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PRINT POST 100022543 VOLUME 29 NO. 05 ISSUE NO. 333 DECEMBER 2019

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Tim Finn navigates Perth premiere



Tim Finn charts a new course with WA Opera

by Lee Tate

TIM FINN, who has chartered many courses in his life, has set his compass on Perth for an opera world-premiere, with Captain Cook at its core.

The legendary musician, whose eventful life straddles Australia and New Zealand, with talent that touches many parts of the world, has composed an opera, *Star Navigator*.

Commissioned by West Australian Opera, New Zealand Opera and Victorian Opera, it is based on the true story of Tupaia, a Tahitian star navigator who sailed with James Cook on the *Endeavour*.

The opera explores the 1770 meeting of two master mariners – each from a vastly different place and culture. As they journey to-

gether, the understanding they develop highlights not only their differences but shared terror, love of the sea and the worlds around them.

Tim told me from his home in New Zealand: "I was on board the *Endeavour* replica in Sydney Harbour in the back cabin with its compressed tight space, surrounded by maps and everything."

"It felt like a theatrical setting, suitable for a psychological drama."

The germ of an idea grew into a five-year musical journey involving workshops and collaborations with writers and directors after a chance meeting with West Australian Opera executive director Carolyn Chard who loved Tim's idea and commissioned the work.

"Opera people are always looking for new ways to do things. I've put in melodies and tunes audiences, hopefully, can remember and hum afterwards," he said.

Tim's work highlights the incredible versatility of one of music's most-respected, innovative and successful writers. And as a well-known performer and top record-seller, Tim's music is likely to lure new audiences to the mystical world of opera.

Few branches of music have evaded the Kiwi master's touch. From rock and pop to art rock, vaudeville, swing, punk and glam rock, Tim's talent has endured at the highest level.

Who doesn't recognise *Fraction Too Much Friction*? Or these: *History Never Repeats*, *Winter Light*, *Persuasion*, *Couldn't Be*

Done, *Astounding Moon*, *Poor Boy*, *Six Months in a Leaky Boat* and *Still The Song*.

Tim, 67, also wrote *They Won't Let My Girlfriend Talk to Me*, a top 10 hit for Australian band *Jimmy and the Boys*.

In the 1970s, Tim dropped out of university to focus on music and formed *Split Enz*. His talented brother, Neil, joined later (Neil is currently winding-up a spell with *Fleetwood Mac*). Formed in NZ, *Split Enz* moved to Melbourne and the hits poured out.

Tim also steered *Crowded House* to the top of the charts as well as producing solo performances and albums. And in 1995 he formed the band *ALT*, with Irishmen Andy White and Liam Ó Maonlaí (from *Hothouse Flowers*).

continued on page 4



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Jennifer Merigan

From the editor's desk - a reflection and farewell to 2019...

LIFE certainly is a journey. As we come to the end of 2019, I reflect on this first year without my beautiful Dad and best friend, Quentin Smythe by my side. Affectionately known as Q he was co-founder of this paper, and much loved by so many people in the community, it's certainly been a difficult year to navigate without him. I hope he and Mum (Judith Treby) would be looking down upon us and be proud of the many achievements that I and the team at *Have a Go News* have made this year.

We have bucked the trend with a 10 per cent increase in the print run and our digital reach has grown by more than 15 per cent. We have

achieved this in what can only be described as trying economic times. I thank all our staff and contributors, our advertisers and you dear readers for supporting us each month. Long live local independent media!

★★★★
We certainly had a busy Seniors Week participating in many events including, the AGL Seniors Week Film Festival, *Have a Go Day* and our second-hand book sale. It was lovely to meet so many readers and to give away loads of prizes. Thanks to everyone who volunteered their time during the week.

★★★★
Last month I attended a UWA Policy breakfast covering the topic *Better Ageing - What should we be doing and what should we expect the government to do*. Panelists included HBF CEO John Van De Wielen, senior lecturer in Geriatric Psychiatry Dr Andrew Ford, UWA Associate Profes-

sor Christopher Etherton-Beer who is medical co-director at RPH Bentley, the CEO of Brightwater, Jennifer Lawrence and a representative from the Health Department.

A brief introduction was given by Dr Ford with some statistics about healthy ageing, but I felt the panel didn't really address the crux of the topic or come up with any structural suggestions on what the government should be doing to encourage better ageing.

It seemed the panel's expertise was centred around aged care and hospital treatment yet only about five per cent of the population go into aged care. The fact is the majority of older people live out their lives doing myriad activities and as we are living longer, policy should be designed so we live better.

My question to the panel was... "Why, when we now have the largest cohort of people aged 60 and over, does the state

government do less than it did 20 years ago?"

The answer I was given I felt was unsatisfactory with the panelist stating that we have a Minister for Seniors and Ageing. That's all well and good but we used to have a dedicated department for seniors called the Office of Seniors Interests which not only developed policy but also was a landing zone for older people.

As someone who has worked in this field for more than 20 years, I can tell you that the State Government does much less for seniors now.

They fund the Seniors Card Centre, although discounts have been reduced and the age to receive the benefits increased. They provide some funding to a few seniors organisations but basically there is very little policy to encourage better ageing or to encourage the over 50s demographic with preventative health messages.

A good example of this

is the Livelighter message is only targeted to people up to the age of 49. Why? WA was once the most forward thinking state in addressing seniors' issues and lead the nation with policy.

★★★★
This is not just a jibe at the current government, Colin Barnett and his team disbanded much of the infrastructure for seniors. Mark McGowan and his government have certainly not made the demographic a priority, with less than a dozen media statements issued this year through the Minister for Seniors and Ageing.

★★★★
Have a Go News will continue to work to ensure that older people in WA can find out as much as possible about how to live their best possible life. I make the commitment to you in 2020 that through our pages we will increase and continue to share important information. We will work for the benefit of the mature demographic in WA by

promoting healthy ageing through activity, sharing healthy lifestyle options, and profiling amazing individuals in the WA community who see age as no barrier.

★★★★
The WA Women's Hall of Fame was established in 2011 to recognise the achievements of women in the state. If you know an inspirational Western Australian woman, nominate her to be included in the Hall of Fame. Nominations for 2020 are now open and the process is easy, visit www.wawomen.shalloffame.com.au

★★★★
If you need some help with Centrelink or a legal issue don't forget to utilise the free question and answer facility we provide with the Department of Human Services and from lawyer Raymond Tan. Just email us.

★★★★
To keep up to date with news that we can't include in the paper and other information the

Have a Go News website is a great resource. If you are on Facebook join us at the *Have a Go News* page. We have a lot of fun on a daily basis with extra giveaways, jokes and events.

★★★★
We also offer people another free service that delivers the digital version of the paper to inboxes on the day of publication. Sign up at readers@haveagonews.com.au

★★★★
The extra page 2 items will return in January. Our team will be taking a break over the festive season with the office closed from 18 December and reopening on 6 January 2020. I take this opportunity to wish everyone a very merry Christmas and a happy, healthy and prosperous New Year. See you in 2020!

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

Special golden years movie offer for seniors

HOLD onto your hats film lovers, we have got some news for you.

Palace Cinema Paradiso is offering people aged 60 plus \$8.50 seniors' tickets available from 10am to 6pm weekdays only.

There's no catch, everyone with a valid senior's card gets an \$8.50 ticket for all general sessions. It only excludes film festivals and special events. Golden Club members get \$8 tickets.

Don't forget to tell all your friends and spread the word about this wonderful offer which runs until July 2020.

Cinema Paradiso supports the Seniors Week Film Festival and has a passion for community and culture.

The cinema hosts a beautiful collection of heartfelt comedies, dramas and quality independent and foreign films.

Palace Cinema Paradiso is located at 164 James Street, Northbridge, phone (08) 6559 0490 for further details. Get session times delivered straight to your inbox by scrolling down to the bottom of the home page at www.palacecinemas.com.au.

CBCA is looking for a volunteer...

CHILDREN'S Book Council of Australia (CBCA) is a not-for-profit organisation which provide supporting material to promote literature to children and young adults through distribution of CBCA Book Week merchandise to schools and public libraries.

The committee is run by volunteers. They require a volunteer merchandise coordinator whose role is to take responsibility for the sale and distribution of the Children's Book Council of Australia (CBCA) Book Week promotional materials to schools and public libraries within WA. This includes ordering stock, distribu-

tion of order forms, processing orders, invoicing and distribution of items. The role will require someone to be able to work from late February to September with May and June the busiest time.

The role can be carried out from home with monthly committee meetings held during the evening from 7pm - 9pm on the third Wednesday of each month in Nedlands. Support from the committee for the role is ongoing.

Please send an expression of Interest and email any questions you may have to Trish Montgomery, trishmont@iinet.net.au

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Judy Nunn uncovers little known part of Australian history for new book



Judy Nunn

by Josephine Allison

POPULAR Australian actor turned author, Judy Nunn uncovered a little known piece of Australian Second World War history when she started research for her latest book, *Khaki Town*, set in Townsville. With a Japanese invasion imminent, 1942 was definitely the most dangerous year in the history of this country, Nunn told *Have a Go News*.
“If the Americans had not come to our aid in ‘42 we would definitely have been invaded by the Japanese,” she said.

“With the 70,000 Americans who went through Townsville, it was a garrison city, a hub particularly for aircraft which arrived for battles in the Pacific.
“There was a lot of angst, a lot of racism actually with the white and black African-American soldiers. Segregation was still rife in America and we, of course, had the White Australia Policy. Though the African-American soldiers were welcomed by the people of Townsville, what was extraordinary was our Australian Government following through

on its White Australia Policy, actually saying to US President Franklin D Roosevelt, yes, we desperately want your American troops but only the white ones, not the black ones.
Shocking stuff.
“So Roosevelt said if you don’t accept the black American soldiers, you don’t get any. So the government had to rethink that.”
Nunn says the African-American soldiers were certainly welcomed by the Australians (why would they not be), they were there to prevent invasion, but the white American soldiers did not like the fact there was no segregation, no signs saying whites only or blacks only.
“So there was a lot of angst from the white Americans towards their black brothers. And there was the absolute angst by the Australian soldiers that everybody knows towards the American soldiers due to the disparity in pay (oversexed, overpaid and over here).
“So it was a real cauldron of unrest. A riot and mutiny took place and was kept very quiet. It was a case of badly mistreated black American soldiers turning on their white commanding officers with absolute reason.
“That has been kept

secret for 70 years and the aftermath was a young 34-year-old American congressman named Lyndon Baines Johnson being sent out by Franklin D Roosevelt to discover why and how this has happened and to keep it hush hush. A lot went on up there that, because of war censorship, was never allowed to be known and still isn’t. I believe it should be taught in schools. We should know more about our history.”
Nunn went to Townsville and interviewed people while researching her book. She also researched the net but says this has to be backed up with published works because there is a lot of misinformation.
Khaki Town focuses on March 1942. Singapore has fallen. Darwin has been bombed. Australia is on the brink of being invaded by the Imperial Japanese Forces. And Val Callahan, publican of The Brown’s Hotel in Townsville, could not be happier as she contemplates the fortune she’s making from lonely, thirsty soldiers.
Overnight the small Queensland city is transformed into the transport hub for 70,000 American and Australian soldiers destined for combat in

the South Pacific. Barbed wire and gun emplacements cover the beaches. Historic buildings have been commandeered. And the dance halls are in full swing with jitterbug and jive. But not everyone is happy as the story reveals.
The author of around 15 books, Perth born Judy Nunn spent many years as a leading stage actress and screenwriter for radio and television. She moved into acting for television in the risqué soap opera *The Box*. She briefly appeared in *Prisoner* and after that had a lengthy spell as Dr Irene Fisher in *Sons and Daughters* and *Home and Away* from 1988 as Ailsa Stewart. This character was killed off in 2000 after Nunn decided to leave the series to devote more time to writing.
In 2015 she was awarded a Member of the Order of Australia for her service to the performing arts as a scriptwriter and actor of stage and screen, and to litera-

ture as an author.
She says it takes about two years to bring out a book.
“Deciding what to write is the difficult part, I research for several months and then start writing which takes a year. Writing a novel is far different from writing scripts. You are walking a lonelier road writing prose, it also gives you more freedom but you also have to crack your own whip and be your own master.”
Nunn lives on the central NSW coast with husband Bruce Venables who keeps the home fires burning when she is away on book tours. The couple also like to travel and went to Russia this year.
“Perth is my childhood home but Sydney and NSW is my home now. I had a terrific book tour to WA recently for *Khaki Town* with gigs in Kalamunda, Busselton and regional areas. I’m certainly back there every two years for one of

my books.
“I think I am one of the few writers that publishers regularly send to Perth. Many are prevented because of the tyranny of distance and the airlines having us over a barrel... it’s disgraceful.”
Khaki Town was among the top 10 top selling fiction books in Australia for October and Judy Nunn is extremely pleased, already planning next year’s book.
Khaki Town (Penguin Random House Australia), rrp \$32.99, is available at good bookstores.

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STAY Sharp program offers participants the opportunity to sharpen their minds and their bodies.
It has been running for several years, targeting people aged 55 and over. It’s an opportunity to introduce them 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 Professor Ken Nosaka’s eccentric exercise program, along with *The Brain Fitness Doctor’s* Jenny Brockis’s cognitive exercises.
The program provides excellent results for participants and is

conducted in a friendly and warm atmosphere over eight weeks.
The program is now available in Perth at Tattersalls Bowling Club. It commences on Thursday 30 January.
The cost is a very affordable at \$80 for eight-weeks.
Interested people should contact Tina on 6558 1833 or email info@staysharpprogram.com

Knitting teddy bears for dental health charity

CHRISTIAN Health Aid Team (CHAT) of WA is a group of volunteers that provide dental services for the underprivileged including orphans, special needs, very poor children and their carers in Vietnam.
They provide dental health education and treatment to about 1600 patients with a group of volunteer health professionals visiting the country four times a year.
Kathleen Crosby’s Palmyra knitting group make knitted teddy bears for the charity to take with them on their trips.
As 2019 draws to a close, they would like to say thank you to the many people who have donated wool or pillows for stuffing. More donations of wool and stuffing are always welcome as are knitters keen to help make the teddy bears.
Anyone interested in

helping out can contact Kathleen Crosby on 9339 7394.
To find out more about CHAT visit www.chatinc.org.au.



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

The *Have a Go News* JANUARY edition will be published on Monday 13/1/20

The office is closed from 18/12/19 - reopens 6/1/20



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

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Publishers: **Concept Media**
Street address: 137 Edward Street Perth WA 6000
Postal address: PO Box 1042 West Leederville WA 6901
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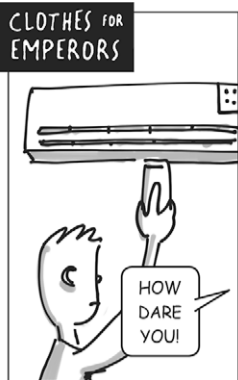
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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,
JUST a quick note to thank you and the *Have a Go* team for the tickets to see *Pavarotti* for the AGL Seniors Week Film Festival. It was an excellent movie which my husband and I thoroughly enjoyed. He didn't nod off even once. The special treats before the

show were greatly enjoyed, as well. We missed out by 11 numbers in the raffle draw but were glad that the much-maligned number 13 proved to be lucky for someone.

I enjoy reading the *Have a Go* newspaper and usually enter all the competitions and try out some

recipes too.

Thank you for the free (and thoroughly entertaining and interesting) newspaper, which is always much appreciated.

Keep up the good work
Cheers and God bless,

Pam Claessen

Dear Editor,
I VISITED St Barts (St Bartholemew's House) for the homeless in East Perth, recently and I spoke to many people there. There is a need for compassion and empathy from the community.

St Barts receives government funding for men's, but none for women's accommodation. This is an absolute travesty when the fastest growing cohort of homeless people are single women over 50. Properly funded housing is needed.

If you donate to St Barts please earmark your donation specifically for the women.

Yours sincerely

Pamela Fenton
Como

Dear Editor,
THE Federal Government's anti-drought plans may be a problem. Helping some farmers and graziers to leave the industry seems good, but will that lead to an even greater sell out of Australian land to overseas corporations?

Also, the recent ASEAN free trade agreement may also let in the dangerous elements who are persecuting inhabitants of the former Uyghur Khanate (occupied October 1949), Tibet (formerly an Empire, conquered in 1949), and the Falun Gong group (since 1999).

John C. Massam
Greenwood

Tim Finn navigates Perth premiere by Lee Tate

continued from front cover

Born in Te Awamutu, NZ, Tim mastered guitar, piano and drums, encouraged by mum, Mary, who played piano and sang at home.

Tim, who's dropped touring in favour of theatrical projects, has composed music for movies and TV and had a cameo role in the film *The Coca-Cola Kid* as well as a role in Italian movie, *La Donna Della Luna* and a role in 2010 movie comedy *Predicament*.

As composer, he contributed to the soundtrack for movies including *Puberty Blues* and *Les Patterson Saves the World*. His song *Winter Light* was penned for the movie *The Chronicles of Narnia: The Lion, the Witch and the Wardrobe*.

In the year 2000, Tim Finn Day was proclaimed in US city Pittsburgh during Tim's tour. *Split Enz* has been inducted into the Australian Recording Industry Association Hall of Fame. Tim and Neil were each gonged with an OBE for services to New Zealand music in the 1993 Queen's Birthday Honours List.

Tim says he couldn't have written such an operatic work in his younger years.

"You need to have lived a lot to understand where we are and what we need for where we're going," said Tim.

The composer swims every day at home or in a nearby public pool before downing a sweet and earthy vegetable juice with turmeric.

He tells me he stays actively involved with his family and follows a no-meat diet, enjoying fish, vegetables and fruit.

Is he aiming to live a long life?

"We don't make the rules, that's what dad

always told me." His father, Richard, a WW2 veteran died several weeks ago, at 97.

"Sometimes we might think we're doing it tough but they went through the Great Depression, WW2 and diseases. Dad was quiet, dignified," Tim said.

"I'd like to live long enough to see our children grow up as adults," said Tim who'll be maintaining his swimming regime every day he's in Perth.

He's also been given an on-stage role.

"I'm not Captain Cook", he laughed. "I'll be playing the piano."

After his 1980s relationship with actress Greta Scacchi, Tim married television presenter Marie Azcona. They have two children, son Harper, 21, (a budding muso) and daughter, Elliot, 16.

Star Navigator will be presented as a staged concert featuring international soloists with the West Australian Symphony Orchestra at Perth Concert Hall on 28 March. Tickets are \$39 to \$99.

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Terry Bolland in Canada

by Brad Elborough

PADDLING enthusiast Terry Bolland says that not being able to hit the water each day at the moment isn't that big of a deal.

He has plenty of other interests to keep him busy while confined to the land. But those who know Terry will probably find that a little hard to believe. You see, calling him a paddling enthusiast is really understating his passion for being in a canoe or a kayak.

The veteran of 26 Avon Descents, including a second placing, as well as other events such as the canoe marathon championships and long

distance kayak expeditions, has probably spent more of the past 40 years with an oar in his hand than he has walking on terra firma.

But, like many other *Have a Go News* readers and their family and friends, doctor's orders have him sidelined while he deals with his health.

A routine blood test ended in a prostate cancer diagnosis.

"My PSA level was high, so I went for all of the tests and they came back positive," he shared.

"When you're as fit as I am, it is a bit of a shock.

"But I thought, I have done so much in my life, so I wasn't that panicky.

I thought, I've lived my life now, not like some people who get to 65 and then they try to start a life.

"I've just came out of hospital. When they did the operation it caused a hernia, so I just had another operation to fix that.

"Now I have another six weeks to two months of slow exercises before I get back into it again.

"I still have a lot of things to do; two months will go quite quickly."

Much of Terry's adult life has been about paddling. His wife Jennifer is almost surprised to see him at home.

He had an accidental introduction when he and a mate travelled around

Australia in 1974 and decided to take kayaks with them.

He says doing so gave them a chance to see all parts of Australia, including some he wouldn't dream of doing now by water because he is more aware of how dangerous it was.

But he was hooked. A few years later he joined the Ascot Kayak Club (of which he is now a life member, one of many awards that acknowledge the time and effort he has put into the sport) and started getting serious.

Then he started selling kayaks for a living and the travelling stopped.

Later, he became one of the those who have successfully managed to combine his two loves. Now he travels, from the comforts of a kayak seat.

He's done solo trips of 50 days and 100 days as well as several expeditions overseas.

He still considers his first trip to the Kimberley as the most rewarding, back in the 1980s when the area was still mostly unknown.

"There was no one there and I was alone," he recalls "I didn't know where there were crocs, sharks, snakes... and the heat, everything a lot of people try to avoid and the high tides.

"But it gave me the confidence to do everything.

"I also paddled the

Mississippi solo in 35 days; 4000km. Most people see it as a big river, but there's more to it than that.

"It's a working river, so plenty of barges and people and stuff like that."

His latest trip was with friends, John Breed 67 and Luke Dooley 19. They completed an 1100 km, 33-day kayaking expedition along the west coast of Canada, from Vancouver to Prince Rupert near the border of Alaska.

They paddled up to nine hours a day (30-45 km), carrying 85kgs of gear and food in their 35kg kayaks. Along with the physical aspect of the journey, was the daily making of camp and packing up, cooking and keeping an eye on the wildlife; things such as whales, killer whales, eagles and bears.

"We saw grizzlies around camp and black bears, but not a lot," he said. "And at close range; the grizzly was only 10 m away. She walked towards us and we were thinking, 'what are we going to do?'"

"She walked around

us, then jumped into the water, circled us, circled back and walked off with her three cubs."

That encounter hasn't scared Terry off though. Although he can't get in the water, he has started looking at the coast of Norway for his next adventure.

It happens to be the venue of the next World Masters Canoe Marathon Championships, which he hopes to compete in if he gets enough training done in time.

He recently got back from the 2019 event, in China, where he won a bronze medal in the single

kayak (beaten by 1.4 seconds) and a gold medal in the double kayak division.

"I don't have as much training ability because of the operations and I have to get to the Australian titles and get in the top three there to be picked to go over.

"I'll be trying." To learn more about Terry's adventures and many achievements and accolades, visit his website and read his blogs - <https://terrybolland.wordpress.com>.

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Fremantle and Perth during World War II



Storm Haven
by Ian Darroch
Reviewed by Pat Paleeya

IAN Darroch's book *Storm Haven* is a little gem, an absorbing and fascinating account of Fremantle and Perth during World War II.

Many allied servicemen were stationed at Fremantle as it was the largest submarine base in the southern hemisphere.

The hospitality shown to these UK, US and Canadian personnel was outstanding. As most Australian servicemen were engaged in fighting overseas it was comforting for the community knowing that these visitors to WA afforded protection from enemy attacks.

Whether describing the austerity of rationing, the blackouts, the bombing of Broome and Roebuck Bay, jitterbugging at the Embassy Ballroom, black markets

spivs and the nappy express, the author takes us with him. Words disappear and vivid pictures take their place, such is his way of presenting a subject.

It could just be another history lesson but it is more than that. It is rich in showing the true spirit of people whether civilians or servicemen.

Before US Rear Admiral Ralph Christie departed WA, he and his men and officers put on a children's Christmas party at Gloucester Park. He planned for 25,000 children between the ages of seven and 14. Double the amount turned up for their hot dogs, coca cola, candy, entertainment and Christmas parcels. This was his men's way of thanking WA for their generous hospitality. Good on yer Ralph!

This is an exceptional book, I will never look at Fremantle the same way again and as for the jitterbugging at the Embassy Ballroom... here comes those vivid pictures again.

Storm Haven is available at Boffins Books, the Maritime Museum Bookshop and the New Edition Bookshop, both in Fremantle.

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Probus Scarborough celebrates its tenth anniversary



Left to right; Lorna Druitt, Mark Irwin, Dot Healy, Liza Harvey and Paul Druitt

COMBINED Probus Club of Scarborough Beach 10th anniversary celebration was held at the Trigg Island Surf Life Saving Club in November.

In August 2009 the idea of forming a new Probus club was discussed by the Rotary Club of Scarborough. A steering committee paved the way to holding a foundation meeting in November of that year.

