny, isolated Sicilian Island of Filicudi, in the Aeolian Islands (where I was born), lived Antonio, renowned piano accordionist and raconteur.

Antonio was an accomplished, entertaining accordionist, widely known throughout the islands.

He played tantalising tarantellas. Passionate polkas. marauding mazurkas.

Antonio was the undoubted acclaimed master of mediocrity throughout the islands.

Antonio played roman-

tic sooky Italian love songs and beautiful melodies that could make you cry into your wine. Songs that might uplift you, make you drool or make you melancholy.

Over the years, he was widely known throughout the Islands, regularly playing at engagements, weddings, birthdays and funerals. He taught villagers to play the accordion.

Antonio was a small, gregarious, rotund man with the face of an angelic cherub.

He told Islanders; he had God on his right shoulder and the devil on his left. Both looking after him. My father, Salvatore, and many Filicudians had similar beliefs: they needed all the help available to survive a tough existence before arriving in Australia.

Due to inbreeding within the Islands, many towns had a village idiot, fondly regarded and cared for by locals, who make allowances for that person's limitations and shortcomings. They were integrated within the communities and cared for.

While there was a contingency of odd, crazy, weird people in the Islands, there were many well-bred smart folk who immigrated to Australia over the years.

As a descendant of Julia Augustus, the daughter of

Emperor Julius Augustus, the founder of the Roman Empire, who lived on the islands 2000 years ago, I came to Perth from Filicudi in the 1950s aged two, with my parents.

Antonio was, in fact, my first accordion teacher in 1957 in Perth.

The village idiot of Filicudi was Nino, in his early 20s.

Nino adored the daily sound of the sweet, melodic accordion coming from Antonio's home, and decided to learn the accordion.

In a display of community affection and support, villagers pooled together to pay Antonio the cost of tuition fees for Nino to learn the accordion.

Villagers expected Nino would eventually repay the village by playing the accordion at community functions. In particular, they expected Nino to learn the tarantella, when women had an excuse to go wild and let their hair down as if bitten by a tarantula. In earlier times, there were no formal steps to the tarantella. Women jigged uncontrollably. The villagers expected to be repaid, in full, for their weekly tuition fees paid to Antonio.

As they say, there is no such thing as a free lunch. Anywhere.

Antonio was keen to teach Nino. Over many months, he desperately tried to explain the basics of the complex musical instrument.

He frantically, desperately tried to teach Nino the treble clef and bass notes. Playing the bass and the treble together. Learning the correct fingering of the notes and squeezing the bellows in and out.

The instrument is difficult and takes practice, discipline and patience. People give up. Many Italian homes have unplayed accordions lying under beds. I persevered playing the accordion from the age of eight, taught by Antonio in the Bon Marche building, Perth.

Nino was not making much progress following several months tuition. Villagers paying for Nino's weekly tuition fees were keen to see a return on their investment.

They regularly stood outside Antonio's house listening to Nino's pedestrian, belated, disappointing progress. When Nino desperately tried to play *O Sole Mio* villagers cringed, blocking their ears.

They realised they may be wasting their hard-earned money.

However, Antonio came up with an idea.

He advised Nino and the villagers; they were not getting what they paid for and the lessons were not progressing as expected, because Nino's accordion was dysfunctional. Out of tune. Not making the right sound.

However, he had a solution. The accordion could be tuned, to significantly improve the sound.

Antonio gave detailed instructions on how to improve the accordion's sound.

It needed to be soaked in a barrel of good quality red wine overnight. The sweeter the wine, the sweeter the sound.

The following day, the accordion is to be hung in the hot sun until it dries.

The quality and combination of the wine and sun would significantly enhance the tone and sound of the instrument so the music would be sweet as the grape from

which the wine was made.

The better the wine, the sweeter the tone, according to Antonio.

The villagers were very enthusiastic and keen to follow this advice, they gathered around, each bringing wine and placing it into a large barrel.

With appropriate ceremony, Antonio dipped the accordion into the wine, to the cheering of the villagers.

The following day villagers returned to the village square. The village Mayor hung the wine-soaked accordion under the cool shade of the olive tree. Later that day Nino took the accordion down from the olive tree, embraced it and proceeded to play "O Sole Mio," his favourite piece. He pulled the bellows apart.

Suddenly, there was a loud cracking sound. The accordion disintegrated

into a thousand and one tiny pieces.

Nino, Antonio, the Mayor, and villagers were flabbergasted.

Villagers realised they would never get a return on their financial investment. They demanded an explanation from Antonio for this unexpected disaster.

Antonio explained, sheepishly: "the quality of the local wine that year was sour and bitter. More like vinegar than wine."

Then gaining confidence, he explained that the accordion had been hung to dry under the shade of the olive tree, and the temperature of the warm sun had been reduced, causing the unexpected disaster.

A smoother, refined wine hung under the hot sun, rather than under the shade of the olive tree would have improved the sound of the accordion.

Give a gift to a stranger



Kmart's Lynda and Frances, Salvation Army's Ben, Gosnells Mayor Teres Lynes, the Salvos's Mavis and Kathy along with The Couch/Radio 6PR's Fred Mafrica launch the 2022 Christmas Tree Appeal.

FOR 35 years the Kmart Wishing Tree appeal has collected more than eight million gifts for people doing it tough. Each year around 400,000 gifts and \$300,000 in funds are

gathered around Australia.

The idea was sparked in 1987 when a Kmart team member from Adelaide suggested that Kmart use its wide network of stores as a collection point for charities.

The concept took off and the Salvation Army came onboard and have remained the charity partner for 35 years.

This year's theme is 'small gift, big heart' and calls on the community to come together and drop off a new present unwrapped under the wishing tree at any of Kmart's stores.

Secondhand items are

not accepted.

Through this incredible partnership it has changed many lives at Christmas. The Salvation Army distributes the gifts to those in need.

The appeal was launched last month at Kmart Maddington where Santa, Mrs Claus and the elves had a lot of fun encouraging shoppers to get involved.

This year's appeal runs until stores close on Christmas Eve. It is a great way to give a gift to someone you will never meet. Online donations are also available find out more at www.kmart.com.au/kmartwishingtree/

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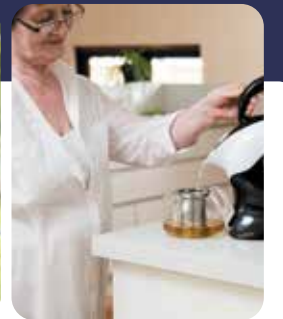
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Retirees Club News & Recreation



Riding around on a pushbike...



Silver Wheels Cycle Club members

SILVER Wheels Cycle Club of Mandurah invites new members to join their rides, meet new people, enjoy social outings, family events and more.

There are three club rides weekly for all levels including E-bikes. The club rides different scenic

routes around Mandurah. Following each ride, they stop for coffee and a catch up.

The group also enjoy rides in close locations such as Lake Austin and Australind and further afield such as Rottneest and Busselton. They also take bikes on the train

and travel to Perth for a city adventure.

Social events include dinners, sausage sizzles, fish and chips and school holiday rides with the grandchildren.

Have a go and ride for fun and friendship.

Contact ride captain Tony on 0413 996 087.

Summer walks start for walking group at Burswood



Lorraine and one of the members

OVER 55 Walking Club Association (OFFWA) members ended their morning walks program for the year with a delicious buffet luncheon at the Duxton Hotel's Fire-water Grill.

The meal was outstanding with every diet catered for.

Members were resplendently dressed – a change from the usual casual T shirts and pants.

Tables of eight and 12 were organised and because of the carpeted floor and lack of loud music everyone could chat comfortably with their friends.

The hotel is to be congratulated on providing the club members with such a delightful experience to conclude a happy year of walks.

Hearty thanks go to Lorraine, the retiring luncheon coordinator for arranging the event.

Morning walks resume on Tuesday March 7, 2023 at Lake Monger

Recreation Centre, Gregory Street, Wembley with registration from 9am followed by a walk around the lake at 10.30am.

During the holiday season a series of informal summer walks are held at Burswood (near the outdoor theatre). Members gather at 5.30pm. Bring a chair and a picnic. The first of these walks will be on Tuesday December 13.

For further information call president Faye on 0449 667 558 or visit the website at www.over55walkingassociation.org.au

They look forward to welcoming more people to 'walking with friendship'.



Northern suburbs retirees meeting kicks off in the new year

THE speaker for the Association of Independent Retirees northern suburbs branch at the January 19, 2023 meeting will be Emeritus Professor Bob Mead when the subject of the meeting will be 'the body in the bag'.

Professor Mead is a biochemist and molecular toxicologist who

established Murdoch University's Bachelor degree in Forensic Biology and Toxicology in 2004. He regularly delivers expert testimony in court in cases involving drug-related deaths, alcohol-associated traffic crashes and drug-assisted sexual assault.

At the February 16 meeting the

speaker will be from the City of Joondalup. Over recent years the services and information available through the many of the City's departments has grown considerably. The speaker will share more about what it is doing for a whole range of seniors' interests.

All meetings are held at the Penis-

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

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

If you are interested in attending

as a guest, please reserve a seat by registering your interest with Mike Goodall.

Cost \$4 per person including raffle and refreshments.

For further information please contact Mike Goodall on 0403 909 865, e-mail mikegoodall@btconnect.com for further details.

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C'mon - have a go at pickleball, it's fun



PICKLEBALL was invented in Washington State in the USA in 1965 as a backyard children's game.

It's a paddle sport with two or four players who hit a perforated hollow plastic ball over a net just over a metre high using solid facing paddles. The court is about the size of a doubles badminton court.

It is now the fastest growing sport in the USA due to its social and all ages and abilities appeal.

The first pickleball session was held at the Dalkeith Tennis Club in late November with 16 people coming along to have a go with great feedback from participants.

Dalkeith Tennis Club's goal is to be the centre for pickleball in the Western Suburbs. For the next few months Pickleball at the club is open to non-members. Anyone interested in having a go is welcome to contact Wayne at 0418 957 089 for more information.

Flowers and friendship for enthusiasts



AS the title of this newspaper suggests, why not 'Have a Go' at Floral Art?

The Floral Art Society welcomes all levels of floral artists, particularly those who have never tried it before.

Members gather monthly for a very re-

laxed meeting. It is an ideal opportunity to meet people and learn floral art, from the basics to the more advanced designs.

The society was represented at *Have a Go Day* and had the opportunity to meet many people who attended.

Check the website www.wafloralart.org.au to find details of the Facebook and Instagram sites.

This design by Sharon Stewart featured at the October meeting under the title of *Colours of Asia*.



Enjoy volleyball indoors

© www.facebook.com/joondalupibv

Volleyball good for fitness

JOHN Sewell is 78 years old and still playing volleyball at the Joondalup Indoor Beach Volleyball Centre.

Indoor beach volleyball is played on sand indoors and is very good for fitness with low impact on the body and out of the sun and inclement weather.

People are invited to come and have a go with a modified ball and different playing rules to volleyball played out of doors.

The planned time is from 10am to 12noon every Wednesday, depending on community interest.

Contact 0400 228 814 or email jsewell.allsport@gmail.com for more information.

Turning of the sod takes place for Korean War Memorial



Paul Papalia MLA with Korean war veterans and the Korean War Memorial Committee turn the sod for the official memorial

by Jennifer Merigan

ACROSS Australia there are memorials to honour the service of Australian Defence Force personnel

during the Korean War and now Western Australia will have one too.

More than 17,000 members of the Australian Navy, Army and Air-

force served as part of the United Nations Multi-national force defending South Korea from communist forces.

In 2018 a small group

began campaigning for an official memorial and subsequently went on to form the Perth Korean War Memorial committee, made up of representatives from

the Korean community in WA, the honorary consul for the Republic of Korea and Australian veterans.

The committee has done an enormous

amount of work consulting with the Botanic Gardens and Parks Authority (BGPA) to establish a Korean War Memorial at the Tobruk Memorial Precinct, located at the intersection of Saw Avenue and May Drive in Kings Park.

In July 2020 the WA Government announced that they would support the building of a memorial at Kings Park to coincide with the 70th anniversary of the cessation of hostilities in 2023.

Perth Korean War Memorial Committee, Vietnam Veteran and Legatee, Peter Heeney said that Kings Park is a fit and proper place for a memorial to be erected to honour veterans of the Korean War, to commemorate those who served and those who lost their lives and to provide a quiet contemplative space for their families.

"According to the Department of Veterans Affairs, 1,673 people born in WA served in the con-

flict, 34 of whom were killed and six were classified as missing in action.

"Of the 340 Australians who gave their lives, many are buried in the United Nations Memorial Cemetery at Busan, but some remain unrecovered inside the demilitarised zone," said Mr Heeney.

On December 2 a ground breaking ceremony took place at the Kings Park site with the turning of the sod. Minister for Police; Road Safety; Defence Industry and Veterans, Paul Papalia MLA, Korean War veterans, the Korean War Memorial Committee and members of the Korean community and other dignitaries attended the ceremony.

The memorial, which includes an amphitheatre and pavilion with a connecting footpath, will be unveiled on the 70th anniversary of the signing of the armistice on July 27 next year.

News from Centrelink – details on changes to the Work Bonus for pensioners...



by Hank Jongen, General Manager, Services Australia

THE Federal Government has just introduced changes to Services Australia's Work Bonus. The Work Bonus increases the amount an eligible

pensioner can earn from work – either wages or eligible self-employment income – before it effects their pension.

The Work Bonus automatically exempts the first \$300 per fortnight you earn from work if you receive Age Pension. Carer Payment and Disability Support Pension customers who are over Age Pension age and working may also benefit from the Work Bonus, subject to normal work rules for those payments.

Every fortnight you aren't working, or have been paid less than \$300

from work, you are contributing to your Work Bonus balance. This balance can grow until it reaches the maximum of \$7,800. From December 1, the maximum Work Bonus balance has increased. The government has given it a \$4,000 top up, taking the total possible balance from \$7,800 to \$11,800. The top up will stay until December 31, 2023.

This means that pensioners over Age Pension age can earn an additional \$4,000 in income from work without it having an impact on their rate of pension.

Any Work Bonus eligible income over \$300 will reduce any Work Bonus balance you may have before the income starts to reduce your pension. But the excess income won't affect your pension rate until your Work Bonus balance is used up.

The \$4,000 will be added to your existing Work Bonus balance. This means that if you start work you can have an additional \$4,000 in Work Bonus eligible income before you see a change in your rate of pension. If you're already working and have used

up all your Work Bonus balance, the additional \$4,000 will mean that you may see an increase in your fortnightly pension from December 1, until you use up the \$4,000 Work Bonus top-up.

The Work Bonus operates in addition to the

pension income-test-free area of \$190 per fortnight for singles and \$336 per fortnight combined for couples.

For more information on the Work Bonus and pension income test, check our website servicesaustralia.gov.au.

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

Volunteer peer leaders required in Mandurah

STRONG on Your Feet program is a falls prevention exercise class for seniors who may be experiencing mobility problems. The program is delivered in a group format in the community by trained peer leader volunteers.

The classes include activities

to help maintain or improve balance and coordination, strength and flexibility. Seniors Recreation Council of WA, Peel branch, need several new volunteer peer leaders for their Strong on Your Feet program. Training will be provided with a local physiotherapist and mento-

ring provided by current leaders.

SRCWA Peel currently run 10 classes throughout the region. If you are interested in being a volunteer peer leader, or to learn more about this volunteer role, please contact Jan McGlenn OAM on 9535 4749 or 0427 088 615 asap.

Be battery aware - advice from a senior fire fighter...

THERE are lots of reports about batteries exploding and causing fires. We have all heard accounts of mobile phones, e scooters, electric cars and other various devices causing fires.

It's impossible to be specific, but as a general rule, take note of the manufacturer's recommendations regarding recharging, and use only genuine or recommended replacements and check the details of household insurance policies.



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Relax and share the joy of giving this Christmas



by Karen Majer

similar effect – neuroscientists have found that making a donation makes the brain's reward circuitry light up more than when receiving a gift.

As well as making us happy, exchanging gifts and the associated ceremonies and rituals are important for reinforcing our social connections and cultural identity.

It's easy to forget this in the busy lead up to the festive season, when shopping trips to find the right gifts can be a harrowing experience. If the catering falls to you, it can all add up to a lot of stress. How many of us have dreamed of spending Christmas on a remote island with a canned ham and a bottle of bubbly?

Here are a few ideas to

reduce the shopping hassle. These days, shopping on line can help, as long as you are organised well in advance to account for delivery delays. Gift vouchers that reflect the recipients' interests can be much appreciated and avoid the waste of unwanted presents.

Many of my friends have agreed on 'no bought presents'; delighting in a thoughtful gift of flowers from the garden, a plant grown from cuttings or hand-made craft. The number of snail-mail cards I receive has dropped dramatically over the years, but perhaps this is the one time of year when mailing a card is still worthwhile, especially if it's more personal than a purchased

one. We have fun choosing something special from my husband's bird photography.

A small hamper of home-baked goodies or selected festive or picnic treats can come in handy over the holiday. For the kids, donating to an animal charity on their behalf might begin an interest in conservation as well as sharing the joy of giving. Perth Zoo offers animal 'adoptions' that raise funds to support animal care, protect threatened species and undertake conservation work.

One of my favourite gifts was a 'title' to a few square feet of land in the Scottish highlands and a certificate as a "Lady of Glencoe". That clever initiative to raise funds for conserv-

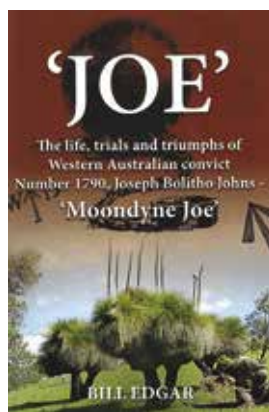
ing Scottish wild cats and their habitat caught my son's eye and he knew that it would appeal to me with my Scottish ancestry.

I love this quote from Psychology Professor Allen McConnell: "During this holiday season, let's not lose sight of the value of giving to others. It does not matter whether you give a lot or a little, give gifts or intangible things. What matters most for meaningful happiness is appreciating the importance of those around you – family, friends, and community – and do so each and every day of the year, not simply on Christmas morning."

Wishing all *Have a Go News* readers peace and joy over the festive season.



APPARENTLY the apostle Paul got it right when he said that it's better to give than to receive. Psychological studies have shown that people's sense of happiness is greater when they spend relatively more on others than on themselves, even if they have little money. Donating to a cause that you believe in has a



by Bill Edgar

Reviewed by Pat Paleeya

BILL Edgar has called upon his vast knowledge and interest in the history of the British penal system and transportation to introduce the reader to the life of Joseph Bolitho Johns known to Western Australians as Moon-

Joe - The Life, Trials and Triumphs of Western Australian Convict Number 1790, Joseph Bolitho Johns - 'Moondyne Joe'

dyne Joe.

This is an interesting book part fiction, part fact.

It paints a picture of Joe, when a young man, struggling within a time of social change and disruption around the 1850s. Most families suffered great hardship and his was no different. He was given a 10-year transportation sentence for stealing a small amount

of food.

This was probably a catalyst that formed Joe's defiant attitude to authority. His treatment as a convict, his continual bouts with the justice system plus his many escapes from goal have made him a romantic figure.

But Joe was much more than this. Bill Edgar brings a fascinating insight into Joe's personality

and character which readers may never have known before.

This book is very well written and very detailed, history at its most absorbing. Personally, I feel that if Joe had served his time instead of running, he may have earned his freedom earlier in his life, but freedom came too late for him, his health deteriorated, he became demented and died in a

lunatic asylum which is now Fremantle Arts Centre.

Bill Edgar writes: "that there are still a thousand stories of basic similarity in Australian convict history still waiting to be discovered."

I believe that *Joe* embodies them all. Don't miss this book it's an excellent read.

Available at Boffins Books \$35.

Ready-to-go hearing aids: How you can benefit from fuss-free hearing help



AUSTRALIA'S first broad prescription hearing aid, the Jaspa 3 hearing aid, has already benefited many Australians with hearing loss. Here's how it can help you too.

Australians wanting a simple and affordable

hearing solution can now consider the latest broad prescription hearing aid as a viable option that is delivered directly to your home. Ready to use out of the box, broad prescription hearing aids work for various types of

hearing loss by including several different program and volume options within the device itself, allowing those with hearing difficulty to choose the setting that suits their hearing requirements.

Found Hearing

spokesperson said that the Jaspa 3 Hearing Aid, Australia's first broad prescription hearing aid, has already benefited many Australians with hearing loss.

"We have lots of new hearing aid wearers as well as those who have previously worn hearing aids benefiting from the Jaspa 3. Many customers who have worn hearing aids before, have found that they have been able to eliminate various frustrations they experienced with their previous hearing aids, such as being able to reduce tinniness and background noise, and obtain a more natural sound quality."

Customers have found the Jaspa 3 extremely simple to use, with the product ready to use straight out of the box when they receive it. They do not need to perform a hearing test or require a consultation to use the device.

Despite being a fraction of the cost of regular expensive devices, the Jaspa 3 hearing aid has much of the same technology, including a fully digital microchip, noise reduction technology, a wide dynamic range compression system (to increase the volume of soft sounds, yet keep louder sounds at bay), and a sleek fit design.

People who have previously worn hearing aids have been the most surprised by the Jaspa 3; they have been in a position to compare the performance to different hearing aids.

"Many customers have commented that the Jaspa 3 aid performs better than their previous set of hearing aids. Often these customers are making comparisons to hearing aids that they have spent thousands of dollars on," said the spokesperson.

Customers can utilise the Jaspa 3 hearing aid for one or both ears, depending on their requirements, and colour options of beige or grey are

available. Health fund rebates are available for eligible customers (contact info@foundhearing.com.au first if you wish to use your health fund cover).

The Jaspa 3 is \$429 per aid or \$799 for two aids and includes free delivery anywhere in Australia.

Go to www.FoundHearing.com.au to find out more or order online, or call 1300 240 114 to order over the phone. All orders come with a 30-day money back guarantee.

Always read the label. Follow the instructions for use. Seek professional advice if you are concerned about your hearing.

COMMUNITY NOTEBOOK

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

NUHRA COMMUNITY VISITORS SCHEME
Volunteers are needed. Would you like to make a difference in the life of an isolated and lonely resident living in a aged care facility. To provide friendship and companionship by visiting at least once a fortnight. Contact Sonya on 0414 942 426 or 9328 6272 or email nuhracvs@westnet.com.au

WALK TALK & STRETCH
Mondays 8.15-9.15am. Wednesdays 12-1pm. Fridays 9-10am.
The group walks to and around Hyde Park three times a week. To participate in any of our walking groups meet in front of whfs building 227 Newcastle St. Northbridge. All walks are free. Ph 6330 5400 or bookings@whfs.org.au

CLAREMONT CAROLS IN THE PARK
December 17, 4.30pm-8.30pm
Join in and evening of carols and family fun at Claremont Park. Carols performed by West Australian Symphony Orchestra.

Plenty of fun and festive activities. Bring along a picnic (responsible BYO allowed) Food stalls available. Free event. More info 9285 4300

CHRISTMAS SYMPHONY | 2022
Saturday December 18
Burswood Park Board presents *Santa's Symphony in the Park*. A free sing along community concert performed by the Perth Symphony Orchestra. Santa will arrive for photos from 4.15pm, food trucks 4pm with music starting at 6.30pm. Bring rugs or low chairs.

NORTH BEACH COMMUNITY CAROLS BY NORTH BEACH BAPTIST CHURCH
Sunday December 22, 5pm-9pm.
Free fun fair. All rides, activities, coffee and tea are free. Community carols begin at 7.30pm-9pm. Live music & singers. Song books available printed & online (www.nbbc.org.au) North Beach Primary School Oval. 75 North Beach Rd. North Beach

HIGH WYCOMBE CHRISTMAS PICNIC
Wednesday December 21, 5.30pm-8pm.
Entertainment plus by the *Kalamunda Performers Concert*, celebration, food and drinks. Bring a picnic or buy from the food vans. Scott Reserve. 200 Newburn Road. High Wycombe

LOCAL CHRISTMAS STREET PARTY. WATERFORD PLAZA
Saturday December 17, 4pm-7pm
Free fairy floss and rides for the kids. Santa photos for people and pets. Street entertainers, live music and henna tattoos. Leashed pets welcome. Waterford Plaza. 230 Manning Road. Karawara.

BULLSBROOK COMMUNITY CHRISTMAS
Saturday December 17, 4pm-9pm
Brought to you by Bullseye Youth Committee, City of Swan and Kingsford at Bullsbrook Free activities include, carols and live music, market stalls, family activities and Santa and more. Located in Kingsford Estate on Brookbank Drive, Kingsford

BUSSELTON CAROLS IN THE PARK
Friday December 16, 6pm-8.30pm
Join the Christmas spirit with your friends and family for Carols in the park. Young talented singers will sing their favourite carols. Share the story of the Nativity with Lisa Knight. Bring a picnic or line up for the Lions Club Sausage Sizzle. Donations of coins or notes very much appreciated and go towards the cost of this otherwise free celebration. Dunsborough Lions Park. Enquiries Jaquie Happ 0412 221 117



NEW YEAR'S EVE ROCKINGHAM
Saturday December 31, 5pm 12am
Head lining with *Eskimo Joe* supported by *PUMP*, *The VHS Pirates*, *AbbaFab* and local acts. Also fireworks at 9pm, a glitter bar, amusement rides, a games trailer and food vans.

