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Celebrating Christmas in WA



Channel 9 Perth's Tracy Vo and Natalia Cooper

Natalia Cooper said the stories coming out of the Ukraine and most recently the Middle East moved her the most.

And what has been the best part of this year for them both?

Tracy said: "Just being able to keep doing what I am doing is an honour. I am grateful for every day I get to deliver the news to our loyal viewers. And the best part of the year personally was getting married in October, it was the best day of my life."

Natalia said: "I spent the first half of 2023 on parental leave with my beautiful baby daughter, Ruby. It's been so wonderful watching her grow and develop this year. She has the sweetest little personality. I returned to work in August and that's also been a highlight. I love being a working parent, even though it's a big juggle sometimes."

As we countdown to Christmas, Channel 9 Perth is showcasing the true essence of what it means to celebrate the festive season in Western Australia with a three-part series co-hosted by Tracy and Natalia.

Featuring food, festivities and summer events, together with savvy gift ideas, gardening and holiday travel spots for the whole family to enjoy, Christmas in WA will give a local feel to the festive season.

Tracy Vo said: "There's just so much to do here in WA this Christmas and this new series is the perfect platform to highlight some unique local offerings. Each episode will inform and entertain, and together with the array of special guests there'll be plenty of festive fun along the way."

Tracy said that her favourite part of the season is putting up decorations around the house.

continued on page 4

by Jennifer Merigan

WE see their faces on our television screens week in, week out, delivering the news and becoming part of our everyday lives.

The end-of-the-year offers a time of reflection. *Have a Go News* asked Channel 9 Perth news and weekend presenter

Tracy Vo and news and weather presenter Natalia Cooper about some of the stories which they found moving from this year.

Tracy Vo said: "I think the issue of family domestic violence has been the most confronting and moving for me this year. I'm ambassador for non-

for-profit Mettle which supports survivors. The stories we have reported on in the past few months have been heartbreaking and shocking, but they are experiences that need to be shared and heard by the community."

Tracy said that one of her most enjoyable stories came from the solar

eclipse in Exmouth earlier in the year.

"I met the most fascinating group of people from NASA who were on a mission to fly a huge kite to record images and data when the eclipse was occurring. A quirky and extremely intelligent bunch of people who invited me into their world."

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SEE PAGE 18...
 Tony McManus' review of the **GWM Tank Luxury 4x4**

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From the managing editor's desk



L-R; Have a Go News' managing editor, Jennifer Merigan and Premier Roger Cook - Mandurah Fab 50s group - Have a Go News readers and Monika Kos at Channel 9 Perth

NOVEMBER was a busy and fulfilling month for me and the team, meeting so many wonderful people. Thank you to many who made themselves known to me and shared so many warm stories about how *Have a Go News* makes a difference to their lives. It means a lot to us.

Here is an overview of the last four weeks... I attended the launch of radio veteran Bob Maumill's book (see page 3 for details), the opening night of *Monet in Paris* which is a wonderful opportunity to see a selection of French Impressionist's artwork in a digital format and the opening night of the very hot production of *Chicago* at Crown.

Seniors Week kicked off with our annual behind-the-scenes tour of Channel 9 Perth where a group of readers saw how television is made in the 21st century. *Have a Go Day* was fantastic, seeing so many readers out and about and enjoying this unique event

specially designed for people over 50 was pleasing. We were chuffed to have a visit to our hospitality tent from the Premier Roger Cook who even took some time to serve a few teas and coffees to people.

My final talk for the year was to the Mandurah Fab 50s group where I had the opportunity to share the history of *Have a Go News*. Many people are not aware that we are a family business which was started by my parents in 1991. Thanks to Ken and all the members for making me feel so welcome.

This is our last issue for 2023 and I thank all our staff, delivery people, journalists, advertisers, readers and contributors who all work to bring the newspaper together each month. As we fight the forces of the digital age (and it's a big fight), we hope to continue to prove that newspapers have a place and remain well read and received.

We are a small, independen-

dent and family-owned team who deliver this newspaper to you for free each and every month. The newspaper relies on the generosity of advertisers to keep us going so please support them.

Although social media has its downside, it is a great way for us to stay in touch with readers in-between editions of the newspaper. The *Have a Go News* Facebook page offers a variety of entertainment, giveaways, jokes, art and information. Join us by following our page at www.facebook.com/Haveagonews/.

To ensure you never miss a copy we can send direct to your inbox on

publication day a copy of the current issue. Unlike other publications we don't make you register or send any advertising material, sign up for free at readers@haveagonews.com.au.

Enjoy this month's read, stay well and healthy. I take this opportunity to wish you a safe, joyous and happy festive season. Please note our office will close as we take a well-deserved break from close of business on 15/12/23 and reopen on 3/1/24. See you in 2024.

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

Quote of the month

OLD people know a lot more about being young than young people do about being old.

George William Jenkins Jnr
WWII Veteran

Ageing Snippet

Optimism is associated with exceptional longevity

RESEARCH shows that optimistic individuals are less likely to suffer from chronic diseases or die prematurely.

A long-term study conducted at Rockefeller University in New York, found that individuals who remained optimistic had an 11 to 15 per cent longer life span and greater odds of living to exceptional longevity. This they defined as survival to 85 or older.

Great West Aussies - Did you know?

AUSSIE Rules legend, Phil Krakouer, followed his brother, Jim, into the WA Football Hall of Fame in 2023. Jim was inducted in 2021. Phil played 90 games, kicking 192 goals for Claremont (1978-81), 141 games and 224 goals for North Melbourne (1982-89) and 7 games with 7 goals before retiring in 1991. The brothers, 2 of 8 children, grew up in makeshift homes in Mt Barker's Aboriginal reserve.

Have a Go News Quick Quiz - See answers on page 38

1. Name WA's Governor
2. Who preceded the current WA Governor?
3. WA's first government rail line opened in 1835, 1855 or 1879?
4. Our first rail line linked Geraldton with which town?
5. Bushranger Joseph Bolitho Johns was known as?
6. June 1 is important in WA's history as...?
7. August 12 is important in WA's history as...?
8. What did Aboriginal people call Daisy Bates?
9. Midgegooroo was the father of... ?
10. Prime Minister John Curtin lived in which Perth suburb?

Noongar Words

Nooba - Lovers
Koort - Heart

Noongar Season

Birak - The hot dry time of December and January

Word of the month

Parse

Verb

TO parse is to study something by looking closely at its parts. In linguistics parse means to divide a sentence into grammatical parts.

Example

The lawyer meticulously parsed the wording of the final contract to ensure his client received all that he was asking for.

Parse has been used since the mid 1500s in British English and comes from the first element of the Latin term for "part of speech," pars orationis. It was not until the late 1700s that parse graduated to its extended, non-grammar-related sense of "to examine in a minute way" or "to analyse critically."



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Veteran radio star Bob Maumill turns the page on a new story



Bob Maumill and David Templeman MLA at recent book launch for *Letters from a Hard Country*

by Jennifer Merigan

AT *Have a Go News* we celebrate ageing – and we hope that our breadth of interesting characters and stories which we feature in our pages continues to demonstrate that age is no barrier to achieving goals, even when life throws you a curve ball or two along the way.

One of WA's most recognisable voices of the airwaves, Bob Maumill has overcome a few hurdles in the last few years.

A cancer diagnosis and some rather severe surgery to rebuild his face, along with follow-up treatment, left Bob

feeling housebound and despondent.

He said he spent hours awake at night worrying the cancer would return or he would be rendered immobile.

"I needed something to snap me out of my self-pity and fear. I needed a project to work on. I began reading historical fiction. None of it related to Western Australia. I knew we had great stories to tell," he said.

After this metaphorical kick up the pants Bob began writing his first book *Letters from a Hard Country*.

"I researched the turbulent times of colonial

Western Australia and the Goldfields and began writing. It was the therapy I needed.

"I enjoy writing as a form of creative self-expression. I have friends my age who draw, paint and enjoy photography. Some are recovering from serious illness or the loss of a spouse or dear friend. Others are having difficulty confronting the challenges of living a long life. Writing, reading, and researching stimulated my mind and gave me a project to focus on. In doing so I moved on from fear and self-pity," Bob said.

Last month *Have a Go News* attended the launch of Bob's first book *Letters from a Hard Country* which saw his two-year mission come to fruition.

Able to proceed by Tony McManus and officially launched by David Templeman MLA, a room full of family, fans and colleagues all gathered at the South Fremantle Football Club to pay homage to Bob Maumill and the new book.

Bob said that at age 85 years writing the book has been an extension of something he has always enjoyed, storytelling.

"Over the years, I have

written lots of short stories, the original story and screenplay for a film, newspaper columns, and radio advertising copy; *Letters from a Hard Country* is my biggest and most satisfying project."



As an avid lover of historical fiction, I was keen to rip through the book and managed to read it in a week. I should note that David Templeman told me he read the book in about two days.

We agreed it was a gripping story which brought out the best and worst in people. It was an intense and detailed look at Western Australian life at the turn of the 20th century, centred around the rush across the Goldfields.

There were characters in the book who made me cringe and charac-

ters who I supported. I loved the way in which Bob held nothing back, particularly entwining Aboriginal characters into the story and giving the reader a deeper insight into how first nation people's lives were changed by colonial settlement. It wasn't preaching, it was thoughtful and the Aboriginal characters in the book were ones to champion and offered the reader a deeper cultural understanding.

Bob said tapping into the minds and personas of his characters, both good and evil, is what makes them real to the reader.

"Creating those characters is something I enjoyed doing. It was easy for me.

"The Goldfields are rich in history and stories. When researching old newspapers seeking a central theme, I read the story of Wingella and his escape. It was the spark I needed, and the book grew from there.

"When writing about Aboriginal language and traditions I consulted with the Goldfields Aboriginal Language Centre Aboriginal Cor-

poration (GALCAC). The impact of colonisation on the Aboriginal inhabitants is a story often ignored. I tried to tell it without resorting to lecturing. I hoped by understanding each-others' stories, we could come together in friendship."

Bob said he had mixed feelings when he wrote the last line.

"Writing it had been such an important part of my day, (and sometimes much of my night).

I may write a sequel, depending on how this book is received."

Letters from a Hard Country is a sweeping and classic historical Western Australian story written by a classic Western Australian.

Bob is available for author talks and book signings, contact him on email at robmaumill@bigpond.com.

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Publishers: Concept Media
Street address: 28B Sexton Road, Inglewood WA 6052
Postal address: PO Box 1042 West Leederville WA 6901
Website: www.haveagonews.com.au
Tel: (08) 9227 8283
Fax: (08) 9227 8293

Managing Editor: Jennifer Merigan
Please address all correspondence to the Editor
 Email the editor/travel editor: jen@haveagonews.com.au
 Email to production: production@haveagonews.com.au

Printers: Colourpress
Journalists: Josephine Allison Frank Smith
 Allen Newton Lee Tate
Columnists: Colin Barlow Jon Lewis
 Karen Majer Mike Roennfeldt

Contributors: Noelene Swain Vince Garreffa

Production /Graphic Artist: Suyin Boehm
Advertising sales:
Direct Line: (08) 9227 8283
Email: advertising@haveagonews.com.au

Sales Account Managers: Sharlene Galvin Helen Peripanos

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continued from front cover **Celebrating Christmas in WA** by Jennifer Merigan



"It gives our family a buzz and builds the anticipation. This year we went very early, and our tree was up in mid-November."

Natalia Cooper said: "Nothing beats a Perth Christmas. I'm looking forward to showcasing the best of the west."

Her favourite part of the festive season is Christmas Day.

"It's my favourite day of the year. I love spending time with family and friends. It's so special."

How will they celebrate Christmas this year?

Tracy said her family always has a huge feast of ham, turkey, roast veg and seafood.

"This year we are also adding a pork roast to cater to

everyone's requests."

Natalia said watching the kids open their presents from Santa in the morning is special.

"We also try to fit in a morning trip to the beach then it's time for breakfast, lunch and dinner with different parts of the family."

Both Tracy and Natalia wish *Have a Go News* readers a safe and beautifully fun-filled festive season.

Nine Perth Presents: Christmas in WA. The first episode aired on Sunday, December 3, at 5.30pm on Channel 9. If you missed that, head to 9Now to watch again and tune in every Sunday to celebrate a special WA Christmas.

Happy 100th birthday Hilton Doust



L-R; Hilton Doust - Anne Langdon and Trike Tours WA in Mandurah's Stephen McDonald

WE all want to know the secret to living a long life. At *Have a Go News* we know one of the magic potions to ageing well is staying active.

World War II veteran Hilton Doust has remained active throughout his life and continues to do so. He was featured in a photograph taken by Peter Garside in the inaugural Golden Lens photographic competition swimming.

Hilton who turns 100 this month, still goes to the pool and

gym every day. He lives independently, cooks his own meals, grows garlic, rhubarb and beetroot and is active in his community including attending his apartment's body corporate meetings.

Every Christmas he bakes Christmas cakes for his two sons and daughter and their children and keeps up to date with what's happening in the world.

Hilton continued to drive until his 99th birthday and now uses a gopher to get around, he is the epitome of the *Have a Go* spirit.

One his neighbours, Anne Langdon, told *Have a Go News*: "Hilton is a delight, and I cannot believe he is turning 100, he is an inspiration to all of us and we love him."

Stephen McDonald from Trike Tours WA in Mandurah tipped us off about the centenarian's birthday and he is delighted to be chauffeuring Hilton to his 100th birthday celebrations.

From all of us at *Have a Go News* we wish Hilton a very happy birthday!

The management and staff of *Have a Go News* wish you the compliments of the season. We look forward to you joining us in 2024.

The office will be closing from December 15 and reopen on January 3.

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Domestic violence behind seventies suburbia in book *Wildflower*



Monique Mulligan



by Josephine Allison

PERTH author Monique Mulligan enjoys nothing better than taking photos of WA wildflowers, so what better title for her first book than *Wildflower*. Her riveting story, first set in the 1970s and then twenty years later, tells the

story of Jane Kelly and her new neighbour, Acacia, the secrets they share and the darkness surrounding Acacia's mother Rose and her partner Daryl.

"*Wildflower* started from a short story and grew into a story that I wanted to portray about how children were affected by domestic family violence," Monique tells *Have a Go News*. "The story initially came as a character, Acacia, who came into my head and stayed there."

"I wrote another book, came back to Acacia's story and poured my whole heart into writing the story of 1970s Australia and the societal attitudes of the time. I was born in Sydney in the 1970s so a lot of the book is based on my memories

of growing up then.

"My character, Jane, is probably a bit older than I am. I drew a lot of the nostalgic information from my own life experience and really searching the internet for things like what was on TV at four o'clock on a Saturday afternoon."

"A lot of research came through memory and talking to others about their memories of that time. It is an extremely nostalgic book and that aspect was a lot of fun to write. But I had to be careful not to go overboard with it because the nostalgia underscores the darker element of the story which I wanted people to relate to as well."

Monique says domestic violence is very topical these days.

"It's important to talk

about it and to raise awareness of it, have empathy and understanding which I wanted to achieve for readers. It is a situation in the book which felt very real but could be happening today as much as it was in the 70s.

"Domestic violence was more hidden back then. People weren't encouraged to talk about it; it was very much – it's none of our business, we don't interfere. I guess in part when I was writing I wondered what had changed, are we talking about this more or are we still minding our own business and what is being swept under the blanket, even now?"

"Jane's parents don't get involved, which is a really interesting character arc because Jane's mother, Barbara, is actually very empathetic with the situation next door, but powerless. When she brings it up with her husband, she is told in no uncertain terms it is none of their business."

"As the story moves on, Barbara is questioning that attitude and getting more and more upset, wanting to see action, as does Jane."

A former journalist in the Rockingham area who founded the *Stories on Stage* program in Perth, Monique worked on stories with a local women's refuge, developing a good network of people who, she says, were quite help-

ful with her research.

"I'm a woman, there is a lived experience, there's people, family and friends, so we hear stories. You collect stories and observations and put them together to form a story for readers."

Monique says *Wildflower* started as a short story competition entry which didn't win at the time.

"I sought the advice of a judge and paid for a manuscript assessment. It was the best investment because he said he could see my story as a full-length novel. At the time I was writing another book, *Wherever You Go*, and shelved the idea, but the character of Acacia kept coming back to me and I knew I had to bring the story to a bigger realisation, going deeper and really exploring those nuances."

Wildflower was first released on International Women's Day in 2022 and was then acquired by a UK publisher, being

released there and in Australia. An audiobook was released on November 14.

Monique says writing is incredibly rewarding for a person who needs to explore that creative part of herself.

"When readers come back to you with feedback and responses about the way they connected with the story, the feeling is hard to describe."

"There's nervousness when you send out the book and excitement when you read the reviews. It's the emails and messages people send to say the book touched their heart and you think

this was the right thing to write."

Monique, who is working on her third novel, an historical work, is about to holiday in Germany. Outside writing, she naturally loves taking photos of WA wildflowers, cooking and travel. She came to Perth 20 years ago for two years and says: "I'm still here."

Wildflower by Monique Mulligan (rrp \$32.99, Pilyara Press, Melbourne) is available at all good bookshops.

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The club plays on Monday, Wednesday, Friday, from 9am and 11am and new members should have some basic skills or have played before.

Anyone starting off can play the first three times at \$5 per session until joining the club then it's \$3.

The committee assesses people before joining the club and then votes you in.

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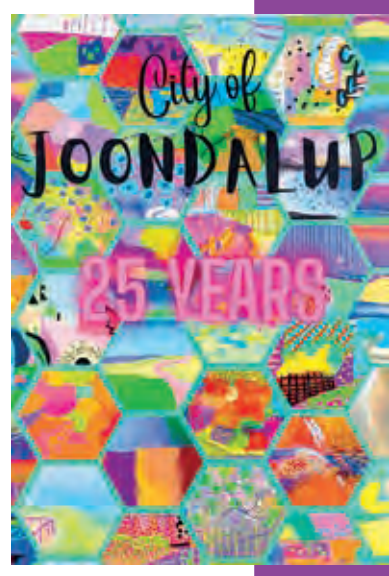
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A life of service to Australia for this man of the skies



L-R; Norman Ashworth and his father Geoffrey on Graduation Day for No 4 Course at the RAAF College Point Cook in Victoria December 1954 - a younger Norman Ashworth - Norman Ashworth escorting the Queen during a royal visit to Perth - Pilot Norman Ashworth - Norman Ashworth celebrating his 90th birthday

by Allen Newton

NORMAN Ashworth could well have been one of those 'magnificent men in their flying machines'.

Norman, who recently celebrated his 90th birthday, started a long and distinguished career in the RAAF learning to fly in Tiger Moths, machines that he says weren't much more than cardboard held together with wire.

In a 35-year career with

the RAAF, Norman dined with Queen Elizabeth II, worked with prime minister Bob Menzies, served as commanding officer at the Pearce Airbase, flew Macchi jets, and even has a mountain named after him in the Antarctic.

Born in Sydney on May 27, 1933, Norman moved to Perth in 1945 with his mum Agnes when she remarried, after she and Norman's Dad separated during the Second

World War.

His final years of school were at Perth Modern where he joined the Air Training Corps and dreamed of becoming a meteorologist when he left school.

Norman was also in the Boy Scouts where he had earned a meteorologist's badge.

The RAAF had no jobs going for meteorologists, but they were looking for pilots.

So, in 1951, 18-year-old Norman enlisted in the RAAF, graduating at the top of his class as a pilot from RAAF College, at Point Cook, just outside Melbourne.

He went on to fly a wide variety of single-engine Tiger Moths and Wirraways and multi-engine and jet aircraft, including his beloved Mustang.

Norman says the Tiger Moths were hard work.

"Because they flew so slowly, they were much

more affected by the wind near the ground and they were open cockpits, so you were exposed to the elements," he says.

At the time the Airforce was transitioning from a wartime footing, shaking off some of its devil-may-care attitude and becoming a more professional organisation.

"After training, my first posting was to a Citizen Airforce squadron which flew Mustangs, so I learned to fly the single engine war-time fighter. It's still the best aeroplane I've ever flown."

"It was a huge step up from the Tiger Moth."

In 1955, after six months in Sydney he did a jet fighter pilots course at a time when the Airforce was moving from piston-engine to jet aircraft.

Postings to Adelaide and an advanced navigators course followed and then two years instructing navigators and pilots and flying Dakotas used as navigation trainers.

"I had the best of both worlds. I was doing a ground job nominally but also getting in a fair amount of flying."

In 1959 Flight Lieutenant Ashworth was selected as an aide-de-camp to Governor General Sir William Slim.

"The Governor Gener-

al had three ADCs, army, navy and airforce. Whenever he went anywhere an ADC was with him to introduce him to people and let him know what was going on.

"There was a rule that one ADC always had to be in the house at Canberra, one with the Governor General and one with Lady Slim if she went off separately."

"I don't think I was quite cut out for that level of social graces, particularly with Lady Slim."

"You met all sorts of interesting people though. The Prime Minister, Bob Menzies, was a regular visitor to Government House."

During a posting to the RAAF School of Air Navigation in the Victorian town of Sale, he met and married a young country primary school teacher, Margaret Stewart.

Before their wedding Norman, now Squadron Leader Ashworth, volunteered for the RAAF Antarctic Flight which in those days was based at Mawson, where there were two planes, a Dakota and a Beaver.

"The plan was that in the summer of 1960/61 I would go with the new flight of people down to Antarctica to have a look at it and then the following year I would

organise the relief flight.

"But in December 1960 a blizzard destroyed the Dakota and Beaver. That was not an uncommon thing happening in Antarctica."

Norman was sent on a three-month cruise to Antarctica to assess the situation and it was decided to send him back with a Beaver float plane.

"The idea was to have a Beaver which was a single-engine float plane on board the ship, put it over the side and I'd go flying up and down the coast taking photographs and mapping."

"It was a fascinating place."

The reward for Norman's efforts was to have a 2000-metre mountain named in his honour, Mt Ashworth.

"It's in amongst a heap of other mountains so all you can really see is a bump in the snow."

Married in 1962, his first child Sally Jane was born in Canberra a year later, where Norman had been posted to the Directorate of Statistics, followed by Andrew; after moving to Sydney in 1968, Geoffrey followed.

Climbing the military ranks, Norman's positions included Commanding Officer of Number 10 Squadron, and the Officer Training School; a stint at the Joint Services Staff College in Canberra, where he was given advanced training along with officers from several Commonwealth countries.

In 1976 he was promoted to Group Captain and spent two years as Air and Defence Attaché at the Australian Embassy in Jakarta.

Back in Australia, he

was promoted to Air Commodore and became Officer Commanding of RAAF Base Pearce, here in WA, where he spent two years.

His main role at Pearce was advanced pilot training on Macchi jet aircraft. Maritime aircraft patrolling the Indian Ocean were also based there.

The Airforce provided the guard of honour when Queen Elizabeth II and Prince Philip arrived at the showgrounds and Norman met them and took them to inspect the guard of honour.

Later at a Royal Agricultural Society lunch, Norman and his wife sat opposite the Queen.

His final posting was to RAAF Operational Command in Sydney. Working for the Department of Defence back in Canberra saw out Norman's military career in 1998. Retirement at 55 was compulsory for an air commodore.

After 37 years in the Airforce and living in 17 different married quarters, in retirement Norman and Marg moved to Perth, getting involved in the project to build a replica of Captain Cook's ship, HMS *Endeavour*.

He also researched and wrote *The Anzac Squadron* tracing the history of the No 461 Squadron and the three years they spent seeking out U-Boats in the battle of the Atlantic.

And just to round things out Norman also flew in the last flying Dakota aircraft that was gifted to the Airforce Association's museum in Bullcreek. The plane was flown in from Adelaide to Pearce and Norman was co-pilot on the flight from Pearce to Perth Airport where it was taken by road to the museum.

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The joy of creating is the inspiration for this Great Southern artist



Linda Gray with one of her paintings

by Serena Kirby

UNLIKE most artists Linda Gray doesn't start her paintings with a subject fixed in her mind. She starts with the colours. On a strip of art paper, she'll dab a single colour then add complementary hues that are shaped

by her mood and inspiration. The resulting colour chart guides her in what she will paint.

"It's colour that draws people's attention," Linda says. "And my aim is to paint something that makes people happy; makes them smile."

For Linda, if the colour chart devel-

ops as a palette of blues and yellows, she'll lean towards painting an ocean or beach theme. And, if the hues are complementary, yet highly random, she'll paint something abstract.

This method of creating a painting has been extremely successful and rewarding for Linda and there's no doubt it's helped her be a prolific artist. She paints around 50 works a year and has sold around 800 paintings since she began in earnest 15-plus years ago. She also has what you would call 'a bit of a following'.

"I know of one lovely Perth woman who has 25 of my paintings. My work always sells quickly and often before it's finished, as I prefer to make my work affordable. This way more people can enjoy them, as the real aim is to bring happiness to people."

Linda's desire to spread a bit of painterly-joy is undoubtedly influenced by her upbringing. Her mother was a capable embroiderer and the young Linda would sit and watch as a picture would begin to take shape within the perimeter of an embroidery frame.

But Linda's childhood was marked with sadness. From age nine she was

in foster care. While Linda doesn't dwell on her years in foster homes, she acknowledges that it has shaped her painting style.

"I used to paint as a form of escapism and was always a child with a wild imagination. When I paint, I totally switch off and become absorbed in the work. I like to paint what isn't there rather than what is. Some of my paintings are abstract but most are whimsical and many feature rows or clusters of little houses. I think this springs from my subconscious; of not having security at home as I was often moved from one foster home to another."

Linda was a stand out in art at school and says she's grateful to the art teachers who encouraged and influenced her. As a logical progression she went on to do a diploma in art and design, but less logical is that she ended up becoming an accountant and working in the legal and medical fields.

"I married a lawyer and when we moved to Norfolk Island, I started teaching art and craft and getting involved in various community art projects. I even did the window dis-

plays for retail shops. It was when we moved back to WA and to the Swan Valley that I really picked up the paintbrush in earnest. I'd exhibit at local vineyards and do stints as an artist in residence.

"That's when people would see me working at the easel and buy the work before it was even finished," Linda says laughing.

The influence of Linda's years as an accountant and administrator has led her to be highly organised and disciplined in her artistic work. Since moving to WA's Great Southern region, nearly a decade ago, she's developed the strict habit of spending time in her studio every day just going with the flow. This could mean finishing a painting, creating a new colour chart or tweaking one she's already done as these charts are carefully filed away for future reference.

And while eager buyers are always welcome, Linda says she really paints purely for the joy of it. She says her greatest thrill is creating something from nothing and there's no doubt she's achieved that, in more ways than one.

www.lindagraysartist.com

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Where opinions matter - championing for regional Australia



by Lee Tate

WEST Australian country folk are not happy as pressure mounts across Australia for a massive upgrade of our prosperous northern regions.

After the inaugural Bush Summit in Perth this year, a national headline spelt it out: Stop beating about the bush on regions.

"In session after session, speakers lamented the vast gulf between the volume of wealth generated for the State and nation by the regions and the standard of services provided in return," said the report.

Karratha mayor Peter Long listed the three biggest problems in regional WA as: "Housing, housing, housing."

He said: "We can't get doctors because we can't provide them with a lovely house and that's the same with everything."

"The mining companies are good. They actually provide houses for their own employees but they then expect the

barista and the publican and everyone else to appear.

"They are only paid \$60,000 when mining employees are being paid three or four or five times that."

Roy Hill, boss Gerhard Veldsman said that while big mining companies pumped huge amounts of money into regional communities, they couldn't do it alone.

Mr Veldsman made the point that people wouldn't want to move to regional areas if they were worried that someone might break into their homes or they couldn't get medical or psychiatric services.

Gina Rinehart called

for more of the wealth generated in remote areas to remain there.

The mining magnate said we should have luxurious hospitals in the main mining regions, funded by the revenue generated in those areas - as well as 24-hour airstrips for the Royal Flying Doctor Service.

Tony Seabrook, president of the Pastoralists and Graziers Association of WA, said the WA Parliament is the parliament of the metropolitan area.

Across the other side of Australia, Barnaby Joyce made strong points in support of the regions in his book: *Weatherboard and Iron*.

He said up to one mil-

lion people live in Northern Queensland and they had long wanted their own State.

"Australia has got to get away from the bog we got stuck in, way back in 1901. The population then was 3.7 million, compared with 26 million today.

"The founding fathers of the Constitution made creation of a new State a theoretically straightforward exercise requiring only the consent of the State Parliament to form a new State within its boundaries or for two States to amalgamate.

"The Commonwealth is not bound by such a decision," he wrote.

