





LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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Entertainment extravaganza









Don't miss the plethora of great shows in Perth over summer

AS we head into summer, Perth is set to sizzle - this month we feature a line-up of some fabulous entertainment to enjoy.

On Sunday 19 December the Astor Theatre will celebrate the 'Twas the Week Before Christmas with a star-studded line-

It features Chris Murphy from Australian Idol, Paula Clay (AVIIDA), Bloom (national touring artist), Karen Carpenter Show's Narelle Belle, The Australian Girls Choir along with a 30-piece band.

Hear all your favourites including Silent Night, We Wish You A Merry Christmas, Jingle Bells, Joy To The World, Jingle Bells and many more.

Plus there'll be some toe tapping hits from Aretha, Adele, Karen Carpenter, Stevie Wonder and more.

proceeds

from the show go to the Perth Children's

Hospital Foundation. Book now for this all-ages show and get into the Christmas spirit with this fabulous festive performance. Tickets from Ticketek.

**

Christmas time is not complete without seeing a pantomime and this year don't miss the traditional tale of rags to riches - Cinderella. Ā show full of magic, laughter, audience participation and spectacular surprises on

Produced by Zealous Productions, the same team that brought the musical comedy The Addams Family to the stage to rave reviews.

Poor Cinders is forced to do all the housework at Hardup Hall and is treated horribly by her wicked stepsisters, but with her bestie Buttons by her side and a little help from a magical fairy godmother, off to the ball she goes.

Will Cinderella meet the love of her life and live happily ever after? Will the repugnant stepsisters get what they deserve?

Don't wait until the strike of midnight to book your tickets - you're guaranteed to have a ball at this fairy godmother of all pantomimes!

Regal Theatre: From 22 December. Tickets from * * *

Magicians Sam Hume and Justin Williams' Showmen **Productions** have two fabulous magic shows that have delighted audiences across the globe. They are regular visitors to Perth performing at the Fringe Festival to sell out performances. Returning again for Fringe 2022 with their family friendly The Greatest Magic Show and The

Adults Only Magic Show.

The Greatest Magic Show will have people on the edge of their seats from start to finish - with an inspirational grand finale that has to be seen to be believed. Featuring mind-boggling magic, extraordinary circus acts, side-splitting comedy and loads of audience participation. Every child receives a free magic wand on entry so they too can be involved with the magic every step of the

Performing from 15 to 30 January and 5, 6, 12 February. Book now as shows sell out fast. www. thegreatestmagicshow. com.au/get-tickets

* * *

Born in Ethiopia and raised in Perth, comedian Joe White has always tried to find the upside to life and this is his inspiration for pursuing comedy. Experiencing many hard-

BUILT TOUGH FOR THE OUTBACK

ships has taught him the value of laughter and his passion is to make others laugh too.

White has a unique ability to make his life funny, incorporating his childhood and family, particularly his love for his mother and five siblings, into his routine. There's a little dancing, a lot of audience inclusion and his unique way of looking at life ensuring that every performance has loads of

Joe has won a host of awards including Best Comedy Award for three years in a row at Fringe. His Ethiopian and Still Not Hungry - The Finale returns again in 2022.

This show runs at the Pleasure Garden from 1 to 6 and 8 to 13 February.

Bookings fringeworld. com.au/whats_on/joewhite-ethiopian-stillnot-hungry-the-finalefw2022









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From the editor's desk

IN NOVEMBER we had the opportunity to meet many people during Seniors Week. My personal thanks to Monika Kos and the team at Channel 9 Perth for hosting two groups of readers through their studios. It was a comprehensive look at every facet of digital television and I personally learned a lot. Monika and the team at Channel 9 really went out of their way to make readers feel welcome and the tours culminated with morning tea in their boardroom and everyone receiving a goodie bag. We had a huge response for people wanting to attend these special events and we hope to run some more early next year.

The big event for Seniors Week was Have a Go Day at Burswood Park. We had perfect weather and it was wonderful seeing so many people enjoying the activities, entertainment and information available. Well done Dawn and the team from Seniors Recreation Council.

It's been a whirlwind year celebrating the 30th anniversary of this newspaper.

Surviving 30 years as a small family publishing business is not easy and I take this opportunity to thank the village of people who contribute to the pro-

duction of this newspaper. We have made a huge leap increasing our print run to 80,000 hard copies in the last 12 months. Without the support of our precious advertisers we would be unable to do this, so please support these businesses who support us.

Over the year I have spoken to quite a few clubs and groups about the history of this newspaper. My final chat for the year was to address the Perth branch of the Association of Independent Retirees. I spoke about the history and purpose of the newspaper, played them our 30th anniversary video and took questions about Have a Go News being one of the last independent newspapers in WA. I was thrilled when one of the attendees told me he sat down and read the paper cover to cover and was impressed with our content.

I value these opportunities to get out and chat with people and look forward to meeting more people in

I have made it very clear over the last five years that I believe the State Government has had little or no strategy for our ageing population. I am very pleased to see that Seniors and Ageing Minister Don



Punch is starting to do something about this. We have included an opinion piece written by him on page nine.

Minister Punch has put together a simple survey for people aged 55 and over and is asking for participation to help refocus government attention on this demographic. I urge all readers to participate in this survey as it will have positive outcomes in policy for

My thanks to one of our readers, Frank, who drew the above cartoon. We regularly receive his brilliant and amusing cartoons and it really makes me and the team at the office smile.

Keep up to date with us over the festive season at the Have a Go News Facebook page. We have a lot of fun there and welcome interacting with our readers.

You can follow the page www.facebook.com/ Haveagonews/.

Each month we offer a service to email an electronic copy of the newspaper to people on the day of publication. We don't send you anything else except the newspaper and you can sign up at readers@ haveagonews.com.au.

I hope you enjoy this month's read and take this opportunity to wish all our readers the very best for the festive season. See you in 2022!

Our office will be closed from 20 December and we will return on Tuesday 4 January 2022.

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

Ageing research snippet

Drinking coffee may lower risk of Alzheimer's disease

A LONG-TERM study has revealed drinking bigger amounts of coffee may make you less likely to develop Alzheimer's disease.

During the Australian Imaging, Biomarkers and Lifestyle study of ageing, researchers from Edith Cowan University (ECU) investigated whether coffee intake affected the rate of cognitive decline of more than 200 Australians over a decade.

Lead investigator Dr Samantha Gardener said results showed an association between coffee and several important markers related to Alzheimer's disease.

"We found participants with no memory impairments and with higher coffee consumption at the start of the study had lower risk of transitioning to mild cognitive impairment - which often precedes Alzheimer's disease - or developing Alzheimer's disease over the course of the study," she said.

Drinking more coffee improved cognitive function, including specifically executive function which includes planning, self-control, and attention.

Dr Gardener said although further research was needed, the study was encouraging as it indicated drinking coffee could be an easy way to help delay the onset of Alzheimer's disease.

Have a Go News Quick Quiz

Who is Gillon McLachlan?

Port Hedland is in which WA region? Name Australia's official weather forecast organisation.

Which WA magnate owns Atlas Iron? Which cricket coach came under severe

criticism in 2021? Who kicked 41 goals in 18 games for West Coast Eagles?

Name the ocean bay in front of Fremantle's Round House...

Name one of the small islands off Rockingham named after animals...

What bridge crosses the river near Optus Stadium?

Which dam wall near Collie has the world's biggest mural of its type? See answers on page 36.

Word of the month

SINCE it's Christmas time we thought we would share a few facts on some Christmas words...

Christmas

Did you know that the word derived from Cristemasse, as an abbreviation of the word first used back in 1038? The word Christ comes from the Greek word Χριστός, or Christós, and mas is iust a shortened mass

derived from the Latin word missa, which is essentially a dismissal; priests would utter the words ite, missa est meaning go: it is the dismi-ssal at the end of their masses

Yule Commonly thought of as a chocolate dessert called Yule log, but traditionally this was a log burned during the Twelve Days of Christmas (25 December - 6 January). It is thought that the word yule means revolution or wheel, symbolising the cyclical nature the sun.

Rumball

These festive sweet treats which can turn out a little potent when homemade, a rumball is also a feast that's served the day before Christmas. In fact, Rumball Night is the old 18th century nickname for Christmas Eve.

Great West Aussies - Did you know?

JOHN Denic excelled at lacrosse. He was state and national coaching director, head coach for the World Series (1994, 98, 02) and the 2000 All-Stars Team of the Century.

Noongar Words

Wadjemup - Rottnest Island Walyallup - Fremantle

Moodjar - WA Christmas tree which blossoms around Christmas time with big orange flowers

Noongar Season

Birak - December and January - hot dry time

Quote of the month

CHRISTMAS is a bridge. We need bridges as the river of time flows past. Today's Christmas should mean creating happy hours for tomorrow and relieving those of yesterday.

Gladys Taber

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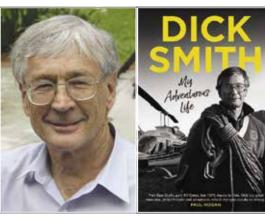
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The sometimes controversial Aussie, Dick Smith is still flying high



Left to right; Dick Smith - My Adventurous Life

by Lee Tate

DICK Smith is cruising through his seventies.

Famous for flying planes and helicopters. setting records, embarking on outrageous adventures and supporting causes, Dick's still doing much the same. When he can.

Busy donating millions of dollars to causes every year, the energetic

father-of-two and grandfather of five, found writing his autobiography among his most demanding tasks.

"It's taken me 20 years," Dick told me from his Sydney office.

"I started it 20 years ago. Then, when we had the (pandemic) lockup, my wife (Pip) said 'you've got to finish the book', so I worked on it for four

"I'm a radio installer. Luckily, I had two writers to assist from time to time and then the publisher's editing turned it into a good book, thank-

Dick, with Pip, loves flying his helicopter into Western Australia. They do it most years.

"Flying the helicopter around WA is fantastic. The Pilbara, Kimberley, beautiful country. We also fly to our farm near Canberra when we can," he said.

Their latest trip, however, was by 4WD, up Gibb River Road to Halls Creek and on to Darwin where their car and campervan are lockedup due to pandemic border restrictions.

"The campervan has a queen-size bed but I like to get into my swag by the fire. We meet plenty of people who seem surprised to see me way out there and I don't mind saying hello, no problems at all.