Letters to the Editor

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



Dear Editor,
THESE days in this world of doom and gloom – news all the time about wars, cost of living, homelessness etc. – there is one bright bit (well actually a couple of bright bits), one is this paper *Have a Go News*.

Lots of interesting articles, interesting letters, information, competitions etc., that go a long way to brighten a person's month.

I must admit that alongside each edition of this paper being delivered to the South Ballajura Community centre, that is another bit of the bright side of life because that is where the seniors club, that I go to, meets.

Next year I will endeavour to get the full

details of our club (days, times, what we do etc) put into the community notebook part of *Have a Go News*, however if in the meantime you would like a bit of information to mull over till then, I am happy to be contacted on 0418918425 because the club closes down in mid-December and re-opens in mid-January.

That little plug is what you call being cheeky, well I am only 74 soon to be 75 so I reckon at my age I can be cheeky!

Anyway folks, do hope that you have a good Christmas, safe New Year and like me looking forward to each edition of *Have a Go News* in 2023.

**Margaret Anne Ryan
Ballajura**

Dear Editor,
I ENJOY reading *Have a Go News* and I noted someone in the November issue telling a joke. I have written one to share with readers too.

A grandfather living in the high back country of America was asked by his granddaughter 'how do you live a long life?'

"Well, my dear," said the grandfather "what you do, is every morning put a teaspoon of gunpowder on your oatmeal, do that and you will live a long time."

The granddaughter lived to the age of 105. When she passed away, she left behind five children, 15 grandchildren, 25 great grandchildren and a 20m hole where the crematorium used to be.

**Frank Cherry
South Lake**

Dear Editor,
CHRISTMAS is one of the busiest times of the year for the Salvos.

I'VE been a Salvation Army officer for more than 30 years – meaning over 30 Christmases of collecting, community outreach and lunches, carols, hamper packing, donation pickups and drop offs. It's easy to get swept up in the busyness – but in amongst it all, it's important to come back to what matters most, why we do what we do at The Salvos over the Christmas season.

One of our Christmas stories is from Fiona's family, who would have spent Christmas homeless if it were not for our help.

What did the Salvos do that meant the most to her?

"They showed us unconditional love," she said, "and our lives changed forever."

Leave no one in need this Christmas is our message – not just physical need, but in terms of practical support, personal connection, kindness and love.

Christmas is very hard for those unable to make ends meet, for those suffering from the crippling financial impacts of the last few years. It's extremely hard for people that are without

family or a support network, many of whom feel completely disconnected from society at a time when connection with loved ones increases for most.

What is meant to be a time of celebration, sadly isn't for lots of Aussies – and that's why the Salvos do what we do.

By ensuring people have access to food, hampers, vouchers and toys for their children, we hope to spread love, peace, joy and a sense of belonging. Not just so their Christmas is a joyous one, but so that they know their community is behind them, support is there – that they're loved.

Our goal is to make Christmas a safe and happy time for everyone – which is why we ask you to please give what you can to ensure no one is left in need of a warm meal, a gift, a safe place to sleep or a little bit of love this Christmas.

If you would like to donate to the Salvation Army's Christmas Appeal, or if you need support, please visit salvationarmy.org.au or call 13 SALVOS (13 72 58).

**Major Bruce Harmer
National Public Relations Secretary for the Salvation Army**

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

Dear Editor,
FURTHER to my letter last month I would like to share my details again for readers because I had such a good response.

Are you retired and rattling around in your three-

to four-bedroom house?
There are so many wonderful overseas female (and male) students seeking a small room. They make good company, and their rent pays all the bills and more. You

have a choice of gender and nationality.

If interested please contact me on 9271 1018 or email daisyliz1234@gmail.com.

Liz Morris

Dear Editor,
I'D like to comment on Margaret Anne Ryan's letter from October.

Although a wonderful publication with many interesting articles that puts many others in the shade, *Have a Go News* has shown bias in favour of an experimental gene therapy that masquerades as a vaccine and however tenuous, certain anti-Russian sentiments à la the rest of the media.

A local newspaper in the Rockingham area, that shall remain nameless, has curtailed their letters' page and re-

placed it with the usual one-sided stuff from juvenile West Australian journalists. A gagging of readers' views?

At least *Have a Go News* retains its integrity (for the time being) by allowing all opinions, however diverse.

If there is absolute certainty regarding vaccines, wars and climate change, why the censorship, the refusal to debate and the vilification of any dissenters who dispute the mainstream narrative?

**David Rudman
Port Kennedy**

Dear Editor,
THANKS and congratulations on the inspiring review about Sue Williams and her book detailing the life story of our much admired and revered Fiona Woods.

Sue Williams deserves to be congratulated herself on her determination and thorough research which resulted in the publication of this book.

I can't wait to find a copy. Thanks again for that article.

Patricia Cebis

Dear Editor,
WITH reference to Sue Williams' new book about Professor Fiona Wood's work and life, I wrote to Sue and if asked she had included the sporting side of Fiona's life because others may not be aware that Fiona and her family have always been keen cyclists.

She used to race with a Perth cycling club called The West Coast Vets. And I was quite surprised when in one race I was riding in, Fiona simply rode away from us and took first place.

This lady is a hard worker in everything she does.

Len Hall

Social Outings & Shopper Bus

Amana Living's social outing program, called Kites, visits various destinations around Perth. You'll enjoy morning tea and lunch in a different location. On Fridays we offer trips for people with similar interests, for example: gardening or history.

Discover new shops and purchase your essentials with our Shopper Bus service. You could visit a shopping complex or specialised shop like Ikea, Bunnings or Spotlight.



Explore Perth

Meet new friends

Shop to your heart's desire

SCAN QR CODE TO LEARN MORE



AMANALIVING.COM.AU

1300 26 26 26



Seniors Recreation Council Jottings

VALE: James Blackadder Drysdale (Jim), 1937 - 2022

A GREAT friend and supporter of SRCWA we enjoyed many years working together with Jim who provided entertainment at SRCWA events and emceed at the annual *Have a Go Day*. A true gentleman who will be greatly missed by SRCWA and all who knew him. Partner Jenny and all the family are in our thoughts at this sad time.



30 years of *Have a Go Day* - a LiveLighter Event; in the beautiful grounds of Burswood Park

On Wednesday November 9, *Have a Go Day*, a LiveLighter Event celebrated 30 years at Burswood Park. The weather was perfect for the many thousands of participants who took the opportunity to get out and take part in activities, gather information and enjoy the entertainment on offer. There was an atmosphere of celebration with people congratulating committee members who had bright anniversary shirts identifying them at the event. Thank you to our major partner, Healthway, promoting the LiveLighter message.

We have an outstanding volunteer team who work tirelessly for 12 months and spend three 12-hour days putting together the event. Our thanks and appreciation to past volunteers and the current team who through their dedication presented an amazing event for and on behalf of WA's seniors.

Volunteers came from SRCWA, Dept of Local Government, Sport & Cultural Industries, *Have a Go News*, Wooroloo, Telstra, SRCWA branches and the general public. SRCWA would also like to extend their gratitude and thanks to the large team of trustees from Wooroloo Prison who assisted throughout the event. A team of volunteers from Telstra were on hand and we thank them. *Have a Go Day* is not possible without volunteers.

We would like to pay homage to the founders including Brian French, Vicki Harwood, Denis Martin, Quentin Smythe, Hugh Rogers OAM, Marie Matthews, Phil Paddon, Dawn Yates and all the committee members past and present who have developed this event. We would like to make a special mention of Denis Martin who was on the original committee and still a committee member today.

SRCWA would like to thank Burswood Park Board and their grounds staff for their support.

Thank you to Crown Perth for providing free parking in the high rise complex, the VIP morning tea and the first prize in the major prize draw.

We would also like to thank our media partners for their wonderful support and promotion of *Have a Go Day*; *Have a Go News* - our major media partner and supporter since *Have a Go Day* began, Channel 7, Home in WA, 882am 6PR and Curtin 100.1fm.

A big thank you to Lotterywest who once again provided a major grant and the Government of Western Australia for their ongoing support of *Have a Go Day* and SRCWA.

The official welcome was emceed by 882am 6PR's Steve Mills and we welcomed the Premier the Hon Mark McGowan MLA and Minister for Seniors and Ageing the Hon Don Punch MLA. A moving Welcome to Country from Mort Hansen followed by the National Anthem from the *WA Police Pipe Band*.

This year participants were encouraged to have a go at a variety of activities including seated volleyball, walking football, canoeing, walking, riding on a trishaw, laser pistol shooting, climbing wall, petanque, croquet, pickle ball, disc golf, metal detecting, many forms of dancing, yoga, breathing exercises, cooking demonstrations and much more. Everyone was treated to free tea, coffee and bottled water at the hospitality tents assisted by a large team of volunteers thanks to *Have a Go News*.

Ingenia Gardens sponsored the entertainment stage and thanks to Karina Klass who was the MC. The line-up included: *WA Classica Musical*, *Prime Movers*, *WA Bush Poets & Yarnspinners*, *WA Police Pipe Band*, *Klassworks Entertainment* and *Moiria J Scott*. The day finished off with the Major Prize Draw and thanks to companies who donated the fabulous prizes.

Major Prize Draw Winners

1st Prize - Crown Perth - \$2,000 Crown Towers Experience: Paul Pisani

2nd Prize - *Have a Go News* and Kings Tours and Travel - \$500 Visa Card: Lorraine Bifield

3rd Prize - SOS Alert: 1 x 4g Personal Alarm with GPS tracking: Paul Russell

4th Prize - Telstra - Telstra Technology Package: Allan Upston

A huge thanks to all our valued sponsors, partners and supporters: 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, nbn, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, Telstra, SOS Alert, Classic Hire and Scarborough Toyota.

We wish everyone a wonderful Christmas and happy and safe New Year and hope 2023 is an exciting and prosperous year for all.

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

Meet the paddlers - the voyage of one's life



Jan enjoying a paddle

by Janet Gatt

THE cry of the loons, birds local to the region, had a haunting sound at night as Jan and her husband Ian camped on a lonely bank of the aptly named river Styx, the mythical river of the underworld.

It is a vivid memory for Jan who was on her very first paddle, a 200km five-day journey in a Canadian canoe, along the Rideau Canal from Kingston to

Ottawa. This demanding introductory excursion was followed by many week-long paddles Jan enjoyed with Ian and another couple in Algonquin Park, Ontario, where they encountered beavers, otters and moose.

Jan's life of adventure began in post-war Newcastle, NSW. Born the second of three daughters, she spent a happy childhood on a bushland property overlooking the

sea, south of Newcastle. Later the family moved to their own two-acre property and the sisters gained entry to Newcastle Girls High School.

Jan went off to residential college at the University of New England, at 17. Jan achieved both Bachelors' and Masters' degrees and met her husband Ian, who was studying physics. They married in Newcastle in May 1969 and settled in Perth.

Jan worked as a school psychologist before their departure to Canada in 1972.

Here Jan and Ian lived in married student quarters at the University of Toronto, Ontario. Jan completed her PhD and worked as a research officer at the Ontario Institute for Studies in Education. Ian too was studying, for his Masters' degree and later PhD.

In their fifth year in Canada Jan gave birth to healthy twin boys.

In 1981, back in Perth, Jan lectured at the Western Australian Institute of Technology (WAIT) and

worked for the WA Department of Education. Later she joined the teaching staff at UWA and was made an Associate Professor in 2005.

Jan has written and co-authored many academic books, articles for professional journals, and reports and publications for government departments. One of her psychology textbooks is currently used in high schools. Her subject matter was human development, learning and behaviour, with a major focus on language and literacy. When she and Ian retired in 2012 Jan continued to supervise six PhD students.

Ian and Jan, seasoned kayakers, joined the Over 55's Canoe Club where Ian's self-made wooden kayak attracts many compliments. Jan herself is an accomplished wood-turner and shares Ian's work shed.

The couple also share a passion for orienteering and have recently returned from successfully

competing in the Australian Orienteering Championships in Sydney. Jan is vice-President of the WA Orienteering Association, and both are involved in Anytime Orienteering which promotes the activity.

They also enjoy their volunteer work with Bush Heritage and with the Centre for Asylum seekers, Refugees and Detainees (CARAD).

I met Jan through the Over 55's Canoe Club.

If you are interested in paddling with the 055CC contact club president Chris Cocker on 0410 479 024 or club secretary Dale Winn on 0420 733 024. For information view our website at www.over55canooclub.org.au



More great events and programs across Joondalup Libraries

SUMMER is here and Joondalup Libraries have compiled yet another fantastic season of events and programs to round off 2022 and welcome 2023.

Check out the latest events and programs guide that has authors such as Richard Offen, Claire O'Rourke, *Archibald the Dragon and his Christmas Quest*, and lots of Christmas craft, Story Times and Discovery Sessions.

Search Library events at joondalup.wa.gov.au.

Hot off the press... Joondalup Libraries have launched Quick Reads, a collection of new release titles designed for short loan, quick turnaround. These books can't be reserved so you can be guaranteed to find a bestseller for the holidays. Just browse the selection, select your title, borrow and go.

And finally, the Summer Reading Quest is back for children of all ages. Visit the library, register for your Quest pack, tally your summer reading accomplishments then go into the draw to win fantastic prizes.

Have a wonderful summer from all at Joondalup Libraries. Happy reading.

Joondalup Library - Dun Craig Library - Whitford Library - Woodvale Library.

Win a \$200 shopping voucher - find the secret word



FIND the code letters in the advertisements in this edition to make up this month's word and go into

the draw to win a \$200 gift voucher.

There are 11 advertisements in this issue which

contain a blue circled letter for the Ad Words promotion.

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

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

1. Foothills Denture Clinic

2. The Wondersheet
3. Chapels on Whatley
4. Summerlin Audiology
5. ADFAS
6. ADH Group
7. Kings Tours & Travel
8. Elite Tours
9. Easy Access Kitchens
10. Helena Valley
11. Luna

Entrants can enter via email with Adwords in the subject line at win@havea

gonews.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 31/12/22.

Congratulations to Tracy Bevilaqua, of Forrestfield our October Ad Words winner.

Try getting a hole in one with this great outing

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

ent to go to as a family? Well scratch no more - we have the answer and it's a real hole in one!

Glowing Rooms, near Fremantle, is Perth and Australia's first 3D mini golf experience and it's

got to be seen to be believed.

From the minute you arrive, you are transported on a vibrant journey of colour, taking you (thanks to the power of magical 3D glasses) from an asteroid field in outer space to an underwater world complete with sea creatures and treasure, past iconic landmarks of Australia and face to face with superheros.

These amazing worlds and creations are all thanks to incredible lighting and special effects combined with stunning hand-painted wall and floor art, which play host to the golf holes, as well as sneaky hidden obstacles.

Travelling through each room sees the difficulty of the shots increase, with many having ramps, tunnels and trenches to navigate as well as animals that appear to come to life and golf balls that hover

in front of you, but this makes it even more of a fun and unique experience for all ages and abilities.

It really is a one of a kind of experience, just don't forget your camera.

Glowing Rooms are open from 2pm to 9pm on Tuesdays, Wednesdays and Thursdays, 2pm to 10pm on Fridays, 10am to 10pm on Saturdays and 10am to 9pm on Sundays.

On most public holidays Glowing Rooms is open from 10am to 6pm, but that can change from time to time. The opening hours will be updated on the website: www.glowingrooms.com.au.

For the school holidays they are open every day from 10am including Mondays. Last tee occurs one hour before closing.

There is a café on site and they also do incredible parties.



3D Mini golf at GLOWING ROOMS just 5 minutes South of Fremantle

Escape the everyday as you navigate your way around hidden obstacles in the extraordinary COVID SAFE settings of Glowing Rooms Australia. Australia's first hand-painted 3D mini golf course. The magical glasses bring everything to life transforming a game of Mini Golf into a glow in the dark out of this world experience. 3D Mini Golf is fun and suitable for the young and seasoned. More than 800sqm of indoor space and never exceeding more than 60 customers on site at any one time it is safe to say that Glowing Rooms is one of the safest places for your school holiday activities. Surprise your partner and grandchildren with a mind boggling activity. For the school holidays they are open every day from 10am including Mondays. It is super easy to book your tickets on the website www.glowingrooms.com.au or call 6244 5590.

As it happened - beyond the stories - the evening star discovery



by Lee Tate

THIRTY years ago, Kalgoorlie's Goldfields had a taste of the great 1800s gold rushes after the second biggest gold nugget in Australia was uncovered by a Perth prospector. Its lucky discoverer,

Robert Mitchell, sat on his good news for a year before we reporters got a whiff. It became a national story.

"A frenzied rush followed," I reported for the Financial Review.

The *Kalgoorlie Miner* published a front-page colour photograph of the 14.7 kg (520-ounce) nugget.

I reported: "Mr Mitchell has gone to ground while the nugget, in the shape of a football and called Evening Star, is under lock and key somewhere in Perth.

"Mr Mitchell's partners, Laurie and Dorothy

Mitchell of Daylesford in central Victoria, have set up camp near the spot to direct interested geologists to tenements staked out by Mr Mitchell and his partner, Robert Gardner."

The 10-tenement block was given a price tag of \$2 million but Mr Mitchell also sought tenders.

While negotiations got underway with interested parties, an Australia-wide showing of the nugget was mysteriously cancelled.

It was to have been flown to Kalgoorlie from Perth for an unveiling by GIO Australia, which formed a business ar-

angement with the partners. But this was postponed twice before being called off altogether. Even the photograph was locked away and media requests for its release were refused.

GoldCorp, the WA Government-owned gold refiner, confirmed that the nugget was weighed and measured by the Perth Mint.

Since the find, the partners used the time to peg extensive tenements while watching gold prices soar.

Based on its weight and gold prices, the Evening Star was worth near-

ly \$300,000, but sold as a single nugget to a collector, it would inevitably fetch far more.

Not surprisingly, the exact location of the discovery remained a secret although Mr Mitchell said it was discovered near the old gold-mining town, Ora Banda, about 40 kms north of Kalgoorlie.

The drama heightened when *The Kalgoorlie Miner*, after a titles search, revealed that the lease was not secured by Mr Mitchell until June 26, 1992 - two months after the reported find.

From the site, Mr Mitchell senior said:

"There could have been a mistake over conflicting reports on the exact position of the find but this would be sorted out."

Mr Mitchell senior said the nugget: "is one of a kind and is truly unique. It should be bought by the West Australian Government and kept here because it is part of our heritage."

Mr Mitchell senior admitted to being a long-time sufferer of gold fever, every winter for 10 years. He said even a major find would not stop him.

Gold records showed the Evening Star was the fourth biggest nugget dis-

covered in Australia.

Australia's biggest nugget was the massive 2,284-ounce Welcome Stranger found in Moilagul, Victoria, in 1869 and subsequently melted down.

The biggest nugget in existence was the 730-ounce Hand of Faith, discovered in Victoria in 1980 and put on show in the Golden Nugget casino in Las Vegas.

WA's biggest nugget, the 1,235-ounce Golden Eagle, was found in 1931 near remote Widgimooltha in 1931.

Discoveries continue through our Goldfields.

British pensions rise but not for Australian expats - find out how to fight the injustice



by Mike Goodall

JEREMY Hunt, the UK Chancellor of the Exchequer, has announced that the UK Government will retain their promise of the 'Triple Lock' to increase the UK State Pension by 10.1 per cent next year. This increases the value

of a full New State Pension to £203.85 per week and the value of an Old State Pension to £156.20 per week. But there will be no increase for British pensioners living in Australia.

As a result, there have been lots of articles in UK publications about the injustice for those frozen pensioners who will be denied access to these increases.

During the debate on the UK State Pension Triple Lock, Alan Brown the Scottish Nationalist Party MP highlighted the 'frozen pension' injustice. He also urged the UK

Government to engage with the Canadian Government's recent request to enter negotiations to create a reciprocal social security agreement which would end the frozen pension policy for the 125,000 British pensioners who reside there.

This was a follow on from a meeting on October 26, 2022 that took place between the All Party Parliamentary Group (APPG) on Frozen British Pensions and a delegation of Canadian MP's and Senators visiting the UK as part of the Canada-UK Parliamentary Association.

The International Consortium of British Pensioners (ICBP) took the opportunity to deliver a strong message to the UK Government MP's and the Lords, by a presentation in Parliament's Portcullis House to which all MP's and Lords were invited. This meeting was attended by representatives from the Australia, Canada and the Caribbean, campaign groups.

As part of their time in the UK the members of the ICBP have been demonstrating outside the Department of Work and Pension with a large banner saying: UK GOV-

ERNMENT STEALS MY PENSION.

They are not requesting special treatment, just to be treated the same as British pensioners residing in countries such as the US, France and the Philippines. It is time for the UK Government to treat all its pensioners fairly and assign this injustice to the history books.

The Canadian Government has been campaigning for justice for their UK expat pensioners, however, we have not heard a peep from the Australian Government about working

with Canada to push the cause for the 230,000 expat pensioners living in Australia.

Please contact our local Federal MP and if possible, meet with them and ask what the Australian Government is doing to help Canada with this campaign. I look forward to your feedback.

Best wishes for Christmas and the New Year.

Am I UK State Pension Age?

UK Expats and Australian citizens born between October 6 1954 and April 5, 1960, who have worked for a minimum of 10 years in the

UK, can claim their UK State Pensions from their 66th birthday.

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

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

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Let's go motoring - taking the all-electric Genesis GV70 through its paces



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

If you didn't know it was electrified, you wouldn't guess.

Sounds curious I know, because on my first drive, I didn't really know either.

The fact Genesis has made these GV70's look

and feel so 'Euro' compounds the overall experience.

Genesis is the high end, luxury arm of Hyundai. I hosted a launch of the early models years ago at the gorgeous Bluewater Grill. (I was young and needed the money).

At that event, cars were displayed on the front lawns overlooking the Swan River. I recall invited guests were somewhat baffled as to what this Genesis brand characterised.

Move forward to late spring 2022, when I took delivery of the latest from Genesis, a GV70.

The Electrified GV70 in

Australia is one specification at \$127,800 plus on-road costs. So, if you're shopping for a BMW or Benz you've come to the right place.

It features dual-motor all-wheel drive with each motor producing 180kW of power and 35Nm of torque. Combined, it will fire up 360kW of power and 700Nm torque.

I looked that up.

It is disarmingly sleek in design, with suggestions of everything we expect from Audi or Porsche in style.

The interior is immediately familiar; strange given it's really not.

The seats are heat-

ed, massaged, cooled and have what seem like 70,000 different adjustment options; I settled on just the one.

Sure, you sit high, as is the case when you purchase an SUV. The view from behind the wheel is, as expected, commanding and reassuringly comfortable.

The tactile feel of the entertainment system is intuitive after a day or so and the other luxury appointments are present but understated. Steering feel is heartening and the ride quality is as quiet as a sleeping baby grandchild.

The sense of refinement is certainly greater than

early offerings from Genesis.

Is there a sense of style over genuine substance and heritage? Well, perhaps, but the gap is narrowing. Watch this space.

Sink the right foot and you hit the speed limit with disarming quiet within seconds. It's electric; it's what they do.

On 6PR, debate occasionally rages about the merits of electric vehicles in Western Australia. I suspect that will continue for some time. What we do know is that all brands are producing electric vehicles. If it is good enough for Rolls Royce?

Change is sometimes



thrust upon us; energy and transport options are just a couple of them.

It was when needing to charge the GV70, I searched and searched for the hidden charge point. Skilfully hidden it is; I even had to phone Genesis. Not my finest motoring writer moment.

If you don't know, you

wouldn't know (and I'm not telling).

Is the Genesis a rival to its European competitors? If this latest GV70 is in any way an indication, then yes. I can't wait to see what brands like Genesis produce over the next decade or so.

Sit back and enjoy the ride; struggle is useless.



9 MUST WATCH PROGRAMS THIS DECEMBER



9NEWS WA FIRST

Weekday afternoons, WA viewers have the unique opportunity to ask the questions you need answered via the 9News Perth Facebook page or email wafirst@nine.com.au Includes the latest breaking news.

WEEKDAYS 5.00PM



9NEWS

Join the 9News team for the full story. Perth's comprehensive one-hour bulletin covering the latest in news, sport, and weather, broadcast live from the top of the Terrace.

NIGHTLY 6.00PM



SNACKMASTERS

Join hosts Scott Pickett and Poh Ling Yeow as two elite chefs battle to make perfect replicas of one of the nation's best-loved snacks. Yvie Jones gains access to the production lines giving viewers a sneak peek inside the factories where the snacks are made.

SUN 7.00PM & MON 7:30PM



COUNTRY HOME RESCUE WITH SHAYNNA BLAZE

Shaynna, together with her children Carly and Jess, embark on the restoration of a dilapidated historical home in regional Australia.

WEDNESDAYS 7:30PM



GREAT GETAWAYS

Getaway is Australia's favourite travel show with wonderful holiday ideas for all tastes and budgets as well as those once in a lifetime, dream destinations. Escape today with Getaway.