At that meeting, provisional approval of the Club and office-bearers was given pending accreditation by Probus South Pacific. Ten years later, most of those office-bearers are still active

members of the club.

Member numbers have steadily risen since then. Currently the club has more than 80 members. It holds a monthly meeting with a guest speaker, organises a range of outings to areas of interest, social occasions and places a strong emphasis on the core values of fellowship, friendship and fun.

A number of special guests associated with the club and the Scarborough area were invited to the birthday celebration including Leader of the Opposition, Liza Harvey who has represented the seat of Scarborough since 2008, Mayor of the City of Stirling, Mark Irwin and president of the Probus Association of WA, Marie Bolt. Other attendees included members of the Scarborough Rotary Club and past members of the Probus Club.

Liza Harvey acknowledged the valuable contribution of the Scarborough Rotary Club to the community and the important role of Probus Clubs in providing fellowship for retirees.

Marie Bolt emphasised the role of Probus Clubs in WA and the key tenets of fellowship, friendship and fun.

Mark Irwin mentioned some of the strategic plans of the City of Stirling aimed at improving public transport and the quality of our residential suburbs.

Finally, two members of the Probus Club, Paul Druitt and Dot Healy were awarded the honour of Life Membership and invited to cut the celebratory cake.

Paul and Dot have been members of the club since its inception and were actively involved in starting the Club and have supported it over the last ten years.

Paul Druitt was the inaugural president of the

Combined Probus Club of Scarborough Beach, following a successful career in the real estate industry and active and successful involvement in the Rotary Club of Scarborough and other community organisations.

Dot Healy has been a consistently active and hardworking committee member for the Probus Club and has also played a key role in Inner Wheel, the ladies' adjunct to Rotary, helping raise funds for their projects both in our community and overseas. They join Les Wearne, the first Life Member of the club who recently celebrated his 100th birthday.

The Probus Club welcomes retired or semi-retired people wishing to become members. If anyone would like further information, please contact membership officer, Joy Mazzella on 0438 341 110.

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Deciphering the complicated British State Pension for UK expats in Australia...



Mike Goodall

by Mike Goodall

BY THE time that you are reading this article there may be a new Government in the UK and we will know more about where the UK is going for the next five years.

The UK Labour Party manifesto proposes to unfreeze pensions for expat pensioners. However they are only offering partial uprating - increasing the state pension annually by the triple lock (the higher of 2.5 per cent, wage growth or inflation).

That policy is unfair to those expat pensioners who have been receiving their pension for many years because they are not being paid the amount that they would receive if they were in the UK.

For example, if a per-

son retired in 1995 on a full basic state pension of £58.85 per week their increase in 2020 would be only £3.89 per week. A pensioner who retired this year on a full basic state pension will increase from £125.95 to £134.25 an increase of £8.30.

It is unfair when one pensioner receives an increase of £8.30 and the other only receives £3.89 and these differences will increase over future years.

Prior to April 1977 married women could choose to pay a reduced rate of National Insurance called the Reduced Rate Election. After 1977 they were allowed to continue paying at the same rate in expectation that when they reached State Pension Age, they could claim a pension based on their husband's contributions.

However, since 2016 women who reach State Pension Age receive state pension payments based only on their own National Insurance contributions, then only if they have the minimum of 10 contribution years.

However, there is a special concession for

those who paid the reduced rate for at least one year. They are entitled to receive a minimum of £129.20 if they are widowed or divorced or £77.45 if still married under the new State Pension rules. To be eligible you must have been born before 6 April 1961. Women born on the 5 April 1961 will reach State Pension Age on their 67th birthday under the current rules.

This is a very little known concession and could affect many expats as at its peak over 4.4 million women were paying the reduced rate.

If you reached State Pension Age after 5 April 2016 and previously paid the reduced rate, contact the International Pension Centre and ask them to check that you are entitled to receive the additional pension.

UK Expats born before 6 May 1954 reach State Pension Age on or before 6 November 2019. Those born between 6 May 1954 and 5 June 1954 will be eligible to claim their UK State Pensions from 6 January 2020.

Anyone who would like to discuss the above or any other aspects of their UK State Pensions is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or e-mail mikegoodall@btconnect.com

Best wishes for Christmas and the New Year. Let us hope that in 2020 there is some light at the end of the tunnel for pension un-freezing.



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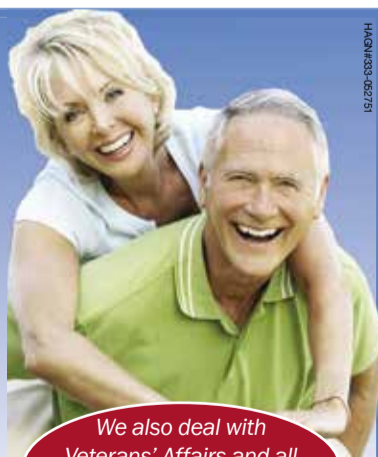
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Where opinions matter - palliative care emerges from the darkness



Lee Tate

by Lee Tate

PALLIATIVE care has finally emerged from decades of darkness in WA, thanks to the heat generated by the debate on Voluntary Assisted Dying (VAD). And with admirable results.

To venture into a palliative care institution, as I did in suburban Perth,

is understandably sobering. But it is also reassuring that there are humans here caring and capable of confronting and comforting those whose time is ending.

As a spin-off to the VAD legislation, millions more dollars have been directed to palliative care, including needy country centres, starved of medical and connected support.

How little we in the general public have known about this important branch of treatment. Palliative care is provided when the patient has progressive, life limiting or life-threatening disease.

State health authorities say: "Palliative care

helps people live their life as fully and as comfortably as possible when living with a life-limiting or terminal illness. Palliative care identifies and treats symptoms which may be physical, emotional, spiritual or social."

Our health experts outline palliative care like this:

"The patient has symptoms that require specialist assessment/management and which are beyond the capacity of the primary care team to manage optimally. The patient and/or their family has psychological, social or spiritual needs that require specialist assessment."

"The patient is dying and the primary care

team requires additional support and/or advice."

Patients who are having life prolonging treatment are not excluded from referral to palliative care.

Triggers for referral include that the referring clinician would not be surprised if the patient died within the next 12 months, recurrent presentations to hospital and for inpatients; where it would not be a surprise if they died this hospital admission.

Other triggers are disease progression despite life prolonging therapy, low probability of success from available therapeutic options and withdrawal, or consideration of withdrawal,

of life prolonging treatment.

While both palliative care and hospice care provide comfort, palliative care can begin at diagnosis and at the same time as treatment. Hospice care begins after treatment of the disease is stopped and when it is clear that the person is not going to survive the illness.

Nedlands Dr Roger Paterson writes: "Terminal sedation (TS) is used in palliative care and has similarities to VAD: compassionate relief of suffering through medication and hastening death."

He argues that the choice of procedures – VAD or TS – should be

up to the patient.

"Palliative care doctors have the right to use terminal sedation but not VAD. It seems unreasonable for those same doctors to oppose the right of patients to VAD if that is their preference."

Professors Arlene Chan and Marion Harris say: "The ability to further lessen the likelihood of severe suffering in the terminally-ill can come about with adequate funding for research and increased personnel so that overwhelming suffering at the end of life can be exceedingly rare."

"We who care for the dying can fulfill our task best with committed governmental support of excellent palliative care."

And that's the nub: Funding for research and increased personnel.

The VAD debate has created much-needed focus and political support for palliative care. It's a spin-off from the main debate but it's also one of the great steps forward in WA's health care history.

Perth's palliative care facilities include home specialist palliative care units and specialist palliative care units at Bethesda Hospital, Glengarry Hospital, Hollywood Private Hospital, St John of God Bunbury Hospital, St John of God Murdoch Community Hospice and Kalamunda Campus of Swan Kalamunda Health Service.

Have a Go News will become a drop off point for Lids 4 Kids

HAVE a Go News is pleased to announce that we will become a drop off point to recycle plastic lids for Lids 4 Kids in January.

This project was the brainchild of Canberra man Tim Miller. It has already seen thousands of lids donated and processed in the eastern states.

The plastic is then used to create prosthetic aids for children using 3D printer technology.

Lids 4 Kids has just started in WA and more volunteers are wanted.

Lids suitable for donation are from milk, juice, water and cool drinks plastic bottles and they must be cleaned and the

inserts removed.

Donations can be made from 6 January 2020 at the Have a Go News office at 137 Edward Street, Perth. Office hours are Monday to Friday 9am to 5pm.

To find out more about Lids 4 Kids in WA visit their Facebook page – Lids 4 Kids – Western Australia.

David Suchet returns to Perth for retrospective



FOR more than 25 years David Suchet captivated millions of people worldwide as Agatha Christie's Poirot. He will visit Perth in January with a very special performance at the Perth Concert Hall.

actor behind the detective and the many faces he has portrayed on stage and screen with a career spanning five decades.

Join David Suchet in conversation – the man and the actor at the Perth Concert Hall on Saturday 18 January 2020 for two performances at 2pm and 7.30pm.

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Walking club enjoys end of year revelry for Christmas celebration



Top row from left to right; Shirley Lizza and Phil Paddon- Bernard Francis and Greg Young - Des Criddle and Ian Davidson - Anita Searle and Ron Stephenson - Ann Cowie and Ancilla De Cimpi. Second row from left to right; Jude Gauntlett and Gayle Rose -Valerie and Gordon Newton-Barnett - Jim and Jenny Drysdale - Ian and Barb Thomas - Carolyn Young, Val Francis and Pat Paddon

THE Over Fifty Five Walking Association held their annual Christmas function at Miss Maud's in the city with more than 100 members attending the celebration. The club has more than 300 members and walk for fitness and fun. They break over the summer months with walks recommencing on 10 March 2020. Joining the club is a great opportunity to explore Perth and meet new friends. Over the break they organise a fortnightly twilight walk at Burswood Park. Find details at their website at www.over55walkingassociation.org.au

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WOW swims series kicks off with a bang



by Samantha Parrotte, Communications and Events Coordinator – Masters Swimming WA

THE WOW Swim Series had its first swim of

the season on Sunday 10 November at Lake Leschenaultia. Despite the unexpected over-cast conditions, there were more than 200 swimmers on the day, with many more spectators offering their support.

During the morning children and grandchildren of swimmers were splashing around in the water and building sandcastles while the swimmers were registering for their races. The first race of the day was a 400m swim which offered the opportunity for everyone to have a go and see what an open water swim is like.

The remaining races of various distances followed as the sun finally began to peek through the clouds. It was incredible to see the smiles of all swimmers of varying ages, abilities, and competitiveness finishing their

races with such a sense of accomplishment. When it was discovered that a paddler had dropped his phone in the water, a \$50 incentive was offered to anyone who could recover it. It was kids to the rescue as they ran to get their goggles, paddleboards, and caps to begin the hunt. Unfortunately, the phone was not recovered but we would like to extend a big thank you to all those who helped search.

The awards ceremony that followed was filled with raffle prizes, spot prizes, and of course the prizes for placing in the swim.

The WOW Swim Series offers a great day out for families and swimmers alike, and with many short courses available there is a perfect opportunity to give it a try. Head to www.wowswims.com.au to read more about our upcoming swims.

Association of Independent Retirees goes critical in 2020

THE guest speaker at January's meeting of the Association of Independent Retirees (AIR) is David Glover. He will be speaking about: Nuclear power – is it safe?

David was a senior manager for many years with Ontario Power Generation, Canada, and has specialist knowledge in this area.

AIR (Mandurah branch) will meet on Monday 20 January at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine commencing at 9.30am.

Visitors are most welcome to hear this informative talk and are invited to stay for morning tea. For enquiries please ring Shirley Lloyd on 9582 1541.

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As the year comes to a close here's some tips if you are planning for retirement



Hank Jongen

by Hank Jongen,
general manager,
Department of Human
Services

THERE is a lot to consider when retirement is in your sights, so it's never too early to start planning. If you're thinking of applying for the Age Pension, there's a few things to be aware of before you kick-start the process.

First-off, the Age Pension qualifying age is now 66 years. Austrians

born between 1 January 1954 and 30 June 1955 are eligible for Age Pension when they turn 66 years of age. The qualifying age will increase by six months every two years until 1 July 2023 when it reaches 67 years. The qualifying age will next rise to 66.5 years on 1 July 2021.

There's also the income and assets tests, which we use to determine if you're eligible for a part or full rate pension. We'll calculate your payment rate by looking at any income you earn, any deemed income we apply, and assets you own in and outside Australia. Your assets might include real estate, life interests, financial and superannuation investments, income streams and business assets.

While the family home on one title of less than two hectares is exempt under Age Pension, for the purpose of the assets test, we still need to categorise you as either a homeowner or a non-homeowner. For instance, homeowners can have assets worth up to \$263,250 if they're single, or \$394,500 for a couple combined, and non-homeowners can have up to \$473,750 for singles and \$605,000 for couples combined. Anything over these limits will reduce your pension rate and you will receive a part pension. Your payment will then cancel once it reaches certain cut-off limits.

These asset test values are indexed regularly, so it's best to check our website at humanservices.gov.au for the most

current information.

If you tick the boxes on the qualifying age and the income and assets test limits, then the last thing to keep in mind is your residency. You need to be an Australian resident for at least 10 years in total to claim an Age Pension, and for five or more of these years, there must be no break in your residence.

You don't need to wait until you turn 66 to lodge a claim for Age Pension. Get a head start and apply as early as 13 weeks before you turn Age Pension age, so that you can start receiving payments immediately you become eligible.

Claiming Age Pension online is the easiest and most convenient way, and around half of Age Pension claims are submitted online. All you

have to do is register for myGov and set up a Centrelink online account. The benefits of going online mean you can save and exit your application as many times as you need, scan or photograph supporting documents to attach to your claim, and check your claim's status. Just make sure to keep an eye out in your myGov inbox for any letters from us, as we may request more information to process your claim.

Of course, for those who just can't quit the working-bug entirely and would like to give a little boost to their retirement funds. There have been some changes to the Work Bonus this year that might benefit you.

The Work Bonus allows you to earn up to

\$300 a fortnight from work without it affecting your payment rate. Any unused Work Bonus accumulates into a bank, known as the Work Bonus balance, which reaches a maximum of \$7,800. If you earn more than \$300 in a fortnight, you can then offset any extra income by dipping into your Work Bonus balance.

The changes to Work Bonus now mean self-employed pensioners are eligible if they actively participate in their own self-employment, meaning they apply personal effort to earn income. This applies to people who for instance, drive for Uber, have a lawn mowing company or do bookkeeping.

For more information about Work Bonus, visit humanservices.gov.au/workbonus

Also, I encourage you to go to humanservices.gov.au and search for 'Age Pension and planning for your retirement', where it's packed with helpful information on payments and services, like the Financial Information Service (FIS).

Finally I would like to wish everyone a wonderful Christmas and a Happy New Year.

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Perspective helps to free you



Jon Lewis

by Jon Lewis

AT TIMES I have sought out the opinion of others to guide me. It is delightful how varied the perspectives of others can be on exactly the same issue.

I wondered if this could apply to all things in life? I also wondered is the bigger picture a better picture to see?

I found myself on a flight out of Australia reading a newspaper from another country. I was interested in how stories I had been reading regarding the same event, were written from a very different perspective.

I was intrigued, perhaps surprised, by small details missing from our stories that added to a more complete picture. Perhaps this was out of a lack of popular interest or cultural understanding.

Certainly I found by reading these details, combined with the details that had been included in our stories and yet left out in this international news-

paper, gave me a whole new view perspective on this particular news item.

I then went on to read about other events and again I achieved the same enlightened perspective. I even wondered if I continue to read the same story from yet more country's viewpoints would I gain an even more varied, different and enlighten perspective on exactly the same story?

There must be a realistic point where gaining more perspective leads to a very little change in a viewpoint. How do you know when that is?

I then decided to reflect on some of the stories that I had placed great import on and wondered whether they were indeed as important as I had once thought.

Surprisingly a number of events that had consumed me, seemed now not to be important.

I am left currently with a greater question, which is the true perspective?

One thing I can be very sure of... the more sources you can gain on the same information the better informed you are.

I now need to consider whether I will feel comfortable being better informed?

Merry Christmas to you and the ones you love from me and my darling wife Gloria.

All the best.

Life offers more with Alchera Living.

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your doorstep



Over 55s are swapping home upkeep for better social opportunities

For the over 55s community, there can often be nothing more tiresome than keeping gutters cleared, pools cleaned, gardens mowed, and even replacement of laundry appliances or hot water system. Not only a drain on the body and finances, the mental load of these jobs is pushing many to embrace independent over 55s villages as a solution not only to overcoming boring maintenance but also to finding new friends and interests.

Research recently completed by Southern Cross Austereo (SCA) has shown that the leading reason (66 per cent) that the over 55s community are heading into retirement communities is the desire for a home with low maintenance, and that for 1 in 3, the move is towards creating social opportunities.

The research conducted by SCA has also identified other reasons the over 55s community is making the move, including a need to downsize (47 per cent), a change in health situation (26 per cent), a plan to retire in the next five years (17 per cent), and a desire to avoid another mortgage (13 per cent).

"It can be a monumental decision that takes a great deal of thought. It has been our experience that newcomers just blossom once they are established in their new independent home and village life," says Alchera Living's CEO, Alan Marshall.

"We continually see both singles and couples within our community, taking up activities and forming new friendships inside the village environment. It is often the maintenance and upkeep of the family home, coupled with the physical isolation of living in a suburban house, that can hold people back from living their life to the full.

Alchera Living's latest development, The Reserve, is an over 55s apartment building located in their already established Weeronga village. The recent redevelopment at Weeronga has introduced a new, high quality choice of accommodation including full access to amenities within the surrounding village including a stunning indoor swimming pool, fully-equipped gymnasium, additional spacious barbecue facilities and upgraded social centre/club house.

Each apartment comes with a secure storeroom and basement car bay. The Reserve is fitted with electronic access for security and convenience and is situated within a secure gated community, providing residents with ultimate peace of mind.

Eligible applicants can secure a new apartment at The Reserve from just \$420,000 (with a \$20,000 Early Bird Bonus offer coming to an end soon).

To organise an obligation-free private viewing of the display apartments, call Jodie on 0429 893 018 or visit www.thereserve.net.au.

Source: SCA Research, 2019

**Terms and conditions apply, see website for details.

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Connecting with family who have dementia during the festive season



Danielle Wrench

by Danielle Wrench,
general manager,
Alzheimer's WA

CHRISTMAS seems to come earlier and earlier each year, even though the actual day doesn't change. Fruit mince pies and Christmas decorations have been selling in supermarkets since

October, the Alzheimer's WA office has been well and truly decked with holly and we finally have our tree up at home.

Christmas brings with it many emotions for family members. It is meant to be a time for joy and laughter, but for some it is also a time when the stark reality of separation, the loss of a loved one, of loneliness or depression is brought into sharp focus.

It is also a time to visit family members you haven't seen for a long time, perhaps since last Christmas or the Christmas before. You might find yourself noting a change in the way a loved one interacts with

you or others. Perhaps they don't quite seem themselves. They may appear withdrawn, distracted or disinterested in the festivities around them. Perhaps they are having trouble remembering the relationships between family members in the room, or are unable to locate the bathroom despite already being shown. They may make a few unusual comments, or not participate in banter despite previously being the life of the party.

When you haven't seen someone for months or years it can be confronting to witness a change in them. You may wonder if they

are experiencing cognitive decline or symptoms of dementia. Alzheimer's WA always receives a noticeable increase in calls after Christmas, from well-meaning family members concerned about the changes they have observed in a loved one.

Early signs of dementia can vary from person to person, and depending on the type of dementia – there are more than 150 types – however Alzheimer's disease is the most common form in Australia.

Symptoms of dementia can include short term or recent memory loss, increased forgetfulness or difficulty remembering

things even after being reminded, and difficulty in performing known tasks – such as paying a bill, using cutlery at meal times, or making a cup of tea.

For some people, dementia can mean they become disoriented to time and place, have trouble recalling the day or year, or become lost in areas that are familiar to them. Other early signs include errors in judgement, making rash decisions while driving or spending, losing or misplacing items, leaving items in irrational places or forgetting they had an item in the first place.

Changes may include noticeable and frequent

mood swings. Apathy towards a previously enjoyed activity, can also indicate cognitive changes.

What should you do if you are worried? In the first instance, you could try talking to the person, or someone who is close to them.

Keep in mind, there are other conditions such as stress or depression which can cause symptoms similar to dementia. Rather than immediately decide the person must have dementia, it is important for these conditions to be first ruled out by a GP.

If it is dementia, a diagnosis from a GP is a positive step towards accessing services and support.

While for some people a diagnosis of dementia may come as a shock, for others it will also bring some relief to realise the symptoms they have been experiencing have an explanation.

If you are not comfortable speaking to your loved one or other family members about your concerns, give Alzheimer's WA a call. We can provide you with advice and let you know about services and supports nearby.

Find out more by calling 1300 66 77 88 or emailing support@alzheimerswa.org.au. You can also search our website www.alzheimerswa.org.au.

Your legal rights versus respecting last wishes: Should I challenge the will of a loved one?



Ray Tan

by Raymond Tan

PASSING of a loved one is inevitably a painful process that everyone will experience in their lifetime. After the funeral family members have to consider what they think should have been theirs to receive

from the estate of the deceased. Very often, a will stands in the way.

The testator or testatrix (a person who made the will) will have appointed executor/s to assist with the distribution of their estate in accordance with the directions of the will.

If for unknown reasons, you discover to your dismay that the will has expressly excluded you from the estate or given you much less than you think you ought to receive. Here comes the dilemma, do you honour the deceased's last wishes, or should you seek what's rightfully yours?

There are two types of challenges that a beneficiary may choose to claim their fair share of the estate. If for any reasons you suspect that the will was made under suspicious circumstances or the testator/ix might lack legal capacity when the will was made, you must immediately seek legal advice.

If you have a distinct interest in the estate, your lawyer should file a caveat on probate straightway. The caveat will stop the court from granting probate to the executor and distributing the estate. The will can then be

challenged in court where the judge would make a determination on its validity. In some cases, the Court may find parts of the will invalid and that is when the rule of intestacy will apply.

The second type of challenge happens after probate has been granted, but this type of challenge is only available to a restricted group of people, mainly direct family members. Beneficiaries who missed out on the distribution of the estate or think that they should be entitled to a bigger portion should bring a claim under the

Family Provision Act. There is a time limit to bring such claims, so make sure that you lodge the claim as soon as possible. But note that the court respects the testamentary freedom of the testator/ix and will only use its power if you fit into one of the relevant eligible categories of applicants and there is a need for you to be provided more.

Court proceedings between family members are generally more emotionally straining when compared to other matters. Many clients come to us for estate administration

but most of them come with an underlying wish to preserve the familial relationship. We understand that it is a tough decision for you to make but we will endeavour to resolve the matter with your best interest at heart whilst saving you an immense amount of time and money.

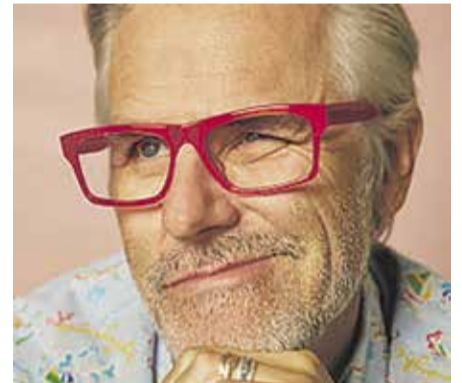
Readers can contact Mr Tan through Have a Go News via email info@haveagonews.com.au with Legal Advice in the subject line or direct at ray@tanandtanlawyers.com where he offers free legal advice for general queries.



Seasons
Greetings

Have-a-Go
NEWS

naked specs



Designer eyewear - Health Fund rebates Multifocal specialists - Prescription lenses made + fitted in WA

NAKED Specs began when director Justine Levin was sitting next to her friend while she designed her own brand Frames for her business.