The Smiths have lived for 40 years in Sydney where, Dick says, property prices have become ridiculous.

"All generations should be better off than previous generations. Today, young people are lucky if they can afford a home unit, squashed-in like termites in a high rise.

"It means we've gone backwards if people can't afford a house with a front yard and a back yard like we could.

"I always say I've won the luckiest lottery in life being born in the 1940s.

"We just missed Vietnam, we never had to go to war and had a wonderful time of growth. There's no doubt I benefitted from it. But you can't have growth forever, you need to have life in balance."

Dick says he supports Australia maintaining average immigration of about 70,000 a year.

"But when it gets to 200,000 people-a-year, that's going to take our population to 100 million by end of this century when our grandchildren will still be alive.

"Not many people think 100 million people is essential for an arid country like Australia.

"We have to stop growing one day, to efficiencies improve and reduce waste, just not have more and more people, or we are doomed.'

Dick's book Adventurous Life. \$39.99 Allen & Unwin) describes his many breathtaking, risky and record-breaking adventures.

Among the most thrilling, he says, were his solo, around-the-world helicopter trips, including the time he had to land his chopper on a between Japan and Alaska to refuel because Russia was

closed to outsiders.

He found business exhilarating, starting with his company that built radio kits. He sold Dick Smith Electronics to Woolworths for \$25

Dick launched Aus-Geographic tralian magazine which he sold to Fairfax Media in 1995 for \$41 million.

In 1991, Dick and Pip flew their chopper over Mount Everest, taking photographs for Australian Geographic.

"Pip was the first woman to go around the world in a helicopter," Dick told me.

Dick and co-pilot John Wallington made the first balloon trip across Australia and Dick broke the record for a solar-powered vehicle crossing of Australia.

Dick says electric cars "are for the wealthy."

"I've got two but they cost twice as much perkm to run as petrol cars. It will be a long time before it's possible to go around Australia in an e-car. Like on Gibb River Road, going 500kms without any charges and

towing a caravan." Dick believes nuclear power is the "only way we can go to achieve low carbon. But with uranium, most people are against it, so it's going to be very hard."

He says he's kept busy overseeing his foundation, allocating millions of dollars every year to causes and then following them up.

"I'm so lucky to be alive. Especially when I consider balloon flights and around-the-world flights in single engine aircraft.

"I'm not doing highlyrisky things anymore. Charles Kingsford Smith and others lost their lives because they kept pushing the odds too much. I got to the stage when I said no more.'

Seniors celebrated during Seniors Week 2021







ALTHOUGH we are a small team at Have a Go News we relish getting out and meeting people. Seniors Week 2021 provided us with lots of great opportunities.

Have a Go News organised some terrific free activities for readers to participate in during the week including the Seniors Week movie screening thanks to Palace Cinemas, Raine Square, two tours of Channel 9 Perth hosted by Monika Kos and of course Have a Go Day - a Livelighter event at Burswood Park where Have a Go News ran the hospitality tents providing free tea, coffee and water for attendees along with our chocolate wheel prizes.

Pictured above are our two groups who toured Channel 9 Perth on the news set with Monika Kos. The annual Have a Go Day walk was led by members of the Over 55 Walking Association and the WA Police Pipe Band and loads of people had a go at canoeing on the river at Have a Go Day.

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Maureen's life changing fitness goals



Maureen Cowdell

by Serena Kirby

RETIREMENT for some people is a chance to slow down and do less. For Maureen Cowdell it's been a chance to focus on fitness.

"When I turned 50 I tipped the scales at 90kg," Maureen says. "I justified the excess weight to myself by saying it must be a family trait; something I couldn't change. But I didn't want to reach the 100kg mark so I knew it was time to get serious about exer-

Sixteen years on and Maureen is now almost 30kg lighter and has become a 'poster child' for being active over age 60. She's appeared in TV commercials, press ads and on posters as the ambassador of the Lower Great Southern's Long Live You campaign. This is designed to encourage those over 60 to become physically active and live healthier lifestyles.

"When I accepted the ambassadorship, I never expected I'd be doing TV ads or media interviews. But it actually wasn't as nerve-racking as I thought it would be. In fact, it was quite fun."

It wasn't her weight loss that led her to lend her face to the campaign; it's the plethora of activities and sports she's now involved in and what she's achieved through her commitment to dragon boats.

"Until 11 years ago I'd never been in a dragon boat," Maureen explains. "I was inspired to give it a go when I saw a sign in a shop window seeking people for a new dragon boat club in my local area. I immediately thought it would be something I'd like to try, so I joined up.

"It took a while to get enough people together to properly form a club, as the boats are 12 metres long and you need 22 people for a full crew.'

Once the club was fully operational, Maureen wasted no time becoming involved in the wider dragon boat world and in 2019 she was selected for the Australian Over 60s dragon boat team, the Auroras, to compete at the World Dragon Boat Championships in Thailand

Considered as the pinnacle event in the sport, Maureen said the effort was well worth it as she not only met likeminded people from all over the world but also collected two gold and four silver medals in various events.

"I was also the coach for two local juniors competing at the championships as part of the Auroras' junior team and they also brought home several medals. I was so proud of them," Maureen savs.

passionate in-Her volvement in the sport has seen her become head coach for her local dragon boat club as well as sweep, president, accredited official and mentor. During the summer she and her fellow dragon boaters can be seen out on the water two to three times a week.

She had even planned to compete in the 2021 Australian Games. They were due to be held in Perth in October but have been postponed until next . April due to Covid-19. Maureen still hopes to enter.

restricting her Not physical activities water, Maureen plays badminton twice a week, does regular pilates classes and is an avid hiker. Her most recent hiking venture was a 70km walk on the Bibbulmun Track, taking four days to complete. Maureen says she doesn't find it hard to get motivated and that she enjoys now having the time for things she wants to do, rather than things she has to do.

With such an active life, it's no surprise that Maureen has been named Senior Sportsperson of the Year two years running in her home town of Denmark.

"It's nice to be recognised for what I do and I really hope it inspires others to try new things. You never know what you're capable of until you try. Just give it a go. You're likely to surprise yourself," she said.



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LEGENDARY radio broadcaster Graham Mabury always knew he was destined for a busy

But the Baptist Church pastor, charity patron, social justice advocate and public speaker had no idea that in his 70s he would be adding podcaster to his CV. It was a role he took on last year when he

hosted the inaugural season of Baptistcare's Demystifying Aged Care podcast which explores the aged care journey from a variety of perspectives. Graham's warm and conversational style

of interviewing and his ability to unpack the complexities of Australia's aged care system left listeners wanting more.

So in between his other duties and spending time with wife of 54 years Merle, he's been back in the podcasting studio creating another six episodes.

Season 2 of Demystifying Aged Care sees

Graham discussing a range of new topics including living in your own home with support, what it's like to work in aged care and the issues facing older Australians from culturally and linguistically diverse backgrounds.

Guests include Murdoch University's associate professor of nursing, Susan Ślatyer, five-star executive chef, Todd Cheavins who is revolutionising Baptistcare's approach to food, and an Albany grandmother who just might be one of Western Australia's busiest

Graham also caught up with his long-time friend, and president of the Ethnic Communities Council of Western Australia, Suresh Rajan, to discuss some of the unique challenges tacing older Australians from culturally and linguistically diverse backgrounds.

"I love the fact that listeners can tune in to the podcast whenever and wherever suits them," said Graham.

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"It really is the next generation of broadcasting, and I am delighted to be using podcasting as a medium to generate much needed conversations about ageing and aged care.'

Baptistcare CEO, Russell Bricknell, said the response to Demystifying Aged Care shows that people want more information about aged care and more discussions about the human experience of ageing.

"Listeners have told us they enjoy hearing first-hand stories of people who are receiving aged care support and experts who can shine a light on some of the key issues facing ageing Australians," he said.

"Graham is a consummate broadcaster, and he is able to bring people's stories to life in a way that is both informative and engage ing."

Listen by searching for Demystifying Aged Care on your favourite podcast app or by vis-

iting www.baptistcare.com.au/podcast.

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Graham Mabury and Suresh Rajan

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Peter Kennedy heads the call for nominations for WA Women's Hall of Fame



Peter Kennedy

by Josephine Allison

WHEN esteemed Perth journalist, author and television presenter Peter Kennedy looks back on his life and the women who influenced him, the first person who springs to mind is his mother, Pa-

What better person

than Peter to champion this year's call for nominations for the WA Women's Hall of Fame 2022.

"My mother was a ter-rific role model," Peter tells Have a Go News. "She was a very talented person who married and raised a family of three children. One thing I remembered vividly was that she won a scholarship to Perth Modern School but was expected to leave school after she completed her Junior Certificate.

"It was something she regretted and she was determined her children (we grew up in Subiaco and Doubleview) would complete their tertiary education, which we did. She was a talented person but because of her generation she wasn't able to pursue the things she would have liked. She was keen that her children should have more opportunities. And I am a beneficiary; I am indebted to her for that.'

Peter Kennedy is one of Australia's most respected political journalists. He started out as a high school teacher and lecturer, then as a journalist at The West Australian, specialising in politics.

He moved to the Sydnev Morning Herald in 1977 as the paper's state political correspondent and was chief of staff in the Canberra press gallery. He returned to WA and became press secretary to then deputy premier Mal Bryce. He was a journalist with the ABC from 1990 until 2010. In 1995 he was awarded the prestigious Clarion Prize for outstanding contributions to journalism.

Peter continues to write the Political Perspective for WA Business News and is an adjunct professor of arts and sciences at the University of Notre Dame in Fremantle.

His book, Tales From Boomtown, first published in 2014, tracing the premiership of 12 WA premiers from 1970 to 2019, has been updated to include current premier Mark McGowan.

As a WA Women's Hall of Fame champion, Peter says: "Acknowledging the contribution that women have made throughout our vast State whether in public life, service industries, sport or less high-profile roles in isolated areas -is a vital function of the Women's Hall of Fame.

"So is the example and inspiration that these women provide to others to also step up. When that happens the community is the winner."

Peter Kennedy believes there is still a way to go for women's equality.

"I think major barriers have been broken to provide equal opportunity but, as we have seen, there are still issues that need to be resolved such as attitudes towards women who are pushing through and gaining senior roles.

"It is a period of adjustment particularly for men to accept change acknowledge change and accommodate it. There are some areas where women are not recognised these days but increasingly more talented women are pushing through.