THURSDAYS 7:30PM



CHRISTMAS WITH DELTA

A Christmas concert with Delta Goodrem. Featuring Hanson, Thelma Plum, The Lumineers, Conrad Sewell, Sam Fischer, Gwen Stefani and a moving tribute to Olivia Newton John.

SATURDAY DEC 10 7:30PM



CAROLS BY CANDLELIGHT

Join us for everyone's favourite Christmas Eve tradition. This year marks the 85th annual Carols concert, where some of Australia's most loved stars will perform a selection of Christmas favourites. Broadcasting from the Sidney Myer Music Bowl.

SATURDAY DEC 24 7:30PM



2022 FINA WORLD SWIMMING CHAMPIONSHIPS

The 16th FINA World Swimming Championships take place in Melbourne, Australia at the Melbourne Sports and Aquatic Centre. Live coverage from 4:30PM AWST.

9GEM 4:30PM TUE DEC 13 - SUN DEC 18



BEST OF THE GARDEN GURUS

The Garden Gurus are back for the festive season to share some of their favourite stories from their millstone 20 years.

SUNDAYS 5:30PM

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MELBOURNE FLOWER SHOW & THE GREAT OCEAN ROAD

Smell the freshly cut grass and bursting blooms that scent the Melbourne air once again for the annual International Flower and Garden Show.

We then travel on one of the best coastal drives in the world. The Great Ocean Road is famous for its breathtaking coastal views. Built to honour the servicemen and women of World War One, the road extends more than 300 kilometres along some of the best coastal scenery this country has to offer.

TOUR HIGHLIGHTS

- ★ Melbourne International Flower Show
- ★ House Tour at Labassa Manor, Melbourne
- ★ High Tea in the Restaurant at The Hotel Windsor, Melbourne
- ★ Entry to Skydeck 88, Melbourne Skydeck
- ★ Visit to the Tower Hill Wildlife Reserve
- ★ Locally guided tour of Port Fairy
- ★ Dinner and the Shipwreck Show at Flagstaff Hill Maritime Museum and Pippies Restaurant
- ★ Visit, tastings and lunch at the Great Ocean Road Chocolatier
- ★ Visit Queen Victoria Markets, Melbourne

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares & Taxes
- ✓ Luxury Coach with Professional Driver throughout
- ✓ 4 night's at the Pan Pacific in Melbourne
- ✓ 2 nights at the Mid-City Motel, Warrnambool
- ✓ 6 Breakfasts, 4 Lunches & 4 Dinners
- ✓ Sightseeing & Entry Fees as per the itinerary

29 MARCH TO 4 APRIL 2023

\$3590*

Per Person Twin Share
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7 DAYS

COCOS AND CHRISTMAS ISLAND

Two very different islands offering unique experiences

TOUR HIGHLIGHTS

- ★ Enjoy a visit to Direction Island
- ★ Embark on a motorised canoe tour to Southern Islands
- ★ Enjoy a tour of Home Island including a visit to the historic Oceania House
- ★ Orientation tour of Christmas Island
- ★ Take a tour to The Dales – pristine springs with a waterfall
- ★ Visit the Blowholes
- ★ Enjoy Lily and Ethel Beaches
- ★ Bird Feeding at Seabird Rehabilitation Centre
- ★ Visit to Historical Museum at Tai Jin House

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ 3 nights' accommodation at the Cocos Beach Resort on Cocos Keeling Islands
- ✓ 4 nights' accommodation at Sunset Lodge on Christmas Island
- ✓ Breakfast daily, 6 lunches and 7 dinners
- ✓ All sightseeing and entry fees as per the itinerary

14 TO 21 MARCH 2023

\$5590*

Per Person Twin Share
Single Price \$6250*
Maximum of 16 people

DARWIN DISCOVERY

Beyond the sparkling harbour and fascinating history to the city's Asian-influenced food and tropical outdoor lifestyle, Darwin is an adventurers' paradise waiting for you to discover!

TOUR HIGHLIGHTS

- ★ Locally guided tour of Darwin
- ★ Visit the Darwin Botanic Gardens
- ★ Dinner Cruise with Spirit of Darwin Cruises
- ★ Full Day Tour to Litchfield National Park
- ★ Visit the Royal Flying Doctor Service including Bombing of Darwin Facility
- ★ Explore the WWII Oil Storage Tunnels
- ★ Visit the Darwin Aviation Museum
- ★ Enjoy the Mindil Beach Markets
- ★ Corroboree Billabong Wetland Cruise including Lunch

TOUR INCLUSIONS

- ✓ Home Pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ Coach Charter with Professional Driver throughout
- ✓ 6-nights' accommodation at the Travelodge Darwin
- ✓ Breakfast Daily, 1 Lunch & 4 Dinners
- ✓ Sightseeing and Entry Fees as per the itinerary



7 DAYS

10 TO 16 MAY 2023

\$3750* Per Person Twin Share
Single Price \$4590*



10 DAYS

NORFOLK ISLAND

Norfolk Island, a tiny Australian island in the South Pacific Ocean, is defined by pine trees, natural beauty and a colourful past. Join us on this wonderful tour staying 2-nights in Brisbane followed by 7-nights on Norfolk Island.

TOUR HIGHLIGHTS

- ★ See the Sights of Norfolk Island & learn about the colourful history
- ★ See the Sound and Light Show at nightfall
- ★ Enjoy a BBQ Breakfast and Captain Cooks Monument
- ★ Embark on a Convict Settlement Tour and hear the history of interesting convicts
- ★ Feast on a range of dishes at the Island Fish Fry
- ★ Embark on a Curious Castaways tour, a curious tale of English Pirates & Polynesian Princesses
- ★ Visit the Hilli Goat Farm, located at stunning Anson Bay
- ★ Dress as a convict and join with the commandant for an evening of gaiety, feasting and singing
- ★ Visit the home of Fletcher's Mutiny Cyclorama, a 360° panoramic painting and then enjoy a Devonshire tea
- ★ Enjoy wine, cheese & crackers on Mount Pitt
- ★ Experience Wonderland by Night - Norfolk pines and bushland lit up like an enchanted forest
- ★ Visit the Norfolk Markets & have free time for shopping

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares, taxes and transfers throughout
- ✓ 2-night stay in Brisbane at the View Hotel including a Welcome Dinner and breakfast both mornings
- ✓ Brisbane Touring including lunch at Newstead House
- ✓ 7-nights' on Norfolk Island at the Paradise Resort
- ✓ Sightseeing and entry fees as per the itinerary

7 TO 16 FEBRUARY 2023 - NEW
21 TO 30 MARCH 2023 - SOLD OUT
14 TO 23 SEPTEMBER 2023

\$5190* Per Person Twin Share
Single Price \$5990*

EUROPE RIVER CRUISE

From Budapest to Amsterdam, this 14-night Europe river cruise will take you through some of Europe's most wonderful towns & cities including Vienna. Enjoy having all your meals included on the cruise, in an elegant dining area with drinks included at lunch and dinner. With daily sightseeing included each day, it's like bringing Europe to your doorstep.

TOUR HIGHLIGHTS

- ★ Guided tour of Budapest, Vienna, Passau, Regensburg, Nuremberg, Bamberg, Miltenberg & Cologne's Old Town
- ★ Walking tour of Bratislava
- ★ Tour of Melk Abbey
- ★ Walking tour of Würzburg and a visit to the Bishops Residence
- ★ Visit to Siegfried's Mechanical Music Cabinet Museum
- ★ Canal cruise in Amsterdam

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 1-night pre-cruise accommodation in Budapest
- ✓ 14 nights on board an Emerald Cruises Star-Ship
- ✓ BONUS Viennese Evening Concert
- ✓ Airport transfers to and from the ship
- ✓ The services of an Emerald Cruises Cruise Director
- ✓ Port taxes and charges
- ✓ All tipping and gratuities included on the cruise



18 DAYS

27 MAY TO 13 JUNE 2023

From **\$9450*** Per Person Twin Share
Based on a Category E Stateroom – upgrades available



16 DAYS

SPAIN & PORTUGAL CRUISE

3nts in Lisbon, 8-night Cruise & 2nts in Barcelona

TOUR HIGHLIGHTS

- ★ Welcome and Farewell Dinners including wine
- ★ Guided sightseeing tours of Lisbon and Barcelona
- ★ Visit the Belém Quarter and enjoy the famous Portuguese tart
- ★ Visit the UNESCO World Heritage town of Sintra
- ★ Cruise from Lisbon to Barcelona on ms Oosterdam, a Vista Class cruise ship
- ★ Visit inside Gaudi's extraordinary masterpiece, the Sagrada Família
- ★ Spend the day in Casablanca, Morocco
- ★ Stroll down the promenade in Malaga with its many shops and restaurants
- ★ Visit one of Spain's most delightful towns, Palma De Mallorca
- ★ See the gorgeous buildings in Valencia
- ★ Walking tour in Barcelona with a local guide including Placa de Catalunya, Palau de la Musica Catalana and Barria Gotica area

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares including taxes
- ✓ Transfers throughout
- ✓ 3-nights pre-cruise accommodation in Lisbon at the Atlis Grand Hotel
- ✓ Welcome Dinner including wine
- ✓ Guided tour of Lisbon with a local expert
- ✓ Dinner at a local restaurant in Lisbon including wine
- ✓ 8-night Holland America Cruise including meals, entertainment, port charges & taxes
- ✓ 2-nights post-cruise accommodation in Barcelona at the Hilton
- ✓ Guided tour of Barcelona with a local expert
- ✓ Farewell Dinner at a local restaurant including wine

18 MAY TO 2 JUNE 2023

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ADVERTISING FEATURE

travel options for the mature west australian



L-R; Photos taken from the Antarctica day trip by John Farnan and Gary Tate - The new ship *Ambiance*



WA, Australia and the world. We hope you find some travel inspiration in their stories.

★★★

Ambassador Cruise Lines is the first cruise line to launch in the UK in a decade and will sail into Australia in 2024. It has had a successful inaugural season in the UK and is looking forward to welcoming guests from both Australia and New Zealand. Ambassador offers a premium value cruising experience on classic ships. *Ambiance* began sailing in April this year out of the UK and *Ambition* will set sail in May 2023. *Ambiance* plans to arrive in Australia in Feb-

ruary 2024 with a capacity of 1400 guests with 798 cabins, five restaurants, swimming pool, spa, entertainment, fitness and leisure facilities. I liked the fact in these still uncertain times that financial failure insurance cover is included as standard for all guests along with a booking guarantee in the event of a forced cruise cancel.

★★★

Late last month a group of readers took advantage of one of the best day trips in the world to fly to Antarctica. John Farnan

decided to go on the trip as a 90th birthday present to himself and said he had a great experience on board. John said the fact that the continent of Antarctica is larger in area than either Europe or Australia makes the point that we saw only a tiny fraction of the coastline much of which is normally covered by cloud during the five hours flying over the continent.

"The Qantas pilots used their experience and weather data to choose our route which was spe-

cific to the day's flight selecting a cloud-free area," said John.

Gary and Kerry Tate celebrated their 50th anniversary on board and said they had a great trip, absorbed some terrific memories and took 435 images! We've shared some of their images above. The next day trip to Antarctica is scheduled for January 26, 2024 and we will have details on how to book in the new year.

★★★

As we countdown the

days to the end of 2022 it's the time to reflect on the year that was. In this third year of the pandemic, we started off with our border closure finally ending in March. There was a slow and bumpy resumption of domestic and international travel. Once the borders came down Covid came a-calling and it looks, like the flu, it is here to stay. WA Health offer general advice in this section on how to stay safe travelling while we continue to live with Covid.

So, I say goodbye to the very strange year that was 2022 and hope 2023 is more stable and offers people lots of opportunities for safe travels.

★★★

If you are travelling during the festive season, I wish you a safe and happy journey and hope each one of you have a wonderful Christmas and New Year.

Happy trails

Jennifer Merigan



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

Enjoy a rural holiday down south at a unique farmstay



L-R; NewFarm's cabins and bell tents are among a variety of accommodation for short stay © Bo Wong - The Hall is a multifunctional communal area for visitors © Bo Wong - NewFarm owners Emma Williamson and Annie Taylor relaxing on their accommodation property © Serena Kirby

by Serena Kirby

THERE'S something very

special about getting away with a large group of family and friends. You

could be celebrating a landmark event, a milestone birthday or even

escaping the city for a group gathering. But accommodating everyone in one place and catering to intergenerational needs can be tricky.

NewFarm, located between Denmark and Walpole, could be just what you need, as there's a wide range of accommodation types all on the one site. There's a large house that sleeps eight, several cabins that sleep four and a number of spacious bell tents for those that want to feel like they're camping but with a few creature comforts included. There's even powered caravan sites for those wanting to bring their own accommodation on wheels.

Owned by Perth couples Emma and Keiran Williamson and Annie and Adam Taylor, NewFarm started out as a joint opportunity for the two families to holiday together.

"Annie and I have holidayed together with our families for many, many years," Emma said. "We bought the property two

years ago and at first we thought we'd just keep it as a place for our families and friends to enjoy. But it didn't take long for people to start suggesting we open up to the public."

Covering 25ha there's loads of things to do without even leaving the property. Go exploring by foot, organise a ping pong tournament or hang out by the fire, either outdoors by the fire pits or in the large dining hall that has loads of games and a warming pot belly stove.

And the hall is where the action happens at meal time. With a large long table, it can seat 30 people and with everything you need for putting on a dinner party, it's a great place to come together to prepare and enjoy a feast.

Of course, there's lots to see around the area. The Valley of the Giants Tree Top Walk is just 20 minutes drive as is the stunning Greens Pool at William Bay. You can grab provisions in Denmark and visit a few wineries while you're there or

swing by the nearby gin distillery at Raintree Farm for some local beverages. Just make sure you're back at the property before sunset so you can partake in what has become a NewFarm guest tradition.

"The property has amazing granite outcrops from where you can see all the way to Irwin Inlet," Annie explains. "It's the ideal place to gather, with snacks and drinks, in the afternoon before sunset. We call it Rock O'Clock and it's this coordinated time to catch up; this coming together at the end of the day, that helps people unwind and get back in touch with each other and with nature."

Nature and caring for the environment are in fact a big part of how NewFarm operates. Not only have 2000 native seedlings already been planted on the site but a percentage of the business' turnover will go back into planting more each year. There's also numerous new bee hives to help

pollination with the added benefit of providing some home-produced honey.

Annie explains that every decision the two couples make is considered through the lens of sustainability.

"We steer away from buying new when it comes to anything other than mattresses and linen," she says. "Everything else has been bought second-hand; we upcycle, recycle and repurpose and we love op-shopping and poking around in tip shops."

With reducing local landfill a priority, guests at NewFarm are encouraged to consider their holiday food packaging as they're required to take their non-recyclables with them when they leave.

NewFarm is located just off South Coast Highway in WA's Great Southern region. It's available for group bookings throughout the year and open every school holiday for non-group bookings. www.newfarmdenmark.com.au.



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Sun 26 Feb	Country Pub Lunch Mystery Tour	
Sun 26 Mar	Penguin Island	
Sun 9 Apr	Hotham Valley Train	
Sun 23 Apr	Gingin/Moore River cruise	
Sun 7 May	Moodyne Joe Festival	

\$110 Seniors \$115 Adults includes morning tea, picnic lunch or restaurant meal as stated. Day tour pick-ups Joondalup, East Perth and Rockingham

Extended Tours 2023		
Boyup Brook Music Festival	17 February	4 days from \$1,280 senior
Esperance & Bremer Bay	12 March	5 days from \$1,820 senior
John Holland Way	20 March	5 days from \$1,620 senior
Kangaroo Island	07 April	6 days from \$2,980 senior
Tasmania Two	15 April	12 days from \$4,690 senior
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ADVERTISING FEATURE



travel options for the mature west australian

The art of the staycation - having a fun time in suburban Perth



Enjoying a staycation at Quest in Innaloo

by Chris Parry

BEFORE the pandemic I wasn't really interested in going away close to home. I wanted to save my 'away time' for going far away.

You could get me anywhere around the state but to stay in Perth just seemed a bit indulgent. Why put your feet up just 10 minutes from home?

Well, I am a changed man!

I've recently been a guest of Quest Apartment Hotels to get a better

understanding of genuine initiatives to make life easier for many and also to learn how to completely bring me onboard as a lover of the staycation.

Quest Apartment Hotels are all over Australia and in recent years have moved from just being located in CBDs to now being found in the suburbs of our cities as well.

I often wondered how that worked and what sort of guests would choose to stay in our suburbs. I'm not sure I have all the answers, but I have a couple

for you.

Staying 10 minutes from home at Quest Innaloo changed me completely.

Packing our overnight bags and thinking about a few things we wanted to do, my family set off down a familiar road and arrived as seasoned travellers but certainly newbies to the staycation.

I remember the first time I did a resort holiday and worried about whether I wouldn't be able to sit still and relax. It was a bit like that when we

checked in to Quest Innaloo. If the friendliness of the reception staff and local knowledge provided for my queries wasn't enough to relax me, then opening the door to our spacious two-bedroom suite was the cork popping off the bottle.

Putting my bag down, checking out two spacious bedrooms, dining room, living room, kitchen and two balconies was enough to switch my thinking from: "I can almost see my house from here." to "I am away from

home and can just relax and recharge."

Our balconies overlooked Ikea, with the city beyond and out to the hills of the escarpment to the east. We were just a few minutes' walk from Innaloo Shopping Centre and Greater Union Innaloo Cinemas, or there's a bus that pulls up outside and conveniently drops you outside those centres.

We are regular visitors to these destinations, but staying away from home changed the way

we shopped. Rather than rushing we mooched, and we even got a bit indulgent at the movies and bought large combo's rather than smuggling in our own snacks.

All around Quest Innaloo are great lunch and dinner options that are easy to walk to and roll back to your room after filling yourself on fresh pizzas at Tassels or sushi at Sushi Wawa. If you're not sure what you want, the hotel offers an in-room ordering service with an extensive range of local dining options that may be a bit far to walk to.

The vision for Quest Innaloo is to support local businesses and be seen as a local. Being a contributor to the local community goes further for Quest Innaloo than supporting cafes and restaurants.

Quest Innaloo isn't that far away from Osborne Park Hospital and has wheelchair-friendly access throughout the hotel, including onsite undercover disabled parking, which make it a very comfortable and convenient option when receiving

outpatient treatment at the hospital and needing somewhere close to stay.

If you know a young person aged 15-25 with cancer who lives in a regional area, make sure you let them know that Quest operates a 'You Can Stay' program at all Quest Apartment Hotels. Coming to Perth for treatment can be costly for a young person and a family. Providing free accommodation while receiving treatment is making a contribution to the community that we should all be supportive and proud of.

So how's that? If you were like me, have I changed your mind about a staycation? Do you think a night or two away in luxury and familiarity is worth it? I have no doubt that the travel plans each year for my family will now build in regular opportunities for a weekender and it's all thanks to Quest Innaloo.

Quest Apartment Hotels may have a national footprint but they've definitely got their feet firmly planted as locals.

Have-a-Go NEWS



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The cottage displays stunning artifacts from Albany's history, information about Patrick Taylor and early residents with a beautiful garden next to the Duke Street Park.
OPEN 11am-3pm except Good Friday, Christmas Day and the morning of ANZAC Day

THE ALBANY CONVICT GAOL: Established in 1852 for convicts that were transported to Albany as skilled labourers. Originally consisting of a cell block for convicts with quarters for the warden, the gaol became a public prison in 1873. The museum is open 10am-4pm except Good Friday, Christmas Day, the morning of ANZAC Day and also features an collection of photos of Albany's history.

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Departs 8.30am Canning Hwy & Murray Rd Melville
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Returns First drop approx 3.30pm
Includes Entries, morning tea & lunch

FRIDAY 27 JANUARY - North

Departs 8.30am HBF Arena, Joondalup
9am Morris Pl, Innaloo
9.30am Morley Recreation Centre
Returns First drop approx 3.30pm

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Motoring through WA's Wheatbelt and making a visit to Lake Grace



Left to right; The preserved Australian Inland Mission hospital - endless wheat stubble - Lake Grace Hotel - shallow salt lake

by Lee Tate

DEEP in its rural heart, the enormous size of Western Australia's Wheatbelt becomes blindly apparent to the motoring tourist.

The region hosts massive properties, enormous farm machinery, bulging road trains and crops (or stubble) stretching to the horizon in every direction. Lake Grace, covering 11,886km², is one of our State's largest agricultural shires.

Here, size matters. The information office, in the main street of Lake Grace,

displays a bigger-than-life, floor-to-ceiling poster of a local lad who soared high in national football and carried off a couple of Brownlows. The Fyfes are among the region's prodigious and prosperous growers.

Out on the road, this city driver relishes the grand, wide-open countryside, passing hectare after wheat-stubbed hectare. Cruising through this vast food bowl is undeniably therapeutic.

There is never a shortage of traffic. Lake Grace is a cross-road, halfway

between Perth and Esperance and a thoroughfare for motorists travelling between Albany and the Wheatbelt. Whizzing-by, too, are cars driving to-and-from the eastern states.

Lake Grace, apart from his extensive agricultural activities, its open landscape, wildflowers and wildlife, is obviously about its lakes. Even the prime plots in the town cemetery face down on the lake.

Fun fact: Lake Grace was named after West Aussie hero Grace Bussell, wife of surveyor-general, Frederick Brockman. Grace is famous after her 1876 rescue, with stockman Sam Isaacs, of shipwreck passengers at the mouth of Margaret River.

District surveyor, Marshall Fox, named the lake in 1909. Lake Grace, in

Wagyl Kaip, Ballardong and Nyungar country, is 345km from Perth, between Wagin and Ravens-thorpe.

We tackled the trip over five-plus hours with several short breaks and would gladly do it again. There are several different routes to choose from and to vary the trip home.

The people are progressive, streets are clean, there are natural tourist attractions in all directions and the popular town pub, newly-directed after a change of ownership, commonly feeds 50-80 customers on week nights.

Modest motel apartments are attached at the back and sometimes, with workers pouring-in for district projects, can be hard to get. We paid \$99 for a night. Chef-prepared

meals, with high quality and modest prices, were going-off like hotcakes.

A visit to Lake Grace is best undertaken with some historical background. The area was taken up for agriculture around 1911 with a school established in 1913. The railway came in 1916 when the townsite of Lake Grace was gazetted. The town became a receipt site for Cooperative Bulk Handling.

In 1922 Rev. John Flynn visited to consider an Australian Inland Mission hospital. Staffed by two nurses, Olive Bennett and Helen Cousin, it opened in 1926. Ailments were previously handled by the Royal Flying Doctor Service which continued its services.

The hospital has been preserved next to a mod-

ern hospital in town.

The lakes, two large, interconnected salt lakes are 8km west of the town. They are so shallow that, despite their lengths, strong winds can blow all the water up into one end.

At 25.7km long and 7.2km at its widest point, Lake Grace is among WA's biggest inland salt lakes. Shallow and salty doesn't deter the wildlife and, every year, massive flocks of birds migrate to its banks and surrounding scrub.

Lake Grace is part of a chain of salt lakes that were part of an ancient river system 20 million years ago. The climate changed and the rivers dried, leaving the lakes which now stretch over 100km.

Wildflowers bloom in abundance in-season

and tourists have a large choice of nature-riddled walk trails. Outside town is the Jam Patch, named for its many jam trees (Acacias), covering 200ha of bushland reserve where birds, wildflowers and picnics are enjoyed.

The area features salt lakes, granite rocks, wildflowers and sheoak woodlands.

"In late winter and spring, orchids, wattles, everlasting and other wildflowers bloom," sprouts an information officer.

White Cliffs, 12km south of Lake Grace, displays cliffs that are a mixture of granite, quartz and soft white kaolin. Being on private property, an appointment is necessary.

Information: lgvisitorscentre@westnet.com.au. Phone 9865 2140.

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Stargazing in December - checkout the Christmas sky

by Donna Vanzetti

CHRISTMAS is just around the corner, it's a hectic and

crazy time. So why not take a breath throughout the month, head outside and look up at the night

sky. Stargazing is awe-inspiring and yet peaceful and calming at the same time. It's bound to refresh your spirits, relax your mind and get you ready to tackle the Christmas preparations with renewed vigour.

This month, stargazers will be treated to a special display of the Geminids Meteor Shower. On a dark night, away from artificial light pollution, you might see up to 120 meteors (or "shooting stars") an hour.

The Geminids meteor shower is generated from asteroid 3200 Phaethon and is one of the most active and best meteor showers to see.

When and where to look: The best time to watch is after midnight on December 13 and 14. Look to the northeast and north about 45 degrees above the horizon.



Throughout December the universe is celebrating Christmas too by putting on a parade of planets. From our perspective here on Earth, as the planets continue their never-ending path around the Sun, their orbits can sometimes bring the planets together to form incredible conjunctions.

On December 24, Venus and Mercury will be joined by a thin slither of the Moon, low in the western sky, while Saturn is higher

up in the sky. Jupiter is high overhead and Mars will be rising in the northeast.

When to look: Around 8pm, December 24.