Mr Joyce may not be

everyone's political 'cup of tea' but has forever championed the regions.

He asked: "How did we go from a nation that glorified its bush life and its drovers, encapsulated by Henry Lawson and Banjo Patterson?"

"From having respect for the dusty worker who wrestled with the labours of the mine, farm drought and isolation to holding franchise contempt for a person of that ilk?"

Mr Joyce said rural representation in Canberra could be improved by having six regions per State with two senators per region.

The alternative would be to remove the States and have regional ad-

ministrations but this would leave all the power in Canberra.

"Australia is a young and growing nation and just as the creation of Melbourne as the national capital was deemed not to be in the best long-term solution, neither is the belief that we have the perfect solution," he wrote.

"It is far from perfect for those who are far from the national capital."

It's a sentiment gripping both sides of the Nullarbor.

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

Marking a long and fulfilling flying career for John Douglas OAM



L-R; JD alongside 2 seat trainer Cessna 152 - JD with Captain Serdar Yilmaz Inset; JD in PC9

by Daryl Binning

ALMOST everyone on

the planet has looked to the skies and observed aircraft above.

There is every chance that it could be under the control of a student

of one of Australia's most experienced and qualified flying instruc-

tors and examiners - John Douglas OAM - who recently stepped away from a career in an industry with unequalled achievements.

Born in Auckland in 1943 and learning to fly in 1966, over the following 50 years he amassed a wealth of aviation experience and flying training qualifications which will possibly never be eclipsed.

After migrating to Australia as a flying instructor with the Narrogin Flying Club, John was head-hunted by the then floundering Royal Aero Club of WA in 1973. This immediately reversed its fortunes. He remained a driving force at the club ever since, building its activity to become one of the the biggest aero clubs or flying schools in the southern hemisphere. At the time it was achieving 36,000 hours a year.

Such is the admiration of John's prestige and achievements, Australia's aviation regulator CASA granted John, now a retiree, a unique dispensation to continue exercising his previously authorised

qualifications. This is normally denied to other ageing pilots due to the department's stringent medical requirements as they age and their health deteriorates.



John, known only to many as "JD", can claim 28,500 hours of flying experience in over 50 aircraft types from Gypsy Moths to RAAF PC9s. He never caused any damage to an aircraft which left it unserviceable but recalled his scariest moment on a charter flight in a twin-engine Baron when one of the throttle cables disconnected. His knowledge and experience in emergencies and of engine sys-

tems guided the aircraft and its passengers to a safe landing at Geraldton.

His proudest moment was in 2023 when he sent his 15 year old grandson on his first solo flight.

At a recent farewell function, club safety officer John Snare provided guests with a humorous account of the guesstimated statistics accumulated during JD's career. These included more than 3 million kms flown - equivalent to 144 times around the world or seven times to the moon and back.

Pilots trained and aviators tested are in the thousands. The number of new instructors trained, mentored, examined and sent off on their career into the international aviation industry cannot be estimated.

Perfect timing was evident in the club lounge which now has its popular watering hole renamed after him - "JD's Bar". John had just concluded an interview for this article when he was approached by a person who had been having a coffee at an adjacent table. After introducing himself, he explained that John had examined him in 2008 after his training at the club. Since then, his accumulating knowledge and experience led to a job flying for four years as captain for Turkish Airlines. He was now training other captains on flying the range of Airbus A320 aircraft in their fleet.

JD can be justifiably proud of his legacy. Because of him, there are now thousands of private and commercial pilots continually circling the world, enjoying the exhilaration of the freedom of the skies, something not experienced by others still bound by the shackles of the earth.

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Forty years on... *The Man from Snowy River* rides to a new beat



Tom Burlinson and Sigrid Thornton will be on stage at *The Man From Snowy River in Concert* at Crown Theatre, April next year

by Josephine Allison

IT'S a new and exciting concept of presenting a much-loved film to audiences accompanied by a full-piece symphony orchestra and several actors speaking about their past roles on the big screen. *The Man From Snowy River in Concert* will come to Perth next year, with actors Tom Burlinson and Sigrid Thornton, on stage discussing those heady days of 40 years ago when they made the film which became a big success.

The Man From Snowy River in Concert is a celebration of the enduring legacy of director George Miller's iconic Australian film, while the live-to-screen performance will showcase the film's

award-winning score by legendary composer Bruce Rowland.

"It's quite a difficult process to pull the music off the track of the movie using the dialogue and sound effects as it is, but they are able to do it," says Tom Burlinson speaking to *Have a Go News* from Sydney. "It's been done with James Bond movies but this is the first time it has been done in Australia."

"I guess the producers chose *The Man from Snowy River* because its score is so popular. They are able to screen the entire film with the symphony orchestra playing the score in sync with the movie."

"It is a new way of presenting the film with the

music played live. It was done in Melbourne's Hamer Hall at the Victorian Arts Centre in August with three shows, which immediately sold out, so they put on a fourth.

"That was hugely popular and, as a result, we are going to Sydney and Perth, Adelaide and Brisbane, next year. I was asked to kick things off with Sigrid Thornton to share some memories of making the film all those years ago."

Ever versatile Toronto-born Burlinson, had his career break in 1981 when he was given the main role in the biggest Australian film production ever *The Man From Snowy River*, as Jim Craig. He had only a few weeks to learn to ride a horse.

Snowy River was filmed and released in Australia in 1982, quickly becoming the highest-grossing Australian film ever at that time, bringing Burlinson to stardom.

Burlinson says that he and Sigrid Thornton hadn't seen each other for a while, when they met to discuss their format for the start of the new show.

"We shared memories and it brought back those times so we decided roughly what we would do. It's not scripted, it's in the moment, but prepared."

"We discuss my audition for the movie; Sigrid was cast as Jessica before any of the other actors so she read opposite all the young actors auditioning for Jim. We talk about that and actors Kirk Douglas and Jack Thompson and other cast members, about horse riding and other things. We have 20 minutes, so it's easily achieved."

"There are grandchildren in the audience who were not even thought of when we made the movie which is just as popular as ever. Lots of people know it intimately from the watching the video tape or DVD and they still love it. To hear the music played live is pretty special."

"There are some rousing moments, say in Jim's ride. That is reflected in the orchestra when horses are galloping and things are happening, it's really quite stirring. There are also some beautiful lyrical pas-

sages such as the breaking of the colts scene when the lovely piano piece, *Jessica's Theme* is played.

"There are more than 30 members in the orchestra from strings to horns, all overseen by Bruce Rowland with Vanessa Scammell the conductor."

"It all works a treat and, as I say, audiences have responded so well."

Burlinson says it came as a surprise on opening night in Melbourne when there was an intermission.

"I thought this is like the old days of the movies but, of course, this is to give the musicians a break."

This year Tom Burlinson marks 40 years in the industry.

"Apart from *Snowy River*, this year marks 40 years since *Phar Lap*, which I also appeared in, so there are a few milestones. I'm very fortunate to continue to work."

"I had some fantastic breaks early on with *Snowy River* which was more successful than anyone imagined. It was a great career break for me and then *Phar Lap* happened which was also very popular."

"There was a period in the 1990s when there was not a lot of work around and I was able to diversify into music and singing. I'm very glad I did, because for most of the past 25 years my income and employment has largely been through singing rather than acting."

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It's beginning to look a lot like chaos... Rick mulls over the festive season



by Rick Steele

"JINGLE bells, Batman smells, Robin's flown away" (has gone gay)... overheard from one of my sons aged eight or nine, 30 something years ago. How come I can still re-

member that but struggle remembering my passwords?

As Tom Armstrong said: "Let me see if I've got this Santa business straight. You say he wears a white beard and a red suit. He has no discernible source of income, and flies under the cover of darkness to cities all over the world. You sure this guy is not laundering illegal drug money?"

The three wise men arrive at the stable bearing gifts for the new born babe. As the third wise man stoops to go

under the stable door, he bangs his head hard and exclaims loudly: "Jesus Christ!"

Mary hears him and immediately says to Joseph... "Let's call him that. It's a much better name than Phred!"

And so it comes to pass that the Christmas season rolls in again. Some have said that next to a circus, there's nothing that packs up and takes off quicker than the Christmas spirit.

Every year at this time, I like to perform a Bob Dylan song called,

Oh Sister.

"Oh sister when I come to knock at your door, don't treat me like a stranger."

Some people reckon that distant relatives are the best, and the further the better.

I have been blessed in so many ways, but I cherish that my brother, sisters, cuzzy bros and the whole 'fam family' still share the love.

As the good book says, peace and goodwill to all men (and women). And so, as mamma and the kids decorate the Christ-

mas tree, papa works some overtime so there will be plenty on the table to eat, we are reminded via the news that things are never that bad, that they can't be made worse.

Wars seem to be escalating everywhere, global warming is humming and once again my letter box is full telling me where I can purchase a skinful of Christmas cheer. One tequila, two tequilas, three tequilas, floor.

I cook with wine. Sometimes I even add it to the food. But I'm such a lousy cook. Our cat has

only three lives left!

Unfortunately there will be no Christmas message from our dearly departed Queen Elizabeth this year. I'm not sure if I want one from King Charlie or Queen Chlamydia, (Camilla). Meanwhile 'Albo', and 'Dr. No' Dutton engage in political war both shooting from the lip. Albo should be home for Christmas and I'm not crying cause I'm on Alban-Easy Street with a pension.

I know all *Have a Go News* readers care and will be generous in their

thoughts and wish the best to those in our community who are homeless, and/or suffering. As we know, happiness is no laughing matter.

I wanted to do something nice for my mother-in-law. I bought her a new chair. But they won't let me plug it in.

If you're looking for some part-time work to help pay the mortgage there's a sign in a restaurant window... Wanted: kitchen hand to wash dishes and two waitresses.

Cheers dears!

John Rando's first job - the one and only waste paper bin



by John Rando, Lawyer, musician, existential philosopher

THERE was something unusual, weird, rather odd about my first job as a lawyer. Straight out of university, I was employed by a prominent Perth law firm in a nice office overlooking the river. A vibrant, progressive law firm with effi-

cient, smart, dedicated staff.

Within a few days of starting work, I noticed something unusual - odd.

Among the staff of five typists and four lawyers, there was only one solitary, single rubbish bin throughout the six rooms. This was in the principal's office. Every piece of scrap waste paper was to be recycled within the office. It was a strict policy that the reverse side of every sheet of waste paper was to be used for note taking. Every incoming envelope was to be cut open and the reverse side used to take notes, or to pass on written instruc-

tions within the firm.

A strict office protocol, before the word entered 'recycling' seemed to have entered the local lexicon.

I suspect my boss had lived through early austere economic times and knew the value of recycling.

I had recently graduated from university and had read the book *The Waste Makers*, by Vance Packard. A book that changed my attitude. How we should avoid waste? How we can do a lot better?

Working in my first job taught me a valuable lesson. Every single piece of waste paper should be

carefully recycled.

Looking back, I recall seeing a photograph in a local Perth newspaper, of my boss and his uncle (also a prominent lawyer) sitting in a grand convertible Rolls Royce. They looked stylish, flamboyant and successful.

Perhaps the wisdom of recycling might have contributed to their wealthy lifestyle at the time. And contributed to acquiring the Rolls Royce.

We can learn from the past, even if we choose not to drive a Rolls Royce.

Since opening my own law office, I have a rubbish bin in my office

though I try to use every sheet of waste paper.

Maybe, me conserving and recycling scrap paper might seem a minuscule practice. However, if we all did that, not just with paper but with water and other resources, we can create a better future.


And then there is the plastic problem. It's all very well for supermarkets to ban plastic bags, but have you ever noticed how much plastic is used in packaging? Sneak out the back and look in their bins.

Editor's note - we reuse our paper here at *Have a Go News* - never thought about the envelopes though.



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<p>Police: 131 444</p> <p>Crime Stoppers: 1800 333 000</p> <p>Emergency: 000</p> <p>Poisons Information Line: 13 11 26</p> <p>Lifeline WA: 13 11 14</p> <p>Centrelink: 13 24 68</p> <p>Medicare: 132 011</p> <p>My Aged Care: 1800 200 422</p>	<p>ATO: 13 28 61</p> <p>WA Senior Card: 6551 8800</p> <p>Seniors Recreation Council: 6118 2716</p> <p>Western Power: 13 13 51</p> <p>Water Corporation: 13 13 75</p> <p>MyGov: 13 23 07</p>
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brightwatergroup.com/home-care





by Mike Goodall

British Pensions update - fighting for a fair go for Australian expats

Alliance of British Pensioners (CABP) presented a Special Report to No 10 Downing Street.

The report highlighted the intransigence of the UK Government to engage with Canada to negotiate an end to the injustice of frozen pensions policy and the forgotten National Servicemen and Women in Canada.

The disparity between the expat pensioners and the rest of the world will be highlighted even further when the pension is increased next April by 8.5 per cent. Over the last two years the UK State Pen-

sion has risen by nearly 20 per cent. Recent data show that every frozen pensioner is saving the UK Government £8300 annually.

During their visit to the UK, the delegation will also ask the Labour Party to renew their 2019 manifesto pledge to end frozen pensions. While the pledge was only to increase the pension going forward and not to achieve parity with pensioners living in the UK, it would be a step in the right direction.

In his Autumn statement the Chancellor also announced that due to higher

receipts into the National Insurance Fund the government will reduce National Insurance payments.

From April 6 2024, self-employed people with income over £12,570 will no longer be required to pay Class 2, but will continue to receive access to contributory benefits. Those with incomes between £6,725 and £12,570 will continue to get access to contributory benefits through a National Insurance credit without paying contributions as they do currently. Those with incomes under £6,725 who choose to pay Class

2 voluntarily to get access to contributory benefits including the state pension will continue to be able to do so.

This means that we will still be able to pay Class 2 additional voluntary pension contributions to the UK to increase our pensions.

Further to last month's article on the WASPI (Women Against State Pension Inequality) case there has been a leaked report that the Department of Works and Pensions has put pressure onto the Ombudsman not to award any compensation. It is

most likely that the Ombudsman will have to ask Parliament to intervene. However, from past experience, the UK Parliament is unlikely to support the Ombudsman.

When we hear additional information, we will let you know. The current aim is to publish the final report in March 2024.

Our best wishes for Christmas and the New Year.

Am I UK State Pension Age?

People born between October 6, 1954 and April 5, 1960, who have worked for a minimum of 10 years

in the UK, will be eligible to claim their UK State Pensions from their 66th birthday.

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

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

Centrelink update - how payments are assessed when you travel around Australia



by Hank Jongen, General Manager, Services Australia

to hitch up the caravan and join the grey nomads or take a trip to visit family.

If you're getting a payment from Services Australia, there are some things you need to consider while you're traveling in Australia:

- How do we assess the principal home while you're away?
- How do we assess the caravan?

In most cases the principal home is an exempt asset when determining your

rate of payments. If you're travelling for less than 12 months, Services Australia continues to assess you as being a homeowner and doesn't assess the principal home as an asset.

Your caravan is assessed as an asset though and you can't claim rent assistance for site fees you may pay at a caravan park.

The situation changes if you're away for more than a year. You're still considered a homeowner, but now your caravan is con-

sidered the principal home. This means the caravan becomes an exempt asset, and you may be able to claim rent assistance for your site fees. It also means your former home is now an assessable asset.

The temporary exemption can be extended for another 12 months if your principal home is lost or damaged. Also, if you move out of home because you need to be looked after due to a med-

ical condition, or to look after someone else with a medical condition, then your principal home can be exempt for up to two years.

The rules are different if you're living in rental accommodation before you travel. As a renter, you'll generally be assessed as a non-homeowner with the higher asset threshold. The caravan would be an assessable asset, and you'd be able to get rent assistance.

When you start travelling, we'll look at your circumstances and intentions:

- are you keeping the rental accommodation while you travel?
- how long do you plan on travelling?
- will you be returning to your previous accommodation?

Rent assistance can only be paid to you for one address. It's possible we'll assess your caravan as the principal home. If the car-

van is your principal home, it ceases to be assessed, you have the lower homeowner assets test threshold applied, and you may be able to claim rent assistance for your site fees.

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.

Northern suburbs retirees group meetings

DAVID Emery from Guardian Plan will be next speaker at the Association of Independent Retirees (AIR).

The meeting will be held on January 18, 2024. The AIR northern Perth branch will not be holding a meeting in December.

While we all hope to be immortal, there are lots of decisions to be made when it comes to your funeral, and it can be hard to know where to start. Planning ahead means celebrating your life, your way and saying goodbye on your

own terms. Creating the time to look back on your experiences and the moments that tell your story, and designing a farewell that reflects you.

The speaker for the February 15 meeting will be Jenny Altkins from the Cancer Council WA.

The group is restricted to the number of people in the meeting room, if you are interested in attending as a guest, please reserve a seat by registering your interest with Mike Goodall.

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

All AIR members and any interested guests are most welcome. Cost \$5 per person including raffle and refreshments.

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

Be like a phoenix...

PHOENIX Friendship Club is for people aged 55 and over. It has been operating for more than 10 years.

The club was formed so that people who were looking for a social life without complications could enjoy nights out, coffee mornings and other activities such as Christmas in July, an annual Christmas lunch, Australia Day barbecue as well as bingo on a fortnightly basis. They also play canasta on a monthly basis and offer tuition for those interested.

The club also has an annual bus trip to a variety of destinations around Perth such as the Swan Valley, Mandurah canals and other places of interest.

A club night is held once a month at the Hensman Park Tennis Club in South Perth, on the third Sunday of the month from 6.30pm. Visitors are welcome to turn up - it's free and it's BYO. A superb supper is provided along with live entertainment.

The membership consists of singles and couples aged 55 and over. They welcome people to join them at this happy and friendly club.

For further information phone 0403 319 820 or 0417 907 408.

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Guide Dogs WA **A gift of independence**

Puppy Mary is now half way through the first year of her training to become a Guide or Assistance Dog for a Western Australian with low vision, disability or illness. She has already been on the bus and visited shopping centres to gain experience of the different places she might go as a working dog. Mary is named in honour of someone who included a generous gift in their Will to Guide Dogs WA. **K**

Mary

For more information on including Guide Dogs WA as a beneficiary in your Will, please contact **Kay** on **(08) 9311 8285**, visit our website, or scan the QR code.

guidedogswa.com.au/gifts-in-will

Letters to the Editor

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



Dear Editor,
I WAS going to start by saying it's a funny old world, but in reality, it's anything but!

Growing up in England in the 40s and 50s, life was not so easy for a working class family, and it did present difficulties, but in retrospect, it was so much easier than our modern times.

Sure, we didn't get everything we wanted straight away, but waiting a few months for a new pair of shoes, or longer for something big – like a bicycle – made these things so very special.

In my family at least, it was a time of make do – and mend, a trait I still have, I'm happy to say. I probably learned that from watching my dad darn our school socks.

When we got a black and white TV (in a cabinet – on wheels – so it could be moved from one room to another) it felt like we'd hit the jackpot! We had a TV.

How different from life today, when it seems that we can have anything we want almost instantly.

Hardly anything is easy. Even making a simple phone call is nothing like it was back then, when – if you had a phone (we did not – but there was a public phone box always within walking distance) you could ring a doctor, a business or wherever, speak to a human being, get an immediate response and have everything sorted within 10 to 15 minutes at most. Nowadays, you're lucky to even speak to someone, without a 45-minute wait, and that's a conservative estimate.

I have family members who have waited up to three hours when needing something 'urgently'. And although modern technology is helpful – when it works – it's a bit of a bugger when it does not.

I guess we just have to grin and bear the frustrations of modern living... at least it teaches us patience. But what would I know, I'm just a grumbling Grandma?

**Florence Mellott
Ferndale**

Dear Editor,
I'D like to see more older people start to use cash to pay for things where they can use cash.

If we don't use it, we will lose it. So much talk about getting rid of actual cash one day puts me on edge.

Scammers would like nothing more than people to use cards for everything, plus the extra fees

that are commonly charged to use the card, an example is at Aldi, who charge you more to use your card.

I feel it's a subject that needs attention and make people realise that a \$50 note will always be worth \$50 no matter how many people it gets passed to.

If you use your card, with the bank fees charged, slowly that

\$50 gets gobbled up and the economy is shrinking. When once upon a time you could ask a handy man to do a repair for a cashy, it would be cheaper. Now we have to pay the cost, plus GST. Who wins? We'll ask all the Australians out there now doing it tough and they wonder why.

Banks are getting fatter from fees and people getting poorer.

Paying with a card, there is never a discount, never a negotiation, with cash there is.

If we encourage people to use cash whenever possible, this could solve many issues we have with the cost of living. I think we could see some people's lives get easier.

**Marilyn Krueger
Mullaloo**

Dear Editor,
THE High Court debacle proves false news was flourishing before the flawed referendum.

We were assured by our prime minister any future appeals by the Yes proponents to this isolated group of elites could not overturn decisions made by the parliament. How wrong he was.

Instead of reflecting the expectations and moral values of the Australian community, these unelected social engineers have imposed their own personal virtue-signalling agendas by throwing more legal acid over the already delicate fabric of the nation.

**Daryl Binning
Bullcreek**

Dear Editor,
I THINK David Rudman is being too pedantic in his opinion that no one is allowed to disagree with what Karen Majer writes about in each edition of this paper.

Instead, Mr Rudman should be pleased that there is still an independent newspaper in this state whereby a diverse lot of opinions are expressed and, depending on the amount of space

available, many of them get printed.

Let us hope that Mr Rudman continues to read this paper and still feels he can write about his views on items in the paper. Also all the other contributors whether they be letter writers, journalists on the paper or regular columnists continue to support it. Our freedom of speech is very important, and that is supported by indepen-

dent papers like this one.

By the way Mr Rudman I have no connection to the editor of this paper other than addressing correspondence to her on subjects of my own or commenting on other letters or articles written by the regular columnists.

In closing, have a good day and take care.

**Margaret Ryan
Ballajura**

Dear Editor,
I JUST love Jon Lewis's contributions.

He certainly gets his point across successfully, without ruffling any feathers along the way.

I always look at the people who say they are poor and homeless etc and sometimes see tattoos, piercings, cigarettes being smoked and pets being looked after and I wonder how they could afford such things?

If I couldn't afford something, I did without or used a cheaper alternative – in pursuit of the necessary and vital things I actually needed in my life.

No meat? Bovril substituted until I could

afford mince.

With the sight of starving children in other countries taking pickings from tips, we were taught not to waste a thing.

I'm not saying I know all the answers but having arrived in Oz with \$100 and no do-gooders to help me 50+ years ago (not that I expected them to) I made big but necessary sacrifices (do people know that word, these days?) to assimilate and to achieve the comfortable life I have now. I am totally grateful to this country and how the dice fell for me.

Expectations have changed but common sense shouldn't have taken such a

nose-dive. No need for colour, race, past atrocities or creed to be used as excuses... weren't we taught to choose the paths we wished to follow and make them happen, without blaming everyone else for the consequences that ensued? Sigh!

OK... that's my rant... and well done to Jon Lewis for not ranting but 'just saying'.

Love your newspaper (the only one I bring home) and enjoy the monthly variety, especially for us Crumblies.

Well done all and long may you keep publishing.

**Pam Claessen
Greenwood**

Dear Editor,
I WOULD like to share this poem with readers...

War Out Of Hand

The King of the North or Uncle Sam must think himself the great I Am

For black eyed children with faceless smile – terror comes from a launched missile

When war is terror and terror is war – who is the terrorist? I'm not sure

Hospitals and schools under-funded go – but we find the money for bombs, you know

Are there others out there that don't understand? Has the whole thing just got out of hand?

Is globalization or oil the thing? – Or is it that someone wants to be king?

The spirit of Hitler will never die – Whilst warships sail and missiles fly

And where do the refugees all go? Refugees and war go together you know

Did someone think up these horrific plans? Or is it the whole thing just got out of hand.

W. Higginson

Dear Editor,
IT is unbelievable how mobile phones have taken over people's lives.

When my wife and I are at a shopping centre somewhere, the number of people talking on their phone is astounding. Any children with them look totally bored because their parents think their phone is more important.

Young adults, as in teenagers, using their phone like it is a toy.

What happened to the days of face-to-face communication?

**Frank Cherry
Southlake**

Submissions may be edited for clarity and space

Please keep submissions to 200 words or less.

Email jen@haveagonews.com.au

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Dear Editor,
WHEN I left school at the age of 14 in 1953, I came away believing in the theory of Tectonic Plates and the movement thereof (the Earth's crust). I have not been seduced by the more recent theory of rising sea levels which of course could amount to the same thing if you happen to live in an area that is experiencing this.

Living in Western Australia and a frequent visitor to our coast and estuaries, if anything the opposite is true!

Are we being seduced by ill-informed governments towards believing in the new alternative to support their fanatical obsession with climate change? How can Australia possibly offset or compete with fully industrialised countries when our emissions total only about one percent of the total?

I know every little helps however I feel our economy is being slaughtered simply to satisfy our politicians grandiose self-image portrayal www.britannica.com/science/plate-tectonics

**Chris Bunch
Gingin**

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Have a Go Day 2023, a LiveLighter Event a huge success



Left to right; Have a Go News managing editor, Jennifer Merigan with Premier Roger Cook and Seniors Recreation Council's Phil Paddon - Minister for Sport and Recreation the David Templeman MLA - site holders Unicare and Baptistcare were among the wide variety of stall holders

from the Seniors Recreation Council of WA

HAVE a Go Day, a LiveLighter Event, was held in the beautiful grounds of Burswood Park on Wednesday November 15. It was an outstanding success. The weather on the day was perfect for the many thousands of participants who came along. Thank you to our major partner, Healthway, promoting the LiveLighter message.

Seniors Recreation Council of WA has an amazing volunteer team who work tirelessly for 12 months and spend three, 12-hour days putting together and presenting the event. Our thanks and appreciation go to volunteers past and the current team who through their dedication presented a professional and amazing event for and on behalf of WA's seniors.

SRCWA would also like to thank the many volunteers who came on board this year, people from SRCWA, Dept of Local Government, Sport & Cultural Industries, *Have a Go News*, Wooroloo, Telstra, SRCWA branches and public. *Have a Go Day* would not be possible without all the volunteers who assisted at the event.

SRCWA cannot express enough its gratitude to all those who have been a part of this event for more than 31 years. The Wooroloo Trustees team has been an integral part

of the set up and pack down for the past 11 years and their assistance with the event is invaluable.

SRCWA would like to thank Burswood Park Board for hosting *Have a Go Day* and for providing so much support in the lead up to and especially at the event. The grounds staff do an amazing job with the park and in supporting SRCWA.

Thank you to Crown Perth for providing sponsorship towards the event and also providing the VIP morning tea and the first prize in the major prize draw for the day.

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, Radio 6PR and Curtin 100.1fm.

A big thank you to Lotterywest who once again supported Seniors' Recreation Council with a major grant and we also thank the Government of Western Australia for their ongoing support.

The official welcome was MC'd by Steve Mills from Radio 6PR and it was a pleasure to wel-

come Minister for Sport and Recreation the David Templeman MLA who welcomed everyone and congratulated SRC on 31 years of producing the event.

The Minister for Seniors Don Punch MLA and Shane Love, Leader of the Opposition also attended and enjoyed the event. A moving Welcome to Country was conducted by Mort Hansen and the WA Police Pipe Band played the National Anthem along with escorting the Over Fifty-Five Walking Association and participants on the official walk.

At lunch time it was a pleasure to welcome the Premier Roger Cook MLA to the event and have the opportunity to show him around. He visited the hospitality tents and some of the sites in between. He was very complimentary about the whole event, especially as it was designed specifically for seniors.

This year, participants were encouraged to have a go at activities on the day which included; seated volleyball, canoeing, walking, riding on a trishaw, laser pistol shooting, petanque, pickle ball, disc golf, metal detecting,

many forms of dancing, yoga, breathing exercises, cooking demonstrations, competitions 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*.

There was a wide variety of information and display stalls for everyone to look at, including clubs/groups, model boats, MG Car Club, classic speedway, antique bikes, collectable displays and gemstone display. Many of the sites included information and give aways and so much more. Health checks were also available at different locations around the grounds.

The entertainment stage was sponsored by Juniper who also gave away sliders throughout the day, thank you Juniper for your support. Thank you to Karina Klass who did a great job as MC of the Juniper entertainment stage this year. The entertainment line-up included: WA Classical Musical, WA Bush Poets & Yarnspinners, WA Police Pipe Band, Klassworks Entertainment, Kevin Bennett and Moira J Scott. Partic-

ipants all enjoyed the entertainment under shade in front of the main stage with many dancing and relaxing after visiting lots of sites and having a go at activities. The day culminated with the major prize draw.

