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Shen Yun - a journey in Chinese culture



IN THIS ISSUE



let's go travelling

- Jungfrau region, Switzerland
- Wairarapa, New Zealand
- Fishing with Mike Roennfeldt
- A day trip to New Norcia
- Experience Karijini



Have a Go News congratulates the WA Senior Award winners for 2018



- Christmas Gift Guide
- Where opinions matter
- Food & Wine - reviews, recipes and more

COMPETITIONS/GIVEAWAYS

Ad Words - \$200 Shopping voucher
TICKETS - Grease: The Arena Experience, Milford Street Shakers
FILMS - The Favourite, Holmes & Watson, Can You Ever Forgive Me?, Colette, Disney's Mary Poppins Returns and Ralph Breaks the Internet
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Food for life

The unique and colourful Shen Yun returns to the Regal Theatre in February with a new show

THROUGH the universal language of music and dance, Shen Yun weaves a wondrous tapestry of heavenly realms, ancient legends, and modern heroic tales, taking the audience on a journey through 5,000 years of Chinese culture. Its stunning beauty and tremendous energy leave audiences uplifted and inspired.

A Shen Yun performance features the world's foremost classically trained dancers, a unique orchestra blending east and west and dazzling animated backdrops — together creating one spectacular performance.

People around the world have raved about the show. Now it returns to Perth for another season at the Regal Theatre in February to thrill audiences again.

Academy Award-winning actress Cate Blanchett said it was an extraordinary experience... the level of skill, but also the power of the archetypes and the narratives were startling. And of course it was exquisitely beautiful.

Former senior manager of classical awards for the Grammy Awards, Omega Medina, said that she comes away with

feeling like a better human being for having experienced this magnificent event: "It speaks not only to my intellect, but it speaks to my heart. It was a complete edifying experience of the human spirit."

Former ballerina from the Moscow Ballet Valentina Alexis was amazed: "The choreography is phenomenal, I think it's the best show that I have ever seen. The best. Even the backgrounds, the dancing, the choreography and the music, the singing - everything. I am very, very lucky to see this amazing and fabulous performance, and I couldn't have imagined it would be like this."

Author and professor at University of Ottawa Dr Cyril Dabydeen said: "Usually we hear about song and dance multiculturalism, but it's not very deep and profound. But here tonight it was the most extraordinary cultural show I've ever seen and experienced... The sense of divinity, spirituality, and good values - those things for me were very transcendental, very inspirational... It transported me back in time, in a sense of a beautiful, wonderful, quintessential Chinese culture."

World figure skating champion Elvis Stojko said the show has transcended the technique... it takes years of training, a sense of confidence in themselves, and humility towards their craft.

World-renowned soprano Alexandra Marc was very impressed with the soprano: "I think it's a wonderful thing. Shen Yun brings this show all over the world, along with the message they tell beautifully."

Don't miss the opportunity to travel back to the magical world of ancient China. Experience a lost culture through the breathtaking art of classical Chinese dance, and see legends come to life.

Shen Yun pushes the boundaries of the performing arts to make this possible, with a unique blend of colorful costuming, high-tech backdrops, and live orchestra. Be prepared for a theatre experience like no other.

Shen Yun performs at the Regal Theatre, 474 Hay Street, Subiaco from 19-23 February. Ticket prices: from \$110 to \$200. (Children under five are not admitted).

Ticketek 1300 795 012/ Presenter Helpline 0477 280 668.

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From the editor's desk



WHAT a fantastic WA Seniors Week we had and as a major sponsor of the week we enjoyed running and attending many events. The week kicked off with the AGL Seniors Week Film Festival which saw 180 readers attend a special preview of *Old Man and the Gun* at Palace Cinemas. Then we had *Have a Go Day* at Burswood Park where we had perfect weather and record crowds. It was so lovely to see and chat to so many readers on the day. We then finished off the week with the WA Seniors Awards where our columnist Vince Garreffa was honoured with the top award. What a celebration of later life.

★★★★
It's hard to believe this is our final edition for 2018 and what a great year we have had. We receive so many compliments from readers about the paper and I just want to thank you for supporting this independent publication. I love producing our paper and the sense of community we have and look forward to bringing you more great stories, events and information in 2019.

★★★★
I want to extend a big thank you to our advertisers. Without them we would not be able to produce this paper and distribute it as far and wide as we do. So please support them. I also extend a big thank you to the team behind the paper, our journalists, sales staff and support staff.

★★★★
This month I farewell from our staff Peter Johnston who has finished up with the paper. We wish him well in his endeavours.

★★★★
My goal in 2019 is to print 100,000 copies of this paper as we have so many people asking for extra copies everywhere they are distributed.

★★★★
Our *Have a Go News* Facebook page has grown a lot this year and if you are on that platform join us where we have a lot of fun on a daily basis and offer lots of extra information and giveaways.

★★★★
We have loads of giveaways inside to celebrate Christmas offering readers many chances to win.

★★★★
The office will be closing from 21 December and reopen on 7 January. I take this opportunity to wish you a very Merry Christmas and a happy, healthy and prosperous New Year.

Jennifer Merigan
Editor
jen@haveagonews.com.au
www.haveagonews.com.au

Have a Go News Quick Quiz

- Questions**
1. Name four of the eight original reindeer.
 2. Which big company had advertisements featuring a happy, smiling Santa Claus?
 3. Apart from red and green, what two colours are most associated with Christmas?
 4. Which patron saint is remembered on 26 December?
 5. What are the gifts that the Three Wise Men gave baby Jesus, according to Christmas history?
 6. Which is the most popular ornament at the top of Christmas trees?
 7. What two phrases are almost always on Christmas gift tags?
 8. Which country created the Christmas egg nog?
 9. St. Nicholas came from which country?
 10. How many points does a snowflake traditionally have?
- Answers on page 42

Word of the month

Zetetic
Adjective
rare word
Proceeding by inquiry.
Mid 17th century: from Greek zetikos, from ztein 'seek'.

Funny historical fact

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

Ageing research snippet

Stimulating the brain may prevent chronic back pain...
RESEARCHERS from the University of North Carolina School of Medicine have found during experiments conducted on 20 people that they could target one brain region with a weak alternating current of electricity to enhance the naturally occurring brain rhythms of the region and significantly decrease symptoms associated with chronic lower back pain. The researchers plan to conduct similar studies on people with other forms of pain.

Great West Aussies - Did you know?

THE first Aussie to be granted a commercial pilot's licence was WA's Norman Brearley. The war hero created Australia's first commercial air service, West Australian Airways, in 1921. He also ran WA Airways and advised the founders of Qantas.

Urban slang

Christmess
WRAPPING paper, ribbons and glitter that litter the house all through the month of December.

Quote of the month

"LIFE can only be understood backwards, but it must be lived forwards."
Soren Kierkegaard

New outlet in Bassendean

Have a Go News is now available from Bassendean Books, 40 Old Perth Road, Bassendean.
Great selection of secondhand soft and hard cover books. Come in and browse around you'll enjoy it.
Call 9279 3959.



Find the secret word 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 Coles or IGA 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. Hetherington Funerals
 2. Home Nurse Services
 3. Captain Cook Cruises
 4. Interfloor Access
 5. My Delicious Cakes
 6. Soul Soothing Therapy

7. Alchera Living
 8. Ocean Keys Sewing
 9. Hamper World
 10. Atwell Gallery
 11. Skids Swimwear
- Entrants can enter via email win@haveagonews.com.au or write to Ad Words Competition C/- *Have a Go News* PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/12/18.
Congratulations to E Robertson our September winner.



Joan tangoes a lot more these days. Even if she walks a little less.

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Fighting to save a celebrated artistic work at the busy Northbridge tunnel



Joanna Lefroy Capelle in her studio

by Josephine Allison

AS motorists sweep through the Graham Farmer Freeway entrance to the Northbridge tunnel each day, spare a thought for the artist behind the evocative hand-carved murals. Renowned Perth artist Joanna Lefroy Capelle executed the colourful narrative which depicts the history of Northbridge down the years.

But the future of her work is under threat because almost two decades of dripping bore water combined with the elements have damaged the mu-

als, prompting Main Roads WA to write to the artist saying they will be replaced.

Joanna is waiting on further word from Main Roads WA after submitting an amended quote to her original estimate of \$200,000 after being told there was no money in the budget to restore her work. It would take at least 10 eight-hour night shifts every eight weeks when the tunnel is closed for maintenance, working with her original master plasterer Allan Dunk and three artist's assistants.

"It would be a crying shame to

replace the work, as has been suggested, with textured aluminium panels," she said. "Reticulation installed initially was modified but still continued to stain the artwork. 'In addition, leaching water from behind, caused by insufficient sealant on the walls, has seeped through and damaged it.'"

Known for her fascinating figurative artwork, Joanna spent almost six months carving out the figures and faces of Northbridge on 255 square metres of stone. The stirring images were based on her extensive historical research at the Batty Library and keen observation of life in the area.

Both sides of the tunnel entry are adorned with bold images that represent hundreds of years of Aboriginal and later European occupation leading to multiculturalism and present day arts, nightlife and dining.

There is an image of Fanny Balbuk, the last known full-blood Aboriginal in the area holding the stick she used for digging for haematite. The final artwork panel depicts football legend Graham Farmer (after whom the freeway is named) handballing into the tunnel. The artistic team is also depicted and includes Allan Dunk, his son Linton and Joanna's able assistant sculptor David Brazier.

The scene of the early history of Northbridge has been set with images of early Aboriginal education in the area, a panel recognising the

ANZACs, reference to the miners who stayed in Northbridge in single men's quarters, the sly grog trade, illicit gambling and prostitution, as well as the influence of the Chinese with eating houses, laundries and market gardens.

A blue-grey thread meanders through the artwork, symbolising the Swan River. Colours used in the work are terracotta (derived from the naturally occurring product haematite), yellow ochre, and black and white oxides.

In her Helena Valley studio, Joanna unfurls the rice paper maquette of her artwork secured with a rolling pin which she presented to Main Roads WA as part of her submission. She was contracted to undertake the public art project for the Main Roads and Clough in late 1997.

Joanna's first public art commission was a 20-metre etched cement render mural in Victoria Gardens, East Perth, for the East Perth Redevelopment Authority. The work, *Regeneration*, traces the area from its earliest Aboriginal inhabitants through to the arrival of Europeans, the horticultural and industrial phases of development to the current regeneration.

Joanna Lefroy grew up on a farm in northern WA. On leaving school she joined WA Newspapers as their first female cadet artist. She wrote and illustrated a half-page of fashion

for the *Daily News* and subsequently the *Sydney Morning Herald* in Perth, then the UK and Europe while living in London in the late 60s. A highlight was covering the couture collections in London, Paris, Rome and Madrid.

She started painting with a box of oils for her 17th birthday and, apart from a handful of lessons with Wim Boissevain and Henry Froudish, is self-taught.

Her works are figurative narratives which focus with humour and sensitivity on the everyday and the complexity yet simplicity of human nature. Her *Woman with Balls* series uses body language and metaphors for life and won her acclaim and a Lorenzo di Medici medal at the Florence Biennale in Italy in 2009.

Her work is represented in private, public and corporate collections throughout Australia, and in the UK, the United States, Canada and Spain, the Netherlands, France and Greece.

Now living in Helena Valley with second husband David Cameron, Joanna is continually on a quest gathering new material and inspiration for future paintings. She teaches children and adults in her studio and takes part in a weekly figurative art workshop under the Bassendean Library. She has also turned her hand to writing short stories.

"It's painting with words," she says.

Nominations for the WA Women's Hall of Fame are now open...



Hon. Minister Simone McGurk MLA Minister for Women's Interests and Hazel Butorac OAMJP 2018 inductee

THROUGHOUT our State's history some extraordinary Western Australian women have left their mark in our cities and throughout the regions. Women who have forged forward to create new settlements, strong communities, become pioneers of industry and business innovators.

It was not an easy path for our forebearers, but their courage;

resilience, resourcefulness and integrity is what helped build this great state.

In celebration of these women, the WA Women's Hall of Fame was launched in 2011. Nine years later, this annual event has seen 178 extraordinary women acknowledged for their achievements and the difference they have made to the lives of Western Australians.

Have a Go News is proud that our founding editor Judith Treby was posthumously inducted into the WA Women's Hall of Fame in 2017.

The 2019 program was launched at Parliament House by the Minister for Women's Interests Simone McGurk MLA and many of

the previous inductees.

We encourage readers to take a moment and think about nominating women they know within their communities.

The categories cover community, business, health, education, arts, culture, sport and STEM (Science and Technology, Engineer-

ing and Maths) where women have excelled in their fields.

Nominations are open until 5pm, Wednesday 7 February 2019.

The nomination process is easy and can be done on line – simply visit www.wawomenshalloffame.com.au/nominations.htm

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Street address:	137 Edward Street Perth WA 6000		
Postal Address:	PO Box 1042 West Leederville WA 6901	Columnists	Colin Barlow Jon Lewis Karen Majer Tahlia Merigan Mike Roennfeldt Hugh Rogers
Tel: (08) 9227 8283 Fax: (08) 9227 8293			
Editor	Jennifer Merigan	Contributors	Noelene Swain Vince Garreffa
/Travel Editor			
Please address all correspondence to the Editor			
Email the editor/travel editor:		Production/Graphic Artist	Suyin Boehm
jen@haveagonews.com.au			
Email to production:			
production@haveagonews.com.au			
Website: www.haveagonews.com.au		Advertising sales:	
		Direct Line:	(08) 9227 8283
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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,
IN the November issue of the *Have a Go News* Frank Smith reported Jeff Fielder talking about the problems faced by seniors/pensioners due to rents they have to pay for housing and how more and more people are retiring although still having a mortgage, who then have to sell up and try to rent a home.

The editors of the paper know full well how often I comment on those seniors/pensioners who are still in their own house, still paying off a mortgage. Some may be like me and still go out and still have a pet rather than sit and stagnate and end up with mental health issues.

In many cases mortgage payments, other bills and making sure the pet has food, leaves the person with very little money to buy themselves proper food. That is food other than, say, two minute noodles or cans of spaghetti or baked beans. I mean fresh fruit, vegetables, meat, fish and so on.

As Mr Fielder mentioned many renters in financial difficulty are women.

I am paying more than I need off of my mortgage because although the great institution I am with (Keystart) is very good, I am a young 71 and want to pay the mortgage off by the time I am 75. I also pay more to provide a buffer

for when interest rates increase.

I think Mr Fielder and Dr Debbie Faulkner of the University of Adelaide need to expand the study they are doing on seniors who are doing it tough to include people who are doing it tough on the age pension and those who are doing it tough if they are self-funded and therefore not receiving the age pension.

Those of us in these groups do not always get considered, particularly if we do not belong to seniors organisations such as Council on the Ageing or self-funded retiree.

**Mrs Margaret Ryan
Ballajura**

Dear Editor,
I HAD a little chuckle when I read Jon Lewis' article in the *Have a Go News* November issue, about re-using instead of re-cycling: he's a man after my own heart.

I'm beginning to think I could be verging on becoming a hoarder, but my daughter insists I'm more of an organised collector because – you see – nothing in my house is ever wasted.

It's amazing what one can re-use – with a little imagination. A single-use plastic bag was

never that in my household, they morphed into bin liners, freezer bags, storage bags, shoe bags – the list is endless: they were only ever discarded (carefully and properly) when they ripped or fell apart.

A masterpiece was when I once attached a very short flimsy skirt, to a very short dress, which turned it into a very wearable outfit, and one I have proudly worn on many occasions. I even made my darling granddaughter a shepherdess tunic for her church nativity play a couple of

years ago, from curtains that I used to wrap household items when emigrating to Australia from England. That was 28 years ago – and the fabric – carefully stored for all those years – was still good, and fitted the bill.

I'm thinking I should collate a booklet of suggestions of what, when and how to recycle discarded items: it might be a best seller.

**Florence M,
Ferndale
Via email**

Dear Editor,
I LISTEN to Chris Ilsley and Jon Lewis on Radio 6PR and am in email contact with both, though it doesn't always illicit a response.

Chris has 'everything crossed' for my husband's aged pension application 13 weeks before he turns 65 on 1 February.

Chris was kind enough to interview me about my book *Eagles On The Highway* when it was first published. It is the sequel to my autobiography, *A Butterfly Landed An Eagle*.

As Dorothea Morris wrote in her letter last month, writing my own story was satisfying and cathartic. My books proceeds have been donated to mental health and are in the Ruth Faulkner library.

Koorong Books and online ABC books sells them.

November being for men's health, my first book touched on the issues associated with a bipolar doctor husband and father of our four, who sadly committed suicide in 2009 aged 55.

I loved "Honesty is the best policy..." by Jon. I agree with him although in all honesty wouldn't have gone as far as Ron. Bless him!

Yours sincerely

**Elizabeth Laine
Via email**

Dear Editor,
I READ with interest an article from the ABC South West WA's Facebook page about heritage listing Caves Road and my jaw dropped.

Let's heritage list a road, after all we recently heritage listed an 1830 letterbox in Busselton. The history of Western Australia is so very important it shouldn't be lost to future generations.

Then I wondered why Karrakatta Cemetery isn't heritage listed to ensure all the history contained within its fences isn't lost.

Of course, there is nothing of heritage value there... silly me ... except for the headstones of war vets; pioneers; settlers; parents; children; siblings; aunts; uncles; cousins; friends and others.

I would love to know why the people of West

Australia are not made aware of the renewal and redevelopment program carried out there by the Metropolitan Cemeteries Board. It isn't a beautification effort – more like the complete utter devastation of our State's history.

It is a great story for someone who something other than dollars as their internal compass.... I wonder where we can find someone like that who is in a position of power and who values history and people's emotions and feelings over money.

Want more information about this horrid program? Come join us at: Saving Family Headstones at Karrakatta on Facebook.

Thanks to Jen Merigan, editor of *Have a Go News* for putting the story out there.

**Carol Smith
Via email**

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for the over 55s - as seen on Channel 7 Today Tonight
with the Stay Sharp Program

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| 4 LES FILLES DE CADIX | 27 SPRING WILL BE A LITTLE LATE THIS YEAR |
| 5 MY OWN | |
| 6 AVE MARIA (Bach-Gounod) | |
| 7 BECAUSE | |
| 8 THE LAST ROSE OF SUMMER | |
| 9 HOME, SWEET HOME | |
| 10 ONE FINE DAY | |
| 11 SPRING IN MY HEART | |
| 12 AMAPOLA | |
| 13 MUSETTA'S WALTZ SONG | |
| 14 LOVE IS ALL | |
| 15 WALTZING IN THE CLOUDS | |
| 16 IT'S FOOLISH BUT IT'S FUN | |
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Foodbank WA fights hunger across the state year-round



Left to right; Foodbank Linda and Lyne - food sourcing and distribution at Foodbank - Grandcarer Linda

by Josephine Allison

WITH Christmas looming, Foodbank WA is gearing up for a busy time providing food to the less fortunate, while most of us look forward to the festive season. Foodbank is Western Australia's biggest food relief organisation, providing more than 6.1 million meals a year throughout WA to people in need.

Based near Perth airport, Foodbank works with the food and grocery industry to source and distribute surplus and donated product. It also works with industry and government on innovative programs to provide key pantry staples.

This strategy enables Foodbank to supply almost 900 community groups and schools with the provisions they need to fight hunger. It also provides a range of healthy eating and education programs to build the capacity of children and adults to better take care of their health and wellbeing.

Foodbank CEO Greg Hebble says Foodbank WA this year provided the biggest number of meals in any given year in its 24-year history.

"Of major concern is the growing demand for hunger relief that exists in regional WA, with 57 per cent of the food being distributed to those living in Albany, Bunbury, Geraldton, Kalgoorlie, Peel and surrounding communities," he said. "Demand for our services has continued to grow with more West Australians seeking support from our charity partners each month, more than a third of whom are children."

"Also, our Rumbling Tummies research report also revealed one in five children are living in food insecure households and have gone without food at some time in the past year. We are fully committed to partnering with farmers, retailers and wholesalers to tackle food waste and provide more meals for Western Australians in

need. We are especially proud of our increased supply of fresh fruit and vegetables sourced this year from local growers."

Despite Foodbank WA's best efforts, it still needed to purchase more than 500,000 kg of food to ensure it had the right volume and variety of foods available in its distribution centres to meet demand.

Foodbank WA's School Breakfast program continues to be in high demand, providing more than 2.4 million serves of breakfast to students last year, helping them arrive at school ready to learn. The program started in 2001, with 17 schools registering.

More than 450 schools across WA from Kalbarri and Kununurra in the north to Esperance and Albany in the south and remote schools along the WA-Northern Territory borders are now involved.

Sadly, the number of emergency meals needed has also continued to rise. This year 876,280 meals were provided to children with no lunch packed and no means to buy food for themselves.

A qualified team of nutritionists and dietitians deliver evidence-based healthy eating and education programs throughout the state and achieve positive health outcomes for adults and children alike, thanks to continued funding from the Department of Health, Department of Education, BHP and Healthway.

"We have identified a need to provide food to the Pilbara and Kimberley regions and we are currently seeking support to service both regions," Mr Hebble said. "We have also realised that transport can be a barrier for many people living in the metropolitan area, so we are looking at new ways to take food to people."

Foodbank WA is trialling its Joondalup Hub and has plans in place for pop-up Foodbanks working in partnership with local welfare groups and charities operating in the areas. These will be rolled

out next year.

Foodbank WA has partnered with the West Coast Eagles for the past six years and is proud that this year West Coast Eagles premier partner AGL joined the fight against hunger. Thanks to AGL, Foodbank WA will be able to purchase key staple foods that are in demand year round, yet are rarely

donated such as rice, pasta, canned soup, vegetables, beans and pasta sauce.

AGL Metres for Meals was launched in round nine of this year's football season with Eagles midfielder Andrew Gaff becoming the face of the campaign. Thanks to his running power, AGL easily achieved its season target

of 50,000 meals for Foodbank WA.

Animals have not been forgotten with Foodbank WA receiving a share of more than 40,000 kgs of donated pet food delivered to disadvantaged pet owners and pets, thanks to a partnership between animal welfare group PetRescue, Pedigree and Woolworths.

And there is always a personal story of hardship and being helped by Foodbank WA.

Linda says ten years ago her life and that of her husband Neil changed dramatically when they became legal guardians of their two-year-old grandson Blair.

"When we first took custody of him we still had

money coming in so we were doing alright financially. I kept working for a while, however I found it increasingly difficult.

"Neil retired aged 70 and then things got very tough for us and I knew I had no choice but to reach out for help. It was one of the hardest decisions, as we have never needed charity before.

"The food and other things like tissues, washing up detergent and toiletries have been a huge help because in the weeks when you haven't got that extra bit of money, you know you can still get enough food to get you by until the next fortnight."

Linda is one of more than 140 grandcarers supported by Foodbank WA.

To get involved as a volunteer or to donate visit www.foodbankwa.org.au or call 9258 9277.

Christmas Gift Guide
See pages 40 to 42

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- Share your story so you can contribute to developing better outcomes

The survey is open to all grandparent carers who have full-time care of their grandchildren, those with or without Family Court orders, those involved with the Department of Child Protection and Family Support or those who have a family arrangement.

How do I participate or find out more?

To participate, please complete the online survey at <https://tinyurl.com/grandcarer> or request a hard copy. For more information please contact Liz Wenden, Senior Research Officer, ECU on 6304 2227 or Denise Gray, Project Officer, Wanslea on 9245 2441.

This research has been approved by the Edith Cowan University Human Research Ethics committee.

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Being Centrelink prepared this holiday season

by **Hank Jongen,**
General Manager,
Department of Human Services

WITH the holiday period fast approaching, we want to advise you that reporting and payment dates may change when we close for public holidays.

Centrelink service centres and phone lines will be closed on Christmas Day, Boxing Day, Thursday 27 December and New Year's Day.

If you have to report your income for a Centrelink payment on one of these days, we'll let you know how your reporting or payment date has changed. However, you'll still be able to use your myGov online account, Express Plus mobile apps and phone self-service to report during this period.