Have a wonderful Christmas from the team at AstroTourism WA. We will have more stargazing tips and helpful hints coming up next year. Have a very sparkly Christmas!

Find more stargazing tips and country events at www.astrotourismwa.com.au.

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 Thursday 16 - Sunday 19 March 2023
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Going fishing - it doesn't get much better than fishing for a big yellowfin tuna



Yellowfin tuna, almost the perfect fish, regardless of size

by Mike Roennfeldt

IN Perth metro sport fishing terms it just doesn't get much better than big yellowfin tuna. Spectacular looking fish they are too and given to putting on a powerhouse performance involving long runs and tireless circling during the latter stages of the fight. And when you consider that tuna flesh is prized for sashimi and seared yellowfin steaks are a gourmet's delight, you have close to the perfect fish.

Only trouble is, there just aren't enough of them around. Most years, the tuna numbers off Perth aren't sufficient to make them a reliable target species, so it's hardly surprising then that catching a decent local yellowfin is something to celebrate.

Most of the yellowfin tuna caught in Perth waters are taken by trolling, often by boats simply towing lures in the hope of picking up a mackerel or whatever happens to be about. In their more abundant periods they are caught year-round off Perth and over a wide area. Places where they regularly turn up include off West End at Rottnest and along the south side of the island, especially out from Dyer Island.

Behind the Three-Mile and along the back of Five Fathom Bank will produce fish and I have seen them in close off South Scarborough to City Beach. The *Gemini* wreck, 9km offshore between Quinns and Yanchep, was very good for yellowfin in the early 2000s. Michael Thomson and I had a ball around there while filming for the very

popular *Just Add Water* series at that time. Interestingly, we caught them most months of the year and many of the fish ran to about 30kg.

Our day invariably started by anchoring and berleying up-current of the wreck, especially if there was baitfish marking on the echo sounder. Sooner or later the tuna would show up and, in the meantime the resident Samson fish could be counted on to turn on some back-breaking entertainment every now and then.

If the yellowfin did show and they failed to show interest in our floating mulies in short order, we would troll around the area with Laser Pro 190 lures and rarely missed out on getting a fish or two.

We live-baited with herring on occasion too and that worked a

treat but it did mean sacrificing an hour or so on the way out to get a few herring in the live bait tank. We were surprised to watch one morning as a huge Norwest blowie attacked and tried to eat a herring that was swimming about on the surface. Horrible things those norwesters.

Yellowfin often break the surface while feeding and it pays to have an outfit in the rod rack, ready to go if you spot either the fish themselves or a patch of excited sea birds. An unweighted mulie is a good chance to attract some attention, but if the birds are thick, especially mutton birds, they will probably beat the fish to the bait. In this situation a popper, stickbait or even the humble, long-casting Twisty metal lure will often do the trick.



History and nature abounds... Norfolk Island beckons

AUSSIE Redback Tours is very excited to be adding Norfolk Island to their touring calendar at the end of next year.

Norfolk Island is just off the east coast of Australia, and it abounds in history, nature and unique local culture. Aussie Redback Tours have arranged a package which takes in the best of everything including local tours where guests sample local produce, visit historical landmarks, and learn its remarkable history of Polynesians, convicts, and descendants of the *Bounty* mutineers.

Norfolk Island is also famously known for the home of late author Colleen McCullough, and Aussie Redback Tours will be including a guided tour of her amazing home which contains numerous priceless collections from around the world.

Colleen made Norfolk Island her home in 1979. She stayed there until her death in 2015. During her time on the Island, Colleen created a majestic home with her husband, Ric Robinson, which was not open to the public until her passing.

This tour will run from October 2 - 9, 2023 and it's already filling fast so if you've always wanted to visit this beautiful island, don't hesitate.

Contact Aussie Redback Tours today to receive a full itinerary and reserve your spot. Email info@aussieredbacktours.com.au or call 1300 662 026.

Sharon and her staff of Aussie Redback Tours would also like to wish everyone a very happy Christmas and a safe and adventurous 2023.

Enjoy the natural environment

THE WA Association of Caravan Clubs Inc. has a new name - it will now be referred to as ACCWA.

The aim of ACCWA is to foster and promote caravanning and encourage caravaners to appreciate and enjoy the beauty of the natural environment.

The association represents Caravan, Motor Home and Recreational Vehicle Clubs in Western Australia and operates under a registered business name of Caravanswest.

The ACCWA represents 34 WA-based clubs for people who enjoy caravanning and outdoor travelling in groups, enjoying all the benefits that club membership offers.

ACCWA is a member of the National Association of Caravan Clubs Ltd (NACC) which is the national organisation representing the individual state associations on matters affecting all caravaners.

The Association provides free help for W.A. Caravanners to find and join their ideal club. Whether you are interested in mid-week getaways, weekend

trips, family-oriented treks or pet friendly ones, ACCWA will assist you to find a club that suits their needs.

The great thing about joining a club is that you never have to caravan alone and you can make and enjoy new friends with similar interests. It's also an opportunity to find new locations and have the safety and security and fun of travelling as a group.

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Walpole and Nornalup - enjoy the wilderness and tall trees



Clockwise from left; Giant Tingle tree - Mt Franklin wilderness viewing platform, Treetop walk, Swarbrick art loop courtesy Shire of Manjimup - Walpole townsite - Nornalup inlet

by Frank Smith

WALPOLE and Nornalup are about as far as you can get away from other towns in the south west of WA. They are 120km from Denmark and 60km from Manjimup and surrounded by national parks.

Nornalup inlet is the main body of water with Walpole inlet being an inlet on the inlet. Both are incorporated in the Walpole-Nornalup Marine Park. A cruise on the inlets World in the Walpole Wilderness ecocruise and

guide Gary Muir will give you a unique perspective on the ecology and history of the park.

The best known attraction in the area is the Valley of the Giants discovery centre, an area of truly enormous tingle and karri trees part of the Walpole-Nornalup National Park. The Valley of the Giants Tree Top Walk stretches for 600m through a red tingle forest, hovering 40 metres above ground to provide a spectacular bird's eye view of the forest below.

Boardwalks below the path lead at ground level to the Ancient Empire Walk which features many giant tingle trees. Some are hollowed out at the base, allowing visitors to step inside to get a sense of their enormous size.

There are plans to make the Ancient Empire Walk accessible to prams and wheelchairs but at present disabled access is limited to the first 150m.

Travelling on the Walpole North Road take you through a few kms of lush grazing land, followed by

the Swarbrick Art Loop, the site of much protest against logging old growth forests in the 1990s. The area was eventually protected when the Walpole Wilderness area was declared in 2004.

The Art Loop leads around a trail of installations that are different artists' perceptions of the wilderness and its history in European culture, as well as from an Aboriginal perspective.

A number of sculptures are suspended about the path, including the Golden

Taurus, symbolising the interconnectedness of all living things. All of these sculptures are about interpretation and everyone will see something different in them.

The wheelchair-friendly loop stretches for about 500m with installations and works of art scattered through the old growth karri forest at intervals.

Further north, the sealed road changes to gravel and some 20km later comes the Walpole Wilderness Discovery Centre, in Mt Frankland National

Park. A steel viewing platform on the edge of Mt Frankland gives spectacular views over forest as far as the eye can see. Even better is the view from the summit of Mt Frankland but that requires some serious climbing.

Another wilderness is Broke Inlet, hidden in the D'entrecasteaux National Park 40km west of Walpole. With no facilities except for a handful of shacks this inlet is the only truly pristine inlet in WA. It will give you a clear picture of what the southwest environment looked like prior to Europeans' arrival.

There are a number of heritage walking trails through Walpole and around the inlet, including part of the Bibbulmun track from Kalamunda to Albany.

Other places to see include Fernhook Falls, Circular pool, Coalmine beach, Conspicuous cliffs, Hilltop Lookout and Mandalay beach, where the 1911 wreckage of the steamer Mandalay can sometimes be seen

at low tide. The five km Knoll Scenic Drive through karri forest between the two inlets is also not to be missed. It is equipped with picnic tables toilets and fishing spots.

Accommodation is limited to two motels, a backpacker hostel, a caravan park, riverside chalets and houseboats on the inlet. There are also some Air B&B and farmstay options.

Eating options in Walpole are also limited to fairly pedestrian pub fare at the two motels, the Philippine Magic Café which was closed during our visit but is scheduled to reopen when the owners return, takeaway pizza and fish and chips. The Nornabar at Nornalup was the only restaurant offering anything close to fine dining nearer than Denmark.

Walpole and Nornalup are laid back towns with fairly basic amenities but spectacular natural features and a largely unchanging environment.

Tips from the WA Health for summer travels



WHETHER you're jetting overseas or hitting the road out of town, keep health matters in mind as you prepare for your travels.

Be prepared

- Consult your doctor to discuss any travel-related medications, vaccinations you may need or any health issues that may affect your travel plans.
- Buy travel insurance if travelling overseas.
- Set up a medication reminder system (such as an alarm) to alert you to take medications on time.

Pack right

- Pack any medications and repeat scripts.
- Store medications properly so they remain effective.
- Get scripts filled ahead of time to avoid running out of medication.

- Keep details of your doctor, pharmacy, family and emergency contacts handy.
- Pack a first aid kit.

COVID-safe travel

- COVID hasn't gone away, so it's a good idea to pack rapid antigen tests (RATs), face masks, sanitiser, pain relief medication and – should you get sick while travelling – sufficient supplies of fuel, food and water for a return trip without making unnecessary stops.
- If you develop COVID-like symptoms while travelling, get tested as soon as possible. Don't wait until you get home.

Heat health

- Drink plenty of fluids and avoid alcohol and caffeinated drinks.
- Wear light-coloured, loose clothing.
- Limit time spent outdoors; go out early morning or late evening, stay in the shade, put on a hat and sunglasses, and apply sunscreen.
- Always carry a water bottle when out.

Mozzie bite protection

- Research your holiday destination and know the health risks.
- Pack long, loose-fitting, light-coloured clothing.
- Close doors and windows if they don't have insect screens or use a mosquito net.
- If mozzies are present outdoors, apply a chemical-based insect repellent.



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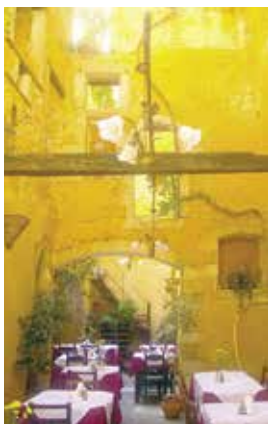
travel options for the mature west australian



A Greek island odyssey - a visit to the charming Chania



L-R; Bedroom view of the kordoni and harbour - harbour view - outdoor café - Yiali Tzami mosque Inset; Mesostrato "topless" restaurant and harbour view



Tim Dawe visits Crete's Chania in this series of Greek Island travels.

WEAVING and wheeling my suitcase from the bus depot, I know my hotel is nearby but I haven't a clue where; there're no maps or directions - or help. After a week in Crete, I feel that it'll work out - it usually does. Following other wheeled suitcases, I spot a tiny, faded sign, "old town". Within minutes I am in a maze of medieval alleys, then suddenly viewing a beautiful crescent-shaped harbour of vivid blue. It's

the heart of Chania (pronounced Hahn-yah).

Panning around this wonderful sight I'm mesmerised by people darting, ambling, lounging, eating, drinking or boarding boats in the sun. Then I see it: my hotel, right in the middle, on the waterfront. If this harbour is Chania theatre's stage, unwittingly I've got a box seat. My room is functional with every amenity. I throw open the shutters blinking in astonishment. The panorama from my balcony takes in the entire harbour. Yes, the proverbial room with a view.

Chania's multi-layered history can be seen through the prism of four centuries of Venetian rule, starting in 1252. The Bronze Age Minoans established Kydonia here on a Neolithic site prior to Greek, Roman and Byzantine dynasties. Like other Greek islands, the Ottoman Empire dominated for 400 years until World War I. Crete moved its capital from Chania to

Heraklion in 1971.

Old Town contains many of Chania's attractions - and they are mostly next door. Staying on the waterfront is a bonus. I explore by radiating out. A long, snaking breakwater, dominated by a 16th century lighthouse, shelters the picture-perfect harbour that's ringed with restaurants with the distinctively domed former mosque, Yiali Tzami, in the front stalls. Seated behind are colourful hotels and houses with bedrooms to rent, some visible at street level, others dilapidated adding to the atmosphere. Running the width of the walled city are venous walkways for shopping, eating, accommodating - or just living. Despite the throng of tourists in early spring, it's calm and carefree, save those go-anywhere teenagers on noisy Vespas.

At the harbour entrance I visit Firkas Fort, its massive bulk an effective defence for many centuries. Inside, a naval museum

displays ships from Minoan to present day. The history of conquest, culminating in the World War II Battle of Crete, illustrates how Cretans define their homeland and sense of place. Next door I step into Pension Lena but apparently Lena has popped out, leaving her door open and her cats in charge.

The nearby mandraki (boat harbour) is filled with jetties featuring show-off motor launches and workhorse yachts plying the Med. People spill onto the promenade to eat lobster, slowly assuming its colour. The mosque, built by an Armenian architect in the 17th century, is now a lacklustre shop and gallery. It shows fine engraved stonework in a golden glow of afternoon light. Posh Porto Venezia Hotel in Neoria (new town) sits between Byzantine and Venetian city walls. Long narrow buildings with grand façades front moored pleasure boats. It's the Grand Arsenal, built in 1585 to

store munitions and repair ships, now an architecture centre. It's complemented at the end of the waterway by a ship museum and gallery.

I return along meandering streets past the large 20th century agora (market), formerly a proud centrepiece before refrigeration and supermarkets. It looks forlorn. Up a slight incline and I'm in Kasteli, once a Turkish stronghold, now with mansions sitting along archaeological digs. Closer to home, tucked away from shopping streets, is Etz Hayyim synagogue, a reminder of a former thriving Jewish community. The Nazis removed all Jews, expunging from Crete 2,300 years of Jewish culture and history. Boisterous children play in the square in front of the Cathedral in the main street, Halidon, which bisects the old town. Opposite, in a former church, is the small yet informative Archaeological Museum.

My little hotel provides

quiet refuge to recover after taking in so much so quickly. At the rear, alleyways branch off, and off, providing scores of alfresco eateries. A restaurant, Taman, is recommended; it's a former hamman. Dining couples at table, line up between restaurant and pedestrians. But they miss the interior atmosphere. My marble-top dinner table was part of a massage bench for lathering and pummeling soapy bodies when this was a Turkish bathhouse. Waiters run up and down the benches, and in and out the door serving outside diners. It's a meal-with-theatre. Afterwards, just a few me-

tres away, I take my Greek coffee at Mesostrato, at a "topless" restaurant in the ruins of a former mansion. It's uplifting to be sitting in someone's former parlour, now restored and replete with trees, and to gaze up three storeys to the stars. Extraordinary!

It's a few steps to my bed but there's every sign this party will go on until dawn. There's a joyous feeling for this place - its charm and easy welcome. I turn-in with the memory of narrow streets of happy people at table under bougainvillea, washed with yellow lights and laughter.

It's true what they say: "Ah, Chania; it's beautiful".



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ADVERTISING FEATURE

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The wharf precinct in Hobart makes the perfect base to get around the city



Serena discovers the delights of the wharf precinct in hospitable Hobart

by Serena Kirby

THERE'S so much to love about Hobart; historic buildings, great restaurants and interesting tourist sights all in a clean and compact city that's easy to get around. Best of all, if you base yourself in the wharf precinct, which includes Constitution Dock and Battery Point, you can pretty much walk to everything you'll want to see.

Top of your list should be the award-winning Salamanca Markets which operate every Saturday, regardless of the weather. For me, these markets are the best I've ever visited. More than 300 stalls extend the length of Salamanca Place.

This market is Tassie's most visited tourist attraction. With artisan-made products, local produce, musicians and more food options than you can possibly consume, make sure you allow sev-

eral hours to explore all on offer. And, with most of the stalls being manned by the people who create the products, lingering to learn how things are made is a real must.

But if you need a brief escape from the hustle and bustle of the market strip, take a few side steps into St David's Park. This tranquil spot is right beside Salamanca Place and located on the site of Hobart's first cemetery.

With canopies of trees, statues and sculptures, it's a beautiful spot to wander or sit. A major feature of the park is the curved memorial wall which displays many of the original headstones, giving you a glimpse into the hard, and usually short, life of early settlers.

Also, not far from Salamanca Place are countless historic streets that will take you past picturesque cottages that have been lovingly restored.

Some of the best can be found in Arthur Circus.

More history can be found at Mawson's Hut Replica Museum, the Maritime Museum and the Tasmanian Museum and Art Gallery; all of which are located in the harbourside precinct.

And, if you fancy putting your feet up while you tour the streets you can book a horse drawn carriage. Modern transportation is also on offer as e-scooters are literally everywhere and there's a hire and training hub right on the dock.

There's no doubt that one of the biggest draw cards of this area is the plethora of restaurants, bars, cafés and accommodation options. The Ball and Chain Grill is definitely one of my faves. Situated on Salamanca Place, the historic building was built by chain gangs of convicts in the 1830s. Transformed into a modern eating house, it specialises in steak and seafood cooked on a grill.

For true seafood lovers you can't go past Mures. Located dockside with an outlook of boats, water and historic buildings, it's the perfect place to order up a few dozen Tassie oysters. For those who want to grab food and eat elsewhere you can also visit one of the many floating seafood vendors.

When it comes to accommodation, this area offers some of the best. The Henry Jones was Australia's first dedicated art hotel and is located in one of Hobart's oldest waterfront warehouses. Word of warning though, this place is very, very pricey. There's a number of other swanky hotels too, but for cheaper options investigate private apartment rentals of which there are many.

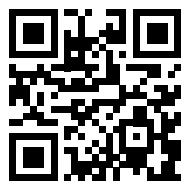
Regardless of where you stay and what time of year you visit, Hobart's wharf precinct is sure to have you planning a return trip.



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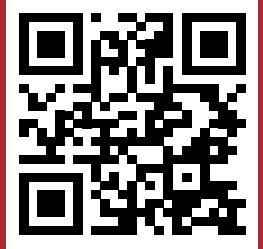
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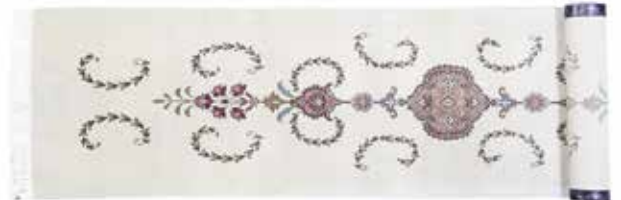
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Talented Tod Johnston talks to *Have a Go News* about life and music



Tod Johnston is a man of many talents

by Allen Newton

TOD Johnston is not an early riser.

And that's fortunate because whether it is working on his five-day-a-week shift from 8pm to midnight on talkback radio station 6PR, or fronting his *Tod Johnston & PeaceLove* band, the night time is Tod's time.

He says his Nightshift programme on radio is a non-threatening environment with callers perhaps at times getting a little too relaxed and comfortable, frequently requiring Tod

to hit the dump button when conversations get a little too fruity.

For the most part, Tod says it's like a group of friends sitting around talking in the dark.

While the opportunity to perform with his long-time band *PeaceLove* is all too rare, it's a much-loved part of his nightlife.

Born in Sydney in 1960, the son of actress and singer Jill Perryman and choreographer Kevan Johnston – whom Tod says are still very much alive and kicking – the family moved to Perth, and he finished his school

years here.

His Mum and Dad are strong-willed and while Jill is in her late 80s and Kevan early 90s, they are still very independent.

From school, Tod went to Murdoch University, where he earned an environmental science degree.

"Once upon a time there were people called tree huggers and I have always been conscious of one planet, one earth, this is where we live, this is home.

"You can't rape and pillage the planet for ever, there has to be some sort

of a point where you think I have to look after this place, so without even knowing it I was a tree hugger," Tod says.

"I was a greenie and when I got a chance to go and have a look at environmental science at Murdoch I jumped at it."

He got involved in bands at university, playing for fun before things got a little more serious in the 1980s when he was the lead singer of the popular band *V Capri*.

Tod wasn't really thinking about a career in entertainment at that stage; it happened pretty much by accident and was more about his love of music.

He was always grateful to have qualified as an environmental scientist so he would have something to fall back on, but Tod always felt he was destined for the entertainment industry.

"When I realised I could make a couple of bucks, or at least make petrol money I joined the band. I had to. My bloodline with Mum and Dad was entertainment so, I just had

that personality fit."

When Tod moved into television it was a case of being in the right place at the right time.

V Capri split and Network Ten needed a music video host so Tod auditioned and got the job on *Airplay*, then went to children's program *Kid's Company* and when Ten needed a weekend weather presenter, the meteorology elective he had done as part of his environmental science degree stood him in good stead.

"When the wheels fell off, I ended up doing *PeaceLove* and all that stuff which is my band and we've just celebrated our 29th birthday."

In 2003 Tod also filled in on afternoon radio for 720 ABC Perth radio's Verity James when she was on long service leave.

Before taking up the *Nightshift* in January 2021 Tod hosted Saturday and Sunday afternoons on 6PR.

Now on the *Nightshift* Tod says he is very comfortable. Given that he started the job in what

was a tense time for the world, his philosophy for the show of 'nothing too serious' was perfect for the time.

"Let's detox from the day and try to find a balance between the positive and negative aspects of the day and sleep peacefully."

He's also proving to be a bit of a maverick on 6PR by playing a little bit of music which Tod says is important because he needs to have fun with what he's doing to be able to entertain the audience.

Have a Go News' Editor Jen Merigan joins Tod every Friday night with an entertainment segment promoting what's on in Perth.

It's not all radio for Tod though. His favourite television gig is his annual international appearance on the beach at Cottesloe at Christmas time broadcast live on GMTV Breakfast Television in the United Kingdom as their Australian Christmas Ambassador.

For around 15 years Tod has headed to

Cottesloe Beach in and around the week before Christmas and all the expats head to the beach for a live cross back into the UK which at times has had an audience of up to 18 million viewers.

"It's a great way to promote Western Australia back into the UK and get the hearts pumping and feeling good thoughts for Christmas.

"We'd be in boardshorts, thongs and a singlet and they would be having blizzard conditions in the UK. A lot of people came out to Perth because they saw us on the telly and 'that weather looks fantastic so let's move to Perth'."

Tod says it was wonderful when a few seconds after the live cross all the mobile phones on Cottesloe Beach would light up with relatives in the UK saying they'd been spotted on TV.

"People would burst into tears because their parents would say we just saw you on the telly, how good did you look? Those things I'll remember for the rest of my life."






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Home Maintenance 101 12 December @ 9am
 Introduction to Carpentry 18 December, all day

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Ladies - want to improve your skills with tools?



JANET Carter from Women on the Tools (WOTT) is holding classes and workshops to teach women, who haven't

learnt how to use tools, some basics skills and to gain confidence and have fun.

Janet trained at the WA Academy of Performing Arts as a set builder and props maker, learning carpentry, welding and a host of other trade skills.

She has spent more than 25 years working in workshops building things, solving problems and teaching skills to all sorts of people.

She noticed that women often had little experience of handling tools and doing the basics, but were keen to learn.

After observing how others taught skills (especially the 'heavy' skills of carpentry and welding), she developed a strategy for teaching that was about making tools and processes accessible and inclusive.

Her workshop is equipped with tools, machinery and safety gear that fit women's bodies, as well as men's.

She never assumes prior knowledge: all the WOTT introductory courses start with the principle that you've never picked up a tool in your life, let alone been shown how to use it.

The courses support hands on, step by step, small group learning, with concrete outcomes, that build confidence as well as skills.

After years of formally (at TAFE and University) and informally (on the job) practicing this way of teaching, she decided it was time to set up

a dedicated space where folks could come to learn great skills from the ground up, have access to tools and call on an expert for support and guidance.

WOTT is a place for people to get hands on with tools and machinery. Learn the right tool for the job and apply those skills to making and fixing things.

It runs evening, half and full day courses on all aspects of carpentry, welding and home maintenance.

Janet caters for all abilities including those who may have arthritis or a disability. She wants to show women that they can make stuff and do basic chores around the house.

Visit womenonthetools.com.au/ or see ad on this page.

Gift these books to your family or friends this festive season





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food & WINE *...eat, drink and be merry...*

ADVERTISING FEATURE

Busting brunch across Perth - all aboard Buster's brunchtime express



Take a gastronomic journey in historic Guildford

by Buster the Bruncher

IN past months, your correspondent has been reviewing eateries along Perth's rail system, trains being free for seniors after 9am.

Flanked for expert opinion by coffee critic, Professor Ken, Buster has been buoyed by the service and quality of our cafés and restaurants.

Selected at random, Fremantle, Cottesloe, Claremont, Subiaco, Maylands and now Guildford have been put to the tastebud test - all passing with flying colours and spoon credits.

Hopefully, this will lead the way for similar ventures for readers, because awaiting are not only platters of pure pleasure but also insights into our suburbs.

The Lounge Room on James (street) sits conveniently opposite the Guildford railway station, with al fresco dining but also surprisingly roomy inside with some interesting wall decorations.

Visitors can wander the Guildford strip for interesting shops and cafes but also embark on heritage walks which are explained on plaques across the road.