Major Prize Draw Winners:

1st Prize donated by Crown Perth - \$1,500 Crown Towers Experience: Andrea Burns.

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

Narelle Heywood.

3rd Prize donated by SRCWA - 1 pair of Pole Walking Poles: Jeff Knock.

Thank you to Crown Perth, Kings Tours & Travel, *Have a Go News* and SRCWA for providing the wonderful prizes for the major prize draw and congratulations to all our prize winners.

SRCWA wishes to once again express a huge thank you to all our valued sponsors, partners and supporters who provide the means with which to make *Have a Go*

Day, a LiveLighter Event, a success. Burswood Park Board, Lotterywest, Crown Perth, *Have a Go News*, Government of Western Australia, LiveLighter Healthway, Channel 7, Radio 6PR, Juniper, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, Telstra, Classic Hire and Scarborough Toyota.

SRCWA wishes everyone a wonderful Christmas and happy and safe New Year. May 2024 be an exciting and prosperous year for all.



Gift a moment of joy to the lonely this Christmas

Sadly, 40% of residents in aged care homes will not receive visitors this Christmas.

To combat loneliness this festive season, Southern Cross Care (WA) has partnered with gift-giving platform Connect the 40% to deliver personalised gifts and experiences to those most at risk of isolation.

Give generously by visiting connectthe40.com/residents and help transform our residents' simple wishes into unforgettable memories.

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If you or someone you know are interested in finding out more information, please contact us via the details below:

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For more information scan the QR code or visit royallifesavingwa.com.au

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KNOW THE GEAR - KNOW WHAT TO DO

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ROYAL LIFE SAVING

A full life for Iris, now a new chapter on the water



Iris Mickiewicz

by Janet Gatt

THIS month we chat to Over 55 Canoe Club vice president Iris Mickiewicz.

Iris' father, Mick Sassel, served in WWII, and married Jessie while on leave. After the War he met two-year-old twin sons, the product of their two-day honeymoon.

Mick used his wartime-savings, £80, to buy 3000 acres in Salmon Gums. The Sassel family settled there and expanded by four

daughters. Iris was their fourth child.

Iris adored her father. He was a sociable man, an innovative farmer, and 'an absolute gentleman'.

She loved the farm life and community and attended the three teacher Salmon Gums Primary school.

Mick's parents were Italian-born, and Iris enjoyed annual sausage-making days when neighbouring Italian farmers visited to help prepare beef/pork/lamb

which was mixed in an old bathtub and fed into the sausage machine. She and her siblings used to sneak into the utility room and steal sausages strung-up to dry.

High school meant Iris moving to Perth. She spent a year at Governor Stirling High School before boarding at Presbyterian Ladies College.

While studying for three years at Claremont Teachers Training College, she moved into an eighth-floor flat with girlfriends. Iris met Murray Mickiewicz, a seventh-floor neighbour, in the lift. 'You lot must be teachers' was his comment.

Their relationship developed and after teaching two terms at Boulder Primary, her first posting, Iris managed to swap to Gingin. She enjoyed two years there, and it was easy access to Perth for weekends to see Murray, who was studying for a PhD. They married

in 1975 and Iris taught at Yale Primary, Thornlie, until 1980 when Murray was posted to England to work for two years at the BP Sunbury Research Centre, Surrey.

They settled in nearby Walton-on-Thames. Iris worked initially for Decca and later Coca Cola, an easy change from teaching. Weekends were spent exploring London and the neighbouring villages. Two weeks after sharing the national excitement of Charles and Diana's wedding, their daughter Elizabeth was born. Several years after returning to Perth Louise was born, six months later they moved to Melbourne for a year and then back to Perth. Their son, Alex, arrived two weeks after they moved into their Willetton home.

Iris returned to work when the children were young, working as a relief teacher, until she renewed her accreditation in 1991. She

taught at various city locations until posted to Wirrabirra Primary School, permanently.



She loved teaching and facilitated a Rainbows program designed for groups of children who have suffered loss, and built a special relationship with 'those kids'. She later switched to the Education Support Centre, on the same campus, for kids with special needs and became principal, a challenge she thoroughly enjoyed.

Meanwhile, her family were active. Alex's love of all sports and especially surfing determined

many school holidays at Margaret River. Elizabeth enjoyed horse-riding and Louise became a dancer. Combined siblings and cousins Christmas holidays at her mother's cottage in Esperance were eagerly anticipated.

Murray left BP and engaged in various successful business ventures before retiring three years ago.

He and Iris love to travel, particularly to London to visit Pip, an 'adopted daughter' whom they nurtured when she was injured here. And Iris makes regular visits to Esperance to see her mother, now 101. She is close to her five siblings, three of whom live in Esperance.

She enjoys eight grandchildren and regularly childminds Louise's children, aged five and three.

When she retired in 2014, at a *Have a Go Day* she learnt about with the Over 55 Canoe Club and

joined in 2015.

Iris loves paddling, the ambience of the Club, the friendships, and the variety of camps.

She has contributed first as vice-president, three years as president, and is currently vice-president.

She instigated the popular option of two paddle groups: 'Mainstream' (more arduous), or 'Leisurely', for those less energetic.

The Club would welcome new members, in their 50s or above. If you are interested in paddling with the Over 55 Canoe Club contact president, Chris Cocker, on 0410 479 024 or secretary Dale Winn on 0420 733 024.



Summer strolls still available for walking club members

OVER 55 Walking Association (OFFWA) members ended their season of morning walks with a round or two of Lake Monger.

The exercise was topped off by joining the rest of the nation in viewing the Melbourne Cup race, kindly organised by our host, Lake Monger Recreation Centre.

Sweeps organised by Es-

telle, Kevin and John added to the fun of the occasion.

Many lady members donned pretty hats while the men favoured jockey caps. One man even wore a lampshade.

After the excitement of the race, members enjoyed a delicious lunch which was provided on a 'bring a plate of food to share' basis. Coffees and other drinks could be pur-

chased from the bar.

The first morning walk for 2024 will be on March 7 at 10am at Lake Monger. However, you can still walk during the summer as a series of twilight walks has been arranged at Resort Drive, Burswood (next to the outdoor cinema).

Members will gather for the first of these walks at 5pm on Tuesday December 12, and

then subsequent Tuesdays, come along (try the club out), bring a chair and a picnic; you will be made very welcome.

Please refer to our informative website over55walkinassociation.org.au or Facebook, where people can find everything they need to know about the club's activities or ring president Faye on 0400 577 738.



Stay safe in the water this summer and make the right call

the first signs of sunny weather.

It is not the time to become complacent about drowning prevention and water safety and Royal Lifesaving WA is urging people to 'make the right call'.

Royal Life Saving WA program coordinator for Make the Right Call, Jennifer Mickle, encourages older Australians: "to know the conditions, know your limits, know the gear, and know what to do prior to participating in aquatic activities."

The over 45 population remains a high-risk group for drowning. According to the 2023 National Drowning Report adults aged 45 and

over made up 57 per cent of people drowned in 2022/23.

Diving further into the statistics 45-54-year-olds were the subject of 15 per cent of all drowning deaths, followed by 55-64-year-olds, accounting for another 15 per cent. Finally, 65-74-year-olds made up 14 per cent of drownings.

"Summer is the peak period for drownings due to increased aquatic activities, socialising, and hotter weather. We are encouraging everyone to remain diligent in, on and around the water," she said.

Water can overpower you sometimes when you least expect it. Being prepared by knowing the risks and how to identify dangers for yourself and others can save lives. This is your reminder to make sure your safety equipment is current, avoid drinking alcohol in and around the water, get qualified in first aid and CPR and know your own limits.

"We want everyone to enjoy the summer period and come home safe to their friends and families. Don't overestimate your ability or underestimate the dangers, 'make the right call' this summer," said Jennifer Mickle.

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

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Making peace - compassion is an important core human value



in post-war Australia, my friends and I were blissfully ignorant of world tensions (although later the Cold War changed that) and happily hopeful for the future. These days I can sometimes not bear to turn on the news.

John Lennon said: "Peace is not something you wish for. It's something you make, something you do, something you are, and something

you give away."

As we move into the season of 'on Earth peace, goodwill toward men', it seems a significant time to reflect on peace and compassion. Individually we may feel powerless in the face of so much war and injustice but it's heartening to know that many good hard-working folk are tirelessly striving for a better world.

One such group of people work and volunteer for the Medical Association for Prevention of War (MAPW) representing medical and other health professionals throughout the country. Their statement says "We work for the redirection of the world's resources away from war and towards

peace, health and justice."

They are working on many fronts including prohibition of nuclear weapons. The global campaign for a nuclear ban treaty was initiated in Australia by MAPW and resulted in the United Nations 'Treaty on the Prohibition of Nuclear Weapons' which came into force January 22, 2021. It makes the development, possession and use of nuclear weapons illegal for states parties to the Treaty.

MAPW is still lobbying for Australia to sign.

MAPW's work makes it clear that even a small group of concerned citizens can make a difference. Other organisations that provide humanitarian

aid, medical services and disaster relief, as well as myriad volunteers in our community, show that compassion is a core human value.

In a recent article, MAPW's WA Convenor, Dr Peter Underwood draws on the idea of the heart as the centre of human emotions, made up of seemingly inseparable and warring parts of forgiveness and of blame. Human actions based on the emotions of blame and anger continue to place us in a world of insecurity and fear.

However we are Homo sapiens, and sapiens is literally translated as 'wise'. We can use our brains as well. Dr Underwood draws on the words of

E.F. Schumacher: "small is beautiful" and "the best gift is the gift of useful knowledge".

"Can we not comprehend that which we all desire, a world of trust and love? In that dwelling-place, it is but a seamless step to seek the small and the beautiful, then to find, and here-and-there bestow our gifts of useful knowledge — outgoings from the heart of forgiveness, and from the brain of reason," he says.

"In this brave new world we've made, our human purpose will emerge with all its simplicity: as best we can, it is to foster life in its myriad variety."

In John Lennon's words, peace is 'something you make'.

Dr Peter Underwood at Artists for Peace Exhibition

by Karen Majer

THE recent release of the new Beatles song *Now and Then* was a miracle of technology. Hearing the two living Beatles perform

with John Lennon and George Harrison is nostalgic for those of us who adored the Fab Four.

Listening, I was reminded of the mood in the sixties. As young people

Community action brings independence



HAVE a Go News reported on how the community rallied to raise funds for Sheryl Thyne a few years ago.

After a life-changing spinal medical emergency in 2019 a huge fundraising effort was organised by her clinical colleagues, for the injured nurse. This has at last come to fruition that ex-nurse Sheryl Thyne regains some much anticipated and desired independence with the arrival of her new van last month.

There was much excitement at the community morning tea held to celebrate the event. Local residents came along to inspect the 'freedom wagon' and watched Sheryl manoeuvring herself into the driving seat.

It crossed the Nullarbor as a normal VW transit van in 2022 and finally returned last month to WA fully modified with the necessary hand controls and locking mechanisms to enable Sheryl to drive her electric wheelchair up the ramp and into the drivers spot.

She's under strict instructions from her driving instructor to drive it daily (even if just around the block) so that she returns to being the confident driver she once was – look out at Christmas as she will be traversing route 94 to visit her family in Merredin.

Another wonderful story of our community in action and ensuring everyone can have a go.

Christmas cheer at the Joondalup Libraries



CHRISTMAS is a holly jolly time at Joondalup Libraries in December with so many festive things to do in the lead up to Christmas day.

How about making Christmas tree ornaments with native plants or discovery healthy eating choices to cook with diabetics in mind?

Joondalup Symphony Orchestra String Quartet will serenade with Christmas favourites and popular Theatre 180, with tenor Jay Weston and soprano Sarah Waddington, keep the spirit alive with their festive favourites.

Children can enjoy Christmas story time, *Christmas Coooooo's* with Becky Buckaroo and our fa-

vourite Glenn Swift is back with a Santa surprise.

Booklovers, join in the Libby Christmas Book Club online with Chris Hammer's *The Seven*. Stock up on the very popular Quick Reads new releases and Books by Design curated collections.

And best of all, take a final family photo with one of Santa's reindeer at Joondalup Library or frame it nicely at Duncraig, Whitford and Woodvale libraries.

All the details are in the Libraries Summer Events and Programs guide at joondalup.wa.gov.au or call 9400 4751 to learn more. We wish you a very merry Christmas.

New community singing group welcomes new members

STUDIES which have shown there are many benefits to singing, especially in company with friends. Benefits include: making you feel better, enhanced lung function, beating stress, improved relaxation, improved memory, building a sense of community, letting you express yourself, help

with pain relief and boost your confidence.

Singing features in well-being studies and is for everyone.

Come along and sing with the All Saints Sing-a-long which will run on the third Thursday of the month between 2pm and 4pm. The next class will be held on Thursday

December 21 and will be perfect activity for the festive season.

They'll be singing to piano accompaniment as well as sharing afternoon tea. Attendees are asked for just a gold coin donation to cover the cost.

The song list ranges from pieces from musicals and movies to chart

hits, popular folk music and traditional songs that have stood the test of time.

The group will meet at All Saints Church 48-50 Berkeley Crescent, Floreat; the phone number is 6185 1116 and email address of the church office is office@allsaints.com.au

Try getting a hole in one with this great outing to Glowing Rooms

HOW many times have you scratched your head and thought I just want to find something different 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 superheroes.

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 nav-

igate 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.

Are you struggling to get around your own home?

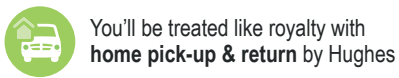


We have solutions to suit any mobility issue due to age, injury or illness. From grab rails and ramps, to bidets, lever taps and bathroom modifications. If you have a need we can likely cater for it.



Please contact us on 0411 967 989 to discuss your requirements with our accessibility experts

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11 to 22 February 2024

ENCHANTING INDIA

5 Seats Left

13 DAYS



Embark on an enchanting journey through India's Golden Triangle and beyond. Discover the captivating blend of ancient and modern in Delhi, visit iconic landmarks such as the Taj Mahal in Agra, and explore the vibrant Pink City of Jaipur. Immerse yourself in the regal heritage of Jodhpur and experience the picturesque beauty of Udaipur. Stay in luxurious hotels, indulge in delicious cuisine, and witness breathtaking sights, from majestic forts to serene lakes. This tour offers a seamless blend of comfort, cultural immersion, and unforgettable moments, creating an incredible adventure through India's most captivating destinations.

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ Internal economy flight from Udaipur to Delhi
- ✓ 11 nights' specially selected accommodation
- ✓ Breakfast daily, 1 lunch, 1 High Tea and 9 dinners
- ✓ Local English-speaking guide throughout
- ✓ All sightseeing and entry fees as per the itinerary

Tour Highlights

- ★ Exploring the captivating city of Delhi, with its blend of ancient and modern attractions
- ★ Witnessing the awe-inspiring Taj Mahal at sunrise in Agra, one of the world's most iconic and romantic architectural masterpieces.
- ★ Immersing yourself in the vibrant atmosphere of Jaipur, known as the Pink City Discovering the rich history and architectural wonders of Jodhpur
- ★ Experiencing the timeless beauty of Udaipur, often called the Venice of the East, with its majestic City Palace and scenic.
- ★ Lake Visiting the enchanting Ranakpur Jain Temples, renowned for their exquisite marble carvings and intricate architecture.
- ★ Enjoying luxurious accommodations in well-appointed hotels such as The Lalit, Jaypee Palace, The Hilton, and The Trident.
- ★ Indulging in delicious cuisine, from traditional Indian dishes to international delights, and savouring a farewell dinner with a scenic lake view.
- ★ Enjoying leisure time to explore and immerse yourself in the unique culture, vibrant markets, and local experiences of each destination.
- ★ Having a hassle-free travel experience with private transfers, knowledgeable local guides, and the expertise of a dedicated tour manager throughout the journey.

Tour Cost
\$6790*
Per Person Twin Share \$8990* Single

18 to 23 February 2024

ESPERANCE & BREMER BAY

6 DAYS



Discover the hidden gems and natural wonders of WA's Southwest as you delve into its rich history and immerse yourself in its stunning beauty. From the charming coastal town of Bremer Bay, to the magnificent Wave Rock and beyond, every step of this adventure promises awe-inspiring sights and unforgettable experiences.

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Luxury coach with professional driver
- ✓ 1-night in Bremer Bay at the Bremer Bay Resort
- ✓ 3-nights in Esperance at the Hospitality Inn
- ✓ 1-night in Hyden at the Hyden Motel
- ✓ Breakfast daily, 4 Lunches & 5 Dinners
- ✓ Sightseeing and entry fees as per itinerary

Tour Highlights

- ★ Visit Williams Woolshed
- ★ Wander the town of Katanning and see the street art
- ★ Take in the spectacular views around Bremer Bay
- ★ Lunch in Bremer Bay
- ★ Visit the Wellstead Museum and enjoy lunch
- ★ View the Silo Art in Ravensthorpe
- ★ Visit Cape Le Grande National Park
- ★ Lunch at Yirri Grove Olive Farm
- ★ Scenic Wildlife Cruise with morning tea
- ★ Guided Tour of Wave Rock and surrounds

Tour Cost
\$2690*
Per Person Twin Share \$3090* Single



13 DAYS

9 to 21 March 2024 GRAND TASMANIA

Discover the captivating beauty of Tasmania on our unforgettable tour. From exploring historic sites like Port Arthur to immersing yourself in the wilderness of Strahan and Wynyard, every moment will be filled with wonder. Indulge in cheese tastings, wander through picturesque gardens, and witness fascinating wildlife encounters. Cruise along the stunning coastline, enjoy breathtaking views at Cataract Gorge, and savour delicious meals overlooking the water. Immerse yourself in Tasmania's rich history and natural wonders, and experience the best of Tasmania.

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 12 nights' specially selected accommodation
- ✓ Breakfast daily, 8 lunches and 9 dinners
- ✓ Luxury Coach with a professional driver
- ✓ Sightseeing and entry fees as per the itinerary

Tour Highlights

- ★ Enjoy guided tours of Hobart and Cradle Mountain
- ★ Walking tour at Port Arthur Historic Site
- ★ View the 'Wall in the Wilderness'
- ★ Gordon River Cruise through pristine wilderness including a buffet lunch
- ★ Day Keeper Tour at Devils @ Cradle
- ★ Discover the range of award-winning cheeses at the Ashgrove Cheese Factory
- ★ Guided tour and lunch at Woolnorth
- ★ Visit the township of Stanley
- ★ Visit Cataract Gorge Launceston
- ★ Stay in the seaside town of Bicheno on the East Coast
- ★ Tour and tastings at Bridestowe Estate Lavender Farm
- ★ Visit the well-preserved Georgian towns of Campbell Town, Ross and Richmond
- ★ Peppermint Bay Cruise including lunch

Tour Cost
\$6790*
Per Person Twin Share \$7990* Single

26 April to 1 May 2024

THE GHAN EXPEDITION

6 DAYS



DARWIN TO ADELAIDE

A unique and epic experience, explore the wonders of Australia's vast interior with one of the world's most renowned rail journeys – The Ghan Expedition from Darwin to Adelaide. Beginning in Darwin, this four-day, three-night 2979km all-inclusive journey will take you to some of the most remote and captivating parts of Australia in style and comfort. Your adventure through the country's vast, varied, and captivating interior will leave you speechless. It's the ultimate Australian outback experience. On-board you will find sumptuous dining, elegant private cabins, attentive service, and the camaraderie of your fellow travellers. And when the train stops, the adventures begin. Choose from a huge range of included off-train experiences to create your own rich and rewarding personal journey through Australia's outback and beyond.

Tour Highlights

- ★ Off train experiences in Katherine, Alice Springs, and Coober Pedy
- ★ Evening off train experience in Manguri
- ★ A spectacular dinner under the stars at the historic Telegraph Station, Alice Springs
- ★ Explore Nitmiluk Gorge's powerful natural wonders and rich Indigenous culture
- ★ Venture into the underground opal mining town of Coober Pedy

Tour Cost
\$6790*
Per Person Twin Share or Single

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ 1 nights' accommodation at the Adina Hotel Darwin Waterfront
- ✓ 1 nights' accommodation at the Stamford Grand Glenelg
- ✓ Transfers throughout
- ✓ Breakfast daily, 3 lunches and 5 dinners
- ✓ 3 nights on board the legendary Ghan in Gold Service
- All-inclusive dining in the Queen Adelaide Restaurant, Off Train Excursions & Outback Experiences
- Access to the Outback Explorer Lounge for beverages and socialising
- All-inclusive Australian wines, beers, spirits and non-alcoholic beverages
- In-cabin music channels and journey audio commentary
- Complimentary Australian bathroom amenities

18 to 24 March 2024

MELBOURNE FLOWER SHOW & THE GREAT OCEAN ROAD

7 DAYS



Experience the ultimate Australian adventure with our Melbourne Discovery Tour! Embark on a captivating journey through the vibrant city of Melbourne, where you'll cruise on a unique Tramboat, explore the iconic Great Ocean Road with its breathtaking coastal views, and immerse yourself in the beauty of the International Flower and Garden Show. Indulge in opulent dining experiences at renowned restaurants and savour the charm of Warrnambool and Port Fairy, steeped in maritime history. Witness native wildlife at Tower Hill State Game Reserve and enjoy luxurious accommodations at the Pan Pacific Melbourne. With personalized service and a plethora of unforgettable experiences, this tour promises to be an extraordinary exploration of Australia's culture, nature, and culinary delights.

Tour Highlights

- ★ Morning Cruise with Melbourne Tramboat Cruises
- ★ Lunch in Conservatory Restaurant in the Crown Casino
- ★ Entry to Melbourne Skydeck
- ★ Melbourne International Flower Show
- ★ Visit to the Tower Hill Wildlife Reserve
- ★ Locally guided tour of Port Fairy including lunch
- ★ Dinner and the Shipwreck Show at Flagstaff Hill Maritime Museum
- ★ Visit, tastings and lunch at the Great Ocean Road Chocolatier

Tour Cost
\$4190*
Per Person Twin Share \$4990* Single

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 nights at the Pan Pacific in Melbourne
- ✓ 2 nights at the Mid-City Motel in Warrnambool
- ✓ Breakfast daily, 4 Lunches & 5 Dinners
- ✓ Sightseeing & Entry Fees as per the itinerary



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Let's go motoring - the Great Wall Motors (GWM) Tank 300 is worth attention



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

WELL, I know what you're thinking; it's called "Tank" Really? Because it is not.

So at the front end already I'm a little dubious. Another offering from Chi-

na. Not at all a bad thing. They're doing some extraordinary cars, particularly in electrification.

My thought was why would this particular car called Tank be worth my attention; my usual scepticism was running rampant.

The Tank is a weird but curiously wonderful blend of designs, much of which we've seen before. Perhaps a little Jeep looking, maybe a touch of Mercedes-Benz G Class and a little bit Suzuki Jimny.

There is a lot to like in this 4WD, price being one. From around \$46,990 the value seems there. Top

spec as tested around \$50,990 drive-away. By most accounts the Hybrid will be the one to own early 2024 at around \$61,000.

As the Tank (not at all a pretentious name) was delivered, I couldn't help but feel surprised. Overlooking the blend of design, we may have seen before; it works.

Build quality, not always a strong feature of Chinese car manufacturing, was impressive.

Cabin design and layout feels familiar. Seats with heating, cooling and 25 thousand possible settings all added to the overall high-end feel.

The Tank was impressive

With a swarm of international car designers now working on design, shapes and innovations inside Chinese manufacturing, one feels they are on track to do to Europe what Toyota did to Detroit.

Entertainment and sound system, while not the world's best, is intuitive and more than adequate.

Proof of the pudding is in the drive experience, and this is where Tank becomes somewhat of a rising star. There's a welcome, reassuring cabin in quiet, something for which GWM may not be known.

The steering wheel felt typically lacklustre on first drive. But after a couple of days becomes way less noticeable.

Tank 300 it's not a BMW or Audi, however it's about one third the price. Pretty easy to live with.

By all accounts the Tank 300 Hybrid will be the one to own, available in the first half of 2024.

In a cluttered field of mid-sized offerings from Toyota, Mazda, Mitsubishi, Kia and Hyundai, GWM are making a mark. Pay attention, you will notice how many are on WA roads.

If you're looking for something different, af-

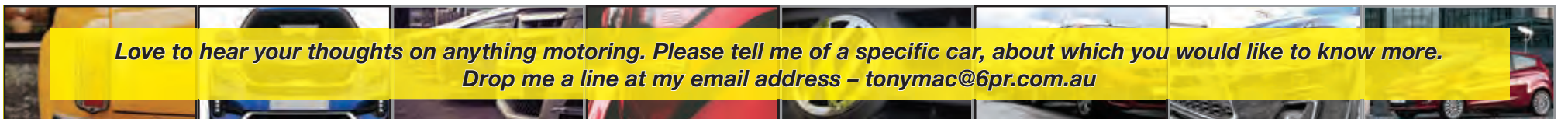


fordable and a bit funky I would recommend a test drive. After a few days driving around Perth City and suburbs in a car called Tank, I noticed that my loathing of SUV's subsided. I was even prepared to forget the fact I was driving

a car with personalised number plates. This did not come easy, but I feel I've grown.

Compliments of the season to all readers.

"May your hand only be held out in friendship, never in want".



Morley GWM

GWM Haval Jolion Premium

\$500 fuel card



- 10.25 inch Colour Multimedia Touchscreen
- Adaptive Cruise Control
- Rear cross traffic alert
- Hybrid models available

FROM \$25,990 DRIVE AWAY

GWM Tank 300 Luxury 4x4

\$500 fuel card



- 360° Camera
- Towing capacity 2.5 tonne
- Apple CarPlay and Android Auto
- Hybrid options available

FROM \$46,990 DRIVE AWAY

GWM Cannon Ute

\$500 fuel card



- 4x4
- Towing capacity 3 tonne
- 2 Litre Auto
- Automatic

FROM \$37,490 DRIVE AWAY

GWM Haval H6 Premium SUV

\$500 fuel card



- 2 Litre Turbo Petrol Engine
- Blind spot monitoring
- Apple CarPlay and Android Auto
- Hybrid models available

FROM \$31,990 DRIVE AWAY

ALL THESE VEHICLES INCLUDE...

7 YEAR UNLIMITED KM WARRANTY

5 YEAR ROADSIDE ASSISTANCE

5 YEAR CAPPED PRICE SERVICING

BONUS \$500 HAGN fuel card

Have a Go News readers receive a \$500 fuel card for petrol and diesel vehicles with their purchase. Valid with purchases till 31/12/23

GWM Ora Electric



- 310 km range
- Optional 420 km range
- Keyless entry
- Apple CarPlay

FROM \$42,990 DRIVE AWAY with free charging station (worth \$1690)

*METALLIC PAINT EXTRA. TOTAL DRIVE AWAY COST INCLUDES 12 MONTHS REGISTRATION, DEALER DELIVERY AND GOVERNMENT CHARGES.

Hand-me-downs... the long-lost love letter brings family joy



by Serena Kirby

PART of a mother's role is to pass things down and my mother often reminded me of the value of the items she'd be handing on. Auntie Jean's Kosta Boda vase (which we kids called the "Costa Loada" [money] vase) and grandma Olive's China tea set were just some of the things destined to be handed on.

I remember when I was about 12, my mother went through the house putting coloured dots on the underside of everything of value. When she'd finished, she took me by the hand and showed me what she'd done. She explained that each child had a colour and each dot represented items she intended us to have. I was too young at the time to have

any real concept of mortality and found the exercise particularly disturbing.

When my mother died five years later, I inherited my selection of the things with the dots. I tried to keep as much as I could but over the coming years I sold numerous pieces until all that remained was a handful of boxes that I moved from house to house without ever fully unpacking them.

Nearly two decades passed when another house move led me to further downsize my possessions and do a deep dive into the boxes I'd been holding on to for so long. There was some Irish table linen that the moths had been dining on (which now looked more like lace than linen) plus dozens of china ornaments

— most of which had become broken or chipped. There were also countless mouldy and battered books packed around all manner of odds and sods. After all these years the hand-me-downs had been reduced to a collection of things suitable only for the tip.

I felt sad and guilty as I discarded them into the skip bin but as I like to recycle, I up-ended one of the boxes that was still in good condition to at least salvage something from the hand-me-down disaster; it was one of the boxes I'd originally grabbed from our family home to pack up my inherited things.

After I tipped its contents onto the pile of refuse, I shook it to release the dust and dirt trapped around the base. I looked inside to check that everything was

gone and saw the corner of an envelope poking out from the bottom folds of the box. When I slid it out, I saw my mother's name written across the envelope's face in faded black ink. The handwriting was totally familiar.