"There are trail blazers everywhere... it's not always an easy road for them but they become role models for women, especially younger wom-

en.
"For instance, in WA mining there is Woodside Energy's chief executive officer Meg O'Neill, mining magnate Gina Rinehart and Fortescue Metal Group's chief executive officer Elizabeth Gaines, all occupying previous male roles. It's an extremely valuable development."

The WA Women's Hall of Fame is an incredible record of the diversity in life for women around WA. It celebrates the social, economic, cultural and political achievements of women, reflecting on how far they have come, and how far they must still go to realise gender equality.

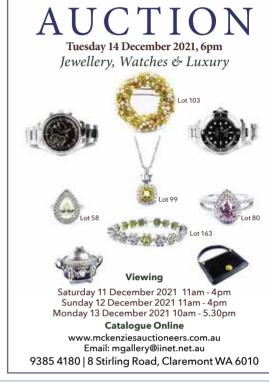
Nominations are now open for 2022, in the categories of health, community, STEM, culture, education, arts, sport and business. Nominations are also welcome for the Roll of Honour to be inducted posthumously.

Nominations are accepted until 5pm Friday 4 February 2022. For queries: email wawom enshof@gmail.com and to nominate www.wawo menshalloffame.com.au/ index.php/84-2/

Ed's note - our found-

ing editor Judith Treby was inducted into the WA Women's Hall of Fame posthumously in 2016.







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Celebrating 20 years...



L-R; Helen - Injury Matters' Sophie - volunteers Sheila

INJURY Matters celebrated 20 years of delivering the Stay On Your Feet falls prevention program in Western Australia (WA), this week.

Last month Injury Matters was joined by local Labor Member for Churchlands, Christine Tonkin, alongside past and present volunteers, team members, stakeholders and community members to celebrate this milestone at Ambrose Estate, Wembley.

Injury Matters chief executive, Sandy Lukjanowski said: "Injury Matters is proud to deliver the Stay Jn Your Feet program, as it has had a positive impact on people's perception of falls and helped increase awareness of how to prevent slips, trips and falls in our older adult commu-

Since 2001, Injury Matters team of dedicated peer educators, contracted by the WA Department of Health, have delivered Stay On Your Feet Peer Education, to provide information about the prevention of falls to older adults living in the WA community. These presentations reach more than 2,800 Western Australian older adults annually.

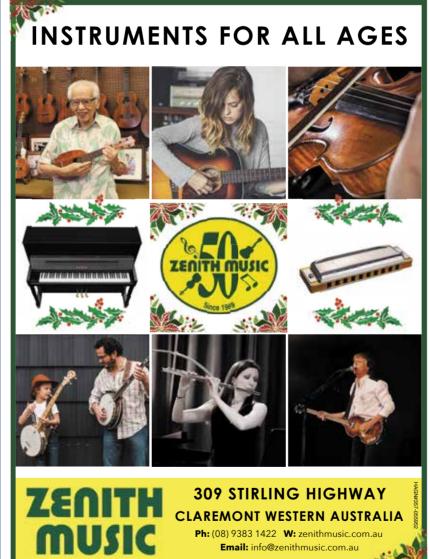
Peer Education Volunteer, Jo Godecke, said: "I've volunteered with Injury Matters for over six years and have seen the impact of the program presentations, resources and messaging on my community.

"It's all about simple changes you can make to stay independent and stay safe from falls," she said.

Ms Lukianowski thanked the ongoing support of the WA Department of Health, key partnerships and the broader WA falls prevention sector for the longevity of the Stay On Your Feet program.

"The program is very important for empowering older Western Australians to maintain their independence through active ageing strategies," she said.

Learn more about the ways to falls and how to book a presentation for your local community group at www. stavonvourfeet.com.au.





John Toft Picture: Peter Allison

by Josephine Allison

AN imposing card from the Queen, more cards from federal and state political figures and a seniors' medal inscribed with 100 years, as well as a trio of birthday cakes were the highlights of Shoalwater man John Toft's 100th birthday.

At 100 not out, John Toft enjoys life to the full

John has had a long and interesting life; he still loves a glide around the dance floor and exercising to keep fit.

Born in Strathalbyn South Australia in 1921, John had a brother and sister. Parents John and Mary had settled in South Australia from Britain but John's life changed dramatically aged 12 after his mother passed away. His father arranged for him and his siblings to live with an aunt in Manchester travelling there by ship.

At 17, John joined the British Army before

"I wanted adventure," John said. "I went to North Africa in 1943 with the No 10 Military Convalescent Depot, later serving in Italy, Austria and Germany before returning to England.'

In 1945 he struck it lucky and was granted leave to the UK from Italy. During this period he met his wife Joan, they married and raised a family of three sons, Gregory, John and Peter.

John remained in the army after World War II, his last gig being the Edinburgh Military Tattoo in 1961. He then joined British Leyland as an inspector on the mini car line. He and Joan then took up a retail store and sub post office, later operating a mobile shop in Oxfordshire.

"We then ran two ice cream vans, one for hard and one for soft versions," John said. "I went to Reading University and did a degree in hygiene, later looking at growing maggots for fishing bait,

but we couldn't get planning permission for that

When Joan passed away, John decided to come to WA with Peter, followed later by son John and his family.

Now retired, John helped son Peter run a soft drink franchise. A qualified fencing instructor, John continued his love of the sport, instructing at Rockingham Parents and Citizens Association.

"I still remember the moves," he chuckled, executing a few turns across his lounge room

Still dancing with friend Sheila at Rockingham's Medina Autumn Centre and the Star Ballroom. John says he likes sequence dancing.

"It's a challenge but I only dance once a week

His favourite dance? The tango.

Apart from dancing John enjoys delivering a skit or two, transforming into famous British comedian and magician Tommy Cooper with his trademark fez, causing much mirth with audi-

John still drives locally and tends for his small unit mainly himself. He cooks up a storm, freezing containers of oats, carrots, broccoli and celery, dried fruits - sultanas, apricots and dates and rice and barley, to which he adds almond meal, coconut and ginger.

"I also add honey, strawberries and a banana."

Though he has had three heart attacks and has a pacemaker, John considers himself in good health for his age. He has a dancer and fencer's lithe figure and exercises by lifting a cardboard box containing several bricks which caused some mirth when he showed his doctors.

His philosophy on life?

"Never give up, count your blessings and take the rough with the smooth.'

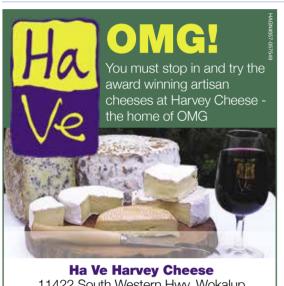
His 100th birthday was a week of celebrations with a Devonshire tea at the Rockingham Autumn Centre, another cake and a Saturday night event at The Star Ballroom.

Housing Minister John Carev dropped by John's home with a medal and signed letter from himself and Premier McGowan with a photo opportunity on the front veranda surrounded by John's family.

There was a card from the Queen and messages from Prime Minister Scott Morrison, Opposition Leader Anthony Albanese, WA Governor Kim Beazley, Premier Mark McGowan, Member for Brand Madeleine King and RSL state president Peter Aspinall.

John moved to Shoalwater from Kwinana several vears ago and likes nothing better than tending his small garden and watching the world go by from his front veranda.

After an adventurous life, it's time out for this active centenarian.



11422 South Western Hwy, Wokalup Open daily 9.30am to 5pm

The emotions and a few tips from a first-time grandparent

by Serena Kirby

GRANDPARENTING is undoubtedly a wonderful experience. When Sandra Devahasdin became a first-time grandmother nearly two years ago she says it was like "being punched in the face with

That may sound like an extreme statement but when Sandra explains further it's easy to understand how apt that description really is.

"Nothing prepared me for the birth of my grandson; it was such a powerful moment," Sandra says. "For me it was even more powerful than when I became a mother for the first time, as you have all the joy and magic without the pain of childbirth or the breastfeeding and tiredness.

"Added to that was the elation of seeing my own son suddenly have a son of his own. The emotion was bigger than I had ever felt before and it totally floored me.

Amongst all the joy, Sandra says she felt a strange contradiction lying just below the surface.

felt a huge attachment and connection to the baby just like I did with my own babies and yet this was not my baby. The urge to be with my grandson all the time was palpable, but I knew it was not my place to do so as the baby had to be shared with so many other peo-

Sandra adds that it took her quite some time to settle down into the role. Gaining perspective was important and she knew it was vital to step back and wait to be invited into that precious space a new baby creates. Parents need to bond, the baby needs to establish a routine and other family and friends need time to share in the joy.

"l'm always ready to assist whenever I'm needed, but I always wait to be invited to do so; this baby is not at my beck and call and I consider it an absolute privilege to spend time with him," she explains. "I'm constantly mindful of being respectful of giving my son and his partner the space to enjoy their child. That can mean loving and enjoying from a distance at times.

Having reduced her work hours in her public relations business, and having recently celebrated a milestone birthday, Sandra places time with her grandson as the priority over pretty much everything else. But, she's very mindful of not overstepping the mark when

NEW season

Swimwear



Sandra Devahasdin with Ruggles; her son's favourite teddy, now being enjoyed by her grandson.

it comes to where she goes when she takes her grandson out.

She makes a point of not taking him to any new and special places for the first-time as she reserves first time experiences, such as an outing to the zoo or children's concerts, for the baby's parents.

She says this is because it's those first time experiences that are often the most precious, memorable and joyous and she wants her grandson's parents to be the ones to enjoy those moments themselves. Sandra also adds that it's not about winning Brownie points, but about putting the parent's happiness before her own.

There are obviously times when new parents need some 'alone' time and times when they need someone to care for the baby while they attend to other things. This availability to step in and help care for grandchildren was highlighted in a recent study by National Seniors Australia. The study reported that the unpaid time spent by grandparents on providing childcare is estimated to be worth \$4.4 billion per year.