"She had more than 80 Frames in her range but with the business purely online, it was hard to go up against the bigger online glasses companies with their marketing budgets of millions of dollars," Justine said. "When my friend moved overseas, I had the idea to reinvent the business and sell her range via pop-up markets and Festivals in Perth."

"That was in January 2017 and since then the business has taken off and our customers loved our range of fabulous own brand designer eyewear so much they demanded we also made the lenses and create a permanent location."

Justine works with WA's last remaining optical laboratory to make all lenses locally alongside a great new range of designer Frames.

The business expanded with a team of optical dispensers and engineers and moved into

Fremantle Markets.

"We wanted to be unlike any other eyewear store and offer very different eyewear at more affordable prices with absolutely no compromise on quality," Justine said.

"We love that we are a bit of a challenger brand and have been able to grow rapidly through word of mouth and customer repeat business and referral."

Simply bring along a valid eye test within the past one to two years, or Naked Specs can contact your optometrist on your behalf.

"All of our prescription lenses are made and fitted locally here in Perth and we are multifocal specialists," Justine said. "We are also registered with all major health Funds so you can claim your optical benefits with your health Fund compliant receipt."

Alongside its own designs, Naked Specs offers a large selection of leading designer brands such as William Morris from the UK, French eyewear

designer Caroline Abram and is the largest stockist globally of iconic Australian designer Paul Taylor, who has created Frames for the likes of Michael Hutchence and Jenny Kee.

With up to 25,000 people a day passing through the Fremantle Markets from all over the world, this location provides a unique and eclectic incubator for the business.

"This has allowed us to gain not just local but national and international recognition and we have gained one of the most loyal customer bases, including local, national and international celebrities, sports people, renowned artists and musicians, and media people," Justine said. "Our customers want to choose from an amazing, beautiful and different range of eyewear not ordinarily available on the high street matched with some of the highest quality lenses in Australia and a service that is authentic and passionate."

For more, Follow Naked Specs WA on Facebook, visit nakedspecs.com.au or call 0415 549 649.

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Get involved with free Crown Life events this December at Groove Bar & Lounge in the Casino.

Tuesday 3 December Hot Hula, 1pm - 2pm

Thursday 5 December Ballroom Dancing, 6pm - 7pm

Wednesday 11 December Christmas Carol singalong, 1pm - 2pm

Thursday 19 December Showtime performance, 1pm - 2pm

See crownperth.com.au for full schedule.

Event dates and times may change without notice and are subject to availability.



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Crown Rewards members can enjoy convenient transport to and from Crown, a delicious festive favourites buffet lunch at Carvers and bonus vouchers for just \$10 until 24 December.

Visit crownperth.com.au for the full timetable.



Conditions apply, see crownperth.com.au. Images for illustration purposes only. Menu alternates daily. Carvers is an 18+ venue. Fun Pack \$10 for Crown Rewards members and \$15 for non-members. Must arrive on the Crown Bus and purchase a Fun Pack. Valid on day of purchase only.



LIVE A LITTLE MERRIER



CROWN

Plenty of joy and wonder to celebrate in the natural world this Christmas



Left to right; Splendid Fairy Wren - Karen Majer

by Karen Majer

MANY baby boomers will remember the post-war boom in technologi-

cal advances – Sputnik 1 was launched into space in 1957, plastic production surged, replacing traditional materials in ev-

everything from cars to the kitchen.

We adopted plastic wrap and all the new convenient synthetic items

as they came along, enamoured by technology.

I also remember the first alarm bells that reached my ears – Rachel Carlson's famous book *Silent Spring* published in 1962. Her research on the environmental effects of the increasingly indiscriminate use of pesticides helped to inspire an environmental movement that led to the creation of the US Environmental Protection Agency.

The book's title referred to silencing the birds, a metaphor for a bleak future for the natural world.

I was so influenced by the alarming news that

we were poisoning ecosystems and damaging human health that my 1971 Zoology Honours thesis and my first job focussed on organic pest control.

Something I didn't know until recently was that Rachel Carlson was also a philosopher with an ethic of wonder. She encouraged her readers to consciously cultivate habits of awe, to pay careful attention to the often-overlooked beauties and mysterious rhythms of the natural world. She observed that wonder and humility are wholesome emotions, and they do not exist side by side

with a lust for destruction.

The author died in 1964, leaving a legacy of grass-roots environmentalism. Her warnings seem prophetic now. However her ethic of wonder is something else that lives on in many of us.

As we move into the festive season, too often associated with tinsel, plastic toys and over-indulgence, I wish we could gift big doses of this wonder, especially to young people. There is so much to be inspired by when we look outside ourselves and witness nature.

What makes your

heart sing? Maybe it's the ocean, the stillness of dappled shade under a huge tree, the sun setting in the west lighting the clouds pink. Perhaps your garden brings joy. For me it's the sight of a whale breaching or a splendid fairy wren in all his blue glory.

I wish all *Have a Go* readers a healthy, happy summer and plenty of whatever brings you joy and a peaceful heart.

You can read more about Rachel Carlson's philosophy in this beautiful article aeon.co/ideas/for-rachel-carson-wonder-was-a-radical-state-of-mind.

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Reminiscing about the festive season and today's commercialism



Rick Steele

by Rick Steele

"AREN'T we forgetting the true meaning of Christmas? You know the birth of Santa!" quote from Bart Simpson.

I can remember, as a four year old, looking, and putting my immature analytical and geometric skills to use, before asking my father

how the grossly overweight delivery man in the red suit and boots managed to get down our chimney with a sack full of toys, and how did he get back up?

I did note then that the Jenny Craig candidate had drunk the bottle of beer we kids had left out.

Can't remember father's answer and by the time you'd ripped the paper off your new toys and had your fifth toffee lolly and tenth liquorice all-sort who cared anyway. This would be happening about six in the morning, and by the time mummy came down and we had our Weetbix, toast and honey it was time to get

ready for church, and baby Jesus.

I didn't mind, and enjoyed singing along with the first Noel (whoever he was?) and Fala la la, la la, la la la...

I didn't know what a virgin was at that time and Joseph was a chip-psy, but my dad's name was Joseph so all was good in the world and peace reigned.

Today, at time of writing it's mid-November, and as I make my way back from the letter box, I have a bucket full of suggested bargains for Christmas.

I can be merrier if I buy a premium vintage pudding, and for \$99.99 I can get a Christmas Carnival Scene, that the

whole family will enjoy.

Funny, I don't remember a merry go round at the nativity. They weren't invented yet. Ride the donkey, maybe.

"Hurry in for Santa's Countdown. Tis the Jolly Season. Twelve days of Craftmas.

Twelve Australian craft beer packaged with a moustachioed reindeer smoking a pipe, and the fat man drinking a beer. Also, not to be missed, the twelve gins of Christmas gift pack. If that doesn't get you in spirit, there is a 24 bottle celebration French wine pack of festive cheer for the countdown to 24 December. Apparently the perfect adult gift.

Are you listening kiddies?

Meanwhile, back in the real world, Spirit of the Streets choir performed last week for the Homeless Connect day and we were reminded, if we needed to be, just how rough life is for many. We have more shows coming up in December, and as usual we will be singing our hearts out sharing the love, peace and goodwill to our fellow men and women.

Remember, as your family gathers for the Christmas season, distant relatives are the best kind, and the further the better.

Merry Christmas and cheers and beers dears.

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Lee Tate

WHOEVER planted the seed for *Better Homes and Gardens*, the magazine, to become *Better Homes and Gardens*, the TV show, outa be congratulated. How many shows cruise past 1,000 episodes in the toughest field of all – television?

TV Talk with Lee Tate - *Better Homes and Gardens* still blossoming...

You don't have to be a gardening guru or a domestic goddess to enjoy the fruits of BH&G. Its appeal spreads across families and all demographics. Just like every popular and attractive garden, the secret is variety. The former Olympic swimmer, Johanna Griggs, has certainly done the laps of the show, earning her stripes as presenter over 14 years. Lifestyle program gardening guru Graham Ross has appeared

since 1995, presenting over 700 episodes. Australia's popular vet, Dr Harry, climbed aboard in 2004. Five years ago, *Better Homes and Gardens* was gonged with a record 12th Silver Logie. Karen Martini, a Melbourne chef, signed-on in 2006 bringing with her a love of relaxed cooking with fresh, healthy, seasonal produce and 'Fast Ed' Halmagyi jumped aboard in 2004 to transform elegant restaurant cuisine into recipes that anyone can

prepare at home. Popular income was Dan-nii, a fox terrier, tagging along with landscaper Jason Hodges. Celebrity guests wandering through their gardens and homes is a crucial part of the show's success formula. But the show's progress didn't always come up smelling of roses. When it was moved to Saturday nights at 7.30pm in 2004, before being shifted to 6.30pm, the show was outplayed by Aussie Rules footy

on the other networks. The program began on Tuesdays at 7.30pm, back-to-back with *The Great Outdoors*. Then, in the early 2000s, the travel program was moved to Mondays. From 2007-2011, Seven showed BH&G at 7.30pm ahead of Friday Night Football starting at 8.30pm. This was great, except footy fans on the east coast kicked-up because it meant the footy was shown on a one-hour delayed telecast (except in Perth where,

because of the time difference, it was live). Seven naturally wanted to leave the show in its top-rating timeslot except for large footy matches. But, at the start of the 2012 AFL season, due to the new AFL Broadcast Rights deal requiring live footy, BH&G was forced into a new timeslot. *Better Homes* now airs in all states on Friday nights at 7pm and has become the highest rating show on Australian TV and the longest-running Australian TV

lifestyle program. Audiences of up to 2 million can't be wrong in knowing what's good for Aussie viewers. Company blurbs claim *Better Homes and Gardens* has an audience reach exceeding 4 million (2m TV viewers and 2m magazine readers). Two-and-two do make four but we'd wager that more than a few TV viewers also read the magazine – and vice versa. Whatever, like a good garden, BH&G has grown and blossomed.

Spring offers varied weather conditions for canoe club paddles



Paddling the canals

made itself felt. With a storm predicted to hit on the last Thursday of the month, the scheduled paddle was cancelled. Of course many of the members went for a 20 km run instead; or really intended to, but somehow didn't quite make it, the weather not looking too good for running either. But all was well and fine the following week for the much anticipated paddle at Mandurah, followed by food. There was a good turnout, nothing to do with the promised food of course. It started at Egret Point, where there was a large group of sailors too, but plenty of room for everyone. First point of call was Boundary Island for morning tea. Some who paddled too close to the Island found themselves walking instead, but no one was stuck. After tea at the jetty it was into the canals of Dudley Island and the promised food at the home of one of the members. The Over 55 Canoe Club is not particularly obsessed with

food, it's just that they like to eat. But there's a price: back into the kayaks to finish at Egret

Point, though for some maybe a tighter fit than earlier in the day. The Over 55 Canoe

Club can be contacted via the president, Iris, on 9310 1841 or the secretary, Dale, on 9418 1216.



by Jeremy Haslam

NEVER say kayaking isn't interesting. October went out with a bang, but before it did there was a lovely day on the water from Woodbridge down to Point Reserve via a very muddy Helena River. A low tide had all the mud flats showing, making progress chal-

lenging as the channel was narrow and shallow. After a few hundred metres the paddlers made a somewhat muddy retreat, back to Point Reserve for morning tea. On the return the groups were met by a young paddle boarder with a paddle twice his size, but for insurance he had mum on the back. Good thinking. Back to an old favourite the next week – Kent Street Weir. Always a conundrum: upstream or downstream? The leader said upstream, so all duly followed in the customary two groups:

the leisuresies making it past Masons Landing before returning there for morning tea. The mainstreamers, ever the explorers, went beyond Royal Street Bridge before turning back. Getting out for morning tea at Royal Street proved quite a challenge, but with no photographer around there has been no admission of ungainly struggles. Everyone enjoyed all the young wildlife on the river, the many ducklings at this time of year never fails to please. At the end of October the weather really

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CITY of South Perth Historical Society was established in 1989 to stimulate public interest in local history, histori-

cal research and preservation of historic sites, buildings and stories. It also has an art museum and gallery which runs

regular exhibitions. They have been lucky enough to have been loaned a stunning award-winning crafted felt wall hanging by artist Ann-Maree Ross which is based on the May Gibbs character's Snugglepot and Cuddlepie. It will be displayed at the gallery along with items from the May and Herbert Gibbs collection

until the end of January 2020. It's a wonderful spot to see the works of many artists and find that perfect Christmas gift. The gallery and shop is open Friday from 10am to 4pm and Saturday and Sunday from 1pm to 4pm. Heritage House is located at 111 Mill Point Road, South Perth.

May Gibbs much loved characters on display

Stay Sharp Program

for the over 55s - as seen on Channel 7 Today Tonight
Promoting Physical & Cognitive Health

Have you attended any of our previous programs?
Do you wish to improve your physical and cognitive well-being?
We invite you to our on-going Stay Sharp Program

The **Stay Sharp Program** is an 8 week progressive program for the over 55s introducing you to the basics of eccentric exercises coupled with cognitive and memory exercises to aid in reducing a persons relative risk of developing dementia related diseases and improving overall health and wellbeing.

Prof. Ken Nosaka from the ECU School of Medical and Health Sciences has extensively researched the greater benefits of eccentric exercises.

Dr. Jenny Brockis (The Brain Fitness Doctor and renowned author) has committed her valuable time to help us develop the cognitive component of the program to keep those brains active!

Next Program Commences
Thursday 30 JANUARY 2020
9.30am - 12noon

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Individuals, businesses and local councils recognised at WA Seniors Awards



Award recipients, left to right; WA Seniors Award 2019 Regional winner Rae Endersby, City of Bayswater's Marie Walker and Karen Quigley, WA Seniors Award 2019 Metropolitan Angela McCluskey, Hawaiian Melville's Debbie Walton and Gayle Chmielewski.

CARERS advocate Angela McCluskey and long-term volunteer Rae Endersby were awarded the top honours at the 2019 Western Australian Seniors Awards for their dedicated community service.

Ms McCluskey was named Metropolitan WA Senior of the Year in honour of her work in establishing the popular

Forget-me-not café community group that provides a connected and nurturing environment for people living with dementia and their carers.

Finalists for the Metropolitan Senior of the Year included long-term volunteer, Colin Wilson who developed rapport with a terminally ill man who had no close familial relations.

The other finalist was

Patricia Halvorsen who is an active member of the Attitudinal Healing WA volunteer organisation, which advocates for the awareness and inclusion of people living with dementia.

Rae Endersby who took out the Regional WA Senior of the Year award for her 30-plus years of service to the Friends of the Murray Districts

Hospital Group. She has been president for the last 20 years and operates a voluntary patient trolley service at the hospital as well as delivering basic essentials to people experiencing financial hardship or in other difficult circumstances.

Finalists for the Regional Senior of the Year award included Bruce Langoulant AM, who for nearly 30 years, has worked tirelessly towards the eradication of meningitis in Australia and across the world; and in doing so has made a significant contribution to health, community well-being and disability advocacy outcomes.

Jacqui Thorpe was the other regional finalist. She has been influential in driving activities for the Independent Living Units at Bethanie Fields for 12 years. Jacqui is a staunch advocate for creating an environment in which older people can contribute and enjoy their lives, regardless of age or ability.

Seniors and Ageing Minister Mick Murray said: "Well done to Angela and Rae and all of the individual finalists. While

we know nobody does this sort of work for the recognition, I hope you take a moment to reflect on your years of dedicated service to these worthy causes."

The City of Bayswater earned the WA Age Friendly Local Government award, highlighting a range of successful initiatives that followed the launch of the City's Age Friendly Strategy in 2017. With one in every six residents aged 65 years or above, the City of Bayswater's strategy was designed in consultation with older members of the community, leading to positive outcomes across social, welfare and health indicators.

Finalists for the Local Government Award were Shire of Manjimup for the work of the Manjimup Home and Community Care organisation which operates through the support of the Shire. It provides a range of services to some 400 individuals residing in the Shires of Manjimup and Bridgetown and enables older people to live longer in the comfort and familiarity of their own homes with enhanced

quality of life.

The City of Greater Geraldton was the other finalist. Its QEII Seniors and Community Centre serves more than 3,500 residents a month who visit the facility to engage in one or more of the 39 programs available each week. The QEII centre encourages inclusion and activity for seniors. The City, in consultation with the centre's members, has also developed the Senior User-Friendly Business Program (SUB) which provides free training to local businesses on how to provide excellent customer service for the benefit of seniors.

Hawaiian's Melville received the WA Age Friendly Business Award for its innovative service for seniors. It hosts regular morning teas with guest speakers – through its involvement in the Melville Age-Friendly and Accessible Businesses network.

Finalists for the Age Friendly Business Award winner included the Community Vision dementia bus which launched its service this year to provide respite and information to car-

ers. It also provides support and access to new technology for people living with dementia and education about dementia to school groups.

Home Chef was the other finalist supporting healthy ageing by providing nutritious home style quality meals that are home delivered and affordable.

"The City of Bayswater and Hawaiian's Melville are both to be commended for their achievements in proactively creating opportunities for older members of the community to feel included, safe and valued.

"The awards also provide a wider opportunity for the community to reflect on the many and varied contributions older people make to Western Australian life and remind to us all that age does not have to be a barrier," said Mr Murray.

The 2019 WA Seniors Awards were presented by the Council on the Ageing (WA) in partnership with the McGowan Government. The annual awards are celebrated as part of WA Seniors Week, which ran from 10 – 17 November.

Find the code letters to make up the secret word and 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 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. Beds 4 U
2. KP Financial Planning
3. Alchera Living

4. Extraordinary Mind Project
5. Aussie Redback Tours
6. Perth Property Options (PPO)
7. Duyfken
8. Rotary of Perth
9. Skids Swimwear
10. The Perth Comedy Lounge
11. Atwell Arts

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 3/1/20.

Congratulations to Willy Van den Berghe, of Connolly, our October 2019 winner.

Congratulations

Award Winners and Finalists of the WA Seniors Awards 2019

WA Senior of the Year Award 2019 Regional

Rae Endersby
Winner

Bruce Langoulant
Finalist
Jacqui Thorpe
Finalist

WA Senior of the Year Award 2019 Metropolitan

Angela McCluskey
Winner

Colin Wilson
Finalist
Patricia Halvorsen
Finalist

WA Age Friendly Business Award 2019

Hawaiian Melville
Winner

Community Vision Dementia Bus
Finalist
Home Chef
Finalist

WA Age Friendly Local Government Award 2019

City of Bayswater
Winner

Manjimup
Finalist
City of Greater Geraldton
Finalist

The awards are hosted by Council on the Ageing (WA) in Partnership with The Government of Western Australia Department of Communities and supported by Lotterywest.

We acknowledge all nominees for the WA Seniors Awards 2019 and are grateful for the support of all who nominated someone who inspired them.

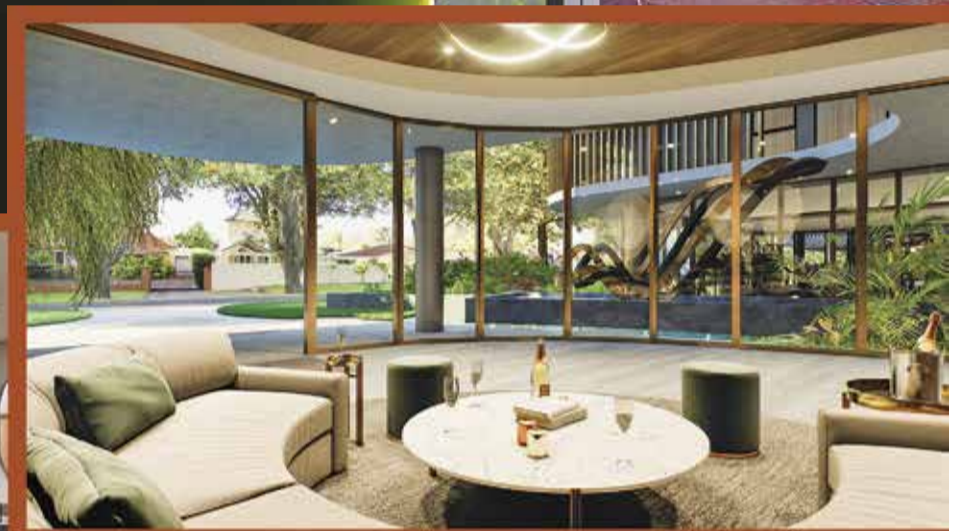


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JOHN WOON
0421 595 481

Let's go Motoring - a plethora of cars to consider for your new year's purchase



Left to right; Honda Civic - Nissan Leaf - Stay safe this silly season - Volkswagen Touareg Launch Edition



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

AS we head into the festive season, there will be hundreds of timely reminders about our need to drive carefully. There is nothing more power-

ful a reminder than when a couple of WA's finest, pull up beside you, if only to buy a late night coffee. But remind me it did.

The last month or so has seemed busier than usual; testing and talking about some wonderful new cars, the Volkswagen Touareg Launch Edition (pictured) is case in point. Stunning to look at, brilliant to drive; you'd own one in a heartbeat. Starting around \$79,000, will be a joy for years.

Honda Civic (pictured) is back, so very sensible, fun to drive and does everything you want it to

do. Affordable from mid-20's, with 127 kW/220 Nm it's a peppy and engaging motor car that matches comfortably to Honda's continuously variable transmission, supplying performance similar to most of the 2.0-litre engines offered by competitors.

But it was the Nissan Leaf, (pictured) from under \$50,000, that really commanded attention. Plenty has been written about electric vehicles. There are many who argue for and against. However each time I drive an EV, I'm left with

an overwhelming sense of satisfaction.

Is it the quiet, which at first is beguiling? Is it (misplaced?) commitment to environmental issues? Or the extraordinary torque and drive experience?

I suspect it's all of the above. If you can overcome range anxiety, (not a real thing), I highly recommend you take one for a test drive, if only to satisfy your curiosity. Nissan will happily oblige.

For those who grew up loving Holden and who didn't? Holden Ar-

cadia is worth checking out. Australian life changed when Holden stopped manufacturing in Australia. Sales are nowhere near where they hoped they would be.

Why have Australians fallen out of love with Holden? Callers often tell me great stories on 6PR about the family Holden Kingswood, the iconic Monaro, the cool looking Torana or Commodore. Will we reconcile and love Holden once again? Maybe Arcadia will be the beginning of something special.

The 2019 Holden Acadia LTZ-V AWD is the climax of a six-Acadia range which starts with the \$43,490 LT two-wheel drive and peaks with the all-wheel drive LTZ-V. (pictured) The first thing you notice is size; it looks amazing, (especially in black).

While it is a large SUV, the Acadia is very much considered a mid-size crossover, nearly 5 m long, 1916 mm wide, and 1767 mm tall, and with a kerb weight of 2032 kg. Those dimensions quickly vanish once you're driving.

Powered by a 3.6-litre petrol V6 thrusting 231 kW and 367 Nm of torque, channelled to all four wheels via a nine-speed auto, the Acadia feels substantial on the road. Gush of acceleration from standstill, always liberal; the big SUV making easy work of overtaking. Step on the accelerator for overtake, and the kick-down is immediate and spontaneous.

Whatever you buy, whatever you're driving, please take extra care over the forthcoming festive season.



L-R; Frank Juracich 83, John Smirke 79, Russell Hall 73, Robert Gilbert 73, Nic Gara 72, John Saville 81, Len Cochrane 90, Ron Innes 78, Terry Wilson 74, Brian Tisdale 61 and Jim Symmans 80.

Retired TAFE instructors stay connected

MORE than 20 years ago a group of retiring Technical and Further Education instructors decided to meet regularly for lunch to continue the professional camaraderie they developed during their careers.

One of the members, Barrie Pack said that most of the group originally held certificates in the metal trades and went on to become instructors during the 1950s, 60s and 70s. In the 1960s an apprentice-

ship was a five-year term comprising 'on-the-job' skills acquired from the employer and complemented by 'off-the-job' technical training (mainly theory) provided at technical colleges. By the end of the 1960s three and four year terms became the norm.

From 1960s to 90s, apprenticeship numbers peaked with about 13,000 students in training in more than 50 registered trades.