I carefully opened the envelope and inside was a letter that took my breath away. It was my father's letter of proposal to my mother, written in 1945.

"My heart is yours until the last beat," he wrote and he asked my mother to be his wife and partner in all things. With it was a small black and white photo of a man in army uniform looking lucky and a young woman looking nervously happy.

I don't worry any more about the things with the dots. I have a letter instead.

Reduce the waves and wake in the world



by Jon Lewis

PEACE on earth could simply start within me. Perhaps at times, also like me, you may feel flustered or a little frustrated? I believe these feelings are normal, especially at this time of the year.

The important issue,

at least to me, is what actually becomes of these fleeting feelings. How do they manifest? Are we truly beautifully and benevolently suppressing our momentary failings or not? While observing myself with the power of 20/20 hindsight, I feel I'm not even close.

So... what can I do? My first thought is to reduce the number question marks. Do you agree??? (sic) It would be truly lovely not to exacerbate any situation with my own difficulties.

It would be even better to leave the environment nicer than I found

it, even if I'm never to be aware of the result.

I can start by reducing my waves in the company I keep. This may reduce my wake in the world and perhaps even stop the world from wobbling.

It was shared with me through a thoughtful physiologist friend of mine, Libby. She pointed out how naturally well-equipped we are at projecting our feelings and emotions.

Certainly, we can hide them well if we try and it's also possible to do something else quite wonderful. We can choose different feelings.

I'm talking about the feelings that are unhelpful, these we can choose differently. For example, the feelings I personally choose can differ greatly... if the impetus comes from my family or from a stranger. It's all about my own personal choice.

What I like best is that I'm the only one in charge. I am the one who gets to choose. Just me...

From my darling wife and I, we wish for peace for you and all you meet.

A very merry Christmas and a safe and happy 2024, like never before!

Ho, ho, ho... All the best.

Have fun and get fit in the Peel region



2024 Double Dip Aerobic Swimming program starts soon...

SENIORS Recreation Council of WA, Peel branch, is launching a new season of the Double Dip Aerobic Swimming Program which

has run successfully over the past 10 years. Forms will be available to register for the three-month program, commencing

two days per week from January 2 and 4 through the months of January, February and March.

Cost of registration is \$70. (Please note, no eftpos available).

Seniors aged from 50 years are welcome to register, with numbers limited.

An instructor will be in attendance along with a lifeguard at each session. Attendees will need to bring their own pool noodle, towel, hat and water.

Further enquiries to Jan McGlenn OAM on 0427 088 615 or email dmc56456@bigpond.net.au



Belinda Boveksi celebrates 30 years at 9

30 years of service

CONGRATULATIONS to Belinda Boveksi who celebrated her 30th anniversary manning reception at Channel 9 Perth.

Belinda started work at the studios in Dianella in 1993 and became an absolute stalwart at the station, she. A visit to Channel 9 is not complete without seeing her friendly face and receiving one of her warm greetings.

Have a Go News was on hand to lend our congratulations to Belinda as she marked her 30 years with the station on Monday November 13, the same day as our annual station tour for readers.

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Looking back - beyond the stories - establishing the Royal Flying Doctor Service



The Pilatus PC-12 is among Royal Flying Doctor Service's fleet of five different types of planes used for aeromedical services. Photo courtesy of RFDS Western Operations



then hopped into a Model T Ford, got to a horse-drawn carriage and, finally, walked into Halls Creek settlement. Tragically, Darcy had died the day before.

While the operations were judged to be successful, Darcy died from undiagnosed malaria and a ruptured abscess in his appendix.

Rev. John Flynn related the tragedy in many public talks to highlight the need for improvements in medical treatment and communication in remote Australia.

Rev. Flynn had worked

in remote areas of Victoria and was commissioned by the Presbyterian Church to look at the needs of people living in the outback. The Australian Inland Mission was founded in 1912 as a result of his report.

In 1928, Rev. Flynn formed the AIM Aerial Medical Service in Cloncurry, Queensland – the future Royal Flying Doctor Service.

Founding supporters included Hudson Fysh, one of the founders of Qantas, industrialist HV McKay and Dr George Simpson. Qantas supplied the first plane, a De Havilland DH 50, dubbed Victory. Qantas charged two shillings-a-mile for use of the Victory during the first year.

On May 17, 1928, pilot Arthur Affleck took the first official flight from Cloncurry to Julia Creek in Central Queensland,

with a welcoming crowd of more than 100 people at the airstrip.

A vital breakthrough was yet to come, thanks to the tragedy of stockman Jimmy Darcy.

Flynn's public speeches about Darcy were heard by a Victorian pilot, Lt Clifford Peel, who was posted to France for World War I in 1917.

Lt Peel wrote to Rev. Flynn, outlining how he witnessed a missionary doctor flying to patients in isolated areas. Peel set out costing estimates for missions and Flynn wrote about Peel's idea in his church's newsletter. In 1918, unheralded hero, Peel, died in combat.

Rev. Flynn got together with Alfred Traeger to experiment with radio in the mid-1920s, probing how to connect remote outposts with a centralised medical base.

Pedal radios were

gradually distributed to outback missions, cattle stations and homesteads around Cloncurry, the base site for a 50-watt transmitter.

In 1926, experimental medical flights began and the following year, an injured miner was flown from Mount Isa to Cloncurry.

The Aerial Medical Service provided a national service in the 1930s and, in 1942, became the Flying Doctor Service of Australia and, finally in 1955, the Royal Flying Doctor Service.

In its first year, the RFDS flew 32,000 kms in 50 flights, becoming the first comprehensive air ambulance service in the world.

The non-profit RFDS, funded by sponsors, continues to provide primary health care and emergency and community services to Australia's isolated communities.

by Lee Tate

WEST Australian stockman Jimmy Darcy's tragic end in 1917 was a turning point in the formation of Australia's world-famous Royal Flying Doctor Service.

Working on remote cattle station, Ruby Plains, in Western Australia, Darcy was struck down by a

ruptured bladder.

Friends rushed him across rough tracks and roads for 12 hours to remote Halls Creek. Only one man in the settlement was trained in first aid, postmaster FW Tuckett.

Tapping out morse code on the overland telegraph, Tuckett failed to make contact with doctors at Wyndham and Derby but

eventually got through to a Dr Holland in Perth.

Tuckett plied the suffering patient with whiskey and strapped him to the post office counter. Armed with only a pen knife, Tuckett was guided by Dr Holland through "two rather messy bladder operations."

Dr Holland then boarded a cattle boat to Derby,

Next year's short story writing competition for women is now open

SOCIETY of Women Writers WA has launched the 2024 Ethel Webb Bundell Literary Award for short stories up to 4,000 words. There is no set theme. The judge will be looking for original, unpublished, good quality writing with engaging characters and a compelling narrative.

The closing date for entries is March 31, 2024 and winners will be announced on June 18, 2024, followed by uploading onto the Society's website.

First prize is \$400, second prize is \$200

and third prize is \$100. Highly commended and commended certificates will also be awarded.

Chairperson of the Society of Women Writers WA Helen Iles, says: "In previous years we have received a large number of submissions from all over Australia and the judges have commented on the high quality of the entries."

Ethel Webb Bundell was a widely published and prize-winning writer of short fiction, poetry, articles and novels. She

contributed greatly to writing in Western Australia.

She was the founding member of Atelier, the WA Magazine branch of the Society of Women Writers Australia in 1977.

When the Western Australian branch was set up in 1981, Ethel was the inaugural president of the Society and later a life member.

She worked tirelessly to establish and support other writing organisations in WA, as an executive member of the Fellowship

of Australian Writers WA, the Australian Society of Authors and Pen International, Perth. She was also a foundation member of the WA Writers' Council and the Katharine Susannah Pritchard Foundation.

Ethel passed away in October 2014 at the age of 89 years.

Guidelines and entry form available from the Society's website: www.swwofwa.com.au/ewb-literary-awards.html

For further information, call 0429 116 395, or email linpress1@bigpond.com

9 MUST WATCH PROGRAMS THIS DECEMBER



TODAY PERTH

Wake up with Karl Stefanovic and Sarah Abo for Australia's most talked about breakfast show! Includes the latest news, sport, weather, opinion and analysis.

WEEKDAYS FROM 5.30AM



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. Hosted by Monika Kos.

WEEKDAYS 5.00PM



9NEWS

Join Michael Thomson and the 9News team for the full story. Perth's comprehensive live one-hour bulletin covering the latest in news, sport, and weather.

NIGHTLY 6.00PM



A CURRENT AFFAIR

Covering the realms of politics, crime, human rights, science, technology, celebrities and entertainment. Hosted by Ally Langdon.

WEEKNIGHTS 7.00PM



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SUN 8.00PM MON 7.30PM



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THURSDAYS 7.30PM



THE GARDEN HUSTLE

Jam-packed with creative garden, courtyard and balcony makeovers, a show for everyday Australians with plenty of tips, tricks and inspiration to help spruce up their own outdoor areas.

SATURDAYS 7.30PM



TARONGA: WHO'S WHO IN THE ZOO

The front gates are open to showcase the amazing work of keepers, vets and support staff, as they go through all the high and lows that come with running one of the most famous zoos in the world.

WEDNESDAYS 7.30PM



NINE PERTH PRESENTS CHRISTMAS IN WA

Hosted by Tracy Vo and Natalia Cooper, each episode will capture the true essence of a WA Christmas. A string of your favourite Nine personalities will also pop by delivering festive messages and holiday cheer!

SUNDAYS 5.30PM

* Broadcast times subject to change. Please check local guides.

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ADVERTISING FEATURE



travel options for the mature west australian



L-R; Gary Tate's photo of the rock which has a striking resemblance to King Charles III - Matt Carter and Indigo Car Hire team members - VietJet Airlines recently launched

MATT Carter got in touch with me recently after picking up a copy of this newspaper while on a holiday to Perth. He had lived here until he was about 10 years old and loved it so much, he returned to retrace his steps including a visit to his old school and home.

Matt manages Indigo Car Hire, a car hire broker based in Leeds in the UK providing discounted car rental services across the UK and Europe. They rent anything from a Fiat 500 mini sized car to a nine-seat minivan offering fully transparent pricing with no hidden extras. He emailed me

as their small team has a combined 50 years of experience of assisting clients with their car rental needs and specialise in providing car rental services to senior drivers. They have no upper age limit and don't charge a premium for senior drivers.

Matt said he is often told of barriers that are placed in front of drivers who are 'up in age' and they take these barriers away.

Indigo has been servicing senior drivers from Australia for the past 15 years and would welcome hearing from anyone who has any requirements.

The website is www.indigocarhire.co.uk email address is sales@indigocarhire.co.uk and phone number is 0044 113 2899 281, tell them *Have a Go News* sent you and he will ensure you are well looked after.

★★★★

Perth is becoming an airline hub with the launch last month of VietJet Airlines kicking off their first direct flight to Perth from Ho Chi Minh City. Direct flights will open up more opportunities for West Australians to travel there.

Our roving reporter Steve Collins was at the airport for the touchdown and he has

shared one of his stories from a Vietnam trip this year on page 27. It's one of his favourite overseas destinations.

★★★★

The Margaret River region is also on the radar for more direct flights with Jetstar announcing a new direct service to and from Sydney to Busseton airport which will commence next year. Jetstar have also announced further flights between Perth and Phuket, Singapore and Bangkok.

Singapore Airlines have increased their capacity between Perth and Singapore as well.

China Eastern Airlines have launched a seasonal service for the Chinese New Year between Perth and Shanghai, and it's expected to see 14 planes arrive in Perth over the lunar new year.

It seems WA is becoming a popular destination and we hope to see more tourists discover our secret state.

★★★★

Gary Tate found the photo of the rock pictured above wandering along the shoreline of 'Old Corfu Town.' He said he spotted the rock (stone bust), and he thought it had a striking resemblance to King

Charles III! I always welcome readers to share photos or tips with us – just email me below.

★★★★

There are a few last-minute seats for anyone who wants to join the day trip to Antarctica, which departs January 26, 2024. If you would like a copy of the brochure which outlines conditions and seating arrangements and the booking form, please email jen@haveagonews.com.au or call the office on (08) 9227 8283.

★★★★

Happy trails

Jennifer Merigan

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



Christmas stargazing... enjoy the stars over the festive season



up the sky.

To end our cosmic year on a high, early risers on New Year's Eve will be treated to quite a show in the low eastern sky. A bright Venus sits near to the constellation of Scorpio, while Mars and Mercury huddle together just underneath. Look from 4.30am - 5am, December 31.

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 star-filled Christmas.

If you're a budding astro-enthusiast, check out Stargazers Club WA's telescope classes and astronomy events for beginners at: www.stargazersclubwa.com.au.

by Donna Vanzetti and Carol Redford

WITH Christmas just around the corner, it's a hectic and crazy time. So why not take a breather, head outside and look up at the beauty of a star-filled night sky.

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

This month, stargazers will be treated to a special display from 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 until early morning on December 13 and 14. Look to the northeast and north about 45° above the horizon.

Throughout December the planets are also celebrating Christmas by

putting on a parade. 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, along with the Moon, to form incredible conjunctions.

On December 24, we have a special Christmas Eve treat. From 8pm, high in the north, the brightest star you can see is not a star at all – it's Jupiter, and to the east of Jupiter, a very bright moon will light

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Likeable Linz - a father and daughter cycling adventure through Austria



L-R; Spring in Linz Hauptplatz: (including ancient statue (dreifaltigkeitssäule) and modern tram) - Cycling the Donauradweg; (including daughter, Katherine on Danube cycle path) - 16th century Landhaus; (provincial parliament) - A bakery has been here since 1371 - From Lentos across the Danube to Ars; (including funfair and village of Pöstlingberg)

IN Tim Dawe's second story in this series on Austria, he cycles along the Danube River to Linz.

IT'S not your standard arrival in a city: cycling across the Nibelungen Bridge spanning the Danube River into Linz. My daughter Katherine and I are on a quest: to cycle from Passau (Germany) on a 350km, six-day journey to Vienna.

On arrival my first, and lasting, impression is that

I like Linz. Drenching rain refuses to dampen my enthusiasm for Austria's third city. Clouds depart leaving shafts of sunlight over Linz's 13th century Hauptplatz, one of the largest town squares in Europe. It's wonderful - a magical arrival.

This divided, rectangular square, open to the river, is lined with the stolid, uniform buildings of centuries past. It's punctuated by the Alter Dom (old cathedral), Altes Rathaus

(old town hall) and, centre stage, the bizarre Dreifaltigkeitssäule (holy trinity column) - a 20m baroque twist of white marble erected by grateful survivors of the plague. There are restful islands to sit and watch. Flowers dazzle in spring colours. A modern tram flashes over glistening cobblestones.

Linz seems inviting and liveable. It has a great feel to it; it's orderly and clean (no litter or graffiti) yet has vitality and style. Its built-form seamlessly weaves renaissance with ultra-modern. Our four-star hotel fits the latter description. The tour operator provides Gasthof-type accommodation, so our check-in isn't usual. But it's hard to look sophisticated arriving sodden, lugging soggy maps and panniers - and wearing bicycle pants.

The city's motto sounds ambiguous: "Linz changes". Yet Linz has transformed itself from grey, industrial capital of Upper Austria to a city of innovation, design and culture - and the 2009 European Capital of Culture. It's time to cycle forth to discover more. I head for the river.

Over the river I visit Ars Electronic Center, partly a museum but mainly a workspace for cutting-edge electronic researchers and designers: "a platform for digital arts to explore the future".

Its mission is to use technologies such as robotics, neuroscience and biotechnology in artistic and productive forms. At night its expansive glass walls, embedded with LED lights, shine swirling colours on the Danube. Colour of a different sort - a circus and permanent funfair - abuts the building; old and new entertainment for all tastes, cheek by jowl.

On the Danube's south bank is Lentos Museum of Art. The building itself is sculpture. Its black glass façade is covered with the repetitive word: lentos. It too lights up each night casting vivid purple into fast-flowing waters. Lentos offers old and modern art including works from Warhol and Austria's favourite sons Klimt and Schiele.

It's fun darting around Linz by bike, traversing twisting streets that trace medieval goat tracks. A

sharp turn leads me to Stadtpfarrkirche (parish church) dominating a spacious square. This lovely baroque church is where Emperor Friedrich III is interred - well, actually not all of him, only his bowels. At that time deceased royalty had a habit of leaving bits of themselves all over the country. Not unlike an animal marking (scenting) its territory.

Wheeling along another former goat track, I chance upon K.u.K. Hofbakerei, a bakery of renown with its shopfront clad in carved woodwork. It is a sign to dismount for a coffee and sample the famous Linzer Torte. The cosy café interior is a welcome contrast to old and new monumentalism. Walls are covered with ageing posters and newspapers while military regalia gleam in corners. It pays homage to the Austro-Hungarian Empire and especially Archduke Peter Ferdinand, a royal - and loyal - customer. Current proprietor, Fritz Rath, proudly tells me this site has been used as a bakery since 1371.

Linz has thrown up an eclectic bunch of noteworthy sons: Johannes

Kepler (1571-1630), Anton Bruckner (1824-1896) and ... Adolf Hitler. There is the Kepler University and the Brucknerhaus. As for Hitler, there's no mention of the adoring crowds of Austrians cheering on the Anschluss and of Hitler's plans for Linz as his "European Capital of Culture". Things have changed since the Hauptplatz was Adolf-Hitler-Platz. Nazism is now a tourism feature. I begin a self-directed walking tour of buildings occupied by the Gestapo, finding the experience unfulfilling. Not only have we moved on, so have some of the buildings.

My assumption that a European capital of culture (Linz shared with Vilnius) is all musty museums and opera houses, is definitely dashed. After all, culture should be seen to be broad and diverse; Linz's institutions are. They include the wonderful Brucknerhaus concert hall, its sweeping modern lines contrasting with the baroque architecture of nearby Landesgalerie housing classical and contemporary painting and sculpture, Linz Castle, first built in 799, now its

largest museum, a puppet museum, the splendid Akustikon, (acoustic experiences), the House of (children's) Stories. There's even a museum of dental history. Linz's cultural program goes all year: rock festivals, Easter passion play, summer rose garden cabarets, and even odd-ball events such as Der Kranke Hasse (the sick hare).

It's been a busy day, ducking and diving. After dinner of schweinebraten with sauerkraut, it's an early night. Suddenly my sleep is shattered with the sounds of explosions. I hope it's just the nightly fireworks over the Danube.

Next morning there's time for quick visits to the Landhaus (parliament) and Mozarthaus, home to the Linz Symphony. But first, courtesy of our cycle-tour company, we're given a tasting with a chocolatier on gentlemanly Herrn Strasse, the poshest of addresses during the 17th century, now restored to its full splendour.

We pick up the bike path across and along, the river at the funfair, cycling through a beautiful greenbelt of remnant forest, with parklands, boating lakes, sporting fields and nature trails. What an antidote for the urban dweller, just minutes from the city. At the city outskirts there's a broad sweep of industrial land; an economic powerhouse of chemical, oil and steel industries. Today, industry maintains Linz's prosperity but increasingly, with that other powerhouse - cultural services.

Cycling on, I yearn for a longer stay to really savour likeable Linz.

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travel options for the mature west australian

Why everyone must visit Canberra - the nation's capital - at least once



L-R; Inside the Old Parliament House - view from Mt Ainslie - preferred choice of transport
Inset; Sculpture Garden at the National Gallery of Australia - Australian War Memorial

by Carmen Jenner

AFTER decades of travel, it's hard to believe that I hadn't been to the capital

of Australia. I soon discovered that many other Perth travellers hadn't made the journey to Canberra either, and it was time to break

the trend.

Firstly, let's address the elephant in the room. Canberra has an underwhelming reputation and was

only named the capital in 1913 as a compromise between Melbourne and Sydney. Despite hosting the government of Aus-

tralia, not even the prime minister lives there. The city planners did an incredible job of orchestrating a roadmap that works; if only

more cities were so well arranged or as pretty, since it's nestled in a valley bordered by mountain ranges that are snow-capped in winter.

Although Canberra teems with restaurants, bars, high-end shops and fancy hotels, it doesn't roll out the red carpet. There's no opera house, but there are two parliament houses. The coast is a couple of hours away, but Lake Burley Griffin glistens at its cosmopolitan centre, beckoning for leisurely cruises and bordered by museums, galleries, iconic landmarks, cafes and parks.

hour is a novel concept for any Western Australian.

We got our gallery and museum quota up for the year at the National Portrait Gallery, where many a patron has admired Hugh Jackman's beauty and Julia Gillard's vulnerable portrait taken the day after her political career dissolved. The National Gallery of Australia inspired with Russell Drysdale's *The Drover's Wife*, Sidney Nolan's *Ned Kelly* collection and the Aboriginal Memorial installation of 200 hollow log coffins from Central Arnhem Land. The Sculpture Garden bordering Lake Burley Griffin invites a wander among masterpieces by French sculptors Auguste Rodin, Aristide Maillol and Gaston Lachaise.



You can visit the current parliament house, but we chose the Museum of Australian Democracy - Old Parliament House - for a snapshot of the Bob Hawke era. The excessive 80s lingered in the air. It was as though everyone had gone home for the weekend and left their weekly debris of coffee cups, manual typewriters, landline dial phones, jackets slung over the backs of retro chairs and ashtrays overflowing with cigarettes. If you remember or used any of these items, you'll get a kick out of this museum.

To gain a sense of Canberra's orderliness, take the five-kilometre return trail up Mount Ainslie, but if you're short on time, you can save yourself the sweaty trek and drive up as we did.

From the moment you arrive, it's clear everyone has a purpose for calling Canberra home, whether for study, work, family or politics. It oozes industrious energy, an energy this 100 per cent renewable city is renowned for, enhanced by the refreshing aroma of eucalyptus in the air - I've never known a city that smells so good. It's not uncommon to see suits zooming along on e-scooters, which you can hire from the Visitors Centre or pick up the abandoned ones along the tree-lined streets.



With 70 per cent of the ACT dedicated to parks, the ultimate green space is the 250-hectare National Arboretum, adorned with more than 44,000 rare and endangered trees, and over 20km of magical forest trails. Canberra's wine region almost converted me into a Chardonnay drinker, which I recommend sampling along with a degustation menu at Poacher's Ridge. Or a tasting at Eden Road where rumour has it the winemaker was poached from Pterro Wines in Margaret River. Most of Canberra's wine region is technically in New South Wales, and crossing the border into another state within an

However, if you only have time to see one museum, make it the Australian War Memorial - and this alone is a reason to visit Canberra. Two-hour timed tickets must be booked in advance; two hours certainly isn't enough time to see everything. You'll be moved to tears from the start, especially by the letters between the soldiers and their loved ones. Millions of memorabilia share the confronting history of war throughout the ages, including current conflicts.

The extensive archive, museum and majestic shrine honour countless acts of bravery; Australia wouldn't be the free country it is today without their ultimate sacrifice. Lest we forget.

FAST FACTS:

We enjoyed a glorious stay at A for Adina for its spacious room, kitchenette and sleek décor. On my wish list for my next trip to Canberra are the iconic Ovolo Nishi and the Jamala Wildlife Lodge, where you can mingle with the other furry guests, like giraffes, tigers, sharks, monkeys and meerkats safely from behind your room's window. In the time it takes you to drive from Perth to Margaret River, you can drive from Sydney to Canberra, stopping at quaint country towns past grazing cattle and rural vistas.



3 DAY SHIRE OF KONDININ WEEKEND GETAWAY

SITUATED IN THE HEART OF WA'S GOLDEN OUTBACK

KONDININ - KARLGARIN - HYDEN

DAY 1 FRIDAY KONDININ

273km out of Perth Kondinin is the first stop in the Shire and a gateway to Wave Rock. With population of 300 the town is surrounded by natural woodland, granite outcrops, sheep, wheat and canola farms. 9km before Kondinin in the small rounded salt lake home to the famous Sculptures in the Lake. After entering Kondinin stop, stretch your legs and take a nice stroll beginning in the community garden to view some of the local's creative artwork and community mural, continue through Kondinin Township which is full of many restored original buildings, a mosaic garden and the newly painted JWS West & Hodgson murals located on Gordon street.

Take a drive 5km west of town towards Kondinin Lake to see an abundance of bird life and spectacular wildflowers during September and October and enjoy a picnic lunch. Check-in to the cosy accommodation at Kondinin Caravan Park, enjoy dinner & a drink at the Kondinin Hotel.

DAY 2 SATURDAY KARLGARIN/HYDEN

Start your morning with a walk up Yeerakine trail, location of Kondinin's annual Anzac Dawn Service, you will see an amazing mural tribute to the Anzacs on the water tank, a Light Horseman sculpture and, if you time your visit right, witness some of the most remarkable sunrise. Drive through to McCann's Rock with excellent facilities, have a BBQ brunch before exploring. Take in the beautiful flora & fauna along the way passing through Karlgarin Hills, stop at the towns turn off for a photo opportunity with the Mallee fowl statues. Passing through visitors enjoy Our Lady Help of Christians Catholic Church, visit Stafford Park for the 100 year century celebration display. Before departing drop into Pamela Jays Xpressions for a cuppa & chat.

- Scrap iron sculpture art
- Coronation Park
- Wave Rock & Hippos Yawn
- Wave Rock Aboriginal Tours
- Pioneer Town
- Lake Magic & Salt Baths
- The Lace Place
- Miniature Soldier Museum
- Wildlife Park
- The Humps & Mulka's Cave
- WA Off Road HQ Museum
- Star Gazing Lounge

With a great community spirit, rich agricultural history, friendly locals, rambling pubs and quirky country events have you booked your stay yet?

DAY 3 SUNDAY HYDEN

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FOR ALL THE SHIRE ATTRACTIONS & INFO!

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ADVERTISING FEATURE



travel options for the mature west australian

I remember the day... memorable fishing experiences are worth savouring



Some days are just perfect

by Mike Roennfeldt

I REMEMBER years ago enjoying an exchange of emails with Cottesloe snorkelling enthusiast, William Parkinson. It started with his concerns over tailor with rigs left in their mouths and the Cottesloe Fish Habitat Sanctuary and moved on to fishing

reminiscences.

We all have an 'I remember the day' story. For some people it is the catching of a giant fish, for others just the perfect nature of a day when it all came together. William's story was in the latter category.

His reminiscence related to a session he had with his dad, Stan-

ley, at a lagoon next to their beach block east of Augusta. It sounds like the sort of place all fishermen would love to go and camp for a few days' relaxing with a line in the water.

Their memorable session at the lagoon took place one winter's afternoon on a lonely stretch of the south-

ern coast that can be wild and even treacherous at times. There are days when it is only the haunt of the foolhardy, where massive waves and sandblasting winds make life uncomfortable. The sand is coarse, and the skies are the domain of sea eagles, pacific gulls and gannets.

The best time to fish

from the beach is when the tide is out and the wind has dropped, when the panorama of raging seas is transformed into one of inspirational serene beauty. William described the champagne fresh fizziness in the air from the breaking waves and the sunlight glinting and sparkling on the water.

They fished with similar rigs that featured a spoon sinker and a 70cm leader with two No.6 hooks. William opted for fresh eating quality prawns for bait and Stanley switched to pieces of freshly caught whiting as soon as possible. As was their habit, they brought the fish on the bite with pelleted aniseed berley, without which he reckoned the temperamental big tarwhine would never have been caught.

Their berley trail usually brought herring in from miles away and this was the case again. William believes the main reason for such a diverse catch that day was that

the lagoon hadn't been fished for months. Lots of sand tarwhine, a flathead, a sweep and some very solid herring, which together went on to provide several meals of delicious pan-fried fish.

As William remarked, fish never tastes so good as when it has been the result of an invigorating session on a surreally beautiful beach.... as he put it, food for the soul.

In my own catalogue of unforgettable fishing days there are many that have been spectacular in terms of fish size, special species and dramatic landscapes. Just as many though, have been perfect combinations of a down-to-earth, bread-and-butter fishing experience in a beautiful environment in company with good friends in magnificent conditions.

Let's celebrate Aussie Redback Tours turning eight...

AUSSIE Redback Tours have just celebrated their eighth birthday. As owner Sharon Kersting reflects on the past years, she admits it's been full of ups and downs but mostly a wonderful experience.

"Who would have thought that my small team and I would still be operating, given the trying times we've had, establishing a business from scratch and then staying on track during Covid? But we're still here and going strong.