Captain Stirling Walk takes about an hour, Town Walk 40 minutes, River Ramble 30 minutes and Stirling Square about 20 minutes.

The walks will fire-up hungers or serve as relieving exercises, post-tucker.

Lounge Room on James does a healthy trade in seniors after 10am, we noted, with a fair smattering of take-

aways for the working brigade.

We take a seat on one of the long, black lounges lining the walls and Professor Ken calls for coffee while perusing the menu. The coffee, in generous cups, could have been a tad stronger.

My \$7.50 fresh juice of apple, cucumber and ginger was a ripper. The café also treats kids seriously.

Kids can have one poached egg on toast, \$8, pancakes (stack of two), \$8, porridge with milk and honey, \$6, or two pieces of toast with

Vegemite or honey, \$6. Plenty for the grandkids (and us grandparents!). A babycino is \$2.

Main courses are generously-sized. Professor Ken's described his muesli bowl (\$13) as "delicious, better than most and enough for two". It came with crunch and serious tang, the muesli slashed with strawberries and mangoes, Greek yoghurt and berry coulis.

My eggs benny in-

olved two perfectly poached eggs on toast-iced English muffins with spinach and hollandaise sauce (\$12). Simple, healthy and tasty.

There's no scrimping with ingredients at The Lounge Room and there's nothing pretentious. The café does historic Guildford proud.

We wander across James Street to check some district info boards and learn that this pre-

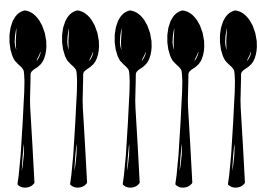
served colonial village is virtually an island, encircled by the Swan and Helena Rivers.

Guildford, a richly-endowed, grazing and growing region for European pioneers, is on important Noongar country, containing campsites and spiritual sites used by Noongars today.

Guildford, Success Hill and Pyrtton, are in Yellagonga country (west of the Swan River) and

Weep country (east of the Swan). The Helena River was travelled by Noongar people going to and from Guildford where corroborees were performed.

5 spoons
The Lounge Room
 on James, 187 James Street, Guildford
 Opens 7am. Closes 10pm but 3pm Mon-Wed
 9379 3791 www.theloungeroomonjames.com.au



Buster the bruncher spoon ratings

- Five spoons** - excellent food and service - you must go!
- Four spoons** - overall good food and service well worth a visit!
- Three spoons** - reasonably good food and service but could make some improvements.
- Two spoons** - food and service needs improvement.
- One spoon** - would not recommend.

Wine in PET bottles are well worth a sip or three



by Frank Smith

WHY do we still use glass bottles to store and transport wine? Glass is heavy and brittle, making it easily broken and the shards of broken glass are sharp, hard to see, especially in water, and dangerous. It is one of the main contributors to the carbon footprint of wine and been used for around 400 years. Perhaps it is time for a change.

A full bottle of wine weighs around 1.2Kg of which 750g is wine. That means that 38 per cent of the weight consists of glass. Moreover other packaging, such as bubble wrap is need to protect it during transport.

Packmama has designed something very different. Square cross section bottles made of recycle PET (polyeth-

ylene terephthalate) fit into a box with no space wasted or need for protective padding. PET is light-weight, food-safe, stable and inert. It does not react with food or beverages or affect the

taste/quality of the wines inside.

They have chosen PET for this application because of its properties of protecting both the wines inside, and the planet thanks to it being recycled, recyclable and saving weight and energy.

It's lighter for you to carry and lighter on the planet, fits perfectly in your bag, is easy to store in your fridge or esky. It is perfect for travelling, camping or glass-free events.

Two of the major wineries - Taylors and Banrock Station (part of the Accolade group) have chosen to sell wine in eco-bottles. While uncertain what consumer reaction will

be, they have chosen to offer some of their wines at the lower price point.

The critical thing from a consumer's point of view is the taste and I for one was pleasantly surprised. These eco-bottles offer good wine in convenient containers, at a reasonable price. Here is what I found:

Banrock station Pinot Noir - \$17
Banrock station Pinot Grigio - \$17

Taylors One Small Step Eco-bottle Shiraz 2020 is a medium bodied red wine with a lively palate of juicy red berry fruits. The palate a core of rich varietal fruit and a vibrant spicy character with fine gentle tannins

and a soft silky finish. It has all hallmarks of classic Australian Shiraz with a long lasting peppery after taste. RRP \$16.

Taylor's One Small Step Eco-bottle Chardonnay 2021 The wine is pale straw with a slightly green tinge. It has fresh aromas of aromas of yellow peach, along with some subtle tropical fruit characters and a touch of lemony citrus. The palate is juicy wine with the pure, vibrant fruit characters of yellow peach, subtle pineapple and zesty citrus without the overpowering oak flavours traditionally found in this variety. The finish is long, refreshing, and clean. RRP \$16.

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...eat, drink and be merry... ADVERTISING FEATURE

Knife and fork talk with the Dining Divas - 2022's top three lunch spots



Delightful dishes enjoyed from the Dining Divas top three spots

by Judith Cohen and Pat Paleeya

THIS month we divas are not lunching, instead have been brainstorming to choose our favourite three restaurants from those we visited over the past year.

An easy thing to do, we thought, but it turns out it wasn't. Have you ever been asked to name a favourite family member? Not so simple. It was a difficult decision to

choose from all the excellent dining experiences we've had during this year. After much shilly-shallying about we came to a decision at last.

Not in any particular order these are the three favourites we chose for the year...

High on 55, Fremantle - 9336 2604
A delicious blend of Malaysian/Vietnamese fusion and still with a very low cost. Noon \$15.50 menu. Lots of grab and go food

as well.

A little gem for good food.
Rubra on the Swan, 171, Birdiya Drive, Perth - 6555 1844

This café and coffee roaster on the beautiful Swan River offers a variety of choices on their lunch menu. Meal prices are \$25 and under.

Don't miss out on a coffee.
People's Cafeteria, 375 William Street,

North Perth. Phone - 9328 9721

The homestyle cooked food here is sure to please most people.

Nothing ritzy or swanky, but lovely staff willing to help you with whatever you need. The most you will pay for a very well-rounded plate of food is \$25.

Check out their yummy deli too.
Have a great Christmas and New Year from the Dining Divas.

<h3>WEEK DAY LUNCH SPECIALS</h3> <p>Information correct at going to press</p>	<p>BOUVARD TAVERN \$16 seniors lunch menu Mon- Fri 12pm-2pm 21 Parkridge Dr. 9582 1533</p>	<p>CATALANOS CAFE \$20 seniors menu Mon-Thu. 11am-5pm 266 Albany Highway Victoria Park 9362 1121</p>	<p>MA KIN THAI Under \$25 lunches Mon-Fri 11.30am-2.30pm Shop 2/10 Broadway Crawley. 0411 671 100</p>	<p>TBSP Under \$25 lunches 7 days Tues-Fri 7am-2pm Sat \$ Sun 8am-2pm 10 King William St Bayswater 6115 4933</p>
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Why potatoes don't deserve their bad reputation

WITH low or no-carbohydrate diets rising in popularity in recent times, the humble potato is now regularly overlooked in favour of other vegetables.

However, new research at Edith Cowan University (ECU) has shown while spuds may not have all the same benefits as some other vegetables — such as lowering risk of Type 2 diabetes — health issues associated with potatoes may actually be due to how people are preparing them and what they're eating them with.

More than 54,000 people reported their dietary intake for the long-term Danish Diet, Cancer and Health study.

A recent analysis of this study led by Dr Nicola

Bondonno from ECU's Nutrition and Health Innovation Research Institute, found people who consumed the most vegetables were 21 per cent less likely to develop Type 2 diabetes than those who consumed the least amount of vegetables.

PhD candidate Pratik Pokharel carried out work on the analysis and said while potatoes didn't have the same impact on Type 2 diabetes, they also didn't have any negative effect.

"In previous studies, potatoes have been positively linked to incidence of diabetes, regardless of how they're prepared — but we found that's not true," Mr Pokharel said.

"When we separated boiled potatoes from

mashed potatoes, fries or crisps, boiled potatoes were no longer associated with a higher risk of diabetes: they had a null effect.

Mr Pokharel said underlying dietary patterns were the key.

"In our study, people who ate the most potatoes also consumed more butter, red meat and soft drink — foods known to increase your risk of Type 2 diabetes," he said.

"When you account for that, boiled potatoes are no longer associated with diabetes. It's only fries and mashed potatoes, the latter likely because it is usually made with butter, cream and the like."

Mondos Recipe of the month - Christmas canapes perfect for entertaining



by Vince Garreffa

THESE are wonderful nibbles to serve hot with drinks on a warm evening. I don't know when

devils on horseback were invented but angels on horseback appeared in Mrs Beaton's Cookbook which was first published in 1888. May we all say

a silent thank you to Mrs Beaton every time we cook either dish as I'm sure devils are a version of the original angels.

Ingredients for 6 Angels

- 12 plum oysters
- 12 trimmed bacon tails
- 1 tablespoon fine chopped basil

- 1 tablespoon fine chopped Italian parsley
- 1 tablespoon fine chopped dill
- 12 fried bread squares 3cm x 3cm
- juice of one lemon
- toothpicks
- freshly cracked black pepper
- extra virgin olive oil (EVOO)

Devils

- 12 pitted prunes
- 12 trimmed bacon tails
- 2 tablespoons fine chopped lemon thyme
- 12 fried bread squares 3cm x 3cm
- toothpicks
- freshly cracked black pepper

Method

Let's get the devils out of the way first. Lay out the bacon tails long enough to wrap around each prune. Cover bacon with lemon thyme then place a prune on and roll up, securing with a toothpick and dust with black pepper. Set aside in fridge.

Now the angels... lay out the bacon tails, same length as for the devils. Cover the bacon with a mix of the basil, parsley and dill and then sprinkle with black pepper and place an oyster on each, roll up carefully and secure with a toothpick.

Now set aside in the fridge.

When ready shallow fry your bread squares in EVOO until golden on both sides and rest on absorbent paper. Next put the devils into a hot oven, 175°C on a tray for 10 -15 minutes until the bacon is nicely coloured. They can now be served on the crunchy fried bread.

At the same time the angels should be put in a non-stick frypan with two tablespoons of EVOO and fried, turning over occasionally until the bacon is cooked and a little coloured. Take pan off

the heat and drizzle lemon juice over the angels, then serve immediately on fried bread squares.

Garnish angels with super thin slices of sliced lemon, the devils can stay plain.

Buon Appetito!
I take this opportunity to wish all readers a very merry Christmas and Happy New Year.

Mondos Butchers is located at 824 Belfort Street, Inglewood. They are open Tuesday to Friday 9am - 5.30pm Saturday 8am to 2pm. Phone 9371 6350 or visit www.mondo.net.au.

It's easy to enjoy delicious and healthy entertaining at Christmas

by Noelene Swain

MOST of us have been guilty of undoing the top button of our pants because we have eaten too much at a Christmas lunch or dinner. This year, it's time to break the tradition and imagine the lightest, tastiest and freshest dishes, which are a pleasure to eat and take little time to prepare.

So where to start? Let's begin with festive appetisers. These are often high in salt and fat. Choose unsalted nuts and fat-free rice crackers instead of potato chips. Fill mushrooms with combined ricotta and wholegrain mustard and top with sun-dried tomatoes and grill. Preparing platters with fresh ingredients such as vegetable crudités, homemade dips, sea-

food kebabs and crusty bread will be the perfect introduction to the main meal.

Barbecues remain the easiest and best way to serve a Christmas lunch or dinner.

If the weather is hot, the heat is kept outdoors with a barbecue. Delicious cuts of meat, chicken, turkey and fish can be barbecued quickly, without any added fat, to provide perfect protein dishes. Wrapping meat and poultry in foil ensures these foods remain moist and flavoursome. Remember to marinate in your favourite flavourings and don't be afraid to sprinkle lavishly with fragrant summer herbs such as basil, coriander and thyme.

Seafood has become very popular for Christmas as it is easy, healthy,

and refreshing to eat if the weather is warm. Thread cooked, shelled prawns and mango pieces onto skewers and serve with a Greek style yoghurt, lemon rind and dill.

A glazed ham served at Christmas is always a winner. It looks fantastic and tastes even better.

Let's not forget vegetarians this season. Many alternative protein dishes are easy to prepare, contrary to popular thought. For instance, soy bean products such as tofu and tempeh are easy-to-use meat alternatives. Simply marinate cubes of them in soy sauce, ginger, garlic and lemon juice. These can be cooked on a hot barbecue plate for a couple of minutes. Toss them into a salad or present them on toasted pita bread

with lots of salad and barbecued vegetables.

Colourful, crunchy salads are the next on the list to provide eating pleasure. Combine a range of fresh leafy greens such as baby spinach or watercress, with savoury vegetables and sweet fruits. Avocado adds a creamy texture while toasted nuts make a creative, crunchy addition. Almonds, peanuts or cashew nuts and pre-cooked beans or chickpeas are superb combined in fresh green salads.

Place slices of fresh orange, lemon and lime between layers of ice and top with your Christmas seafood. This will give colour to the dish and will also prevent the seafood from absorbing any water.

A bowl of red cherries makes a

great table centre-piece and is indeed a treat for the senses.

Incorporating in-season fruits such as stone fruits, grapes, berries and melons into deserts makes a healthy alternative to the traditional hot Christmas pudding and custard. Finishing the meal with fresh fruit is a refreshing change that will cleanse the palate and aid in digestion – just what we all need.

Whatever your fancy, keep it simple and keep the cook cool. Fresh, festive fare can be celebrated this year with the minimum of fuss. Try these light and tasty treats for a healthy Christmas...

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Garlic prawn and mushroom salad

Preparation: 15 min + marinating; cook 5 mins; serves: 4



1 tablespoon brown sugar
salt and freshly ground black pepper
24 cooked king prawns, peeled and deveined
1 bunch rocket, shredded
2 Lebanese cucumbers, sliced
1 punnet cherry tomatoes
1 large avocado, peeled and cubed

Place mushrooms into a ceramic bowl. Combine olive oil, lemon juice, garlic, sweet chilli, brown sugar, salt and pepper in a screw-top jar. Shake well to combine. Pour over the mushrooms and stir to coat. Cover and set aside for 30 minutes to marinate. Preheat a barbecue plate on high heat. Add mushrooms and cook, tossing, for four to five minutes or until tender and golden. Transfer to a plate. Allow to cool.

Place prawns, rocket, cucumber, tomatoes and avocado into a large bowl. Add mushrooms and their juice. Season with salt and pepper. Toss gently to combine. Serve.

THIS easy, prepare ahead, salad could also be served as an entrée for your festive feast.

400g cup mushrooms, thickly sliced
2 tablespoon olive oil
2 tablespoon lemon juice
2 cloves garlic, crushed
2 tablespoon sweet chilli sauce

Thai mushroom and chicken meatballs

Preparation: 20 mins, 10 mins cooling, 1 hour chilling; cook: 30 mins; serves 4 as main meal;



400g button, cup or flat mushrooms
3 tablespoon vegetable oil
1 bunch coriander
3 green onions (shallots), roughly chopped

400g chicken mince
2 tablespoon Thai red curry paste
1 egg, beaten
1 cup fresh breadcrumbs
Vegetable oil, for cooking
Iceberg lettuce leaves,

sweet chilli sauce & lime wedges, to serve

Finely chop mushrooms by hand or alternatively, pulse in a food processor to finely chop.

Heat a tablespoon of oil in a large non-stick frying pan over high heat. Add mushrooms and cook, stirring often, for eight minutes or until all moisture has evaporated. Set aside to cool for 10 minutes. Drain any excess moisture and transfer mushrooms to a bowl. Wipe pan clean.

Clean and cut two roots from coriander. Place roots into a food processor, add green onions and one cup coriander leaves.

Pulse until finely chopped. Add coriander mixture, mince, curry paste, egg and breadcrumbs to mushrooms. Mix until well combined. Shape a tablespoon of mixture into balls with damp hands. Place onto a tray, cover and refrigerate for one hour if time permits (this helps hold meatballs together when cooking).

Heat remaining oil in a large non-stick frying pan over medium heat. Cook meatballs, in batches, shaking pan often, for eight to 10 minutes or until just cooked through. Serve with lettuce leaves, sweet chilli sauce and lime wedges.

Cherry cheesecake in a glass

Preparation: 20 minutes + 1 hr; cooking: 15 mins; serves: 2



1 tablespoon caster sugar
250g fresh cherries, pitted
½ cinnamon stick
1 star anise
1 teaspoon cornflour

To make the cheesecakes: Soak the gelatine sheets in cold water for five minutes. Warm lime juice in a small pan or in the microwave. Do not let the lime juice get too hot otherwise the gelatine will not set. Squeeze out the water from the gelatine and drop it into the lime juice. Stir until dissolved. Beat cream cheese, yoghurt, sugar and lime zest together until smooth. Beat in lime juice and pour into four stemmed glasses, cover and chill for at least one hour or until set.

To make the cherry compote: Cook juice and sugar in a saucepan on medium heat stirring occasionally until sugar dissolves. Add cherries and spices and simmer for about 10 minutes, stirring occasionally. Dissolve corn flour in one tablespoons of water and stir through cherries. Boil for another minute, and then let the compote cool completely. Serve chilled compote on cheesecake

1 sheet gelatine
1 lime, zested and juiced
100g cream cheese
250g yoghurt Greek style
Cherry compote Ingredients:
¼ cup cherry juice



What's fresh and best now in the markets



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!

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 dic-

es away from the skin to add to salads; mango, avocado, coriander and a squeeze of lime juice are a particularly good combination.

Valencia oranges: Saving the best for last – this late season summer orange ends the citrus season with a zesty bang. With most other citrus varieties available only in the winter months, this unique Valencia variety gives the opportunity to enjoy fresh, local citrus right up until Christmas. The Mid-knight summer orange is virtually seedless and unmistakably juicy. Valencia oranges can be known to be a little fickle though – if you don't pick them just at the right time, they turn from green to radiant orange to green again as they soak up the sun. Orchardists keep a close eye on these summer beauties to make sure they're picked, packed and delivered right on time to maximise flavour and juiciness. A great way to give your day a glowing start is with a glass of freshly squeezed OJ. 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.

Cherries: Can any other fruit be as perfect for summer celebrations than 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.

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.

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Pardon? *Have a Go News* journalist shares his hearing test experience



A booth at Lions Hearing Clinic with testing being carried out

by Allen Newton

LISTENING to rock'n'roll band *Fatty Lumpkin* at the Sandgroper in the Leeder-ville Hotel, a front-row seat at a *Deep Purple* concert at Subiaco Oval in the days when noise restrictions didn't seem to mean much, and years of listening to

records with the volume at maximum to write a music column in the old *Sunday Independent* newspaper have taken their toll.

While my hearing seems perfectly fine in face-to-face conversations, over the phone, and even watching the telly, in social environments with lots of

conversations going on, I'm finding it a bit hard to keep track of who is saying what.

So, when my local pharmacist was offering free hearing checks, I thought it was a good opportunity to see if there was a solution.

I went and sat in a booth at the chemist shop wear-

ing a pair of headphones and duly pressed a button every time I heard a beep in various pitches.

Going through the results I was a bit surprised and perplexed to be told that my hearing was actually pretty good, I didn't need to do anything and to come back next year for another check.

I talked about not being able to hear very well in social environments but the lady doing the tests said that was pretty normal and that if I spent more time out and about my hearing would tune in to those conversations.

While I was pleased to come away with a clean bill of health it still seemed a bit odd to me that my hearing still ranked as 'normal'.

A few weeks later I was asked to write a piece for *Have a Go News* about the Lions Hearing Clinic staff spending a month wearing hearing aids to experience what their clients were going through.

As part of that story, I talked about my puzzlement at being told there was nothing wrong with my hearing. The Lions audiologists looked at the results from my earlier hearing test and suggested that rather than the quick test I'd had done at the pharmacy I should go in and do a full 70-minute test.

I booked myself in to see the lovely Bianca at the clinic in Midland.

The testing this time was more elaborate than measuring which beeps I could hear. Bianca played male and female voices saying sentences that I had to repeat with increasing levels of background noise being played each time until I was not able to work out what was being said.

Bianca explained that the quick hearing tests weren't really designed to delve into all the aspects of an individual's hearing that people were concerned about.

A detailed discussion

about a client's concerns was more likely to get to the heart of the issue. Hence the reason for my testing with different levels of background noise to the conversation I was listening to.

It seems while my hearing was okay, hearing at the higher range was starting to drop off enough to be creating issues, putting me on the cusp of making hearing aids useful in helping me interpret conversations.

My \$100 fee also included a week's trial of a sleek set of Phonak hearing aids to see how much of an impact they made on my hearing.

They've come a long way since the ugly lump I remember my grandfather wearing.

The small, stylish earpieces come with their own Bluetooth app connected to your phone which controls volume, counts steps, monitors heart rate, and has a restaurant setting.

Bianca said that while

many clients were looking for discreet hearing aids some wanted to show them off and asked for their hearing aids to be bright pink.

More usually though people matched them with the colour of their hair.

While I can't see myself heading for the pub to test my hearing against the doof doof of today's music I'm looking forward to seeing how well they work at dinner with a group of friends.

My conversation with Bianca didn't dive too deeply into cost, this was more about seeing what will work for me, but she did talk broadly about prices ranging from several hundred to many thousands of dollars.

But she said Lions Hearing wasn't in the business of selling hearing aids, it was all about finding the right solution for each client.

So, I have my hearing aids in and switched on and I've connected to the app, let's see if they make a difference.

Research shows path to stem cell therapy and arthritis symptom relief

ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection but also to start the healing process.

The most common form of arthritis is osteoarthritis. This is a degenerative

disease and often leads to the need for joint replacement surgery.

Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion.

Research now shows that the

body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue, adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when you were 25.

Stem cell nutrition encourages your body to naturally release mil-

lions 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 how stem cell therapy can change your life, phone Sandra Barnsley 0412 479 156.

Become an end-of-life companion and ensure that people don't face a lonely death



No One Dies Alone Companion (NODAC) volunteer, Kelly Frausin

CAN you imagine dying alone? It is the reality of many older Australians who are faced with a lonely death.

This could be because they don't have family or friends nearby, relationships have broken down, or other commitments make it difficult for someone to be with them 24 hours a day.

In 2020, not-for-profit aged care provider Amana Living introduced the No One Dies Alone Companion (NODAC) program. It was inspired by the No One Dies Alone program founded at Sacred Heart Medical Center in America.

The program involves volunteers providing companionship to an Amana Living resident at the end of their life. This is different for every resident, but

it can include holding a conversation, reading to them, playing music, or giving comfort simply by being there.

NODAC volunteers provide support in three-hour blocks over a 24-hour period. The role complements the high-quality clinical and personal care delivered by Amana Living staff, ensuring there is always someone with the resident.

Amana Living needs more volunteers who want to support a person in their final moments by providing vital reassurance and human connection.

To become a NODAC volunteer, you need to have empathy, good communication skills, resilience, a willingness to commit to training, and your own mobile phone and transport. You also need to be able to commit to at least

one, three-hour shift per month.

If you become a volunteer, you can select the care centre you visit and the time you have available. You'll be fully supported by Amana Living's NODAC Coordinator.

Kelly Frausin is a No One Dies Alone Companion (NODAC) volunteer. She joined the program because she wanted the opportunity to give back.

"My grandmother had passed away and our family was with her the whole time," Kelly said. "After reading an article about the program, it made me realise that many aged care residents don't get visitors and aren't as lucky as my family."

"I decided the NODAC volunteer position would be a way for me to give back."

Amana Living urgently needs NODAC volunteers to support residents at Wearne House in Mandurah, Parry Care Centre in Lesmurdie and Thomas Scott Hostel in Camillo. There are also opportunities available at other locations in Perth and Kalgoorlie.

Amana Living also welcomes people who would like to be a volunteer for other activities such as being a companion to residents who do not have visitors or family members able to support them.

If you'd like to give the gift of companionship, contact Amana Living on 08 9424 6335 or email volunteers@amanaliving.com.au.

You can also visit www.amanaliving.com.au/nodac for information on how to apply.

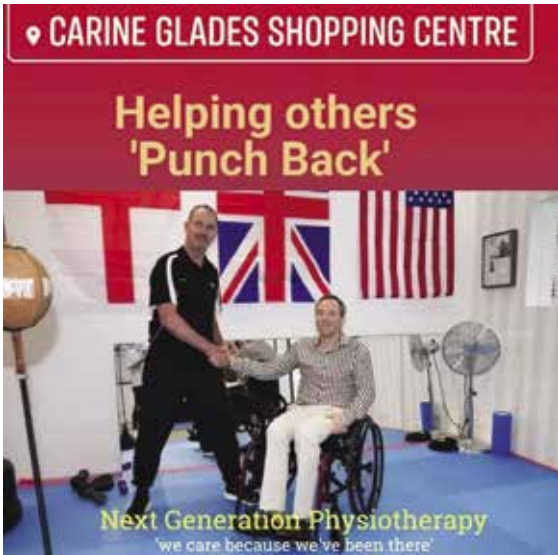
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Physio update: Share your stroke journey with two stroke survivors



Help for stroke victims is at hand



by Robert Vander Kraats and Jeff Wong

THE *Stroke Journal* defines stroke as a neurological injury causing damage to the tissues in the brain. A stroke occurs when there is a rupture of a blood vessel (haemorrhagic stroke) leading to a bleed, or when a block-

age (often a clot) causes a decrease in blood flow (ischaemic stroke).