Barrie says the group meet every five weeks for lunch at the Capri Restaurant in Fremantle with fellowship still strong. They enjoy renewing the work-place friendships, trust and respect forged so long ago and reminisce, just a little, with satisfaction, pride and gratitude for the substantial role they played in the skills development and training of so many apprentices all those years ago.



Want to break free and let your hidden talents show?

Here are the keys for unlocking the creativity you always secretly hoped you had - but somehow have never been able to access.

Join us for 2.5 hours to hear some practical information about the mechanics of the brain, and how to work with it, so that you can tune into the creative subconscious more deliberately and strongly than adults usually can.

Try some of this information out on simple drawing exercises. And prepare for surprise. Tuning in more awarely and deeply than is usual works for all, from stickman level drawers through to practising artists.

Participants in Extraordinary Mind Project courses will tell you that startlingly improved drawing skills are just the beginning!

Being bowled over by unexpected talent that emerges during a deep flow state changes everything!

Partly because you are shocked by what you have been able to do. "Oh, my goodness, I had no idea I could do that!" And partly because it seems so completely natural. It occurs as some new 'truth' about you!

What's this really all about?

• The joy, the peace and calm that settle on you when you're able to slip past old patterns into that creative place where all your potential lies

• Confidence, experiencing yourself and possibilities in a whole new light. "I feel like I can do anything. I really do!"

• Flow on effects, such as better concentration at work, deep relaxation, more focus, less reactivity, ongoing excitement



Make a surprise visit to your hidden creativity!

Which of these is most you?

1. You strongly suspect that there's more to you and to your creativity
2. "I don't have a creative bone in my body!" you say. You have proof! You are jovial about it. But deep down - when and if you looked - you would likely come across disappointment and a wish that it wasn't true.
3. You are familiar with that 'stuck at a standstill in life' feeling. (Great news, because it may entice you to the edge of your comfort zone, where creativity lives.)
4. Sometimes you just wish you were more creative!

If any of these apply then chances are the way your brain is currently wired is holding your creativity (and you) prisoner.

"It's been the single most rewarding course I have ever done."
~ Karen Twort, industry trainer/facilitator

"I loved it - all of it. It has given me more confidence to try new things without worrying how others will judge me. Thanks Jan, awesome and stress free sessions." ~ Joanna Lee

Fun, FREE Introductory Workshops:

Sat	11 January	Winthrop	10am-12.30pm
Sat	25 January	Claremont	10am-12.30pm
Thu	30 January	Winthrop	7pm-9.30pm
Mon	3 February	Winthrop	7pm-9.30pm
Sat	8 February	Claremont	1-pm3.30pm
8 week courses begin 10 & 15 February			
4-day intensive course 16-19 January			

Draw Your Way To Creativity

Join 3700+ participants...it's YOUR turn!

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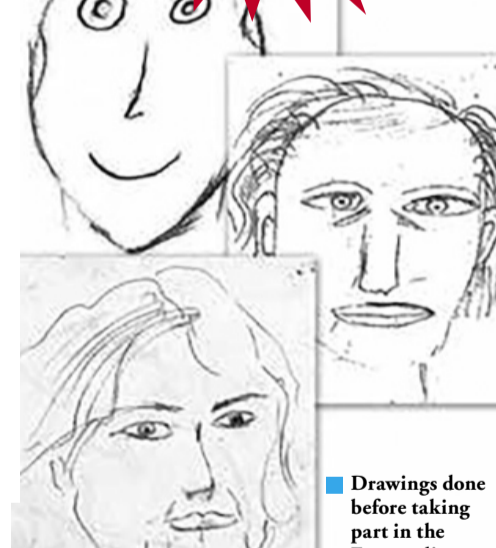
www.extraordinarymind.com.au/calendar.htm

For more information contact Jan Cross

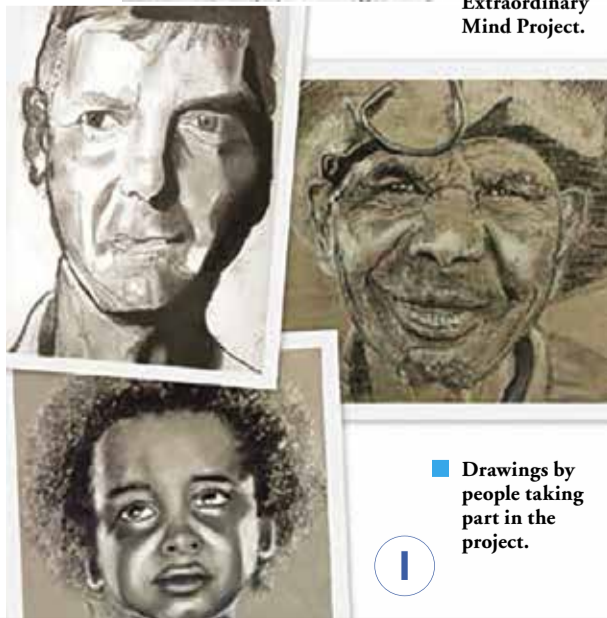
0488 755 088

jan.cross@extraordinarymind.com.au

www.facebook.com/extraordinarymindproject/



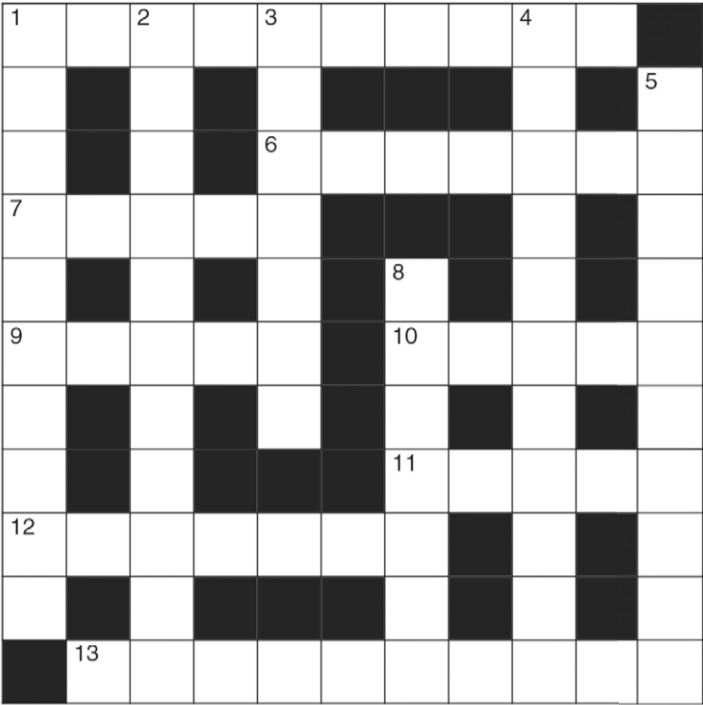
Drawings done before taking part in the Extraordinary Mind Project.



Drawings by people taking part in the project.

CROSSWORD

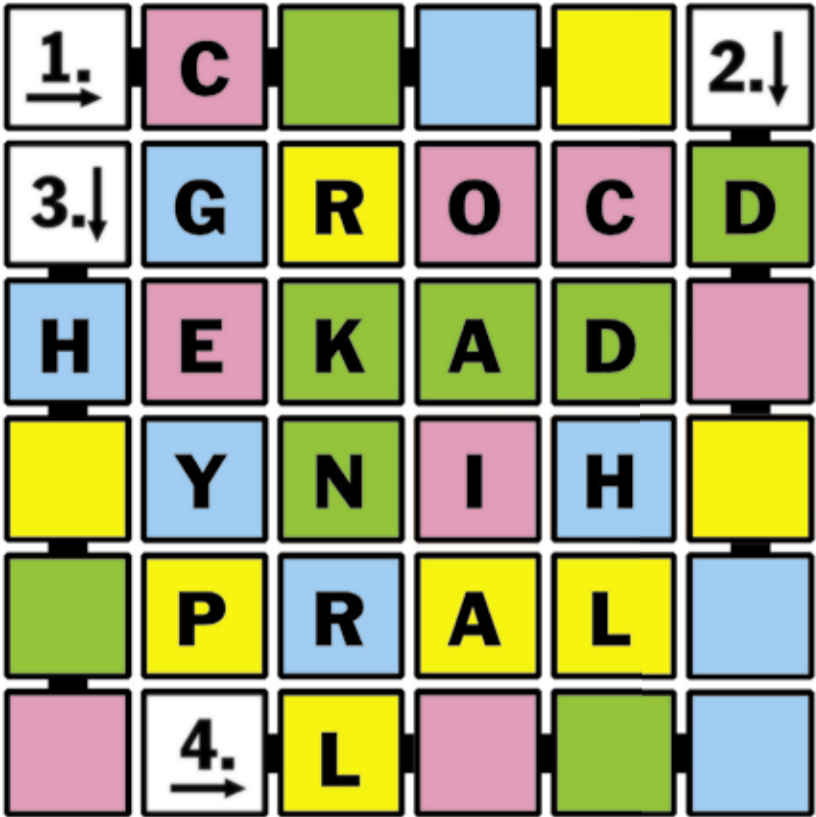
- CRYPTIC CLUES**
- Across**
- 1. Commonplace person on foot (10)
 - 6. Trees to become prize for best Brahman or Hereford (7)
 - 7. Muslim eastern centre calls Arabs to read, initially (5)
 - 9. Aussie general takes part in prolonged assault (5)
 - 10. Not widespread back in Venezuela colonies (5)
 - 11. Insects seen behind airborne tiger (5)
 - 12. Function in Opera Tearooms (7)
 - 13. Support outspoken deputies (10)
- Down**
- 1. Consent for each assignment (10)
 - 2. Laundering establishment where good spirits are essential (3-8)
 - 3. Stayed right in but left the straight and narrow (7)
 - 4. Change action over quarrel (11)
 - 5. Interfering with medals, some say (10)
 - 8. Merciful to put Libyan leader in cement? (7)



© Lovatts Puzzles

SQUARE SHUFFLE

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



© Lovatts Puzzles

#333 December edition puzzle solutions on page 28

- STRAIGHT CLUES**
- Across**
- 1. Walker (10)
 - 6. Award ribbon (7)
 - 7. Hajj destination (5)
 - 9. Attack on fort (5)
 - 10. In the neighbourhood (5)
 - 11. Cupboard pests (5)
 - 12. Perform surgery (7)
 - 13. Help (10)
- Down**
- 1. Go-ahead (10)
 - 2. Fabric cleaning firm (3-8)
 - 3. Deviated (7)
 - 4. Noisy squabble (11)
 - 5. Prying (10)
 - 8. Mild (of weather) (7)

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.

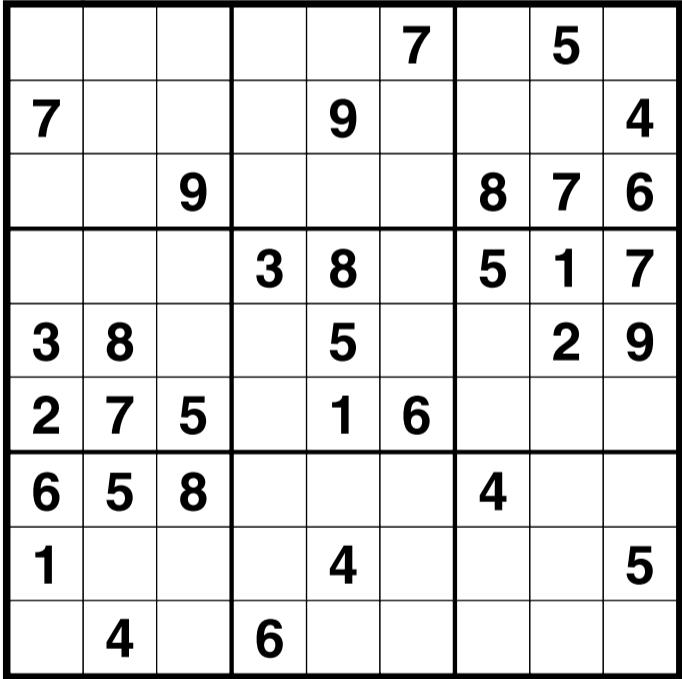
20 Good 25 Very Good 30+ Excellent

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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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Are you puzzled about where to go for your next holiday?

Well here's an idea! Why not join us on our beautifully appointed paddle wheeler, the **PS Murray Princess**, and immerse yourself in fine dining, luxury and style on one of our cruises.

From native wildlife to inspiring vistas, we'll take you on a journey you'll always remember. Choose a 3, 4 or 7 night cruise, it'll be the most relaxing cruise of your life.

For more information on our cruises visit murrayprincess.com.au or call us on 1300 729 938



The majestic sandstone cliffs near Big Bend on the Murray River, South Australia.



Please nominate a category for your advertisement.
Tick one box only.

- ☐ Travel companion
- ☐ Pen friend
- ☐ Seeking a friend
- ☐ Seeking a partner

Abbreviations used in *Friend to Friend*

- | | |
|----------------------------|-------------------------|
| ALA: All letters answered | DTE: Down to earth |
| GSOH: Good sense of humour | ND: Non drinker |
| SD: Social drinker | NG: Non gambler |
| NS: Non smoker | NOR: North of River |
| SOR: South of River | TLC: Tender loving care |
| WLTM: Would like to meet | |

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.

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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

ACTIVE gent, 61, no baggage, fit, financially comfortable, looking for a NS lady friend/partner.
Reply Box 8425

CHRISTIAN lady 54 WLTM Australian/European gent NOR, 50-64, NS, SD, NG, my interests; reading, music, walks, dancing, travel, friendship, leading to possible relationship. Please reply with email and or phone number.
Reply Box 8423

CHRISTIAN lady 67, cinema, travel, day trips, music, gardening, theatre, dogs, WLTM gent, SD, NS, NG, GSOH. Let's chat over coffee.
Reply Box 8421

COUNTRY lady, post-code 6280, 60s, WLTM gent, 60s for travel, day trips, movies, beach walks, SD, NS, GSOH, meet for coffee.
Reply Box 8446

ENGLISH gent postcode 6066, late 80s, still active, seeks friend companion. Some help required, can offer private self-contained, fully furnished granny flat and other benefits.
Reply Box 8418

GENT 50, SOR, 6112, GSOH, TLC, DTE, SD, NS, educated, WLTM like minded lady. Interests; cycling, reading, gardening, cooking, sightseeing. ALA.
Reply Box 8429

GENT 67, WLTM lady 60s. I'm medium build, NS, SD, very loyal. Begin festive season with a fresh start. Say goodbye to past with music and happiness. This musician will give you fun and joy. ALA. Cheers.
Reply Box 8419

GENT 69 Asian, med build, seeks active lady for outings, picnics, movies. I am presentable and fin secure, look forward to your positive response, let's meet for coffee or tea. ALA, SOR, NS, DTE.
Reply Box 8424

GENT 80, NOR, looking for the best coffee around Perth. Would appreciate company in this search. Lady who is fit, loves coffee and would enjoy the fun of this search. Say two mornings a week.
Reply Box 8439

GENT active, 68, GSOH, looking for Mrs Claus. Likes movies, dinners, dancing, European, 55-70, live NOR, postcode 6021, NOR, SD, WLTM for coffee and see what happens.
Reply Box 8426

GENT UK/Aussie, 70, 180cm tall, presentable, educated, VGSOH, sociable, NS, SD, enjoys travel, gym, family, beach, coastal walks, usual social activities seeks intelligent, attractive, compatible, easygoing lady, to mid 60s, all travel modes, destinations considered. Northern suburbs. Coffee?
Reply Box 8448

LADY 84, very lonely, would love to meet gent for companionship, SD, NS, NOR, GSOH, love classical music, operas, country western movies, fishing. I am Christian lady, difficulty walking without walking aid. Would love to meet caring guy.
Reply Box 8427

LADY living just NOR near coast with happy nature, easy to talk to, active and healthy with DTE nature, longs to meet genuine gent with interest in the outdoors and maybe travel, aged up to 80. ALA.
Reply Box 8417

LADY tall, slim, fit, late 70s, WLTM tall gentleman as dancing partner once or twice a week Albany.
Reply Box 8420

MATURE Christian lady, GSOH, healthy, own home, fin sec, enjoys music, movies, theatre, dining out, caravanning, outings. WLTM gent with similar interests for friendship, lives eastern suburbs. ALA.
Reply Box 8422

MATURE gent, well-presented, DTE, fin sec, own home, SOR. WLTM lady for friendship to begin with love to have a coffee and a chat to see if compatible, never too late to find good friends.
Reply Box 8432

UK lady postcode 6065, WLTM gent 80 for long-term friendship. Interests; cinema, dining in/out, day trips, walks, music, travel, do things together, NS, NG, SD, NOR. Please reply.
Reply Box 8436

Seeking a Partner

AUSSIE lady WLTM Aussie English gent. I am medium build, mid height, 69 years young, I live SOR, NG, SD, GSOH. I like travelling, cruises are great in Australia and overseas. Let's meet for coffee.
Reply Box 8435

AUSSIE male, postcode 6280, semi-retired, med build, no baggage, sociable, intelligent, considerate, quiet achiever, DTE, broad sense of humour, non-religious, quiet lifestyle, versatile, NS into sports, homelife, outdoors, outback travels. Seeking similar warm natured, honest, appreciative, tidy lady, under 70.
Reply Box 8445

BABY boomer 1940s, seeks female same era. No preferences really. I am happy, positive, inventive, loving, sensible, caring. Be nice to connect to a loving and sensitive female. Is this you? Be nice.
Reply Box 8438

CHRISTIAN widow 65 WLTM Christian man 64-70 to build a relationship towards a permanent one. Must be financially secure and have Christian values and standards. Write and tell me something about yourself. Prefer Australian man. Genuine enquiries only.
Reply Box 8428

ENGLISH lady, attractive, feminine, educated, med build, very GSOH, ND, 55, fin secure, own home. WLTM well groomed single gentleman (not separated), 67-72 for long term permanent relationship. I enjoy music, reading, walking, country drives, good conversation, current affairs, thanks. ALA.
Reply Box 8444

ENIGMATIC Australian Polish gentleman, 67, postcode 6073, genuine, fit, slim build, well presented, 174cm, 60kg. Interests; cooking, gardening, travel, family, heritage. WLTM socially intelligent, slim lady, European Asian background, 56-66 for permanent relationship. Come join me.
Reply Box 8442

LADY 61, UK Australian, enjoys bike riding, walks, travel, animal lover, social activities, NS, DTE, GSOH, slim, NOR, let's chat to arrange a coffee meetup, WLTM gent 60-67.
Reply Box 8440

LADY 76, NOR, WLTM a DTE gent who wants a lady to have a good relationship with, life would be a lot happier with someone to share some time with. NS, ND, GSOH. Let's meet, we can talk more. ALA. Don't forget your phone number.
Reply Box 8443

LADY lives SOR, post-code 6163, likes walks, music, movies, dining out. Would like a male companion for outings and company for friendship if compatible. View to relationship, age 65 to 70.
Reply Box 8433

NORTHERN suburbs, NS, SD, NG, GSOH, fit, active, mid 70s, widower, WLTM easygoing, slim, med happy lady. Interests; sport, beach walks, country drives, weekends away, travel, family, genuine. Meet for coffee.
Reply Box 8416

PETITE Australian lady, 63, attractive, slim, fit, own home, hope to enhance the life of an easy-going special man with some honest and caring time together.
Reply Box 8441

YOUNG gent early 70s, retired professional, tall, slim, fit and active, financially secure, living in western suburbs, GSOH, DTE, SD, loves outback travelling, family time with grandchildren. WLTM refined, slim, open minded, attractive lady. Let's meet for coffee and see what develops.
Reply Box 8431

Seeking a Travel Companion

GENT 70s, NS, SD, DTE, NOR, WLTM anybody interested in sharing a cabin on the cruise ship *Columbus* to the UK, leaves end of February 2020 for 70 days.
Reply Box 8437

GENT 1948 vintage, tall, NS, SD, WLTM lady, SD, no ties or baggage, free to travel, Aussie in beautiful caravan. Enjoy daily happy hours. Share expenses. Life is short. Enjoy travelling. ALA.
Reply Box 8447

Seasons Greetings



**Do you need a companion
or friend?**
**Let Have a Go News help
you through our Friend to
Friend page.**
**Get writing and send in
your coupon.**

Friend to Friend: When replying to an entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:
eg. Reply Box 4100
c/- Friend to Friend,
PO Box 1042,
West Leederville, WA 6901.
(example only)

Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14 x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope. 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.



NEWS UPDATED DAILY
www.haveagonews.com.au

Have you met your match?

We at *Have a Go News* are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you?
We featured a couple who married from meeting through the column in the March 2019 issue.
If you would like to share your story please email helen@haveagonews.com.au or write to; Friend to Friend
PO Box 1042, West Leederville WA 6901
Your privacy will be respected.

SOLUTIONS MATCHMAKING

"There is no need to be alone this Christmas!"

9371 0380

KINGSLEY LADY 70 funloving, attr, elegant, d.t.earth w/GSOH. Loves sport, concerts, keep fit, would love to caravan travel. Sk active, dependable man 68-78.

MURDOCH LADY 70 vibrant, well grmd w/ a young mindset, attr w/ beautiful smile. Loves walks, cycling, live bands, theatre, beach, weekends away. Sk gent who can keep up 65-75.

SOUTH PERTH LADY 69 happy, outgoing, petite brunette, full of life, ret prof, positive, caring, enj golf, squash, dancing, board games, gardening, sk openminded man 65-75.

MANDURAH LADY 63 cute, quirky blue eyed blonde, optimistic, BOHO, sporty, arty, cheeky, adventurous. Loves sailing, o/doors. Sk gent 57-69 who will 'have a go'.

BEDFORD GENT 74 educated, professional, generous spirit. Enj AFL, walks, reading, restaurants, English comedy, 50s - 60s music, wineries down sth, sk youthful, well pres lady 60-74.

DIANELLA GENT 77 happy-go-lucky Englishman w/ youthful o/look and a heart of gold. Fin secure, enjoys life and wants to share it w/ a kind, easygoing lady, pef of Asian origin 68+.

OCEAN REEF GENT 75 well spoken, good for age, active, e/going, enj socialising, dining out, cinema, live shows, music, sport and family time. Sk honest, loving, pro-active lady 65-73.

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NEWS UPDATED DAILY

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travelling

let's go travelling

DECEMBER 2019

• Bird-watching in the south west • London Calling • Yellowtail Kingfish

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ADVERTISING FEATURE

travel options for the mature west australian



Jennifer Merigan

IT IS hard to believe this is our last issue for 2019 and we are about to enter the final year of another decade. I am excited when I think about 2020 and I hope this will be the year in which

many of you plan some exciting trips. I take this opportunity to thank our advertisers who support us each month, allowing us to produce this newspaper and I ask that you please support these local travel businesses. We have had a wonderful year presenting a plethora of travel stories from our stable of writers and we are already planning to present you with some exciting stories in 2020.

★★★★

In this month's travel pages Josephine Allison speaks to Ailsa Piper

about her pilgrimage walks and we welcome back London Calling columnist Jayson Mansaray. Jayson writes about the London Mime Festival which runs in January. He interviewed 60-year-old trapeze artist Lee Carter who stars in the headlining show *This Time*. Chris Tate shares his love of birds in our south west and how they are becoming their very own tourist attraction and Mike Roenfeldt fishes for the prolific yellow tail kingfish.

★★★★

A study (yes studies abound even in the travel industry) of which are the best cities to visit for senior travellers looked at 76 global cities and rated each place on availability of senior tours, access to transport services, ease of walking and healthcare. Edinburgh was voted the world's most senior friendly city followed by Vienna, Brisbane, Vancouver, San Francisco, Geneva, Zurich, Prague, Hamburg and Rome. There are some great

cities to put on your 'must see' list.

★★★★

Perth's iconic Parmelia Hilton have announced they will be undertaking a major refurbishment of the hotel, including upgrading the entrance, lobby and accommodation to enhance the overall guest experience commencing this month. The hotel will remain open during the works which are expected to be completed by September 2020.