"Each year we have had successful extended tours, including tours throughout WA such as the Mt Augustus, the Kimberley, the Gibb River Road and the mid-west wildflowers; tours to the north of Queensland such as Cape York and the Longest Shortcut (Cairns to Perth); tours in the Northern Territory such as the Savannah Way tour and Darwin to Perth; tours in South Australia such as the Flinders Ranges and Kangaroo Island; and many more.

"Our one-day tours have been very successful too - with trips to New Norcia, Toodyay (including the Moondyne Joe Festival in May), York, the Araluen Tulip Festival, Christmas in July mystery tour, Moore River cruise, Collie River cruise, to name just a few.

"I am looking forward to seeing the business continue to grow and

I'm so excited to see repeat passengers joining us again and again for both the one-day tours AND the extended tours. It's a testament to the success of the business when passengers return for more tours. We're obviously doing something right," says Sharon.

If you are keen to become one of Aussie Redback Tours' loyal passengers, give them a call on 1300 662 026 or email info@aussieredbacktours.com.au for a brochure. Their 2024 brochure is out now. It can be sent to you in the post, or you can download one imme-

diately from the Aussie Redback Tours website - www.aussieredbacktours.com.au.

Kicking off the 2024 tours will be a one-day tour - Welcome to 2024 Mystery Tour on Sunday February 11 2024. The tour includes a full day out in the countryside, morning tea with tea, coffee, and cake, a restaurant meal at a mystery location, and an afternoon stop. Pick-up points are Rockingham, East Perth, and Joondalup and the cost is \$110 for seniors, \$115 for adults.

Their first extended tour for 2024 is the

seven-day Proud Mary Murray River Indulgence tour in South Australia, departing on March 17, followed by the nine-day Flinders Ranges, Lake Eyre, and Coober Pedy tour in South Australia departing on March 26.

Find out more on the Aussie Redback Tours website or call 1300 662 026 for more information.

Sharon and her Aussie Redback Tours team wish everyone a very Merry Christmas and a safe and happy New Year and look forward to spending time on the road with you in 2024.



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Wagin Woolorama

Friday 8 March 2024 Cost \$70 per person
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ADVERTISING FEATURE



travel options for the mature west australian

Taking the car ferry to enjoy a visit to Queensland's Stradbroke Island



L-R; Modern watering hole - Fresh water: Myora Springs - Full load: Car ferry

by Lee Tate

CHUG-CHUG-CHUG!

After 45 minutes our car ferry eases into historic North Stradbroke Island,

30km off the Brisbane coast.

Straddie, as everyone call it, is twice the size of Rotto and twice the distance from the mainland.

Clearly, there's little use comparing the two tourist islands on either side of the continent.

Straddie, for a start, has three little townships which are fed all-year from a far bigger captive audience - Queenslanders, interstate and incomers from around the world.

Here, a car is necessary for proper inspection of the world's second largest sand island at 38km long and 11km wide.

On Straddie, we encounter Jeffery, a fine feathered friend wandering among hotel drinkers' feet. Human-friendly curlews are among more than 260 species of mi-

grating and resident bird breeds straddling Straddie.

There's also Willy, a chirping willy-wagtail who, outside our waterfront apartment each afternoon, rides atop a kangaroo feeding on fresh grass and disturbing bugs for Willy.

Every day, without fail, from our balcony we sight humpback whales blowing, breaching, tail-slapping and spy-hopping to look around. There are young ones, flanked by their mothers, cruising at a slower pace.

They are on the so-called humpback whale super-highway, a safe refuge after whale hunting reduced their numbers from 45,000 to just 250 by 1962.

Whale-watching is June-September with

temperatures at 12-22°C.

In the decade from 1952, Moreton Island whaling station processed 6,277 humpbacks and one blue whale. The whaling station closed in 1963 and this year the whaling population was estimated at 40,000.

Staddie is a walkers' dream with long, wide, timber boardwalks hugging the dramatic coastline where we look down into a gorge where large turtles are riding the swirling currents.

Loggerhead and green turtles swim through sub-tropical waters from New Guinea and New Caledonia to lay eggs in these protected ocean niches.

Dolphins, manta rays, dugongs and eagles are often sighted from the boardwalk where a mem-

ber of our group recorded our outing at 9,995 steps.

The boardwalk brings us to a seaside café and gelati shop. Below us, gentle surf begs us to have an ocean dip and we are grateful the sea water is warmer than Perth's.

The island, Minjerribah to traditional custodians, the Quandamooka people, provided lush pickings, as evidenced by a midden built 30,000 years ago with remains of meals shared - oysters, mussels and shellfish.

From Myora Spring, deep down in the earth, 2.4 million litres of crystal-clear water surfaces and spills into Moreton Bay every day. Koalas rest in the gum trees above.

Prominent poet, writer, political activist, artist and educator, Kath Walker, (1920-1993), of the Noonuccal people, was born on the island, land of the carpet snake. Oodgeroo Noonuccal, as she was known, helped preserve and protect Stradbroke Island from over-development including a proposed bridge to the mainland.

The island's first structure, a pilot station, dates to 1825. A proposal to build a whale museum

continues to be opposed with protestors occupying a camp site. Volunteers operate a must-see historical museum.

Mineral sands have been sifted from Straddie since 1950 and in 2003, earned \$61.8 million. Oysters were collected from 1874 until 1956 when a disease depleted oyster beds.

Straddie is an extraordinary story. In 1894, sailing ship *Cambus Wallace* ran aground. Its load of dynamite and whisky exploded, causing craters that continued to erode over the next couple of years, creating North and South Stradbroke Islands.

South Straddie, we were reliably informed, is home to pesky sandflies. North Straddie, however, is a jewel on the Queensland coast with bushwalks as well as coastal treks, fascinating history and welcoming residents.

As well as Sealink's car ferry, there's a faster, non-car ferry and regular water taxis.

Bookings are essential. A 3-bedroom, 2-bathroom residence will cost about \$1,400 for three nights.

www.queensland.com.au/en/places-to-see/destinations/brisbane/north-stradbroke-island

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EASTER ON THE MURRAY PRINCESS

9
DAYS

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Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 1 nights' accommodation at the Hilton, Adelaide
- ✓ 7 nights' onboard the Murray Princess in an outside twin cabin
- ✓ Breakfast daily, 7 lunches and 8 dinners
- ✓ Sightseeing and entry fees as per the itinerary
- ✓ Luxury coach transfers with a professional driver

Tour Cost

\$5190*

Per Person
Twin Share
\$6650* Single



- ★ Take a walking tour, visit the Swan Reach Museum, and enjoy a delicious Aussie
- ★ BBQ cooked in a scenic bush setting
- ★ Step back in time as you explore Ngaut Ngaut
- ★ Spend time in the quaint German village of Hahndorf

Tour Highlights

- ★ Experience the beauty of the Murray River
- ★ Visit Murray Bridge, a historic town known for its iconic bridge
- ★ Indulge in a visit to the famous Barossa Valley
- ★ Visit Burk Salter Boutique Winery for wine tasting
- ★ Experience the exciting "Murray River Cup" entertainment

28 April to 5 May 2024

AUTUMN LEAVES OF VICTORIA

8
DAYS

Melbourne and the High Country

Experience the beauty of Victoria's autumn countryside during this 8-day journey. Enjoy vibrant autumn foliage in Melbourne, a historic Puffing Billy Steam Train ride in the Dandenong Ranges, and explore charming townships with stunning alpine views in Beechworth. Don't miss the highlight; the colorful Grand Parade at the Bright Autumn Festival.



Tour Highlights

- ★ Melbourne Tramboath morning cruise
- ★ Lunch at the Conservatory Restaurant, Crown Casino
- ★ View the sights of Melbourne from the Skydeck 88
- ★ Ride on the Puffing Billy from Belgrave to Lakeside
- ★ Self-Guided Tour at the Dandenong Ranges Botanic Garden
- ★ Entry to Costume & Pioneer Museum at Benalla Costume & Kelly Museum
- ★ Entry to Kate's Cottage, Glenrowan
- ★ Locally guided tour of Beechworth and Bright
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- ★ Historic tour and lunch at Billson's Brewery
- ★ Tasting and talk at Milawa Cheese Co Pty Ltd
- ★ Visit and tasting at Brown Brothers Winery, Milawa
- ★ Talk and lunch at Red Stag Deer and Emu Farm
- ★ Entry and Talk at Lavender Hue
- ★ Explore the gardens at Shady Brook Gardens
- ★ Visit Nightingale Bros - Alpine Apples
- ★ Gala Day Bright Autumn Leaves

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ADVERTISING FEATURE



travel options for the mature west australian

Sunworld Ba Na Hills - discover the unique village in the clouds



Golden Bridge is a 150 metre-long pedestrian bridge

by Steve Collins

VIETNAM is a brilliant destination: featuring fabulous cities, wonderful beaches, welcoming locals, delicious cuisine and a truly fascinating culture.

My wife and I have visited Vietnam several times and adore being there. The country also represents very good value – you get a lot for your dollar there. Six nights in a large

room (including breakfast) in a delightful hotel in the centre of Hoi An (our favourite town) cost just \$67 per night. Dinner (including a G&T each) at a good restaurant in Hanoi's Old Quarter was just \$15 each. It's really easy to keep to your budget in Vietnam.

That low cost means that you can also splurge if you wish to. Whilst staying in Hoi An we decided to do just that and ar-

ranged a day trip to Sunworld Ba Na Hills, which is inland from Vietnam's fifth largest city Danang, and about an hour's drive from Hoi An.

The French ruled Vietnam, which they called French Indochina, from 1887 to 1954. Due to the heat and humidity on the coast, they would retreat to the Ba Na Hills, which rise to a height of nearly 1500 metres, where it was cool and mostly pleasant.

At Sunworld Ba Na Hills they built an authentic French medieval village complete with castle plus an amusement park. It is one of the most amazingly mind-boggling places that I have ever visited.

Located just over 20 km away from Danang, Sun World Ba Na Hills is the most significant resort and recreational complex of Vietnam.

We were staying in Hoi An, 60 kms from the theme park, so negotiated a tour with a local shopkeeper. That's basically the way things are done in Vietnam, once you get used to bargaining. For 1,100,000 Dong

each, or about \$70, we got a return trip to the park by private vehicle, entry fees and cable car to the park and a buffet lunch in one of the restaurants. It was a full day trip, and great value for the total experience.

The first surprise reveals itself when you reach the complex entrance, which is at the base of a mountain. It's like entering a medieval fortress and is enormous. There's quite a walk past gardens and through pavilions until you reach the cable car departure point. There are five cable car routes, but the most popular is the Toc Tien-Lindochine line which holds multiple Guinness World Records: the longest one-wire sling, the greatest elevation between stations, the longest unpatched wire, and the heaviest cable roll in the world. The ride takes approximately 17 minutes for the 5.7 km journey that climbs about 1400 metres and travels over the beautiful Toc Tien waterfalls. Amazingly, it was built using Australian technology.

The view as you soar, quite quickly, over dense rainforest

is breath-taking. Then, as you near the first cable car station, you notice a pair of giant hands jutting out of the hill. This is the Golden Bridge, a 150-metre-long pedestrian bridge, which connects the cable car with a botanic garden which provides a scenic view (when it's not cloudy) over the valley below.

You then board another cable car to the French Village. On this journey you can see works being undertaken to massively expand the complex.

The French Village is ginormous and utterly surreal, it's not a facade but an actual stone village complete with castle, church, public square, cobblestone streets, shops, restaurants, olde village fair, and immaculate gardens.

Inside some of the bigger buildings you will find indoor amusement rides, wax museum and a walk-through Jurassic Park.

We enjoyed a buffet lunch at the large Arapang Restaurant which boasted a variety of western and Asian cuisines,

apparently there's more than 70 choices, but, sadly, I couldn't fit that much on my plate. There are about 30 restaurants and bars within the complex, so you are not denied adequate choice.

Visitors are advised to take both warm and wet weather gear with them. You are, after all, nearly 1.5km higher than the coast below. It was a beautiful day when we went in for lunch and cold and raining by the time we emerged. The clouds had descended so it was quite foggy too, which gave the complex a very surreal feeling.

The return cable car trips were equally fascinating as we got completely different perspectives on the descent.

There is an Accor hotel on the site and next time we will stay there for a night or two, to give us more time to enjoy the venue, as it was truly a highlight of our trip to Vietnam.

Vietjet has just started five direct flights between Perth and Ho Chi Minh City, making Vietnam so much more accessible.

Come on a Queensland outback rail adventure with Kevin Pearce...

ARE you a railway enthusiast dreaming of a new adventure?

Join aficionado Kevin Pearce on one of the great Australian rail journeys, as you wind through breathtaking tropical rainforest and on through the Queensland outback on board the iconic Savannahlander train.

The Savannahlander departs Cairns every Wednesday, winding through the scenic wet tropics of the Kuranda Range before sweeping on to outback savannah country.

The four-day return journey incorporates overnight stops at resorts and lodges and includes all meals. Sightseeing highlights

include the ancient Undara lava tubes and a cruise by electric boat through stunning Cobbold Gorge.

The four-day Savannahlander experience is part of an idyllic seven-day tour Kevin has organised that includes additional time in dreamy Cairns and an all-day tour to Port Douglas

where you will enjoy a crocodile spotting cruise.

The cost per person is \$5488 and includes return flights with Qantas. The exclusive tour is limited to 16 participants.

Contact Tour de Force Travel for a brochure on 9246 2177 or you can call Kevin Pearce direct on 0417 919 452.



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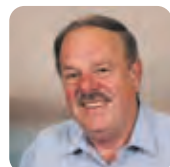


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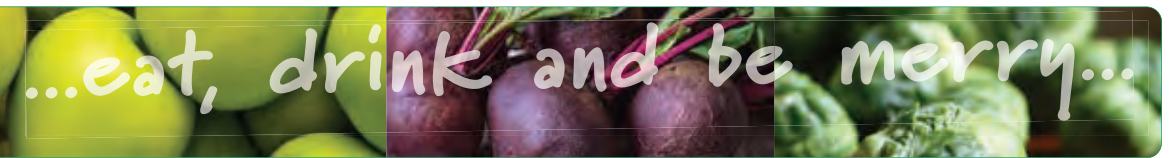
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food & WINE

...eat, drink and be merry... ADVERTISING FEATURE



Lighten up for Christmas - tips and recipes for delicious meals

by Noelene Swain

CHRISTMAS is certainly a magical time of year and celebrations are thick on the ground like the London snow. Don't let all the festivity transfer itself onto your waistline, instead get planning and commit to a 'light-on' Christmas. Our casual approach in an Aussie summer is perfect for a menu light on effort and the body.

Putting more focus on enjoying the company of loved ones and sharing fond memories will take the

emphasis off the food. Avoid pressuring family and guests to 'eat-up,' allow everyone to eat amounts they feel comfortable with.

Barbecues remain the easiest and best way to serve a Christmas lunch or dinner. 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 flavour-

ings and don't be afraid to sprinkle lavishly with fragrant summer herbs such as basil, coriander and thyme.

Colourful, crunchy salads are a 'must' on the menu. 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. No rules apply, but be sure to be super colourful and include plenty of zingy flavour with herbs and dressings.

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 water.

A bowl of red cherries or frosty cold grapes makes a great table centre-piece and is indeed a treat for the senses as guests nibble

away. Incorporating in-season fruits such as stone fruits, grapes, berries and melons into desserts 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 are lighter on the tummy - just what we all need.

Try these light and tasty treats for a healthy Christmas.

Brought to you by Fresh Finesse Fresh Food Promotions - www.freshf.com.au

Chilli garlic prawn skewers



Preparation: 20 mins; cooking: 5 mins; serves: 6

- 3 garlic cloves, finely chopped
- 1 long red chilli, seeded and finely chopped
- 2 tablespoon olive oil
- 2 teaspoon lime juice
- 2 tablespoon fresh coriander, chopped
- Salt and cracked black pepper
- 750g raw king prawns, peeled, deveined, tails intact

Lime wedges, to serve
Skewers of fresh rosemary
PLACE the garlic, chilli, oil, lime juice, coriander, salt and pepper in a large non-metallic bowl and whisk until well combined. Add the prawns and toss to coat evenly. Cover and refrigerate for 15 minutes. Thread onto rosemary skewers. Chill till ready to cook on hot barbecue plate. Serve with lime wedges.

Mushroom, tomato and avocado salad



Preparation: 15 mins + marinating; serves: 4

- 300g button mushrooms, halved
- 15cm piece Turkish bread, split
- Olive oil cooking spray
- 2 avocados, halved and deseeded
- 500g cherry tomatoes, halved
- 2 Lebanese cucumbers, halved, deseeded and sliced
- 1 cup basil leaves

- Dressing**
- ¼ cup extra virgin olive oil
- 1 tablespoon lemon juice
- 2 tablespoon mirin or sweet sherry
- 1 clove garlic, crushed
- 1 teaspoon honey
- 1 teaspoon Dijon mustard

ADD dressing ingredients to a screw-top jar, seasoned with salt and pepper. Shake well to combine. Place mushrooms in a bowl and pour over two-thirds of the dressing. Stir to coat. Cover and set aside for 30 minutes or until mushrooms have absorbed the dressing.

Preheat oven to 220°C. Cut Turkish bread into 1cm cubes. Place onto a baking tray. Spray both sides of bread with olive oil. Bake for 10-15 minutes, tossing occasionally until golden and crisp. Set aside to cool.

Dice the avocados. Add to the mushrooms along with the tomatoes, cucumber, basil and Turkish bread. Pour over the remaining dressing, toss gently. Serve immediately with cooked prawns or other Christmas fare.



Chicken roulades with apricot rosemary stuffing

Preparation: 15 mins; cooking 30 mins; serves: 4

- 2 large chicken breasts (600g)
- 2 cup bread crumbs
- 2 tablespoon rosemary
- 2 apricots, seeded, finely diced
- 1 clove garlic, crushed
- 1 egg, lightly beaten
- ¼ cup water
- 1 cup loose spinach leaves

Toothpicks to secure
SLICE chicken breasts into two thin sheets. Place between two sheets of plastic food wrap and gently pound

to flatten. In a large bowl, combine bread crumbs, rosemary, diced apricot, garlic, egg and just enough water to make a sticky dough. Spread stuffing onto each sheet of chicken. Cover with spinach leaves. Roll each into a log and secure with toothpicks. Bake on a greased tray at 200°C for 30 minutes. Slice into rounds and fan out on serving plates. Serve with steamed greens or salad.

What's fresh in fruits and vegetables...

Stringless beans: When you're unsure just what the temperature will be, these are a good choice as they are equally good hot or at room temperature and they are efficient on fridge space over the festive season. 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.

White flesh nectarines: Sweet, juicy and oh-so-fragrant, white nectarines are about as close as you'll ever get to fruit perfection. Layer them in a large bowl and make them the centrepiece of your festive table; for dessert, thickly slice and serve with good-quality vanilla ice-cream and toasted almonds. Store nectarines at room temperature (they can be transferred to the fridge when totally ripe) and handle them very carefully as they bruise quite easily.

Button mushrooms: These tiny mushrooms are the perfect size for popping into summer salads, onto pizzas and into easy

pasta dishes. There's no need to wash them, just brush any dirt off and trim the stems a little. Button mushrooms make fantastic entertaining nibbles; simply marinate whole mushrooms for 30 minutes in olive oil, white wine vinegar and a touch of sugar, then toss with fresh herbs. Serve as finger food with toothpicks or as part of a buffet with wedges of toasted Turkish bread.

Mangoes: Now is the time to indulge your taste

for the tropics, with the Ord River mango season in full flight. Most people will wish for no more than to slice each 'cheek' from the flat stone, cut a diamond pattern in the flesh and flex the mango half to turn the sweet flesh outwards. Eat as is or slice the dices away from the skin to add to salads; mango, avocado, coriander and a squeeze of lime juice are a particularly good combination to serve with fish or chicken.

Spinach and walnut salad

Preparation: 10 mins; cooking: 10 mins; serves: 4

- Salt and ground black pepper
- ½ cup olive oil
- 1 cup walnut halves, roughly chopped
- 2 cloves garlic, crushed
- 400g cup mushrooms, sliced
- 2 tablespoon lemon juice
- 200g baby spinach leaves, trimmed, washed
- 200g feta cheese, crumbled
- 1 avocado, diced

HEAT one tablespoon oil in a large frying pan over medium-high heat. Add walnuts and cook, tossing constantly, for three minutes or until hot. Remove and set aside. Add remaining oil to the frying pan and heat until hot. Add garlic and mushrooms, reduce heat to medium and cook for 4-5 minutes or until mushrooms are tender. Stir in lemon juice and cook for 30 seconds.

Place spinach leaves, walnuts, feta and avocado into a large bowl. Spoon over the mushroom mixture and season with salt and pepper. Toss gently to combine. Serve with sliced crusty bread.

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ADVERTISING FEATURE



Busting brunch all over - a knockout first time visit to Rockingham



by **Buster the bruncher**

OUR brunch began with a confession over coffee. Brunch buddy Professor Ken had never been to Rockingham. With renamed Knock Restaurant overlooking a slice of crackerjack coastline, Prof Ken was humbled by Rockingham's best feature.

"It's a knockout," he said.

Less than an hour's drive from Perth, Rockingham deserves our more regular visits. For children it's perfect with its grassed playgrounds, protected ocean swimming and

pristine beach sand.

Some of us Baby Boomers have faded memories of school excursions to what has become a city of high rise with a healthy dose of eateries. We recall there being little more than a few humble shops and the beach jetty, ideal for water bombies.

The Knock was known for decades as Sunsets and also Steel Tree@Sunset. The latest owners, locals Rana and Ben, wanted a punchy name to suit the knockout views and fare, says a waitress.

Absolute waterfront eateries command higher prices and so it is at the

Knock. But the couple of extra dollars per course are well-spent.

The Knock delighted us with its flurry of flavours. Sweet corn fritters (\$25) turned out to be a highlight with plenty of zing from its z'aatar. This Moroccan spice mixture usually includes herbs, toasted sesame seeds, dried sumac and other spices.

The few fritters sit on a bed of hummus, served with sliced avocado and fabulous chunky tomato salsa.

Our mugs of black coffee (\$5 each) came steaming and strong.

Next, we tackled the big knockout breakfast (\$27.90) with share plates but still couldn't get through it all. It includes bacon, spinach, field mushroom, sausage, hash brown, baked beans, home-made relish and ciabatta bread.

We've never tasted better, nothing overcooked, nor sozzled in oil nor hastily presented. You get what you pay for.

By 10.30am, customers numbers were building but the huge expanse can probably accommodate another 100, with point-blank views of the ocean and Garden Island.

The city is going to need as much eatery and leisure space as it can handle with naval activity on Garden Island booming and crew numbers sched-

uled to double.

Former Premier, Mark McGowan, may have sold up but there are plenty more flowing-in to this sailors' city. Rockingham is named after a ship, the *Rockingham* which, laden with settlers, ran aground in Cockburn Sound in 1830.

The Shire of Rockingham achieved city status in 1988 (with more than 30,000 locals) and is now designated as one of Perth's Strategic Metropolitan Centres with a population of about 140,000.

Though close to Perth, the thriving coastal city can nevertheless still be treated as a getaway with its easy access to recreation fishing, swimming, diving, boating and every water sport.

Nearby Penguin Island, plus dolphins and seals frequenting the area, add to the district's allure.

The Knock morning menu caters for wide tastes with Middle Eastern pancakes filled with sweet cream, crushed pistachios and rose water sugar syrup (\$21.90).

The house-made muesli bowl (\$16) looked tempting with its generous seasonal fruit and yoghurt. For hungry hounds, there's the brekkie steak sandwich (\$27) with grilled steak, fried eggs, hash brown, bacon and relish on Turkish bread.



For those big celebrations, choose from a bottle of Dom Pérignon genuine champagne for \$345 or a Veuve Clicquot for \$115. The wine and beer lists are extensive but we opted for water (with editor's relief).

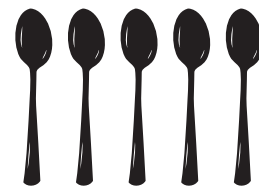
The menu lists a sensible 12 breakfast/brunch choices with \$5-a-pop additions including bacon, chorizo, haloumi and smoked salmon.

Slices of their tempting, locally-made cakes

can be delivered to the table for those who can fit them in but takeaway containers are offered for \$9.90 with a big slice of citrus tart or orange and almond cake, black forest cake, cheesecake or others.

The Knock also knocks out its own scones with cream. Morning tea or coffee with scones and cream may be a way for visitors to dip their culinary toes in Rocking-

ham's proverbial water. The Knock is a class act. **5 Spoons** Railway Terrace, Rockingham. Phone 9528 1910. Open 7am-8pm (Closed Tuesdays).



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.

Mondos Recipe of the Month - the perfect turkey for the festive season



by **Vince Garreffa**

SHORT of oven space? Don't know how to fit

in all your cooking on Christmas morning?

This recipe helps by cooking the turkey during the night. That way the oven is free to cook all the rest of your banquet. The turkey cooks from 6pm overnight @ 100°C till 6am, at which time you wrap it really well in heavy duty alfoil and store it in a small esky to stay warm till lunch time.

Ingredients for 1 medium turkey
 1 free range turkey 4kg to 5kg
 500g chicken mince
 1 onion finely chopped
 200ml white wine
 1 cup breadcrumbs
 300g cranberries
 zest of 2 oranges
 2 garlic cloves chopped
 2 tablespoons marjoram leaves
 ½ cup chopped Italian parsley
 50ml + Extra Virgin Olive Oil (EVOO)
 Salt and pepper

Ingredients for dry rub for turkey
 1 tablespoon salt
 1 teaspoon black pepper

1 teaspoon mild paprika
 1 teaspoon garlic powder
 1 teaspoon thyme leaves
 1 teaspoon chopped rosemary

Method
 Rub the 50ml of EVOO all over the turkey, then mix all the dry rub ingredients together before rubbing them all over the turkey on all parts of the skin. Discard any dry rub that won't stick to the turkey and let the bird rest while you make the filling. Cook the onion in a little EVOO in a big frypan till it's clear, then add the chicken mince. Cook stirring well to break up

the mince for five minutes. Add the wine and the cranberries stirring for two minutes. Now add orange zest, garlic, marjoram and Italian parsley, stirring for one minute.
 Take the mix off the heat and add the breadcrumbs, mixing well. Cool the mix and then fill the inside of the turkey with the mix. Tuck the wings, tie the legs and roast at 100°C for 12 hours. If you haven't got the patience, roast at 175°C for about 2½ to 3 hours until the internal temperature of the turkey is minimum 65°C.
 Festive greetings to all



our readers!
Mondo Butcher and Grocer is located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am – 5.30pm Saturday 8am to 2pm. Phone 9371 6350 or visit www.mondo.net.au

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 SAT: Burgers
 SUN: FREE Pool & \$5 Coronas

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Swan Valley Station, your one-stop spot for Christmas shopping



SUMMER entertaining season is here, so treat your home and garden to an easy pre-Christmas makeover with a visit to Swan Valley Station.
 Need an elegant way to give your garden a focal point and sense of calm? The answer is blowing in the wind. Swan Valley Station boasts a stunning range of wind spinners in various designs, from colourful sunflowers and LCD fire to rustic tractors and hot air balloons. They are mesmerising to watch as the breeze blows.
 Love animals but no room for them to roam free? A family of rusty art chooks, koalas, lizards, emus, kangaroos or fla-

mingos will get your guests talking – and are priced from just \$9.95.
 Browse gifts galore to suit all budgets, from indoor and outdoor pots and plants to candles, sculptures, toys and gourmet local produce.
 Skip the big shopping centres and head to this unique nursery, cafe and gift shop in the heart of the Swan Valley, where you can park close to the entry, and staff will carry heavy goods to your boot.
 Before or after shopping, unwind with a walk around the marron lake and sculpture trail, and enjoy scones with jam and cream or a light lunch on the veranda.

food & WINE

...eat, drink and be merry... ADVERTISING FEATURE

Knife and fork talk with the Dining Divas - top three spots for lunch in 2023

by Pat Paleeya and Judith Cohen

AS with last year, this month we have decided to choose three of our favourite restaurants that we visited in the year.

After munching and chomping our way through Perth and the burbs, wrangling our way through the bus and train and networks, we realise there are many more Dining Diva opportunities to keep us galloping gourmets trotting out every month to share our discoveries with the readers next year.

Not in any particular order these are three favourites we chose for this year. **Bunn Mee**, 112 Oxford St Leederville.

Phone: 0450 520157

A Vietnamese restaurant in Leederville, very good prices and a little gem for good food.