If you don't need to report to get a payment, we may pay you early. You can find out more information about reporting and payment dates on our website, just visit humanservices.gov.au/holidays.

It's also a timely reminder to protect yourself from opportunistic scammers during the festive season. Be especially aware of scammers pretending to be from the Department of Human Services.

There are many different types of scams. You may receive emails, phone calls, and SMS messages which can look and sound very convincing. They may try to get personal information from you, or ask you to transfer money or purchase gift cards in order to get a benefit or pay back a debt.

If you're unsure who's contacting you, or suspect an email,

phone call or SMS might be a scam – don't follow their instructions, especially don't give out personal information or make payments.

You can find information on our website about what to do if you think you've received a scam here – humanservices.gov.au/scams.

If you have given out personal information to a scammer pretending to be us, you should immediately call our Scams and Identity Theft Helpdesk. The helpdesk is open Monday to Friday 8am to 5pm on 1800 941 126 and you can find more information on our website here.

I wish you and your families a very safe and festive Christmas, and a Happy New Year.

If you have a question for Hank Jongen email info@haveagone.ws.com.au

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Take a wander with the Wanderers

ONCE a week a group of people meet to wander around on public transport and visit a variety of venues. They are always keen for more to join the group. They meet at the Citiplace Centre Dining room at 10am every Friday morning and have a fun and low cost adventure.

Listed below is their program for January and early February.

Friday 4 January; Burns Beach – bus 470 timetable 67 Joondalup Station

Friday 11 January; Mullaloo Beach – bus 460 timetable 65 Joondalup Station stand 4

Friday 18 January; Scarborough Beach – bus from Perth busport

Friday 25 January; Sorrento Quay – bus 423 Warwick Station – timetable 62 stand 6

Friday 1 February; Two Rocks – bus 490 timetable 83 – Butler Station stand 5

Friday 8 February; North Beach fish and chips – bus 423 – Warwick Station timetable 62 stand 6

For enquiries call Rose Hope on 9447 8246 between 4pm and 7pm.

Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,
RECENTLY I had an accident that made it difficult to walk. At first I was in a wheelchair, then graduated to crutches. I am currently using a walking stick while my leg recovers. It has become a lesson in what physically disabled people put up with as they try to live a normal life.

Using a public toilet became a frustrating adventure. My husband was forced to help me access unisex/disabled toilets in a new movie theatre, shopping centre, casino and even Fiona Stanley Hospital. We found it was impossible for someone alone to access most disabled toilets.

Many doors are very heavy, and if that was not enough, they also have automatic door closers that push against the person trying to get in or out. I could not open the doors by myself. On one occasion I needed a help from a male cleaner to get in and out of a toilet.

We talked with a friend who lives in a retirement village and she said that the operator changed the doors to give

the residents access to the facilities where they live. We believe the lighter doors were installed but cannot say if the door closers were removed or made more user-friendly.

Architects and building regulations should give more consideration to disabled persons access to toilets. This is nothing new. The old Fremantle Hospital provides a fine example of what is possible. Some toilets there have sliding doors with lighter doors and no closers. These toilets are usable by a person on their own.

I dread to think what we would have done if my husband could not have helped me. I have great admiration for the singles who face these access problems every day. We wondered how many would need to rely on a cleaner, or passerby, to open a toilet door for them.

We also wondered how many would not even bother to go out and socialise in public places.

Connie Chan
Via email

Dear Editor,
PERTH'S southern suburb residents complain about being unable to converse due to aircraft noise. Hardly surprising but worse is coming.

Perth airport plans to close the cross runway and channel more planes our way. Their sound-modelling adopts 65 dB as the level which interrupts conversation and contemplates levels to 70 dB (creating 60 dB indoors) as acceptable outdoors.

This is well above the level of 45 dB at which International best practice asserts conversation is disrupted. No mapping of the 70 dB noise contours has been published so the public cannot identify the im-

pacts of the airport proposal.

I find this unacceptable.

The US Environmental Protection Agency recommended a maximum indoor noise level of 45 dB(A) and outdoor noise level of 55 dB to allow for intelligible communication. (World Health Organisation Guidelines for Community Noise).

Higher noise levels injure public health. I quote:

"a 5-dB(A) increase in noise level between 45 and 65 dB(A) has been associated with a 38 per cent increased odds of hypertension even after control for several well-known risk factors [particularly when noise

results in] sleep disturbance... between 50 and 150 noise-induced awakenings per year may occur at outdoor noise levels equivalent to those [proposed by Perth Airport].

Subsequent impacts to health and well-being include: impairment to cognitive performance, changes in hormone levels, changes in heart rate, sleep patterns, and mood. Several studies have demonstrated an increased prevalence of cardiovascular diseases at noise levels as low as 70 dB(A)."

This will happen if we do not fight and stop the second Perth Airport runway.

Alec Blunden
Canning Vale

Hearing Specialists Design New TV Listening Device. "Santa's Hot Pick!" Beats World's Best Hearing Aids Hands Down!



Heard the good news?

Two hearing specialists have designed and released a brand new wireless TV listening device which has outdone the world's most advanced hearing aids in delivering clear television dialogue for those with any level of hearing loss.

How is this possible?

The product was developed by hearing specialists over two years in conjunction with audio engineers from around the world to optimise circuitry to work for the three most common configurations of hearing loss.

Hearing specialist Don Hudson says having worked with hearing loss clientele over many years revealed that users were desiring clarity for television dialogue as a primary need, and the technology inbuilt into the device was centred around this requirement.

"Our clientele's main concern is to hear the TV dialogue, and the 'TV Voice Pro' system uses circuitry that is customised to work for hearing loss and optimise speech clarity for television listening. We have combined this technology with state-of-the-art wireless transmission. The result is a wireless TV headset which is brilliant for those with any degree of hearing loss."

How does it beat the world's best hearing aids?

We all know that TV programs are recorded with inconsistent levels of volume and clarity. The clarity of the person talking differs substantially from show to show and most TV programs also have an emphasis on interfering music and background sound effects. The new 'TV Voice Pro' system uses a uniquely designed speech clarification technology which enhances speech frequencies whilst reducing

the negative impact of music and sound effects. In addition, the device has been custom designed for a broad range of hearing loss.

"Initial prototypes of the product showed that one speech enhancement setting was not enough to cater to the needs of the various forms of hearing loss that exist. Further refinement and the creation of two more speech enhancement options made this product something that applied to the full range of hearing loss. The optimised audio is then transmitted in digital form directly to the wireless headset. Unfortunately hearing aids alone are unable to change the existing recorded audio produced by the television or surround sound speakers and have to work with the poor signal they receive from the air. Additionally, hearing aids alone will be amplifying noise around the house, which degrades signal to noise ratio and affects clarity for the television further."

Hearing Specialist Don Hudson

What's more?

TV Voice Pro clarifies TV automatically and is guaranteed to connect to any television in seconds. The user can hear the TV at their preferred volume from anywhere in the house, without affecting the TV volume for others in the room. At just 70 grams, it's incredibly lightweight and comfortable to wear, and is a fraction of the cost of purchasing a hearing aid. TV Voice Pro completely recharges itself when placed in its holder, so there is no need to change batteries.

The purchase price is \$349. Take advantage of free super-fast courier delivery, available for two weeks only. Simply call 1300 300 446 to place your order with the customer service team. You can also visit www.TvVoicePro.com.au for further information or to order online.



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Where opinions matter - What do you want Christmas to be?



by Lee Tate

MERRY Christmas, or to be politically-correct, Happy Holiday. But what's to become of Christmas? Seriously, Christmas is not what it was, religious or otherwise.

What do you want Christmas to be?

For many of us growing-up, Chrissy was the supreme event for its family-togetherness, its gifts, its food and sweets

and perhaps, a feeling of security and belonging. Religion played a role at that time of the year too.

For regular church-goers, the meaning was deeper; spirituality at its height, newcomers joining them in their pews.

Time has taken its toll; blatant commercialism has exploded – Christmas decorations appear ridiculously early in the stores and streets.

Houses compete for the most Chrissy lights they can swamp their properties with. Gifts have become a joke, mostly unrelated to the spirit of Christmas and costing hundreds of dollars in some cases.

Restaurants and venues are packed with fun-seekers, many seeking to see how much food and

drink they can consume.

People feel committed to attend both sides of their families' celebrations, filling-up with food and drinks at one before heading to the other. Hey it's Christmas. Have more pudding, have another drink before you head out on the road.

I quote *Sesame Street's* Oscar the Grouch who sang:

"I can't think of anything that's dumber

To be a grouch, Christmas is a bummer!

Beaming faces everywhere, happiness is in the air.

I'm telling you, it isn't fair!

I hate Christmas!

...Christmas Day is almost here

When it's over, then I cheer

I'm glad it's only once a year.

I hate Christmas."

Grumbling is one thing and we can't turn back the wheel. Kids still love Chrissy and Christians still follow their practices.

The question is: What do we want Christmas to be?

Remember, Christmas was a religious holiday celebrated by Christians to honor the birth of Jesus Christ around 2,000 years ago.

Christmas wasn't celebrated by early Christians until the third century. Before 25 December was established as Christmas Day, there was contention among early Christians on what day Jesus was born.

It was chosen because the date corresponded with a number of existing

pagan festivals.

A church leader told me: "Christmas is a time to re-centre ourselves. It is a time that gives us new hope in bleak times and most importantly it is a time to remember Christ's birth."

Gift-giving, of course, had its meaningful origins. It had religious significance, a gesture to remind people of the gifts brought to baby Jesus by the three kings.

"But with the industrial revolution came advertising which led to Christmas being the profit making holiday it is today," said one critic.

To pour more fuel on the modern Christmas bonfire, Christmas is being shunned in parts of the world for fear of offending non-Christians.

Americans heading into Christmas and full of good and genuine goodwill, will be heard cheerfully chirping 'happy holiday'.

Christmas has served a wonderful purpose bringing people together, religious and non-religious. Now, a spreading movement wants to bring people together by avoiding the very concept of Christmas and therefore not offending them.

Christmas in developed countries has become the season of excess while undeveloped countries try to feed their starving millions.

It's gone so far now that it makes many of us wonder, what do we want Christmas to be?

The Christmas spirit of the northern hemisphere – the image of Christmas

with snow, wood fires, Santa Claus and followers in draped in furs – was never the Aussie way.

But it was fun, Christians adapted, kids revelled in it, families got together. We came up with our own Christmas cards, adorned with gum trees, beaches and Santa in board shorts.

We still ate hot, wintery meals in the European tradition and Christians prayed. We felt it was good for us.

Perhaps the first step would be to sacrifice some of our season's excesses to the needy in hospitals, aged-care facilities and homes. And celebrate in true spirit.

What do you want Christmas to be? Email: info@haveagonews.com.au

Have a Go News contributor Vince Garreffa honoured with top seniors award



Finalists, winners and sponsors with Minister Mick Murray at the 2018 WA Seniors Awards

RENOWNED Perth butcher Vince Garreffa has been recognised with the top honour at the WA Seniors Awards 2018 for his multi-million dollar fundraising efforts on behalf of Lifeline WA.

Vince took out the metropolitan Juniper 2018 WA Lifetime Achievement Award and was joined by regional Lifetime Achievement Award winner Grant Westthorp, who was awarded for

his contribution to men's health advocacy and awareness in the Great Southern.

The City of Fremantle was commended for its commitment to age-friendly initiatives, while Coffea Fine Espresso Café was recognised for its work in developing a safe, welcoming environment for dementia sufferers and their families.

Seniors and Ageing

Minister Mick Murray presented the awards at

a gala ceremony at the Hilton Hotel on 17 November – the culmination of WA Seniors Week 2018 – to honour the important contributions of seniors and those dedicated to the causes of seniors.

Mr Garreffa now dedicates more than half of his time to his fundraising efforts with Lifeline WA, having raised an incredible \$3 million for the organisation – while Mr Westthorp works towards building better physical and mental health outcomes for men with his 'survival handbook' and app to pro-

mote personal resilience.

The WA Seniors Awards 2018 are presented by the Council on the Ageing (WA) in partnership with the McGowan Government and proudly sponsored by Juniper and Have a Go News. The awards are an opportunity to recognise our unsung heroes.

"The Seniors Awards do a wonderful job of demonstrating the benefits of positive, active ageing – and remind everyone that age is not a barrier to achieving great things.

"Vince Garreffa's fundraising efforts are quite

remarkable and set a wonderful example of the value helping others can bring to the community, and indeed the individual.

"Grant Westthorp's efforts in pushing men to engage more closely with their own physical and mental health is to be commended, particularly since his efforts are focused in the country, where these issues are more pronounced.

"Coffea Fine Espresso Café's innovative and

thoughtful approach to helping dementia sufferers and their families sets a wonderful example for other businesses.

"I would hope their win inspires others to think about services they could provide in this area," said Mick Murray.

Have a Go News also extends its congratulations to our long-time supporter Kings Tours and Travel which was voted as a finalist in the Age Friendly Business Awards.

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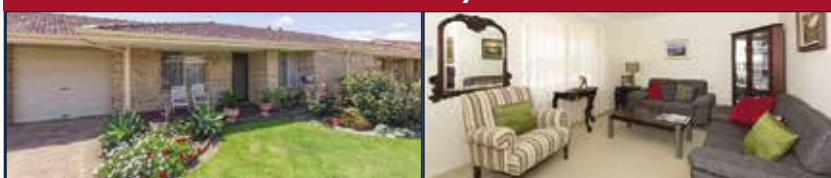
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Looking forward to look back and feel a sense of accomplishment



by Jon Lewis

THERE I was at the gym feeling tired. I had enjoyed a great radio show on 6PR after midnight, and as I often do, I found myself unwinding at the local gym. Looking around, somewhat in a daze, catching my breath before I exercised some more, a sign presented itself to me.

Often at gyms they know you will feel tired and a little lost. Anticipat-

ing this are messages of encouragement adorning the walls. 'Keep going' is one. 'No pain, no gain' is another. 'Just do it' requires no explanation. These I had seen many times before. Then I became involved with a longer quote. A fascinating quote that concluded the bio of a personal trainer there named Ayden. It read simply: "If you look back in five years from now, will you be happy with what you have achieved?"

I love this quote. Thank you Ayden.

What's more, these words reacted with me increasingly each time I re-read it.

I continued to move through my various exercises as I conceded more ways to comprehend what I had read.

First of all... the best way to see the world and life is through hindsight. If we all had this we would never make a mistake and would always choose the best path.

Sadly hindsight only ever arrives after the event. Even instant hindsight can still be far too late. This quote eliminates the late and provides us with the nearest thing there is to hindsight. Simply with imagination, just look to the future and then look back. Easy... simple... clear.

I had a go... my five years into the future Jon was shaking his head at my self-satisfying wish to go easy that morning and go home.

I decided to satisfy my future self and went a little harder and stayed a little longer. Strangely I

also satisfied my current self. Amazing.

However, this is what I especially loved about the quote. It does not just apply to the gymnasium. I believe it can apply to everything and anything.

Five years is a long time and yet not so long that it seems unimaginable and impossible. Frankly, the way the years seem to be racing by it could almost be perceived as I would see next week or even tomorrow.

What if I applied it to study? What have I never been able to do and might like to do? Surely over five years I could accomplish almost anything? A language, a degree, a bank balance, a wonderful holiday experience, perhaps a lost friendship? These things do not have to be rushed,

just maintained attention will do it.

It's simple, all I have to do is imagine me in five years and look back from there.

Each time you or I face a decision this quote can help. For example, do I tell a friend the truth or what they want to hear? Just look forward five years then look back. What would you tell them? It provides a beautiful perspective that only time and distance can deliver.

The best part, and yes there is one, it is all done in a moment.

This quote even gets me out of bed, and into bed too, when I am pointlessly battling on.

I see Ayden's quote as a gift.

Merry Christmas from Gloria and me.

Left; Jon Lewis and his wife Gloria Right; Jon Lewis

The short answer is always the best answer...

by Rick Steele

MY daughter married a Scotchman. Is that the first line to a joke?

No, and I am very happy with the Bonnie lad

WANTED

Rick Steele

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from Edinburgh. Just that it reminded me of a lesson well learnt.

Back last century, when I was twenty three, I set off to see the world, as you do, and first stop was Melbourne to stay with my brother. After a week, and money running short, he suggested I get a job. This I promptly did and became a mitt man in a car wash. We wore wet weather gear and stood in the actual washing part and wiped off any excess dirt from the cars. There was a heatwave going on, and the tall Dutchman that

I worked with was fun. We were known as, Big Ben and the Kiwi Kid (it was Butch Cassidy and the Sundance Kid time).

After two or so weeks, the boss man came to me with a proposition.

"My niece is coming over from Scotland for two weeks. She is about your age, and I was wondering if you would perhaps be her escort for a night. I will pay for everything. You seem like a reasonable young man with manners. What ya reckon?"

"Why not," said I and it was arranged forthwith.

When the big black Merc arrived, I cautiously slipped into the back seat next to Mary.

"Mary this is Rick from NZ," he said.

"Hello, or Giddyay," I stammered, "your uncle tells me you're Scotch!"

OOPS a daisy. Not a good start... in the richest, almost untranslatable, broadest Glaswegian accent you can imagine, she let fly with a frightening tirade.

"I am naye Scotch; Scotch is a drink, I am Scottish!" The, 'you are a dumb Kiwi' was insinu-

ated and implied but left unspoken.

Wounded, but not fatally, we managed to have a fine night, and we saw Tommy and Phil Emmanuel play. Lesson learnt.

With Christmas just a short time away now, here is a gentle conversation tip for baby boomers and their elders.

Do you remember that song by the Small Faces? *Itchyoo Park*. There is line that asks. "Hello Mrs Jones. How is your lumbago?"

"Well I mustn't grumble."... Keep it brief.

Wasn't long ago, a friend I hadn't seen for a while made the same mistake: "Rick, how are you?"

I think we're still friends, but I was in the zone, and gave him the 20 minute answer. I had just had cataracts removed, altered my lenses, my ingrown toenails were giving me hell, had the hernia operation in April, my sciatica has been playing up and I've had a skin cancer removed off my face, and shall I go on?"

"No, I'm sorry I asked," he replied. Remember, the short answer is al-



ways the best.

From all the crew at *Have a Go News*, I would like to wish you a fun and memorable Christmas, and a bright New Year. Finally, to quote Bart Simpson.

"Keep in mind the true meaning of Christmas. You know, the birth of Santa."

Cheers dears!

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The great tradition at Christmas - it is better to give than receive



Rhonda Parker

by Rhonda Parker,
CEO Alzheimer's WA

THERE is much discussion in the community – and in my family – about the commercialisation of Christmas. Some worry that Christmas draws you into its vortex and you end up spending far more than you planned. Others worry that the oversupply of gifts simply contributes to unsustainability and landfill.

These are not easy considerations, as they are usually weighed against

the fact that gift giving is one of the great Christmas traditions, one of the key ways we celebrate those we love at this festive time. It is at this time we are reminded of the old proverb that it is better to give than to receive.

Christmas can also be a time where people feel disconnected, lonely and isolated. What gift is of value to these individuals?

I'd like to throw out my usual Christmas challenge to you, and ask you to consider the gifts you can give that are entirely sustainable and bank account friendly. While these gifts have value and meaning for everyone, they have special meaning for those living with dementia.

We often feel challenged by our loved ones with dementia at Christmas. How should we spend time? How can we

best relate to our loved one whose cognitive impairment now impacts on their ability to relate. How can our exchange be positive, affirming the value of our relationship? How can we be with them and be confident that we have given a gift of value to them?

This Christmas, I want to give you some tips on how you can give any or all of the following gifts to any of those you love, especially those with dementia.

Time: A person with dementia may not always remember what you have said, but they will always remember how you made them feel. Time spent with a person with dementia is never wasted. This is never more so than at Christmas.

When you spend time with your loved one this

Christmas, don't focus on information or facts that they may not be able to store or access. Focus on sharing at an emotional level. Do less, and be more. Be present in the moment, find where they are in time and share that memory. Don't feel pressured to fill your connect time with language. Just be. Time is the most wonderful gift of all.

Connect: The second great gift is to connect with your loved one with dementia. Christmas is full of nostalgia and sensory cues that assist the memory or reminiscence of the person with dementia – the smell of Christmas dinner, the sound of Bing Crosby singing *I'm Dreaming of a White Christmas*, the sight of the Christmas tree.

Connect through shared memories or ex-

periences. Reminisce about times shared. We do that with everyone at Christmas – we laugh about the Christmas camping trip that went wrong, the time the dog ate from the Christmas table while grandma was finishing serving up, we look at photos of the children as babies and wonder at where the years went. All of these activities have visual, auditory or emotional cues that support a person with short term memory loss to access their memories of treasured times. You can facilitate this precious connect. It is a great gift to give.

Joy: When you connect with another human being and share a moment where you are both joined by the memory or experience, joy will result. It is the same for all of

us. For people with dementia, it is a special gift. You have supported their recollection, shared in the moment of its remembering and joined with them in a relationship that enables them to feel the joy of being connected and remembering something familiar that is treasured. What a gift to give.

I always feel privileged to be able to give the gift of supporting a person with dementia to feel valued, connected to their memories and life experiences and more importantly connected to those around them. It is one of the most treasured parts of my role at Alzheimer's WA. At Christmas, you can give these gifts. You will experience the truth that giving is the best reward of all.

Give the gifts of time, connection and joy to

those you love, and especially to those living with dementia. It will bring sparkle to their Christmas and yours.

I wish everyone a Christmas full of love, laughter and joyful memories.

If you need to talk about a loved one with dementia, or how you can help care, please call Alzheimer's WA on 1300 66 77 88.

Note: In last month's article it was incorrectly reported that one of our advocates Clare Duggan went overseas when her husband was unwell. This is incorrect; her husband Ross Bradshaw was in fact in good health and Clare was very apprehensive about leaving him for an extended period of time. We apologise to Clare and Ross and their family for the distress this inconsistency caused.

U3A celebrates Seniors Week with a fun concert



THE HAZE concert presented by U3A (University of the Third Age) in Perth was held at the Uniting

Church in the City as part of Seniors Week on Saturday 17 November at 1pm.

The concert was a great success with the hall full of a very enthusiastic audience who were

treated to a range of old time rock and roll, jazz, Latin and country music. Many in the audience sang along and clapped in time.

Half way through the performance there was a 30-minute interval for an afternoon tea consisting of sweet and savoury snacks accompanied by tea, coffee and jugs of iced orange juice and iced water with plenty for all.

Following the break the 150 strong audience again settled back to enjoy the music and memories. The band took several encores and the concert finally came to an end at 3.30 pm.

U3A are hoping to make this an annual Seniors Week event.

Thank you to the U3A and The Haze Band for a marvellous trip down memory lane.

Coping with the festive season



CHRISTMAS is a time for family, giving, celebrating and, of course, eating.

It's no secret that the extra social events in the calendar can lead to eating more and indulging in food we don't need every day. Whether it be the traditional Christmas roast dinner, seafood barbecue feasts, tasty canapes at the work Christmas party or nan's famous trifle made just once a year – the silly season is full of opportunities to eat, drink and be merry and indulge in our favourite treats.

This can be particularly

hard for people living with diabetes who need to exercise all year round and conscious of what they are eating.

Carly Luff, credentialled diabetes educator at Diabetes WA, gives her advice on navigating the end of year festivities.

Dealing with diet

"Many of the party foods we see around Christmas time can be high in sugar, saturated fats and salt," says Carly. "These foods can contribute not only to high blood glucose levels but to weight gain and high cholesterol."

It is important to consider how to balance eating and drinking well during this time of year. This may be by planning ahead of time, considering your goals or diabetes management plans and working out what is suitable for you. After all everyone is different. It may be worth considering which days you will have treats and which days you will stick to healthy eating.

"If you know there won't be healthy alterna-

tives at a function it may be worth taking a share platter or healthy snacks like fruit, or eating beforehand," Carly recommends.