But, of course, any grandparent will tell you that grandparenting has nothing to do with cost saving. It's all about the love for your own child's



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Newsmakers of 2021, Western Australia's most dramatic year







Wynne, joined WA's billion-

aire ranks with an interna-

tional network of employ-

ment. rehab and disability

Sam Kerr won the Golden

Boot as top scorer in Eng-

land's Women's Super

League and was named

one of the world's best

Ben Wyatt starred as WA

Treasurer and Aboriginal

Affairs Minister then quit

politics. His uncle, Indig-

enous Affairs Minister Ken

Wyatt, led the national de-

bate on a political voice for

Martins made more de-

mentia breakthroughs and

teamed with celebrity cook,

Maggie Beer, on dementia-

related books for seniors

and Linda Porter were cen-

tral to Canberra's bumpy

Julie Bishop, first female

Christian Porter, Michaela Cash. Mathias Cormann

WA's Professor Ralph

Fremantle-born

services.

East

footballers.

Aboriginals.

and schoolkids.

political year.

Left to right; Premier Mark McGowan - Johnny Young - Professor Ralph Martins

Lee Tate reports:

WESTERN Australia has experienced its most dramatic and amazing year in living memory.

In a pandemic-crippled world, WA stayed healthy, generated untold State and personal wealth and smashed political precedents.

West Aussies were central to Australia's major dramas and played key roles in business, States' rights, federal politics and scan-

WA billionaires topped Australia's Rich List. Two West Aussies stamped billionaire-status on the world scene. And they aren't iron ore miners.

WA news erupted with joy around the world when pictures showed kidnapped Cleo Smith, 4, safely back in her mother's

WA Newsmakers Who Stole the Headlines

Mark McGowan was WA's standout newsmaker of 2021 and perhaps of the decade. The Premier decimated his political opponents and imposed unprecedented border controls while smashing State and national political records.

WA enjoyed a multi-billion-dollar surplus and produced some of the world's richest people.

Former UWA students Melanie Perkins and Cliff Obrecht created a \$55 bil-

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lion international graphic design software outfit. Canva, and began donating billions of dollars to world causes, starting with Africa's poorest.

Gina Rinehart emerged as Australia's richest person, biggest taxpayer, breast cancer philanthropist and funder of Olympians in volleyball, swimming, rowing and synchronised swimming. She signed ex-State Minister, Dean Nalder, on to her payroll.

Gina emerged as Australia's biggest landholder by far with 10-million, cattlestocked hectares across WA, SA, NSW, NT and Queensland.

Andrew 'Twiggy' Forrest, banking billions by the month, splashed out on a \$98 million, long-range jet. Fellow rich-lister Kerry Stokes flew in from Honolulu in his new jet (with pi-

lot).
'Twiggy' was Australia's standout tycoon of the year. He led the charge for green energy, bought Olivia Newton-John's wellness retreat, as well as RM Williams, Cooee restaurant, Western Force rugby team, Indiana Teahouse, Swan Brewery, Ningaloo resort, agri-food, energy outfits and interests in aquaculture, agri-food, energy, resources, property and lifestyle. And a proposed NSW gas port.

Gina and Andrew each snapped-up a Great Barrier Reef island.

A new name, Megan

in 113 years to serve as Foreign Affairs Minister, was recognised with her own Barbie doll for being a glass-ceiling-shattering

Jules was appointed Chancellor of ANU, took a figurehead role at Telethon, appeared at social soirees across Australia and consulted to failed international conglomerate, Greensill Capital. As a team, Julie and Malcolm Turnbull were dubbed the Carpenters of the Liberal Party.

Wilson Tucker scored the lowest primary vote in Australian history.

"I'm the guy who got elected (for his Daylight-Saving Party) to the WA Parliament with only 98 primary votes," he said.

A royal commission probed Crown casino and director John Poynton advertised his Yallingup property, complete with 15 bedrooms, 14 bathrooms and helicopter hangar for \$7 million.

Highly-respected Perth businessman, Nev Power, who headed the Prime Minister's Covid-19 taskforce, was charged for breaching pandemic border restrictions in a private helicopter.

Investor Sharon Creasy bought and sold a Mosman Park mansion in 18 months, pocketing \$1 million profit. Henriette Stewart made nearly \$5,000 every day for five years by buying her Swanbourne property for \$4.5 million and selling it for \$13.3 mil-

Dunsborough's genius inventor (for vehicle suspension), Chris Hevring,

got annoyed with wobbly, outside café tables and invented stable tables for uneven surfaces, selling worldwide.

Margaret River couple Jeff and Amy Burch, looking for a celebrity to promote their Howard Park chardonnay, signed Kylie Minoque.

Dr Beth Schultz showed that over 15 years, smoke from prescribed burns caused more deaths, doctors' attendances and hospital admissions than did smoke from bushfires.

Hannah Beazley lowed grandfather, Kim Sn. and father, Kim Jn. (WA governor), to become a third-generation political Beazlev.

Perth's Johnny Young was recognised for the 50year anniversary of Australia's longest, continuous TV show, Young Talent Time.

Tiny town Northampton (population 800) declared its football credentials: Eight All-Australians, two Coleman medals, seven Glendinning-Allen medals, a Rising Star and four club best and fairest.

WA approved cannabis for medicinal purposes with producer, Green Pharma, praised for funding Olympians.

WA's extraordinary year ended with the drama that lifted spirits around-theworld. Four-year-old Cleo Smith was safe and in her mother's arms.

WA's Letter of the Year

Is Z
AmaZing: The letter Z
dominated WA newsmakers in 2021.

Zempilas. Basil, 'Mr Everywhere', won the Lord Mayoral chains-of-office and signed to a daily radio show on top of his TV, sports hosting and MC du-

Zac Kirkup's short political career led to zip.

Zac Langdon kicked-on for the Eagles.

Zac Fisher was eved off by Eagles and Dockers.

Zoe Arancini was the only West Aussie named in Australia's Olympics water polo team.

Zampatti, Carla, ex-WA national fashion figure, died at 78.

Zaneta Mascarenhas, Labor's candidate for the federal seat of Swan.

Zhenya Tsvetnenko. Tech-millionaire, faced extradition to the US for alleged scams.

Zou, Linda, PLC student, Australian Mathematical Olympiad medal

winner. Zakostelsky, Rod founded medicinal cannabis

company, Cannaponics. Zylstra, Philip. The firebehaviour expert declared WA forests become less flammable if left for long periods unburnt

Zimmermann, Augusto, WA's Law Reform Commissioner, debunked the belief that biological fathers pose the greatest risk to their children in domestic violence.

Zhejiang. China's sister province to WA was highlighted by Perth-based Consul, Long Chinese Dingbin.

Zoe van Zanten rolled out a newspaper bakery column.

Zinfandel was named as a new high-alcohol wine variety.

Zeppelin, WA's latest shark deterrent.

Zoom became the rage for conducting meetings.

Zero was set by the Premier as WA's Coronavirus

Zip! The number of WA Coronavirus cases after WA shuts it gates.







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Where opinions matter - the good and the bad of gambling



by Lee Tate

GAMBLING is a doubleheaded penny, generating forces of good and evil. Given its deep reach into society, there is re-markably little community debate about gambling, a hot issue in the

Gambling's latest episode, snaring Australia's casinos, has left West Australian taxpayers with multi-million-dollar legal

and administrative bills to fund the royal commission.

There will also be regulatory costs with more government controls

Money generated by our casinos is not to be sneezed-at, with billions of dollars for operators and governments and massive amounts flowing into society.

Australians are the biggest gamblers in the world, per-head. In a good year, Crown's casinos generate profit of \$1 billion and even in its poor year (to June this year), \$260 million profit.

transformed Crown Burswood with entertainment. restaurants. cafés, bars, conferences centres and accommodation including towering apartment blocks.

Around Australia, Crown's facilities are world-class. Everything comes at a price, so what price should we pay?

Governments scoop billions of dollars off gambling's metaphorical tables in rates, taxes and charges. They are the only players in the casino game who can't lose.

Our casino generated thousands of jobs in gambling, construction, administration, hospitality and all the associated businesses that flourish cheek-by-jowl with gam-

Casinos are seen as a vast improvement on the pokies that spread like fungi around the world, including Melbourne.

"In Victoria, the casino created an opportunity to bring Melbourne's underground gambling, which was run by criminals and included violent enforcement of debts, into an open and requlated environment," said a Melbourne newspaper

There is some irony in Melbourne's royal commission findings. It wasn't about the criminal element but the operators who were found to be disgraceful, illegal, dishonest and unethical.

Widespread gambling also extends to Lotterywest with many millions of dollars in prize money - in each game, each week. There have been occasional, minor protests against this form of gambling but the fortunes generated through the games of chance are generally seen as an acceptable way of supporting worthy causes.

In Dubai, gambling is illegal and against Muslim religious beliefs but they race world's-best racehorses with sheiks keeping stables around the world, including in Kentucky and England.

was a guest of sheiks in Dubai for the world's richest horserace, they operated a sort of wagering game for themselves that was deemed to be non-gambling, presumably with no money riding on it. As we see, these are gambling grey

In Australia, it is joked

that Aussies would bet on two flies on a wall.

Races and gambling came with white pioneers. Kalgoorlie even legalised two-up. Today, we regularly bet on horses and dogs, sports and even political elections.

Senior citizens in Perth enjoy their regular jaunts to the casino, collected by courtesy buses, sub-sided meals and drinks socialising with friends.

seniors and Many workers get hooked and splash their pensions or entire pay packets to the detriment of their fami-

Casinos serve the public's desire for thrills and spills and have fundgovernments and many worthy community projects. They have also, of course, lined the pockets of operators as well as seedy, money launderers.

Gambling is here to stay. But is there an opening for entertainment venues that offer thrills and spills without gambling?

I believe there is: Imaginative, fun venues with indoor and outdoor games and exercises, challenging adult adventures, interesting talks with entertainment for seniors plus interactive activities for kids and child-minding.

Gambling, if you like. With fake money.

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

Buyers beware - don't fall victim to online scams this Christmas

popular electronic de-

FAKE websites and social media pages are tricking online shoppers into buying products that they will never receive. Consumer Protection is

warning Western Australians not to reward scammers with a Christmas

So far this year, WA ScamNet has closed down about 200 fake websites and almost 100 social media pages that were selling a range of goods including exercise

vices including the latest mobile phones or game consoles, puppies/pets motorhomes, and farm machinery. About 200 WA shoppers equipment, have reported losing almost \$700,000 to online shopping scams in 2021.

With summer and Christmas just around the corner, seven bogus websites selling barbecues that were attempting to cash in on the increased seasonal demand were shut down, but not before many consumers were burnt.