Public House Kitchen and Bar, 263 Adelaide Terrace. Phone: 6117 0675

Varied and well-priced menu, very popular due to the exceptional quality of the food and friendly efficient staff. **Woodbridge Hotel**, East Street Guildford. Phone: 9377 1199

It is still a pleasure to dine at Woodies, the atmosphere is warm and friendly, the menu offers many choices at a good price.

That's all for this year folks. Merry Christmas and a happy New Year from the Dining Divas.



WEEK DAY LUNCH SPECIALS

Information correct at going to press

7 MILE BAR AND BISTRO

\$18 senior lunch
11.30am-3pm, 7 days
501 Wanneroo Road
9440 0099

1982 FOOD AND COFFEE

\$25 and under menu with three exceptions
Mon-Fri 7am-2pm
Sat-Sun 8am-2pm
Shop 3-1 Rokeby Road Subiaco
0431 100 919

BOAB TAVERN

\$22 seniors meal
11am-9pm, 7 days
107 Dundas Road, High Wycombe
9454 2236

HOTEL CLIPPER

\$24 and under lunch menu
11am-2pm 7 days
20-30 Patterson Road,
Rockingham
9527 8000

LITTLE H

\$25 and under all day brunch
7am-2.30pm, 7 days
34 Marri Road, Duncraig 0448 181 803

ODIN TAVERN

\$25 and under seniors meal,
present Seniors Card
11.30am-3pm Mon- Fri expt. public holi-
days
51 Erindale Road, Balcatta
9345 3316

STELLAROSSA

\$25 and under menu
7am-4pm 7 days
Shop 1 Wiluna Street,
Flinders Square Yokine
6149 940

THE GREENWOOD

\$20 Seniors menu
Mon-Fri 11am-3pm
349 Warwick Road, Greenwood
9246 9711

Christmas is a time for giving and sipping - a good gift guide for the festive season



by Frank Smith

WHAT do you give an older person as a Christmas or birthday present?

Years ago, Gracie Fields sang about the difficulty of finding an

appropriate birthday present for a nudist. A parallel problem faces many people looking for an acceptable, thoughtful and appropriately priced present for an older person.

By the time we reach retirement age most of us will have garnered many of the possessions we crave, at least those in a reasonable price range for a Christmas gift.

When I was younger, I usually gave my elderly aunts a box of chocolates and my uncle (I only had one) Stilton cheese. While chocolates are still appreciated, many ladies are nowadays wary of the sugar and fat content.

Most seniors enjoy a glass of wine. If your senior does, a better-than-average bottle of their favourite variety might fit the bill. It can be consumed at will. It will keep for some years or

be drunk in short order. And when consumed, it won't add to the clutter that so many of us collect around the house.

Here are a few present suggestions:

Umamu Estate Rosé 2018 from Margaret River is a blend of Cabernet Franc and Merlot. It is light pink with salmon hues and has aromas of fresh flowers and red berries. The palate is crisp and delicate with red fruits and great length. The wines was awarded Double Gold Medals at the Women's Wine & Spirit Awards 2023. Like all rosés it can be drunk as an aperitif, as a thirst quencher of a summer

day or with chicken or seafood. RRP \$38.

Clover Hill Cuvée Exceptionelle Brut Rosé is a sparkling wine from Tasmania with a soft salmon colour. The wine expresses flavours of strawberry and citrus with hints of brioche. A fine, crisp sparkling wine, it has a persistent bead and mouth-filling mousse. This wine is an excellent aperitif, but will also work well with light fish and meat dishes. RRP \$75.

Carillion Saddle Block Chardonnay 2022 from the Hunter Valley. This wine light green with aromas of white peach, rockmelon, green apple

and nutmeg. The palate displays intense citrus and creamy cashew characters with natural acidity with rather a lot of oak for some tastes. The finish is long and refined. Enjoy young or cellar up to 10 years for enhanced complexity. RRP \$45.

Taylors Cabernet Sauvignon 2021 from South Australia's Clare Valley and Coonawarra is a deep ruby red colour with a youthful purple hue to the edges. It has aromas of dark blackcurrant fruit along with subtle chocolate and a hint of eucalypt. The palate is a rich and full-bodied with intense flavours of cassis

and blackberry fruit along with attractive oak characters of tobacco leaf. The wine is well balanced with complex tannins and an intense, persistent length. RRP: \$34.

Howard Park Arbor Novae Chenin Blanc, 2022 from Margaret River is pale green in colour with aromas of mixed fruits. The palate displays freshness, a touch of citric acid and a creamy mouthfeel. The mid palate is fruitier with a hint of salinity on the finish. The vibrant flavour made all the easier to drink due to Burch Family wines policy of support for becoming carbon positive. RRP: \$35.

COMMUNITY NOTEBOOK

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

BAYSWATER TWILIGHT MARKET THE CHRISTMAS MARKET

December 12, 5.50pm-8.30pm
Family event, food trucks, live music, artisan stalls. Fun for the whole family.
Bert Wright Park
25 King William St, Bayswater

PERTH HILLS ARTISAN MARKET

December 16-17, 9.30am-3.30pm
Proudly showcasing Perth's finest woodworkers, jewellers, potters, handmade clothing gourmet and much more.
Mundaring arena. Indoor event, no dogs allowed.
0410 204 693

TOWN OF CLAREMONT CAROLS IN THE PARK

December 16, 4.30pm-8.30pm
Come along and enjoy a magical evening of Christmas carols with the West Australian Symphony Orchestra in Claremont Park at this a free event.



END OF YEAR CONCERT

December 16, 2pm-4pm
Christmas fun concert for family and friends.
Yokine Baptist Church
50 Frappe Avenue

NORTH BEACH COMMUNITY AND CAROLS 2023

Sunday December 17, 5-9pm
Free event for the family. Funfare, ferris wheel, train and pony rides, -skirmish games, sausage sizzle and more plus carol singing under the stars.
North Beach Primary School Oval
Cnr, North Beach Rd and Groat St.
9448 7018

CAROLS ON THE LAWN

December 17, 7pm
Cathedral Square,
St George's Cathedral, Perth
Enjoy Christmas music, well-loved carols at this free concert.

HEATHRIDGE CAROLS

December 17
Pre-show entertainment 6.30pm.
Carols at 7.30pm. Fireworks 9.15pm
Heathridge Park

HIGH WYCOMBE CHRISTMAS PICNIC

December 21, 5.30pm-8pm
Scott Reserve Oval. Free community Christmas picnic.

NEWS YEAR'S EVE CELEBRATION

December 31, from 5-9pm,
fireworks at 8pm.
Elizabeth Quay. Fun fare, food trucks and entertainment.

MANDURAH NEW YEAR'S EVE FIREWORKS

December 31
9pm-12.30am, free
Fireworks displays at 9pm and midnight.
Great night out with family and friends. Foreshore Mandurah.

ROCKINGHAM NEW YEAR'S CELEBRATIONS

December 31, 5-9pm, free
Free children's activities and roaming entertainment, food vendors plus fireworks displays at 9pm and midnight.
Churchill Park,
Rockingham Foreshore



healthy living

ADVERTISING FEATURE



health options
for the mature west
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Adelaide Medical School's Dr Jai Ng

by Frank Smith

ARTHRITIS costs the Australian health system about \$4 billion a year

Finding a cure for a previously incurable condition

and affects 3.6 million Australians. It is the second most common cause of early retirement due to ill health and represents 13 per cent of Australian's total disease burden.

The most common form of arthritis is osteoarthritis. It is caused by the degeneration of cartilage that separates the bones in joints and progressively limits people's mobility. More than 45 per cent of people over 65 have at least one joint affected by osteoarthritis.

Often described as a 'wear and tear' condition, factors such as ageing, obesity, injury and family history contribute to the progression of osteoarthritis.

There is no cure for this disease; treatment manages symptoms rather than addressing the underlying disease. What Dr Jai Ng of Adelaide Medical School describes as a Band-Aid approach.

A new University of Adelaide study

has shown the condition may be treatable and reversible. Researchers, led by Dr Ng, have discovered a novel population of stem cells – marked by the Gremlin 1 gene – responsible for the progression of osteoarthritis.

Treatment with fibroblast growth factor 18 (FGF18) stimulated the proliferation of Gremlin 1 cells in joint cartilage in mice, leading to significant recovery of cartilage thickness and reduced osteoarthritis.

"The findings of our study reimagine osteoarthritis not as a 'wear and tear' condition but as an active, and pharmaceutically reversible loss of critical articular cartilage stem cells," said Dr Ng.

"With this new information, we are now able to explore pharmaceutical options to directly target the stem cell population that is responsible for the development of articular cartilage and progression of osteoarthritis."

This new understanding could lead

to a pharmaceutical treatment that reverses osteoarthritis and helps to address health outcomes associated with the disease.

"Known comorbidities of osteoarthritis include heart, pulmonary, and kidney disease, mental and behavioural conditions, diabetes, and cancer," she said.

"Our study suggests that there may be new ways to treat the disease rather than just the symptoms, leading to better health outcomes and quality of life for people who suffer from osteoarthritis."

Though this discovery was made using mice as an animal model, Dr Ng said there are genetic similarities between mice and humans. Trials with human are ongoing.

"We look forward to the outcome of these trials and to contribute to the better understanding of a pharmaceutical mechanism to treat osteoarthritis," she said.

In a phase II trial Professor Felix Eckstein, and team at Paracelsus Medical University, Salzburg, Austria gave monthly injections of FGF18, known clinically as Sprifermin, to patients diagnosed with knee osteoarthritis. Cartilage thinning was lower than placebo at all doses. Subjects given the highest sprifermin dose approached those observed in healthy subjects over the same 24-month observation period.

The five-year clinical trial study using Sprifermin, found potential long-term clinical benefit and no safety concerns.

The phase II trial results were published in the *Annals of Rheumatic Diseases* in 2020 and the University of Adelaide study in Nature Communications this year.

A phase 3 Sprifermin trial on humans is ongoing. If this confirms earlier results, researchers expect this treatment for osteoarthritis to be approved for use in Australia.



CHRISTMAS is just around the corner and it's a time to spend with family and friends and especial-

Why not enlist a little special help this Christmas

ly to enjoy all the wonder of being a grandparent.

As CPE Group general manager, Rhian Tamim says, as a family-owned 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 Christmas shopping may be a little difficult for you this year and you already have a My Aged Care 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 could add this into your shopping trip and perhaps help you to wrap your gifts and even prepare your mince pies too.

If you don't have a Home Care Package and are beginning to find 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.

The Government's My Aged Care program provides Home Care Packages to seniors who can

demonstrate a need for assistance. Packages can range from \$10,272 to \$59,607 annually, so well worth considering and you may be surprised who is eligible.

For more information you can go to My Aged Care's website at www.myagedcare.gov.au or call CPE Group Community and Home Care on 1300 665 082 and ask to have a chat with one of their team to find out how they can help guide you through the application process.

Alternatively ask for a copy of 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.

9 NEWS
PERTH
WA FIRST 5.00 NIGHTLY 6.00

healthy living

ADVERTISING FEATURE



health options
for the mature west
australian



Do you have a good diet to prevent weak bones and muscle wastage?



by Robert Vander Kraats,
Sports and Exercise
Physiotherapist

ACCORDING to the Australian Institute of Health and Welfare, most Australians have a poor diet. The Australian dietary guidelines recommend a

variety of foods including plenty of vegetables, as well as fruit, grains, protein and low-fat dairy.

However, only around half of Australians eat the recommended daily serves of fruit, and the vast majority are not consuming the recommend-

ed five to six servings of vegetables a day. Coupled with a high intake of discretionary foods like alcohol and salty snacks, it is not surprising that chronic health conditions, such as diabetes, heart disease, and obesity are some of the most prevalent in the Australian population.

The Commonwealth Department of Health and Ageing, reports that 58

per cent of the population in western developed countries are obese or overweight and Australia is not far behind the United States in terms of obesity.

The Department also concludes that obesity rates are often followed by the prevalence of other diet-related illnesses, such as cardiovascular disease, which is responsible for 79 deaths per 100,000 in Australia in 2022.

Last year the Department of Health and Ageing reported that just over one million Australians are diabetic; one in five men over the age of 75 have type 2 diabetes. High cholesterol is even more prevalent than diabetes,

affecting six per cent of the Australian population. Heart disease is the leading cause of death in men.

A poor diet is one of the significant risk factors for the development of illnesses. Smoking, being overweight, and lack of exercise, also contributes to the development of chronic disease.

The Department of Health and Ageing released five dietary guidelines, these are:

- To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.
- Enjoy a wide variety of nutritious foods from the five food groups and

drink plenty of water.

- Limit the intake of foods containing saturated fat, added salt and sugar and alcohol.

- Encourage, support and promote breast feeding of babies.

- Care for your food, prepare and store it in a temperature appropriate place.

To review your diet, book in with clinical nutritionist, Kimberly Liddell, on www.klnutrition.com.au in Woodvale.

Kimberly says: "when it comes to nutrition for elderly people and prevention of injury, the focus should be on adequate amounts of protein. Protein prevents muscle wastage and weakness, and it assists with many

other health benefits.

"Adequate Vitamin D levels are important for injury prevention. You can get vitamin D from food, as well as from the sun.

"I look at increasing absorption of nutrients from foods and avoid food and drinks that can inhibit absorption."

In conjunction to having a good diet, research has shown exercise can assist with bone health, and the prevention of muscle wastage occurring.

To be given evidence-based exercises, book in with a physiotherapist from Next Generation Physiotherapy on www.ngp.net.au, or call on 9203 7771, located in Greenwood and Woodvale.



DAYS are getting longer and temperatures are starting to warm up. Sum-

mer has truly hit Australia. At this time of the year, many fun events start

The best four mobility devices to stay independent this summer

popping up around Perth, and it's a fabulous time of the year to get out and get yourself a mobility scooter for this Western Australian summer.

There are a range of different mobility devices that can help you reach your mobility goals. Here is a list of the top four mobility devices for summer.

If you enjoy your walks

and just need that little bit of extra assistance, have a look at a rollator or walking aid. Many rollators feature adjustable seat height, easy folding and large wheels for outdoor and indoor use.

If you prefer a motorised option but still want the convenience of taking your mobility aid with you, a portable travel scooter is

ideal. Many travel scooters feature simple folding for storage in the boot of your car. They have lightweight lithium batteries and puncture-proof tyres.

If you value manoeuvrability, an electric wheelchair is a suitable choice for you. Perfect for all indoor situations, travel and well-paved areas. Typically, electric wheelchairs feature

incredible turning circles, joystick control and simple folding mechanisms.

If you are looking for maximum comfort, a larger mobility scooter that can handle multiple terrains is ideal. Larger mobility scooters boast a range of premium features, including large pneumatic tyres, suspension, captain style seats and headrests.

Pop into one of Motobility's showrooms in either Osborne Park, Joondalup or Mandurah to explore the lifestyle that the right mobility equipment can offer you. For more information, give Motobility a call today on 08 6243 4006 to book a free demonstration.

For more info, visit the website: www.motobility.com.au.

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Friend to Friend



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Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
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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	

Please nominate a category for your advertisement.

Tick one box only.

- Travel companion Wishing to contact
 Seeking a friend Seeking a partner

Name

Address

Phone **Email**

This is a free service. All care no responsibility.

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.40) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

64 gent, GSOH, SOR, WLTM lady. Rides Harley, adventurous, genuine, divorced, happy, been in Australia for 26 years. We have lift off.
Reply Box 9450

70s gent WLTM a lady SOR for companionship to enjoy lunches, cafes, walking, movies, dancing and spending time together and see what happens from there. ALA.
Reply Box 9459

COMPLETE gentleman 71, socially intelligent, personable, fun loving, adventurous, passionate, honest, caring, good listener communicator. Seeking free spirited, open loving woman, interested keeping young. Life is a mystery to explore together. Come join me.
Reply Box 9455

DON'T be alone. Come and share lunches, coffee and chat with other single ladies/gents, 64+, NOR group, in a relaxed, happy group. Please reply with mobile number. ALA. No fees apply.
Reply Box 9464

ELDERLY gent seeks female friend for ongoing friendship, some intimacy, GSOH, TLC, NOR, any nationality, NS, ND, meet for coffee, chat, ALA.
Reply Box 9463

FEMALE 68, NOR, looking for a spiritual union (not married), you are a well respected man in the community or maybe a man in uniform. A clairvoyant described you in a reading in early 1990s when I lived in Karrinyup. Please write.
Reply Box 9456

GENT 70, healthy, active, DTE, GSOH, ND, NS, SOR. WLTM lady 60-70, who likes travel, caravanning, outdoors, cooking, reading, companionship, friendship, socialising, honesty, loyalty. ALA, reply with name, phone number and meet for a coffee.
Reply Box 9452

GENT 75, 6' tall, NS, ND, GSOH, lives SOR, likes almost anything, WLTM a lady with similar interests, slim to medium build who would like to enjoy life and have a good time. Send me your details and we can meet for coffee to discuss things further. ALA. Hope to hear from you soon.
Reply Box 9460

GENT 80, active widower, retired farmer, easy going. Interests; nature, current affairs, sunrises. WLTM SOR.
Reply Box 9447

GENT 80, own home, fin sec, drives, WLTM lady who has been doing it tough. Like some respite? Live in casual all free gardens, animals, very quiet area, SOR, any nationality, genuine only. ALA.
Reply Box 9461

HANDSOME gent 72 seeks active lady 40-50, NOR, SD, NS, DTE, European, music, dancing, movies, 6027 area, dinning, WLTM for coffee, have fun, friend or company, quiet nights at home. Please reply.
Reply Box 9445

HAVE a Go Meet a Friend Group 65+ calling ladies and gentlemen to share, to make friends, to have lunch together and mingle around for few hours every three weeks on Saturday. Reply with phone number and name.
Reply Box 9465

LIFE is good. I am a positive, loyal lady, 74, love to laugh and show affection. Ultimately I am looking for a man with similar values. I hope we have individual strengths to complement and appreciate in each other.
Reply Box 9448

SLIM not thin lady WLTM healthy, unattached gent 70s, to share ongoing friendship, outings, interests, travel, history, canasta, humour and honesty essential, preferably living 6210 area. Must be NS, NG, light drinker. Reply with phone number for quick response. ALA.
Reply Box 9446

Let Have a Go News help you through our Friend to Friend page.

SPANISH speaking ladies and gentleman 65+ feeling lonely and depressed. Let's get together for few hours, have lunch, enjoy and make friends and mingle around. If you are interested about reply with a phone number and name for more info.
Reply Box 9466

Seeking a Partner

ACCORDING to the news, there are over 500 homeless women in Perth. Gent 70 would like to offer a sensible lady, 35-55, NS, ND place to rent and live with him. I am NS, ND, prefer slim to medium lady, any race.
Reply Box 9462

ATTRACTIVE lady 70+, UK/Australian, medium build, educated, VGSOH, NS, SOR. I enjoy reading, walking, music, country drives, socialising, current affairs. WLTM genuine, unattached, fin secure, well presented gentleman, 67-75 with old fashioned values for permanent long term relationship, Hills country or metro areas. Genuine replies only. ALA.
Reply Box 9451

HI honest guy 70, WLTM lady; slim, medium build, 60-70, who is fit, kind, loving, passionate to make life together. I am NS, ND, prefer slim, medium build lady, any race.
Reply Box 9457

HILLS lady late 60s seeks male partner in crime to 70. English by birth, Aussie by choice, would love to meet similar for coffee to see if we hit it off. NS, SD, definitely GSOH.
Reply Box 9454

MALE 78, slim, healthy, NS, SD, unbiased life, NOR, likes quiet life, stress free, being happy, fin secure. WLTM slim single, happy, healthy lady, same outlook on life, race or skin tone no issue for me.
Reply Box 9453

SOUTHWEST Aussie bull. Young mid 70s, tame. WLTM southwest similar age cowgirl/heifer, for quiet life in our own yards, and to sometimes kick up our hooves to go roaming, grazing, around those big outback paddocks.
Reply Box 9449

Seeking a Travel Companion

MALE 55 NS enjoys travel WLTM DTE NS male and female travel companions for holiday adventures.
Reply Box 9444

Wishing to Contact

VERY presentable Indian gentleman, 70s, various interests, active, WLTM lady for company, outings, movies, travel, lots more, must be genuine, DTE, GSOH, ALA.
Reply Box 9458



Do you need a companion or friend? Let Have a Go News help you through our Friend to Friend page.

When replying to a Friend to Friend entry...



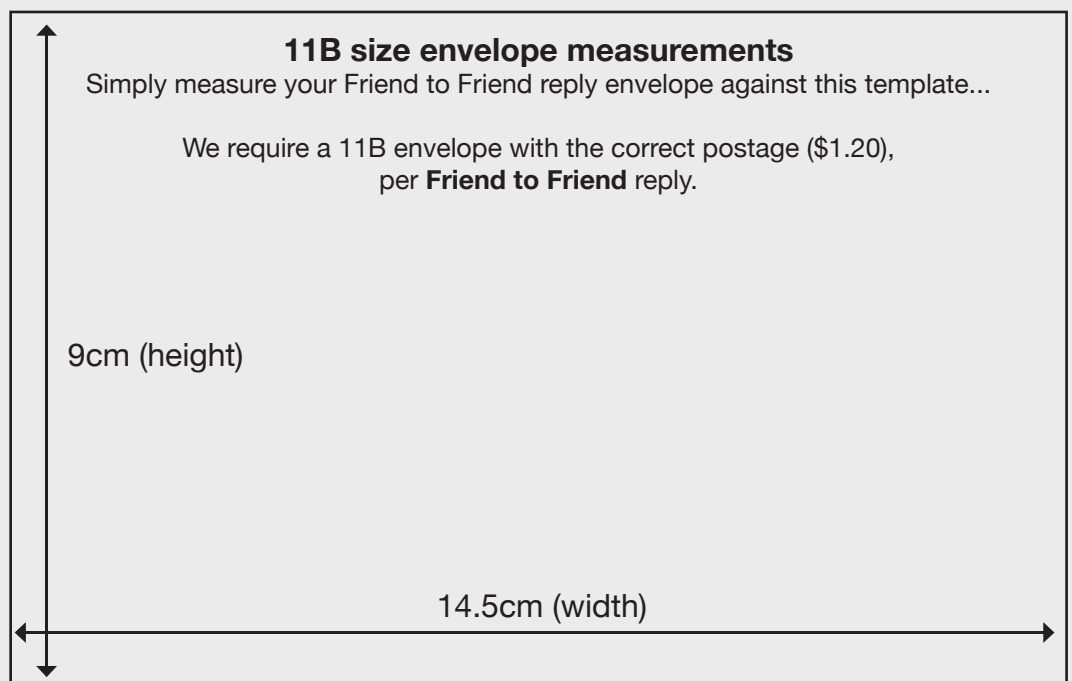
To reply to the advertisements in Friend to Friend nominate the reply box (the number

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 eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)
 Write your reply on a single sheet of paper

and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see example below.
 No greeting cards,

bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not opened. Replies must be in response to reply boxes no older than three months.

Envelope size for Friend to Friend replies...



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Downsizing

ADVERTISING FEATURE



Making memories and enjoying the festive season can be achieved simply



Some of the looks available at Domayne City West



by Zofia St James

"GLOOM we have always with us – a rank and sturdy weed, but joy requires tending."

These words written by American author Barbara Holland say it all for me. It is a timely reminder when feeling overwhelmed by the list of 'to

do's' at this exceedingly pointy end of the year; not to mention the news the world media slugs us with daily.

It's joy and finding joy in the midst of the silly season that should be on the top of the list of what we need to succeed in our daily lives this or any season.

I just love this time of the year, the lights, colour, the vibe and the music. My plan was to be organised by early December and then just ride the lovely wave through to Christmas, which I must say I have done.

If I can say anything to

encourage you in your endeavours to navigate through this festive season and tackle the purchasing of gifts and food planning, it is to keep it simple and don't overthink it. Like baking a cake, you can taste the love in it, if you have enjoyed the process.

For me, I approach it like another creative opportunity to express myself. Every year I first choose the wrapping paper and that seems to set the theme. I like to see what emerges from that and I carry it right through to the way I decorate the table. I do like to challenge

the traditional red, gold and green and discover what's new.

The gifts I sent to family in the eastern states were wrapped in a beautiful ice blue and grey paper, trimmed with a dark grey ribbon and finished with a keepsake Christmas tree decoration, all inspired by my son's love of sea this year.

As far as the food is concerned, I absolutely adore a Christmas brunch. Just add a bottle of bubbles and some beautiful tropical fruits and pastries to the normal scrambled eggs and buy delicious bread for toast and voila!

Your family and friends brunch then go on to visit other people and you have the rest of the day to relax. It leaves time to prepare for a lovely light festive supper or barbecue with a bit of a Christmas take on the salads and dessert. That to me is a perfect day.

Christmas Day is about giving, but in doing so give yourself a gift or just the luxury of enjoying the moments,

laughter and love.

It's also about enjoying and creating yet more indelible memories for the little ones and those we live with. This year find the child within you and enjoy the magic. Also too, for those who have no family or whose family live away, there are a number of community Christmas Day lunches and events on offer. See details in your local paper or the City of Perth

website. No one has to feel alone.

I hope these words have inspired you as much as Barbara Holland's words did me. Happy Christmas to you all and a huge thank you to those who enjoy my monthly columns and journey. It's in thinking of you that inspires me. Let's get excited for what lies ahead in 2024. Stay safe, well and loving the moments. Zx

Zofia offers a free over-the-phone or video interior style consultation for readers. She can assist with de-cluttering, restyling, choosing furniture and personal styling. Interested in a free styling opportunity? Contact Zofia on 0406 336 607 or email zofia.stjames@hotmail.com.



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Downsizing

ADVERTISING FEATURE



Keen to lend a helping hand - volunteering is a way of life for Norm



Norm Heath

INTERNATIONAL Volunteer Day is a perfect reminder that volunteering is rewarding and can provide a great sense of fulfilment and gratification.

The RAAF Association is always focused on people and communities. Their philosophy is that community is all about people and they genuinely care about our residents.

RAAFA's Merriwa Estate resident, Norm Heath, has been volunteering his time to help and support others for decades and, being over 85 years young, reckons he's not going to stop any time soon.

"You get what you give in life, don't you? I really enjoy rolling up my sleeves and helping

out," says Norm who moved into the popular RAAFA estate back in 2021 because, in his words, 'it was the best value-for-money retirement estate to be found'.

Norm currently drives the estate's e-car every month and also delivers lunches to fellow residents once a fortnight; he has been an active member of the estate's popular entertainers, *the Mudlarks* and the beloved Merriwa Maintenance Men, known as the 3Ms.

"I've volunteered for a myriad of different things since I retired over 20 years ago," says Norm, who is a marine engineer by trade and spent five years in the merchant navy.

"I lived in Tasmania for a couple of decades and volunteered for the army reserves there for about 14 years," he explains.

"And then when I moved over to Perth I got involved on the tall ship *The Leeuwin*, where I was a relief engineer, and then I volunteered for the Maritime Museum in Fremantle where I trained to be a museum guide.

"I'm always happy to volunteer and help out where I can, I think that's really what makes for a great community, which we certainly have here at RAAFA Merriwa Estate."

To find out more about the RAAFA lifestyle and volunteer opportunities contact merriwa@raafawa.org.au or 9400 3400.



Regis Nedlands' general manager, Bonni

Making a difference in the lives of the elderly

moved into residential care as an assistant in nursing, office coordinator, registered nurse, clinical care manager, before then being promoted to general manager at Regis Como and now at Regis Nedlands.

"I have been given these opportunities to progress my career through Regis. I feel very fortunate to be able to work here," said Bonni.

What attracted Bonni to the aged care sector was her desire to make a difference in the lives

of the elderly. She recalls that when she was a child, her family would regularly visit and care for their elderly neighbours. She found it fulfilling to spend time with them and make a positive impact on their lives. Later, when she started her career in aged care, she realised that she could make a real difference in the lives of many older people.

A typical day in Bonni's role as a general manager is a busy one. She spends most of her day reviewing assessments,

monitoring the residents' care, and planning and implementing improvements throughout the residence. Bonni also provides support and guidance to her team and liaises with other departments to ensure that residents receive the best possible care.

What Bonni loves about her role is the opportunity to work with the elderly and her team.

She says, "every day is different, and I learn something new every day."

She finds it rewarding

to see the residents' quality of life improve and to witness the positive impact her team makes on their lives.

"I love working with my team. We support each other every day and even more so when we are having some challenging times. The team, residents and families have all made me feel so welcome and the support I have received from stepping into the general manager role has been wonderful," she said.

For those who aspire

to have a career in aged care, Bonni advises them to have a passion for it.

"If you have a genuine passion, then do it.