★★★★

NPS Medicinewise reminds travellers to ensure they carry adequate documentation for medicines when travelling overseas following an Australian being detained in Bali last month.

★★★★

If you have a travel issue, would like to send in a photo from a recent holiday or share some information, don't hesitate to contact me on my email. Our website has lots of great travel information updated regularly and I encour-

age you to take a moment to visit it at www.haveagonews.com.au

★★★★

I take this opportunity to wish readers the best for the festive season. Happy trails

Jennifer Merigan
Travel Editor



Stroll down memory lane with the Golly Emporium in Waroona



Jo Sherar

WAROONA'S latest addition is the quaint and quirky Golly Emporium, Tearoom & Lolly Shop, a delightful and eclectic

space for young and old.

There would be few amongst us who don't have fond memories of a favourite soft toy to

share our secrets and worries with, or whose mouth doesn't water at the thought of old fashioned treats.

Six years ago, while on her honeymoon with husband Wayne, owner Jo Sherar had a vision for a museum where children could have a teddy bears picnic and the not-so-young could be taken on a sweet trip down memory lane.

The museum was first opened in Toodyay to honour Jo's younger brother Graeme, who died unexpectedly at 43. Now relocated to Waroona, there are hundreds of gollies and soft toys on display and this is not a collection to just look at.

Visitors are encour-

aged to cuddle and enjoy, and for many it brings back precious memories of beloved toys and special times with family and friends.

When asked what her collection means to people, Jo said: "There are so many heartwarming stories. I often receive letters.

"One 80 year old wrote to say how her visit had brought back many childhood memories especially of the beloved golly her parents had given her."

Next year Jo will also be running dementia cafés which is a perfect fit with the toys, lollies and delicious Devonshire teas on offer, not to mention the warmth and compassion that Jo has for her visitors.

Music and sightseeing in the south west is sure to please



Starting at \$1,520 per person, the tour is value-for-money, and includes comfortable motel accommodation (no camping), daily breakfasts, three dinners, a river cruise in Albany, ticket to the festival and entry to the Harvey Dickson Country Music Centre, plus many extras.

Aussie Redback Tour's 2020 brochure is

out now. It is filled with some amazing one-day, extended and art tours planned. Some are the regular popular tours and some are new, including Kangaroo Island; Nullarbor-Port Lincoln-Flinders Ranges; and Darwin to Broome.

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IF YOU love music and travelling, then Aussie Redback Tours has put together a short south-west tour that combines both.

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ADVERTISING FEATURE



travel options for the mature west australian

The road ahead.... Ailsa Piper delights in solo walking and meeting locals



Ailsa Piper and some of the spectacular scenery and food she came across during her walk

by Josephine Allison

AUTHOR, director, actor, teacher and broadcaster Ailsa Piper is also a passionate walker. In 2012 her first book, *Sinning Across Spain*, a story of her 1300km walk across that country attracted widespread interest

and acclaim.

Now, her second book, *The Attachment, Letters from a Most Unlikely Friendship*, a poignant exchange of letters between herself and Catholic priest Tony Doherty has just been published.

Ailsa answers some questions about her

latest walk....

What was the route you took and how long did it take?

"In early September I began walking a section of the Via Francigena, a pilgrim route that runs from Canterbury in England all the way across the Channel and through France and across the mountains into Italy, then runs south to Rome. I think it is about 2300km in all, not sure how far one has to swim."

"I decided to walk the luxe pilgrim route this time, after carrying sins for 1300km in Spain (which

resulted in my book *Sinning Across Spain*) and walking many other roads in the true pilgrim mode. I wanted to give myself a treat, so I chose a 400km section from Luca in Tuscany down to St Peters."

"The road could not have thrilled me more. Autumn... figs, porcini and truffles. Hill towns, which does imply long uphill at the end of each day, but also means vistas that restore and excite. The utterly unique, timeless and exquisite Tuscan light. The pleasures of a largely untravelled road."

"Yes, it ran through San Gimignano and Siena but it also traversed many small and jewel-like villages that were unknown to me. A place called Radicofani was my favourite, but that may have been the day or the weather. All were populated by welcoming, charming Italians with generous hearts. Well, all but the big bustling tourist centres, where one can't expect them to do more than give you a cursory hello."

"But even in these places, somehow generosity prevailed. I also walked across the border into Lazio, of which Rome is the capital – and the difference in landscape, architecture and people was immediately evident. Equally entrancing but so different; kind of grittier I suppose. It was a dream walk, temperatures in the high 20s, only two days of rain in three weeks, and long stretches of glorious solitude broken with the sing-song chatter of Italian."

How different was it from other walks you have done overseas?

"This time I was a walker and not a pilgrim. I didn't stay in refuges or pilgrim accommodation, and I did book ahead, just small B&Bs and hotels, the room above a pizza shop, a convent, a couple of farm-stays."

"I always had a room to myself, which is not usually the case when walking pilgrim-style. So I didn't have to carry a sleeping bag or towel, luxury! I also made myself stick to an average distance of 20 km, which is very low for me. I get into a rhythm when walking and find myself burning up the roads in a euphoric

state – if you've read my book, you will know how that manifests! But this time I wanted to be slow, sit in villages and savour to take in the landscape at leisure. After all, this is the home of the slow food movement."

"It proved to be a brilliant decision, but if I had not pre-booked my accommodation, I know I would have raced through because I was utterly happy the whole time, so I would have walked on and on..."

"As it was, I had time for indulging in fresh peaches, sampling gelato, savouring Camparis, discussing the way a pasta sauce had been made, watching olives being picked, and generally dreaming in Italian."

What experiences did you have, did anyone accompany you?

"I walk alone, I always do, that way I meet the locals. I speak reasonable Italian, French and Spanish, and so I am able to have chats at slow speed. Everything needs to be slow. My preference is to talk to the people who live in a place, rather than visitors like me. But I did intersect on several occasions with a mother and daughter from Canada, and we managed to share some memorable meals and a lot of laughs over Aperol Spritzes. I also met a fellow Sydneysider, but we only saw each other twice. He had walked from the Italian border and has convinced me that I must go back and stride through the northern section. I didn't take much convincing."

"We have already had a walk together in Sydney and I'm sure there will be some more. But for the

long walks, I always go alone. There is something deeply restorative for me when I set out with just my 10kg of possessions, that includes 2kg of water and a road in front of me, and not another person in sight. That looks like freedom to me."

What appeals to you about these walks, does it make you a better and more fulfilled person?

"I think I am at my best when I'm on the road. Along with possessions, I think I put down many of the aspects of myself that plague me – my punishing self-assessments; my drive to be better, my crazy ideas about responsibility. On the road I am quieter, the voices are kinder in my head, and less demanding."

"I need so little, a road, some food, a place to do hand-washing and to sleep. It's a salutary reminder of what matters. Of course, I know that those I love are waiting at home, and watching Instagram, of course. That is how I reassure people that I'm safe, I post far too many images."

"But mostly yes... I'm definitely an easier person when I'm walking, whether at home in Australia or away."

What plans for walks do you have in 2020 and beyond?

"I don't make plans, but I have high hopes. I'd like to do some more of the Via Francigena. And I have heard of some lovely roads in Slovenia too. But for now, I'm walking Sydney and not just the harbour. There is a path called the Great Bush Walk, and last Sunday I tramped the surprisingly beautiful all-bush section of 18km from Paramatta to Blacktown. Highly recommended and a sneak peek for *Have a Go* readers..."

"On 8 December, the new Bondi to Manly walk opened, 80km around the harbour, taking in two great beaches, the Opera House and the Bridge. I predict this will become one of the great walks of the world, as iconic as Cinqueterre. It is the brainchild of another WA expat, the former Senator John Faulkner, another great and obsessed walker."

"I live along part of the route, so I am sure to be checking it out over summer. Mainly I just like to keep walking when I can. People will recognise me by my hiking poles, I can never leave home without them."

"Great friends and true... and isn't that the best we can ask?" Ailsa said.

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ADVERTISING FEATURE



travel options for the mature west australian

A chirpy tourist magnet for the south west... WA's unique and colourful native birds



Left to right; Spinebill - White-breasted Robin - Red-capped Parrot - Red-winged Fairy-wren - Rosella

by Chris Tate – award-winning nature photographer and Perth Royal Show photography judge

BIRDS are taking-off as a major tourist magnet to WA's south west.

Those of us who live down south know we blessed with a variety of unique and colourful birds. They are widely appreciated by nature-lovers and photographers across the world.

Peter Taylor who operates Birding Tours South West based in Manjimup says 90 per cent of his clients are from Britain and

the US. Just the remaining 10 per cent come from WA and interstate.

Bird-watching is also an activity attracting more from the older generation. I have hand-picked five of the best endemic birds I caught on camera to show them to *Have a Go News* readers.

Almost 550 species of birds have been recorded in WA of which 15 are endemic to the south west. Birds special to the region are Carnaby's Black-Cockatoo, Baudin's Black-Cockatoo, Western Corella, Western Rosella, Red-capped Parrot, Noisy

Scrub-bird, Red-winged Fairy-wren, Western Bristlebird, Western Thornbill, Western Wattlebird, Western Spinebill, White-breasted Robin, Western Ground Parrot and Red-eared Firetail.

Bird watching in Australia is nowhere near as popular as in Europe and America but more local followers and twitchers (those that record their bird sightings) are learning how best to see and snap our brilliant birds.

Clearly, it pays just to sit and listen. To stand is to present a more solid, scary body shape when birds are inherently afraid of humans.

Surprisingly, it's often possible to talk without disturbing birds in the bush. But movement is far more likely to scare them. Loud and sharp noises obviously are best avoided.

Move slowly to get comfortable and with patience you might surprise

yourself with how close you can get.

Small bush birds are mostly insectivorous and tend to move in small flocks through the leaves of trees and bushes.

Magpies and Mudlarks feed on insects on the ground, as do seed-eaters like Bronzewing and Crested Pigeons, doves and parrots. Honeyeaters, including wattlebirds and Spinebills, feed on insects as well as nectar and are often found in flowering trees and bushes.

Rainbow Bee-eaters, Wood-Swallows, Tree Martins and Swallows are insect hunters, taking their prey on the wing.

Up to five species of birds may travel together as though they are one flock. It provides them with security. Because they tend to travel within their territory in one general direction, you can position yourself in front of them and watch them come to you.

Because many birds are curious, they may approach you or observe you from a distance. But most are preoccupied searching for food and if you aren't seen as a threat, they will ignore you.

Bird Guides and information are available from Birdlife WA's website [www.birdlife.org.au] and on Facebook.

If you're lucky, patient and know what you're looking for, you might hit the jackpot and come across, perhaps photograph, some of WA's sought-after species.

More than 200 species of birds can be found in the Albany region. Rare and endangered species include the Western Ground Parrot. Threatened birds include the Hooded Plover, Carnaby's and Baudin's Black-Cockatoo. Endemic birds include the Western Rosella, Red-capped Parrot, Western Spinebill,

Red-eared Firetail, Red-winged Fairy-wren and White-breasted Robin.

Around Two People's Bay and Cheynes Beach endangered Western Whipbird, Noisy Scrub-bird and Western Bristlebird live, but are hard to see. Others are the Southern Emu Wren, Red-eared Firetail Finch, White-breasted Robins and Western Spinebills.

In Bunbury, Big Swamp hosts many water and bush birds with Bunbury Wildlife Park just across the road. Leschenault Estuary has migratory waders, Osprey and bush birds. Near Mandurah is the Saphire Cove Nature Reserve and the Creery Wetlands Nature Reserve, nesting place for the vulnerable Fairy Tern.

Inshore from Creery Island can be found Bartailed Godwit, Great Knot, Eastern Curlew, Banded Stilt and Pacific Golden Plover. You might strike Yellow-billed Spoonbill

and Australian White Ibis plus Black Ducks and Grey Teal.

For those who want an easier way to see our birds, there's Eagles Heritage Margaret River, for rehabilitating injured birds of prey including owls, Bunbury Wildlife Park with walk-through aviaries containing native and introduced birds and Leschenault Estuary with its migratory waders, raptors, nesting Osprey and bush birds.

Meanwhile, watch for birdlife in your own backyard. But don't feed them. Best ways to attract birds to your garden is by planting flowering shrubs and installing birdbaths.

Then await their arrival, camera at the ready. Many great award-winning bird photos have been snapped in photographers' own backyards.

Contact details: Facebook 'Chris Tate-Bird Images'. Email: christate@outlook.com.

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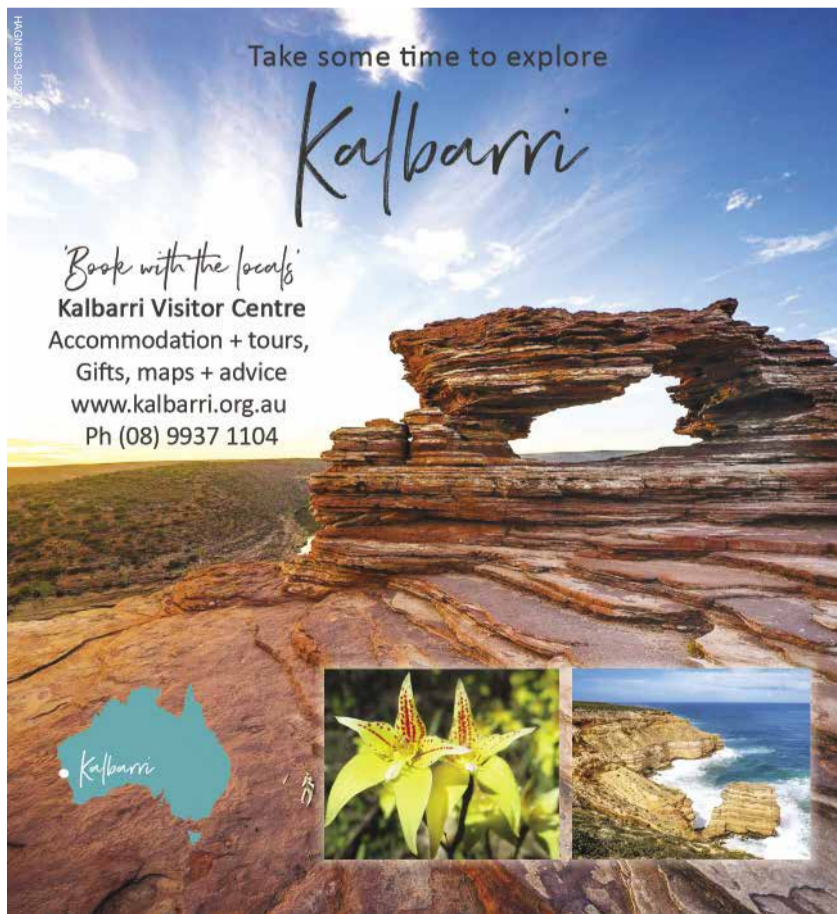
The *Duyfken* crew look forward to welcoming people aboard.

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London Calling - 60 year old trapeze artist to star in London Festival



Lee Carter stars in *This Time*, produced by Ockham Razor will headline the London International Mime Festival (LIMF) © Nik Mackey Inset; Jayson Mansaray



by Jayson Mansaray

LEE Carter spent most of her life working as a photographer. She started teaching yoga at 40 but it wasn't until nearly 50-years-old that there was a new calling for the late bloomer, Carter was to become a circus performer. Fast forward 11 years and the sexagenarian stars in *This Time*, a show produced by Ockham's Razor and headlining the London International Mime Festival (LIMF), all thanks to a mysterious set of events that Carter says will be

revealed if we catch the show.

"At 49 I had a life changing experience that I talk about during the performance so I won't mention it here. That moment ultimately led me to doing a weeklong Le coq based physical theatre workshop," she said.

It was an experience that inspired Carter so much she joined a two year full time course at LISPA (London International School of Performing Arts).

Ockham's Razor's latest show includes a wide range of performers spread across the demographics from 13 - 60, breaking out of the narrowing pool of similar bodies and similar ages that populate contemporary circus. The conventional view on what a circus artist should be and indeed what age that person should be is something that Carter was

defiant of when deciding to pursue a career in the performing arts.

"Despite the reservations of friends and the enormous age gap between me and my fellow students I had a fantastic time and knew I had found something that I wanted to pursue. I was lucky enough to find a niche for the older performer and joined Maresa Von Stockert's company Tilted for four years and from that I got to audition for Ockham's Razor.

For 2020, the 44th year of London's annual festival of contemporary visual performance, LIMF has co-commissioned *This Time* with aerial theatre company Ockham's Razor and with its broad church of ages the show can boast a truly diverse cast, a cast that weaves a story together with a 360° rotating frame, spinning harness cradle and a cloud/trapeze hybrid.

Cutting edge circus apparatus sees characters in doubles, triples and quadruple trapeze folding into one another as they fly through the air on the pieces designed by the company's creative directors Charlotte Mooney and Alex Harvey.

"There are a series of aerial frames which are raised from floor to ceiling, they look like mirrors and doorways; we lift, push and cradle each other around and through these thresholds. It features partner acrobatics... and swinging cradle. These highly physical scenes are intercut with honest stories from our lives," says Mooney.

Opening the festival at the Shoreditch Town Hall the production focuses on the human condition combining physical theatre, acrobatics and original takes on the traditional trapeze and cradle in what the company de-

scribes as a show about time, age and the stories we tell ourselves, the reason, Mooney says, why the cast is so diverse.

"In traditional circus it was common to have whole families performing in shows, so you would see the full range of human experience and possibility, toddlers and grandparents included. One of the losses of contemporary circus is that as the training has become professionalised the range of performers has narrowed and the vast majority of shows feature similar bodies and similar ages. We thought it would be a radical idea to make a contemporary circus show but with a cast of diverse age and experience."

Mooney explains the show's story as one of a grandmother, mother, father and daughter where in parts the three female performers are the same

person through time. Lee at 60 looks back through a mirror to Charlotte who becomes her at 40 and at times Faith, the youngest performer, becomes Charlotte's 13-year-old self.

"Both ideas are at play, so Faith is at once my daughter and my 13-year-old self. In one scene, Alex 40, becomes an image of Lee's 10-year-old son - the amazing magic of that is that although impossible it's completely clear."

Being among the 10 overseas companies, eight British groups and multiple workshops at the London LIMF lineup, Lee says that it's a privilege to be working with Ockham's Razor.

"I feel extremely fortunate that I have been given these opportunities and to be doing things I would never have dreamed of in my 30s."

This Time can be seen

at the London International Mime Festival from Wednesday 8 to Sunday 19 January 2020. It is a show that truly embraces the *Have a Go News* ethos of healthy ageing through activity and its sense of adventure and exploration.

But I think Lee Carter, at 60 years old, starring in a show with one of the most cutting edge theatre companies working today says it best:

"Follow your heart, be inspired by your fears. It's never too late to create new neurological pathways or get new muscles."

"You and your body are capable of much more than your mind allows you to imagine. Feeling scared, swinging around and hanging upside down is just like being 12 again, it's great!"

Ockham's Razor www.ockhamsrazor.co.uk

LIMF www.Mimelondon.com

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Searching for the best spots to catch one of the burgeoning local yellowtail kingfish



Mick Davidson with a nice little Rottneest yellowtail king

by Mike Roennfeldt

our popular fish stocks are said to be in decline, there is one that seems

AT a time when many of

to just get stronger each year, especially in metro-politan waters. I'm talking about yellowtail kingfish, a sleek, handsome pelagic species that is highly regarded around the world for both its brutal fighting ability and its quality on the plate. In Japan, the yellowtail king aquaculture scene is huge, driven to some extent by the locals' love of the fish as sashimi.

Only 30 years or so ago we didn't hear much about these great fish, although I suspect many of those that were caught were identified as samson fish and left at that. The king is a sleeker fish than the samson, its head is less blunt and its colour generally more silvery with, as the name suggests, a yellowish tail. While it is found in WA waters in sizes up to 40kg or more, most kings we see are in the 2 to 4kg range, with a few up around 10kg and patches of better ones to 40kg at spots such as Shark Bay's South Passage.

The most prolific local yellowtail king spots near Perth are around Rottneest and the best places to find them are in reefy areas, sometimes in water as shallow as 5 m. Trolling medium sized minnow lures like the Laser Pro 120 or 160 along the south side of the island can put you in touch with schools of smaller fish in the 1 to 3 kg range, and berleying up outside the trolling-only zone at West End can be productive for bigger fish.

Jigging for kings was part of the sport fishing revolution on the east coast way back in the 1970s, but we have never really had the concentrations of fish for king-jigging to take off here. Samson jigging was a whole different story and

was a boom sport out behind Rotto just a few short years ago, before the sharks spoiled the party.

Once hooked, a king will put on a display of power that can belie its modest size. Anyone who has hooked a samson in shallow water will have idea of what that's like, but the king has the added attribute of fighting dirty, often heading straight for caves and rock ledges once hooked. Once they decide to sulk in such country the fight is as good as over. They will occasionally swim back out into open water, but don't count on it.

Good quality 8kg spinning tackle is about right for tackling kings of modest size, but even then you probably won't land as many as you lose.

When it comes to cooking yellowtail kingfish, I like to cut the flesh into relatively thin fillets of less than 1cm thick, roll them in breadcrumbs and shallow fry them in good quality oil. Don't overdo it though, just a minute or so each side should be enough. Serve with a squeeze of lemon and get ready for the compliments.

Walking club members head south to Margaret River for annual getaway

by Valerie Newton-Barnett

OFFWA, the Over 55 Walking group, had its annual getaway this year in Margaret River. There were 58 members who headed south

to spend five nights at Stay Margaret River Hotel. This was a wonderful venue for the group and the staff could not have been more helpful and eager to please. The event was brilliantly organised by Ian

the club's social coordinator. It was designed around the 1970s flower power theme with many members taking the opportunity to dress up. In fact it was hard to recognise many of them with the variety of wigs and makeup. A parade took place after dinner and prizes were awarded.

Walks had been organised for each morning but due to the inclement weather this was not popular with all members.

Some preferred to spend time in the comfortable hotel lounge playing board games, cards or just having a coffee and a chat or to browse the shops in town.

Sausage sizzle and hamburger lunches were organised by the club's very capable lunches coordinator Lorraine. Because of the doubtful weather, the hotel allowed us to use their indoor guest kitchen for these meals.

A Happy Hour was held each evening at 5pm and this was followed by a delicious buffet dinner in the hotel function room.

Each evening there was entertainment including a tasting of wines by Juniper winery.

On one of the evenings, members had to put their thinking



OFFWA members in weird and wonderful costumes who dunnit.

Members all enjoyed the wonderful five days of fun and fellowship with most planning to attend the 2020 Getaway in Albany.

New members are always welcome to the club. It's a great low-cost way to get fit and make new friends

and enjoy socialising.

The club walk on a weekly basis from March to November. During the summer they have fortnightly twilight walks at Burswood Park. Find out more by calling 0415 793 731 or visit the website www.over55walkingassociation.org.au

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Square Shuffle:
Carp, Dory, Hake, Ling.

Wheel Words:
Anew, Fawn, Flaw, Flew, Flow, Fowl, Knew, Know,
Lawn, News, Saw, Sewn, Skew, Slew, Slow,
Snow, Sown, Swan, Wake, Wale, Walk, Wane,
Weak, Weal, Wean, Woke, Wolf, Askew, Awoke,
Flown, Swale, Swank, Waken, Woken, Awoken.
9-letter word: Snowflake.