Commissioner Protection, Consumer Gary Newcombe said. despite the shutdowns. the websites will often quickly re-appear under a different name.

"It will never be pos-

sible to close down all these fake websites and social media pages, so it's really important that online shoppers are extremely cautious before entering their personal and financial information during a purchase, unless they are confident the site is genuine," Mr Newcombe said.

"The websites look very professional and may even steal the identity of a well-known retailer or brand, so it's easy to be fooled. The items for sale may be offered at very low prices which triggers a shopper's excitement to bag a bargain.

"One important tip is to look at the overall quality of the website, grammatical errors in text, poorly edited images and whether they provide an actual address for their location.

'The best warning sign that a retail website is a scam is the method of payment. Be very suspicious if scammers ask you to pay via electronic funds transfer or using a money order, pre-loaded money card or a crypto currency such as Bitcoin; as it's rarely possible to recover money that is sent this way.

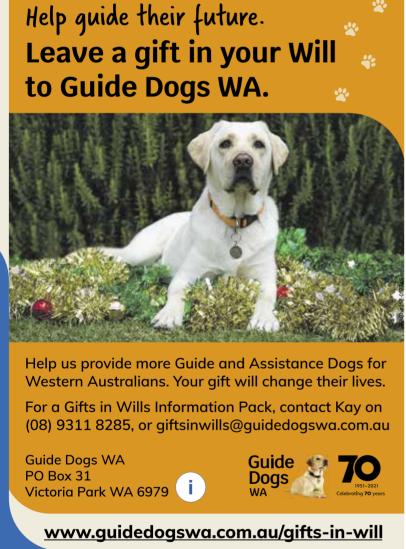
"The best insurance against being scammed is to only pay by credit card or a secure payment method such as PayPal as there is an opportunity to get your money back if something goes wrong or the item is not sup-

"Caution also needs to be exercised when buying goods on classified and auction websites such as Gumtree and eBay, as the ads could be fake."

Protec-Consumer tion supports the national Scam Awareness Week theme of 'let's talk scams' which encourages honest and open discussions in the community that will help people detect, prevent and

avoid scams. 'While we understand that embarrassment may inhibit scam victims from talking about their unfortunate experiences, we encourage them to talk about it with family, friends and the community generally as it may help to inform and educate others, preventing more people from be-

coming victims," he said. For further information or to report a scam, go to the WA ScamNet website or call 1300 30 40 54.





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9

State Government addresses ageing population and you can have your say!



Don Punch MLA, Minister for Seniors & Ageing

and to our economy, as

volunteers, paid work-

students,

ily members, carers and

consumers. They help to

create a more inclusive,

diverse and equitable

community - and all of

our lives are richer for it.

ing population also cre-

ate a range of challeng-

es for government. We

must ensure older peo-

ple have access to ser-

vices, support, employ-

ment opportunities and

that our communities

are accessible and age-

friendly. Older people are

also at increased risk of

experiencing isolation, loneliness, a lack of re-

spect, ageism and even

abuse. Without proper

planning and action by

government, older West-

ern Australians may be

unable to make the most

of what should be some

of the best years of their

This is why a Seniors

The needs of an age-

by Don Punch MLA, Minister for Seniors & Ageing

The case for change – Western Australia has an ageing population.
COMMONWEALTH Treasury's 2021 Intergenerational Report projects that by 2060–61, 23 per cent of the population will be aged over 65, a rise of around seven percentage points from 2020–21. WA will be no exception.

We are seeing older people living longer and choosing to continue to work, living healthier and more active lives, and becoming increasingly engaged in the digital world where they can access services and form social connections.

This growing population of older people in WA brings many incredible benefits to our communities. Older people make an invaluable contribution to our society Strategy is critical: it will guide whole-of-community action in making Western Australia a place where older people feel valued and can age actively, healthily and in adherence with their choices and wishes.

Why WA needs a Seniors Strategy

Western Australia does not currently have dedicated seniors' strategy. While many whole-of-government initiatives currently support older people through the provision of a range of services, Western Australia does not yet have a cohesive single vision and plan to support and promote seniors, activate community action and drive change.

A WA Seniors Strategy 2022–2032 will set out the WA Government's ten-year plan to support older people, and harness the opportunities and address the challenges of the State's ageing population

ageing population. The social and economic benefits of an inclusive, holistic approach to supporting and empowering seniors has a number of benefits, including leveraging opportunities and offsetting many of the challenges associated with an ageing population. This is especially so when those responses mean older people can choose to stay living at home (age in place); continue working or

contributing their skills, knowledge and experience in rewarding roles; rely less on health and hospital services; and engage and participate in social activities and community life – all as a result of being valued, connected and included, and living in well-designed age-friendly communities.

The Strategy will be supported by a series of two-year action plans that connect, coordinate and evaluate activity across government, ensuring our services and systems are responsive to the needs of seniors and that agencies remain accountable for delivering better outcomes for seniors.

Driving change and action

The 10-year Seniors Strategy will deliver a whole-of-government approach to identifying and responding to the current and changing needs of older people in Western Australia.

It will look at supporting seniors to live their best lives, though ageing with choice and living independently, inclusion and respect, participation and employment, accessible information and services, rights and advocacy, financial and housing security, communication and digital literacy and healthy and safe living.

The voices of seniors are central to the strategy's development and people can get involved in the drafting of the Strategy and Action Plan right now. The McGowan Government is keen to hear the thoughts and opinions of older Western Australians from all across WA.

If you are a senior, or

ow. ment of Communities would like to hear from you in identifying emergons ing themes or issues.

Aboriginal and Torres

Aboriginal and Torres Strait Islander people aged 45 years and over,

are approaching your senior years, the Depart-

or Non-Aboriginal and Torres Strait Islander people aged 55 years and over can take part in an online survey at www. wa.gov.au/organisation/ department-of-commu nities/wa-seniors-strat

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Ho, ho, ho... Santa must go - Rick gives his take on Christmas



by Rick Steele

WHEN I was a child, a big mac was a large raincoat and a crumpet was something my mother served for morning tea with Nana. Christmas was a joyous time with presents to be unwrapped, Christmas pudding with threepences and sixpences in it, combined with stories

of baby Jesus in a manger. Apparently, it was a silent night cause Joseph hadn't booked a hotel room and Mary wasn't talking to him. Jesus was happy with his bed and didn't cry 'cause three wise guys turned up with some gold, incense and myrrh.

Meanwhile shopping centre Santa Clauses have recurring night-mares. "Remember me, I'm the kid with the weak bladder!"

"I never believed in Santa 'cause I knew no white dude would come into my neighbourhood after dark," said Dick Gregory (the Bronx). Let's face it, the Christmas

spirit packs up and leaves town quicker than the Moscow circus.

Over the years, and there's been a few, the memories of Christmas Day are clear, blurry, happy, forgettable, sad, unforgettable, embarrassing, exhilarating, and some could not be told for publication. From what I remember, unlike Kevin Bloody Wilson, Santa did the righty by me and I got my bike. The teenage years brought clothes like T-shirts, shorts, boardies, bathers, beach towels which progressed to tie and sock sets. My favourite being deemed the colour shocking pink.

The early seventies, my

introduction to Perth, WA. Coincides with the blurry

The beach, hot sun, cold beer, girls, guitar and great songs was the order of the day and Christmases just rolled on by. Then, through my wife's Belarus heritage, vodka was introduced to my diet, along with some happy Christmas daze.

Circa 1980–2000, the children years. December 25 started early with cries of joy, pain, laughter, tears and general misadventure amongst the wrapping paper that littered the floor.

For several years I was gifted a VHS of a Marx Bros movie which

papa bear got to watch while Mumma took the offspring to the beach. I armed myself with a cold stubbie, and a *Night at the Opera* with Groucho Marx. "How's the seren-

But, as some Methuselah said, "If things don't change... they'll stay the same."

Children grow and for most of the two thousandths some family member has been overseas and Christmas messages are delivered on phone time, FaceTime, face ache, but we don't do pigeons! Unfortunately, a virtual hug is just not the same as scrunching a helpless little six year old

in an embracing cuddle. Luckily for us, we have one daughter and one granddaughter in town to share a Merry Christmas.

Have a Go News read-

ers are by definition at the age to understand and know that a Christmas time of joy is not for all. For so many it is possibly the saddest time of the year, with an empty chair at the table, a lonely hospital bed, the uncertainty of a place to stay, (note Joseph, Mary and the little one), our bulging prisons, the mentally ill and "all the lonely people." (Eleanor Rigby). Best wishes and blessings to you all.

Santa was nearing the end of his round and squeezed down the chimney one more time to find a beautiful blonde standing in a dainty neg-

"Hey, hey Santa should stay", she whispered as a

breast slipped out.
"Ho ho ho, Santa must
go, I gotta deliver the toys

you know;" he replied.

As he took another toy from the sack the other breast miraculously appeared.

"Ho ho ho, Santa must go, I gotta deliver the toys you know."

The whole negligee fell to the floor...

"Hey, hey, hey, Santa must stay... I'll never get back up the chimney this way."

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Finding the best present ever - the art of not scoring a win



by Jon Lewis

WHICH win is worth winning? I wondered... how many times in my life had winning not really been worth it?

Have you e

For example... on the road driving and being cut off by a less than courteous driver.

Mostly in this environment it would feel appropriate to let your feelings be noticed via gestures, facial expressions, or other free forms of expressive exposure.

(Interestingly my spell check offered me 'Explosion', perhaps it is closer to the truth than I am?)

It is at this point the other driver reacts with an emotion that had been waiting for an opportunity to occur. The result, I feel, was not worth the feeling of righteousness, not at all.

Oh, to go back in

time and leave that particular 'win' wanting. That I would have preferred. Yes, I was in the

right. Yes, the other driver was in the wrong. Yes, we shared a full cup of unhappiness... a most distasteful experience and one that lingers for a long time.

In the home 'winning' can be more smouldering than explosive, a 'win' here is rarely readily received. What's more, generally to win here requires first to partake in a childish game of 'Who said what when or where or why', or the game of 'yes I did, no you didn't',

There are actually many more games that I'm too embarrassed to mention.

Like the hard-tolike driver, these games are not worth winning, and, and, and (sic)...they are not worth playing either.

I think it is time to consider being a real winner, enjoying less winning and far more living.

Perhaps the best present ever.

All the best and Merry Christmas!