Dealing with exercise

It's important to keep physically active during the Christmas season. We know that 30 minutes of regular exercise per day can lower insulin resistance in people living with type 2 diabetes. Not only are you possibly consuming extra calories, but it is important to keep exercise habits going. You don't want to fall off the bandwagon and still be out of routine in February.

Carly suggests incorporating exercise in your social events.

"Maybe plan a pre-Christmas catch up walk with a friend or have a game of backyard cricket after Christmas lunch."

Dealing with judgements

During this time of year, there people may question your food choices without knowledge. The 'are you sure you should have that?' and 'aren't you diabetic?' judgements could be in full swing this Christmas.

The best way to answer these friends may be to remind them about your diabetes management plan and that you can treat yourself too.

"It is important to have a healthy balance and remember people living with diabetes can have treats too," says Carly. "But everything in moderation."

Diabetes WA is committed to providing support to Western Australians living with diabetes. If you have any questions at all regarding diabetes health, you can speak to one of our credentialled diabetes educators, like Carly, on our helpline from Monday to Friday, 8.30am – 4.30pm on 1300 001 880.






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Contact Sandra on 0448 915 968 for inspection times

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Contact Sandra on 0448 915 968 for inspection times

MANDURAH Meadow Springs Village



Villas and Apartments from \$255,000

Meadow Springs Village is ideal for the sports enthusiast, adjacent to Meadow Springs Golf Club and close to beaches. The village is within walking distance of a Shopping Centre and Medical Centre, and just minutes from Mandurah town centre.

Facilities include a swimming pool, bowling green, library, gym and clubhouse.

Contact Elaine on 0407 316 964 for inspection times

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Contact Jo on 0417 061 573 for inspection times

OUR VILLAGE LOCATIONS

Amana Living is a not-for-profit organisation and one of WA's largest providers of care and accommodation for seniors. Home care services are available in your home if you need extra support, and many of our retirement villages are co-located with nursing homes.

For rentals or other villages, please contact Laura on 0459 819 169

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Adam Penn wins award



Adam Penn

POPULAR Perth ballroom dancing identity Adam Penn has been recognised for his services to the community through dance, music and voice, especially with older people and the disabled.

Adam, who runs Top Hat Enterprises, with wife Linda, won the 2018 Community Spirit Award for his outstanding contribution to business excellence at the Belmont and Western Australian Small Business Awards at the Perth Convention Centre.

Adam was one of 26 people and

organisations chosen from a field of about 100 finalists for the various awards.

Adam, who writes articles on the history of dance in WA for *Have a Go News*, received the award for his services to the aged care sector through venues such as Amana Living, Brightwater Care, Regis Gardens, Regent Gardens, Opal Care, Juniper Care, Hall and Prior and Southern Cross Care.

He works with the seniors community including local seniors clubs, Probus, Rotary and Lions and the disabled community through the Cerebral Palsy Association, Irrabeena (intellectual disability), Autism WA, WA Association for the Blind and WA Deaf Society.

Adam also works in the WA dance community as a disc jockey, compere and vocalist and has been a presenter on Curtin FM 100.1 radio. He has been researching the history of dance in WA since 2006.

"I am absolutely thrilled at winning the award, I'm still on a bit of a high at the moment," Adam said. "It is a deep love of mine to provide entertainment to the community and my research on WA's dance history is equally rewarding."

Mustard pickles take out the Big Bethanie Bake Off



Left to right; 2018 Big Bethanie Bake Off Champion Isabell Neill from Bethanie Kwinana Living Well Centre and Verity James

AFTER a massive day cooking in front of a live audience at *Have a Go Day*, Bethanie, Western Australia's most recognized not-for-profit aged care and retirement living provider, is excited to announce the winners of the 2018 Big Bethanie Bake Off.

The grand finale was held live at Burswood Park on Wednesday 14 November at the Seniors Recreational Council of WA's *Have a Go Day*, a LiveLighter event.

Continuing the aim of closing the intergenerational gap between our seniors and juniors, the

competition saw four finalists from the senior and junior categories cook their favourite family recipe, accompanied by a story reflecting their family's life, culture and history.

The event was hosted by West Australian foodie and media personality, Verity James and accompanied by a panel of judges including executive director Hospitality and Trades West Coast Institute Patrick O'Brien, food columnist Margaret Johnson and Bethanie CEO Chris How.

Mr How said: "We have been running this event for five years now and sitting on the judging panel, I've never been disappointed. It's wonderful to hear the stories of where each recipe came from and to feel the excitement from the contestants as they get their chance to shine on stage."

Winners of the 2018 Big Bethanie Bake Off:

- Best Student Award – Tom Rechichi from St Anthony's School Greenmount for his gnocchi
- 2018 Big Bethanie Bake Off Champion – Isabell Neill from Bethanie Kwinana Living Well Centre for her cauliflower mustard pickle

Big Bethanie Bake Off Champion, Isabell joined the Living Well Centre in Kwinana early this year. She loves to keep busy and cooking is something that she really enjoys. She surprised staff with a jar of her home-made cauliflower mustard pickles earlier this year and it was a big hit.

Isabell has made pickles for everyone in her family since first coming across the recipe in the early 70s. It has become a family favourite and she is always asked, "when are you making another batch of your pickles – mine is almost out!"

For further information please visit www.bigbethaniebakeoff.com or contact Bethanie on 131 151.

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A great Christmas gift from the Salvos

Wishes
Help make Wishes come true

IF you are looking for a Christmas gift for someone who has everything or just want to do some good this festive season, then the Salvation Army has the answer.

They have launched their 'How you can make wishes come true' campaign and it's a lovely way to make a difference in our local community.

Earlier in the year journalist Lee Tate went on the road with the Salvation Army to find out what they do in WA – and they do a lot.

The Wishes Campaign offers people the opportunity to buy practical help for people including a homeless pack, a gift for a child, a hamper for a family, a family day out, a lift for someone needing to get to a Christmas job interview or a visit to someone alone. The gifts start from \$5 and go up to \$82.

When you buy one of these gifts you receive a card which you can then give to one of your friends or family stating the gift which you have bought.

You will find the Salvos stalls at Whitfords, Joondalup, Karrinyup and Garden City shopping centres where you can buy the gifts and support the Salvos this Christmas.

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To find out more, please call us on 1800 337 082.

classes AND courses

ADVERTISING FEATURE

New swimming program is off and running!



by Nadine Georgiades,
Project Coordinator
– Masters Swimming WA

MASTERS Swimming WA's new community swim series for all has had held its first event of the season. The Lake Swim, at Lake Leschenaultia in the hills, had record attendance even given the unseasonal weather.

Masters Swimming WA's Executive Officer, Sophie Row, said: "It was fantastic to see swimmers of all ages and abilities have a swim."

"People recovering from health issues, first time open water swimmers and swimmers had a go at the 400m try-it distance and to see their faces once they crossed the finish line was so rewarding."

Many swimmers swam the Lake Swim for the first time. They cited the reasonable entry prices and the community feeling about the WOWSwims events as highlights of the event.

As the year draws to a close, it's a chance to thank all our wonderful members, volunteers, coaches and officials who make Masters Swimming what it is today.

You don't have to be a good swimmer, just over the age of 18. Masters is all about participation and swimming with like minded people who love to have fun in the pool and out. To kick-start your New Year's resolution and to swim regularly to improve fitness and your general wellbeing in 2019, visit our website to find your nearest club www.mswa.asn.au.

The winds of spring challenge paddlers on the river



by Ken Westover

WITH the winter chills and inclement weather behind us, a large group of paddlers turned up at Deep Water Point to enjoy the camaraderie, the ambience and the gentle or not so gentle exercise on offer.

We had 24 paddlers and their supporters ready for action. All were welcomed by the club president. Members listened intently to the briefing for the day, before dividing into our two groups of leisurelies and mainstreamers.

With a light to moderate SSW breeze at their tail, the 12 mainstreamers headed off downstream toward Canning Bridge, behind the leader with the tail end Charlie taking care of the rear paddlers.

The leisurelies allowed the mainstreamers a head start, they then followed suit at a more reasonable pace. Under the bridge and under the watchful eyes of one of our former paddlers high up in their Raffles Apartment. The fleets forged on at their respective paces, past Coffee Point and the South of Perth Yacht Club, where the *Duyfken* was found tethered to the wharf under going maintenance. Around the corner and

into the Swan River past Point Heathcote, skirting Waylen Bay, the mainstreamers pressed on with vigour to Point Dundas while the leisurelies took the shorter course direct to Jeff Joseph Reserve, to rendezvous with the returning mainstreamers for morning tea.

With batteries recharged by their refreshments, the fleets headed back up the Swan, with a delightful tail wind raising only smallish waves to carry the fleet back home. But once we were around the South of Perth Yacht Club the tables were turned and a moderate to strong headwind gave the two fleets the necessary bout of exercise so vital to longevity.

Back at Deep Water Point, after tending to and

reloading our kayaks onto cars, a rest was most welcome in the form of enjoying lunch amongst the most convivial of company and in a most delightful setting.

Today's paddle clocked the leisurelies at 10 km and the Mainstreamers a bit more. Yet another very pleasant paddle in our own patch of paradise. We are indeed blessed to

live in our wonderful small city which enables us to travel easily from north to south and reverse to enjoy our rivers.

We have a few places available for 2019, if you are interested in the opportunity to join the Over Fifty-Five Canoe Club please call president Iris Mickiewicz on 0438 926 578 or secretary Ken Westover on 9447 5624.

Staying sharp and improving health

THE Stay Sharp program has been running for several years and offers participants the opportunity to sharpen their minds and their bodies.

Targeted at people aged 55 and over, it's an opportunity to introduce people to the basics of eccentric exercises along with cognitive and memory exercises to aid in reducing the risk of dementia and to improve overall health and well being.

Coordinated by Tina Schwarz, Stay Sharp utilises research from ECU School of Medical and Health Sciences. This includes Professor Ken Nosaka's eccentric exercise program along with Dr Jenny Brockis' (The Brain Fitness Doctor) cognitive exercises.

The program is run over eight weeks

in a friendly and warm atmosphere. It provides excellent improvements in physical and cognitive health for participants.

Have a Go News has visited several times over the last year and many participants have talked about the great benefits they have felt since attending.

The next program will commence on Thursday 31 January from 9.30am to 12noon.

It is held at Perth and Tattersall's Bowling Club where parking is easy. The cost is a very affordable \$80 for the eight week program.

Interested people should contact Tina on 6558 1833 or email info@staysharpprogram.com

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Seniors Recreation Council Jottings



Have a Go Day, a LiveLighter Event

The major event of WA Seniors Week 2018 was held on Wednesday 14 November in the grounds of Burswood Park. The theme "Age is No Barrier" was embraced by thousands of seniors who came along and participated in activities and visiting many sites, enjoying everything that was on offer.

The amazing *Have a Go Day* team mainly made up of volunteers who work tirelessly for 12 months and spend three, 12-hour days putting together the event.

SRCWA would like to pay tribute to their dedication on behalf of the many people who attended. The coordinating committee organise the layout, transport, shuttle buses and parking, coordinate different areas around the grounds, manage the set up and pack down and so many other jobs it would be impossible to list them all.

We would also like to thank the many volunteers including people from SRCWA, Sport and Recreation WA, *Have a Go News*, SRCWA branches and the general public who kindly assisted with the many jobs it takes to produce such a large event.

The official welcome was emceed by Simon Beaumont from Radio 6PR and it was a pleasure to have the Hon Mick Murray MLA, welcome everyone to the event.

Mort Hansen welcomed everyone to country and followed with a moving piece on the didgeridoo. The WA Police Pipe Band played the National Anthem and at the conclusion of the formalities the band escorted the Over Fifty Five Walking Association, The Heart Foundation walkers and other participants to kick off the official *Have a Go Day* walk through the grounds.

This year visitors were encouraged to have a go at activities on the day and they took these up with gusto. From having a photo taken with the 2018 AFL Premiership Cup at the West Coast Eagle's stand, to enjoying a silent disco, canoeing on the river, riding on a Cycling without Age Trishaw, trying laser pistol shooting, pole walking, reaching new heights on the climbing wall, and trying walking football – across the oval people were proving that age is no barrier.

People tried petanque, disc golf, metal detecting, square dancing, ballroom dancing, Morris dancing, tap dancing, line dancing, Tai Chi, breathing exercises, cooking demonstrations and much more. Everyone was treated to free tea, coffee and bottled water at the hospitality tents assisted by a large team of volunteers and compliments of *Have a Go News*.

There was a wide variety of information and display stalls for everyone to look at including clubs/groups, MG Car Club, Classic Speedway, antique bikes, collectable displays, gemstone displays many of the sites provided information and giveaways. Health checks were also available at different locations around the grounds.

The entertainment/activity this year was emceed by Jim Drysdale and provided by the WA Bush Poets and Yarnspinners, Phil Wilson - entertainer, Prime Movers, WA Police Pipe Band, Jim Sings Country, Sarah Broome, Wayne Pride - entertainer and everyone enjoyed watching under shade in front of the stage whilst they relaxed after visiting sites and having a go at activities.

MAJOR PRIZE DRAW WINNERS:

1st Prize donated by Crown Perth - \$2,000 Crown Towers Experience: C.Vanderstroom

2nd Prize donated by *Have a Go News* and Kings Tours and Travel - \$500 Coles/Myer voucher: Michael Tan

3rd Prize donated by Telstra Australia - Samsung Tablet and pre-paid sim card: Nell Mills

4th Prize donated by The Camfield - \$500 Gift Voucher: K Lovell

5th Prize donated by Sizzler Australia - \$200 Gift Card: Lyn Bayens

Congratulations to all our prize winners and thank you to the organisations who provided the wonderful prizes won at this year's event.

SRCWA wishes to express a huge thank you to all our valued sponsors and supporters that make *Have a Go Day*, a LiveLighter Event a success. Thank you to Burswood Park Board, Lotterywest, Crown Perth, *Have a Go News*, Dept of Local Government, Sport & Cultural Industries, Dept. of Communities, LiveLighter Healthway, Channel 7, Channel Seven's Home in WA, 882AM 6PR, Studio TwentySix Photography, Telstra, The Camfield, Phoenix Insurance Brokers, Curfin Radio 100.1fm, Kings Tours & Travel, The Hire Guys, Scarborough Toyota and Sizzler.

Ed's note – And thank you to Dawn and Martin Yates who work tirelessly and with good spirit to make the event the success it is.

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



SRC President, Hugh Rogers



food & WINE

...eat, drink and be merry...

ADVERTISING FEATURE

...eat, drink and be merry...

Vince's pork and duck rillettes



by Vince Garreffa

WITH the festive season approaching I thought I would share with you a wonderful dish to make which will surely impress friends and family.

Rillettes are a meaty spread to serve on bread or biscuits, a bit like a spreadable terrine. Great to serve anytime. It keeps very well in the fridge for about two months but once you dig into it you should use it all up within a week. That's a good reason to make it in lots of small pots instead of one big one. It is very morish and you won't have trouble eating it. The problem will be to have the strength to stop eating it all and leave some for your guests.

Ingredients for two for a month or enough for a small party

1kg of boneless skinless pork belly (with a bit of fat, not too lean)

750g duck legs (bone in skin on and fat on)

1 medium onion

6 cloves

1 sprig tarragon

cracked black pepper to taste

sea or lake salt to taste

water

Method

Dice your pork and duck into 2 cm cubes but save the bones and don't discard any fat. Dice the onion, now put all the ingredients, including bones, into a casserole pot with one litre of water. Cover with a lid and simmer for five to six hours until the meat disintegrates into little strings. Do be careful to replace any water that evaporates as you cook.

Check the juices and stir at least every hour. Now strain the juice (don't throw it away) and allow the meat to rest, discarding the bones, cloves and any visible

onion and tarragon.

Blitz the meat in a blender and rest it in a large bowl while still warm. Your juices should now have settled and separated, fat on top, juices on the bottom. Save the fat, you will need it. Add a little of the juices into the meat bowl. Just wet the meat so it's not dry. Taste the mix and season with salt and pepper. When you are happy with the taste put the meat mix into little pots. Only fill about 80 per cent up and refrigerate for two hours. Then put half a centimetre of warm fat on top of the meat mix in the pot, immerse one large or a few small leaves of flat leaf Italian parsley in the fat and refrigerate till needed.

You'll be the talk of the town over Christmas when you serve this dish.

I take this opportunity to wish all readers a happy and safe Christmas and New Year.

If you would like my Christmas turkey and ham recipes visit the *Have a Go News* website where I have uploaded many delicious recipes – www.haveagonews.com.au/category/food-and-wine/

Vince is the proprietor of Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 8am – 6pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mondo.net.au.

Knife and fork talk with the Dining Divas



Left to right; Premier Hotel's chicken schnitzel and fish and chips

by Judith Cohen and Pat Paleeya

THIS month was on a learning curve. We travelled further afield heading to Pinjarra via public transport. Easy peasy, provided you keep your eye on the Transperth timetables.

We travelled by train from Perth to Mandurah, picking up the Pinjarra bus outside Mandurah station. The whole journey was a relaxing one and half hours, followed by a pleasant amble past and into some

interesting shops.

We came to the bridge over the Murray River and whilst checking out the scenery we spied the pub. The Premier Hotel is on the banks of the river and thinking refreshment we noticed they offered

\$14 seniors meals.

From the menu we chose fish, chips and salad and chicken schnitzel with chips and salad.

The fish was cooked to perfection, it was encased in a very light beer batter and the edges of

which were very crispy and very morish. The chips were also beer battered and very tasty. Unfortunately, the salad was more of a garnish consisting of a very small piece of iceberg lettuce with a little coleslaw.

There were two varieties of schnitzel (Holstien or Parmigiana) both accompanied with fries and salad. Given a choice of toppings for the schnitzel, we chose mushrooms, although fresh mushroom gravy would have been more appetising. The salad combination of lettuce, tomato, cucumber and coleslaw was fresh but very small.

Three forks

Premier Hotel, South West Highway, Pinjarra. Phone: 9531 1212

Knife and fork talk ratings

- Five forks – excellent food and service
- Four forks – overall good food and service
- Three forks – reasonably good food and service but could make some improvements
- Two forks – food and service needs improvement
- One forks – would not recommend



WEEK DAY LUNCH SPECIALS

	PREMIER HOTEL \$14 Senior meals (with seniors card) 11.30am-2.30pm 7 days Sth. West Hwy. Pinjarra 9531 1212	IVY AND JACK \$15 lunch special Mon- Sun 11.30am-3pm 788 Hay St Perth 9261 7233	(lunch 11.30am-2.30pm) Mon- Sun 305 Morrison Rd Swan View 9294 1922
BAYSWATER HOTEL \$19.95 Seniors buffet Mon-Fri 12pm-2.30pm Railway Pde Bayswater 9271 7111	PRINCE LANE \$15 Daily lunch specials 356 Murray St Perth 9481 3222	CIVIC HOTEL \$15 lunch special (incl complimentary beverage) Mon-Fri 12pm-3.30pm 981 Beaufort St Inglewood 9279 1011	FEDERAL HOTEL \$15 lunch specials Mon-Fri 12pm-3pm 23 William St Fremantle 9335 1645
CHARLES HOTEL \$14 Senior lunch special Mon-Fri 11.30am-2.30pm Charles St Nth Perth 9444 1051	SAHARA Middle Eastern Cuisine Meals under \$20 7days 10am until late 48 Pier St Perth 6114 6143	SWAN VIEW TAVERN Under \$17 all day specials	THE NEWPORT HOTEL \$10 lunch special Mon-Fri 12pm-2.30pm 2 South Tce Fremantle 9335 2428



Come along to Fringe Mondays at the Inglewood night markets

FRINGE acts will be seen for the first time at the popular Inglewood on Beaufort Monday Night Markets from 7 January in an event called Fr'Inglewood.

Not only will the markets feature around 50-60 vendors each week in a season that will run every Monday from 6pm to 9pm until 29 April.

As well as food trucks and stalls many of the Beau-

fort Street retailers will also open their doors on Monday evenings.

People will be able to see three to four acts every Monday for free at 9th Avenue hub and the Inglewood Town Square in front of the Inglewood Library.

Acts such as cabaret and circus – *Red Light Confidential*; *Do you SEA me?* – a singalong, LED-light jug-

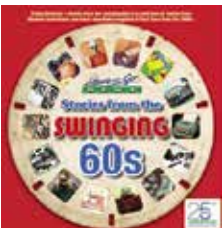
gling, circus act; *I can make you Irish* - stand-up comedy; *Movin' Melvin Brown* - 50s and 60s black soul music plus tap and Let it go! - singalong kid's dress ups – to name a few.

For more information on who is performing each week over six weeks – keep an eye on www.facebook.com/InglewoodMondayNightMarkets/

Stories about Western Australia in two books



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



Living Histories: Stories from the Swinging 60s - a collection of stories from Western Australians who have recorded a snapshot of their lives from the 1960s.

Name: _____

Address: _____

Phone: _____ Email: _____

Signature: _____

ORDER	Prices	Quantity
Awsome WA, 1001 Fair Dinkum Facts about Western Australia	1 book \$25	____ x \$25 (inc gst)
Living Histories: Stories from the Swinging 60s	1 book \$20	____ x 20 (inc gst)
POSTAGE: 1 x Awesome WA \$6 2-3 x Awesome WA \$8 4-6 x Awesome WA \$15 1 x Living Histories \$6		
	Total	\$ _____

METHOD OF PAYMENT:

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For further information contact *Have a Go News* on accounts@haveagonews.com.au or 9227 8283.
Books can be purchased from the office Monday to Friday 9am-5pm.



A little cherry cheer makes for delicious summer entertaining

by Noelene Swain

THE short but sweet WA cherry season is here and this year's crop is looking as irresistible as ever. Sunny spring days have sweetened the fruit which also promises to be of good size.

Cherries have a very short season so it's time to enjoy this year's locally grown cherries through the holidays. These cheerful morsel of colour are a true celebration of fresh summer flavours and perfect for sharing amongst friends and at

family gatherings.

Cherries are best enjoyed fresh from the stem so choose carefully. Look for fresh green stems and firm, plump and bright-looking fruit. Cherries are only picked if they are mature so any you buy will be sweet and juicy. Most cherries are red although the white varieties make a stunning appearance in time for holiday fun times.

If you do buy ahead, cherries should be stored correctly to get the best flavour and texture. Keep in the crisper drawer in the fridge in a

clean, plastic bag, keeping the end loose. This allows air to circulate and slows deterioration. Cherries can be stored for up to a week in this way. Wash just before use and gently pat dry with a clean towel.

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

the top of fruit salad or simply use a tiny bunch at each place setting at the table.

Once again, the 2018 cherry season will be officially launched at Market City, Canning Vale on Friday 14 December with the annual Charity Cherry Auction. More than \$1.1 million has been raised for the Perth Children's Hospital in the 25 years since the auction began in 1992. This year funds raised will support the amazing work of the children's burns unit lead by Professor Fiona Wood.

Arriving fresh from the south west of the state – extending from the hills area around Dwellingup, Donnybrook, Manjimup and through to Mount Barker – cherries flourish in the coldest areas of the state. Ideally cherries need 1100 hours of temperatures below 7°C followed by a mild spring. This limits the locations in WA that are able to grow cherries.

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

Cherry cheesecake in a glass



250g cream cheese, softened
1/3 cup caster sugar
1/2 cup thickened cream
1 teaspoon gelatine
400g fresh black cherries, pips removed
2/3 cup tawny port or other sweet red wine
1/3 cup sugar
2 tablespoons fresh lemon juice

2 teaspoons cornflour
2 teaspoons water

Beat cream cheese and sugar until smooth with an electric mixer. In another bowl, whip cream until soft peaks form. Combine gelatine and two teaspoons cold water in a small heatproof bowl. Stand for five minutes. Heat in a microwave on high (100 per cent) for 20 seconds. Allow to stand for five minutes to cool. Add gelatine mixture to cream cheese mixture and stir until well combined. Fold whipped cream through mixture. Spoon into serving glasses. Refrigerate for one hour or until set.