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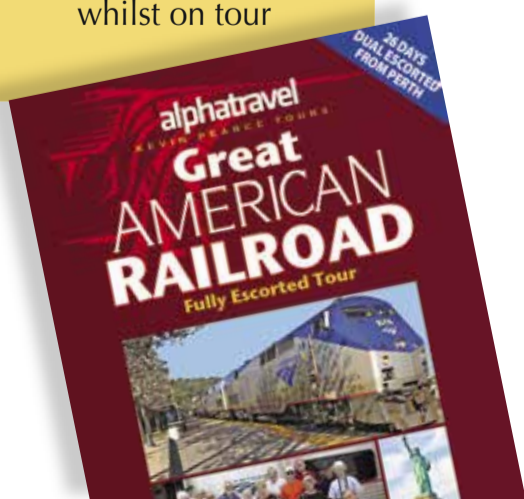
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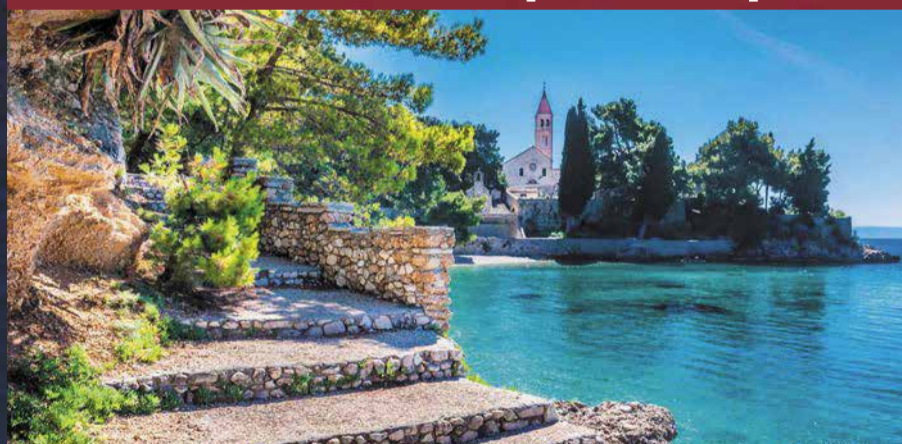
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It's a short and sweet season to enjoy some cherry cheer for summer fun

by Noelene Swain

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

Locally grown cherries have a very short season so it's time to enjoy this season's locally grown cherries through the holiday season. These cheerful morsels of colour are a true

celebration of fresh summer flavours and perfect for sharing among friends and at family gatherings.

Cherries are best enjoyed fresh from the stem, so choose cherries with 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 at 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.

The 2019 cherry season will officially launch at Market City, Canning Vale on Friday 13 December with the annual Charity Cherry Auction. More than \$1.25 million has been raised for the Perth Children's Hospital in the 25 years since the auctions began in 1992.

Cherries flourish in the coldest areas of the state as they 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 to the south west of the State – extending from the hills area around Dwellingup, Donnybrook, Manjimup and through to Mt Barker.

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

Recipes supplied by Fresh Finesse – www.freshf.com.au

Lamb and cherry tagine



Preparation: 15 mins; cooking: 2 hours 15 mins; serves: 6

A TAGINE is a round casserole of Moroccan provenance with a cone-shaped lid; it is also the name given to dishes cooked in such a vessel.

2 tablespoon olive oil
1 kg diced lamb
1 teaspoon each cinnamon, cumin and ginger
1 onion, peeled and sliced
2 cups water or stock
4 large potatoes, peeled and cut into thick slices
juice and rind of an orange
1 cup seeded cherries,
½ cup chopped toasted almonds (optional)
few sprigs fresh coriander
2½ cups couscous, prepared according to instructions on packet.

HEAT oil. Add lamb and spices. Cook until lamb is brown. Remove from the pan. Add onion to the pan. Cook until soft. Add water, potatoes, orange rind and lamb. Simmer, covered for about 1 hour or until lamb is tender. Add orange juice and cherries. Stir through. Serve on a bed of couscous, sprinkled with nuts and coriander.

Quinoa cherry salad



Preparation: 10 mins; cooking: 20 mins; serves: 4

A SUPER easy salad – perfect for festive or summer entertaining

1 cup uncooked quinoa, rinsed
2 cups vegetable stock

1 medium cucumber, diced
½ cup spring onions, thinly sliced
1 cup fresh cherries, pitted and halved
⅓ cup sliced almonds
⅓ cup chopped fresh basil

Dressing
¼ cup olive oil
1½ tablespoons apple cider vinegar
1 tablespoon pure maple syrup
1 teaspoon orange zest
1 small clove garlic, minced
salt and pepper to taste

For the salad:
ADD the quinoa and stock to a medium saucepan. Bring the mixture to a boil. Give it a stir, cover, then reduce the heat to low and let simmer for about 15 minutes, until the liquid is absorbed. Turn off the heat and let the pan sit covered for 5 minutes, then fluff the quinoa with a fork. Transfer the quinoa to a large bowl, then allow it to cool for about 10 to 15 minutes.

Once cooled, add the cucumber, spring onions, cherries, almonds and basil to the bowl. Toss to combine.

For the dressing:
Whisk together all the ingredients for the dressing in a small bowl. Pour into the bowl with the quinoa and toss to combine. Taste and season with salt and pepper as needed. Serve.

Cherry chia pudding

Preparation: 10 mins; chilling: 4 hours or overnight; serves: 2



½ cup chia seeds
2 teaspoons honey
2 cups unsweetened almond milk
2 cups cherries, pitted
½ cup Greek yogurt

MIX chia seeds, honey and almond milk in a medium bowl. Cover and chill in the fridge for 4 hours, or even better, overnight. Blend half the cherries with a drop of water until you have a thick sauce. Pour the chia mix into two jars, top with fresh cherries, yogurt and cherry sauce over top.

Add toppings of your choice. Try toasted coconut flakes or granola. Store leftovers in an airtight container in the fridge for up to five days.

Cherry smoothie

Preparation: 2 mins; serves: 1

THIS drink is high in fibre, carbohydrates, protein and vitamins. A 'de-lite-full' way to start the day.

1 cup fresh cherries, pitted
1 cup low fat milk/soy milk
3 tablespoon vanilla low-fat yoghurt
½ teaspoon cinnamon powder
1 teaspoon vanilla essence
1 tablespoon linseed, almond and sunflower (LSA) meal



BLEND all together with a few ice cubes. Serve in a glass.

WEEK DAY LUNCH SPECIALS

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GREENWOOD TAVERN \$14 lunch special Mon-Fri 12-3pm 349 Warwick Rd Greenwood 9246 8711	THE ROSE HOTEL \$17 express lunch 11am-3pm weekdays 27 Wellington St Bunbury 9721 4533
IRONBARK BREWERY \$15 seniors lunch menu Mon-Fri 11am-3pm 55 Benara Rd Caversham 9377 4400	THE SOVEREIGN ARMS \$15 senior lunch menu From 11am 7 days Lakeside Shopping Centre 9300 1146 *Prices correct at time of publication

Knife and fork talk - The Dining Divas' top five eateries for 2019



Market & Co and Victoria Hotel the first and fifth choice for the Dining Divas' top eateries in 2019

by Judith Cohen and Pat Paleeya

TO FINISH off the year we have compiled a list of our top five restaurants for 2019. We have had a lot of fun finding great venues for readers to enjoy at good prices.

No 1 - Market & Co at Crown Perth
Market & Co presented a great choice of food from an extensive menu, all absolutely mouth-watering and very fresh.

Lunch 12pm to 3pm seven days. www.crownperth.com.au

No 2 - Avocados Restaurant,



2 Mount Street, Kelmscott.
Avocados has a lovely ambiance, offering a cosy fire in winter and alfresco by the river in the warmer months. The food is great and definitely requires a second visit or more to sample other options on the menu.

Monday – Saturday 11am to 4pm. Phone: 9496 3838 www.avocadosperth.com.au.

No 3 - Red Manna Waterfront Restaurant, 5/9 Mandurah Terrace, Mandurah
The view from the restaurant, coupled with the delicious choices from the menu was well worth the trip we took from Perth.

Monday – Friday 11.30am to 2.30pm. Phone: 9581 1248 www.redmanna.com.au

No 4 - Mia Cucina, 1/45 Northside Drive, Hillarys Boat Harbour
The dishes on offer were all tempting and some locally sourced, which to us was a bonus. The view overlooking the harbour added to enjoyment of the day.

Tuesday – Friday 11am to 3pm (booking essential)

No 5 - Victoria Hotel, 116 Stirling Terrace, Toodyay
While having a country day out in Toodyay we discovered the historical Victoria Hotel which had recently been renovated and was offering a seniors meal. The servings were very generous and perfectly cooked. The value of the meal was well worth it, indeed we would have willingly paid more it was that good.

Monday – Friday 12noon to 2.30pm. Phone 9574 2165 www.victoriahoteltoodyay.com.au

We chose these venues as the food was good, service was excellent and the staff efficient.

Compliments of the season from the Dining Divas.



Seasons Greetings



food & WINE

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

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

Brunch with T – the *Have a Go News* top five brunch spots for 2019



Left to right; Social Manna - Panda & Co - Measure Small Bar and Dessert Restaurant - Lot Six Zero and Hylin



by Tahlia Merigan

I HAVE really enjoyed supporting small businesses through this column and sharing some great café spots to visit around town.

December is the time

for reflection on the year that was, and I have taken this opportunity to reflect on some of the great places I visited and share with you my top five list for 2019.

There were some real stand outs for the quality of food, service and price in the brunch stakes this year.

I had never given a five out of five when writing this column until my visit to Social Manna in Victoria Park. They take out the number one brunch spot for 2019 for fabu-

lous food and service. Their point of difference was the food and service was still outstanding even though they were very busy.

The second on the list is Panda and Co which scored 4.5 and was a huge hit with my family. Located in Bulwer Street, Perth they just nailed the Asian fusion food and we loved the panda theme.

The third was Measure Small Bar and Dessert Restaurant in Beaufort Street which also scored

a 4.5. They were chosen for their fine dining presentation of their brunch menu.

My fourth choice is Lot Six Zero in Yokine which I scored 3.5 for quality service and food.

Number five is Hylin in Leederville which also scoring 3.5 for their great food and coffee.

If you have a favourite brunch spot you would like to recommend and share with readers for 2020, 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 five brunch spots for 2019

No 1 - Social Manna, 253 - 255 Albany Highway, Victoria Park www.socialmanna.com.au. Phone: 0402 715 656. Open daily 6.30am to 3pm.

No 2 - Panda & Co, 87 Bulwer Street, Perth www.pandandco.com.au. Phone: 9328 5935. Open - Monday,

Wednesday, Thursday, Friday 7am to 4pm. Tuesday - closed, Saturday and Sunday 8am to 4pm.

No 3 - Measure Small Bar and Dessert Restaurant, 642 Beaufort Street, Mount Lawley www.measurebar.com.au. Phone: 0457 552 245. Open Tuesday - Sunday from 8am to late (brunch finishes at 12noon).

At the time of going to press we were advised it was closed until further notice.

No 4 - Lot Six Zero, 41 Blythe Avenue, Yokine. www.lotsixzero.com. Phone: 9443 4062.

Open Monday to Friday 6am to 4pm, Saturday and Sunday 7am to 4pm

No 5 - Hylin, 178 Railway Parade (corner of Abbotsford Street), Leederville www.hylincafe.com. Phone: 0476 644 997. Open Monday to Saturday 6.30am - 3pm

Sundays - 7.30am to 2.30pm



T's spoon ratings

Five spoons

- excellent food and service
- you must go!

Four spoons

- overall good food and service well worth a visit!

Three spoons

- reasonably good food and service but could make some improvements.

Two spoons

- food and service needs improvement.

One spoon

- would not recommend.

'Tis the season to pop open the champagne and be merry



by Frank Smith

THE classic excuse for drinking Champagne no matter what, comes from Napoleon Bonaparte, who is reported to have said: "In victory, you deserve Champagne; in defeat, you need it."

And Christmas of course. Here are a few very drinkable sparkling wines mostly from Australia.

Faber Chardonnay Blanc de Blanc 2016 from the Swan Valley is pale straw in colour, with very fine bubbles and aromas of toast and lemon rind. It is fresh and crisp on the palate with melon flavours, and a complex range of secondary characters. The finish is long with a bite of green apple acidity. RRP \$27.50.

Howard Park Petit Jété Brut is pale gold in colour with aromas of citrus zest, peach, and freshly baked macaroons. The palate captures flavours of citrus, red berries and baked apple. Time on yeast lees has added creamy lemon curd and subtle wafer biscuit lay-

ers of flavour and texture. This wine is full of flavour balanced by a gently lingering acidity. Jété is a ballet movement requiring dedication - just like making sparkling wines the traditional way. RRP \$32.

Umamu 2012 Sparkling Chardonnay is a clear vibrant pale straw colour with distinctive beads, following four years aging on yeast lees. The aromas are dominated by citrus and the palate is fresh, elegant and refined. This is a drier crisp style of wine with good length. RRP \$42.

Flying Fish Cove Pinot Noir Chardonnay is pale straw with delicate aromas of strawberry, citrus blossom and toasted brioche. The palate shows rich almond meal and fresh citrus flavours. The small, abundant bead provides a generous and creamy palate. RRP \$34.

Bunker's Sparkling is made from Chenin Blanc the wine is pale straw with a vibrant green gold hue. It displays fresh fruit characters on the nose with a light toastiness. The palate is soft and fruity lead-

ing to a crisp natural finish. RRP - \$20 less 20 per cent for HAGN readers.

Wise wines The Bead Chardonnay Pinot Noir has a creamy and soft front palate, which continues to a lingering brut (dry)

finish. Flavours of white peach, honey, brioche and roasted nuts blend to create a complex wine with a fine and persistent bead and a refreshing finish. RRP \$30.

Jane Brook Elizabeth

Jane Blanc de Blanc 2012 is made with 100 per cent Chardonnay grapes from Margaret River. It displays warm, biscuity aromas followed by a complex palate of citrus, green apple and peach to finish. It has a fine, persistent bread and delicate mousse. RRP \$35.

Yellowtail Bubbles is a no nonsense sparkling white wine. It has a soft, creamy fizz with tropical fruit sweetness for good measure. The palate is of vibrant tropical fruits, a dash of lime juice and a hint of fresh cut flowers, creating a refreshing and soft wine with a light and crisp finish. RRP \$10.

Deutz Marlborough Cuvee Brut French producer Deutz has joined

NZ Montana Wines to produce a pinot noir and chardonnay Champagne style sparkling. The bouquet has aromas of citrus blossom, warm brioche, cloudberry and glacé fruit. The palate offers flavours of pink grapefruit and dry toast with a fine lemon bright lift. RRP \$28.

Jacob's Creek Reserve Chardonnay Pinot Noir is pale yellow with a bouquet of lemon, citrus and red apple and a touch of bread and nougat. The palate is light and elegant, highlighting lemon and citrus fruit with a hint of biscuit. The finish is delicate with refreshing acid and persistent bubbles. RRP \$15.

Little River Brut de

Brut is a clear lemon colour with a lovely effervescence. Aromas are of apple, vanilla bean and crisp lemonade. The palate includes pear and lemon flavours and has a creamy smooth buttery texture. Owner and winemaker Bruni de Tastes uses minimum preservatives, no pesticides and the vineyard is not irrigated, to produce low yields of flavoursome fruit. RRP \$13 (full cartons only).

Madfish Prosecco has aromas of golden delicious apples, beurré bosc pear and ginger spice. The palate is full of crisp, tart apple flesh, balanced by a honeyed and creamy richness. A lovely textured mousse fills the palate. RRP \$23.



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Volunteers wanted for important new heart study...

by Frank Smith

IRREGULAR heartbeat (atrial fibrillation or AF) affects around five per cent of people at 65 and is even more prevalent in older people. In atrial fibrillation the heart does not pump blood round the body as well as it should.

If not treated, it increases the risk of stroke by about five times compared with other risk factors such as coronary artery disease, high blood pressure, and heart failure.

Often it has no obvious symptoms and can go undetected for years. Detecting and treating abnormal heart rhythm is a key strategy in preventing stroke.

This year researchers are seeking to recruit 1000 participants over 55 for a new trial called the Pacific Study run by the Centre of Clinical Research and Education (CCRE), School of Public Health, Curtin University.

Dr Jacquita Affandi, research

fellow at the Curtin School of Public Health says: "The expected outcome of this study is to identify the prevalence and the incidence of undetected atrial fibrillation in the WA community."

"We are planning to roll out this study across Australia, with the help of future funding. It will help to raise awareness and the importance of screening for atrial fibrillation in older people in order to prevent future cardiovascular events."

Each volunteer will make two visits to the clinic and fill in an annual questionnaire for five years.

"At the first visit we will measure your blood pressure, height and weight, waist and hip measurement, heart rate and rhythm. We will also ask you a number of questions about your lifestyle habits, medical history, memory or thinking test medications you have taken over the past year and your daily activities."

"You will be asked to donate

blood and urine samples. We will measure your blood cholesterol, blood sugar levels, and the presence of protein in your urine."

"The remaining samples will be kept for to measure important substances called biomarkers, which are released into the blood when the heart is damaged or stressed. Your samples will be destroyed once we have finished analysing the results."

"We will check your heart rhythm by two methods: standard electrocardiograph (ECG) and a small mobile device (iECG) about the size and weight of a credit card, which will record 30 seconds of your heart rhythm, twice daily, over two weeks."

"On your second visit, two weeks later, return the iECG and we will carry out ultrasound tests of your carotid artery for plaque."

Dr Affandi said some participants may experience health benefits from the early de-

tection of an abnormal heart rhythm or elevated cardiovascular risk factors.

"We will provide you with the results of your assessments to your doctor."

The Heart Foundation says most people with atrial fibrillation will need to take medicine to prevent blood clots from forming. In addition, treatments may be needed to prevent the heart from beating too fast or to restore and maintain a normal heart rhythm.

In some people, such as those with infrequent AF, long-term medicine may be all that is required.

In people with chronic AF, cardioversion techniques may be used to restore a normal heart rhythm. If these approaches can't be used or are unsuccessful, ablation procedures may be considered.

For further information about this project, contact Dr Jacquita Affandi on (08) 1800 971 022 or email at healthylivingclinic@curtin.edu.au.

Stem cell nutrition is helping many in Western Australia

THERE has been a lot of recent publicity about stem cells, and now there is a great natural product that people can take to assist their own adult stem cell migration.

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in Australia.

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Stem cells are the only cells in our body capable of repair and renewal. We need them every day to help repair and renew our ageing tissues. Cells are constantly breaking down and being replaced where possible, but the older we get, fewer and fewer stem cells are released into the bloodstream.

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74 treatable diseases where stem cells can help in therapy. So, it makes sense therefore, to increase the number of stem cells available.

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- The more stem cells you have in your bloodstream the healthier you are.
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cline of stem cells in our blood stream is 45 per cent by the age of 35, 50 per cent at 50 and 90 per cent by the age of 65.

• Every time you consume two capsules of stem cell nutrition, up to 34 per cent more stem cells will be released into the bloodstream within an hour. This has been proven. This is potentially an extra 4 to 9 million stem cells in circulation.

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can transform your life phone Sandra Barnsley (pictured above) 0412 479 156.

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BARBARA Nash says that as a health conscious person with personal hygiene high on her list, she had always wanted a bidet, but after receiving a quote from a plumber she was shocked by the price.

Then her luck changed when she discovered The Bidet Shop ad in this newspaper, offering a Co-way Bidet Toilet seat that just replaces her existing toilet seat. It can be installed in just a few minutes and for much less money.

She contacted The Bidet Shop and spoke to one of the very helpful staff who explained how the bidet worked and its other features such as a heated seat and soft closing lid.

Ms Nash said: "The bidet is wonderful because it just replaces my existing toilet seat and automatically cleans without the need of toilet paper".

How it works is quite simple. With just the push of a button the bidet toilet seat automatically sprays a jet of warm water and then dries you off with a gentle stream of warm air.

Ms Nash ordered one and her new bidet arrived in the mail a few days later.

Have a Go News' readers may qualify to have their bidet fully funded. Please call 08 6315 4252 to ask how.



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Pedal power for Rockingham seniors to feel the wind in their hair



93-year-old Annie Jones, from Baptistcare Gracehaven, takes a spin with CWA's Tim McGrath and Angie Terry.

PEDAL power has arrived at Baptistcare Gracehaven Residential Care in Rockingham, much to the delight of 93-year-old resident Annie Jones.

Mrs Jones was one of the first to put her hand up for a ride on the special Cycling Without Age (CWA) trishaw now visiting Baptistcare Gracehaven on Wednesday afternoons.

The trishaw visits are part of a two-year Baptistcare-sponsored program that has helped

make CWA available to the Rockingham community.

"I loved it!", Mrs Jones said. "It was nice to feel the wind in my hair. I'll definitely have another turn next week, but I'll be asking if we can ride faster."

Like many of the residents who have enjoyed a spin around the neighbouring park with their own CWA pilot, Mrs Jones says the experience brings back happy memories of cycling as a youngster.

For others it's a chance to ask questions about the mechanics of the bike, chat to dog-walkers out by the lake, wave back at children in the playground or simply laugh out loud while sounding the old-school horn.

Tim McGrath, CWA treasurer and a volunteer trishaw pilot, said passengers enjoyed being the centre of attention as the three-wheeled bike took them out into their local community.

"There's a phenomenon that happens; one we call the royal wave," Mr McGrath said. "It seems being out on the bike prompts an unconscious desire to wave at people."

"The little kids in the playground wave back as the seniors go past on the bike. It's wonderful to see such a nice interaction."

An international movement represented in 42 countries, CWA believes nothing beats seeing the smiles of elderly passengers coming back from their first ride with the wind in their hair, rosy cheeks and lots of stories.

"But it's not just about the bike ride," Mr McGrath said. "It's also about bringing people who are not normally visible, out into the community. It's one of the things that drives us as CWA

volunteers. Our passengers enjoy being out in the community, but also the community gets to see them.

"Because it's such a fun thing, people are seeing seniors in a positive context."

"There's always lots of smiles and waves. Very often we'll stop the bike because people want to chat to our passengers," Mr McGrath said.

Kim Jordan, lifestyle coordinator at Baptistcare Gracehaven, said the CWA rides were proving a popular addition to the weekly line-up of activities, with a growing list of trishaw fans among the residents.

"They love to get out on a bike – something they thought they would never do again – and they also get a change of environment," Mrs Jordan said.

"They're out enjoying the fresh air, following the cycle trails around the park. These are the little things that many of us take for granted, but that mean so much to our residents."

One of the residents has made a block booking for a 15-minute ride every week with his wife.

"He doesn't chat much, but his wife says that on the bike he doesn't stop talking," Mrs Jordan said.

Another resident is taking secateurs on her next ride because she wants to stop to pick a flower and another wants to bring her grandchildren with her on the trishaw.

Baptistcare Gracehaven staff are always available to help residents get on and off the bike, making sure the trishaw adventures can be enjoyed by as many Baptistcare Gracehaven residents as possible.

Volunteers wanted for end of life companion project

AN INITIATIVE to reduce the number of older people in residential aged care who die alone has been launched in Perth.

Amana Living has created the No One Dies Alone Companion (NODAC) project which will see the organisation recruit 12 volunteers for a pilot. The project will start at Lady McCusker Home in Duncraig where around 10 per cent of residents died alone or with little family support in the last six months.

The NODAC volunteers will be part of a team whose role will include being present with the resident at the end of their life, having conversations, holding their hand, reading aloud from favourite books, and providing a calming environment through music and lighting.

A vigil will start when the resident becomes terminal and each volunteer will take part in a four-hour vigil shift until the resident passes away.

The project is based on a similar approach used in hospitals and hospices. It is modelled on the suc-

cessful No One Dies Alone (NODA) program at the Assisi Hospice in Singapore, and draws on the experience of the hospice unit at Busselton Health Campus.

Stephanie Buckland, CEO of Amana Living, said: "We look after the physical, mental, emotional and spiritual wellbeing of our residents from the moment they join us to the time they leave. This involves providing critical support and comfort to them as they reach the end of their life."

"Sadly, some of our residents don't have relatives or friends who can spend time with them in their final days. They might be estranged from their family or have outlived them, or the family doesn't live nearby. The No One Dies Alone Companion volunteers will provide compassionate support and human connection to our residents in their last moments on Earth."

Recruitment for the NODAC volunteers has begun. Training will commence in February 2020 with volunteers starting in their role at the end of March / early

April 2020.

The project will identify residents at Lady McCusker Home who want to participate in the project through conversations with them about their end of life wishes. Ideally this will happen when residents first move into the care centre to allow time for the companions to form a relationship and bond with the residents.