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Aged Care specialist officers make it easier for people to find information



by Hank Jongen

PREPARING for aged care can be a challenging time, especially for the individual and the family helping a loved one move into care.

Australia appreciates that applying for aged care can at times feel overwhelming. That's why we're making it easier for older Australians and their families to find out more about their aged care options.

We've started rolling out a new face-to-face service across our service centres on behalf of My Aged Care.

Aged Care specialist officers

Aged Care specialist officers are currently available at 15 sites and by the end of next year will be at 70 locations around the coun-

try. These specialists can provide more personalised face-to-face support to older Aus-

You can make an appointment to sit down with an Aged Care specialist officer to talk through your aged care needs.

They can provide information about aged care options and finan-

cial support, step you through the process of transitioning to aged care and help with referrals for an aged care assessment with My Aged Care.

They can also connect you to a range of other support services, including local services in your area.

In every service

centre At any one of our service centres, staff can provide general information about My Aged Care and help to connect you to their online and phone channels.

Staff can help you with:

- information on the different types of aged care services, including aged care homes, home care or respite
- the steps you'll need to take to access aged care
- general information about basic fees you'll need to pay for aged care and other Centrelink payments or ser-
- · registering and set-

ting up a My Aged Care online account

 connecting you to My Aged Care's contact centre.

To check the services available near you, visit our website at: servic esaustralia.gov.au/my agedcarefacetoface

You can also make an appointment to speak to an aged care specialist officer if there's one in your area by calling us on 1800 227 475.

For more information about aged care, visit the My Aged Care website at: myagedcare. gov.au.

I wish everyone a great time over the Christmas

Ed: Fremantle is the first WA office to have Aged Care specialist of-

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

Easy to use personal safety technology brings peace of mind - You can win one too



YOU might have seen Sofihub Secure at Have a Go Day demonstrating their innovative products designed to make life easier and safer.

Sofihub Secure's TEQ-Secure is the must-have device for adventure enthusiasts or at-risk loved ones. Equipped with a accelerometer built-in it can instantly detect when someone has had

When it comes to personal tracking devices in Australia, the TEQ-Secure is arguably one of the best. It's simple, easy

to use, lightweight, and durable, and has a portal map that can mark a user's location history at any time. With 4G GPS technology, it's one of the most reliable tracking devices and gives parents or carers complete peace of mind.

While we all do our best to avoid danger, there's always a chance that you or your loved one could find yourself in a worrying situation. TEQ-Secure is here to help. If an uncomfortable moment presents itself simply press the SOS button on the TEQ-Secure to call up to ten emergency contacts.

TEQ-Secure is a small, lightweight, easy-to-use personal alert system. This mobile device notifies designated persons of an SOS with the touch of a button, in the event of an emergency. Equipped with globalpositioning and mobile network technology, the beacon can instantly pinpoint a person's location and enable immediate voice contact through a built-in speakerphone.

With five key features including live GPS location, fall detection and SOS button, Two-way voice calls, geo-fencing, and location history it's the perfect device for peace of mind. To ensure constant service the TEQ-Secure ships with an internal 4G SIM card. This always-on solution costs only \$20 per month. That covers all data and voice usage along with full access to the online portal.

WIN WIN WIN Thanks to Sofihub

Secure we have a free TEQ-Secure valued at \$299 to give away. To be in the draw simply

email win@haveagone ws.com.au with the subject line Sofihub or write to Sofihub c/-

Have a Go News PO Box 1042, West Leederville 6901 to be in the draw. Closes 1/1/22.



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Waste-free festive season - little things make a big difference



by Karen Majer

MY Christmas memories, especially from the years when we had young children, are of a huge amount of preparation stretching over weeks. Meal planning, shopping, choosing and wrapping presents, decorating the house, baking and food

preparation. The big day dawned to a frenzy of unwrapping and eating. Then came cleaning up the mess. Wrapping paper and ribbons, envelopes, cardboard boxes, plastic, food leftovers. The fridge was packed to the gills with leftover turkey, bowls of salad and tubs of cream and dressings. Perishable foods posed a catering challenge of big and sometimes wasteful proportions.

On a mission to reduce waste, I've picked up a few ideas to share with

It starts with shopping. According to a Gumtree

survey in 2020, millions of Australians may be waking up with more than Christmas leftovers, as over 19.3 million unwanted gifts were received last year. The survey found that 53 per cent of Australian adults, the equivalent of 8.5 million people, received at least one unwanted Christmas gift, equating to \$572 million of unwanted Christmas spending. Clothes and accessories topped the list for unwanted gifts (20 per cent), followed by beauty products (15 per

I have a nothingbought agreement with a group of friends. Birthday and Christmas presents are grown, hand-made or cooked. Made-with-love gifts are so special. Our family respond to hints about what is needed, for example clothing, cook-ware and art materials, or a treat such as a voucher for a restaurant meal.

Next the wrapping. What a shame to see costly gift wrap and ribbon ripped off and discarded. One easy solution

is to use fabric. Delve into your sewing cupboard or pick up fabric off-cuts at a charity store and let your imagination run wild with torn-off strips for ties. You might suggest the recipient recycles the fabric for the next gift they wrap, or you could take it back to use again. A colourful tea towel is useful wrapping.

My pet hate is plastic.

So many toys and stocking fillers are cheap plastic items that hardly last beyond Christmas. Add to that the horrible hard plastic that encases many items and the plastic cutlery, straws and plates used for parties and picnics, and it's a waste nightmare. Roughly 3.5 million tonnes of plastic was used in Australia in 2018–2019, equivalent to about 100kg per person, and the Bureau of Statistics tells us that 84 per cent of plastic used is sent straight to landfill. You can find heaps of ways to reduce plastic waste on the Plastic Free July website.

Next comes food preparation. Australian households throw away 2.5 million tonnes of edible food each year – that equates to nearly 300kg per person! Food waste also harms the environment. Rotting food in landfill produces methane, which is 21 times more potent than carbon dioxide as a greenhouse gas. The first step is shopping. If you are catering festive meals, plan the menu, make a shopping list and stick to it to save money and waste. Try to avoid impulse buying, especially refrigerated and baked foods. Check the 'use by' date to make sure that the item has the sufficient storage life for when you intend to

Where possible, let your guests serve themselves to dishes rather than piling their plates. Get creative with leftovers. Some will freeze well. I love beeswax wraps. They can replace plastic wrap and extend storage life. Dishes like frittata are a fantastic way to make a meal of a variety of ingredients. You



Let your imagination run wild with fabric wrapping

can make croutons from stale bread - just cut into pieces and place in the oven to dry roast. Look up a recipe for summer pudding or bread pudding to use stale bread slices. Tomatoes going over-ripe will make a pasta sauce to freeze for later. Check the fridge for items approaching their use-by date and use them first.

If you really have to discard food scraps, put them in the compost to feed your garden. If you don't have a compost bin, you can dig a small hole between plants and bury veggie scraps, then cover with soil. They will rot and add to soil nutri-

Enjoy the festive season everyone. Be kind to each other and the earth.

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- SOMEONE BEYOND THE BLUE HORIZON
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- 13 SENORITA 14 WHO ARE WE TO SAY?
- SWEETHEART WALTZ 16 LITTLE GREY HOME IN
- 17 SOFTLY, AS IN A MORNING SUNRISE
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Northern branch of retirees group (AIR) in recess until new year

VALMA Hope, a financial information services officer with Service Australia (Centrelink), will be the speaker at the January 2022 meeting of The Association of Independent Retirees (AIR) northern suburbs branch.

She will be talking about the Asset and Income Test, and many other issues that con-

cern people about pensions and other benefits such as Commonwealth Seniors the Health Card.

AIR will not be holding a meeting in December and their next meeting will be on 20 January 2022.

Under the current WA Covid -19 rules the group is restricted to the number they are able to have in the meeting room. Therefore, if you wish to attend as a guest, please reserve a seat by registering your interest with Mike Goodall.

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

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

Cost \$4 per person including raffle, tea or coffee.

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



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Have a Go News' Letters to the editor

Dear Editor,

I AM not a very opinionated person. I like listening to others opinions, I take them on board, mull them over and then form my own opinion but usually I keep it to myself.

Never before have I been so moved, so incensed, as to write to a newspaper and voice my

On reading Roger Percival's letter (October) regarding asbestos and cancer I was seething about his take on cancer, its causes, the knowledge of medical professionals and his view that the disease was incurable. I found it most offensive.

On one hand I felt pleased that his close encounters with asbestos hadn't caused him or his wife to get cancer, on the other hand I (and probably every other cancer patient surviving or still fighting the battle against this awful disease) might not agree with him with regards to the money 'wasted' on finding a cure.

As a cancer survivor I, for one, am very grateful for every cent that has been raised/ donated and spent on finding the cure.

May he continue to be cancer-free and have time to reflect how his opinions might sound to those not as lucky as he is.

Annis Woods (seven years cancer free after having been given a terminal diagnosis in 2013.) Kinross

Dear Editor,

RE Lee Tate's opinion piece on electric cars November 2021 issue.

I WOULD be very happy to drive an Ecar considering the environmental disaster caused by the use of fossil fuels, but the cost of the vehicle is prohibitive for me. At a price of \$25,000 for a basic car the market would be enormous.

It is an incredible disgrace that our Federal Government has not encouraged an electric vehicle manufacturing centre in a couple of our capital cities. Australia has unlimited, cheap, renewable energy sources, the minerals required and the educated workforce capable of doing it. Sincerely,

Julia Mateljan Gabbadah

YOU'VE done it again - another great Have A Go Day at Burswood - such a wonderful day.

An unexpected highlight for me was getting to meet Malcolm (vintage pennyfarthings) who had such brilliant life stories, and Phil (vintage bicycles) also with

As always, I loved the two horses and handlers from Kelmscott Pinjarra 10th Lighthorse Memorial Troop – beautiful animals.

So to the stallholders, event organizers, Crown, the irreplaceable, priceless volunteers, and of course you and your very hardworking team, thank you for an outstanding day, so much enjoyed and appreciated.

Sue Curtis Via email



Dear Editor.

READING the current newspaper, I find I must protest strongly the Covid content cartoon.

If a person is vaccinated and they believe everything they are told, why are they concerned?

They are less likely to catch Covid, have very low viral load if they do get it and virtually no chance of getting seri-

Logically they are not at risk from anyone, if you believe the hype.