To prepare topping, combine port, 1/2 cup sugar, cherries and lemon juice in a large saucepan; bring to a boil. Cook five minutes or until cherries have softened and mixture is syrupy. Combine juice, cornflour, and four teaspoons water, stirring with a whisk until well blended. Stir cornflour mixture into cherry mixture; bring to a boil. Reduce heat; simmer three minutes or until mixture is slightly thickened and shiny. Remove from heat; allow to cool. Serve over cheesecake.

Preparation: 20 minutes; chilling: 1 hour; cooking: 10 minutes; serves: 4

Cherry chutney



THIS cherry chutney goes beautifully with turkey, ham or pork and is great on sandwiches with cold meat. It will also make an ideal gift to that special someone who has everything.

500g cherries, halved and pitted
1 cup red wine vinegar
1 onion, finely chopped
1/2 cup brown sugar
1/2 cup dried cranberries
1/2 cinnamon stick
2 teaspoons freshly grated ginger
3 whole cloves

Combine all the ingredients in a heavy-based saucepan. Stir over low heat until the sugar has dissolved, then increase the heat to medium-high and bring just to the boil. Cover, reduce the heat to low and simmer for 45 minutes. Remove the lid from the pan, and adjust the heat so the mixture continues to simmer. Cook for a further 10-15 minutes, until the liquid has reduced and the mixture has thickened slightly (it will thicken further on cooling). Keep a close eye on the mixture towards the end of cooking time, and stir occasionally so it doesn't stick on the bottom.

Cool to room temperature, and transfer to a glass or ceramic bowl. Cover with a lid.

Preparation: 5 minutes; cooking: 55 minutes; serves: 1.5 cups

Cherry and chorizo tapas



continental parsley
200g freshly pitted cherries (seeds removed)

Preparation

Cut the sausages into 1 cm thick slices. Then heat the oil in a frying pan and gently cook the sausages until crisp on both sides. When the sausages are cooked, add garlic, cherries, lemon rind and parsley. Quickly cook, stirring constantly. Serve immediately with slices of thick bread, a fresh crisp green salad with tomato wedges and other tapas dishes.

Preparation: 10 minutes; cooking: 5 minutes; serves: 2

Cherry punch



rind of 1 lemon
500g cherries, pips removed
500ml orange juice freshly squeezed
1 punnet strawberries, hulled and halved
500g assorted berries, fresh or frozen
1 litre lemonade or soda water
1 litre ginger ale
1 cup cold black tea
ice cubes
mint leaves
slices of orange

Combine altogether and serve. Decorate with fresh cherries, mint and ice.

Preparation: 5 minutes; makes: 3 litres

What's fresh and best now in the markets



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

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

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

they are equally good hot or at room temperature. They go exceptionally well with Mediterranean flavours; toss beans with olives, feta cheese and slow-roasted tomatoes, finishing with a drizzle of extra virgin olive oil for a colourfully appropriate platter to take along to a Christmas barbecue.

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

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.

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

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SOUTH PERTH SENIOR CITIZENS CENTRE

WE ARE TAKING MEMBERSHIPS NOW FOR 2019

Come join our vibrant and friendly centre for 55s and over. Become a member for discounted lunches.

Services available (by appointment - members only*):
Podiatry - Tuesday & Thursday 9am-12.30pm*
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Meals and Wheels
Lunches: \$10 members, \$15 non-members
*conditions apply, advertised prices are for members

'Be connected' FREE iPad classes - iPads provided
Every Australian Online Initiative
- 11.30am Wednesdays
11 December: Community Christmas concert, \$25 pp
Merry Christmas to all of our members and thank you for your continued support during 2018.

We will be closed from 14 December 2018
Reopening 14 January 2019

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For bookings or further info
phone the Centre 9367 9880
Join us on facebook

What's on at St Patrick's Anglican Church

Christmas Festival
Sunday 9 December, 3pm to 9pm
A family friendly celebration of Christmas

9 Lessons and Carols
Monday 17 December, 7.30pm
The traditional festival of Nine Lesson and carols, sung with the Georgian Singers. The service is followed by champagne reception and mince pies.

Advent & Christmas Banquet
Sunday 23 December, 10.15am
An advent service of holy communion followed by a full Christmas banquet

Family Nativity Service
Christmas Eve, Monday 24 December, 5pm
A short family service where all the children can take part in a nativity play (costumes provided) and sing carols

Carols & Midnight Mass
Christmas Eve with carols, 10pm
Midnight Mass, 11pm

Christmas Day
Traditional holy communion 10.15am

www.stpatricksmtlawley.com
Father Stephen Conway 0478 514 516

The AGL win a cruise competition's lucky winner



Cameron and Elizabeth Bell

THANKS to the many people who came along to the *Have a Go News'* hospitality tent at *Have a Go Day* and entered AGL's Win a Cruise competition.

Our partnership with AGL has allowed us to offer our readers some terrific competitions. These include their special seniors' gas offer, an opportunity to attend the exclusive Field Club at a West Coast Eagles match and a fabulous cruise for two people aboard the *Astor* cruising around the south west for five days.

Have a Go News extends our thanks to AGL for these opportunities for readers.

We are pleased to announce the lucky winners of the cruise aboard the *Astor* is Cameron and Elizabeth Bell, of South Perth.

food & WINE

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



Brunch with T (and Dan) – our top three picks for the year



Clockwise from top left; Atlas Food and Coffee's miso scrambled eggs - flamingo cold pressed juice - hot cakes; Little H Cafe's - polenta cake daily special - eggs Benedict; Dragon Palace offers so many delicious yum cha dishes to choose from, something for every taste...; Tahlia Merigan

by Tahlia Merigan

I'VE had a great year sampling the many brunch delights at spots around Perth and I thought I would finish off this year listing my top three favourite places for brunch.

Number one on my list is Little H in Duncraig. We rated this four and half spoons for their exceptional service, comprehensive menu, décor and ambience. It was one of the venues we just love visiting on a regular basis.

The second on our list is West Perth's Atlas Café which is located in Hay Street. We gave Atlas four spoons due to their very creative and delicious menu, good service, pleasant décor and easy parking.

Our third venue is Dragon Palace in Northbridge for the delicious experience of yum cha. We gave it four spoons for the atmosphere, delicious food and authentic experience. It really is a must to visit for delicious dumplings.

If you have a favourite brunch spot you would like to recommend, don't hesitate to drop me a line at tahlia@haveagonews.com.au

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

Have a Go News Top three brunch spots for 2018

No 1 – Little H Café, 34 Marri Road, Duncraig, Phone 0448 181 803
Open Monday to Friday 6am to 4pm; Sunday and Sunday 7am to 4pm. www.littlehcafe.com.au

No 2 – Atlas Food and Coffee, 1238 Hay Street, West Perth, Phone 6249 6457

Open Monday to Friday 6.30am to 3pm;
Saturday and Sunday 8am – 2pm

No 3 – Dragon Palace, 66 Francis Street, Northbridge, Phone 9228 2888

Yum Cha Service Monday to Friday 10.30am to 3pm;
Saturday and Sunday 1am to 3pm.

Community NOTEBOOK

CARRADINE CHOIR CHRISTMAS CONCERT

Saturday 15 December 2.30pm
Tickets \$12. Concession \$10 available at door
Includes afternoon tea.
Greendale Hall, Coombe Ave., Armadale.

CAROLS AT THE OVAL BASSENDEAN

Sunday 16 December 7-9 pm.
Steel Blue Oval. Main entrance Rosetta Gates.
Free event. Contact Ian Kirk 0415 917 480 for more info.

CAROLS BY CANDLELIGHT COTTESLOE

Sunday 16 December 7pm until late.
Main lawn, Cottesloe Civic Centre.
For info 9285 5000

LIONS BIG BAND COMMUNITY CAROLS COMO

Sunday 16 December from 6.30pm
Gold coin donation.
McDougall Park, Como.

CHRISTMAS CAROLS AT THE FARM MAYLANDS

Saturday 15 December 5.30pm-7.30pm
Adult \$5 Family 2adults+3 children \$13. Children under 12 free.
Peninsular Farm, 2A Johnson Rd. Maylands.

SAFER SENIORS CAROLS BY CANDELIGHT

Monday 17 December 6.30pm-9pm
Don Russell Performing Art Centre.
Lot 13 Murdoch Rd. Thornlie. Free event.

CHRISTMAS CRAFT AND GIFT EXPO

14 -16 December 12pm-8pm
Sorrento Quay Hillarys Boat Harbour

CHRISTMAS CAROLS BY THE JETTY BUSSELTON

Saturday 15 December Foreshore Amphitheatre
9781 0444 city@busselton.wa.gov.au

CAROLS IN THE PARK TOODYAY

Sunday 16 December 7.30pm -9pm
Entry free, Duidgee Park, Harper Rd.

NEWS YEARS EVE CELEBRATION MANDURAH

31 December 6pm -12.01am.
Eastern Foreshore. Free event. Family entertainment with a spectacular double display of fireworks. Free shuttle bus every 20mins from Railway station and the Visitors centre.

CAROLS AT SCARBOROUGH BEACH

Sunday 16 December 5pm-9pm
A family friendly carolling event to celebrate Christmas
Scarborough Amphitheatre

NORTH BEACH BAPTIST CHURCH

Sunday 16 December from 4.30pm
Free fun fair and carols
Charles Riley Reserve North Beach.

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

Festive is the season for sparkling wines



by Frank Smith

Napoléon Bonaparte advised: "Always carry champagne. In victory you deserve it and in defeat you need it."

Nowadays we are not allowed to call sparkling wine 'champagne' unless it comes from the Champagne district of France. So we call it sparkling wine. The French call sparkling wines effervescent and hold annual blind tasting wine competitions called Effervescents du Monde. Australian sparklings often do well in them, but not in the most recent competition where wines from France, Brazil, Switzerland and South Africa all were awarded gold medals.

Here are some efferves-

cents we tasted for your Christmas enjoyment.

Casella Family Wines make the ubiquitous Yellowtail wines.

Yellowtail Pink Bubbles has soft floral aromas with hints of wild strawberry, red cherry and a touch of musk. The palate displays a soft creamy texture thanks to millions of tiny bubbles and flavours of strawberries, red cherry, spice and a hint of tropical fruit. RRP \$9.99.

Yellowtail Bubbles has aromas of tropical fruits with a dash of lime juice and a hint of fresh cut flowers. The bubbles create a fresh and creamy mouth feel. A fruit basket of lemon, lime and citrus flavours makes a refreshing wine with a light and crisp finish. RRP \$9.99.

Dal Zotto winery in Victoria's King Valley specialise in Italian grape varieties and Italian style wines. Prosecco is an Italian white wine style usually made from Glera grapes. It can be spumante, frizzante, or tranquillo.

Dal Zotto Pucino Prosecco 2017 is pale straw in colour with a vivid green hue. The nose presents hints of fresh cut pear, citrus blossom and a suggestion of spice. The palate is soft with gentle bubbles offering the maximum amount of freshness for a early drinking sparkling wine. The winemaker says it is a spot on example of Prosecco. RRP \$23.

Dal Zotto Pink Pucino NV is a pink wine with bubbles. The winemaker

added a little Moscato to the Prosecco creating flavours of apples, lychees and tropical fruits with a hint of Turkish delight. Fresh and fun to celebrate with. RRP \$20.

The Alchemists Lacache 2011 Sparkling Pinot Chardonnay is made the traditional Methode Champenoise way at Margaret River. It is a pale straw colour with a hint of lime on the nose due to the presence of citrus flavours. There is a slight nuttiness on the palate, with a fine bead and a balanced crisp clean acidity with a toasty finish. RRP \$30.

Azahara Chardonnay Pinot Noir is pale straw with a very fine bead. The nose is complex with lemon pear and toast

aromas and the palate crisp and refreshing with fresh lemon and yeasty flavours. The finish is lengthy with persistent mousse. RRP \$14.

Syn Chardonnay Pinot Noir is light pale straw in colour with a persistent effervescent bead. The nose is aromatic with a touch of peach and yeastiness. The palate is of soft fruit. The wine is dry with a clean acid finish and a long lasting mousse. RRP \$18.

Taltarni Brut 2013 is straw in colour. This wine has spent nearly four years on the lees prior to bottling, resulting in a persistent and creamy mousse. Soft aromas of honeysuckle are complimented with aromas of roasted nuts. A citrus pith acidity lingers on the finish balanced by a soft, creamy texture that fills the palate. RRP \$26.

Jacob's Creek Chardonnay Pinot Noir is pale straw in colour with a nose of lemon, citrus and red berries with a touch of bread and nougat. The palate is crisp and dry, with highlights of lemon, citrus and redcurrant. RRP \$19.99.

A votre santé

Margaret River chocolate company now offers online shopping



ALMOST 20 years after opening its first boutique chocolate factory in Margaret River's internationally acclaimed wine region, the Margaret River Chocolate Company is taking its ward-winning products to the rest of Australia on-line.

The iconic Western Australian company has launched an on-line store just in time

for Christmas.

It features a wide range of mouth-watering chocolate favourites as well as merchandise such as chocolate body products, t-shirts, caps and massage oils.

The Margaret River Chocolate Company's Martin Black said for the very first time chocolate lovers would be able to buy a selection of the company's products for delivery just about anywhere in Australia.

He said the company had resisted going on-line for many years due to the fragile and temperature sensitive nature of chocolate, but at the end of the day customer demand and satisfaction was the main priority.

"We've had people from all over Australia wanting us to go on-line for many years and despite telling them we won't be able to guarantee what the product will be like when it arrived, the demand kept growing," Mr Black said.

"Millions of people have visited our three sites and fallen in love with our products over the years, but many are unable to purchase

their favourites as they don't have access to one of our factories or stores in WA.

"Now we are shipping everywhere in Australia south of Townsville and doing everything we can to ensure the products arrive in good condition, but with no guarantees."

Mr Black said all the company's favourites like Redgum Honey Crunch, Sea Salted Caramel Gourmet Bars, Rocky Road and Giant Freckles were available on-line, as well as a few pre-Christmas surprises.

To order products simply visit www.chocolatefactory.com.au

WIN WIN WIN

To celebrate their online shopping venture, the Margaret River Chocolate Company is offering Have a Go News readers the opportunity to win two \$50 delicious chocolate hampers. To be in the draw simply email win@haveagonews.com.au or write to Margaret River Chocolate Hamper c/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 31/12/18.

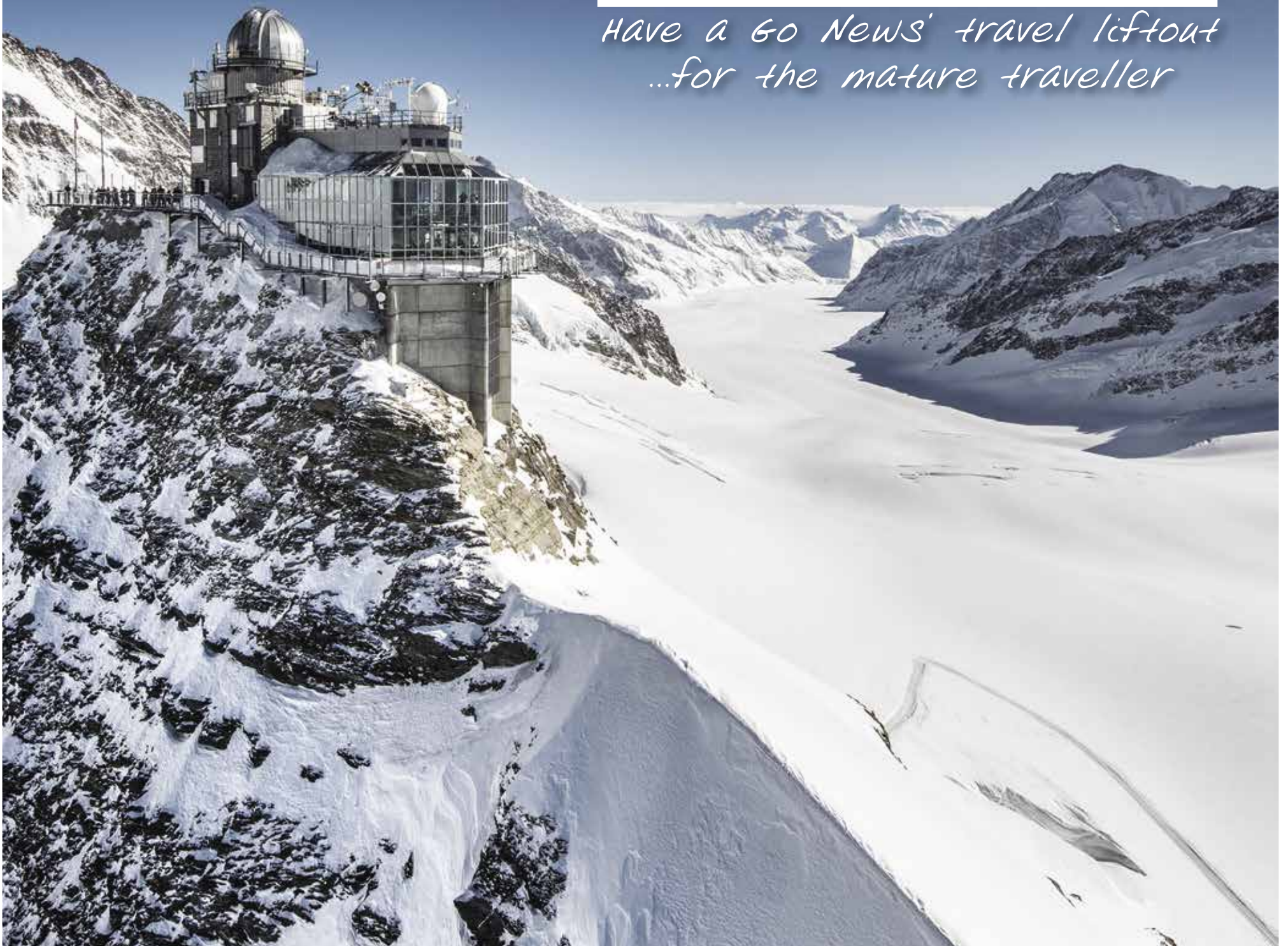
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*Have a Go News' travel liftout
...for the mature traveller*



Len Rutledge heads to the top of Europe in the Jungfrau region of Switzerland. Sitting at the peak of the Swiss Alps and the star of many a movie is the research station. Read more about Len reaching new heights on page 23. Image courtesy of swiss-image.ch/Rob Lewis

VILLA CARLOTTA TRAVEL HOLIDAY MAGAZINE LAUNCH

Villa is pleased to announce the release of the 2019 holiday magazine. Available early January, register for a free copy today phone 1800 066 272.

For more travel inspiration join the villa team at the magazine launch
Thursday 31 January 2019

State Library of Western Australia (Theatre) Perth

9.30am	Registration
10.00am	International Tour Showcase
10.30am	Australian Tour Showcase
11.00am	Refreshments and Tour Enquiries and Bookings
12.00pm	West Australian Tour Showcase

Seating is limited to 120 guests. Bookings essential phone 1800 066 272



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Left; Anthony Ware's funny photo
Above; Jennifer Merigan

and recommended they advertise in our paper.

Mark and Kay, who hail from the UK and New Zealand operate a bed and breakfast in the Languedoc region in the south of France. They specialise in seven-day small group tours for up to six people. Check them out at www.realsouthoffrancetours.fr

★★★★

It's the small ship Astor's last season in Fremantle this summer. There are some amazing deals on offer for last minute bookings. Next season CMV, the cruise line which operates the Astor

will be bringing a new ship the Vasco Da Gama to port here.

The ship will accommodate up to 1,200 guests per cruise as compared with 550 on CMV's Astor. CMV will remain focussed on providing the intimate service and atmosphere that has become its signature across its fleet.

Vasco da Gama cruises will range from a two-night Australia Day weekend escape, to exotic journeys to Southeast Asia. Guest favourites such as Melbourne and Semarang (Indonesia) will return to CMV's itineraries in 2019/20, as well as a grand 45-night voyage from Singapore to London.

★★★★

This month's funny photo comes from Anthony Ware who found this interesting T-shirt at a shop in Olympia, Greece when travelling earlier this year. If you have a funny photo to share with readers, please email me below. Thank you to the many readers who have taken the time to send photos in during the year.

★★★★

For those who love food tours our columnist

Vince Garreffa and his wife Anne are hosting a tour to Italy, France and Switzerland from 25 May to 15 June 2019. Their tours are always very popular and include all sorts of delicious delights while touring these spectacular countries. If you would like further details contact Kings Tours on 9380 6656 or visit www.kingstours.com.au for a detailed itinerary.

★★★★

I take this opportunity to wish everyone the best for the festive season and I look forward to bringing you great travel ideas and stories in 2019.

★★★★

If you have a travel issue, would like a particular destination featured or want to share some information, don't hesitate to contact me on my email.

Our website has lots of great travel information updated regularly and I encourage you to take a moment to visit it at www.haveagoneews.com.au

Happy trails

Jennifer Merigan
Travel Editor



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

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Mad Tatters Morris trip to China: A newcomer's perspective



Mad Tatters Morris dancing troupe at the fifth China Lujiazui International Folk Fitness Dance Festival, Shanghai.

by Richard Le Serve

NO Have a Go Day is complete without a performance from the Mad Tatters Morris dancing troupe.

For the last few years they have travelled to China to compete in a dance

competition. As a newcomer to the Tatters dance group I was not sure what to expect from China. As it turned out, it was a positive experience.

Straight up to Hong Kong, and on to Shanghai. What could go wrong? As it turned out, not much, but it could have gone wrong big time. For example, a huge typhoon was lurking around the region wreaking havoc here and there, but we fortunately avoided it.

I wondered what I had done wrong when we arrived in China and we had

our finger prints taken, which is part of their immigration policy. It was a bit surprising but ultimately efficient. Our welcoming bus was on time and we headed off to a hotel in Pudong, a city about the size of greater Perth.

We have arrived to participate in the 5th China Lujiazui International Folk Fitness Dance Festival, held in Shanghai. Along with the Mad Tatters Morris team from Guildford, WA, there are dance teams from Peru (who live in Germany), Panama, who live in Los Angeles and Armenians who live in Seattle, USA. There was a Swedish belly dancing group and an Argentine team whose dance impersonated Egyptian peasants getting married.

There were 17 teams in all from eight nations. China also had nine teams entered and they are all very different. We danced by the Huangpo River in Shanghai which is brilliantly lit at night and were welcomed by a Chinese audience who must have wondered about wild looking, shouting westerners who wear top hats with

multi-coloured feathers sprouting at the top.

We knew we had them when we suddenly stopped whooping and sang a sentimental love song in a faraway place in Chinese which had them clapping and singing along with us. Many of the Chinese said: "that we had touched their hearts".

One of the highlights for me were the Tibetans in national dress dancing with huge long three-stringed guitar-like instruments about a metre and a half long. They stamped and played their instruments behind their heads and were spectacular and athletic.

As well as the Festival appearance we danced at a Farmers' Harvest Festival in the country, a school and in the city itself.

One day we performed at three different venues with long bus drives in between. We were always very well received. We presented organising officials with a wooden plaque from the City of Swan which was very well regarded.

The Mad Tatters Morris, as a group, is very diverse.

Our ages vary, and for this trip included a 16-year-old flautist who enjoyed the experience of being involved with so many ethnic groups and varieties of dance and song, so different from being at school!

Shanghai is a super-city of 25 million souls but I don't know where they were all hiding as it had less traffic than Perth, was inexpensive and clean everywhere. No graffiti, no anti-social behaviour and it felt safe to walk around at night.

The Mad Tatters Morris China tour was supported by Alfred's Kitchen in Guildford, The Woodbridge Tavern, Guildford and The City of Swan, to whom we are indebted for generous help in getting us to China. To sum up, a satisfying and fun trip for all concerned and made all that practice in singing Mandarin worthwhile.