About 80 per cent of strokes are from a clot blocking an artery, and 20 per cent from a rupture. When all the symptoms are completely resolved within 24 hours, the type of stroke that occurred is a transient ischaemic attack (TIA).

The Lifetime Risk of Stroke Collaborators found in 2020 nearly 450,000 Australians were living with the effects of stroke and one in four people globally will have a stroke in their lifetimes. In Australia, a stroke occurs approximately every

19 minutes. The *Lancet Medical Journal* reported that more than 80 per cent of strokes can be prevented through regular exercise, weight control and blood pressure management.

The Stroke Foundation of Australia has developed the F.A.S.T. acronym to assist in recognising a stroke; the faster a stroke is recognised, the better the outcomes tend to be. The acronym is as follows:

F stands for face, has the face dropped or is affected on one side?

A is for arms, can both the arms be raised fully?

S represents speech,

is the speech slurred?

T is for time, where such is critical, calling 000 and requesting urgent medical assistance.

Both Peter Coghlan and I had a stroke at an early age in our lives. We have experienced the 'stroke recovery journey' personally and therefore we are not just sympathetic but understand and can empathise with your situation.

Peter has an Allied Health Assistance Certificate, and I have a Masters in Sports Physiotherapy. So it was unusual for us to be on the receiving end of rehabilitative interventions.

If you have had a stroke, we would very much like to meet with you (no cost) on a Saturday morning, between 9am and 12pm. Take the first step by making an appointment.

Perhaps you have recently been discharged from hospital, or are somewhat confined to your house, or commencing the process of rejoining the workforce. Wherever you are at in your stroke recovery journey, we want to meet you.

The address is 25/6 Davallia Road, Duncraig. All visits are by appointment only, these can be made by emailing info@ngp.net.au or calling 9203 7771.

Need a little help this Christmas? Keeping you connected in the community



CHRISTMAS is just around the corner and it's a time to spend with family and friends and especially to enjoy all the wonder of being a grandparent.

However, as CPE Group general manager Rhian Tamim says, as a family-run business they know becoming a senior can mean a few unexpected challenges too and that includes shopping for gifts and maybe preparing those special treats that are a tradition in your family.

The Government's My Aged

Care Program recognises this, with home care package funding able to be used to keep you connected and remain a vital and integral part of your family and community. So, if you are feeling a little Christmas shopping just might be too difficult for you this year, if you already have a home care package you should be able to ask your home care provider if they can help.

Rhian says they almost always can find time to help on these special occasions and the

team love to do it. You may find your care provider can add your shopping trip to your package and they can help you to wrap your gifts and even prepare your mince pies too.

If you don't have a home care package and are finding it more difficult to do all the things you used to do, a little support could make all the difference and not only at Christmas.

My Aged Care program provides home care packages to seniors who can demonstrate a need for assistance. packages

range from \$9,179 for basic care needs to \$53,268 for high care needs annually, so they are well worth considering and you may be surprised who is eligible.

For more information go to My Aged Care's website at www.myagedcare.gov.au or call CPE Group on 1300 665 082 and ask for their Guide Through My Aged Care to a Home Care Package to find out who is eligible, what it can provide and most importantly how to apply, or just to have a chat with one of their team.



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Say nuts to avoid obesity and dementia



University of South Australia's
Dr Sharayah Carter

by Frank Smith

WEIGHT loss is never an easy nut to crack, but a handful (30–50g) of almonds a day could keep extra kilos at bay, according to a study led by Dr Sharayah Carter of the University of South Australia.

The study found that people who consumed almonds – rather than an energy-equivalent carbohydrate snack – lowered their energy intake by 300 kilojoules at their next meal, mainly by eating less junk food.

“Our research is focused on finding healthy satiating snack foods to assist people with weight management,” said Dr Carter. “Almonds are high in unsaturated fat, protein and fibre and these properties help to keep you feeling full, which is useful when trying to reduce energy intake.

“Eating a small handful of almonds may be a simple strategy to help with appetite regulation.”

People who ate almonds had lower C-peptide, higher glucagon and pancreatic polypeptide responses. C-peptide affects diabetes, glucagon sends satiety signals to the brain, while pancreatic polypeptide slows digestion which may reduce food intake. Both encourage weight loss.

“What makes almonds so special is they are a great snack that is high in monounsaturated fats, protein and fibre, which may contribute to their satiating properties and help explain why fewer kilojoules were consumed,” said Dr Carter.

“Other nuts also have similar nutrient properties that are satiating.”

Dr Carter says the small change in people’s energy intake may have clinical effects in the long term.

“Even small, positive lifestyle changes can have an impact over a longer period. When we’re making small, sustainable changes, we’re more likely to be improving our overall health in the long run.”

The research was published in the *European Journal of Nutrition*, last month.

Nuts were also the subject of research by scientists at the University of New South Wales.

A team led by Professor Henry Brodaty found that a diet rich in nuts and legumes (such as peas, beans and lentils) can reduce cognitive decline as we age.

This research was part of the long running Sydney Memory and Aging Study.

Eight hundred Sydneysiders were screened for cognitive impairment with follow ups at two, four and six years after entering the study. They were also asked about their medical history, alcohol consumption, exercise and smoking habits.

Dietary intake was assessed by an 80-item food frequency questionnaire. Results were scored for closeness to recognised diets and were combined statistically into two patterns named the Prudent healthy diet and Western dietary pattern.

The Prudent healthy diet was positively associated with better cognition among older women. This diet was high in yellow, green leafy, cruciferous and other vegetables, as well as nuts, legumes and garlic.

By contrast, a Western dietary pattern comprising foods high in saturated fat and sugar, including full fat dairy, butter, flavoured milk and cakes, was associated with worse cognition among men.

Drilling down further into the data they found that higher intakes of legumes and nuts were associated with better scores in many cognition domains.

Nuts and legumes are rich in plant-based protein, fibre and anti-inflammatory agents which may affect gut microflora and in turn affect cognitive health.

The researchers say that it may be the synergy of nutrients in nuts and legumes that provide this neuro-protective effect. Both food categories have a very low glycaemic index (GI). Other food groups showed no association with cognition.

No link was observed between fish and overall cognitive performance. Moderate alcohol consumption was positively related to better cognition, but not when heart disease issues were taken into account.

The research was published in the *Journal of Nutrition, Health and Aging* last year.

So perhaps a handful of almonds will help you lose weight and delay the onset of dementia.

WA trial for stroke therapy



Professor Bruno Meloni in the Perron Institute lab
© Kelly Pilgrim-Byrne

THE first clinical trial of a novel neuroprotective drug, developed in Western Australia to reduce brain tissue death after ischemic stroke, is underway.

The Phase 1 trial is testing the safety, tolerability and pharmacokinetic effects of the drug in healthy human volunteers.

The novel neuroprotective peptide drug candidate was developed by researchers at the Western Australian-based Perron Institute and the University of Western Australia.

ARG-007, as it is known, developed by Professors Bruno Meloni and Neville Knuckey and their team, has been shown to improve outcomes in a number of preclinical models.

An ischemic stroke occurs when the blood supply to part of the brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. There are currently no neuroprotective treatments that minimise the brain damage that occurs immediately after a medical emergency of

this kind.

Argenica Therapeutics, a biotechnology company commercialising ARG-007, has announced that the first volunteer to receive a dose showed no serious safety issues 24 hours after being injected.

This has opened the way for dosing of the remaining participants in cohort one.

Following the dosing of these volunteers, all follow-up safety data will be presented to the Scientific Review Committee which will then confirm that the trial may progress to the next cohort.

The Phase 1 clinical trial, conducted at Linear Clinical Research facility in Perth, will assess ARG-007 across four cohorts of healthy adult volunteers, with each cohort receiving an increasing dose.

The trial is known as ‘double blind’, meaning that neither the participants nor the investi-

gators know which volunteers receive a dose of ARG-007 and which receive a placebo.

“Commencing clinical trials is a significant milestone,” Professor Meloni said. “We have been working toward this goal for almost a decade and I’m incredibly proud of what we have achieved so far.”

Argenica’s chief executive officer and managing director Dr Liz Dallimore said: “We are delighted our first clinical study of ARG-007 has commenced.

“This is a pivotal moment for Argenica, as we take ground-breaking research from the Perron Institute and UWA into the clinic.

“The aim is for the new therapeutic to be administered by first responders to protect brain tissue against damage during a stroke with further potential to enhance recovery once a stroke has occurred,” she said.



New friends are just the beginning



RAAFA's Merriwa Estate new resident Bill Hill

ONE surprising benefit of moving into RAAFA's Merriwa Estate is making heaps of new friends, says new resident Bill Hill.

“Everyone is just so friendly and the community is very close. There’s always someone willing to help you out.”

When Bill’s wife of 59 years passed away, he knew that their 4 x 2 home with its sizeable yard was just too much for him to look after.

But, he and his wife had lived in Merriwa for more

than 20 years and he didn’t want to move far from his friends and family, who all continue to live in the area.

“My daughter and her husband were fantastic; they did some research on retirement villages and at the time I’d never even thought of joining a RAAFA community,” explains Bill.

“I just wanted my own little two-bedroom place that didn’t need any renovations or upgrading, somewhere not too big and in a quiet area that also felt safe.

“And then my daughter phoned me up and said ‘dad, I’ve found a great retirement estate and it’s only 400 metres from where you are now’, so of course I was keen to take a look.

“When we arrived, we looked at a couple of units and then I walked into the home I’m in now and just knew it was where I was meant to be, it’s just perfect and I love it.”

Since then, Bill says he’s enjoyed getting involved socially by attending quiz and club nights and getting to know his neighbours.

“I know my wife would have wanted me to get on with things, and I’ve had wonderful help from my family and friends.

“And now I feel so glad to have found RAAFA and have my new home. I’d recommend it without any compunction at all, I’ve had a great experience from the moment I set foot in the estate and I can’t recommend RAAFA highly enough,” he said.

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It's time to create a vision board and prepare your resolutions for a new year



David Jones offers home furnishings to spoil yourself this Christmas



by Zofia St James

DECEMBER is here and I hope you feel organised and are enjoying the festive spirit that I know I feel at this time of the year. The New Year is also within my sight and I am planning what I would like to achieve.

I have over the years

talked about a vision board and mine, since the move, is currently in my storage room.

It has been on my list to retrieve it and re-do it; going through my *Vogue Living* and *Belle* magazines and collating images so I can clearly see what I would love to do, have, wear and new ideas for the renovation work I am planning. I always add an image of some places that I would love to visit as well.

It's quite astounding because it's basically projecting yourself onto this board. Your taste gets clearly defined as a result and at the risk of sound-

ing a tad new age, you do seem to attract these things into being.

Apart from the visual 'To Do list' I find it is inspiring to look at my vision list too.

What's on your wish list or what are your New Year resolutions? Take some time to define and list yours before New Year's Eve and work steadily towards making your dreams for 2023 a reality.

My mum said to me several of years ago that one thing she feels that I taught her was to dream. She noticed how I would talk about something I really desired and how I would make it manifest

in my life. It meant a lot to me that she shared that, because I wasn't actually aware that I did that myself.

I would really encourage you to dream, literally.

Most of you would also know that I aspire to inspire people to really express themselves in their homes. As part of a couple there is compromise, but not for singles. I have helped a few ladies over the years to transform what was the matrimonial home into homes that were more who they were now with softer, more feminine spaces.

Your home must make you feel like you can't wait

to come back to it. It hugs you and makes you feel safe and happy; it delights your eye and gives you joy as you look around it. It's important to enjoy being organised, with clean and comfortable furniture, styled with complementing soft furnishings to finish it off.

Your bed and bedroom need to beckon you with a comfortable mattress, quality linen, lovely bedcovers and lamps for soft lighting and night reading.

If this is not you, but you would like to feel you loved your home more, make 2023 the year you do, because it's never too late and life is to be

lived well.

Whatever happens outside, on the news and in the world, you can create your own world inside your home that makes you smile and look forward to sharing and entertaining friends.

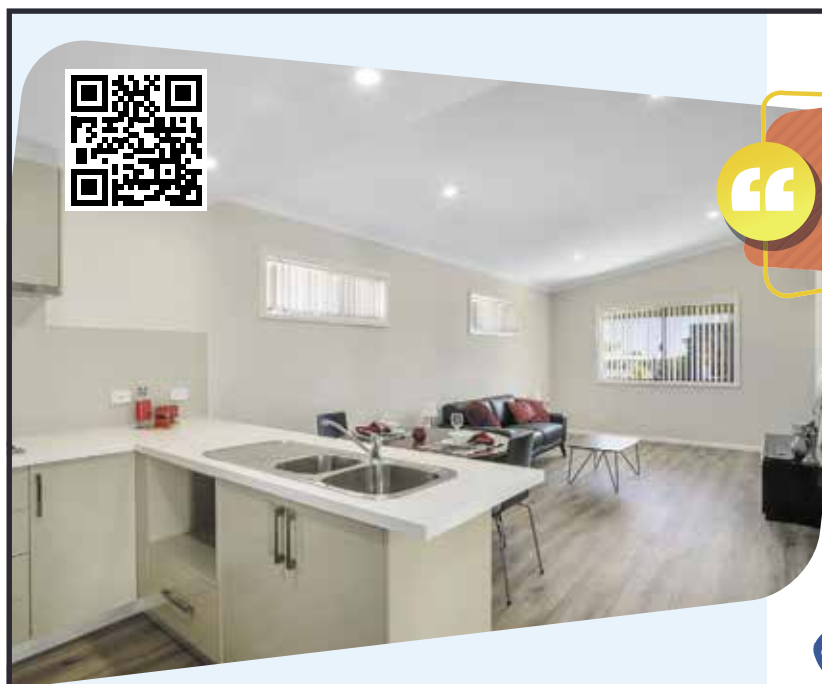
I cannot tell you how happy I am to be living back in Perth. Our little apartment gives me that feeling I described and I can visualise the changes I would like to make and will happen over time. So, arm yourself with your visual list and take advantage of sales and you too can have a home with that styled and polished look.

Failing that professional

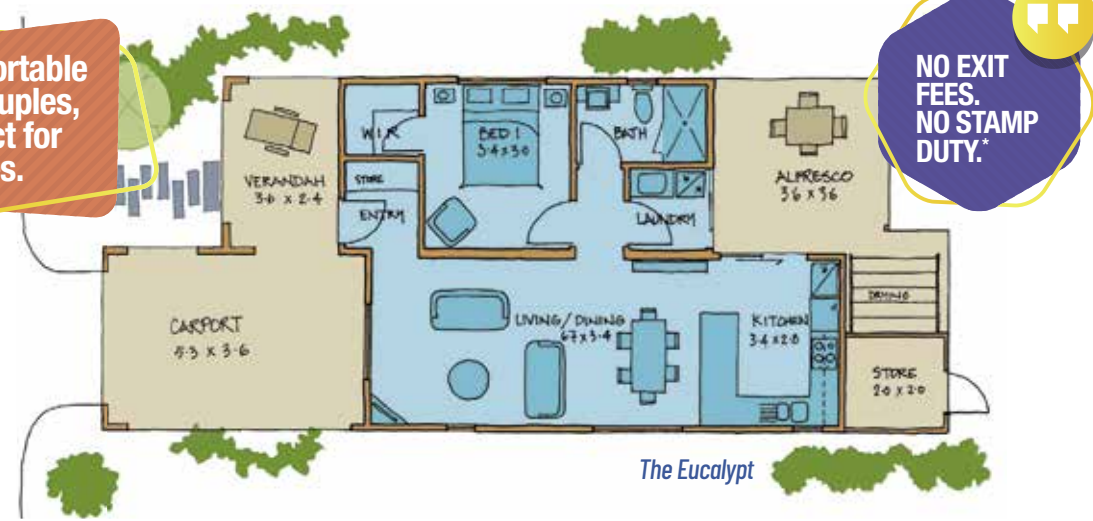
help is at hand to help.

Wishing you all a memorable, safe and truly beautiful Christmas and New Year. A big shout out to my beautiful clients that have employed my services this year.

Lots of love Zofia xx
Zofia offers an interior style consultation for readers including a free over-the-phone or video-call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. If you are interested in a free styling opportunity contact Zofia on 0406 336 607 or email zofiajames@hotmail.com.



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GREAT HOME and GARDENING



Vale Bob Melville rose royalty of Western Australia and the world



L-R; Vale Bob Melville - Bob Melville and Colin Barlow collaborated French inspired potager garden 'Le Jardin de Rose' - Bob's beautiful roses



by Colin Barlow

SADLY, Bob Melville, good friend and one of the world's leading rosarians passed away unexpectedly in his garden, last month. Bob was an international rose judge who travelled the world and returned with inval-

able knowledge and experiences that he freely shared with rose growers all around Australia.

He was the president of the Rose Society of Western Australia and the National Rose Society of Australia. His love of the rose and promoting it to the community knew no bounds and he was a much-loved speaker and presenter. You may have seen him at Garden Week, garden clubs, societies, workshops and local community events or even heard him interviewed on the radio, sharing his gardening and rose wisdom. Bob's effervescent,

entertaining and cheeky personality would always shine through, although not always politically correct, he would have the public enthralled, in awe or in stitches, usually all three.

He was an extremely talented floral designer and his creations and spectacular displays adorned many shows, festivals, shops, buildings and events, using mainly roses and flowers from his own garden.

Bob worked for his father George from being a small child on the family property in Carmel. The property consisted of an

orchard of fruit trees, producing tomatoes and Fortuniana rose rootstocks for Dawsons. In his teenage years Bob began grafting and budding roses and arranging cut flowers for displays at Boans department store in Perth.

In 1977 he started his own business, Melville Nurseries, using rootstock from his father, on to which he budded new rose stock. These bare rooted roses were sold to Woolworths and his iconic 'Big Red' rose logo was born. His innovative and inquisitive nature led him to the development of growing roses in pots using large

jam tins and a special mix of jarrah, sawdust and sand, before the advent of plastic pots. Amazingly, Western Australia became the first place in the world to start producing roses in pots.

The Rosa 'Fortuniana' rootstock transformed rose growing in Western Australia and in Florida in the United States as roses grafted on to it could survive high temperatures, dry heat and sandy soils better. They also showed increased health, vigour and growth.

The well-known nursery at Mason Mill Road in Carmel initially grew roses

for the wholesale market before going retail. The expansive elevated site was signposted with a giant metal red rose and included the rose nursery, tea rooms and café, koi pond and seasonal potted displays of tulips and lilies. The display gardens showcased more than 1200 rose varieties including heritage roses, David Austin, Delbard and climbing roses.

We worked together back in 2008 to design and develop his French inspired potager garden 'Le Jardin de Rose' to use for functions and weddings. When I wanted some un-

usual structures and features made for the garden, Bob would always find a way to make it happen.

Bob and Melville Nurseries were the champions of Perth Garden Week, and the Perth Garden Festival, winning many awards for the overall 'Best in Show' display over the years. The intricate landscape displays showcased roses, annuals, vegetables, cottage garden plants, trees and garden structures in colourful and inspirational ways. My team at Gardens from Eden were lucky to work with Bob and Melville Nurseries on a number of these award-winning displays, witnessing his skills and finesse close-up. Plants, seedlings and trees were specially grown and cared for, so that they were just perfect for the time of the show.

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Bob, through Melville Nurseries, has provided many selfless donations of roses and flowers to community groups, the City of Kalamunda, Araluen Botanic Park and Kodja Place in Kojonup to name just a few.

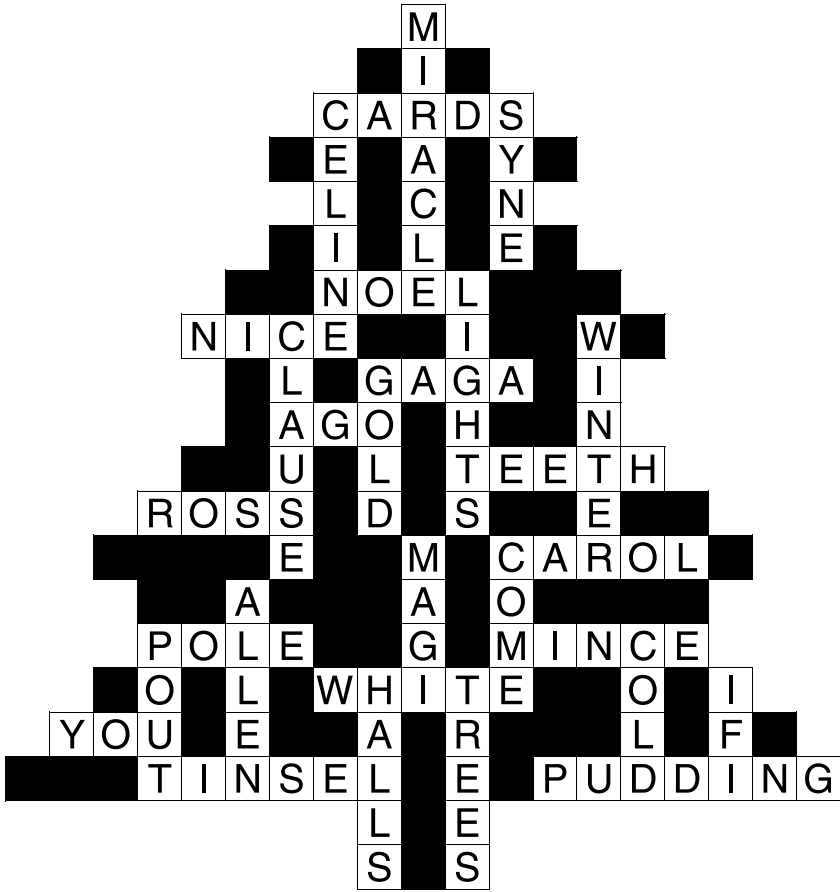
After selling Melville Nurseries he built a new home and garden on land that he owned close-by in Carmel. He developed the garden by himself, from a disused gravel pit in to a lush, beautiful garden with expansive lawns, a central water lily pond and avenues of roses and cottage perennials. A testament to his hard work and dedication.

So, next time when you see a rose in a garden or buy a rose in a pot this Christmas, remember the man behind it all, the legendary rosarian Bob Melville. May he rest in peace.

To all our readers and gardening friends have a safe and very Merry Christmas and a happy and prosperous New Year.

Have a Go News PUZZLES SOLUTIONS

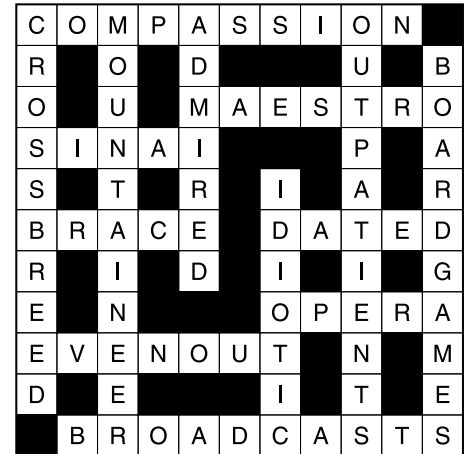
Solution for Christmas Crossword page 46



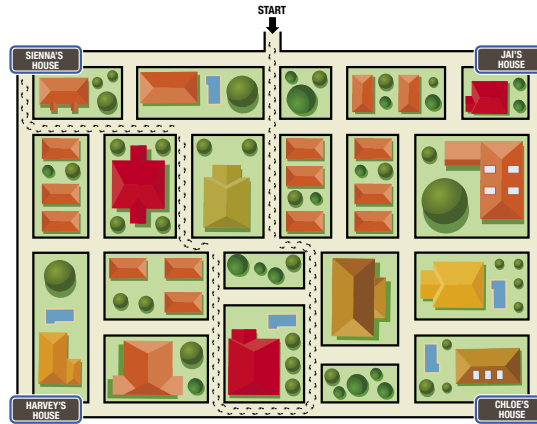
Solution for Sudoku page 47

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

Solution for Cryptic Crossword page 47



Solution for Left Right Left page 46



Solution for Fill In page 46



Tips on how to style your Christmas table like a pro



WITH more than 10 years' experience creating beautiful interiors, leading Australian stylist, Fiona Gould, has some fabulous styling tips to share for those looking to up the ante on entertaining this Christmas.

Choose your Christmas style – are you looking for modern or traditional or a blend of both? A blend of old and new at Christmas time looks lovely – for example, cut crystal glassware paired with modern plates – it keeps the look interesting and unique.

Refresh – many people have Christmas fa-

vourites – napkins, tablecloth, decorations that they bring out every year. Is it time for a refresh? Decide what you want to hang on to and what you're ready to discard. Introduce a few new favourites into the mix, some new linen napkins or more modern candles for the table can make all the difference and can be used all year round to make it worth the investment.