Coming from the Hitler era is a quote, conveniently forgotten in to-

day's media hysteria; that is if you tell a lie no one will believe you. but if you tell the lie for long enough people will believe it is the truth.

There are people in society, that are not anti-vaccine, but will not take the

John Bailey Halls Head

Ed: The US Center for Disease Control and Prevention says unvaccinated people in the US are at a 14 times greater risk of dying from Covid-19 than those who are fully vaccinated against it.

Submissions may be edited for clarity and space Please keep submissions to 200 words or less.

Email jen@haveagonews.com.au

Dear Editor,

MANY thanks for Karen Majer's excellent article Listen to the experts to keep ourselves and the environment safe. It contained such good infor-

With climate change many of us get left with the question "what can I do?" and "what is 'climate action' anyway?'

We can do lots of things in our own lives and lo-cal communities which can add up to make a difference. But much of the problem is happening at national and global levels that seem well beyond

I have found Citizens' Climate Lobby (ccl.org. au) is a great way to act locally and globally at the same time.

Local CCL chapters work together to create the political will for national and global solutions; in particular a carbon price that winds back the many perverse incentives that are delaying that all-important transition to a zero carbon economy.

We can make a much bigger difference when we have a specific action that impacts on the large, slow-to-change forces that are driving our economy. And doing it with others makes it so much easier, even fun!

> **Rod Mitchell Denmark**

Dear Editor,

I READ your latest paper on the weekend and saw the article about the plastic lids and that you were unable to take them anymore.

The only place I have found in WA is:

Welshpool Recycling Centre, 5 Forge Street, Welshpool, 9333 4888.

The people there are lovely and very helpful. I hope this helps your readers.

Via email





Finding new treatments for today and cures for tomorrow

Ear Science Institute Australia and The University of Western Australia are conducting a clinical trial to discover if treating hearing loss with hearing aids will reduce cognitive decline.

We are looking for an additional 300 West Australians who:

Are 70 years or olderHave hearing lossHave not used hearing aids before.

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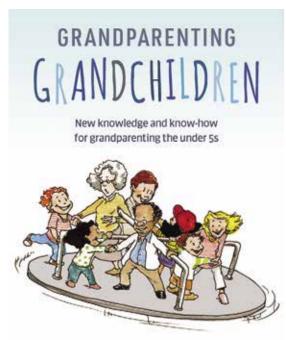








New book looks at the rewarding world of grandparenting



by Josephine Allison

GRANDPARENTS have adopted a higher profile in today's society, due to many factors. Australian and New Zealand based authors Dr Jane Williams and Dr Tessa Grigg have co-authored a new book, Grandparenting Grandchildren, the first guide of its kind written specifically for grandparents aiming to help raise wellrounded, ready-to-learn, emotionally resilient grandchildren.

Combining the authors' practical experience as childhood development

professionals with the latest international research into the brain, the book helps people understand the key influences on healthy development in a grandchild's first five

sleep and food. Have a Go News caught up with the authors with a few ques-

years: movement, music,

Grandparents seem to have come into their own these days in a changing society, sometimes even bringing up their grandchildren. Why is this?

Tessa: Over the years

I have noticed more and more grandchildren (along with grand uncles and aunts) taking responsibility for the care of very young, preschool-aged children. The demands of modern lives with high living costs often means both parents must work and grandparents help save on costs for childcare. In fact, literally millions of grandparents are taking on this role.

Grandparents know what I do, often ask questions about what they can do with their grandchildren at home, particularly in the years before school when children need more active engagement.

They want to know what they can do to help their grandchildren be the best they can be in a world that is very different in many ways, from the world in which they raised their own children.

Believing that grandparents are second only to parents as the most influencers important on their children's lives, I co-authored Grandparenting Grandchildren to help get grandparents up to speed with the latest knowledge and knowhow of this very important age.

While most child-rearing books are written for parents, Grandparenting Grandchildren provides a one stop knowledge and activity shop for grandparents... with a twist. I am very much an advocate of the key role

of active movement for healthy development, an area often overlooked, or just referred to as play.

Opportunities for play are essential for our youngest generation, but children also need to be actively engaged in specific active movement opportunities that help the developing brain create all the necessary connections for later learning.

Grandparenting Grandchildren therefore includes information about the key role movement plays in development of the brain and body and how this affects behaviour and emotional regulation, sleep, the development of language, speech, literary and numeracy skills, imagination, curiosity and creativity.

I also understand that while knowing 'why' helps us understand what is important, the 'how' is often the tricky part as we all run out of new ideas Grandparents can therefore find a raft of the best activity materials and low-cost items, or use a local park or playground.

The most requested area of help and one that is often asked of me: 'What is the best gift to give to my grandchild?' To this end, Grandparenting Grandchildren dedicates a whole chapter to outstanding developmental gifts that are not only fun, but they also help children engage in active movement and

support healthy growth and development.

So I hope that while grandparents embrace the ideas and have fun with their grandchildren. they also know they are helping them get a great start in life. Lucky kids.

What prompted you to write Grandparenting Grandchildren which has a wealth of advice and suggestions to making this unique relationship fruitful?

Jane: Grandparenting Grandchildren has been a long time in the making. The essence of this book existed in my brain for at least 10 years. I wanted to write it for a very long time but work always found a way to intrude on my

So, as I move into the next stage of my life and find myself old enough to have five grandchildren under six years (where did those years go?) I have finally had time to get my fingers to the keyboard and, with the support of co-author Tessa Grigg and illustrator Tom Kerr, the long-anticipated book in finally more than a figment of my imagination.

As well as being a mother of three, I have worked with families and young children all my adult life, as a paediatric nurse, a GymaROO-KindvROO franchisee and, for more than 20 years, as the research and education manager of Gyma-ROO-KindyROO www. gymbaroo.com.au.

Belinda Alongside

Cummings I was also heavily involved in the production and content of the online Australian series of informative, practical baby activity programs for new parents: **Active Babies Smart Kids** www.absk.com.au

What research did you carry out, given both of you have a wealth of experience in this field?

Jane completed her PhD in maternal health and Tessa completed her PhD in infant reflexes and their relationship to learning. However, both of us have devoted our lives to educating young children and their parents.

We have taught groups of children and we have both experienced firsthand the changes that good quality movement experiences can have on skill development.

Jane has also completed research on schoolaged children using a motor-sensory program. The results showed that movement can make a significant difference to the to the learning outcomes for children.

Where can grandparents go wrong in caring and advising their grandchildren?

We both believe that a dialogue between parents and grandparent is the most important component of successful grandparenting.

Grandparents need to remember that they are not the parents now, they are the cheerleaders and support team. If the relationship between the parent and child is strong, the child will ask for advice. The trick is waiting

for that to happen. Can you give a few tips for grandparents going forward?

Give as much time as you can to your grandchildren. Read the same story over and over, help them walk along the same ledge over and over, play peek-a-boo over and over, let them help you bake (yes, it will be messy), let them stop and look at the ants on the way to the park (as many times as they need

Parents are often time poor, but grandparents can use wisdom to make time.

How much did you enjoy writing the book and do you plan a follow-up for older children?

The process of writing the book was very stimulating and exciting. We both enjoyed the discussions we had and the time focused on a subject we could talk about for ages.

Future plans? Hmm, we are mulling on that

Grandparenting Grandchildren New knowledge and know-how for grandparenting the under 5s by Jane Williams PhD and Tessa Grigg PhD (Exisle Publishing, rrp \$32.99), is available from www. exislepublishing,com and wherever good books are

Find the secret word and win \$200

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

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- Markets
- 7. Hendercare 8. Whiteman Park
- 9. St Georges Cathedral
- 10. Rotary of Perth
- 11. Luna Palace Cinemas - The Lost Leonardo

Entrants can enter via email with Adwords in the subject line at win@haveagonews. com.au or write to Ad Words Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/12/21.

Congratulations to Ann Eddy, of Dianella, our October Ad Words





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Embracing the arts, enriching Australia!







Have a Go Day 2021, a LiveLighter Event; ON Wednesday 10 November, Have a Go Day, a Live-Lighter Event, was held in the grounds of Burswood Park. The weather was perfect for the many thousands of people who came along. Thank you to our major partner, Healthway, promoting the LiveLighter message.

Seniors Recreation Council of WA has an amazing Have a Go Day volunteer team who work tirelessly for 12 months and spend three, 12-hour days putting together the event. This year was particularly difficult in the leadup with continuing uncertainty around Covid and the extra requirements needed to present a Covid safe event. SRCWA thanks the WA Government, Premier Mark McGowan, WA health workers and all West Australians for their dedication in observing all the Covid recommendations. Volunteers came from SRCWA. Dept of Local Government, Sport & Cultural Industries, Have a Go News, SRCWA branches and the general public who once again amaze us by assisting with the many jobs it takes to run this large event. We extend our gratitude to the team of trustees from Wooroloo Prison who assisted throughout. Have a Go Dav would not be possible without all the volunteers and our thanks and appreciation go to past volunteers and the current team who through their dedication presented an amazing event for and on behalf of WA's seniors.

We also extend our appreciation to Burswood Park Board for hosting the 29th Have a Go Day in their beautiful grounds and for providing so much support to us. Crown Perth provided sponsorship, free parking in the high rise parking complex on the day and the first prize in the major prize draw and we thank them.

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

Lotterywest once again provided a major grant for the day and the Government of Western Australia continued its ongoing support as well as additional funding enabling us to once again employ a part-time administration assistant in the office.

The official welcome was emceed by 882AM 6PR's Simon Beaumont and it was a pleasure to have Minister for Seniors and Ageing Hon Don Punch MLA attend for the first time. A moving Welcome to Country was conducted by Neville Collard. The WA Police Pipe Band played the National Anthem and then escorted the Over Fifty Five Walking Association and a large group of people on the

official walk through the grounds.

Activities at the event included; boomerang throwing, canoeing, walking, trishaw rides, laser pistol shooting, climbing wall, petanque, croquet, pickle ball, disc golf, metal detecting and dancing in all forms. There were yoga classes, breathing exercises, cooking demonstrations, competitions and much more. Everyone was treated to free tea, coffee and bottled water at the hospitality tents assisted by a large team of volunteers thanks to Have a Go News.