Do come and join us on a Tuesday night at the Guildford Town Hall, from 7 pm to 9 pm or afterwards at the Woodbridge Tavern. It's a fun night out and great exercise. For more information please ring 9279 8778.



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To the Top of Europe - heading to the heights of Switzerland



Map of the area and train routes - Beautiful valleys; A view from the train on the way to Jungfrauoch - The Research Station and Sphinx Terrace - Into the snow; Train heading for the top of Europe © Phensri Rutledge

by Len Rutledge

MOUNTAINS are there to be climbed but I have never been drawn to ropes, picks, anchors and spikes. I'm more for sitting back and letting a train or cable car do the hard work for me. That is one reason I love going to Jungfrauoch - The Top of Europe.

The Top of Europe is 3454 meters above sea level in the Swiss Alps above Interlaken. With a majestic backdrop of ice, snow and rock, the exhilaration of being there is palpable, yet all you have to do is sit back as three separate trains take you progressively higher and higher.

The first train starts at Interlaken East station. We chose to board one stop along the line at the cute village of Wilderswil where accommodation is cheaper, parking is easier and people are friendlier than in the city.

The Bernese Oberland Railway travels from Wilderswil into the Lauterbrunnen and Grindel-

wald valleys. Our train split a few stations later with the front half going to Lauterbrunnen and the back half going to Grindelwald. If you are going to the Top of Europe it doesn't matter which way you go.

We choose to travel via Grindelwald, a dream-like mountain resort under the infamous north face of the Eiger. The surrounding alpine pastures are achingly idyllic and cable-cars make it easy to reach scenic mountain lookouts, the Grindelwald Glacier and lakes. It is no wonder that this landscape was chosen as a location for filming *Star Wars* and James Bond movies.

From Grindelwald we caught the narrow-gauge rack railway to Kleine Scheidegg. This where the trains from Grindelwald and Lauterbrunnen meet and from where the train to Jungfrauoch departs. The scenery is dramatic as we enter the snow zone and everything turns to white.

Cable cars head in all directions from remote stations and even in May some skiers are out chasing the last runs for the year. Kleine Scheidegg is the starting point for scenic hikes in summer and it is a significant winter sports centre.

The train journey to the Jungfrauoch (Top of Europe) through the rock of the Eiger and Mönch is an incredible experience. The majority of this section is in a tunnel but you get to enjoy stunning views from Eismeer (Sea of Ice). The cogwheel railway track to Jungfrauoch with gradients up to 25 per cent was completed in 1912 and has been in continuous use ever since.

Arriving at the top brings new levels of anticipation and it is not long before we have icy air streams across our faces, snow crunching under our feet, and a view which nearly takes our breath away, even

with the cloud and fog we are coping with today.

When we visited here some 25 years ago there were limited things to do at the top. Not anymore. Over the next few hours we were absorbed by the 360° cinematic panorama of Jungfrau, intrigued by the lights and music of the Alpine Sensation and fascinated by the huge Ice Palace where enormous caverns and passageways have been carved into the ice displaying crystal-like sculptures of eagles, bears, penguins and so forth.

The high-point of any visit is the Sphinx Terrace attached to the observatory and research station. We ride Switzerland's fastest lift to the terrace and are rewarded with spectacular views over the Aletsch Glacier which is over 22km long and nearly one km thick. Sadly, the views into France, Italy and

Germany are masked by low-cloud and fog.

Next we brave the cold and venture out on to the Glacier Plateau. It is briefly majestic but then it turns bleak, freezing cold and merciless. In better weather you can skim down the slope on snow tubes, skis or snowboards, but not today. The 250 metre-long zipline is not providing an adrenalin rush to anyone either. We quickly retreat inside.

Mountain air makes you hungry and thirsty so fortunately there are several restaurants and cafes. Top of the line is Restaurant Crystal but we opted for the self-service Aletsch. For those who brought their own food the Café Bar provided drinks.

There are a few shops here with souvenirs, clothing and other items but Lindt Swiss Chocolate Heaven seems by far the most popular. This advertises itself as the

highest Lindt Chocolate Shop in the World and there are six interactive exhibits and a few products only available here.

The time has come to leave so we retrace our journey back to Kleine Scheidegg then take the next train, this time to Lauterbrunnen before making one more change before we reach Wilderswil. It has been a great day despite less than ideal weather and we would do it again in

a heartbeat.

FAST FACTS

The standard return fare from Interlaken Ost to Jungfrauoch - Top of Europe station is a staggering A\$320 (summer), and A\$285 for the rest of the year. I strongly advise taking an early train to avoid the worst of the crowd. Prices quoted may vary, check for the latest: www.swissrailways.com/en/products/regionalberneseoberlandpass

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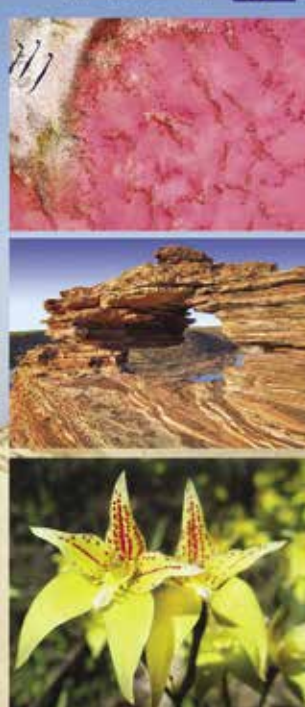
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Five fabulous things to do in New Zealand's Wairarapa region



Left to right; Biking in the vines © Destination Wairarapa - Jars of sweets at The Lolly Shop © Tiana Templeman - Wine tasting at Lunain Martinborough © Tiana Templeman - Handpainted bowls at Oggi Domani © Tiana Templeman - Picturesque Cobblestones Early Settlers Museum © Tiana Templeman

by Tiana Templeman

YOU could easily spend a week in the Wairarapa, which is located in the south eastern corner of New Zealand's north island, exploring the spectacular coastlines, wide valleys, five colonial townships and wineries which make this region famous.

While it is possible to do a day tour from Wellington or visit the area by train, a hire car gives you more flexibility.

For those short on time, Greytown and Martinborough offer the perfect combination for a day trip or overnight stay. Here are five 'don't miss' activities if you are in the Wairarapa for a good time, not a long time.

Wine tasting with a difference

Haven't ridden a bike since you were a kid? No problem. Green Jersey Cycle Tours offer wine tours with a difference, with a choice of

bikes ranging from vineyard cruisers and electric bicycles to a cycle rickshaw pedalled by your partner or a guide.

Hire a bike and go as you please, book a picnic and peddle package which includes gourmet local produce or take a guided tour with insider tips and excellent company provided by owner Stuart Edwards. Over 20 wineries are within easy cycling distance of Martinborough so you won't have to go far to sample

some of New Zealand's best pinot noir.

Step back in time

Pretty surrounds invite visitors to relax and take their time at the Cobblestones Early Settlers Museum which features a fascinating collection of historic buildings and artefacts. One look at the antique dental equipment at the Wairarapa's first public hospital will ensure you never complain about visiting a modern day dentist again.

Donations from residents have been beautifully curated in a new contemporary museum space, offering an intimate glimpse of pioneering life, along with the many original buildings. You can almost hear the shears clicking as you breathe in the comforting smell of lanolin and run your hands over the machinery in an 1870s shearing shed.

Shop, stroll and dine in Greytown

Greytown is filled with lovingly restored Victorian wooden buildings, many of which

have been converted into charming shops and boutiques. Whether you are seeking one-of-a-kind fashion, original artwork, edible gifts or antiques, you are sure to find it here. Stock up on healthy goodies at Food Forest Organics, a gourmet store and delicatessen featuring produce from the Cameron Family Farm which just happens to be owned by famous Hollywood director, James Cameron.

Vintage furniture and homewares store, The Retro Room, is a browser's delight featuring funky 50s and swinging 60s finds. Just off the main street, Imperial Productions' Victorian-style toy store sells handcrafted lead toy soldiers which are coveted by collectors around the world. The Lolly Jar, an old fashioned sweet shop selling over 150 pick 'n mix lollies, offers a sweet dash of nostalgia. Hearty fare and superb people watching can be found across the road at The White Swan Hotel, a pub that began

life as a New Zealand Railways' administration block.

Meet some local artists

Oggi Domani is a welcoming ceramic art and design studio where artist Josephine Durkin hand paints pieces using intricate Italian designs. Josephine trained in Italy with a ceramics maestro and her studio offers a fascinating glimpse into the process of creating ceramic art from designing to the glazing, painting and cooking in the kiln. Even if you don't plan on buying, it is worth a visit.

Schoc Chocolates, an artisan studio of a different kind, has developed a reputation for exquisite handcrafted chocolates with unusual flavour combinations. There are more than 80 different flavour combinations to sample including curry and pappadums and lime and chilli. Everything is made on-site in a tiny kitchen where you can watch delicious chocolates being created with commentary provided

by charming owner and raconteur Murray Langham. 'Crafted to be eaten on every label; one more reason for chocoholics to love this shop.'

Spend the night in style

Surround yourself in the old world charm of the Martinborough Hotel which is located in the heart of town on Martinborough Square. It was a beacon for prosperous travellers in the 1800s and remains an ideal spot for visiting adventurers to lay their heads. With a charming sense of history, including rooms named after local pioneering families.

From there it is an easy stroll to many of Martinborough's attractions, including Pain and Kershaw's General Store which has been operated by the same family since the 1880s.

Most of the region's best known wineries are also within easy walking distance.

The writer visited as a guest of Destination Wairarapa.

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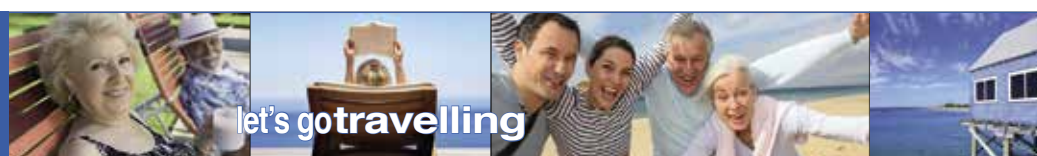
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A day trip to New Norcia offers cultural treats for travellers



From left to right; Abbey church - Visitors are welcome - New Norcia's graceful hotel

by Lee Tate

JUST 90 minutes by road from Perth, New Norcia falls into that travel category of a good Sunday drive with rewards at the destination.

Australia's only monastic town, New Norcia is unique, making it a worthwhile target for you and your visitors.

Multiple trips to New Norcia over a period of time are fine too, there is so much to do and see.

For the first time, we coughed-up (\$30 for two seniors and a grandchild) to peruse the museum

and art gallery which are packed with genuine religious and historic treasures.

There are artworks by European masters and Australian contemporary artists including incredible botanical drawings by Charles Gardner (not ex-WA Governor Charles Gairdner).

A couple of dozen paintings have been restored after being stolen in 1986, in the biggest art theft in WA history. Two masked men bound and gagged 61-year-old attendant Connie McNaughton and made off

with precious works of art from the monastery's collection.

The thieves hired a car in their own names, left it at Perth airport and took-off for Melbourne but, given the clues they left behind, were quickly traced and arrested. It is said they had been contracted to make the heist on behalf of Asian interests with art world connections.

You don't have to be religious to appreciate the New Norcia artworks or the human works of monks that have built this incredible commu-

nity in isolated, formerly-barren country.

Since 1848 the monks, led by Spanish Benedictines Rosendo Salvado and Joseph Serra, performed miracles with needy Indigenous children, providing shelter, work and education at the original mission some 8kms further north.

Today's community has evolved a network of buildings that are attractive to the traveller fascinated by architecture and history. Standouts are two former boarding schools, St Ildephonsus

and St Gertrude's.

Groups of up to 200 can stay in New Norcia's buildings including the old convent.

The venues are suitable for school camps, music and art workshops, conferences, retreats and special events. Music can often be heard wafting from the buildings.

After inspecting the information office, museum, art and tourist shop with interesting knick-knacks and religious material, we adjourn for coffees at the marvelous, imposing New Nor-

cia Hotel which dates to 1927 but with understated, subtle renovations.

The hotel is ideal for weddings and special social functions.

Owned by the Benedictine monks, the hotel's drinks list includes New Norcia's own Abbey ale, wine and port which can be consumed in the tastefully-decorated bars and rooms or outside under jacarandas.

Good news for baked goods lovers. The old mill is being restored and will be opened to the public.

New Norcia bread

is still baked in the 140-year-old wood-fired oven and distributed to the town. Outlets in Perth have been discontinued. Their baked goods have no artificial additives although are pricier than supermarket bread (but worth it).

Goodies on offer include olive oil, wines, nut cake, biscotti and Dom Salvado Pan Chocolatti.

The town makes provision for caravans behind the roadhouse for a small fee and campers with self-contained vans are welcome to park free on the field opposite the roadhouse.

Perhaps next time we will stay at the Monastery guesthouse – guaranteed to be peaceful – observing the monks. Ten monks still live, pray and work at this unique Australian icon.

There's a New Norcia river walk but with darkness approaching we must leave it for another time. It promises to be a leisurely stroll through bush to the Moore River and surrounds – an experience that changes with the seasons. Relax, unwind and enjoy the fresh country air.

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The good looking coral trout is a favoured fish...



Coral trout are among the best looking fish in the sea

by Mike Roennfeldt

CORAL trout are one of my favourite fishes. They are such fine looking individuals, superbly coloured and possessing an attitude that is the equal to practically anything else in the marine world. They fight hard and best of all, taste as good as anything that swims.

They are found in coral reef country from Geraldton north, rarely venturing south of there, although a couple have turned up in Perth waters over the years. Mind you, for every hundred people who excitedly think they have hooked one of these stunning fish in metro waters, ninety nine of them are disappointed to learn that what they

have really caught is the superficially similar harlequin fish.

Essentially an ambush species, a trout will lay doggo in its coral hide-away, waiting for a meal to swim past, then burst from cover to snatch its prey. This trait is part of what makes them so fascinating to catch, especially in shallow water.

I remember fishing in the shallow lagoons of the remote Rowley Shoals, where coral outcrops dot the sand flats in just a few metres of water. It was an exhilarating exercise, running a surface popper over the top of the bombies, where I witnessed close-up the explosive nature of a coral trout ambush.

While the fish inside the lagoons at the Rowleys are small, some of the biggest trout you will see anywhere live on the outside dropoffs, where

pulling in a fish of 10kg or more on a trolled minnow lure barely raises an eyebrow.

The Abrolhos Islands is another area that holds a prolific population of coral trout, albeit mostly on the small side. Once again, most are caught by trolling in 10m of water or less.

While coral trout are enthusiastic lure takers, most are caught by conventional bottom fishing in northern waters. Drifting through or anchoring up in coral country brings the chance of catching a trout into play and they are likely to be part of a mixed bag of tropical species that includes spangled emperor, Rankin cod, baldchin groper and even red emperor.

Trout generally average 1-4kg in weight, but can grow to 15kg or more in areas that aren't generally subject to intense fishing pressure. They can be very strong in the initial stages of a fight, as they do their utmost to get back into the line-eating coral they call home. One coaxed away from the bottom, trout will still fight strongly, but without that initial mad intensity.

Of the big five northern bottom species mentioned, coral trout is easily my favourite on the table. The firm white flesh can be prepared just about any old way, but they really shine when shallow fried after being dipped in milk, egg and breadcrumbs. To add an extra little something, try fine grating some parmesan cheese into the breadcrumb mix. Serve with a squeeze of lemon, rocket salad and fresh chips.

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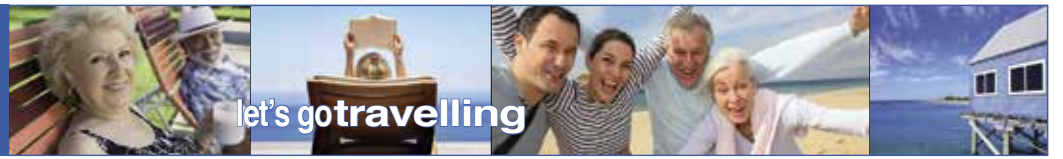
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Discovering the magic of the Pilbara's Karijini experience...



Left to right; Gina Williams and Guy Ghouse - Guests - Aboriginal dance - enjoy degustation meals with native and local food pop-up restaurant group, Paul Iskov's Fervor

by Allen Newton

LADIES and gentlemen, start your engines. Dates for the Pilbara's iconic Karijini Experience for 2019 have been announced and for those who enjoy a bit of a drive, followed by a spot of camping – and a heap of fun – mark 16 to 21 April in your diaries.

OK, so the drive is a bit more than popping around the corner to the shops, with a journey of around 1400km to some of the most remote, but spectacular scenery imaginable.

If this year's Karijini Experience was anything to go by the prospects of a road trip don't come much better than this.

The weather at Easter in the national park, around 80km north-east of Tom Price, was pretty close to perfect, with low 30° maximums during the day and a bit of a chill overnight.

It was warm enough during the day for a refreshing swim in the glorious waterholes that line the spectacular red gorges and the red bluffs are a photographer's dream.

While Karijini should be on everybody's bucket

list for its scenic splendour alone, coinciding the trip with the Karijini Experience, a festival of food, music and Aboriginal culture, takes the journey to a whole new level.

I was there for the full week of the 2018 Experience as part of the PR team, and I found myself spellbound. 2019 will be the seventh year of the Karijini Experience.

Much of the action takes place under a vast marquee on the gravel airstrip where free adventures abound.

One minute we're getting a cooking lesson about native ingredients from celebrity chef Mark Olive and then we're being invited to sample kangaroo being cooked underground by the local Banjima people or watching birds of prey, a market day, games and activities for the kids and an opportunity to yarn with the Banjima elders.

There are around 100 performers in dozens of events.

It's an eclectic mix of elements, particularly when you start throwing in some of the ticketed events. These include degustation meals with native and local food pop-up restaurant group, Paul

Iskov's Fervor, opera in the gorge with a WASO string quartet and singer Deborah Cheetham and Gina Williams singing in Noongar in the same gorge to an audience of less than 100 people accompanied by the beautiful guitar of Guy Ghouse.

Add a tinkling waterfall in the background, the chirp of bird song and the rustle of the breeze in the trees – oh and a huge monitor lizard that decided to calmly meander through the audience on his way to the creek.

There were musicians left, right and centre, Mark Atkins with his extraordinary didgeridoo performances, Archie Roach performing with his band on the big stage, The Mexicans, Josie Alec and many more, along with corroboree, dance and music from Aboriginal people young and old. The whole thing really was one of those not-sure-where-to-look-next experiences.

Many of the same artists will be back again in 2019 along with some new ones, but the focus will be on successful Aboriginal performers. Seeing so many of them together does make you realise what a wealth of Aboriginal talent there is in Australia.

The Karijini Experience will never become a vast festival. Pressure on the national park means there will always be limits to visitor numbers and it is unlikely to get much above a couple of thousand visitors.

But along with its remoteness the relatively small numbers make it intimate and special.

There are a couple of accommodation options including glamping it up at the Karijini Eco Retreat in the national park, although the Retreat fills up quickly and you need to book early.

True campers will opt for a site at Dales Gorge which has a large camping area divided into several loops, each with picnic tables, gas barbecues and bush toilets.

Camping fees apply. It is accessible to two-wheel drive vehicles and is just a few minutes' drive away from the main action at the airstrip.

Just remember, don't wear white, I'm still using a notebook that's stained red and I don't think the red dust stains in my trainers will ever come out.

For more information go to www.karijiniexperience.com or on Facebook at www.facebook.com/KarijiniExperience.

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Journalist Lee Tate has compiled a book of 1,001 awesome, fair dinkum facts after the author and *Have a Go News* columnist spent 12 months travelling the State and hoovering-up little-known gems.

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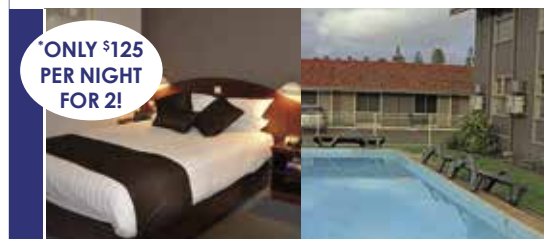
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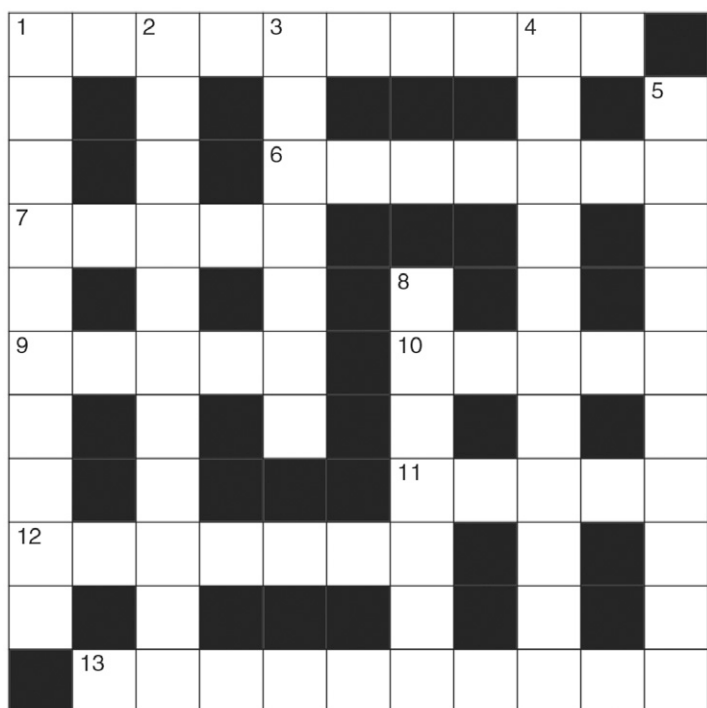
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STRAIGHT CLUES

ACROSS

1. Very worried (10)
6. Spanish port (7)
7. On the ball (5)
9. Of sea phases (5)
10. Run off to marry (5)
11. Whole amount (5)
12. Lift (7)
13. Steadied (10)

DOWN

1. Deviations (10)
2. Bookkeeping program (11)
3. Redesign (hair) (7)
4. Aircraft with rotors (11)
5. Auckland is there (3,7)
8. Socially refined (7)

CRYPTIC CLUES

ACROSS

1. Out of one's mind to sit about in breeze (10)
6. City level is elsewhere associated with barber and oranges (7)
7. On one's guard? Perhaps later (5)
9. Sort of wave, it goes back before lad does (5)
10. Chapel open for inside characters who flee to wed (5)
11. Back in flat, Otto combined figure (5)
12. When trapped in barrel, Eva tends to rise up (7)
13. Distil base mixture made more secure (10)

DOWN

1. Deep archers mention outbound planes (10)
2. What an accountant uses to make the bed (11)
3. Try Lee's makeover (7)
4. Choppers chopped up pet - or chisel? (11)
5. Fresh vigour and a couple of South Pacific islands (3,7)
8. Male moray is very polite (7)

SQUARE SHUFFLE

Take one letter from each colour to make up 4 four-letter words that are all girls names. We have given you the first letter to get you started. Every letter must be used once only.