Volunteers who sign-up to the NODAC project will be supported by a dedicated Amana Living NODAC coordinator, Volunteer Services coordinator, and the Chaplaincy Service team. Volunteers will also be part of the Employee Assistance Program,

which includes access to confidential counselling.

To find out more about the role or to register your interest, contact Ama-

na Living via volunteers@amanaliving.com.au or by calling the Volunteer Services coordinator on 9424 6335.

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Seniors Recreation Council Jottings



Another successful Have a Go Day at Burswood Park

HELD during Seniors Week in the beautiful grounds of Burswood Park Have a Go Day, a LiveLighter event, proved that Age Is No Barrier as thousands of people participated in the many activities on offer.

The Seniors Recreation Council of WA would like to acknowledge the Have a Go Day volunteer team who work tirelessly and pay tribute to both past and current volunteers.

We also would like to remember the late Quentin Smythe who was one of the foundation members of SRC and co-founder of Have a Go News and the late Leigh Davis who also was heavily involved in Have a Go Day.

The coordinating volunteer committee organise the layout, manage transport, shuttle busses and parking, coordinate different areas around the grounds, manage set up and pack down and so many other jobs it would be impossible to list.

Thanks to volunteers from Department of Local Government, Sport & Cultural Industries, Have a Go News, SRCWA branches and the general public.

We would also extend our gratitude and thanks to the hard-working team of trustees from Wooroloo Prison.

Burswood Park Board have hosted Have a Go Day for 27 years and the grounds staff do an amazing job.

Thanks to Crown Perth for their sponsorship including the major prize and for providing free parking in the high rise parking complex.

A big thanks to our media partners; our major media partner Have a Go News, Channel 7 Perth, Channel 7 Perth's Home in WA, 882 6PR News Radio and Curtin Radio.

Lotterywest once again supported SRC with a major grant for the event and thanks to the Government of Western Australia for their ongoing support and additional funding which enabled SRC to employ a part-time administration assistant.

I would also like to thank Dawn and Martin Yates for their amazing work.

There was a wide variety of information and display stalls including clubs and groups to join, displays of model boats, land yachts, MG cars, classic speedway vehicles, antique bikes, collectables and gemstones. Many of the sites provided people with a wealth of information and giveaways. Health checks were also available at different locations around the grounds.

Activities included; boomerang throwing, walking hockey and football, canoeing, walking, riding on a Trishaw, laser pistol shooting, pole walking, climbing wall, Petanque, disc golf, metal detecting, exercise to music, square dancing, ballroom dancing, Morris dancing, tap dancing, line dancing, Tai Chi, breathing exercises, cooking demonstrations, competitions and much more.

This year the entertainment stage was sponsored by Niche Living and was emceed by Jim Drysdale with performances from WA Bush Poets and Yarnspinners, Phil Wilson, Prime Movers, WA Police Pipe Band, Jim Sings Country, The Haze Band, Wayne Pride and Terry Bennetts.

Major prize draw winners:

1st Prize from Crown Perth - \$2,000 Crown Towers

Experience: Mr S. Esmond

2nd Prize from Have a Go News and Kings Tours and Travel - \$500 Visa Card: Darren Roberts

3rd Prize from Telstra Australia - iPad: Margot Helbie

4th Prize from Sizzler Australia - \$200 Gift Card: Jenny McCaughan.

Congratulations to the prize winners and thanks to the organisations who provided them.

Thank you to all our valued sponsors and supporters that provide the means with which to make Have a Go Day, a LiveLighter Event, a success Burswood Park Board, Lotterywest, Crown Perth, Have a Go News, Government of Western Australia, LiveLighter Healthway, Channel 7 Perth, Channel 7 Perth's Home in WA, 882AM 6PR, Niche Living, Studio TwentySix Photography, Telstra, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, The Hire Guys, Scarborough Toyota and Sizzler.

Diary note for Have a Go Day 2020

Have a Go Day a LiveLighter Event - Burswood Park Wednesday 11 November 2020. Registrations for exhibitors/site holders open April 2020.

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



SRC President, Hugh Rogers



Downsizing

ADVERTISING FEATURE



The enjoyment of creating the wow factor in homes big and small



Two of the rooms Zofia redesigned



by Zofia St James

I AM not sure whether

you agree, but this year has gone so quickly for me that it makes the arrival of Christmas feel somehow surreal. Looking back over the months, the good and at times not so good, it panned out to be a year of professional and especially personal growth.

For me, I see it as a stand-out year. I will always feel grateful to my

wonderful clients for letting me into your homes and sharing and trusting your vision with me and the friendships that have developed from the experience.

Plans to entertain during the festive season provide a real motivation to accomplish projects that we've been putting off all year. I love that hit of adrenaline, not to men-

tion the satisfaction that comes as a reward for getting stuff done. You can enjoy the results of the hard work you have done for the rest of summer.

This year, apart from a couple of major home makeovers, essentially the work I have accomplished is what I call tweaking. That is my favourite sort of work as it's simple, inexpensive and provides instant gratification. That's music to my ears.

I do enjoy going to a client's home and seeing it with fresh eyes, changing a few things around, utilising much of what they have already by using either a print, a rug, a mirror or a piece of furniture in a different spot. Then suddenly some magic happens.

Sometimes we add a few purchases that provide a more styled, finished and polished look

and voilà it's done.

I met Margo earlier this year and selected a piece of artwork and cushions for her living room area. While the apartment and existing furnishings were stylish, it really needed a super statement to give it the wow factor.

I selected what I felt was a really striking piece of artwork and the cushions and accessories took inspiration from that palette. We have just completed some further purchases and with my advice to change the placement of a few things her place is looking fabulous.

Oh Margo, you are a joy to work with, and it's been a joy to help you.

For another client my brief was to make the room appear more spacious and styled. I did this by placing the furniture a little differently, styling up some surfaces, doing some de-cluttering and changing

some artwork from one area to another, so that it was complimentary to the art and room.

I find clients have lots of great items which are just not utilised to their full potential.

Thank you Mary; I love the rug we chose. And Sonja, what a joy to help create a living room for you that's as pretty as a picture.

And for those of you who would love a helping hand there is still time to accomplish that for you and make Christmas Day in your home beautiful.

Home is your sacred space. It's a world where people should feel and know you better, as soon as they pass through the door. Take great pride and joy in sharing it with your friends and family and most especially for yourself.

Try this month to spoil yourself and create some

style and beauty by changing a few things. I think we all have something of a wish list, so work from that as a start.

Order is the best beginning and creates the canvas to start from. The next thing is to enjoy the process and then to share it with others.

Wishing you all a simply wonderful and magical Christmas and exciting year ahead.

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 zofiastjames@hotmail.com

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To understand this concept visit www.perthpropertyoptions.com and read the information.

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Refer to advertisement on this page.

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ADVERTISING FEATURE



Sanctuary Mount Pleasant named Perth's best-selling apartment project



A TOTAL of 14 sales were recorded in the September quarter of 2019 with an average sale price of \$864,286 – placing Sanctuary as Perth's best-selling apartment project with the highest number of sales during the quarter.

The eight-storey residential development is already 40 per cent sold following its launch in September and has proven to be popular among local owner-occupiers and downsizers alike, with the majority of Sanctuary purchasers being 50 years and over.

On offer are one, two, three and four bedroom apartments that are nearly one and

half times larger than typical apartments on the market.

Developed by DevelopWise, Sanctuary is an exclusive collection of 47 luxuriously appointed house-sized residences to be built by Mercedes Construction, part of the Zorzi Group, one of Perth's most respected and prestigious luxury home builders since 1956.

Shortly after the developer announced a stamp duty free offer for Sanctuary, \$3 million worth of apartments were snapped up by local buyers in just one week.

"Sanctuary is one of the very few eligible

projects and certainly one of the most premium to capitalise on this free stamp duty incentive," says Developwise managing director John Woon.

Sanctuary Mount Pleasant is scheduled to start construction in the first half of 2020 for an estimated completion date of late 2021. One-bed apartments start from \$450K, two-bed from \$725K, three-bed from \$995K and four-bed from \$1.5M.

For more information, please visit www.SanctuaryMountPleasant.com.au or contact John Woon john@developwise.com.au or 0421 595 481.

Homes with special offers...



SIENA Living has two homes available from \$119,900 each. There has never been a better time to look at the retirement village lifestyle.

"Combine these prices with the lowest weekly fees and no exit fees, while living in a near new

home means life cannot get much better," said village manager Kellie Briggs. "Residents enjoy an active social life, either in our clubhouse, or being as close as we are to the many amenities Mandurah has to offer, which means there

is always something to do," she said

The homes for sale have two bedrooms, a large, spacious bathroom, two outdoor living areas and have been architect designed for ageing in place, a feature rarely seen in villages. Reverse cycle air-conditioning and high energy ratings mean low heating and cooling bills, and a bigger than average auto-open garage gives plenty of room to move around.

To view these homes contact Kellie on 0424 284 889.



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"The camaraderie, the great people and the security enabled us to open-up our social network."

WALLY



GREAT HOME and GARDENING



Hydrangea heaven brings Christmas cheer to the garden this festive season



by Colin Barlow

CHRISTMAS is just around the corner and it just wouldn't be the same without the iconic hydrangea displayed throughout all the shops, garden centres and nurseries. Their large brightly coloured flowers adorning lush green leaves can quite easily become an impulse buy.

Hydrangeas have a delicate old-fashioned charm and grace that makes them ideal for both formal and cottage style planting, mixed borders with roses and

other perennials or under planted with spring and summer flowering bulbs. They also make perfect potted plants for some seasonal colour on the patio or inside the home for a short period of time.

There are around 100 species within the Hydrangea genus, comprising both deciduous and evergreen, shrubs, climbers and even some small trees. There are some newer compact varieties growing from around 45 cm up to the evergreen climber Hydrangea serratifolia from Chile that reaches around 10 me-

tres tall. Most varieties tend to grow between one and two metres tall.

The Latin name hydrangea comes from the Greek hydor meaning water and angos meaning jar, as the fruit is shaped like a cup. Hydrangeas are native to the temperate areas of Eastern Asia including Korea, China and Japan as well as North and South America.

Most species have large oval leaves with serrated margins, which may take on rich yellow, bronze or red tones before falling in Autumn. They are found naturally growing in full sun to partially shaded areas. In warmer temperate areas like Australia they prefer partially shaded to full shaded areas with morning sun only, such as on the southern side of the house or underneath

deciduous trees, otherwise the large leaves and flowers will tend to scorch.

The flowers comprise two different types: The fertile flowers which are small and insignificant apart from their colour and the sterile flowers or ray florets, with three to five showy coloured petals usually 2-3cm across. In most species of hydrangeas, the flowerhead is a panicle of flat fertile flowers surrounded by a few sterile flowers or ray florets similar to those in the 'lacecap' types of hydrangea.

The 'mop-top', 'mop headed', 'hortensia' (H. macrophylla cultivars only) have domed flowerheads composed of mainly or entirely sterile ray florets. H. paniculata, H. serratifolia and H. quercifolia have conical shaped flowerheads

composed of entirely fertile flowers or either sterile flowers, with some a mixture of the two different types.

Pink or Blue Flowers?

Most hydrangeas flower in late spring and early summer in Australia, usually in shades of white, blue, pink, purple and red. The flower colour of most hydrangeas will change according to the pH (acidity or alkalinity) of the soil or growing medium. A pH of 7.0 is neutral, below 7 is classed as acidic and above 7 is alkaline.

Hydrangeas grown in a pH of between 6.0 and 7.0 and above will turn varying shades of pale mauve or purple, pink and red. Most will go darker towards the pinks and reds as the pH increases above 7.0 towards 8.0. The addition of garden lime (calcium

carbonate) or a 'pink-ing liquid' applied to the soil in spring will turn the flowers pink.

For deep blue hydrangea flowers, the soil needs to be quite acid with a soil pH between 4.5 and 5.5. Alternatively, apply a blueing tonic containing aluminium sulphate to turn your pink flowers blue. It should be applied monthly after winter pruning between August and November, remembering to always follow the directions on the pack.

I always recommend using a pH testing kit, so that you can test your soil and potting mix prior to applying any additive and also periodically to see how it has changed. The white varieties of hydrangea tend not change colour or be affected by the pH of the soil or potting mix.

Taking care of Hydrangeas

Hydrangeas require a free draining but moist water retentive soil, with plenty of added organic matter. Work Bentonite clay in prior to planting to get the best results.

Plants can be potted up in spring or after flowering. A pot with a diameter of around 45-60cm works best. Always use a premium potting mix with added coir and water holding crystals such as Osmocote Professional Premium Plus Potting Mix for Hydrangeas. Keep them well watered daily during the summer months. You can place a saucer underneath potted plants to act as a water reservoir, this also helps to increase the humidity around them, reducing water loss. You may also apply an anti-transpirant to the leaves like Yates Droughtshield in warmer areas.

Feed hydrangeas in early spring with a controlled release fertiliser such as Osmocote or Powerfeed with Troforte and then liquid feed in October and November with a liquid fertiliser high in potassium.

The flowers on hydrangeas can be removed after flowering or left until the main annual pruning in late winter around August. Remove any dead, diseased or weak growth to the lowest bud. All other current seasons growth should be cut back to two or three plump buds above the ground to ensure large flowers.

For a larger shrub with more but smaller flowers remove around half to two thirds of the stems in late winter. Many new compact hydrangea cultivars require less pruning and are naturally more compact. Climbing hydrangeas require minimal pruning and are commonly grown in cooler temperate areas.

Hydrangeas can be propagated quite easily from softwood cuttings in spring and early summer or hardwood cuttings during winter.

My favourite hydrangeas include the Tea Time range (various colours), Endless Summer range (various colours), 'Soeur Therese' (white mop-top), and the delicate 'lacecap' types.

I wish you all a safe and Merry Christmas and a Happy New Year!

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WELL known brand Kings Park Fashions has been operational for more than 15 years.

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They have sensational summer choices of brightly coloured tops, 3/4 pants, shirts, dresses and many more styles that will be so pleasing to you.

With so many ladies wanting something nice to wear for Christmas, this is your one stop location where you will find so many choices.

A Seniors Card discount is available on all full priced stock.

Sizes stocked are from 8 to 24.

Stores hours are 9.30am to 4.30pm (Monday to Friday) and from 9am to 1pm on a Saturday.

Owner Karen Wardrop and her staff wish *Have a Go News* readers a Merry Christmas and Happy New Year.

See store locations and new season items on page 13.



SCHOOL HOLIDAY FUN!

Ice skating – a great school holiday activity for those on child-minding duties



COCKBURN Ice Arena is the perfect family destination to keep out of the sun and have

some fun – visitors might even see some snow falling from above.

The arena runs more than 20 ice skating sessions each week during the school holidays, and regular demonstrations.

These help out those that are new to the ice with basics, like how to stop, how to fall down and get back up safely, and even how to skate backwards. Arena staff are available to help out on the ice on weekends and school holidays.

Kangaroo and seal skating aids are available to hire for the

little ones during the day sessions. These are designed for children to sit on while being pushed from behind.

Ice Bykes is another new activity. It consists of a three wheeled trike with ice skating blades for the back two wheels. These are generally run in 25 minute sessions before skating sessions start.

Non-skating parents or family can watch the action with a hot drink from the spacious Frostbite Café, which has full length windows overlooking the ice rink, and plenty of seating. The

café is also a great spot for a coffee break for people walking, cycling or exercising around Bibra Lake.

Cockburn Ice Arena offers an ice skating program called Learn to Skate which runs for 10 weeks over four terms each year. Students receive a membership card, which gives them unlimited free entry to all general sessions for the term in addition to the weekly lesson.

To check Cockburn Ice Arena's session times, visit cockburnicearena.com.au or give them a call on 9411 0300.



WOULD you like your beloved pet immortalised in stunning full colour imagery? We have teamed up with animal photographer extraordinaire Alex Cearns to giveaway a photo session for one

lucky reader and their pet.

Alex is the Creative Director of Houndstooth Studio and specialises in capturing portraits that convey the intrinsic character of her animal subjects.

Win a stunning pet photography package

The prize includes a pet photo session in Alex's Perth based studio, and a 5 x 7 inch print of your choice, valued at \$155. The total prize RRP is \$350.

Alex photographs more than 1000 Perth dogs each year and *Dogs Today* magazine in the United Kingdom calls her one of our greatest dog photographers in the world.

She is the recipient of more than 250 awards for photography, business and philanthropy. Alex was awarded the Medal of the Order of Australia

(OAM) in the Australia Day Honours List 2019 for her service to the community through charitable organisations.

Inspiring others with her joy of working with animals, Alex's philanthropy and passionate advocacy for animal rescue has earned her high regard among Australia's animal lovers and a strong following on social media.

She is an ambassador for Profoto, BenQ, Tamron USA and Australia, and Spider Holster. Her passions are showing people

how beautiful animals are through images, and supporting, promoting and endorsing animal rescue. You can see her work online at www.houndstoothstudio.com.au

WIN WIN WIN

To be in the draw to win this fabulous Pet Photography package valued at \$350 simply email win@haveagone.ws.com.au with Pet in the subject line or write to Pet Photography Competition c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/12/19.

COMMUNITY NOTEBOOK

CAROLS AT THE OVAL

Sunday 15 December, 7pm
Steel Blue Oval Bassendean
Free event. Organised by the Bassendean Church of Christ.

FREMANTLE CAROLS BY CANDLELIGHT

15 December, 5-8pm. Fremantle Oval
Festive singalong / free children's activities
Pack a picnic or purchase. Free entry.

LIONS BIG BAND COMMUNITY CAROLS

Sunday 15 December from 6.30pm
Entry gold coin donation supports the charitable services of the South Perth Lions Club.
Fantastic family fun event.
McDougall Park Como

HIGH WYCOMBE CHRISTMAS CONCERT

21 December, 5.30pm-8pm Free event
Santa, free craft activities, face painting, entertainment and much more.
Bring a picnic or purchase food.
200 Newburn Rd. High Wycombe.

FORRESTFIELD CAROLS AND CHRISTMAS MOVIE NIGHT

15 December, 4 - 9.30pm. Free event.
Movie is *Home Alone* and Christmas carolling with A Kappella Munda.
Kids activities and roving performers.
Food and drinks for purchase
Hatfield Park, 199 Hale Rd.

MIDLAND COMMUNITY CAROLS

Sunday 22 December, 6-8pm
Carols by torchlight, BYO picnic
Midland Oval.

CAROLS BY CANDLELIGHT

City of Bayswater 14 December, 5-9pm
Festive fun under the stars. Free entertainment
Family friendly event at Halliday Park
Coode Street Bayswater

COMMUNITY CAROLS

Charles Riley Oval. North Beach
Sunday 22 December, 4.30pm fun fair. 7pm Carols.
94487018

PERTH HILLS ARTISAN CHRISTMAS MARKET

Sunday 15 December, 10am-4pm
Local, arts, crafts, produce, musicians and buskers.
Indulge in delicious food and have a fabulous day amongst the Perth hills.
Mundaring Christian College
125 McDowell Loop, Parkerville

ST HILDA'S CHURCH

Nativity play and sausage sizzle.
Saturday 21 December, 5.30pm.
View St. North Perth
Debora 0413 233 680

CAROLS IN THE PARK

Sunday 15 December, 7.30-9pm
Sausage sizzle, face painting and live music.
Free. Duidgee Park. Toodyay

CHRISTMAS ARTISAN MARKET

15 December 9am- 2pm
Free outdoor market offering a mix of quality art and craft, produce and provisions
Situated in the gardens of Botanicalia cafe and gallery
152 Avon Tce. York.

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

Great fun for the whole family this Christmas with *Shaun the Sheep*



STRANGE lights over the quiet town of Mossingham herald the arrival of

a mystery visitor from far across the galaxy.

When the intergalac-

tic visitor, an impish and adorable alien called Lu-La, crash-lands near Mossy Bottom Farm, Shaun soon sees an opportunity for alien-powered fun and adventure and sets off on a mission to shepherd Lu-La home.

Lu-La's magical alien powers, irrepressible mischief and galactic sized burps soon have the flock enchanted. Shaun takes his new extra-terrestrial friend on the road to Mossingham Forest to find her lost spaceship, unaware that a sinister alien-hunting agency is on their trail.

Can Shaun and the flock avert Farmageddon

on Mossy Bottom Farm before it's too late? Join Shaun and Lu-La on their incredible adventure in *A Shaun the Sheep Movie: Farmageddon*, landing in cinemas 9 January.

WIN WIN WIN

We have five family passes (four tickets) for some lucky readers to

win to see *Shaun the Sheep Farmageddon*. To be in the draw simply email win@haveagone.ws.com.au with *Shaun the Sheep* in the subject line or write to *Shaun the Sheep* C/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/12/19.

A new thriller animation set to delight



SUPER spy Lance Sterling (Will Smith) and

scientist Walter Beckett (Tom Holland) are almost exact opposites. Lance is smooth, suave and debonair. Walter is not.

When events take an unexpected turn, this unlikely duo are forced to team up for the ultimate mission that will require an almost impossible disguise – transforming Lance into a brave, fierce, majestic... pigeon. Walter and Lance suddenly have

to work as team or the whole world is in peril. *Spies in Disguise* flies into cinemas this New Year's Day.

WIN WIN WIN

To be in the draw to win a family pass to *Spies in Disguise* simply email win@haveagone.ws.com.au with *Spies in Disguise* in the subject line or write to *Spies in Disguise* c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/12/19.

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Register today nyc.org.au/tackers/

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Tackers 1 & 2 Sailing Courses
8.30am-12.30pm Daily
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13th - 17th Jan '20
20th - 24th Jan '20

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cockburnicearena.com.au

Christmas Church Services Guide

Australian churches unite to help millions fleeing conflict with Christmas Bowl appeal



THIRTEEN hundred churches spanning 15 denominations across Australia have come together to stand-up to injustice and respond to the urgent needs of

men, women and children who are fleeing conflict and disaster worldwide in an initiative that runs from until 28 December 2019.

"It is heart-warming

to see that in an age of increasing division, churches in Australia from a wide range of faiths and traditions have pledged to take action together in order to

provide life-giving support to people in urgent need around the world," said Hannah Montgomery, Act for Peace, the International aid agency of the National Council of Churches in Australia.

The pledge has been made to support the 70th anniversary of the annual Christmas Bowl appeal – a pioneering fundraiser launched in Australia in 1949 to help the millions of refugees suffering after WWII.

The Christmas Bowl appeal was founded by the Rev Frank Byatt, who, as he surveyed the abundance of his Christmas dinner, felt the strong contrast between our abundance in Australia and the needs of others around the world.

He felt that he had to do something, so he

came up with a simple idea – to place a bowl on the Christmas dinner table to: see if you can get everybody round the table to make a generous gift so that you can share your good dinner with hungry children in other lands.

"This simple act resonated with so many, as it still does today. Sharing a meal with family and friends at Christmas time and taking a moment to reflect on how we can share what we have with those less fortunate than ourselves is a tradition that everyone can relate to," said Hannah.

The very first Christmas Bowl raised £1,808 – no small sum for a congregation at that time. Up to today, churches have raised more than \$100 million through the

Christmas Bowl. This illustrates the incredible impact that Australian churches can have when they work together.

"Today, 70 years since the first Christmas Bowl appeal, we are facing the biggest refugee crisis since WWII with more than 70 million people uprooted from their homes because of conflict and disaster. The call to love thy neighbour has never been more poignant," said Hannah.

"Most of us take it for granted that Christmas will bring good food, good friends, family and festivities. Our shopping centres are festooned with Christmas decorations, Christmas music plays and the shops are piled high with presents ready to be bought," said Dr Joe Goodall,

moderator of the Congregational Federation of Australia and New Zealand.

"Yet overseas over 65 million people are forced to flee their homes to escape conflict and disaster: more than any time since World War II. Families have lost everything. They struggle to feed their children, watch them die for want of medical care and as for a future – rebuilding their lives, education – it is too distant to even contemplate.

"These are the people aided by Act for Peace and the Christmas Bowl Appeal," he said.