Christmas crackers/bonbonniere – Christmas crackers are such a fun way to set the meal off with a bang and there are a wide variety available, including some fabulous novelty items like Freixenet's gorgeous Christmas Bon Bons. Designed to look just like a high-end Christmas cracker, they each have a Piccolo bottle of Freixenet's delicious Prosecco and Sparkling Rosé to make a gorgeous gift for adult guests and they look so pretty on the table. It's a really lovely touch to have a beautiful gift like this waiting for each guest at the table. Place them straight on top of the side plate or napkin, or sitting straight just above the plate, so they have pride of place and are the first thing your guests see.

Accessories – Christmas is the perfect occasion to bring out your special tableware. Cut crys-

tal glassware adds such a beautiful touch and I particularly love coupe style glassware for champagne, to feel extra fancy. Linen napkins and tablecloths also add that extra sense of luxury. I like to source long lengths of linen fabric for my tablecloths each year – it's very affordable and then doesn't matter if they get stained. With table centrepieces, the trick is to not go too big – you don't want to obstruct the view to others or clutter the table where share plates could go. Low lying floral arrangements, some scattered candles and some greenery garlands are always an easy win.

Luxe to Less – you don't need to spend a fortune to ace your Christmas style. Trends are steering back towards the love of classic shapes and traditional elements, so embrace your old crockery that's hidden in the back of the cupboard, have a look at your local op shops for beautiful pieces you can re-purpose, and mix with a few new special pieces for that modern touch to create a special look that is completely unique.

Finally, it's important to remember that there are no style rules at Christmas and it's important to relax and have fun.

Answers for Word Pairs page 47:

Alaskan Malamute, Bichon Frise, Border Collie, Doberman Pinscher, German Shepherd, Lhasa Apso, Rhodesian Ridgeback.
Mystery keyword: BASENJI

Answers for *Have a Go News Quiz* page 2:

- | | |
|---------------------------|-----------------|
| 1. A cable | 6. Cricket |
| 2. Nine | 7. Horse racing |
| 3. Katy Gallagher | 8. Horse racing |
| 4. 76 seats | 9. 36 |
| 5. WA Cricket Association | 10. Home |

Answers for Wheel Words page 47:

Solution: Ache, Arch, Chap, Char, Chat, Each, Etch, Hare, Harp, Hart, Hate, Heap, Hear, Heat, Hurt, Path, Rhea, Tech, Chart, Cheap, Cheat, Chute, Earth, Hater, Heart, Parch, Patch, Peach, Perch, Reach, Retch, Ruche, Teach, Theca, Preach, Chapter, Chateau, Trachea.
9-letter word: PARACHUTE.

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How to have more happiness in your life... follow these tips

by Serena Kirby

HAPPINESS – we all want it but how do we get more of this most desirable of emotions? To get the lowdown on this uplifting feeling I took a seat on the couch of psychologist and happiness coach, Mahsa Anderson, to talk all things ‘happiness’.

“It’s important to realise there are two different types of happiness,” Mahsa explains.

“The first is that momentary positive feeling of elation; think of seeing a cute puppy, or eating

your favourite food. This happiness is superficial and short lived. Collecting material things, seeking status and accolades are also good examples of this type of happiness. There’s nothing wrong with this form of happiness; it creates joyful moments and we all need those. It’s just that it’s fleeting.”

Mahsa says the second kind of happiness is one that has a more enduring sense of contentment; it’s deeper, truer and longer lasting. It’s the kind that comes with having purpose and meaning in life.

The difference between the two is akin to the difference between falling in love and a lasting marriage.

“It’s easy to confuse the two types of happiness. And, if you rely on the first kind, you’re bound to be miserable.”

Mahsa adds that we all fall on a spectrum of mental wellness and what generates happiness for each of us will depend on where we sit on that spectrum.

Here are some of Mahsa’s key happiness tips.

Think happy be happy – neurons that fire together wire together.

“What you think about yourself is what you are. If you’re pessimistic or tell yourself you’re not good enough, that’s exactly how you’ll feel and what you will be. Talk positively to yourself and tell yourself you’re worthy of what you have or what you’re trying to achieve.”

Move your body

The brain attributes a sedentary life to being unwell because resting is what we do when

we’re sick.

“Keep your body busy and do different things with it. It doesn’t need to be costly or difficult – even gardening and housework moves your body – but definitely make time for regular, dedicated exercise.”

Spend time outdoors

Research shows that exposure to natural light and the natural world lifts happiness levels very, very quickly. Sunlight and the colours found in nature lower your stress levels, your blood pressure and your heart rate while raising our mood. Researchers have found feelings of depression, anxiety and anger are greatly decreased after spending time outdoors.

Eat well

If you eat well, you’ll feel well.

“I want to stress the importance of plant-based whole foods which feed healthy gut bacteria. In contrast, dairy, meat and processed food feed the less healthy bacteria and are one of the causes for systemic chronic inflam-



Psychologist and happiness coach, Mahsa Anderson

mation which is closely associated with feeling mentally and physically unwell.”

Manage your stress

“Let some cool, refreshing space into your life. Slow down your thoughts and follow some mindfulness practices. Things like meditation, deep breathing and anything that requires the full attention of your sens-

es, have been proven to make you feel better. Practising gratitude – either mentally or by acts of kindness – is also a de-stressor.”


Sleep

Let your body relax and rejuvenate. Make sure to get seven to nine hours sleep each night and avoid taking electronic devices to bed as research shows the blue

light they emit can greatly affect sleep quality.

In summary Mahsa points out that all these things need to become a daily intentional habit. You need to foster consistency to cultivate these habits so they become embedded into your routine.

You can connect with Mahsa at www.mahsaan.com.au.



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Congratulations to our October winners...

N Phillips, Steven Ellen, Audelle Donovan, Kath Hill and M Phillips.






WA FIRST 5.00

SEE THE FULL STORY 6.00

Christmas church services



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 on Christmas Eve or Christmas Day. For a special service head to one of the churches as listed below. Merry Christmas!



<p>SATURDAY 17 DECEMBER 10.00am Children's Christmas Service</p>	<p>SATURDAY 24 DECEMBER 11.00pm First Eucharist of Christmas Music: <i>Little Organ Mass</i> (Haydn) <i>Candlelight Carol</i> (Rutter)</p>
<p>SUNDAY 18 DECEMBER 7.30pm Festival of Lessons and Carols</p>	<p>SUNDAY 25 DECEMBER 8.00am Holy Eucharist with Carols 10.00am Choral Eucharist with Carols Music: <i>Spatzenmesse</i> (Mozart) <i>The Holly and the Ivy</i> (Owens)</p>
<p>FRIDAY 23 DECEMBER 7.30pm Festival of Lessons and Carols</p>	<p>SATURDAY 24 DECEMBER 7.30pm Festival of Lessons and Carols</p>

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CHRISTMAS EVE

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10:30pm Lessons and Carols

Enter into this magical night with the Cathedral Choir singing well-loved carols and Christmas motets and processing through the Cathedral - watch out for our very special arrangement of *Silent Night!!*

12 midnight Midnight Mass

The Cathedral Choir leads this joyous feast of music featuring carols, Mozart's *Credo Mass* and the *Hallelujah Chorus* accompanied by pipe organ and orchestra.

CHRISTMAS DAY

11am Solemn Sung Mass

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Friday 16 December

'Wesley at One' music recital 1pm - 1.45pm, Wesley Uniting Church
Reflections of Christmas with Angela Currie (organ)

Sunday 18 December

Celebration of Nine Lessons & Carols 10am, Wesley Uniting Church
With Wesley Choir and Music Scholars
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Multicultural Christmas Carols and Celebration Service
1.30pm, Trinity Uniting Church

Social Justice Church Christmas Carols Service 5pm, Wesley Uniting Church
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Wednesday 21 December

Blue Christmas Taize Service, 12.30pm, Trinity Uniting Church

Saturday 24 December Christmas Eve

Christmas Eve Service 11pm, Wesley Uniting Church
with Angela Currie (Director of Music/Organist) & Wesley Brass

Saturday 25 December Christmas Day

Christmas Celebration 9am, Trinity Uniting Church
Christmas Celebration 9.30am, Ross Memorial Uniting Church
Christmas Celebration 10am, Wesley Uniting Church
with music from the Wesley Choir, organ and brass
Directed by Angela Currie (Director of Music/Organist)

Ross Memorial Uniting Church, cnr Hay & Colin Streets, West Perth
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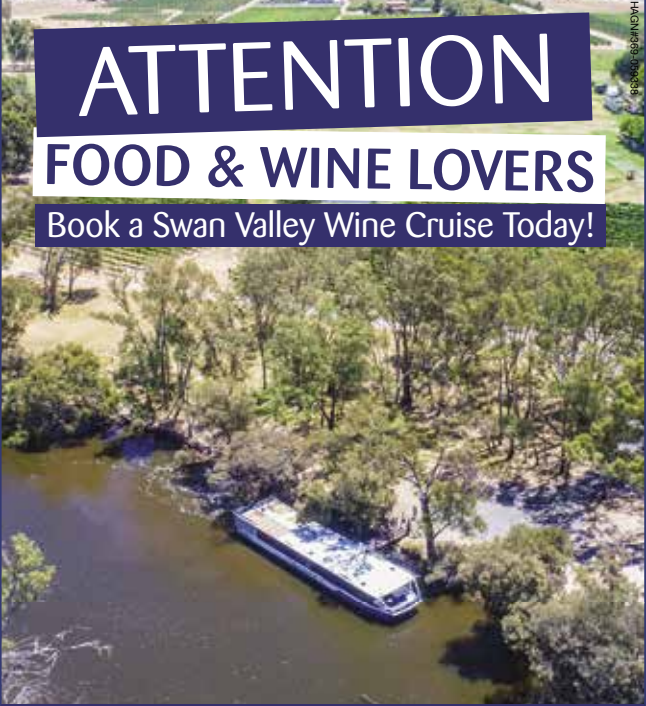
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West Australian Opera delivers hope, passion and love in 2023



WEST Australian Opera celebrates Western Australian talent, local connections and journeys of joy and self-discovery. The state opera company's 2023 season is now on sale and offers stories

of hope, passion, love and wonder.

West Australian Opera's artistic director Chris van Tuinen says: "Australian talent is at the front in everything we do and we're particularly happy to see some West Australian singers take the stage in leading roles."

"Our artists, including conductors, directors, designers, singers, and musicians, sit at the heart of this season, reminding us that there's something special about this part of the world."

The season begins

with Bizet's famous opera, *Carmen*, staged outdoors in the historic WACA Ground from February 24-25 and presented in association with Perth Festival. Directed by Stuart Maunder and conducted by Dane Lam, more than 150 singers and musicians bring Bizet's masterpiece to life. Rising star Ashlyn Tymms makes her role debut as *Carmen*.

Stephen Sondheim and James Lapine's Tony and Olivier Award-winning musical *Into the Woods* comes to His

Majesty's Theatre for eight-performances from March 23 - April 1.

Pure-voiced chants will echo among the arches of the University of Western Australia's Winthrop Hall in *Oratorio* from April 20-22. Bach's Easter Oratorio will be presented in association with UWA's Conservatorium of Music and features the UWA Symphony Chorus and UWA Symphonic Chorus with WAO's Wesfarmers Arts Young Artists conducted by Chris van Tuinen and directed by Margrete

Helgeby Chaney.

Verdi's *Otello* will be staged at His Majesty's Theatre from July 20 - 29 with Opera Australia's iconic production by director Harry Kupfer.

Puccini's *La bohème* is to be staged at His Majesty's Theatre in a new co-production from WAO and Opera Queensland from October 19 - 28.

Gina Williams and Guy Ghose's celebrated Noongar language opera *Koolbardi wer Wardong* will be presented at Bunbury Regional Entertainment Centre on

August 4.

Executive director Carolyn Chard said: "our dream is to speak to the heart through the human voice. We share the joy of music through opera and the powerful stories opera tells."

"We are uniquely and proudly Western Australian and we bring audiences and artists together to celebrate our stories that are relevant to our people, time, and places."

Tickets are now on sale. To learn more, visit: www.waopera.asn.au.

Perth's art deco outdoor picture garden returns with a smashing program

SUMMER season 2022/23 of movies under the stars has kicked off at Camelot Outdoor Cinema.

Perth's intimate, art deco picture garden in the heart of Mosman Park screens a different film each night, from new releases to pre-release previews and live music special events.

Camelot has a special charm that makes it Perth's unique outdoor cinema experience. Located at one of the most majestic Art Deco buildings in the state, it is the perfect place to relax in a beanbag or deck chair while enjoying the latest and greatest films under the stars and a cool summer breeze.

Food and drinks are available at the Camelot Art Bar or you can bring your own picnic (no BYO alcohol). Owned and operated by the Mosman Park Arts Foundation, the Camelot Art Bar's range of food options include gourmet and traditional pizzas, seasonal specials, fresh popcorn and ice cream. Pre-order pizzas at camelotkitchen.square.site/order. At the bar enjoy an impressive range of local wines and beers, or an occasional film-themed special cocktail. Or, duck across the road for freshly prepared Asian cuisine from Wok and Roll.

Camelot Cinema is located at 16, Lochee Street, Mosman Park. With

many sell-out nights, it is recommended to arrive early or buy tickets online to avoid disappointment.

For further film and entertainment/music information and to book tickets online, go to lunapalace.com.au and discover more on socials @lunapalacecinemas.

WIN WIN WIN

We have five double in-season passes to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Camelot in the subject line or write to Camelot - C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/12/22.



Camelot Outdoor Cinema © Bodham Warchomij

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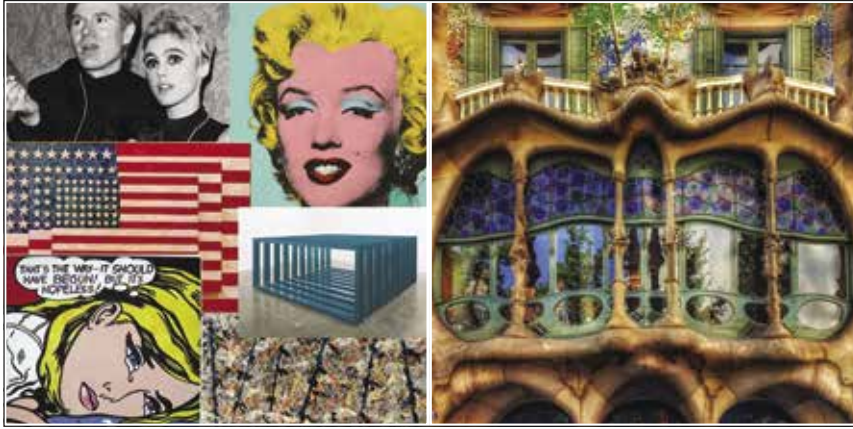
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Next year sees a new lecture series program for arts lovers in Perth



AUSTRALIAN Decorative and Fine Arts Societies (ADFAS) Perth chapter announced its 2023 arts lecture series program last month.

After two years of curating a local and national speakers lecture program, due to COVID thwarting entry for the usual Arts Society UK lecturers, ADFAS is thrilled to be welcoming them back in 2023. These high-calibre speakers are recognised authorities in their respective fields making their presentations events not to be missed.

In addition to the set annual lecture programme, ADFAS Perth offers a variety of add-on events like private studio

visits and exclusive partner events with other arts organisations like the WA Ballet. Membership also includes a range of discounts from local businesses including cafés, Luna Palace Cinemas and Oxlades.



A terrific benefit is the opportunity to mix with

like-minded people and make new friends.

ADFAS is a not-for-profit organisation run entirely by volunteers that promotes the enjoyment of, and engagement in the arts. It delivers superbly illustrated presentations on a diverse range of arts topics. The 2023 ADFAS arts lecture series programme, featuring 12 local, national, and international events, is now live online at adfass.org.au/societies/perth/.

Access to all lectures is included in the annual membership fee although

members' guests and visitors are always welcome with the purchase of individual event guest tickets. What a great Christmas present idea.

ADFAS Perth prides itself in embracing the arts and enriching Australia. These lectures are very popular, so to manage capacity at its primary lecture venue at the State Library of Western Australia in Northbridge, bookings are recommended.

See advertisement on page 12 with contact details.

A fresh take on the classic true story of Emily Brontë



FRANCES O'Connor makes her directorial debut with this fresh imagining of the life of Emily Brontë.

The new movie *Emily* features Emma Mackey (*Sex Education*, *Death on the Nile*) as Emily; a misfit, a rebel, a genius, as she finds her voice and writes the literary classic *Wuthering Heights*.

The film explores the relationships that inspired her – her raw, passionate sisterhood with Charlotte (Alexandra Dowling) and Anne (Amelia Gething), her first aching, forbidden love for

Weightman (Oliver Jackson-Cohen) and her care for her maverick brother, Branwell (Fion Whitehead) whom she idolises.

In cinemas January 12.
WIN WIN WIN
Thanks to Madman Entertainment we're giving away 10 in-season double passes. To be in the draw simply email win@haveagonews.com.au with Emily in the subject line or write to Emily C/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/12/22.

Fall in love with the grumpiest man in the world



story of Otto Anderson (Tom Hanks), a grumpy widower who is very set in his ways. When a lively young family moves in next door, he meets his match in quick-witted and very pregnant Marisol, leading to an unlikely friendship that will turn his world upside-down. Experience a funny, heart-warming story about how some families come from the most unexpected places.

Directed by Marc Forster (*Finding Neverland*), *A Man Called Otto* stars two-time Acade-

my Award® winner Tom Hanks (Best Actor, *Philadelphia* 1993; Best Actor, *Forrest Gump*, 1994), Mariana Treviño (*Club de Cuervos*), Rachel Keller (*Fargo*) and Manuel Garcia-Rulfo (*The Magnificent Seven*).

In cinemas January 1.
WIN WIN WIN
Email Only
We have 10 double passes to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Otto in the subject line. Closes 15/12/22.

Don't miss midweek concerts at Koorliny Arts Centre



MONTY Cotton is set to bring his acclaimed and energetic *A Boy Named Cash* show to Koorliny Arts Centre in January. The show will kick off a new Midweek Music concert series at

the centre. *A Boy Named Cash* – the Johnny Cash Tribute Show showcases the greatest hits of the Man in Black but is no ordinary solo show. Monty Cotton is a one-man-band, singing alongside a variety of pedals and instruments. Audiences can expect a clapping and toe tapping show, with songs including *Folsom Prison Blues*, *Get Rhythm*, *Hurt*, *I Walk The Line*, *Ring Of Fire* and *A Boy Named Sue*. Cotton, a former *The Voice Australia* contes-

tant, woke up one day and realised he could imitate the legendary Johnny Cash. Shortly after, his tribute show was born and he has since travelled the globe performing at arts festivals, pubs and clubs, shopping centres, and on cruise ships and morning television. *A Boy Named Cash* is on January 25 at 11am. Tickets are now on sale and cost \$15. For more information visit www.koorliny.com.au or call the Box Office on 9467 7118.

Accidental companions take a detour for adventure



AROUND Australia grey nomads rule the isolated, awe-inspiring, and often unseen world of the outback. A world where most people are either chasing something... or trying to escape it. Mysteries and secrets lurk for those who bother to look. Retired Australian detective Jack Darby (Bryan Brown) is fleeing his past mistakes. English widow Joan Kirk (Greta Scacchi) is attempting to outrun her grief. And then on a remote backroad, their worlds collide. Thus begins an epic love story. A non-stop road movie.

A mystery series. An outback odyssey. *Darby and Joan* is an eight by one hour drama series filmed in Australia that asks: can you find yourself in the middle of nowhere? Out now – RRP- \$34.98
WIN WIN WIN
We have 10 copies of this DVD to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with DVD in the subject line or write to DVD C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/12/22.

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A new era for Black Swan State Theatre as Kate Champion joins the company



Cyrano kicks off the 2023 season

BLACK Swan is pleased to present artistic director Kate Champion's inaugural season for 2023, celebrating a new artistic era for Western Australia's state theatre company. It reflects Kate's search

for 'stimulating and arresting ways to tell compelling stories, which grip the imagination in ways that excite and provoke.' Returning to the State Theatre Centre, the 2023 season will showcase

works from classic to contemporary, independent to mainstage, interstate to WA, and a world premiere of a new Australian work. Each play has been written and created by Australian

artists at the peak of their powers and infused with Western Australian talent in a range of theatrical experiences.

Season 2023 continues the dynamic relationship with Perth Festival in presenting the recent Melbourne Theatre Company's production of *Cyrano* by Virginia Gay, directed by Sarah Goodes. Freely adapting and reimagining Edmond Rostand's classic play. Gay who also takes on the title role, gives us a delightfully self-aware, razor-sharp theatrical rom-com. Her fresh take on the classic has been described as 'daring, clever and funny' and runs from February 17 to March 5 in the Heath Ledger Theatre.

In its third year of Black Swan's partnership with The Blue Room Theatre comes the gripping murder ballad *The Bleeding*

Tree by Angus Cerini, with direction from former associate and resident artist Ian Michael. A cast of three First Nation women will take this poetic, gothic and intensely compelling tale to new levels of darkness and humour. Winner of four Performing Arts WA Awards (2022) and six Blue Room Theatre Awards (2021), this production will be upscaled to the Studio Underground from April 29 to May 14.

Black Swan is truly excited to welcome home to WA, acclaimed writer Andrew Bovell (*When the Rain Stops Falling*, *Lantana*) as he exposes a tumultuous year in the life of the Price family with *Things I Know To Be True*. Funny, touching, and relatable, this play delves deep into the heart of household dynamics and how we react to change. Directed

by Kate Champion with a local cast in the Heath Ledger Theatre; the season runs from May 27 to June 18.

Black Swan presents internationally celebrated dance theatre company Marrugeku's *Jurrungu Ngan-ga* (Yawuru: Straight Talk). This new dance, sound and installation work interrogates our capacity to lock away and isolate that which we fear. *Jurrungu Ngan-ga* explores Indigenous and refugee stories of humiliation and torture in prisons and detention centres, and simultaneously considers the power of their joy and hope. Searing truths blend with dark humour, fear, sadness and courage, to shine a light on new ways to resist and abolish. Only eight performances in the Heath Ledger Theatre from September 15 to 23.

From the creative minds of Australia's beloved, multi-award winning McElhinney sisters, Mandy (*The Glass Menagerie*, *Wakefield*) and Hayley (*Mystery Road: Origins*, *Oil*) conjure up a new Australian work brimming with humour, beauty and sadness. *Dirty Birds* was conceived after 20 years of dreaming and reflects the sister's own Irish heritage. This world premiere, directed by Kate Champion, is a poignant exploration into their characters darkest secrets.

Intriguing and original, *Dirty Birds* blurs the lines between truth and fiction, journeying through the past and present, the real and absurd. The season runs November 18 to December 10 in the Heath Ledger Theatre.

Visit blackswantheatre.com.au/memberships or phone (08) 6212 9300.

True story of a historian who refused to be ignored



THE Lost King stars Sally Hawkins, Steve Coogan and Harry Lloyd, directed by Stephen Frears and opens in cinemas on Boxing Day.

In 2012, having been lost for more than 500 years, the remains of King Richard III were discovered beneath a car park in Leicester.

The search had been orchestrated by an amateur

historian, Philippa Langley (Sally Hawkins), whose unrelenting research had been met with incomprehension by her friends and family and with scepticism by experts and academics.

The Lost King is the life-affirming true story of a woman who refused to be ignored and who took on the country's most eminent historians, forcing

them to think again about one of the most controversial kings in England's history.

In cinemas December 26.

WIN WIN WIN
- email only

To be in the draw to win of 10 double in-season passes simply email win@haveagonews.com.au with *King in the subject line*. Closes 15/12/22.



A cinematic memory for filmmaker

THE Fabelmans is a deeply personal portrait of a 20th century American childhood, starring Michelle Williams, Paul Dano, Seth Rogen and Gabriel LaBelle.

Steven Spielberg's *The Fabelmans* is a cinematic memory of the forces, and family, that shaped the filmmaker's life and career. A universal coming-of-age story about an isolated young man's pursuit of his dreams, the film is an exploration of love, artistic ambition, sacrifice and the moments of discovery that

allow us to see the truth about ourselves and our parents, with clarity and compassion.

In cinemas January 5.

WIN WIN WIN

To be in the draw to win of 10 double in-season passes simply email win@haveagonews.com.au with *Fableman in the subject line* or write to **The Fabelmans C/- Have a Go News PO Box 1042 West Leederville 6901**. Closes 31/12/22.

Greatest Magic Show returns...

FOLLOWING a near two-year hiatus due to Covid, *The Greatest Magic Show* has toured the globe in 2022 with show-stopping, sell-out seasons in Perth, Adelaide, Melbourne and even as far as Edinburgh in the UK.

In 2023, Showmen Productions are once again returning to WA 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 direct from a Las Vegas stage.

Kicking off 2023 with one-off performances at Bunbury Regional Entertainment Centre and Mandurah Performing Arts Centre before heading to Northbridge for their Fringe World season, *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.

The show appeals to every single audience member - regardless of age. Packed full of crazy circus

stunts, mind-bending magic, and hilarious humour that will leave you trying not to pee for the entire hour, it isn't hard to see why this magic show truly is, the greatest.