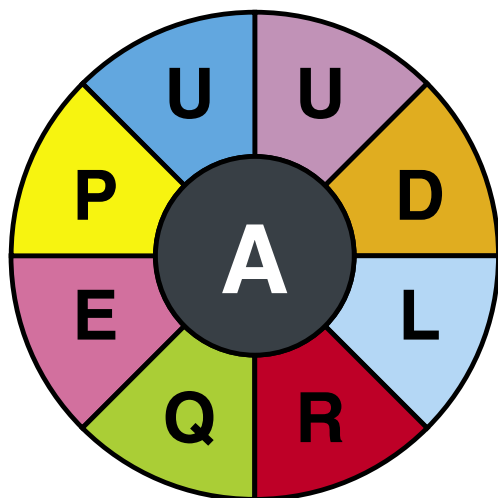


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**#321 December edition
PUZZLES
- Solutions appear on page 42**

Wheel Words



Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

25 Good 29 Very Good 33+ Excellent

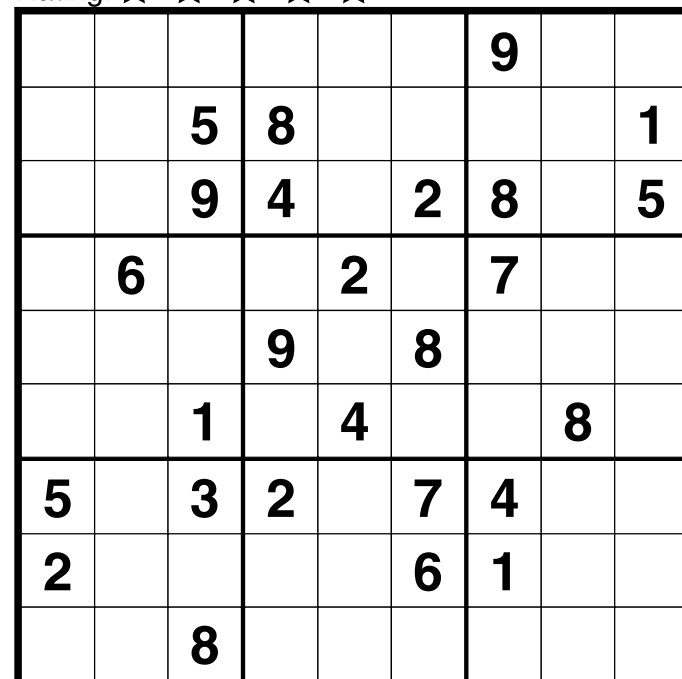
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SUDOKU

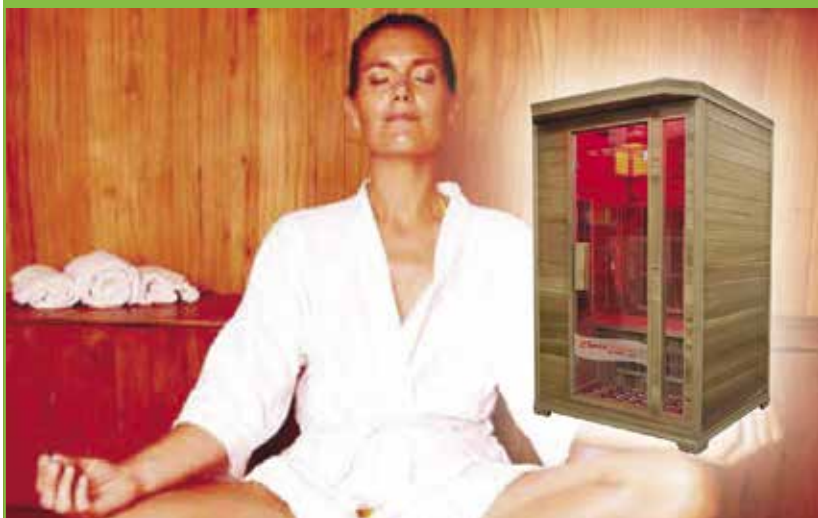
Fill the grid so that every column,
every row and every 3x3 box
contains the numbers 1 to 9.

Rating: ★ ★ ★ ☆ ☆



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ADVERTISING FEATURE



Mixing up Christmas decorating with different themes



by Zofia St James

I HOPE that you are all excited and looking forward to a beautiful Christmas and New Year's Eve. That means entertaining for lots of us and making sure you have what you need to make everything look beautiful.

I love the emphasis placed on the Christmas table and no matter how you plan to entertain this year, be it a barbecue or traditional baked dinner, it's always nice to make it look festive, inviting and special. I have noticed that people want new ideas with colours and themes moving away from just the traditional red/gold/silver/green. I helped a client create a really beautiful tropical table which was quite easy to do. The centrepiece consists of tall monstera leaves with either fake or real hibiscus flowers in orange and

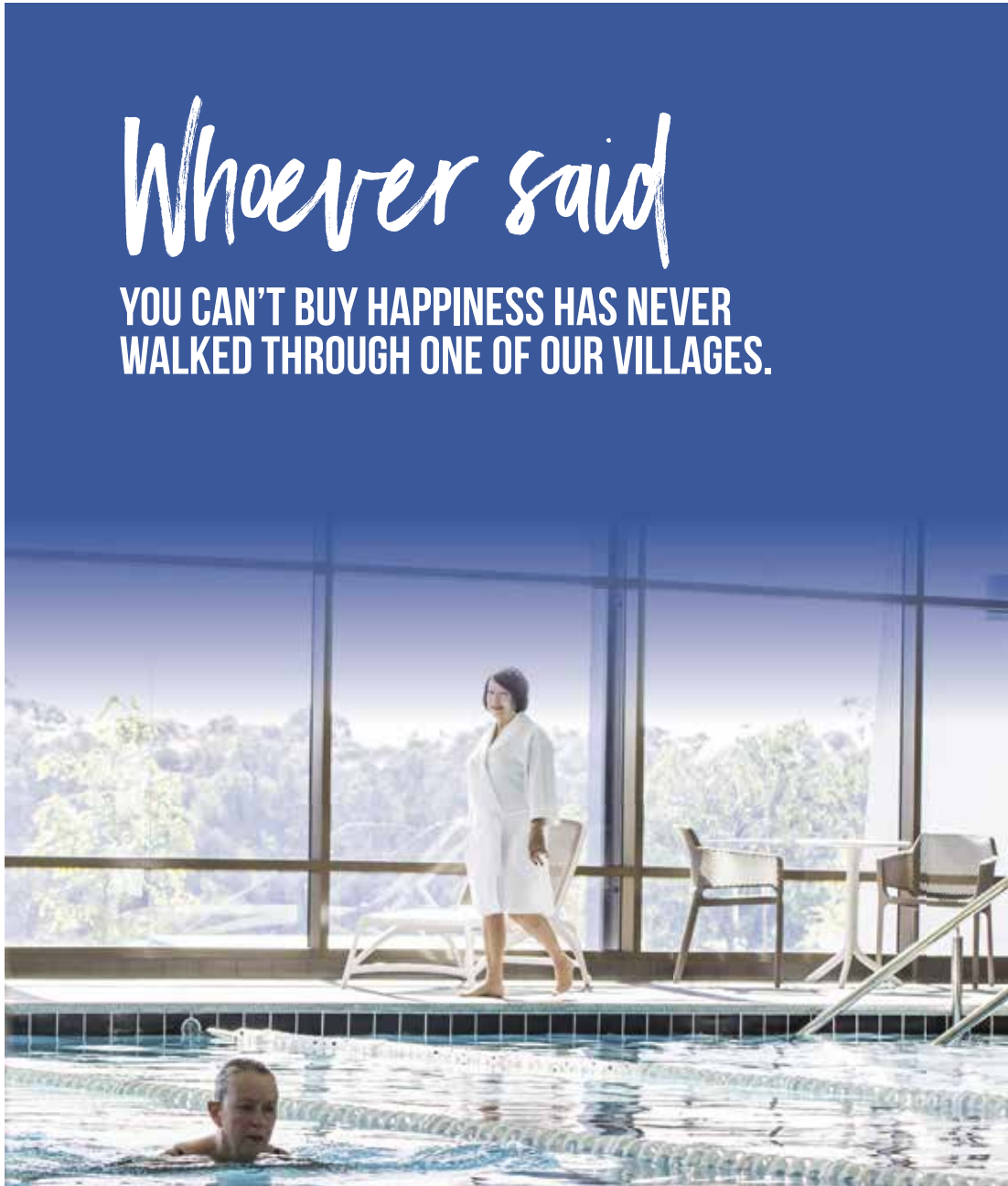
hot pink. There are monstera shaped platters in an emerald green glass by Salt & Pepper (S&P Brand) available to use for serving. Combined with fresh white plates the theme looks beautiful. Why not lash out and purchase a gold cutlery service, something a little different and set against the white and crisp green on the tropical table, it looks stunning, deluxe and still casual. With a tropical table I would definitely enjoy planning the menu and drinks around this theme with an emphasis on pineapples.

I love to buy pineapples with the tops on and keep them for a week or so in my fruit bowl as they give off such a sweet scent and can be used as part of the table theming – it's kitsch but cute. If you are planning an alfresco setting this theme would be lovely to create and you really could have fun decorating your outdoor area. Buy a potted real Christmas tree for your patio or enjoy some fairy lights around palm bases or your existing plants. Even solar lights can work in this situation especially for evening soirees.

If like me, you live in an apartment, entertaining becomes indoor focused and space challenged. This is definitely where I recommend that you utilise the dining table and use any large vase filled with twisted willow branches which can be natural or spray paint white, gold or silver. Plain or decorated they can look festive or just sculptural and minimalistic. If you are looking for tree ideas the options are endless as are the opportunities on any budget. There are now gorgeous Cashmere pre-lit trees that take all the

hard work of stringing fairy lights and fighting tangles. Clip on decorations rather than hanging ones are now very popular, particularly the very fragile baubles. Taking your children or grandchildren on an adventure walk into bushlands to collect branches, gum nuts and other flora could be a great project to involve them in the decorating process for a nature table. Thinking of the type of gathering and menu and taking inspiration from that will provide ideas. S&P have a dinner service called Nomad that is rustic and organic and in earthen colours that would be perfect combined with finds from the adventure walk. For those of you that were inspired this year with ideas from my column, make your tree part of your decor, taking cues from the colours you have used throughout your home, the blush pink, silver and white. Anyone with a tree that is too large or if you are time poor I do have a contact number for a lovely lady, Jasmina, who can work that magic for you. She has the wonderful task of racing around the metro

area erecting Christmas trees for businesses and homes. This festive season do take your time to browse and shop at quieter retail times in order to enjoy the process leading up to the day and avoid the crazy last-minute rush when panic somehow creeps in. Make a day of it with lunch and finish it with a bit of self-pampering. I wish you all a very bright beautiful and blessed festive season. And please do feel free to give me a call for any advice over the phone or the whereabouts of items to purchase that I have mentioned in this column. Stay safe and happy Christmas. *Zofia offers an interior style consultation for readers and would like to offer one reader each month a free hour's consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. She offers a special rate for Have a Go News' readers and knows how to style on a budget. For those interested in a free hour's styling please contact Zofia on 0406 336 607 or email zofiajames@hotmail.com*



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ADVERTISING FEATURE



The frozen pensions campaign receives a boost in the UK



Left; Anne Puckridge presenting the petition to No.10 Downing Street
Right; Mike Goodall

by Mike Goodall

WHAT a month it has been for the campaign. The main thrust this month was the visit of several International Consortium of British Pensioners (ICBP) di-

rectors to London along with Anne Puckridge (91) from Canada and Monica Phillip, a West Indian migrant who retired home to become a frozen Caribbean pensioner.

The week opened with meetings with several firms of solicitors to discuss grounds for commencing fresh legal proceedings against the UK Government. The discussion was wide ranging and the ICBP are awaiting their written advices before considering any future action.

ICBP director John Duffy met with the High Commissioner for Antigua and Barbuda who is very supportive of our campaign and has agreed to raise it when the Caribbean Commonwealth countries meet with the UK next year.

On the Tuesday Anne Puckridge was interviewed on BBC local radio which went out to various stations around the UK. This was followed by meetings with the *Financial Times* and other newspapers, plus interviews with ITN and the BBC TV.

On 31 October the ICBP held a parliamentary drop-in at the House of Commons. 35 MPs attended with 34 agreeing to support our cause and the All Party Parliamentary Group (APPG). Only one Conservative MP declined. Twenty five MPs signed a letter to Theresa May (UK Prime Minister) supporting the abolition of frozen pensions.

Anne Puckridge delivered her petition of 218,660 signatures (now 221,863 signatures and still increas-

ing) to No 10 Downing Street and was even invited inside for tea. The person who met her was from the Department of Work and Pensions. He told Anne that he had only heard about 'frozen pensions' the day before he was delegated to meet with her.

A short video about Anne's day in Westminster is on Facebook on the Pension Reformers United Group.

Afterwards Anne was interviewed live by the Jeremy Vine Show on BBC Radio 2 and also by You and Yours on Radio 4. The press activity around her visit was huge with articles appearing in *The Guardian*, the *Sunday Express*, BBC news amongst others.

One of our main difficulties in the past has

been to attract sufficient attention from MPs and the public. We are now linked into many large Facebook pension groups which increases our profile. The main objective now is to capitalise on this success and to move the campaign forward in the New Year.

My best wishes to you all for Christmas and let us all hope that the New Year will bring around some success to our campaign.

Anyone who would like to discuss the above in greater detail or require guidance and help on any other aspects regarding their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail:- mike.cgoodall@btconnect.com

National Lifestyle Villages to reintroduce popular downsizer grant



NATIONAL Lifestyle Villages (NLV) has brought back the popular 'Downsizer Grant' promotion for the remainder of 2018.

Originally introduced in 2017, the grant reduces the purchase price of one, two and three bedroom home designs,

and according to national sales and marketing manager John Wood, the campaign was very successful last time.

"We're offering up to a \$10,000 grant on one bedroom homes, up to \$20,000 on two bedroom homes, and up to \$30,000 on three bedroom homes," said John.

"We have a mandate to clear the homes we have in stock across the portfolio to make way for a new suite of home designs and streetscape elevations which will be introduced into our communities early next year.

The lead up to Christmas, while many of our clients' relatives are on holidays, provides them with the perfect opportunity to bring the rest of the family in and look at the lifestyle and facilities.

"When faced with a potential property upgrade on their existing home - like a new kitchen, or broken water heater, this grant could make it a lot easier to offload their old property and move into a brand new home. Add the impressive list of facilities at NLV's communities to the grants, and it is often enough to make the decision an easy one," he added.

The grant is available now, but recipients will have six months to sell their existing home.

"This takes the pressure off the buyer. If their home doesn't sell, they're not committed. Last time we ended up with many new residents taking up the offer, which is a generous one.

"It frees up cash which can be used for moving expenses or the agents' fees for selling their old house," he said.

For more information on the Downsizer Grant, visit www.nlv.com.au

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Downsizing

ADVERTISING FEATURE



Housing Minister visits up-and-coming retirement apartments in the City of Melville



Inspecting the new apartments

THE Reserve by Alchera Living has just opened the doors to its display apartment and is now welcoming members of the public to view this stylish, secure, and affordable retirement option.

Located in Alchera Living's community-minded village Weeronga, The Reserve apartments are feature packed and architecturally designed to grow with you and meet your needs as you age.

Local Member for Willagee, Peter Tinley, who is also the Minister of Housing, was recently given a tour of The Reserve by Alchera Living representatives Graham Sauvage, Barry Hodge and Alan Marshall.

"The Reserve is a significant development for the suburb and I was very impressed with the design and quality," Mr Tinley said.

During his tour, Mr Tinley was introduced to other members of the team behind this exciting new project. Representatives from Total Project Management, Peter Hunt Architects, and Pindan explained their involvement and vision for the complex.

The apartments and shared spaces are designed to be comfortable, stylish and adaptable. The Reserve is also proudly wheelchair friendly and accessible thanks to its wide doors and hallways, level flooring, non-slip surfaces, easy bathroom access, and two lifts to take people from the basement to their apartment.

Mr Tinley said: "The concept of vertical living for retirees is becoming more popular and creates greater opportunity for those who want to live in a well located, modern home with great amenities. The views over the park to the city from the top floor were particularly impressive."

Starting at just \$465,000 for a two-bedroom apartment and \$580,000 for a three-bedroom apartment, with the display apartment on the ground floor complete, now is the time to view it. With amenities such as a gym and swimming pool on site, as well as doctor's surgeries, a pharmacy, IGA and a local library and community centre on your doorstep, The Reserve is the perfect location.

To organise a viewing of the display apartment, please call David Gibbons on 0434 650 866. To find out more about The Reserve, visit www.thereserve.net.au, and register your interest.

Retire to Mount Barker



MOUNT Barker offers a vibrant seniors-friendly community with excellent medical amenities including a GP practice, hospital, aged care facilities and dentist, a wealth of sporting facilities (including a gym and swimming pool), social clubs, supermarket, chemist, newsagency, banking facilities, a range of retail shops, great cafes, world class wineries and mountain ranges on its doorstep.

Added to this, it is only a 40-minute drive from both Albany and Denmark each boasting stunning coastlines and more. Why would you not seriously consider retiring there?

Plantagenet Village Homes (PVH) offers affordable two and three bedroom units for seniors at Collet Barker Court. These generously proportioned homes include induction cook tops, rainwater tanks, reverse cycle air conditioning and

lockable outside storage areas. Built to 'Liveable Housing Gold Standard', all homes are designed for low maintenance and ease of living.

Located within walking distance of Mount Barker's shopping hub, Collet Barker Court provides a club house for tenant's enjoyment.

A not-for-profit community organisation, PVH's mission is to ensure seniors have access to affordable quality housing opportunities, enabling them to continue living independently within the local community.

If you are looking to downsize or retire in comfort and style contact PVH and find out more about the many advantages Collet Barker Court offers.

Further information is available on the website at www.plantagenetvillagehomes.com.au or by contacting Sheryl or Barbara on 98511666 or by email at info@pvh.org.au.

Researchers looking for retired couples to interview



AUSTRALIAN Research Council funded project being undertaken by researchers at the Curtin University and University of South Australia is seeking retired couples willing to be interviewed about their experiences of managing in retirement.

The interviews will ask about your experience in transitioning from employment to retirement, how decisions about money and care are made in your household and your plans for the future.

Interviews will be conducted with each partner separately but at the same time. The place of interview is your choice. Most couples choose to

be interviewed in their home. The entire process takes about an hour and a half. The interviews are strictly confidential and governed by the ethics requirements of the two universities.

This research will fill existing gaps in understanding the experiences of retired couples and assist the design of better policy.

If you are interested in participating in an interview please contact:

Dr Monica Costa on monica.costa@curtin.edu.au

Professor Rhonda Sharp on Rhonda.sharp@unisa.edu.au or 0433 765 577 (text or call).



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Downsizing

ADVERTISING FEATURE

Affordable luxury in Como

PARCEL Property's latest development offers another way to retire to affordable luxury. Offering quality, style and luxury at an affordable price, you don't have to look further than Parcel Property's newest boutique apartments, **Edition Como**. Located in prime riverside real estate within minutes of Perth CBD, the boutique building consists of 23 apartments; each tastefully crafted to offer desirable low maintenance lock-and-leave living, with enviable river views and inviting social spaces to mingle with family and friends. **Edition Como** is also perfect for those looking to downsize without compromising on comfort. Drawing on Parcel Property's strong reputation of delivering excellence, residents can feel assured by the use of quality finish, including Italian porcelain bench tops, Miele ovens and cook tops, gas cooking and hot water system, as well as building security. With apartments starting from \$375,000, Australian residents need only a low \$10,000 deposit* – affordable luxury ready for you to move in next year, guaranteed. To find out more, visit: editioncomo.com.au or speak to one of our friendly sales agents. *Terms and conditions apply.

Research into grandcarers - participants needed

GRANDPARENTS raising their grandchildren represent the fastest growing form of out-of-home care in Australia. Many grandparent carers take on this role due to complex family situations, often in response to a crisis such as mental illness, domestic violence, substance abuse, or death of a parent. Children can come into the care of their grandparents very suddenly, with trauma due to abuse, neglect or grief. Some children suffer from disabilities such as autism or ADHD. It's not difficult to imagine that raising children in these circumstances is not an easy ask. While we know some of the issues that affect grandparent carers – such as the additional costs of raising grandchildren, trouble accessing legal help, and social isolation – what we don't know is the impact this has on their mental, physical, social, and financial health. To better understand this impact, and therefore create better supports and services for grandparents raising their grandchildren, Wanslea is coordinating a significant piece of research in this area. The \$1 million Lotterywest funded research project is looking at the experiences, joys, and challenges of being a grandparent carer in Western Australia. The research is being done in partnership with Edith Cowan and Curtin Universities. One challenge the research team faces is reaching out to what is effectively a hidden population. Exact numbers of grandparents in this situation are unknown and they aren't necessarily found where you would typically find people of their age group. The research team needs your help to connect with grandparents we would otherwise be unable to reach. We want to ensure all grandparent carers have the opportunity for their voice to be heard. You can help by talking to people you know who are grandparent carers and encourage them to complete the survey. Grandparent carers who wish to participate in the survey can do so online – tinyurl.com/grandcarer or request a paper copy by contacting project coordinator Denise Gray on 9245 2441 or dgray@wanslea.asn.au

An affordable retirement initiative for downsizers to lease for life



LOOKING to downsize but don't want to pay the fees and hassle associated with purchasing another property? Want to move into an affordable rental without compromising on quality and being at risk of being forced to move as you age? Yaran Property Group's new lease-for-life rental initiative may be the ideal option for your retirement. Yaran's Affordable Retirement Initiative (YARI) is suited to anyone looking to securely age in place, without being in a lock-in contract subject to complicated agreements or deferred management fees. The process is simple, tenants apply for an available property, sign a one-year lease, lodge a bond and are subject to a

standard residential tenancy agreement. They have the option to renew their lease each year and will pay the current market value for their rent. Under the lease-for-life contract you will be guaranteed lifelong tenure without a long-term commitment. Tenants rent directly from the owner and property management is conducted by Yaran. If you are looking for a secure, affordable rental, or wish to sell your home and live off the profits in style, YARI may be for you. YARI is currently available at our Lakeview Apartments, situated in the heart of Rockingham. The apartments are newly built in October and a range of two bedroom and one-bedroom

apartments are available. You can stroll in minutes to Rockingham's vast entertainment precincts, shopping centres and public transport. The Autumn Seniors Centre is a walk away. The scenic HMAS Warramungah park is located next to Lakeview Apartments with beautiful picnic and barbecue areas. You are just a five-minute drive from Rockingham's stunning beaches lined by a dynamic cafe strip. With golf courses and a range of eateries, Rockingham has something for everyone. If you would like more information on YARI or Lakeview Apartments, contact Felix via felix@yaran.com.au or call 9466 8812.

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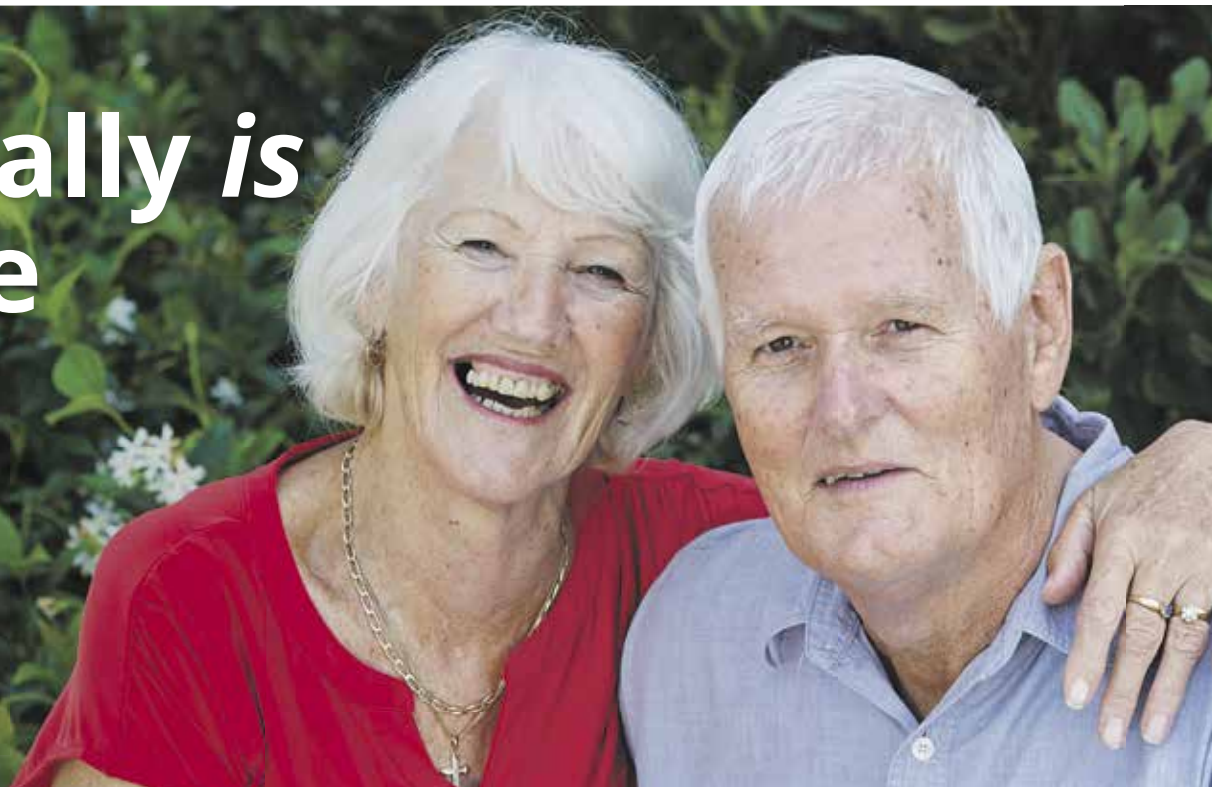
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ADVERTISING FEATURE

Tony McManus is getting his zoom zoom on with Mazda



by Tony McManus

DRIVING a couple of Mazdas over the past weeks, I noticed there are many on the road. And for good reason. Small ones, medium ones and plenty of large ones. It seems Western Australia's love of Mazda knows no limits. Why? Is it shape, style, economy, and safety? Affordability? Or simply a sensible no fuss answer to most people's driving needs? I suspect a combination; all of the above.