"Working in aged care can be challenging, but it is also rewarding. Be patient, compassionate and understanding as you work with the elderly. You never know where aged care could take you."

Bonni's journey in the aged care industry is a true testament to her dedication and passion for making a difference in the lives of the elderly.

MEET Bonni, Regis Nedlands' general manager in Perth. Bonni joined Regis in April 2013 and throughout the last decade has taken on various roles for the care-led

organisation. Bonni started her journey at Regis as a home support worker, before growing into a case coordinator position. Since then, Bonni

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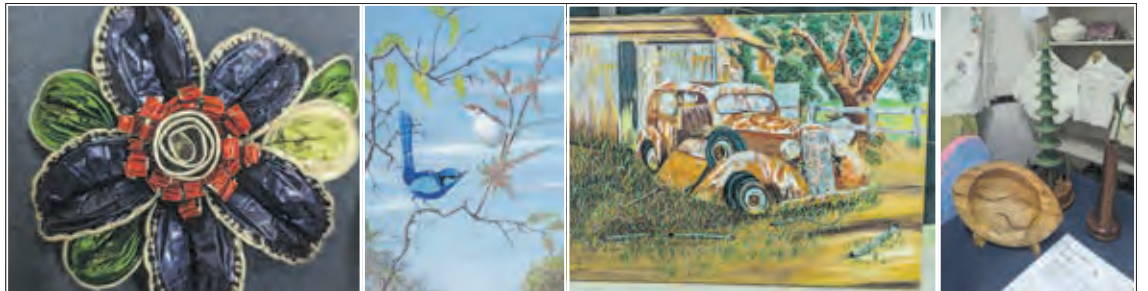
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RAAFA Retirement Living

Art comes alive at special exhibition...



Chief operating officer, Annie Pathak and winner

BETHANIE Social Centres from the south west to Perth spent the past few months creating art and craft works to showcase at their very own art exhibition.

The six centres from Bunbury, Kwinana, Port Kennedy, South Perth and West Perth were encouraged to enter some of their early works from their past, as well as to embrace their current creative pursuits.

West Perth Social Centre coordinator, Anja Danner displayed all of the pieces, with descriptions including information about the artist to accompany each item.

"As diverse we are as people in our interests and abilities, these

works are just as diverse," said Anja.

The Social Centres encourage their clients to believe that everyone can be creative with the right support, ideas, and imagination. Along with traditional art practices, some clients used everyday items and made them into stunning artworks. Like the used coffee pods made into beautiful home decorations, and the 'woolly tree' brought to life with knitted 'leaves'.

Chief operating officer Annie Pathak joined in judging and helped make the difficult decision to award winners over five categories.

Altogether it was a hugely successful event, bringing people, art and joy together.

Convert your films, videos to digital formats...



BEFORE the days of smart phones and social media, the act of recording on ciné film was reserved for life's most precious moments.

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film footage slowly degrades.

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.

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Visit DiskBank at 4/73 Troy Terrace, Jolimont or call 9388 0800.

GREAT HOME and GARDENING



Gardening and gift ideas to make it a very special Christmas



L-R; Consider giving the gift of gardening for Christmas - potted red pelargonium (© Jana Ohajdova on Unsplash) and perennial favourite lavender - Inset; Brighten a loved ones garden this festive season with a colourful arrangement of Succulents



by Colin Barlow

AS the holiday season approaches, there's no better time to spread joy and cheer by bringing the beauty of the outdoors into your home. Gardening is a wonderful therapeutic activity that not only enhances the aesthetics of your living space but also contributes to your overall well-being. For gardeners and plant lovers in Western Australia, here are some delightful gardening gifts that will make this Christmas extra special.

Potted plants: Give the gift of lasting beauty with potted plants. Outside in the garden or on the patio potted colourful perennial plants are a fantastic addition, as they come back year after year. Consider gifting vibrant geraniums, hardy lavender, or the ever-popular daisies. Not only are they visually appealing, but they also require minimal maintenance, making them perfect for green thumbs of all ages. Indoor plants can create a lush tropical oasis that not only looks good, but they can also clear the air of harmful chemicals.

Herbs: For those who enjoy a bit of culinary creativity, a potted herb garden is a thoughtful and practical gift. Basil, rosemary, thyme, and mint are not only aromatic but also add a burst of flavour to home-cooked meals. These compact gardens can be placed on windowsills or bal-

conies, providing easy access to fresh herbs for that extra special touch to holiday recipes.

Water savers: Succulents are the perfect companions for those who prefer low-maintenance gardening. These water-wise wonders come in a variety of shapes and colours, adding a touch of elegance to any space. Consider arranging a mix of colourful succulents in a festive pot or shallow bowl for a unique and stylish Christmas gift.

Western wonders:

Embrace the unique flora of Western Australia by gifting native plants. Kangaroo Paw, Banksia, and smaller Eucalyptus hybrids are not only stunning but also require less water, making them well-suited to the local climate. These plants also attract native birds and insects, adding a touch of the Australian wilderness to your backyard.

A helping hand: Equip your gardening enthusiast with a set of ergonomic and lightweight tools. Long-handled trowels, pruners, and a comfortable kneeling pad or knee pads can make gardening more accessible and enjoyable. Choose quality tools with easy-grip handles and adjustable features to accommodate different levels of mobility.

Grow your knowledge: For those who enjoy a good read, consider gifting a gardening book

tailored to the unique conditions of Australia. Look for guides that provide tips on native plants, water-wise gardening, and seasonal planting calendars. A good book can be a valuable companion for both beginners and seasoned gardeners. I am currently reading *The Charmed Garden at Broughton Hall* by Philip Hunter and *Soulscape: Connecting Gardens to Landscape* by Peter Shaw, two inspiring books outlining the design, development, and theory behind each garden. I recently visited both gardens in Victoria on a garden tour, and the books will help transport

me back there and incorporate the ideas into my own work.

Make your mark: Spruce up the garden with personalised plant markers. These can be engraved with the names of loved plants or decorated with charming designs. Not only do they serve a practical purpose, but they also add a touch of individuality and whimsy to the garden, making it a personalised and cherished space.

This Christmas, give the gift of gardening to the most important gardeners and 'crazy plant people' in your life. Whether it's a potted plant, a culinary herb gar-

den, or a set of ergonomic tools, these thoughtful presents will bring joy and beauty to their homes. Happy gardening, and

Merry Christmas. I would like to wish all our readers a very happy and safe Christmas and a prosperous New Year.

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Gift the experience of a lifetime



mas, Southern Cross Care (WA) has partnered with gifting platform Connect the 40 per cent to deliver personalised gifts and experiences to those most at risk of social isolation.

Just like Make A Wish provides experiences to vulnerable and sick children, Connect the 40 per cent fulfils the dreams and aspirations of older people and relies on donations from the public to make these experiences a reality.

Southern Cross Care (WA) CEO, Clare Grieveson, urges the public to remember the elderly who once served us well and gift them an unforgettable experience this Christmas. Visit www.connectthe40.com/residents to learn more about the deserving residents and how you can help make an impact in their lives this festive season.

CHRISTMAS is often a time when family and friends come together. But for some, it can be a time of great loneliness and isolation and often our elderly in the community are those most at risk.

This is even further compounded for people who reside in aged care homes, with 40 per cent of residents not receiving any visitors. To combat loneliness and lift the spirits of its residents this Christ-

Seniors GLA:D to be busting osteoarthritis myth



toms of hip and/or knee osteoarthritis. The program is rapidly gaining popularity with Australian health professionals such as HBF's Life Ready physiotherapists.

"Everyone wants to live life to the full, so we're especially excited that GLA:D has been busting one of the biggest myths surrounding osteoarthritis," said Jordan Duncan, Life Ready physiotherapist.

"The program demonstrates it is possible to become more active, to move more easily, and get more out of life even if you are one of the many Australians with this chronic joint condition."

Characterised by the breakdown of the cartilage that overlies the ends of bones in the joints, osteoarthritis mostly affects the larger weight-bearing joints, such as knees and hips.

Osteoarthritis is the most common form of arthritis in Australia. Australian Institute of Health and Welfare data show that is more common in females than males (10 per cent compared to 6.1 per cent). It affect one in five Australians over the age of 45, and one in three over the age of 75.

"Osteoarthritis is often

thought of as 'wear and tear' and this has helped perpetuate the myth that nothing can be done," Jordan said.

"There's typically progressive loss of motion, often accompanied by pain. There may also be redness, heat and swelling around the joint, loss of strength and function and morning stiffness that is eased with movement.

"Patient education, weight loss and exercise therapy, such as the GLA:D program, are the recommended first-line treatments, empowering those impacted to manage their osteoarthritis and not let their life be controlled by it."

HBF is the first health insurer to give its members access to the GLA:D program at no extra cost since January 2023.

After acquiring Life Ready Physiotherapy in 2022, HBF has supported almost 300 members manage symptoms of osteoarthritis through the GLA:D program. The program consists of 12 supervised exercise sessions over six weeks and two education sessions, all run by Life Ready physiotherapists who have been trained in GLA:D.

OVER two million Australians have osteoarthritis, but it's a myth that sufferers have to put up with the pain and enjoy life less as a result.

An innovative exercise and education program developed in Denmark is showing remarkable results in Australia, helping those with osteoarthritis in their knees and hips reduce pain and regain mobility.

Research from the GLA:D program in Australia shows an average pain reduction of 36 per cent, reduced analgesic consumption, reduc-

tion in perceived need for surgery and clinically meaningful improvement in joint confidence.

Not only are participants better able to tackle everyday tasks such as using stairs, gardening, putting on shoes and socks, and shopping for groceries, they are able to enjoy more of their favourite activities and may be even have a go at some new ones.

Good Life with osteoarthritis: Denmark – or GLA:D for short – is a program of education and exercise designed to help reduce the symp-

Have a Go News PUZZLES SOLUTIONS



Answers for Have a Go News Quiz page 2

1. Chris Dawson
2. Kim Beazley
3. 1879
4. Northampton
5. Moondyne Joe
6. Foundation of the Swan River Colony
7. Perth's foundation
8. Grandmother (Kabbarli)
9. Yagan
10. Cottesloe

Solution for BIG Crossword page 46

S	I	N	G		A	T	T	E	M	P	T		S	A	N	D		
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Solution for Crossword page 47

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Solution for Christmas Time Acrostic from page 47

MYSTERY TEXT: He sprang to his sleigh, to his team gave a whistle, And away they all flew like the down of a thistle. But I heard him exclaim, 'ere he drove out of sight, "Happy Christmas to all, and to all a good-night!"

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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!

A FESTIVAL OF NINE LESSONS & CAROLS

Sunday 17 December, 7.30pm
Saturday 23 December, 7.30pm
Sunday 24 December, 7.30pm

CHRISTMAS NIGHT AT THE CATHEDRAL

Friday 22 December, 6pm to 9pm
Come inside in the cool and explore your Cathedral at night!

A FAMILY CHRISTMAS

Saturday 16 December, 11am
Dress up as your favourite nativity character!

CHRISTMAS EVE

Sunday 24 December, 11pm
Midnight Mass
Beautiful music to start Christmas.

CHRISTMAS DAY

Monday 25 December, 8am
Christmas Holy Communion

Choral Eucharist of the Nativity, 10am
Preacher: The Archbishop of Perth

HAGN#381-061231



38 St Georges Terrace, Perth, WA 6000

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Christmas Masses 2023 and musical highlights at St Mary's Cathedral



CHRISTMAS EVE

6pm Children's Mass
Our Christmas angel leads the singing at this Mass with popular carols and children's Christmas songs.

10.30pm Lessons and Carols

Enter into this magical night with Cathedral Choir singing well-loved carols and Christmas motets and processing through the Cathedral - includes William Mathias' exuberant Ave Rex

12 midnight Midnight Mass

The Cathedral Choir leads this joyous feast of music featuring carols, Mozart's Sparrow Mass and the Hallelujah Chorus accompanied by pipe organ and orchestra.

CHRISTMAS DAY

11am Solemn Sung Mass
The Cathedral Choir returns to continue the Christmas joy with carols and the Hallelujah Chorus.

HAGN#381-061114

St Patrick's Anglican Church of Mt Lawley

Festival of 9 Lessons and Carols

Monday 18 December 7.30pm
The traditional festival of nine lessons and carols, followed by mince pies and champagne.

Christmas Eve

Sunday 24 December 10.15am
Christmas Eve service with congregational carols, followed by Christmas banquet.

All invited, especially those who might be celebrating Christmas alone.
\$10 donation

Christmas Day

Monday 25 December 10.15am
Christmas Day service with Holy Communion



Cnr First Avenue & Beaufort Street,
Mt Lawley
www.stpatricksmtlawley.com

Come and Celebrate Christmas with the Uniting Church in the City

Friday 15 December

'Wesley at One' Music Recital 1pm - 1.45pm,
Wesley Uniting Church, Reflections of Christmas with Angela Currie (organ)

Sunday 17 December

Multicultural Christmas Carols and Celebration Service 4pm, Trinity Uniting Church
Social Justice Church Christmas Carols Service 5pm, Wesley Uniting Church
Enjoy singing all the best Christmas carols in a lovely, inclusive atmosphere

Tuesday 19 December

Spirit of Christmas Music Recital 5.30pm - 6.15pm, Wesley Uniting Church
Featuring beautiful music from the Wesley Music Scholars with Angela Currie (organ / piano)

Wednesday 20 December

Spirit of Christmas Music Recitals 5.30pm - 6.15pm, Wesley Uniting Church
Featuring beautiful music from Consort Cantare directed by Anette Kerkovius
with Aimee Ryan (soloist) and Angela Currie (organ)
Blue Christmas Service 6.30pm, Trinity Uniting Church

Thursday 21 December

Christmas Carols for the City 12.30pm - 1pm, Wesley Uniting Church
Come and sing your favourite carols. Featuring Wesley Brass and Soloist
Directed by Angela Currie (Director of Music/Organist)

Sunday 24 December - Christmas Eve

Service of Carols and Readings 9.30am, Ross Memorial Uniting Church
Worship Service 10am, Trinity Uniting Church
Celebration of Nine Lessons & Carols 10am, Wesley Uniting Church with Wesley Singers and Music Scholars. Music directed by Angela Currie (Director of Music/Organist)
with Alessandro Pittorino (Artist-in-Residence)
Christmas Eve Service 7pm, Trinity Uniting Church
Christmas Eve Service 11pm, Wesley Uniting Church
with Angela Currie (Director of Music/Organist), Wesley Brass & Wesley Singers

Monday 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 Brass & Wesley Singers. Directed by Angela Currie (Director of Music/Organist)

Ross Memorial Uniting Church cnr Hay & Colin Streets, West Perth
Trinity Uniting Church 72 St George's Terrace, Perth
Wesley Uniting Church cnr William & Hay Streets, Perth

For more info phone 6103 4222 or visit www.perthunitingchurch.org.au

HAGN#381-061433



Christmas Gift Guide

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DOLPHIN THEATRE 2nd - 13th
PERTH, WA OCT 2024

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Stunning operas reflecting love, loss and longing for the 2024 season of WA Opera



IN 2024 West Australian Opera presents a year reflecting love, loss and longing with ancient stories, myths, and legends. Artistic director Chris van Tuinen said that opera, at its heart, is great storytelling through music.

“What speaks better to the human condition than a story shared, enjoyed, reflected on and cherished. It’s this love of connection, of coming together through great art, that drives us at West Australian Opera to explore the repertoire, com-

mission new works, travel to the corners of the state and deliver performances of the highest standard.”

The season opens with the Wesfarmers Arts commissioned, *Wundig wer Wilura*, by award-winning songwriters and storytellers Gina Williams and Guy Ghouse. Sung in Noongar, this striking new production premieres in the Perth Festival from February 9 – 15 at His Majesty’s Theatre.

In addition to opening Perth Festival with *Wundig wer Wilura*, the West Australian Opera Chorus will feature in Sir Jonathan Mills’ opera *Eucalyptus* in Perth Concert Hall on February 22. *Eucalyptus* is an adaptation of Murray Bail’s Miles Franklin Award-winning novel.

From May 9 – 12, West Australian Opera returns to Government House ballroom

with an exclusive long-table-styled dinner and performance of Henry Purcell’s *Dido and Aeneas*. The production is conducted by Chris van Tuinen (*La Bohème*), directed by Humphrey Bower (*The Duel*), and stars Ashlyn Tymms (*Carmer*) and Lachlann Lawton (*La Bohème*) as Dido and Aeneas.

West Australian Opera is proud to present this season in association with the University of Western Australia’s Conservatorium of Music, featuring members of the UWA Chamber Orchestra and the Conservatorium’s voice students.

A grand-scale new production of Antonin Dvorák’s *Rusalka* is presented from 18 – 27 July at His Majesty’s Theatre. Inspired by Hans Christian Andersen’s fairy tale *The Little Mermaid*, *Rusalka* shimmers with magic and transforma-

tion before the final echoes of tragedy. Blending soaring romantic melody and charming Czech folk music, *Rusalka* is the most intoxicating fairy tale opera, best loved for the dreamlike beauty of the exquisite aria *Song to the Moon*.

Thrilling acrobatics and striking video design combine to take audiences to hell and back in Circa’s award-winning production of *Orpheus and Eurydice*, presented at His Majesty’s Theatre from October 24 to November 2. The production stars Russell Harcourt as Orpheus (*Oreste*) and Prudence Sanders (*Into the Woods*) as Eurydice with Chris van Tuinen conducting the West Australian Symphony Orchestra.

Across 2024, West Australian Opera collaborates with Perth-based classical music

ensemble Australian Baroque in a recital series at WA Museum Boola Boodip’s Hackett Hall.

Executive director Carolyn Chard AM 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 sung stories that are relevant to our people, time, and places. We are proud to be resident in His Majesty’s Theatre and we acknowledge this beautiful theatre’s milestone birthday, turning 120 in 2024.”

Single tickets are on sale at 9am on Wednesday 22 December. To learn more, visit: www.waopera.asn.au.

Backstage at PCH for 2024

THE GONDOLIERS
DOLPHIN THEATRE | 18th - 25th
PERTH, WA | MAY 2024

KISS ME, KATE
DOLPHIN THEATRE | 2nd - 13th
PERTH, WA | OCT 2024

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PERTH Concert Hall is trying to let as many people as possible tour the backstage areas before the hall renovation begins in 2024. The tour includes a display of historical information on the Lower Gallery Foyer and audio and lighting equipment of old, on the Upper Gallery Foyer.

Dates available for the first three months of 2024 include:
January 10am and 11.15am on January 15, 17, 22, 24 and 29.
February 10am and 11.15am on February 5, 7, 12, 26 and 28.
March 10am and 11.15am on March 21 and 28.
 Entry is by gold coin donation.
 To book, just email info@perthconcerthall.com.au stating what day and time you would like to attend.

A crowd-pleasing French comedy

WHEN childhood friends Magalie and Blandine cross paths after many years, they decide to finally take their dream vacation to Greece. A widely entertaining tale of female camaraderie, *Two Tickets to Greece* was a hit at the Alliance Française French Film Festival earlier this year and opens in cinemas on December 26.

WIN WIN WIN – Email Only
To be in the draw to win a double pass to Two Tickets to Greece, simply email win@haveagone.com.au with Greece in the subject line. Closes 18/12/23.

Do you enjoy wartime stories?

Then you'll love Bernadette Piper's *Tomorrow's Roses* and sequel *Tomorrow's Promise*. Filled with tenderness, heartbreak, desire, self-sacrifice, pain and healing - enjoy these titles together or separate. Ph 0417 963 079

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City of South Perth Historical Society Inc.

Art Museum AND Local History Gallery

Frolic... May Gibbs West Australian flora
 May's 1923 illustration *Flower Babies Ball* from *Nuttybub and Nittersing Nyungar Wanginj Nidja Bilya: Bilya River Stories* aspects of history, river life and spirituality crafted by Kerry-Ann Winmar, an acknowledged Aboriginal Woman Elder of our local areas and professional tour guide.

GALLERY OPEN: Friday 10am - 4pm and Saturday & Sunday 1pm-4pm
Gallery will be closed from December 23, 2023 to January 4, 2024

Heritage House, 111 Mill Point Road, South Perth
 9367 9243 www.southperthhistoricalsociety.org

New comedy film with all-star cast

IN the comedy *Anyone But You*, filmed in Sydney, Bea (Sydney Sweeney) and Ben (Glen Powell) look like the perfect couple, but after an amazing first date something happens that turns their fiery hot attraction ice cold — until they find themselves unexpectedly thrust together at a destination wedding in Australia. So they do what any two mature adults would do: pretend to be a couple.

With an all-star cast including Sydney Sweeney, Glen Powell, Alexandra Shipp, GaTa, Hadley Robinson, Michelle Hurd, Dermot Mulroney, Darren Barnet, Bryan Brown, Charlee Fraser, Joe Davidson and Rachel Griffiths, this is a film not to be missed.

In cinemas December 26.

WIN WIN WIN
We have double passes for some lucky readers to win. To be in the draw simply email win@haveagone.com.au with Anyone in the subject line. Closes 20/12/23.

SAVE ONE LIFE. SAVE THE WORLD.

COMMENCING BOXING DAY at WINDSOR CINEMA LUNA LEEDERVILLE and LUNA ON SX
 Advance Screenings from Dec 15

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★★★★★ “The best thing that Allen has made in years, certainly since *Blue Jasmine* in 2013.” THE TIMES, UK

“A love letter to the city of Paris.” EUROPE 1

Coup de Chance
 (Stroke of Luck)
 Written and Directed by WOODY ALLEN

COMMENCING BOXING DAY at LUNA LEEDERVILLE and LUNA ON SX

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Season two of The Chelsea Detective

it’s up to Max and his new partner, Detective Sergeant Layla Walsh (*Vanessa Emme, Dublin Murders*), to expose them.

Living on a shabby houseboat, with his marriage in shambles, Max seems utterly unremarkable — but behind his everyman exterior lies an unparalleled perceptiveness, a mordant sense of humour, and a knack for understanding how people tick.

Newly transferred from the Exeter police, Layla isn’t afraid to speak her mind, even if that means occasionally rubbing people the wrong way. She’s warm-hearted underneath her tough front, however, and fits right in with the team as they investigate a strangling at an art gallery, a suspicious death at an exclusive retirement home, a psychotherapist’s murder, and the killing of an entrepreneur.

Out on DVD now and RRP \$34.95

WIN WIN WIN
Have a Go News along with Acorn Media is pleased to offer readers the opportunity to win one of 10 DVDs of The Chelsea Detective. To be in the draw simply email win@haveagone.com.au with DVD in the subject line or write to DVD c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/1/24.



What's on the silver screen at Luna cinemas this month



WORLD Art Events – exceptional art on screen
Borromini and Bernini. The Challenge of Perfection
 Screening Sat 9 to Tue 12 December at: Luna Leederville + Luna on SX
 A JOURNEY into the great beauty of Rome through the outstanding period of the Baroque. This is a documentary film about the genius who breathed new life into architecture winds its way through the

streets of Rome, and then as far as Verona, as well as Borromini's Tomb in San Giovanni Battista dei Fiorentini, where the artist's remains still lie today.
Coup de Chance
 Releasing Boxing Day at Luna Leederville + Luna on SX
 An exciting new French-American thriller, shot in Paris and written and directed by Woody Allen. *Coup de Chance*, is about the important role chance and luck play in

our lives.
 Fanny (Lou de Laâge) and Jean (Melvil Poupaud) have everything, they are the ideal couple: fulfilled in their professional lives, they live in a magnificent apartment in the high-end districts of Paris and seem to be as in love as the first day they met. But when Fanny accidentally bumps into Alain (Niels Schneider), a former high school classmate, she's swept off her feet. They soon see each other again and get closer and closer...
 The film marks Allen's 50th theatrical feature film. French with English subtitles.
Poor Things
 Releasing Boxing Day at Luna Leederville + Luna on SX
 A feminist Frankenstein retelling from the modern master of surrealist story-telling.
 Filmmaker Yorgos Lanthimos (*The Favourite*) and producer/actress Emma Stone reunite in this eery and incredible tale. *Poor Things* follows the fantastical evolution of Bella Baxter (Stone), a young woman brought back to life by the brilliant but unorthodox scientist

Dr. Godwin Baxter (Willem Dafoe).
 Under Baxter's protection, Bella is eager to learn. Hungry for the worldliness she is lacking, Bella runs off with Duncan Wedderburn (Mark Ruffalo), a slick and debauched lawyer, on a whirlwind adventure across the continents. Free from the prejudices of her times, Bella grows steadfast in her purpose to stand for equality and liberation.
Next Goal Wins
 Releasing January 1 at Luna Leederville + Luna on SX. Plus Luna Outdoor preview Saturday December 16, 8.15pm. Doors open 7pm. Advance screening: Friday December 15, 6.30pm at Luna Leederville. Windsor, Luna On SX
 Michael Fassbender stars as Dutch football coach Thomas Rongen, as he attempts the nearly impossible task of leading the American Samoa team to their first ever win in this heartfelt, underdog story from Academy-Award winning director Taika Waititi. (*Jojo Rabbit, Thor: Ragnarok*)
 An earnest, feel-good comedy, *Next Goal Wins* is about an outsider

who becomes part of a community and learns life is about more than scoring goals on the pitch.
One Life
 Releasing Boxing Day – Luna Leederville – Luna on SX – Windsor – Luna Outdoor. Advance screenings Friday December 15.
 Academy-award winner Sir Anthony Hopkins stars in this moving historical drama based on the inspiring true story of Sir Nicholas 'Nicky' Winton, a British stockbroker who assisted in the rescue of more than 600 Jewish children from Nazi-occupied Czechoslovakia on the eve of World War II.
 Fifty years later, Nicky is still haunted by the fate of the children he wasn't able to save. His humanitarian accomplishments are largely unknown and unnoticed by the world until 1988, when he is invited to the BBC television program *That's Life!* And was reunited with dozens of the children he had helped come to Britain, as well as their children and grandchildren. Nicky comes to accept that when facing devastating atrocities, saving even one life is

a victory, and the British public learn the truth about the hero hidden in their midst.
The Boy and the Heron Japanese language version
 Monday, December 11 and Wednesday December 13, 8.15pm at Luna Outdoor
 A young boy named

Mahito yearning for his mother, ventures into a world shared by the living and the dead. There, death comes to an end and life finds a new beginning. A semi-autobiographical fantasy about life, death, and creation, in tribute to friendship, from the mind of Hayao Miyazaki.

Season 2024

The Discovery

Metamorphosis: Ballet at the Quarry
 9 February – 9 March

La Bayadère
 12 – 20 April

State: Contemporary Vision
 31 May – 8 June

Genesis
 12 – 20 July

Romeo & Juliet
 30 August – 14 September

The Sleeping Beauty
 22 November – 15 December

Christmas gifting ideas from West Australian Ballet
 Subscriptions and tickets available from waballet.com.au



WEST AUSTRALIAN BALLET



West Australian Ballet season 2024 includes guest artistic director David McAllister



West Australian Ballet's 2024 season includes the enchanting *The Sleeping Beauty*

WEST Australian Ballet is thrilled to announce its much-anticipated 2024 season, with renowned dancer and creative David McAllister AC, in his role as guest artistic director.

The upcoming program features three opulent His Majesty's Theatre productions accompanied by live orchestra, in addition to the popular Ballet at the Quarry, *Genesis* and State seasons.

"The last time I lived in Perth, I was 17 years old, so I'm looking forward to an extended stay in the place where my passion for ballet was sparked," David McAllister, West Australian Ballet guest artistic director, says.

one of the artistic directors before me, including Aurélien Scannella for his tireless work in raising the company to the acclaim it has today.

"Season 2024 has been curated to inspire and delight, and I hope the selection of works from classics to premieres captivate WA audiences as much as they do me.

"I can't wait to get into the studio and start working with the talented dancers of West Australian Ballet."

Season 2024 commences in the usual fashion at the Quarry Amphitheatre. *Metamorphosis: Ballet at the Quarry*, in association with Perth Festival, will feature three works including the title work from one of the world's leading choreographers, David Dawson. In addition, two pieces from rising British cho-

reographer George Williamson will be presented at the iconic venue under the stars.

In April, the Company will make a triumphant return to His Majesty's Theatre with West Australian Symphony Orchestra for *La Bayadère (The Temple Dancer)*. A co-production between West Australian Ballet, Queensland Ballet and Royal Winnipeg Ballet, the Marius Petipa classic has been reimagined in all its glory by Greg Horsman. It was last performed in Perth in 2019 and is sure to transport audiences to exotic opium dens and ancient Indian temple grounds through romantic themes, technical choreography, stunning sets, and elaborate costume designs.