To register for the Christmas Bowl and receive a resource kit visit: www.actforpeace.org.au/Christmas-Bowl/About/get-involved



CELEBRATE THE JOY OF CHRISTMAS

SATURDAY 21 DECEMBER
2pm Children's Christmas Service

SUNDAY 22 DECEMBER
7.30pm Festival of Lessons and Carols

MONDAY 23 DECEMBER
7.30pm Festival of Lessons and Carols

TUESDAY 24 DECEMBER
7.30pm Festival of Lessons and Carols
11.30pm First Eucharist of Christmas

WEDNESDAY 25 DECEMBER
8am Holy Eucharist with Carols
10am Choral Eucharist with Carols
Music: *Little Organ Mass (Haydn)*,
Tomorrow Shall Be My Dancing Day (Gardner)

ST GEORGE'S CATHEDRAL PERTH

38 St Georges Terrace, Perth ~ 9325 5766
www.perthcathedral.org ~ www.facebook.com/StGeorgesCathedral

Volunteer at Christmas or just enjoy the season's attractions



Christmas lights

by Josephine Allison

VOLUNTEER, create a decoration, attend a concert, socialise or travel. There are so many events and things older couples and singles can do around Perth and country areas at Christmas.

Volunteering to help serve dinner to the less fortunate is a sure way to lift the spirits and achieve something worthwhile. The Joondalup Christmas lunch provides fellowship and a festive occasion for local residents who may be experiencing hardship or are isolated from

family and friends on Christmas Day.

The event, to be held at Grace Anglican Church, Grand Boulevard, Joondalup, has already attracted a big number of volunteers, but table hosts are still needed.

This year's Wanneroo Christmas lunch is a free event for local residents at the Paul Rafter Centre, Irene McCormack Catholic College in Butler. Started five years ago, the event is aimed at people suffering hardship, experiencing loneliness or those who like to socialise. Volunteers are always

needed for various roles now and from 18 – 25 December.

At a loose end? Head for Yanchep Christmas market at Yanchep Central shopping centre from 19 – 22 December which has a big array of suitable Christmas gifts. Manning Library has a free Festive Family Crafts session 1 to 3pm, 14 December at its function room where people can create their own Christmas angel, tree decorations and gift wrap. Bookings through the library are essential.

Feel like some entertainment? Why not attend Darren Hanlon's Christmas show inner courtyard, Fremantle Arts Centre, 6pm Wednesday 11 December.

For the past 14 years, Hanlon has been performing his beloved Christmas shows across the country. Just him, his guitar and a lot of lyrical songs and stories drawn from his adventures around the globe. Visit the Fremantle Arts Centre website to reserve tickets.

If your urge is to get away from the Christ-

mas mayhem, Villa Carlotta Travel has a six-day Christmas tour to Esperance from 22 – 27 December. The trip travels from Perth to Hyden, Esperance, Cape Le Grand, with Christmas at Esperance, then on to Hopetoun and Hyden. FreeCall 1800 066 272 for details. Cost: \$2145 per person twin share.

Casey Australia Tours has a Christmas Mystery Day Tour from Perth on 15 December which includes a visit from Father Christmas, morning tea and a hotel lunch. Cost: \$105 seniors, \$109 adults. It's an ideal chance to catch up with friends and relax. Call 1800 999 677.

The Christmas Light Trail this year will see Perth shine brighter with 27 Christmas light installations and Christmas decorations lighting up the evenings.

Select from three mapped-out journeys through the Perth CBD, Northbridge and East Perth or find your own way and enjoy animated lights, festive street decorations, projections and festivities that brighten malls, streets and parks across the city.

There will be roving entertainment on each Friday and Saturday nights (6pm to 9pm) at Forrest Chase, Raine Square and Perth Cultural Centre with entertainment throughout the malls during the day each Saturday and Sunday.

Supreme Court Gardens will stage Christmas carnivals in the weekends leading up to Christmas. Stop there before doing Christmas shopping and afterwards take advantage of free gift wrapping in Forrest Place.

There's lots to see and do around Perth at Christmas. Extending the hand of friendship to help those less fortunate is the best gift of all.

Christmas Mass and musical highlights St. Mary's Cathedral, Victoria Square, Perth



Christmas Eve Tue 24 December
6pm, Children's Mass

10.30pm, Lessons and Carols
Sung by Cathedral Choir with congregational carols, excerpts from Britten's *A Ceremony of Carols* and Messiaen's awesome organ masterpiece *Dieu parmi nous*

12 midnight, Midnight Mass
The Cathedral Choir sings Mozart's *Sparrow Mass* accompanied by chamber orchestra and organ, congregational carols. Widor's celebrated *Toccata* caps off this night of joyous celebration.

Christmas Day Wed 25 December
11am, Mass

The Cathedral Choir leads the singing at this Mass with pipe organ. Repertoire includes congregational carols and the Hallelujah Chorus.



St Patrick's Mt Lawley

Advent & Christmas Banquet
Sunday 22 December at 10.45am
An advent service of holy communion followed by a full Christmas banquet

9 Lessons and Carols
Monday 23 December at 7.30pm
The traditional festival of Nine Lesson and carols, sung with the Georgian Singers.
This service is followed by champagne reception and mince pies.

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

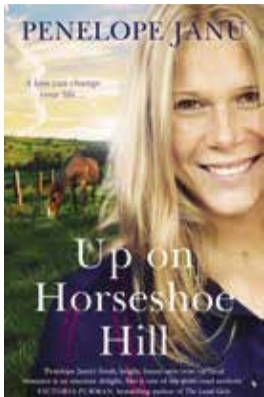
Carols & Midnight Mass
Christmas Eve with carols at 10pm
Midnight Mass to follow at 11pm

Christmas Day
Traditional holy communion at 10.15am

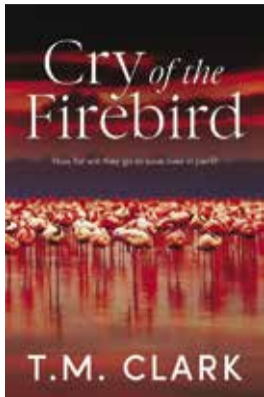
www.stpatricksmtlawley.com
Father Stephen Conway 0478 514 516

Christmas Gift Guide

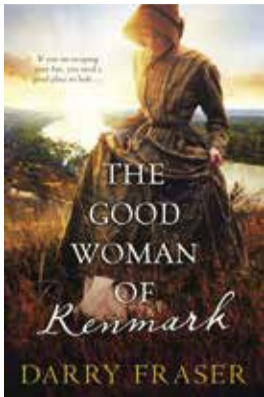
New range of books from Australian authors make the perfect gift for Christmas



Up on Horseshoe Hill by Penelope Janu RRP \$29.99
PENELOPE Janu writes romances about clever



and adventurous women who don't mean to fall in love but do. In *Up on Horseshoe Hill* farrier Jemima Kincaid



is fiercely independent and does not want to fall in love. An infuriating attractive geneticist and wild animal vet

Finn comes to town and threatens Jemima's serenity. Will a kiss change their lives forever and bring them together or tear them apart?
Cry of the Firebird by TM Clark RRP \$29.99
TM Clark is a Zimbabwe-born Australian with a passion for writing stories about her love for Africa. Her new book *Cry of the Firebird* is set in the badlands of Africa where a resourceful doctor fights to save her patients' lives. An action packed novel in the tradition of Wilbur Smith will enthrall readers with its descriptive manner and twists and turns.
The Good Woman of Renmark by Darry Fraser RRP \$29.99
Darry Fraser has a passion for writing about the Australian landscape and the powerful connections between humans. Her new historical romance combines a thrilling journey through South Australia in the 19th century and along the mighty Murray River in the company of a determined heroine.
All titles are out now and available at good book stores.

WIN WIN WIN
Thanks to Harper Collins we have a pack of three books for a lucky reader to win. To be in the draw simply email win@haveagoneews.com.au with Books in the subject line or write to Christmas Books c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/12/19.

Morish Nuts make a delicious festive treat



MORISH Nuts range of handcrafted confectionery have been made for more than 20 years using a traditional family recipe, which was first developed by the Moors in the Byzantine era. They are local and delicious... prepared in their

Swan Valley kitchen by artisans and made from the finest nuts sourced mainly from Australian producers. Visitors to the Swan Valley kitchen can witness the art of confectionery-making through the viewing window at the modern production facility and retail outlet before enjoying a free tasting of the products.
People can also find Morish at other outlets including Watertown in West Perth and the Fremantle Markets or buy online at www.morish.com.au.
With something truly on offer for every taste, the nuts come in a range of savoury and sweet combinations including a gluten free range.
For those who like it hot, try some of their wasabi macadamias or hot and spicy cashews. There is a range of coffee-glazed macadamias and large selections of nuts covered in everyone's favourite caramel coating.
There is a huge range of hampers and gift packs on offer, perfect for corporate gifting, to treat a loved one, or even to keep just for yourself.
Naturally free from lactose, colourants, preservatives and other additives, they're the perfect indulgence. Try one and they guarantee it'll leave you asking for just one more...!
WIN WIN WIN
To be in the draw to win a Morish M&M Nuts & Nougat Cooler Hamper which includes a bottle of Mandoon Vintage Sparkling wine and a selection of nuts and nougat all in a handy cooler bag, email win@haveagoneews.com.au with Morish in the subject line or write to Morish Nuts c/- Have a Go News PO Box 1042 West Leederville 6901. Competition closes 31/12/19.

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Christmas Gift Guide

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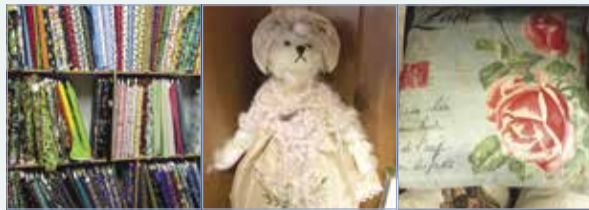
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Christmas Gift Guide

ADVERTISING FEATURE

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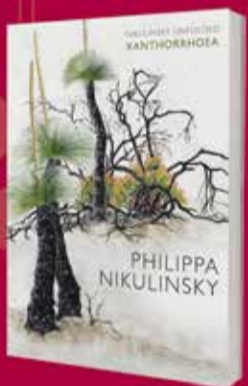
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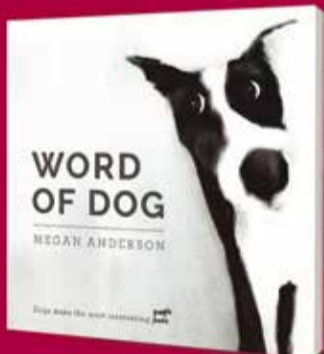
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Tuesday 31st December 2019

2:00pm Matinée Family Concert
9:30pm Champagne Gala Concert

Perth Concert Hall

Tickets

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Call on 9231 9999 or book in person at Perth Concert Hall Box Office

Matinée Family Concert

Champagne Gala Concert



International Soprano
Amy Manford



Concertmaster
Paul Wright



Musical Director
Mark Coughlan

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Cirque du Soleil brings *Kurios* to Perth



CIRQUE du Soleil will return to Perth next year with its most acclaimed touring show, *Kurios – Cabinet of Curiosities* opening 15 July 2020 under their signa-

ture big top at the Claremont Showground.

Written and directed by Michel Laprise, *Kurios – Cabinet of Curiosities* is a tale in which time comes to a complete stop, transporting the audience inside a fantasy world where everything is possible. In this realm, set in the latter half of the nineteenth century, reality is quite relative indeed – as our perception of it is utterly transformed.

In an alternate yet familiar past, in a place where wonders abound for those who trust their imagination, a scientist (The Seeker) is convinced that there exists a hidden world – a place where the craziest ideas and the grandest dreams await.

Out of his curio cabinet steps a collection of otherworldly

characters made up of world-class gymnasts, acrobats, contortionists, hand-puppeteers, yo-yo wizards, clowns, actors and musicians. Together they turn the Seeker's steampunk world upside-down as they are guided by an energetic gypsy jazz, electro swing soundtrack.

Yannick Spierkel, company manager of Kurios said: "This is my third time in Australia with Cirque du Soleil and the people of Perth have always given us a warm welcome to their beautiful city. I am excited to introduce Kurios to Perth and bring the big top to our new home at Claremont Showground."

Tickets are available for purchase by visiting www.cirqueusoleil.com/kurios or calling 1800 036 685.

Little Women - new take on an old classic



WRITER-DIRECTOR Greta Gerwig (*Lady Bird*) has crafted a *Little Women* that draws on both the classic novel and the writings of Louisa May Alcott, and unfolds as the author's alter ego, Jo March,

reflects back and forth on her fictional life.

In Gerwig's take, the beloved story of the March sisters – four young women each determined to live life on her own terms – is both time-

less and timely.

Portraying Jo, Meg, Amy, and Beth March, the film stars Saoirse Ronan, Emma Watson, Florence Pugh, Eliza Scanlen, with Timothee Chalamet as their neighbour Laurie, Laura Dern as Marmee, and Meryl Streep as Aunt March.

In cinemas 1 January 2020.

WIN WIN WIN
Thanks to Sony Pictures we have 10 double passes to giveaway to *Little Women*. To be in the draw simply email win@haveagonews.com.au with *Women in the subject line* or call the office on 92278283 during office hours. Closes 17/12/19.

New French film

WARMLY compared to Olivier Assayas' exquisite *Summer Hours* by multiple critics at its Venice premiere, *The Truth* is a very special cinema experience: a gentle and moving exploration of reality and fiction, family, performance, and the great spectacle of life. It's a love letter to mothers and daughters everywhere. Don't miss it.



Fabienne (Deneuve) is a star; a much loved, larger-than-life icon of French cinema. When she publishes her memoirs, her screenwriter daughter Lumir (Binoche) returns to Paris from New York for the occasion, with her struggling actor husband Hank (Ethan Hawke) and their inquisitive young daughter Charlotte (Clémentine Grenier) in tow.

It comes as no surprise to Lumir that everything in her grand childhood home still revolves around her mother, and as she begins to read Fabienne's book it becomes clear it's riddled with omissions and embellishments.

When Fabienne's long-suffering assistant unexpectedly quits, she and Lumir are reluctantly forced into an awkward working relationship, with Lumir revisiting the same film studios where she spent countless hours as a child.

As the on and off-set worlds begin to amusingly – and movingly – intertwine, suppressed emotions can no longer be kept in check.

The Truth opens on 26 December at Luna Leederville, Luna on SX and the Windsor Cinema.

WIN WIN WIN

We have five double passes to giveaway to *The Truth*, to be in the draw simply email win@haveagonews.com.au with *Truth* in the subject line or call the office on 9227 8283 during business hours. Closes 16/12/19.

GET READY FOR A GIGGLE Perth's comedy lounge WELCOMES *Have a Go News* readers

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Are you ready for a giggle... celebrate Fringe World at Perth's comedy lounge



COMEDY Lounge, located along Murray Street in the Perth CBD, is one of the only purpose built comedy venues in Australia.

It is a family run affair and showcases the growing strength of the talent pool from WA and abroad.

To celebrate Fringe World in Perth, Comedy Lounge presents *An Englishman, An Irishman and a Scotsman* which features the very best hand picked funny folk from the rain lashed North Sea islands. By some quirk of nature, the region never fails to produce some of the world's most hilarious comedians.

Best of Fest features some of the favourites from the Fringe World season in a single show.

The Phatcave will bring more stand-up, more laughter and a guaranteed bang for your buck.

The Gong Show rolls with the punchlines with cutting-edge new comedy or the gong gets them. The show includes a professional MC and headliner.

During school holidays they will present *Clean Comedy* which is suitable for children aged 10 and over accompanied with a parent or grandparent. It's great comedy

minus foul language and any really naughty bits.

Leading ladies of live stand-up comedy from across Australia, plus the hottest male acts grace the stage for a *Girlz Night Out* – it's a grand night of comic relief.

And to celebrate all things Fringe, don't miss the free night of *Late Night Karaoke* and enjoy the chance to have a go at singing. You might just see some of your favourite comics jump up and bang out a number too.

It's the perfect place to eat, drink and laugh.

Find out more or book at www.comedy-lounge.com.au or call 1300 548 326 6339.

Moscow Ballet La Classique returns to enchant



Sleeping Beauty © Nadya Pyastolova

MOSCOW Ballet La Classique return to Perth to present one of the most loved fairy tales, the classical ballet *Sleeping Beauty*.

Founded in 1990 by its current director Elik Melikov, Moscow Ballet La Classique proudly presents artistic ballet mastery, lavish costumes and magnificent stage sets, taking the audience on a mystical journey to the fairy tale world of Princess Aurora, the sleeping beauty.

Once upon a time a distant kingdom celebrated the birth of a beautiful princess who they

named Aurora.

The evil fairy Carabosse casts a spell on the princess meaning she will die from a needle prick. The king banishes all knitting needles from the kingdom.

Princess Aurora is dancing with four princes on her 16th birthday. She pricks her finger on a needle hidden in a bouquet of flowers presented to her by the disguised Carabosse. She falls into a deep sleep. The whole kingdom is very sad.

Prince Deserea encounters the

lilac fairy where he finds the princess of his dream, Princess Aurora the sleeping beauty... he kisses her gently back to life.

A fairy tale party takes place and the whole kingdom joins in the celebration of Princess Aurora's wedding to Prince Deserea.

Moscow Ballet La Classique invites the whole family to an evening of spectacular ballet bringing to life Tchaikovsky's fantastically popular score.

In this two-act fairy tale performance the company will capture the imagination, the passion and the magic which is *Sleeping Beauty*.

A hugely enjoyable dance spectacular for ballet lovers of all ages.

The Perth season begins on Friday 6 and Saturday 7 March at Regal Theatre, bookings: ticketek 132 849 or 1300 795 012.

On Sunday 8 March they play at the Bunbury Entertainment Centre, bookings: 1300 661 272.

Tuesday 10 March sees them visit Queens Park Theatre in Geraldton, bookings: 9956 6662.

Friday 13 March at the Albany Entertainment Centre, bookings: 9844 5005 or 1300 795 012.

The season finishes in Mandurah on Saturday 14 March at the Mandurah Performing Arts Centre, bookings: 9550 3900.

The unforgettable and moving - War Horse



War Horse New London Theatre
© Brinkhoff Mögenburg

EXPERIENCE an unforgettable theatrical journey when the National The-

atre of Great Britain's internationally acclaimed production of *War Horse* comes to Perth's Crown Theatre, direct from a sell-out season in London.

Based on the beloved novel by Michael Morpurgo, *War Horse* features a 34 strong cast and more than 20 puppets. It is the most successful play in the National Theatre's history, has won more than 25 international awards and has now been seen by more than eight million people worldwide, in 98 cities across 12 countries. It even has Her Majesty the Queen's seal of approval.

A remarkable story of courage, loyalty and friendship, it tells the story of a young boy called Albert and his horse Joey, set against the backdrop of the First World War. This powerfully moving and imaginative drama is a show of phenomenal inventiveness, filled with stirring music and songs. It features ground-breaking puppetry work by South Africa's Handspring Puppet Company, which brings breathing, galloping horses to life on stage.

War Horse is presented in Australia by the National Theatre of Great Britain and Trafalgar Entertainment. The Perth season commences from 24 March at Crown Theatre Perth. Tickets from www.warhorseonstage.com.au or www.ticketmaster.com.au

New period drama - Portrait of a Lady on Fire



ONE of the best reviewed films of the year and winner of the coveted Best Screenplay and Queer Palm awards at the Cannes Film Festival, *Portrait of a Lady on Fire* is an intimate and deeply affecting period drama about freedom, love and desire.

In cinemas 26 December.

WIN WIN WIN

Thanks to Madman Entertainment we are giving away five in-season double passes to *Portrait of a Lady on Fire*. To be in the draw simply email win@haveagoneews.com.au with *Portrait* in the subject line or call the office during business hours on 9227 8283. Closes 16/12/19.

Christmas ballet comes to Crown



CHARLESWORTH Ballet Institute (CBI), presents the delightful Christmas ballet, *The Nutcracker*. This traditional Christmas ballet will feature special guest artists Vince Topolánszky courtesy of Hungarian Dance Academy, as the Prince and Christian Luck of the West Australian Ballet as the mysterious Drosselmeyer.

Prepare to be enthralled by the genius of Tchaikovsky's composition, combined with a flawless performance by Perth's most gifted young dancers in this superb production, which has captured all generations for over a century.

This much-loved ballet, performed throughout the world, tells the tale of Clara and her beloved Nutcracker Doll which she receives from the mysterious Drosselmeyer on Christmas Eve.

The Nutcracker Doll magically comes to life and takes Clara on an incredible adventure to the Land of Sweets.

Along their journey they encounter the evil Mouse King and his army, are swept through a sparkling snowstorm to meet the enchanting Snow Queen and are finally welcomed into the Land of Sweets by the beautiful Sugar Plum Fairy and her handsome Prince.

A Christmas treat for the whole family this holiday season, be mesmerised by this enchanting production and create some magical traditions.

Performances at Crown Theatre will be on Friday 20 December 6.30pm, Saturday 21 December 11.30am and 3.30pm.

Tickets can be purchased through Ticketmaster website: www.ticketmaster.com.au/charlesworth-ballet-institute-tickets/art-ist/2556742

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THE TRUTH

CASTERINE DENEUE
JULIETTE BINOCHE
and ETHAN HAWKE

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WINDSOR CINEMA, LUNA LEEDERVILLE, LUNA ON SX

The new film from GREAT GERWIG, director of LADY BIRD

LITTLE WOMEN

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SCENE SOCIALLY



SCENE (1): THE warm temperatures didn't keep people away from this year's *Have a Go Day* – a Livelihter Event. So many people came together for the premier event of WA Seniors Week 2019. *Have a Go News* ran the hospitality tents and this year thanks to our partners AGL we had a fabulous new chocolate wheel and gave away loads of prizes. Lots of people enjoyed relaxing and free cuppa or water in our tents and Channel 7's Monica Kos, Mark Readings, Angela Tsun and Basil Zempilas popped in to serve teas and coffees, chat to people and spin the chocolate wheel. Beautiful Burswood Park was filled with people trying different activities and enjoying all that was on offer at this fabulous free day. Seniors Recreation Council is to be congratulated for their superb organisation of the event which is run by Dawn Yates and her team of volunteers. A big thank you to the trustees from Wooroloo who worked tirelessly on the day and were a wonderful assistance to everyone with setting up and packing down and delivering water to keep everyone cool. Mark your diary now for *Have a Go Day 2020* – Wednesday 11 November which will include a special ceremony for Remembrance Day.

SCENE (1): Top row, from left to right; *The first spin of the chocolate wheel saw a lucky winner take out the Google home mini surrounded by Channel 7's Angela Tsun, Have a Go News' Jen Merigan and AGL's Jordan Hunter - Monica Kos with volunteers Noreen and Anne - Crown Perth's tent was filled to the brim with happy people.*
Second row, from left to right; *a group of lovely ladies - Channel 7's Basil Zempilas spun the chocolate wheel and dished out some prizes - Tai Chi demonstrations - this man knows a good read.*
Below, clockwise from left; *the WA Police Pipe Band provided great entertainment and the mounted police were a huge hit - Channel 7's Mark Readings and Angela Tsun - Lots of people had a go at the climbing wall*



SCENE (2): THE AGF Seniors Week Film Festival saw more than 300 people attend screenings of *Knives Out* and *Pavarotti* at Cinema Paradiso in Northbridge. Thanks to our partners AGL, Cinema Paradiso and Studio Canal for making this possible. Attendees enjoyed a free screening along with a goodie pack and the opportunity to win a door prize. *Have a Go News* is proud to present this special event during Seniors Week each year. Congratulations to our lucky winners of the door prizes which were presented to the winners by AGL's Jordan Hunter.



SCENE (3): CONGRATULATIONS to Darren Roberts who was the lucky winner of the Kings Tours and Travel and *Have a Go News* \$500 voucher in the major prize draw for *Have a Go Day 2019*. Darren had a great time at *Have a Go Day* and was thrilled to win this prize which he said would be a real bonus for him in the lead up to Christmas.

SCENE (3): Darren Roberts with SRC's Martin Yates.



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