The Mazda 3 is much prized; many of you have owned one or know someone who has. And why not; they provide many years of happy motoring. The family Mazda 3 was often handed down to another family member. Sensible first car? Certainly.

There is no reason to believe that anything is likely to change that scenario anytime soon. A recent test drive around Perth over a week or so, substantiated that the Mazda 3, SP25 is a joy, which in many ways stays under the radar. There is something instantly comforting about it; reassuring and cossetting.

It's packed with all the feel good treats you

desired as an 18 year old. None of which was available on the Mazda Capella you owned for a few years during the late Seventies. Loved that rotary engine!



The list of Mazda SP25 creature comforts is lengthy. For around \$30,000+ you get plenty of leather, keyless entry and start, dual-zone climate control, auto wipers and headlights, six-speaker stereo with DAB, Bluetooth, USB, rear parking sensors, remote central locking, cruise control, gear-shift paddles on the auto, Sat Nav, leather steering wheel, reversing camera; a container of contentment.

Bose speakers on the test car made listening to the new, *A Star is Born* soundtrack, a delight. (Don't judge me; how good is Lady Gaga?)

Then the people at Mazda asked if I'd like a run in the latest BT-50 Ute; they whispered it's the largest growing segment of the market.

Visualise changing from the sensationally appointed, effortless-to-drive, SP25, to a truck? Going from riches to rags. From AFL Premiers, to not making make the top eight. It

seemed a little distressing.

Noisy and a little discourteous. But I (now) understand why; they sell like sausages at Bunnings on a Saturday morning. They work really well.

The Mazda BT-50 is huge, boisterous, unforgiving and will tow your house. Mates will want to borrow it to help with home duties they'd been postponing for years.

Would you drive a Mazda BT-50 around Australia? Well you could...

If you're one of the many in Perth with family, a penchant for all things rugged and the need to tow a ship, you'll love it.



Clockwise from top left; Mazda SP25 creature comforts is lengthy - Mazda BT-50 - Mazda 3, SP25 is a joy.

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GREAT HOME and GARDENING

ADVERTISING FEATURE



It is beginning to feel a lot like Christmas - great garden gift and decorating ideas



Left to right; Hydrangeas are a Christmas staple - the Peace lily is an easy caring indoor plant - the red Poinsettia is a classic choice for some festive cheer

by Colin Barlow

AFTER an unusually cool spring, summer is finally upon us. Apart from a few high 20s and a couple of mid 30s it has been a very different spring to what we have been used to. The summer weather will eventually hit, but let's hope for some comfortable temperatures to enjoy around the festive period.

With plants being a hot topic at the moment there are lots of different gardening and plant gifts in the nurseries, garden centres and hardware stores that are sure to please your loved ones, just make sure that Father Christmas can fit them down the chimney or through the door.

There won't be many homes without an indoor plant on the table during the Christmas period and it

wouldn't be the same without a traditional red Poinsettia. The range of speckled, white and pink varieties can make your table decoration even more interesting and could be quite a talking point over Christmas dinner.

Cacti and succulents are everywhere with bowls, glass domes, mini-gardens and ready made potted specimens making an instant gift. Just be careful when watering them. Only water around once a week and place them in a brightly lit spot indoors. Bowls crammed with succulents may require splitting up later next year as the plants mature and grow.

Hydrangeas are another Christmas staple with their mop top or dainty lace cap varieties in shades of blue, pink and white. The new Obsidian

range of Hydrangea varieties with dark or black stems is gorgeous. These include the deep pink mop top Storm Cloud, the delicate Black Lace with pink, blue or mauve lace cap flowers and White Knight with pure white mop top flowers. The aptly named Perfection with exquisite double mop top flowers makes a perfect table decoration for a week or two. Keep Hydrangeas well watered and then place them in a pot or in a partially shaded spot in a south facing aspect of the garden with morning sun after Christmas.

The easiest orchids to grow and flower are the Moth orchids or Phalaenopsis. These will add an exotic touch of grandeur and luxury to your home, without all the hard work. All they need is watering once a week and a liquid feed with orchid fertilis-

er once a fortnight. I particularly love the newer mini moth orchids, which look charming in glass jars and wine glasses, without the wine of course.

Indoor plants have been all the rage for the last year or so and they are easy to grow as long as you choose carefully. My pick of the best plants for an easy care Christmas gift are the Devil's ivy, ZZ plant, Philodendrons, cast iron plant, corn plant, moth orchid, Easter and mistletoe cactus, peace lily and Anthurium. I suggest combining a colourful trailing or hanging plant like the Devil's ivy (Epipremnum), easter cactus (Rhipsalidopsis) or the mistletoe cactus (Rhipsalis) with an elegant hanging basket like the ones from Angus and Celeste.

For those who loving cooking,

a pot of mixed herbs or vegies is sure to go down a treat and they could also come in handy for the Christmas dinner.

There is now a wide range of dwarf fruit trees available that can fit into most small home gardens or they can be easily grown in a large pot. Similarly small fruit bushes like blueberries make a sweet and delicious potted delight and can be easily moved around.

So if you are a crazy plant person like me, or know someone who is or would like to be, why not give the gift that keeps on giving... plants, they are good for you and your health and we all need them. Plus you can always find space for one more.

I hope that you enjoy the festive season and have a Happy Christmas and a prosperous New Year!

Visit the Kalamunda Gardening Festival



Sabrina Hahn, Neville Passmore and The Kalamunda Plant Company's Andrew

KALAMUNDA Garden Festival is a seasonal gardening festival, taking place in spring, summer, autumn and winter, offering relevant and actionable advice.

It is a celebration of gardening and sustainable gardening practices.

Andrew Osenton from the Kalamunda Plant Company said he started the festival to create a community initiative.

"I struggled with depression for over a decade and it was gardening that really helped me get through it.

"Being outside, creating beautiful fertile soil and nurturing healthy, happy

plants is so rewarding and has so many benefits. I love watching plants grow.

"I want the Kalamunda Garden Festival to demonstrate the joys of gardening, connect people and spread a bit of happiness," he said.

The festival takes place in the Kalamunda town centre (off Barber Street) and is a free event for everyone to enjoy.

The first festival was held in October and was a great success; it had a lovely energy and attracted a large crowd.

The next festival will be held on Sunday, 20 January from 8am to 4pm.

There will be more than 35 gardening-related stalls, loads of displays, demonstrations and heaps of free gardening activities for children.

There will be a range of special guest speakers in the town hall, including Neville Passmore (who will also be the MC for the event), Sabrina Hahn, Deryn Thorpe and Steve Wood.

All guest speaker talks will be \$10 a ticket, which will include some tasty surprises. They will also visit the outdoor marquee where they'll do a free 'meet and greet' with festival goers.

Musical entertainment

which will see a beautiful '46 Chev truck as the stage will feature Courtney Murphy from 9am then 12noon, then the Mucky Duck Bush Band from 12.30pm to 3.30pm.

The Kalamunda Garden Festival is a fun, family-friendly occasion that is destined to become a flagship event.

It is educational, not just entertaining, where people can learn, be inspired and simply enjoy the wonders of gardening with like-minded people. The festival is all about positivity, sharing knowledge and bringing people together.

Mark your diary for 20 January and for more information visit www.kalamundagardenfestival.com.au or email: info@kalamundagardenfestival.com.au.

A happy days getaway



Over Fifty Five Walking Association enjoyed a wonderful time in Busselton recently

by Valerie Newton-Barnett

THIRTY-nine members of the Over Fifty Five Walking Association (OFFWA) recently visited Busselton for their annual five-day getaway.

They chose to return to the Bayview Georraphe Resort following

their successful trip to the resort last year.

After settling into the very stylish accommodation the first night's entertainment saw members dress up in *Happy Days* costumes and assemble at our getaway co-ordinator extraordinaire Sue's villa for nibbles and champagne.

Most entered into the spirit and there were a number of John Travolta and Olivia Newton-John lookalikes.

We then enjoyed a delicious buffet meal which was served in the Bayview's function room and and Fran introduced us to a different version of bingo, which was lots of fun.

The daytime activities over the next three days included walks along the beach path towards Dunsborough, around the Cape Naturaliste Lighthouse (the energetic climbed the 186 steps up to the top). The third morning activity was walking the 1841m long Busselton Jetty, although some preferred to take the quaint tourist train.

After our morning exercise we were treated to a picnic lunch, hot dogs and Bernies burgers followed by banana splits, sundaes and spiders, all supplied and prepared by Sue and her band of helpers.

Each evening after our buffet dinner we enjoyed entertainment including a performance from the wonderful Vasse Ladies A'capella Choir who delighted us with their beautiful blend of voices. They even taught us how to join in with a four part harmony.

One evening we gath-

ered our brains up from holiday mode and joined in on a quiz night run by the club's historian Gordon. Much rivalry ensued but eventually we had a winning table of members. They were awarded bars of Lindt chocolate for their effort.

All too soon the last day of our Getaway loomed and after our walk some lunched at a local café while a large group enjoyed the hospitality of the Eagle Bay Brewery where the food was delicious and the view divine.

Dinner at the resort on the last night was a special farewell treat and Sue called the chef and resort staff out so that we could thank them for looking after us so well during the stay.

After dinner we were entertained by Jimmy Dean alias Neil Davies, a super singer guitarist who took us back in time to the 50s, 60s and 70s, and we sang and danced the evening away.

On our final morning it was time to pack up and head back to Perth after a wonderful getaway.

The Over 55 Walking Club walks once a week at a variety of places around Perth and the club holds regular social functions.

People are welcome to join the 300 plus members who walk for fun and fitness.

www.over55walkingassociation.myclub.org.au



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West Aussie heads up International Federation of Ageing



Dr Jane Barratt

by Frank Smith

NOT many West Australian are in charge of major international organ-

isations, but there is one exception. Dr Jane Barratt has been Secretary General of the Toronto (Canada) based International Federation of Ageing (IFA) for 15 years. Dr Barratt graduated from the University of WA and completed her PhD at Curtin University as well as a Masters' degree from a UK University and set out on a career in aged care and disability. She has more than 35 years of public and private sector experience in public health, community and aged care, and ageing and disability before being asked to head up the prestigious international organisation. "I have enthusiasm for helping improve the lives of people. I believe we should all give what we can to others," she said. Speaking at a Perth workshop on age-friendly cities she said all old people are not the same but devel-

oping an age friendly environment could be the equaliser. "Health inequalities and determinants of health are the main issue. An African child's chance of reaching 55 is 10 per cent compared to a WA child's 90 per cent chance. "Life expectancy has been increasing slowly for decades but recently the curve has flattened. "In most cultures older people are seen as a burden." A Japanese government minister said, "let elderly people hurry up and die." "This is ageism. Thinking ageism is stereotyping of older people, feeling ageism is prejudice and the action of ageism is discrimination. Healthy ageing means maintaining function as we age. To help this we need to design an environment to assist mobility, ways to maintain relationships, to ensure we meet basic needs and health to maintain func-

tionality," Dr Barratt said. The cost of loneliness is enormous. In the US some two million older people speak to less than one other person a month. The problem for age-friendly cities is to find ways to utilise technology to combat loneliness. WA is an affiliate of age friendly cities, part of the World Health Organisation's global network. "This is an honour but also a responsibility. WA has important role to lead showing other cities how to become age-friendly," she said. The International Federation on Ageing is an international non-governmental organisation with a membership base comprising government, NGOs, academics, industry and individuals. It was started in 1973, at a time when the social and economic impact of population ageing was only beginning to be understood

by governments around the world. Members include both individuals and organisations from 62 countries, representing 50 million older people. The IFA has consultative status at the United Nations and its agencies and the World Health Organisation. It has been involved in drafting key initiatives such as the UN Principles for Older Persons, actively advocating for older people to be recognized in the UN Sustainable Development Goals, and contributes to international dialogue on the social, political, cultural and physical environments that impact the lives and human rights of older people. Dr Barratt is a Churchill Fellow, and she was recently awarded the Queen Elizabeth II Diamond Jubilee Medal in Canada in recognition of her efforts to enhance understanding of ageing, engage governments and the private sector, and improve the quality of life of older people.

Diabetes Research WA reveal new grants to help change lives



Dr Aveni Haynes and Dr Joey Kaye

WA's PEAK diabetes research funding group, Diabetes Research WA, has revealed the winners of its 2019 research grants – and, for the first time, three projects have been supported. These grants fund West Australian-based research that hold enormous potential to change the lives of people with diabetes, said the charity's executive director, Sheri Westlund. "There's still a need to undertake research because while we can manage diabetes, we don't yet have a cure or all the answers to preventing health complications," she said.

The first grant to be awarded was to Associate Professor Kevin Pfleger from the Harry Perkins Institute of Medical Research.

He and his team have received \$60,000 to progress their work into a molecule called RAGE (the Receptor for Advanced Glycation End-products) – a molecule that sits in the membrane surrounding cells that are injured or stressed, as in type 2 diabetes. When activated, RAGE triggers signalling in cells leading to inflammation and cell injury. The team has found a way to inhibit this process that should, in turn, limit the complications of type 2 diabetes developing. The second successful grant recipient was Dr Aveni Haynes, a Research Fellow at the Telethon Kids Institute.

Dr Haynes and her team will use continuous glucose monitoring (CGM) to assess blood sugar levels in children at high risk – but who have not yet developed – type 1 diabetes. There is evidence that high blood sugar levels in children can be abnormal some years before they develop symptoms, however no previous studies have investigated the pattern of glucose levels in very young children. The project should improve clinical care of WA children at high risk of developing type 1 diabetes. The third recipient was assistant professor Vance Matthews, group leader, Basic Science, at

The University of Western Australia's School of Biomedical Sciences. This is the first time they've funded an extension of a project previously supported in order to help ensure powerful WA research continues on to a point where it can positively impact patient care. They funded the first stage of this work into the firefighter-like TNFSF14 protein in 2014. The

project aims to create an improved anti-obesity medication to help reduce rates of type 2 diabetes. The work may also give rise to a new way to tackle type 1 diabetes in patients that still have beta cells. TNFSF14 has been shown in mice fed a high-fat diet to play a role in preventing people developing obesity and type 2 diabetes. The next step for the team is to

design compounds that can activate TNFSF14 receptors and test them in selected human cells and mice with pre-diabetes and type 2 diabetes. "We look forward to watching these projects progress and thank all of our donors for making our research grants possible," said Ms Westlund. Have a Go News will keep readers updated on research outcomes as they come to hand.

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There's more to aged care than food and medication



Participating health science students Nadine Lim and Debbie Chow with resident Gavin Smith

by Frank Smith

THE Good Neighbour Program, a social connection program developed by University of Queensland (UQ) researchers could help shape the future of the aged care sector.

Ms Nicole Walker of UQ School of Psychology developed the Good Neighbour Program as part of her PhD study. "The program aims to improve the quality of care and life in residential aged care. It's a social intervention for residents

who are isolated and have little social support outside the facility," she said. Third-year psychology students undertake applied work experience as part of the scheme, with medicine and other allied health students to join them from 2019. "The students are not offered credit for their involvement but I'm hoping the University will offer it as an elective throughout all health science courses." "They volunteer their time and work on building relationships with the residents, many of whom have mental health and behavioural issues, as well as age-related decline." The program doubles as a learning and development initiative for the

students. "We have an integrated approach that identifies how attitudes are important in shaping the future for residential aged care and older people," Ms Walker said. Conventional treatment of people living in care can foster depersonalisation, which directly impacts resident well-being. Ms Walker said the impending royal commission into aged care meant it was timely to examine existing models of care and the influence of negative attitudes. "The residential care medical model does not reflect home even though we call the facilities a home." "How can we make the model more home-like?

"Extra attention to residents has to be paid for either by charging the resident more, which is discriminatory or through taxation and there will be fewer taxpayers in the future as the population ages." There are some 200,000 people in residential aged care in Australia. Mr Walker says the Good Neighbour Program could provide the extra resources of time needed in these homes. "If it was adopted across all Australian Universities it would provide integrated care as well as educational content. "The model taps into 2-300 students at each university and they become more involved because each one is paired to a particular aged per-

son and build a relationship with them. "Participants learn how to critically analyse behaviour and care needs, but the most important issue is that it helps change ageist attitudes to the elderly and all aspects of residential aged care." These students will become part of the future aged care workforce. "Students help the staff become better informed and freer to carry out their clinical tasks." She said the residential facility blossomed with energy from the presence of 65-100 visitors, who are not family and develop a one on one relationship with residents. "Staff in the facility have reported a sense of being more supported in the work place and hav-

ing more time to devote to the residents' clinical care. They are seeing improvements in resident behavioural and the psychological symptoms of dementia." "I was not able to take objective measurements of performance, but qualitative feedback was that memory improved in some isolated residents. They were asking about the students and taught them things about recent history and their lives. "One even taught a student how to play a ukulele. "Many students were keen to keep on visiting after the semester was over." The program provided a win-win scenario for students, residents and improved job satisfaction of aged care staff.

Oh my beating heart - stem cell nutrition and heart health...

DID you know that your heart beats about 100,000 times a day? That's about 35 million times each year. How much work is that? Give a tennis ball a good squeeze and you are using about the same force that the heart uses to pump blood throughout the body, all the time – even at rest. As a result, from this action the five and half litres of blood contained in your body's blood ves-

sels circulate through your whole body three times a minute. That's roughly 9,000 litres travelling many times through 96,000 km of branching blood vessels every day. All this pumping is done by a 280 g muscle the size of your fist. It's no wonder some people's hearts just wear out. A number of studies that have been done clearly demonstrate that

the heart muscle is in constant process of regeneration and that circulating stem cells play an important role in the process of cardiac tissue renewal. Stem cell nutrition significantly increases the number of circulating stem cells – within one hour of consumption, tilting the balance towards tissue renewal. How healthy is your heart?

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Christmas Gift Guide

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Celebrating Christmas with Handel's *Messiah*



Perth Symphonic Chorus

FOR many concert-goers Christmas is not complete without hearing a performance of Handel's *Messiah*. Perth Symphonic Chorus, known for its outstanding performances, is therefore presenting this great work. It's soaring choruses, beautiful, memorable arias and its compelling, driving rhythms make for a wonderful and joyous concert experience, particularly this close to Christmas Day. Handel, known for his generosity and desire to help those less fortunate, wrote this work for a charity event in Dublin, Ireland in 1742.

When he began composing, he moved at a feverish pace. Skipping meals and refusing to leave his house, he finished the 260-page manuscript for *Messiah* in 24 days. At its debut, crowds were so large that women were asked not to wear hoopskirts and men not to wear swords so they could squeeze as many people into the music hall as possible. When Handel brought *Messiah* to London, King George II attended the London premiere, starting the famous tradition of standing during the Hallelujah chorus, now the most famous part of this great work.

Messiah is still as popular as ever 250 years later. It is performed hundreds of times at Christmas in Australia alone. To write a work with such perennial appeal is nothing short of a miracle. International soloists Janet Todd, Tobias Cole, Robert Macfarlane and James Clayton will join conductor Dr Margaret Pride with her choir and orchestra for an exciting, unforgettable, performance on Saturday 22 December, 7.30pm at the Perth Concert Hall. Tickets can be obtained through the Perth Concert Hall on 9231 9999 or online at perthconcerthall.com.au or ticketmaster.com.au



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9-letter word: QUADRUPLE

Square Shuffle: Bran, Corn, Oats, Rice.

Have a Go News Quiz Page 2: 1.Blitzen, Comet, Cupid, Dasher, Prancer, Vixen, Dancer, and Donner.
2. Coca-Cola. 3. Gold and silver. 4. Stephen. 5. Gold, myrrh, and frankincense. 6. Angel. 7. To and From.
8. England. 9. Turkey. 10. Six.

HAGN321-051166



A diamond of a film



IT'S early 18th century and England is at war with the French. Nevertheless, duck racing and pineapple eating are thriving. A frail Queen Anne (Olivia Colman) occupies the throne and her close friend Lady Sarah (Rachel Weisz) governs the country in her stead while tending to Anne's ill health and mercurial temper.

When a new servant Abigail (Emma Stone) arrives, her charm endears her to Sarah. Sarah takes Abigail under her wing and Abigail sees a chance at a return to her aristocratic roots.

As the politics of the war become quite time consuming for Sarah, Abigail steps into the breach to fill in as the Queen's companion. Their burgeoning friendship gives her a chance to fulfil her ambitions and she will not let woman, man, politics or rabbit stand in her way.

Don't miss *The Favourite*; a stunning historical English drama.

In cinemas 26 December.

WIN WIN WIN

We have five double passes for some lucky readers to win – to be in the draw simply email win@haveagonews.com.au with *Favourite* in the subject line or call the office during business hours on 9227 8283. Competition closes 18/12/18.

Sherlock returns to the screen



THE Step Brothers are reunited – this time playing the world's greatest consulting detective and his loyal biographer – as Will Ferrell and John C. Reilly star as Holmes and Watson in this comedic production.

The famed pair join forces to investigate a murder at Buckingham Palace.

They soon learn that they have only four days

to solve the case, or the queen will become Moriarty's next victim.

Holmes and Watson is directed by Etan Cohen and starring Rebecca Hall, Rob Brydon, Kelly Macdonald and Ralph Fiennes.

Don't miss this hilarious take on Arthur Conan Doyle's classic tales.

In cinemas 26 December.

WIN WIN WIN

Thanks to Sony Films we have 10 double passes to giveaway to the new comedy film *Holmes and Watson*. To be in the draw simply email win@haveagonews.com.au with *Holmes* in the subject line or call the office during business hours on 9227 8283. Closes 21/12/18.

Love the movies? See the latest movie reviews and win tickets www.haveagonews.com.au

Grease will be the word in Perth this January



Credit: Glenn Pokorny

AFTER playing to sold out arenas around the country, *Grease – The Arena Experience* featuring more than 700 performers thunders onto the stage at RAC Arena for two shows only on 19 January.

Australia's most iconic female Indigenous performer, Aria Award winner, Christine Anu, will don the wings as Teen Angel.

Producer Tim O'Connor said: "Teen Angel has traditionally been played by a male, but we really wanted to mix things up in this new production, so in a unique twist, we cast Teen Angel as a female."

"Teen Angel appears when Frenchy has just dropped out of beauty school and is feeling lost

and looking for guidance, and we couldn't think of anything more fitting than for that advice to come from a kick-ass female! And really, you can't get more kick-ass than Christine Anu. She's an Aussie legend, and we're so delighted to have her in the cast."