In May and June, West Australian Ballet's contemporary season, *State: Contemporary Vision* (formerly known as State) re-

turns to the State Theatre Centre of WA. The company will collaborate with Robert Bondara for the fourth year running, as the acclaimed Polish choreographer returns to Perth to stage a new world premiere.

In July, join West Australian Ballet for the intimate and exclusive season, *Genesis*. Held at the West Australian Ballet Centre, the season celebrates the future of choreographic talent, as Company dancers create their own works.

In August, West Australian Ballet will return to His Majesty's Theatre with the Australian premiere of *Romeo and Juliet*, accompanied by West Australian Philharmonic Orchestra. Recently produced by the Royal New Zealand Ballet, this production captivates the splendour of Renaissance Verona. Audiences can expect to lose them-

selves in the timeless romance of Shakespeare's great tragedy, passionately retold by the gifted Andrea Shermoly and set and costume designs by multi award-winning designer James Acheson.

To close the year, West Australian Ballet will present Javier Torres' enchanting family ballet *The Sleeping Beauty* with West Australian Philharmonic Orchestra. While the Mexican-Finnish choreographer's stunning adaptation remains close to Tchaikovsky and Marius Petipa's original, the 130-year-old ballet spanned over four hours. Torres has shortened the show to two hours and 20 minutes, ensuring the magical tale delights audiences for centuries to come.

Tickets are now on sale for the 2024 season find out more at www.wa.ballet.com.au.

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

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

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

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

to win.

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

1. Next Generation Physiotherapy
2. Type 1 Diabetes Family Centre
3. Australian Mortgage Lenders
4. Debbie's Treasure House

5. Guide Doga WA
6. Southern Cross Care
7. Villa
8. The Drakesbrook Hotel
9. Hillview Public Golf Course
10. West Australian Ballet
11. Parkerville Children and Youth Care

Entrants can enter via email with Adwords

in the subject line at win@haveagonews.com.au or write to Ad Words Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/12/23.

Congratulations to Jill Dunbar, of Dalyellup our October Ad Words winner.

GIVE THE GIFT OF THEATRE TICKETS THIS CHRISTMAS

WORLD PREMIERE

THEATRE 180 PRESENTS

21 HEARTS

Vivian Bullwinkel & the Nurses of the Vynner Brooke

BY JENNY DAVIS | DIRECTED BY STUART HALUSZ

Como Theatre | 11-21 April 2024

A compelling true story of friendship and courage

Alma Beard, Bessie Wilmott, Florence Casson, Florence Salmon, Minnie Hodgson, Ada Bridge, Ellen Keats, Janet Kerr, Farman, Helen Neuss, Dorothy Elmes, Lorna F..., Nancy Harris, Esther Stewart, Irene Drummond, Mary McGlade, Aine Balfour-Olgyvy, Mary Cuthbertson, Lorna F..., Nancy Harris, Esther Stewart, Irene Drummond, Mary McGlade, Aine Balfour-Olgyvy, Mary Cuthbertson

THEATRE 180 PRESENTS

THE LIGHTHOUSE GIRL SAGA

By Jenny Davis & Hellie Turner • Directed by Stuart Halusz

Based on the Novels by Award-Winning Author Dianne Wolfer

When the world is dark with war, courage and heart light the way home. *The Lighthouse Girl Saga* is a sweeping story of ordinary people living in extraordinary times.

Luna Leederville | 2-5 May 2024

BASED ON NOVELS BY AWARD-WINNING AUTHOR DIANNE WOLFER

BY POPULAR DEMAND

THEATRE180 & CINEMASTAGE PRESENT THE AWARD-WINNING AUSTRALIAN CLASSIC

A.B. Facey's

A Fortunate Life

IMMERSIVE LIVE THEATRE PERFORMANCE IN CINEMAS

ADAPTED FOR THE STAGE BY JENNY DAVIS & STUART HALUSZ

Resilience, fortitude, love... an ordinary man's extraordinary life in 20th century Western Australia

Luna Leederville | 10-12 May 2024

BY POPULAR DEMAND

EXPERIENCE LIVE THEATRE PERFORMED IN CINEMAS | BOOK NOW THEATRE180.COM.AU





The Gilbert and Sullivan Society of WA present *The Gondoliers*



Gilbert & Sullivan WA Society members, clockwise from left; director *The Gondoliers*, Paul Treasure - musical director, *The Gondoliers*, Blake Houlahan - director, *Kiss Me, Kate*, Natalee Husk - musical director, *Kiss Me, Kate*, Michael Brett - choreographer, *Kiss Me, Kate*, Cortni Cooper

ROYAL kidnapping... a hidden child... which handsome gondolier is the true King of Baratara-ria?

G&S WA is delighted to present *The Gondoliers*, one of Gilbert & Sullivan's most sparkling and entertaining

musical comedies. Popular Venetian gondoliers Marco and Giuseppe have just wed sweet contadines Gianetta and Tessa when the formidable Grand Inquisitor Don Alhambra arrives and discloses that one of them is the rediscovered

King of Baratara-ria. However only their former foster mother, Inez, currently missing, knows which one. With unrest brewing in Baratara-ria, a recognised royal line would signal stability. Despite their recent marriages, duty demands

leaving their wives in Venice until the true king is confirmed. Complicating matters further, it turns out that the King of Baratara-ria was wed in infancy to the daughter of the Duke of Plaza Toro, and so one of the gondoliers may be an unintentional bigamist. Lady Casilda, however, has a forbidden romance of her own which her parents the Duke and Duchess would definitely not approve of. When the three wives arrive at the castle wanting to know which of them is Queen, whose heart will be broken? Since its premiere, *The Gondoliers* has delighted audiences with its witty reflection on the values of monarchy and republicanism, courtesy of WS Gilbert's humorous and lyrical libretto paired with some of Arthur Sullivan's most appealing and intoxicating music. With direction by Paul Treasure (*HMS Pinafore*, *The Grand Duke*) and musical direction by Blake Houlahan (*Hansel*

& *Grete!*), join us for an enchanting Italian adventure as we sail to a sunny isle for toe-tapping tunes and romance aplenty. Season starts May 16 - 25, 2024 with tickets: \$19.90 - \$59.90 at the Dolphin Theatre - 35 Stirling Highway, Crawley. **Kiss Me, Kate** Passions run high as former spouses feud onstage and off during a musical staging of Shakespeare's *The Taming of the Shrew*. In the battle of the sexes will true love triumph before it's too late? G&S WA is excited to present multi-award-winning musical *Kiss Me, Kate* - the sophisticated, romantic and hilarious comedy classic showcasing a dazzling Cole Porter score with a brilliant book from Sam and Bella Spewack. Egotistical leading man, director, and producer Fred Graham is reunited with his ex-wife, Lilli Vanessi, when the two are brought together to star opposite each other as Petruchio and

Katherine in a new adaptation of *The Taming of the Shrew*. While their barbed and battling relationship puts the entire company on edge, the show's supporting actress, Lois, finds out that her gambling actor boyfriend, Bill, has racked up an enormous debt and is hiding out at the theatre to evade collection by local mobsters. Featuring songs such as *So In Love*, *Wunderbar*, *Tom, Dick or Harry*, *You Dam Hot*, *Brush Up Your Shakespeare* and *Another Op'nin, Another Show*, *Kiss Me, Kate* will be directed by Natalee Husk (*My Fair Lady*) with musical direction by Michael Brett (Ruddigore, *The Grand Duke*) and choreography by Cortni Cooper (*Sweet Charity*). Don't miss the delightfully delicious behind-the-scenes high jinks of this irresistible Broadway masterpiece. "*Kiss Me, Kate* is a valentine to stage folk, a love letter in song linking Shakespeare and

showbiz." - *Variety* "You have only to listen to Porter's score - a swoon-worthy progression of deftly shifting rhythms and sophisticated rhymes and musical motifs - to understand the show's timeless charm." - *The Washington Post* "Broad, brazen, often shameless and finally irresistible... *Kiss Me, Kate* asserts that there is still a place for sophisticated, grown-up fun" - *The New York Times* Music and lyrics by Cole Porter, Book by Sam and Bella Spewack *Kiss Me, Kate* is presented by arrangement with ORiGiN™ Theatrical on behalf of Tams-Witmark LLC, A Concord Theatricals Company. Dates: October 2 - 13, 2024. Tickets: \$22 - \$65 Dolphin Theatre - 35 Stirling Highway, Crawley. When you purchase nine or more tickets, get one free. Just call ticketsWA on 6488 2440 between 12pm - 4pm weekdays.

Winner of the WA Premier's Book awards releases new book



WA-born Tracy Ryan has taught literature, creative writing and film at universities in Australia and in England, and worked as a bookseller, editor and translator. She currently teaches fiction writing at the University of Tübingen, Germany. Tracy speaks German, French and Italian as well as English. She is the author of five critically acclaimed novels. *Claustrophobia*, her fourth novel was published by Transit Lounge in 2014 and by Newton Compton Editori as *Una vita tranquilla* in 2015. It was shortlisted for the 2016 Western Australian Premier's Awards. Tracy was

the Western Australian Premier's Book Awards Fellowship winner in 2023. *The Queen's Apprenticeship* is the first in a series of three novels focused on the Queens of the Navarre. Two women from different worlds in Renaissance France cross paths in a way that changes both their lives. One is Marguerite de Navarre, the King's sister. Powerful, privileged and widely admired, Marguerite must nonetheless marry where she is told to, regardless of her feelings, and - despite the thrilling new ideas of religious reform causing upheaval in France - must toe the line

for the good of her brother's kingdom. Ever a risk-taker, she does what she can to protect her reformist friends. But she has always loved to write, and when disaster strikes in her personal life, she picks up her pen - but some of what she writes will get her into trouble. The other is a cast out, itinerant child who longs to be a printer like her late father. Jehane goes dressed as a male by the name of Josse, at first for safety's sake and then by choice, fending off the risks of being alone, unprotected and born female, poor but trying to live in freedom. Eventually Josse joins a

group of printers and publishers in Paris. Despite her suspicion of men, she comes to idolise one among them. But can they be 'true friends', and can she share her whole self with him? **WIN WIN WIN** We have three copies of *The Queen's Apprenticeship* to give away to some lucky readers. To be in the draw, simply email win@haveagonews.com.au with *Queen in the subject line* or write to *The Queen's Apprenticeship c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 3/1/24.*

Gift these books to your family or friends this festive season



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

Fascinating, Fun Facts: WA and the World - The sister publication to *Awesome WA*, journalist Lee Tate uncovers an array of interesting facts from Western Australia and the world. A great book for anyone who loves trivia and facts. Perfect for quiz nights.

Photographing our brilliant West Australian Birds & Wildflowers - Author Chris Tate provides tips and tricks to capture nature on any device. Includes a beautiful selection of photographs.

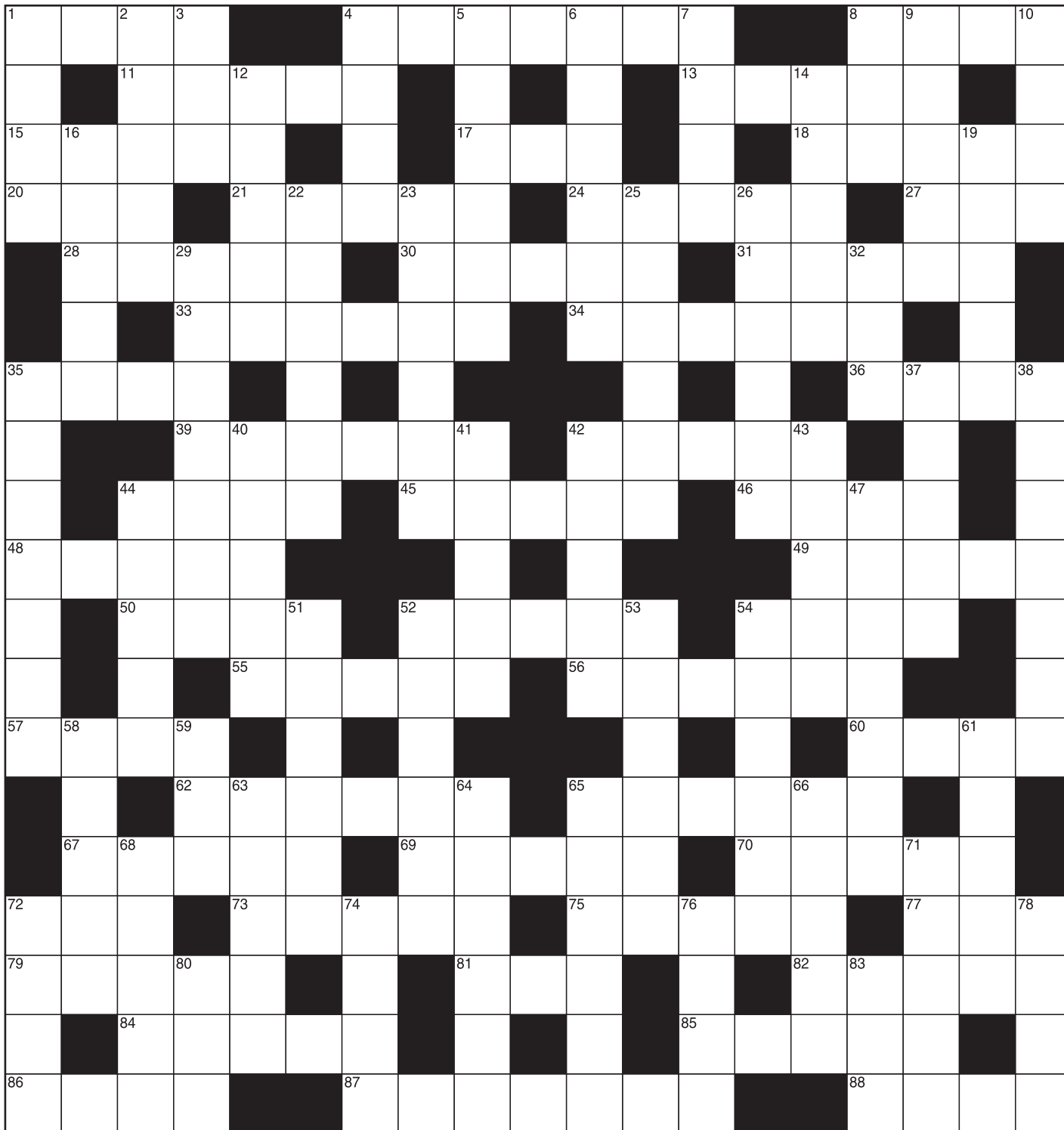
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BIG CROSSWORD - SEE PAGE 38 FOR SOLUTIONS



ACROSS

1. Warble
4. Endeavour
8. Beach grains
11. Flag, ... Jack
13. Ditto
15. Unborn baby
17. WWW, World Wide ...
18. Fort Knox bar
20. Colony insect
21. Thrust forward
24. Straw bundles
27. Nevada's ... Vegas
28. Pneumatic wheels
30. Made mistakes
31. Watery snow
33. Alternate ones
34. Sillier
35. Zodiac Cancer symbol
36. Alleviate
39. Entombment
42. Anaesthetic
44. Army dining hall
45. Calls
46. Self-defence aerosol
48. In the know
49. Fretted
50. Ancient musical instrument
52. Half-diameters
54. Eighth of gallon
55. Keeps
56. Translate into cipher
57. Not alive
60. Castle ditch
62. Marauder
65. PNG, Papua New ...
67. Without ... or reason
69. Legitimate
70. Luggage items
72. Disapproving cry
73. Media
75. Bullock
77. Fulfilled (demand)
79. Typical
81. Squid fluid
82. Moral fall
84. Stage setting
85. Stay as guest at
86. Get ... behind me, Satan!
87. Pleasantly
88. Fable

DOWN

1. Settee
2. Crazy
3. Wildebeest
4. Author unknown
5. Turrets
6. Crowded around
7. End piece
8. Wrongdoing
9. Fish with line & hook
10. Small spots
12. Isolated tract
14. Church passage
16. Walk onstage
19. Promises
22. Doormen
23. Berlin language
25. Bends to circumstances
26. Regard favourably
29. Mugging
32. Poet's word for before
35. Rasped
37. Salesman
38. Apparent
40. Drug addicts
41. Tibetan monks
42. Strange
43. Swift
44. Mediterranean island republic
47. Theatres
51. Simpler
52. Freedom fighters
53. Rude comment
54. Swoop
58. European currency units
59. Dehumidify
61. Horse-like animals
63. More than sufficient
64. Lodge
65. Engine seal
66. High-ranking lords
68. Dwelling
71. Hollow
72. Cigarette's filter tip
74. Rams' mates
76. Jealousy
78. College
80. Expert
83. Ready, ..., fire!

Stem cell therapy and arthritis symptom relief makes life easier for sufferers

Advertorial
 ARTHRITIS causes 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 cell migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when you were 25. Stem cell Nutrition encourages your

body to naturally release millions of new stem cells – which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better. If you would like to find out how stem cell therapy can change your life, phone Sandra Barnsley 0412 479 156.

Be a Superhero for WA's Superkids this Christmas, igniting healing, hope, and happiness in the lives of children and young people who have faced trauma and adverse childhood experiences.

parkerville.org.au/christmasappeal

CHRISTMAS TIME ACROSTIC

The initial letters from the answers A to T will spell out the name of the poem the quoted verse is from.

- A. * symbol
- B. Exasperate
- C. Hindered
- D. Scabbard
- E. Detailed & thorough (2-5)
- F. Discard (5,4)
- G. Plant vessel
- H. Plundering spree
- I. Porridge ingredient
- J. Folklore
- K. Tossed greens
- L. Skills
- M. Sleeping apparel
- N. Mental pictures
- O. Mexican state or small dog
- P. Physical wellbeing
- Q. Unburdened oneself of (3-6)
- R. Source of income
- S. Weak spot, ... heel
- T. Road illuminants

A	30	13	9	26	5	90	37	61				
B	107	2	93									
C	12	42	154	17	80	23	63	108	88			
D	24	19	32	6	48	35						
E	83	151	104	40	122	141	74					
F	38	102	126	149	68	96	45	33	123			
G	71	95	10	34	57	100	4	21	73			
H	105	44	130	121	72	116	16					
I	106	86	118	28	65	131	39					
J	98	51	77	125	134	59	109	153	47			
K	132	143	54	41	150							
L	155	146	145	85	139	20	3					
M	69	115	18	49	25	147	142	58	7			
N	75	91	27	29	99	128						
O	124	1	97	11	110	138	64	81	135			
P	117	103	120	78	129	84						
Q	148	55	113	136	70	46	140	101	66			
R	15	152	31	92	53	127	89	112	67	43		
S	52	94	119	60	137	144	79	114				
T	76	82	87	50	62	111	56	36	8	22	133	14

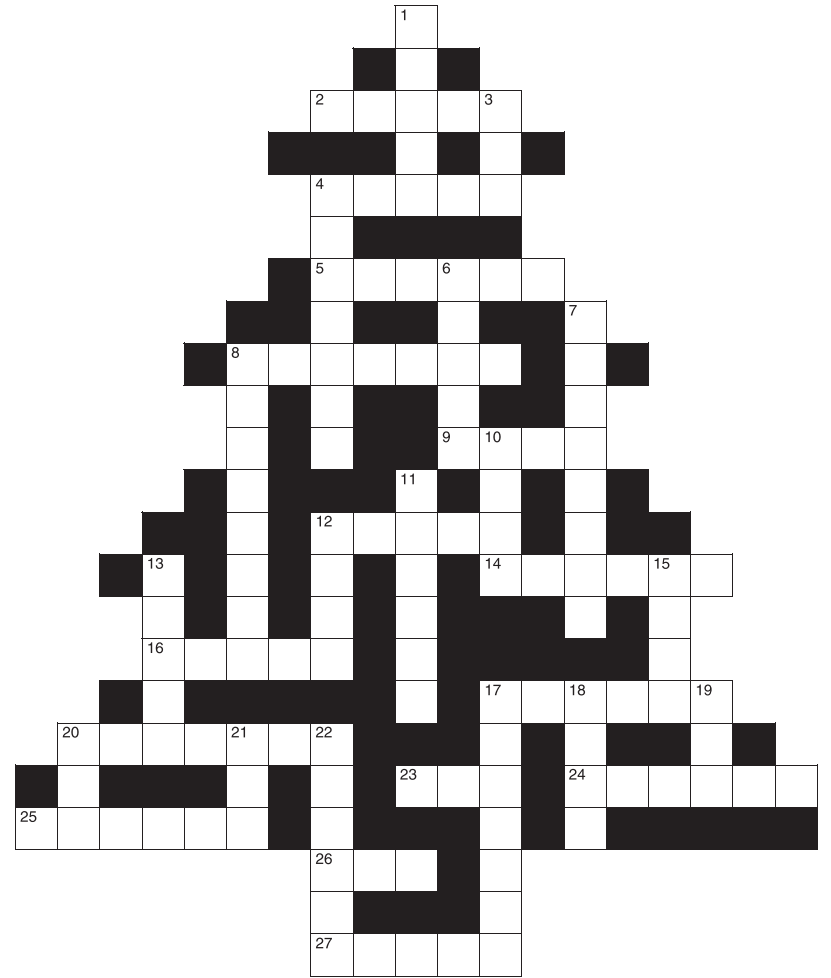
The grid below contains a quote or relates to a story. The numbers under each letter of the answers to the clues correspond to a number in the story grid.

- The best way to solve this puzzle is:
1. Answer as many clues as possible.
 2. Transfer each letter from the answers to the grid via the numbers **underneath** your answers.
 3. Work between the grid and your answers, to find the words in both areas and reveal the mystery text.

10	2B	3L	4G	5A	6D	7M	8T	9A	10G		
110	12C	13A	14T	15R	16H	17C	18M	19D	,		
20L	21G	22T	23C	24D	25M	26A	27N	28I	,		
29N	30A	31R	32D	33F							
34G	35D	36T	37A	38F	39I	40E	,	41K	42C	43R	
44H	45F	46Q	47J	48D	49M	50T	51J				
52S	53R	54K	55Q	56T	57G	58M					
59J	60S	61A	62T	63C	64O	65I					
66Q	67R	68F	69M	70Q	71G	72H					
73G	74E	75N	76T	77J	78P	79S	,	80C	81O	82T	
83E	84P	85L	86I	87T	88C	89R	90A	91N			
92R	93B	94S	95G	96F	97O	98J	,				
99N	100G	101Q	102F	103P							
104E	105H	106I	107B	108C	109J	110O	111T		112R	113Q	
114S	115M	116H	117P	118I	,						
119S	120P	121H	122E	123F							
124O	125J	126F	127R	128N	129P	130H	131I	132K			
133T	134J	135O	136Q	137S	,	138O	139L	140Q			
141E	142M	143K	144S	145L	146L						
147M	148Q	149F	150K	-	151E	152R	153J	154C	155L	!	”

© Lovatts Puzzles
 Acrostic 285
 A. Asterisk, B. Vex, C. Inhibited, D. Sheath, E. In-depth, F. Throw away, G. Flowerpot, H. Rampage, I. Oatmeal, J. Mythology, K. Salad, L. Talents, M. Nightgown, N. Images, O. Chihuahua, P. Health, Q. Off-loaded, R. Livelihood, S. Achilles, T. Streetlights.
 A-T: A Visit From St Nicholas.

CHRISTMAS CROSSWORD



ACROSS

2. Hook-shaped confectionery, ... cane
4. Christmas song, Jingle ...
5. Satin strip for a present
8. Twists
9. Christmas tree topper
12. Tiny twinkling ornaments, ... lights
14. Wine gums & fruit drops
16. Heavenly being
17. "City sidewalks, busy sidewalks; Dressed in holiday style; In the air; There's a feeling of Christmas," begins the song... Bells (6)
20. Crackers (3,4)
23. "All I want for Christmas is my ... front teeth"
24. Wax light
25. How many drummers were drumming (along with the eleven pipers piping)
26. The Holly And The ...
27. Wreath colour

DOWN

1. Who, according to the song, was kissing mommy underneath the mistletoe
3. Reply to Virginia's famous letter to the New York Sun
4. Small fruits
6. Spheres
7. Handheld firework
8. What you hang by the chimney
10. "And so up to the housetop the reindeer soon flew, with the sleigh full of ... and St Nicholas too"
11. Xmas glitter
12. Metallic paper
13. Home-made decoration, paper ...
15. Yuletide fir, Christmas ...
17. "In the meadow we can build a ...; And pretend that he's a circus clown," went Winter Wonderland
18. Frilly fabric
19. Santa's favourite colour
20. Gift adornment
21. How many partridges my true love sent to me
22. Great for tying up packages

WEST AUSTRALIAN OPERA 2024

AN ANCIENT NOONGAR STORY OF STAR-CROSSED LOVERS

GINA WILLIAMS AND GUY GHOUSE

WUNDIG WER WILURA

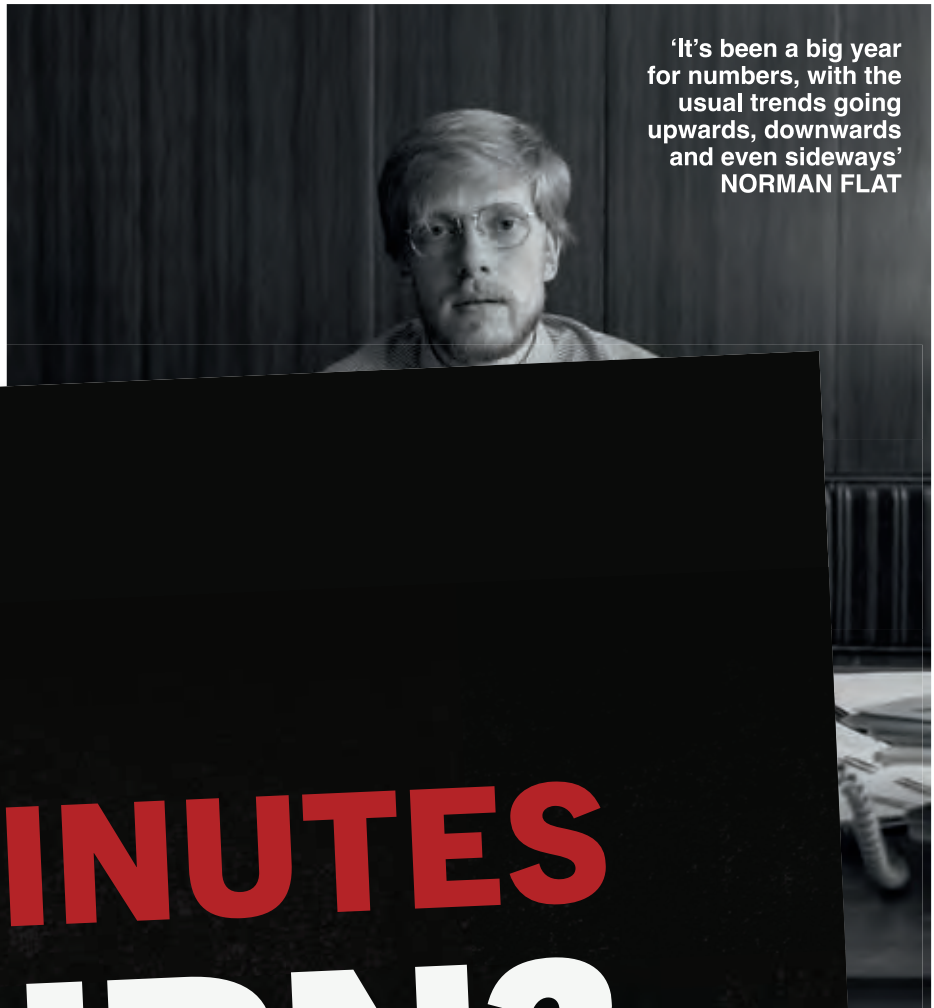
PRESENTED BY WEST AUSTRALIAN OPERA IN ASSOCIATION WITH PERTH FESTIVAL - A WESFARMERS ARTS COMMISSION

HIS MAJESTY'S THEATRE | 9 - 15 FEBRUARY

BOOK ONLINE waopera.asn.au

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Market could go up, or down, or stay the same, according to



'It's been a big year for numbers, with the usual trends going upwards, downwards and even sideways'
NORMAN FLAT



DFES
Department of Fire & Emergency Services

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READING THIS ARTICLE WOULD HAVE COST YOU ABOUT 15 MINUTES.

Not using this time to create your bushfire plan instead could cost you so much more.

[My Bushfire Plan](#)



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marked as important with no
of grass, which experts anticipate will
be green.

the ratio of the former within the latter,
subject matter that suggests any