The Greatest Magic Show will be at the Bunbury Regional Entertainment Centre on January 7 at 3pm; the Mandurah Performing Arts Centre on January 8 at 3pm and then heads to Fringe at the Aurora Spiegeltent@The Pleasure Garden in Russell Square, Northbridge from January 20-22, 24-29; February 4-5, 11-12 at 1.20pm.

All children, except one, grow up

ON the hunt for his pesky shadow, Peter Pan meets the Darling children in their nursery. With a sprinkling of Tinkerbell's fairy dust, Wendy, John and Michael leave Nana the Dog behind on a flight to Neverland - a magical place home to lost boys, mermaids and the most villainous pirate of them all, Captain Hook.

With Mrs Starkey and her bumbling son Smee by his side, Hook seeks revenge against Peter Pan who fed his left hand to a tick-tocking crocodile hungry for the rest of him.

Will the boy who never grew-up rid Neverland of Captain Hook forever?

Will the Darlings find their way home to London?

And, most importantly, do you believe in fairies?

Find out in this swashbuckling pantomime that will have you 'hooked' at the Regal Theatre in Subiaco from December 22. Tickets through Ticketek.



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Each person may submit one entry every month.

Abbreviations used in Friend to Friend

ALA: All letters answered	DTE: Down to earth
GSOH: Good sense of humour	ND: Non drinker
SD: Social drinker	NG: Non gambler
NS: Non smoker	NOR: North of River
SOR: South of River	TLC: Tender loving care
WLTM: Would like to meet	

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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

A CARING, happy, genuine lady 70+ WLTM gent approx late 70s for company, conversation, fin secure, GSOH, long term if compatible. I enjoy dancing, music, gardening, life in general. NOR.
Reply Box 9215

ACTIVE gent, 63, slim to med build, NS, SD, fin sec, WLTM a happy and healthy lady.
Reply Box 9210

AUSSIE male, 72, Manjimup, NS, TLC, SD, wiry build, skills, relinquishes orphaned son, likes coffee, soccer, learn dance, Albany way.
Reply Box 9225

ENJOY walking in the park, on the beach arm in arm, dancing, movies, intimate bedroom times? We are fit, slim/thin, young for our years. Romantic 1940s gentleman WLTM 1940s-1960s lady with similar disposition.
Reply Box 9221

FRIENDSHIP group of singles seeking more gentlemen 65+ to join us who gather every few weeks for lunch, mingle around and have fun. If you are interested about please reply with a mobile phone number only.
Reply Box 9232

FUN guy, early 80s. Enjoys champagne breakfasts, high teas, bling shopping, nature walks, bird watching. WLTM young lady into quirky stuff. Hang out one to two days a week around northern suburbs for coffee and your choice.
Reply Box 9216

GENT active, affectionate, NS, SD, looking for lady, 65 to 75 for long term relationship, travel, walks, cinema, theatre, country drives, romantic week-ends away, let's meet for coffee, take it from there. ALA.
Reply Box 9219

LADY 61, WLTM friends male/female similar age to socialise evenings, week-ends. Likes movies, walking, theatre, lunch, dinner, travel, NS, SD, live NOR.
Reply Box 9230

LADY 70, retired nurse, fin sec, WLTM NS, NG, SD, 70+, SOR, Christian gentleman. ALA.
Reply Box 9217

LADY 71, fit, WLTM similar for walks, coffee, shopping and events, must live Currambine or surrounds preferably, single, able to share driving. Interested in just doing stuff with a friend.
Reply Box 9218

MALE 65, 6ft, piercing blue eyes, beard, 110kg, works away, seek lady for coffee, outings, likes hot rods, motorcycles, allround good bloke, own house, northern suburbs area, 6030. Also likes push bikes and travel.
Reply Box 9214

NEW singles group, 65+, Perth to eastern hills, meet every three weeks for lunch. Come find a friend/companion, have fun, no fees, pay own beverages, near train station. Please send phone or email address.
Reply Box 9223

SOR male, tall, GSOH, retired, 67, Harley rider, likes music, outdoors. WLTM lady SOR, financially independent, emotionally stable with no baggage. I am divorced, no kids, ex navy, oil industry, well travelled. ALA.
Reply Box 9224

THIS 72 year old lady is not lonely but would love to meet a genuine gent to enjoy outings which are no fun alone. DTE, NS, SD, VGSOH, SOR. Is there anybody out there?
Reply Box 9227

WELL presented lady, energetic, educated, WLTM gentleman, 70+, active, outgoing, business professional background, reliable, trustworthy, NS, SD, NG. I am thoughtful, enjoy socialising, travel, reading, have a thirst for knowledge, outdoors, theatre and dining out.
Reply Box 9222

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.

WIDOW 75+, Peel area, slim, 160cm, NS, SD, WLTM gentleman, 80-85 who likes caravanning, country and western music, movies and is genuine, caring with GSOH to share outings. Life is too short so let's get happy again, asap thanks.
Reply Box 9211

Seeking a Partner

ALA I am 62, female, with GSOH, looking for a partner for social occasions, SD and a holiday after Christmas. WLTM.
Reply Box 9209

ATTRACTIVE lady 70+ originally from UK, happy natured, 160cm tall, med build, NG, ND, VGSOH, SOR, 6107. I enjoy reading, music, gardening, country drives, socialising. WLTM unattached, genuine, fin secure gentleman, 67-75, for long term permanent relationship who lives SOR Hills area or country. Genuine replies only. ALA.
Reply Box 9212

COUNTRY gent 66, easy going seeks lady for long caring relationship to share life and times together, and enjoy each others company. Someone who likes to be loved and cared for. A lifetime together.
Reply Box 9208

DO we want the same thing? Lady 73, looking for a best friend/companion partner. A man around 70 - not looking for a perfect match but maybe aiming to go in the same direction.
Reply Box 9226

EARLY 70s, energetic, competent male, easy-going, lives south west coastal, done lots, still more to do. Looking for a tidy lady. Someone normal, practical, DTE, with GSOH, and can do attitude. Country only.
Reply Box 9220

GENT 73, NS, SD, SOR. Interests include movies, walking, dancing, cafes, eating out and outdoors. WLTM a lady for companionship with a view to an honest long term relationship. ALA. Let's meet for coffee.
Reply Box 9213

ME; 75, any women out there actually looking for partner or friend, and not after real estate wealth, financial gain, ATM machines. If so, call me, although not expecting any genuine replies. 60-70 or bit younger.
Reply Box 9229

YOUNG female 61, model good condition, done a few miles, love adventure, reliable, fun, GSOH, NS, SD, DTE, appreciate honesty and free spirited gents. Enjoy dancing, singing, outdoor activities, kids, dogs, people, ALA.
Reply Box 9231

WELL presented, considerate man, active, NS, 181cm tall, medium build, GSOH, WLTM attractive lady late 70s, early 80s, SOR. I like outings, communication, music, current affairs, sport and being with someone special with a positive outlook on life.
Reply Box 9228

Preserve history and convert old films to digital...



BEFORE the days of smart phones and social media, the act of recording on cine film was reserved for life's most precious moments.

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Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already begun to break

down and lose quality. Now is the time to take action and ensure your priceless recordings aren't lost forever.

One of the best ways to preserve your footage is to take it to DiskBank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films, videos, images and audio

recordings into modern, digital formats.

If the film has already begun to decay or develop mould growth, DiskBank can take steps to revive your footage if the damage has not spread too far.

DiskBank can transfer your recordings to DVD, Blu-Ray, USB or digital files, with the latter being the recommended format.

Have a Go News readers are entitled to an additional 20 per cent off. Simply mention the Have a Go name to claim your bonus discount.

Visit DiskBank at 4/73 Troy Terrace, Jolimont or call 9388 0800.

When replying to a Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to: eg. Reply Box 4100 c/-

Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)

Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see 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.

Have a Go News has moved...



Have a Go News has relocated its office to 28B Sexton Road, Inglewood

The management and staff of Have a Go News wish you the compliments of the season.

2022 LAST DAY OF TRADE: December 16

2023 FIRST DAY OF TRADE: January 3



SOLUTIONS MATCHMAKING DECEMBER SPECIAL
 Join for 3 months and receive an extra 3 months FREE (conditions apply)
9371 0380

HIGH WYCOMBE LADY 67 attr, well grmd, warm, refined, gentle natured, well spoken, generous & kind, love o/doors. Sk educated man 65-75.

DUNSBOROUGH LADY 75 slim, youthful, educated, country girl, healthy, well-travelled, respectful of others, sk thoughtful, professional 70-85.

SOUTH PERTH LADY 75 very attractive, slim, well grmd, fit, active, intell w/ a modern o/look. Loves travel, sailing, nature, walks, sk gent 73+.

VIC PARK LADY 70 friendly, sociable, d.t.earth, fin. Independent, country girl at heart. Loves caravan travel. Sk gent 68-76.

FORRESTFIELD GENT 68 kind, personable, intell, very well grmd, d.t.earth, Ital/Aust, love travel & other simple pleasures. Sk natural, funloving lady 60-70.

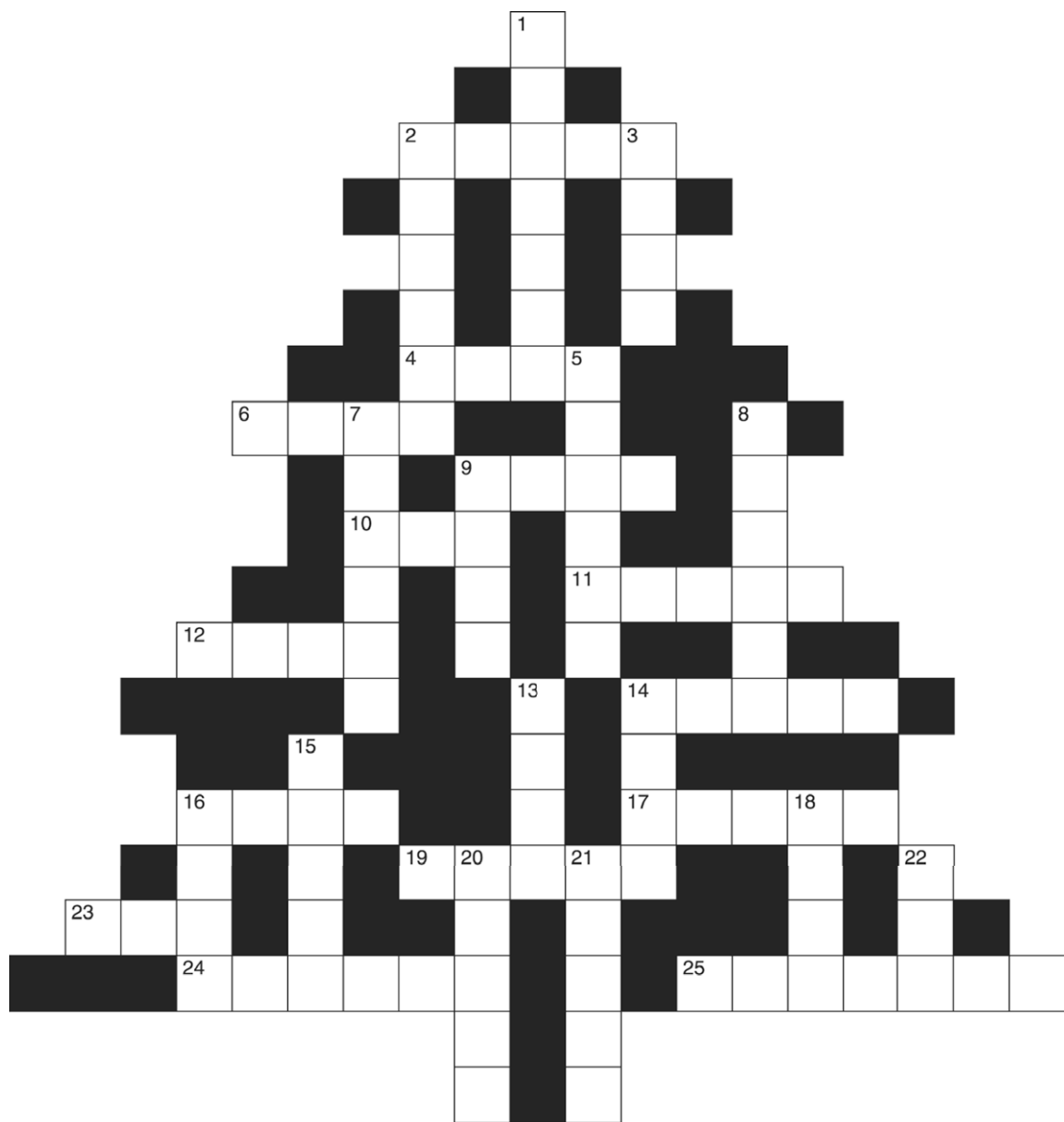
MANDURAH GENT 77 tall, fit, young at heart, intell, easy to talk to, sociable, confident, sk loves theatre, outdoor lifestyle, sk lady similar.

BALLAJURA GENT 70 tall, fit, handsome, optimist, romantic at heart, sportsman, enj physical activity, outings, family. Sk lady 65-70.

HILLARYS GENT 75 ret. prof, wid, educated, well spoken, well-travelled, love dancing, writing, o/doors, history. Sk lady 68-76.

SOLUTIONSMATCHMAKING.COM.AU

CHRISTMAS CROSSWORD



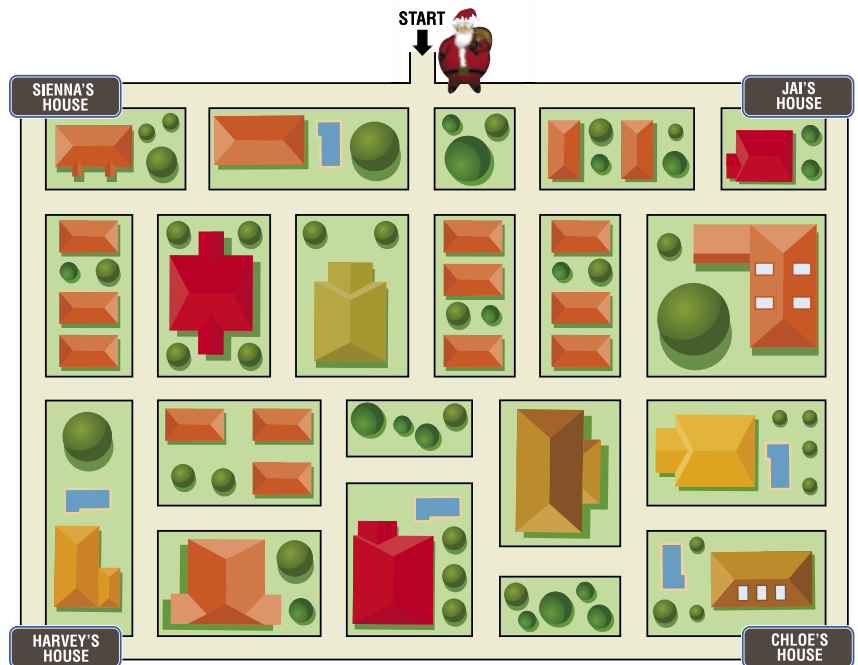
ACROSS

- 2. Printed greetings
- 4. The First ...
- 6. Santa has a list to see who's been naughty or ...
- 9. Christmas Tree is an electropop song from Lady ...
- 10. "Long time ... in Bethlehem, so the holy Bible say, Mary's boy child Jesus Christ was born on Christmas day"
- 11. All I Want for Christmas Is My Two Front ...
- 12. "Chestnuts roasting on an open fire; Jack frost nipping at your nose," sang Diana ...
- 14. Scrooge appears in A Christmas ...
- 16. Santa lives at the North ...
- 17. Baked treat, ... pies
- 19. Bing Crosby was, "dreaming of a ... Christmas"
- 23. All I Want For Christmas Is ..., sang Mariah Carey
- 24. Glittery garland
- 25. Festive dessert served with brandy butter, plum ...

DOWN

- 1. TV favourite, ... On 34th Street
- 2. Don't Save It All For Christmas Day, sang ... Dion
- 3. New Year's Eve tune, Auld Lang ...
- 5. Houses are illuminated with fairy ...
- 7. Family comedy film, The Santa ...
- 8. Elvis Presley and Miley Cyrus both recorded ... Wonderland
- 9. My true love sent me five ... rings
- 13. Wise Men
- 14. O ..., All Ye Faithful
- 15. Tim ... starred in 7dn
- 16. "You better not cry, Better not ..."
- 18. Dean Martin sang, Baby It's ... Outside
- 20. Song & film, ... The Halls
- 21. Yuletide conifers, Christmas ...
- 22. 11ac lyrics, "Gosh oh gee, how happy I would be, ... could only whistle" (2,1)

LEFT RIGHT LEFT



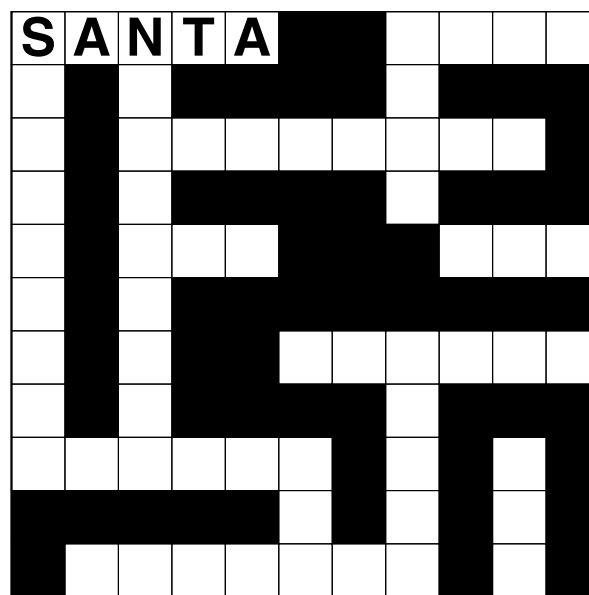
SANTA needs your help to guide him to his first stop. Travelling forward from the Start, follow the directions through the town to find which child he'll deliver to first.

Directions:

- 3rd left
- 1st right
- 2nd right
- 1st right
- 2nd left
- 1st right
- 1st left
- 2nd right

FILL-IN

PLACE all the words listed into the grid. Each word can be used once only. The first word has been filled in.



3 LETTERS

Ham

4 LETTERS

Cake
Tree

5 LETTERS

Bells Cards
Elves Holly
Santa

6 LETTERS

Family
Sleigh
Turkey

7 LETTERS

Candles

8 LETTERS

December
Reindeer

9 LETTERS

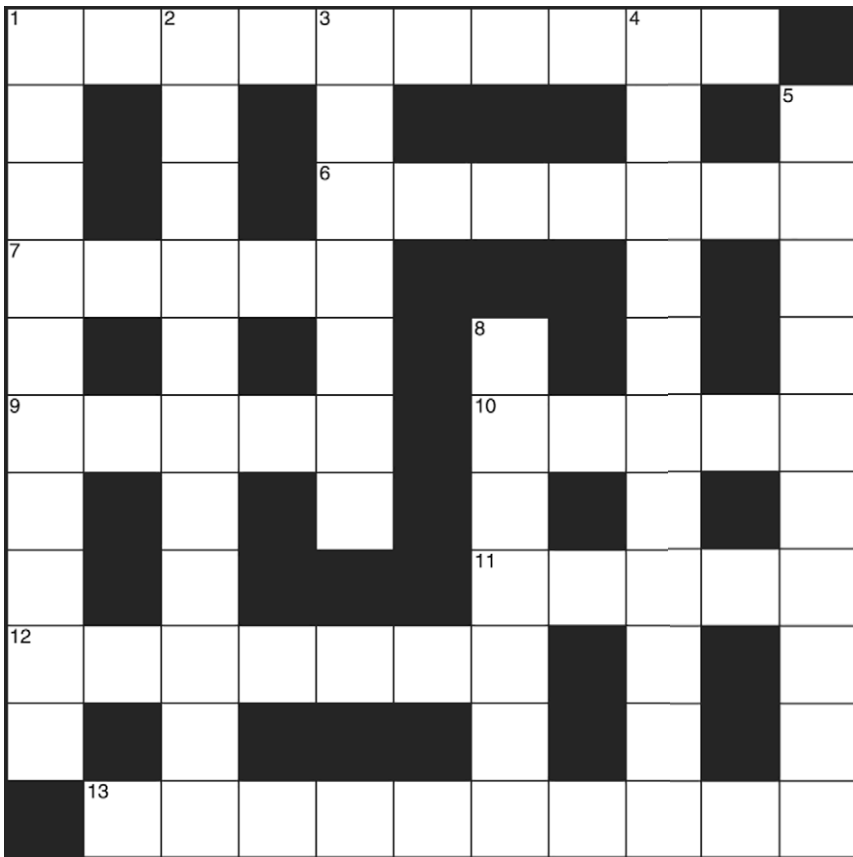
Celebrate
Northpole
Stockings

NEWS
WA FIRST

WA FIRST 5.00

SEE THE FULL STORY 6.00

CRYPTIC CROSSWORD



DOWN

1. Mongrel can be a bad-tempered kind of animal (10)
2. More than just a social climber (11)
3. Looked up to public notice, covered in mud (7)
4. They are treated as casualties (11)
5. Monopoly, etc the result of company directors' antics (5,5)
8. Stupid dictator Amin had nothing but a facial twitch (7)

STRAIGHT CLUES ACROSS

1. Sympathy (10)
6. Musical genius (7)
7. Ten Commandments mountain (5)
9. Dental wire (5)
10. Determined age of (fossil) (5)
11. Aida or Tosca (5)
12. Become more balanced (4,3)
13. Puts to air (10)

DOWN

1. Produce hybrid (10)
2. Everest tackler (11)
3. Respected (7)
4. Hospital clinic visitors (11)
5. Chess & Ludo (5,5)
8. Asinine (7)

CRYPTIC CLUES

- ACROSS**
1. Pity about the direction finder I had on (10)
 6. Mae, sort out the great conductor! (7)
 7. Ian is returning to Egyptian desert (5)
 9. Pair in second-rate contest (5)
 10. Went out with old hat (5)
 11. Everyone taking part in it has to sing (5)
 12. Remove bumps from uniform? Unacceptable! (4,3)
 13. Wide throws in TV transmissions (10)

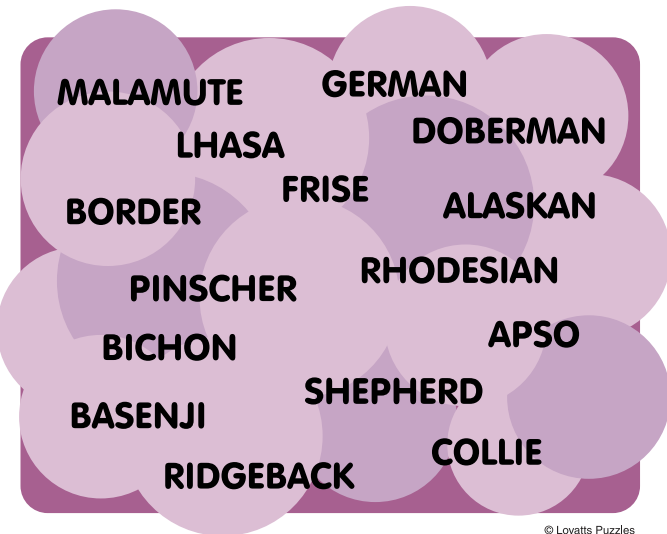
SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. RATING: ★★☆☆☆

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

WORD PAIRS

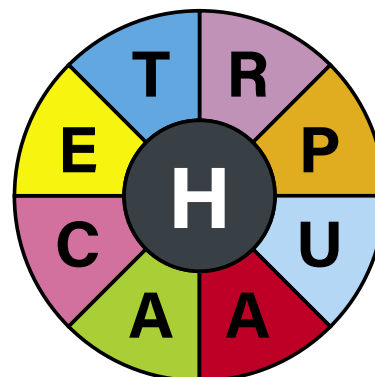
Pair the words to find seven dog breeds. One word will be left over. This is the mystery keyword.



WHEEL WORDS

Wheel Words

Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals ending with S. See if you can find the 9-letter word using all the letters.

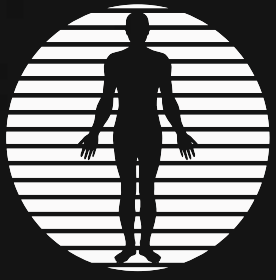


18 Good 26 Very Good 32+ Excellent



NEW YEAR'S EVE 2022 *Matinee & Gala Concerts*
VIENNA POPS NEW YEAR'S EVE 2022

Featuring guest artist Paul O'Neill, one of Australia's finest tenors...
 On Saturday 31 December join Music Director **Mark Coughlan** with his collection of WA's internationally celebrated artists and local rising stars who create the **Vienna Pops Orchestra**.
 Celebrate as Perth Concert Hall is filled with glorious music and uplifting entertainment to welcome in the New Year.
Perth Rotary Vienna Pops New Year's Matinee Concert 2pm start for 3pm finish
Perth Rotary Vienna Pops New Year's Evening Gala 9.30pm to midnight
Perth Concert Hall, Saturday 31 December 2022
 For ticketing visit perthconcerthall.com.au



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