Grease kicked off in Brisbane in April 2017 and since then Harvest Rain Theatre Company has toured *Grease – The Arena Experience* to capacity houses in arenas around the country – Newcastle, Adelaide, Sydney and Melbourne. The production has now been seen by more than 60,000 people nationwide.

The ultimate party musical features all the favourite hits including: *You're the One That I Want*, *Greased Lightnin'*, *Grease is the Word*, *Summer Nights*, *Beauty School Drop Out* and *Born to Hand Jive*.

Grease is the timelessly funny story of 1950s teen love, cliques, and peer pressure. Join your favourite Rydell High students, Danny and Sandy, The T-Birds and the Pink Ladies along with a cast of hilarious characters as they jive and bop their way to graduation.

Grease – The Arena Experience plays RAC Arena for two shows only on 19 January. Visit www.greasearenashow.com or www.ticketek.com.au to book.

WIN WIN WIN

We have some VIP tickets available for some lucky readers to experience *Grease – The Arena Experience* on 19 January at RAC Arena. To be in the draw simply email win@haveagonews.com.au with *Grease* in the subject line or write to *Grease c/- Have a Go News PO Box 1042 West Leederville 6901*. Competition closes 31/12/18.

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Club Swizzle returns to Fringe with a sizzling new show



Swizzle Boys Club Swizzle 17 January to 3 March FRINGE WORLD Festival 2019
© Prudence Upton

THE smash hit of 2018, *Club Swizzle*, from the creators of *La Soirée* is back this January.

Club Swizzle will once again transform the iconic Ice Cream Factory into the wildest den of iniquity in town this summer for Fringe. After blowing the roof off the Roundhouse for its European premiere, *Club Swizzle* returns to Perth direct from London with a new line-up of mischievous acrobats, troubadours and cabaret queens.

The cheekiest souls in showbiz gather on, in and around the *Club Swizzle* bar where legends are made, and good times abound. *Club Swizzle* kicks the mayhem up a notch in a perfect cocktail of comedy, cabaret and circus, served with a twist. The acrobatic and charismatic Swizzle Boys are back to make

your jaw drop, take your breath away and charm the pants right off you.

The house band, Mikey and the Nightcaps, return to provide the live swingin' soundtrack for the festivities, sloshing their way through the tunes 'til the last punter staggers out into the morning sun.

La Soirée say they are very excited to bring with them for the very first time to Perth a new posse of cabaret sweethearts and circus reprobates hand-picked from around the world for their irrepressible and intoxicating spirit.

Creative Producer Brett Haylock says: "Both *La Soirée* and *Club Swizzle* have captured the imagination of Perth audiences.

"The response to both our shows has been extraordinary

and our annual pilgrimage to Perth has become a highlight of our touring year.

"There's no other place in the world we would rather be than in Perth for those balmy Fringe World nights once the circus has rolled into town."

Audiences are encouraged to arrive early and enjoy a few signature cocktails at the *Club Swizzle* bar before the action begins. Leave your coat and your hang-ups at the door and come and join the Club

Club Swizzle is a perfect cocktail of comedy, cabaret and circus served with a twist and will run for an extended season from 17 January to 3 March at the Ice-cream Factory, 100 Roe Street, Northbridge. (18+venue)

To book visit www.fringeworld.com.au or call 9227 6288.

Can You Ever Forgive Me?



MELISSA McCarthy stars in the adaptation of the memoir *Can You Ever Forgive Me?* the true story of best-selling celebrity biographer (and friend to cats) Lee Israel (Melissa McCarthy) who made her living in the 1970s and 80s profiling the likes of Katharine Hepburn, Tullulah Bankhead, Estee Lauder and journalist Dorothy Kilgallen.

When Lee is no longer able to get published because she has fallen out of step with current tastes, she turns her art form to deception, abetted by her loyal friend Jack (Richard E. Grant).

A stunning performance by McCarthy and one not to be missed.

In cinemas 6 December.

WIN WIN WIN

We have five double passes for some lucky readers to win – to be in the draw simply email win@haveagonews.com.au with Forgive in the subject line or call the office during business hours on 9227 8283. Competition closes 15/12/18.

Keira Knightley stars in *Colette* - riveting period drama



AFTER marrying a successful Parisian man of letters known commonly as "Willy" (Dominic West), Sidonie-Gabrielle *Colette* (Keira Knightley) is transplanted from her childhood home in rural France to the intellectual and artistic splendour of Paris.

Soon after, Willy convinces Colette to ghostwrite for him. She pens a semi-autobiographical novel, about a brazen country girl named Claudine, that becomes a bestseller and a cultural sensation.

Colette and Willy become the talk of Paris, and their adventures go on to

inspire additional Claudine novels. Colette's subsequent fight over the creative ownership of these books defies gender roles and drives her to overcome societal constraints, revolutionising literature, fashion and sexual expression.

In cinemas 20 December.

WIN WIN WIN

We have 10 double passes for some lucky readers to win – to be in the draw simply email win@haveagonews.com.au with Colette in the subject line or call the office during business hours on 9227 8283. Competition closes 18/12/18.

A soul kind of Christmas with the *Milford Street Shakers*

NINE-PIECE soul music band The Milford Street Shakers want to share some Christmas cheer with their mate DJ Smokestack Ash.

Milford Street Shakers band leader Dom D'Leno says the band will be going all out to share the Christmas spirit with Ash as part of their Christmas Party Extravaganza live

Soul music special at the Sewing Room in Perth on Saturday, 22 December.

The band performed to a sell-out audience at this Christmas show last year performing their soul versions of Christmas songs and carols and Dom says he is expecting another sell-out.

Dom says the *Milford Street Shakers* will be bringing their brand of high impact, high energy soul music to provide a different twist on Christmas favourites like *I Saw*

Mommy Kissing Santa Claus and even some traditional Christmas carols.

"Although our versions are a little more upbeat than people are used to hearing with our full-blown horn section really given the Christmas music some oomph," he says. "It will be *White Christmas*, but not as you know it."

As well as Christmas songs the band will be performing many of its 1960s favourites to get the party going.



Dom said the *Milford Street Shakers* first performance at the Sewing Room for the Christmas concert last year had

attracted long queues outside the venue and recommended patrons got in early with online bookings.

The Sewing Room, in the basement of one of Perth's most beautiful old buildings at 317 Murray Street in Wolf Lane was built in 1910 and the basement was once a sewing room for one of Perth's leading fashion houses.

The party gets underway from 6pm at the Sewing Room, 317 Murray St (basement), Wolf Lane, Perth. Pre-sale tickets are \$28.50 inclusive of booking fee or \$35 at the door.

For more information and to buy tickets log on to milfordstreetshakers.com.au/upcoming-shows/

WIN WIN WIN

We have two double passes to giveaway to some lucky readers to the fabulous Christmas concert. To be in the draw simply call the office on 9227 8283 during business hours or email win@haveagonews.com.au with Milford in the subject line. Competition closes 19/12/18.



NEW YEAR'S EVE

GALA CONCERT 2018

Join the *Vienna Pops Orchestra*

Presented by the Rotary Club of Perth with Mark Coughlan

MONDAY 31ST DECEMBER 2018

TWO CONCERT TIMES AVAILABLE

2:00PM Matinee Family Concert

9:30PM Champagne Gala Concert

Perth Concert Hall

FEATURING

Perth born International Soprano, Sara MacIver & Helpmann Award winner Andrew Foote will join Musical Director Mark Coughlan and the Vienna Pops Orchestra for a magical concert of classical and popular favourites at the New Year's Eve Gala Concert, as we count down to 2019.

TICKETS

Tickets from \$45 (concessions available)

Please visit perthconcerthall.com.au or ticketmaster.com.au

Call on 9231 9999 or book in person at Perth Concert Hall Box Office

Charity concert proceeds benefiting community programs

Rotary
Club of Perth



Escape to a magical evening under the stars in the historical timber town of Jarrahdale.

Greta Bradman | Rosario La Spina | José Carbó | Milijana Nikolić

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*Proceeds to the Atwell House Restoration Fund



Harbour Theatre presents *Hotel Sorrento* for last season in 2018



HANNIE Rayson's award winning play, *Hotel Sorrento*, which inspired the 1995 film of the same name, will be Harbour Theatre's final production for their 2018 season and will run for a strictly limited season from Friday 7 to Sunday 16 December.

Hotel Sorrento was first performed in 1990 by the Playbox Theatre Company at the Malthouse Theatre winning an AWGIE, NSW Premier's Literary Award and a Green Room Award. Since then the play has been performed more than 50 times throughout Australia and overseas (winning critical acclaim on its London debut), and has been translated into French, Japanese and Swedish.

In *Hotel Sorrento*, Rayson has created Meg, the sister who has left home and made a new life for herself in England. She has written a

successful, Booker-nominated novel based on her life in Australia and returned home to discover that her aggrieved sisters maintain the novel is actually their life story, with only the names changed.

The international attention it is attracting becomes a bone of contention between the sisters, and Pippa and Hilary's sense of betrayal and unwilling exposure over the story it has to tell also provides dramatic structure to the narrative, because it requires Meg to physically return from the outside world back into the domestic sphere of her old home town of Sorrento.

In the play Hannie Rayson reaches into the heart of family relationships to reveal, gradually, the multiplicity of factors that both bring family members together – and drive them apart.

The play is directed by Thomas Dimmick who, despite being only 25 years of age, is no stranger to theatre. Since moving to WA in 2008 he has created his own theatre company and worked extensively in the student theatre scene at Murdoch University as well as being involved with various community theatres around Perth.

Drawing on his own family experiences, Thomas gathered a very talented cast to portray the roles that demand much of the actors to retain the authenticity of the production. Using a combination of lighting and sound to bring the many and various locations to life, Thomas feels that the talent of the actors coupled with Hannie Rayson's strong script will result in a truly special production.

Featuring Rosalyn Anderson,

Rachel Bartlett, Sjaan Lucas, Rex Gray, Felix Malcolm, Robert Jackson, Sally Boteler and Benn Rayner.

Hotel Sorrento plays at Harbour Theatre, Mosman Park Memorial Hall, 16 Lochee Street, Mosman Park on 7, 8, 10, 12, 13, 14, 15 December @ 7.30pm with matinees on 9 and 16 December commencing at 2pm.

Bookings on 9255 3336 or www.TAZTix.com.au \$25.50 Concession \$23.00, Child under 15 or full time Student \$20.50.

WIN WIN WIN

We have one double pass to giveaway to a lucky reader for a performance of Hotel Sorrento. To be in the draw simply email win@haveagonews.com.au with Harbour in the subject line or call the office during business hours on 9227 8283. Closes 12/12/18.

Practically perfect



IT'S the film the girls in the *Have a Go News* office have been waiting for all year – the new version of the classic feel good film *Mary Poppins*. In depression-era London, a now-grown Jane and Michael Banks, along with Michael's three children, are visited by the enigmatic Mary Poppins

following a personal loss.

Through her unique magical skills, and with the aid of her friend Jack, she helps the family rediscover the joy and wonder missing in their lives. *Disney's Mary Poppins Returns* is sure to delight a new round of audiences along with the old fans.

In cinemas on 1 January.

WIN WIN WIN

We have five family of four passes for some lucky readers to win – to be in the draw simply email win@haveagonews.com.au with Mary in the subject line or call the office during business hours on 9227 8283. Competition closes 18/12/18.

Great film for grandies



DISNEY'S *Ralph Breaks the Internet* leaves Litwak's video arcade behind, venturing into the uncharted, expansive and thrilling world of the internet – which may or may not survive Ralph's wrecking.

Video game bad guy Ralph (voice of John C. Reilly) and fellow misfit Vanellope von Schweetz (voice of Sarah Silverman) must risk it all by traveling to the World Wide Web in search of a replacement part to save Vanellope's video game, Sugar Rush.

In way over their heads, Ralph and Vanellope rely on the citizens of the internet – the netizens – to help navigate their way, including a webite entrepreneur named Yesss (voice of Taraji P. Henson), who is the head algorithm and the heart and soul of trend-making site BuzzTube.

A great film for the grandkids this Christmas.

In cinemas 26 December.

WIN WIN WIN

We have five admit four family passes for some lucky readers to win – to be in the draw simply email win@haveagonews.com.au with Ralph in the subject line or call the office during business hours on 9227 8283. Competition closes 18/12/18.

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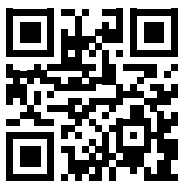
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- ☐ Pen friend
- ☐ Seeking a friend
- ☐ Seeking a partner

Abbreviations used in *Friend to Friend*

- ALA: All letters answered
- GSOH: Good sense of humour
- SD: Social drinker
- NS: Non smoker
- SOR: South of River
- WLTm: Would like to meet
- DTE: Down to earth
- ND: Non drinker
- NG: Non gambler
- NOR: North of River
- TLC: Tender loving care

Name Address

..... Postcode

Phone I am over 45 years of age (Signature)

Each person may submit
one entry every month.

STOP: Please read new instructions carefully
Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:
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West Leederville WA 6901.

Obtaining replies to your Friend to Friend Reply Box entry:
Please include two stamped (\$2) 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

ATTENTION! Do you enjoy good company and a tasty meal? Why not join us one Sunday a month at a nice restaurant for lunch maybe a trip to the theatre, at other times it's fun. No fees.

Reply Box 8085

CARING gent 74, lacks romance in domestic situation seeks discreet chats, cuddles, coffee and cake with a happy uncomplicated, nice lady of any age to enjoy each other at your place. Meet at café first.

Reply Box 8084

GENT 50, would like more romance. Seeking fair lady 50-70, having the same lack. Keeping discreet, TLC, fin secure. Great cook and masseur, honestly, naughty and dependable. GSOH, educated. Coffee and movie? Fun at home?

Reply Box 8093

LADY 50, seeking a friend for outings, coffee, walks and travel with the view of a relationship if compatible. WLTm gent, 45 to 55, NS, independently secure, ready and able to go places.

Reply Box 8076

GENT 60, well presented, easygoing, NS, SD, young at heart, fit and active, attached with ties, inadequate romance at home. WLTm caring lady in a similar situation for friendship relationship.

Reply Box 8083

GENT 63, Indian, well educated, NS, SD, DTE, GSOH, healthy and very clean, seeks gent 50+, NS, healthy, very clean and no pets, who enjoys good friendship, tea/coffee, cooking, beach, music and massage exchange.

Reply Box 8090

www.haveagonews.com.au

GENT 68, ND, NS, GSOH, not tall but good, decent man. Volunteers with disabled. Seeking lady NOR. Stay friends or see where it goes. I'm fit, active, exercise regularly, like movies, shows, picnics, walking, dining.

Reply Box 8075

GENT late 70s. Engaged. Lacking romantic times at home. Seeking a lady who has the same lack, to return mutually and lovingly to what life has been created to offer. Keeping discreet. Mandurah and surrounding.

Reply Box 8079

LADY 62, seeking friendship, view to relationship. Enjoys outings, dinner. Seeking honest, caring, fun loving, young at heart, gentleman, NS, 58-64, SD, GSOH. Let's meet for coffee.

Reply Box 8074

LADY 70s, NOR, medium build, likes country music, lunches out to meet for coffee and a chat, gent SD same lines.

Reply Box 8087

LADY 70+, slim, active, NOR, enjoys social outings, country drives, quiet times, together. WLTm gent GSOH, NS, SD, not into travelling.

Reply Box 8095

LADY living just NOR seeks gent 65-75, active and interested in travel, outdoors, walking, is well mannered and fun loving, NS and SD who appreciates good food. ALA.

Reply Box 8098

MALE 70 WLTm lady, 65-75, medium build, NS, SD, happy hour, Carnarvon north for winter, south summer, must be okay to travel for two to three months at a time. No baggage or pets. Enjoy life SOR.

Reply Box 8092

SPECIAL one only classic, vintage 1942 model, good chassis, runs well, just in need of a guy who can give some TLC, 68, NS, has a GSOH, DTE, enjoys music, travel, outdoors, dining in/out, no ties, must be honest, caring, smooth ride, guaranteed so have a go. ALA.

Reply Box 8099

VERY nice lady, Melville area, interested in nature, swimming, reading, art, music, movies, dancing etc. WLTm gentleman fin sec, GSOH, kind, refined, respectable, not married or separated. Age 70+, I do not smoke or drink. Coffee anyone?

Reply Box 8101

WITTY guy, 66, medium build, 5'6", healthy, NS, SD, WLTm lady to 63yrs. My hobbies; music, movies, cooking etc. Being happy go lucky, no baggage, ideal Christmas gift. Good man to lucky lady. ALA. Cheers.

Reply Box 8078

Seeking a Partner

ALBANY lady, 72, seeks grey nomad, NS, SD, travel Australia, some overseas, reading, music, garden, would like Albany as home base. Love people sharing, caring other interests.

Reply Box 8086

COUNTRY guy, 6489 postcode, 64, 188 cm tall, retired, GSOH, SD, NS, DTE, good music, gardening, animals, dogs, lives 250km east of Perth. WLTm country lady, only 50-65, TLC, guaranteed genuine only please. Who dares wins. ALA.

Reply Box 8072

GENT 68, 177cms, slim build, NS, SD, NG, well groomed, WLTm a romantic lady, feminine, well presented, loving lady for a long term relationship to go dining with and socialising also to share quiet quality times. I am semi retired. I like music and sports.

Reply Box 8097

GENT in good condition, 70s, young at heart, 5'11", 85kg, fit, active, NOR, WLTm a slim, medium height lady for friendship, possible relationship. All replies answered.

Reply Box 8089

GENT UK/Australian, late 60s, well presented, educated, fin sec, enjoys travel, gym, family, beach, coastal walks, usual social activities. Seeks compatible, intelligent, attractive, slimmish, easygoing lady to mid 60s, social activities, travel companion, whatever. Northern suburbs, coffee?

Reply Box 8096

GENT WLTm DTE lady for possible relationship, no ties, would enjoy an outgoing person, 55-70 vintage, travel north winter time, NS, SD, DTE, NG, NOR.

Reply Box 8082

LADY 57 WLTm gent 55-65, loving, caring, likes dancing, walking, eating out or in, NS, SD, NOR.

Reply Box 8088

LADY 65, WLTm, genuine, caring, gent, 60s, for companionship, friendship, if compatible relationship to enjoy the simple things in life, NS, SD, lives Hamilton Hill area or nearby areas.

Reply Box 8094

MALE 60, I seek a NS, SD, lady. I am well presented, intelligent and fin sec. I look forward to your reply.

Reply Box 8073

REFINED attractive, English lady, 70, medium build, well presented, feminine, educated, fin secure, own home, postcode 6107, GSOH, WLTm, unattached, genuine, gentleman, 65-73, for permanent, long term relationship who enjoys music, reading, walking, socialising, genuine replies only. ALA.

Reply Box 8077

SINCERE DTE, lady, retired, NOR, WLTm respectable gent, 70-72, NS, NG, who enjoys the outdoors, social venues, music, wine, dine, travel, GSOH, time home, long drives, weekends away and beautiful company.

Reply Box 8081

WLTm gent 80, loving, caring, genuine, eat in/out. Travel, watch tv, cinema, walks, quiet evenings home, music.

Reply Box 8091

Seeking a Travel Companion

GENT 76 WLTm genuine lady that is interested in travelling around the Greek Islands in 2019. I am NS, NG, SD, NOR, DTE, GSOH with lots TLC, maybe a relationship/partner could develop, meet for chat/coffee, very genuine.

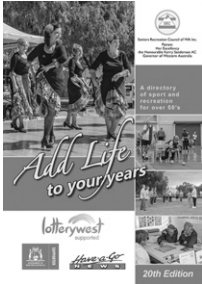
Reply Box 8100

LADY ex NSW, 80s, fit, active, NS, NG, SD or ND, DTE, GSOH, NOR seeks lady similar to share inside twin cabin on longer cruises, mainly Europe. ALA.

Reply Box 8080

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(example only)

Send your reply on a single sheet of paper. Place in a small envelope 11B (measures approx. 14 x 9cm). No greeting cards, 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.



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SWAN VALLEY LADY 73

slim, active w/ relaxed, gentle nature, old fashioned values, loves the garden, walking her dog, movies, follow sport, sk gent 70-78.

TUART HILL LADY 67

stunning, stylish, vibrant blonde, slim, fit, kind, loyal, enj sport, travel, eating out, walking, dancing, sk healthy gent w/pride in app 65-72.

DARLINGTON LADY 72

slim, petite brunette w/ lovely smile, intell, gd communicator, colourful, loving & sincere. Sk active, educated man to share new experiences 68-78.

SOUTHERN RIVER LADY 68

very attractive, natural, green eyed blonde, slim, petite figure, an optimist w/ GSOH, generous, charming & thoughtful. Sk intell, laid back Aussie gent 65-70.

BULLCREEK GENT 76

tall, trim, funloving, well grmd, lots of energy & zest for life, is d.t.e.earth, enj quality in life, travel, golf, gd friends, sk attr, sociable lady 66 +.

WILLETTON GENT 68

easygoing widower, self emp, family man who loves dancing, social outings, relaxing at home w/ friends, sk healthy, happy lady 60-70.

SOUTH FREMANTLE GENT 70

tall, trim, handsome & extremely well grmd, modern, youthful, sincere, romantic who likes to keep up with whats going on in the world. Sk lady similar 60-70.

BUSSELTON GENT 68

fit, healthy, hd working, successful, fantastic attitude to life, honourable & a "gentleman", sk perm r'shp w/ smart, honest country minded lady 60-70.

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SCENE SOCIALLY



SCENE (1): IT WAS a great start to Seniors Week when we kicked off with the AGL Seniors Week Film Festival on 10 and 11 November which saw 180 people attend Palace Cinemas Raine Square to spend an afternoon enjoying the screening of Robert Redford's *Old Man and the Gun*. Included in the free tickets which were dispersed through a competition was a snack pack of popcorn, ice-cream and a drink. Thanks to our partner AGL – it's gas plus a lot more, who came on board this year to offer this weekend of movies for our readers.

SCENE (1): Top row from left to right; Brian and Lynne Smith - Chris and Bee Addis - Chris and Neil Williams - Diana Thomas and Susan Willis - Helen and Gordon Newman. Second row from LtR; Jane Francz and Gary Perkins - Jan McKenzie and Barbara Moyle - William and Kathleen O'Malley - Kerrie and Paul Sheedy - Margaret May and Vera Elliott - Brian and Maureen Mableson. Third row, from LtR; Jack Jennings - Mimma Conchello and Antoinetta Dellaroccheita - Rosalind Franklin and Frank Keet.



SCENE (2): ON TUESDAY 18 December at 11am and 1.30pm, Mandurah Morning Melodies presents its Christmas spectacular hosted by Sacha Mahboub. Don't miss out on this fabulous way to enjoy some festive fun in Mandurah. Price is \$28 and includes morning tea. Bookings 9550 3900.

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Win a \$200 shopping voucher...
See page 2

Cartoon to the editor

Submissions may be edited for clarity and space. See page 4 for this month's letters.

ONE of our savvy readers sent this amended drawing of November 2018's cartoon for us, they didn't send through their name but we wanted to share it with you.



SCENE (3): THE premier event of Seniors Week 2018 *Have a Go Day* – a livelighter event organised by the Seniors Recreation Council of WA was a fabulous celebration of loving later life. With more than 230 stall holders, about 15,000 people came together to have a go at activities, enjoy entertainment, learn about new opportunities and enjoy the surrounds of beautiful Burswood Park. There really is nothing else like *Have a Go Day* and each year we are proud to host the hospitality tents and sponsor the event.

SCENE (1): Top row from left to right; AGL State Manager Jackie Shervington, editor Jen Merigan and Minister for Seniors Mick Murray. Second row from LtR; Athol Wightman and Channel 7's Monika Kos. Third row from LtR; Crown Tent hosts John Burgess and Tod Johnston - 6PR announcers Gareth Parker and Simon Beaumont. Fourth row from LtR; Have a Go volunteers Anne Cameron and Noreen Hemmy - Ian Stewart and the WA Police Pipe Band



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