There was a wide variety of information from many clubs and recreation groups. Displays of model boats, the MG Car Club, Classic Speedway, antique bikes, collectables, gemstones and many of the sites included information and giveaways. Health checks were available at different locations around the grounds.

Thanks to Ingenia Gardens for their sponsorship of the entertainment stage. Emceed by Jim Drysdale and Jenny Cole the line-up included: WA Bush Poets and Yarnspinners, Musical Mayhem Band, WA Police Pipe Band, Jim Sings Country, Klassworks Entertainment and PJ Anderson who entertained people throughout the day, finishing the day with the major prize draw.

Major prize draw winners:

1st Prize donated by Crown Perth - \$2,000 Crown Towers Experience: J Hansen

2nd Prize donated by *Have a Go News* and Kings Tours and Travel –

\$500 Visa Card: C Sweeney

3rd Prize donated by Telstra - Oppo Reno Smart Phone: L Lambe

Thank you to Crown Perth, Kings Tours & Travel, *Have a Go News* and Telstra for providing the prizes and congratulations to the winners.

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

We take this opportunity to wish everyone a wonderful Christmas and a happy and safe New Year. May 2022 be an exciting and prosperous one for all.

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

HAVE-A-GO NEWS No. 357 DECEMBER 2021

Paddling over hurdles is easy for Elizabeth



Over 55 Canoe Club member Elizabeth

by Karen Finlayson

SOMEONE screamed: "Run for it, run for it", as Elizabeth was chased by a man high on drugs and brandishing a bottle. She dived into her car, burning rubber as she took off to safety. Later when the same man was in hospital, she decided to visit him... in her offering of empathy they came to understand each other.

Elizabeth identifies with Julian of Norwich, the English mystic of the fourteenth century who said: "All shall be well, and all manner of things shall be well". She has always maintained a trust in goodness and well-being when addressing any uncertainty thrown her way.

Growing up with eight siblings on a small wheatbelt farm west of Esperance, Elizabeth's deeprooted love of nature was nurtured by her parents. She revelled wandering in the undulating countryside, becoming totally lost in the beauty surrounding her... believing she lived in the most wonderful habitat in the world.

Elizabeth continues to travel through life in this mode – she sees the beauty and wonder in everything. On leaving school she trained as a general nurse before studying midwifery and delivering babies at twenty-one. Ten years later she completed a Bachelor of Applied Science in Health before touring Europe.

Resuming her career, she continued with great adventures working in migrant centres and community nursing in country WA

Travelling for could be perilous - flying out from a station near Carnarvon, Elizabeth noticed aviation fuel spraying from the plane. Pointing out this observation to the pilot, they were told by radio to stay in the air and empty the leaking tank before switching to the other, in the hope an explosion from back-fire would be averted. The doctor onboard, suggested they all pray. Finally, they landed safely and all

While she worked at Coonana on the Trans-Australian Railway, the last family of nomads from the Great Victorian Desert were brought into the medical centre. The younger members had never seen Caucasians before. Upon making eye contact, Elizabeth felt great awe in their presence and an awareness her own inner depths were being studied by the eyes observing her.

Don't pick up hitchhikers - Elizabeth has been known to flout her own rules. Driving alone from the Wheatbelt to Perth she passed a young pregnant woman walking along the road, with a car following slowly behind. Elizabeth stopped to ask the woman if she was OK? She said she'd been travelling with the occupants in the car behind and when quarrelling ensued she felt frustrated and got out. Elizabeth offered a lift. The car then began following Elizabeth until she unexpectedly hit a kangaroo! The wounded animal hopped away, and the occupants of the other car began chasing the kangaroo on foot - presumably with dinner in mind. When Elizabeth and her passenger arrived in Perth to go their separate ways, the young woman admonished Elizabeth with a cheeky grin:

Years later it came as a massive shock when Elizabeth found she had cancer. Returning to her training hospital, she had chemotherapy, radiotherapy and a colostomy bag fitted. While lying in her hospital bed, her main craving was for the curtains to be opened... to see the trees and the

'Don't you ever pick up

hitch-hikers again!'

sky. She easily manages her colostomy bag, being a great example to others with her full and exciting

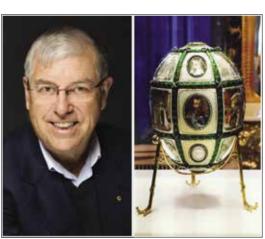
Elizabeth joined the Over 55 Canoe Club on retirement and loves the challenge of the water, the people and the interaction with nature. She is always ready to relish whatever life has in store, with special empathy for anyone caught up with inequality or hardship. Her instinctive belief all will be well allows her plenty of scope personal rules can be broken, forgiveness easily offered, and set-backs triumphed over, which at the end of the day makes for a rewarding and fulfill-

ing life.

If you are interested in paddling with the O55CC contact: club president Chris Cocker on 0410 479 024 or club secretary Dale Winn on 0420 733 024. For more information view our website at www.over 55canoeclub.org.au



Love the arts and making new friends? Join this group



Former Art Gallery of WA director, Alan Dodge and one of the Faberge eggs

AUSTRALIAN Decorative and Fine Arts Societies (ADFAS) is a not-for-profit organisation run entirely by volunteers that promotes the enjoyment of, and engagement in the arts.

It delivers superbly illustrated presentations on a diverse range of arts topics. All lectures are included in annual membership and members' guests and visitors are always welcome. These lectures are very popular, so bookings are recommended to manage capacity at its primary lecture venue at the State Library of Western Australia in Northbridge.

Lecturers are recognised authorities in their respective fields and from variety of professional backgrounds. They are usually international but with travel having been severely restricted over the past two years, ADFAS Perth has cu-

rated stimulating programs drawn from a wealth of local and national experts.

In addition to the set annual lecture programme, ADFAS Perth offers a variety of add-on events like private studio visits and exclusive partner events with other arts organisations like the WA Ballet.

Membership also includes a range of discounts from local businesses including cafés, Luna Palace Cinemas and Oxlades. A terrific benefit is the opportunity to mix with like-minded people and the ensuing camaraderie gained from event attendance.

ADFAS Perth prides itself in embracing the arts and enriching Australia. Until 31 January 2022, ADFAS Perth is offering an early bird subscription special, all details online at adfas.org.au/societies/perth.

World first clinical trial to discover if hearing aids will stop dementia

AS part of Dementia Awareness Month, Perth based Ear Science Institute Australia is doubling down on their effort to stop dementia in its tracks. Their HearCog Trial is taking the reduction of dementia risk to a new level.

The HearCog clinical trial, a world first with older

adults at risk of dementia, conducted by Ear Science Institute Australia, is at its halfway point.

Early indications are showing that 20 per cent of participants already have significant undiagnosed cognitive impairment and undiagnosed hearing loss requiring amplification; both of which are risk factors for dementia.

This is very concerning as it shows that West Australians are still ignoring the signs of hearing loss which contributes to cognitive decline.

Ear Science's researcher, Dr Dona Jayakody is part of Perth based re-

search team that is contributing to the increasing body of evidence on the link between hearing loss and dementia.

"We may not be able to stop the train – that is dementia – and make it come to a complete halt, but what we're hopeful of is slowing it down enough to manage the symptoms," she said.

Our trial participants are reporting some really positive comments. John is one participant:

"Before I joined the trial, my wife was getting really annoyed with how loud I turned up the TV and I felt that I was missing out on the Cycling Club conversation when we all stopped for coffee," he said. "My hearing aids mean I now understand the news, I enjoy a public talk and find myself joining in more at Cycling Club, I am really happy"

John's wife, Anna added: "His hearing was not perfect, so I just said to him he needs to do something about it. That first visit to Lions Hearing Clinic made a big difference to our lives."

Ear Science Institute's research has confirmed the association between untreated hearing loss

and an increased risk of dementia and mental distress.

Dr Jayakody said we

are now making big

strides into translating this

research into new treat-

ments for our clients, to reduce the risk of dementia in our rapidly ageing population.

"Can you imagine a hearing test that also detects early risk signs of dementia? Or a hearing device that tells the user to practice wearing it, so their brain can get used to the new amplified sound?"

said Dr Mel Ferguson, head of Brain and Hearing

Group. "These groundbreaking treatments for

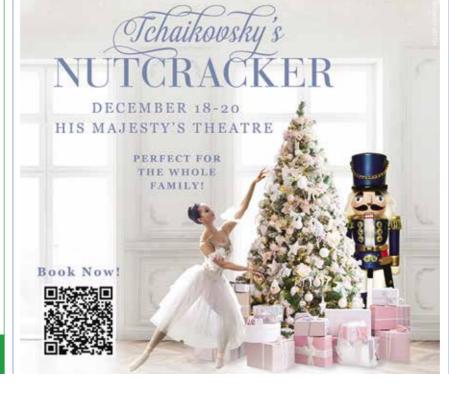
hearing loss are what we

all working towards."

"Hearing loss affects all aspects of daily life. It's invisible and people often just ignore it, and choose to just live with it," said Sandra Bellekom, CEO at Ear Science Institute Australia. "We are committed to making quality hearing care, that is led by science, accessible to as many West Australians as we can."

That one simple test you need to take is a hearing test.

Find out more on page 14.



As it Happened - Beyond the stories... Pope John Paul II popped into Perth



by Lee Tate

AN airforce jet touched down at Perth airport and a specially-built Mercedes eased its way out onto the tarmac at 1.30pm on Sunday, 30 November, 1986.

When a historic 66-year-old figure emerged from the jet, 1,000 people waved yellow flags and signs including: 'John Paul II, we love you.'

The Pope had arrived in Perth, only the second Pope to visit Australia af-

ter Pope Paul VI's 1970

Whisked away in his 'popemobile', His Holiness was on an active program that brought together many of us nonbelievers as interested observers, as well as the Catholic faithful by the tens of thousands.

In just short of a week in Australia, the Pope travelled 11,360 kms, attended 38 functions and visited all States and territories. Perth was the final stop.

As State Government leaders, VIPs and church officials waved him off, the 'popemobile' headed to Belmont Park racetrack where the Pope led a 70,000-strong mass.

He then turned-up in Leederville to open the Catholic Education Centre, answering more than a few local Catholic

prayers. In quite a coup by Perth's prominent Dr Peter Tannock, it was the only building in Australia ever opened by a pontiff.

Dr Tannock had asked then Archbishop William Foley if the Pope could be invited to open the building.

For 30 years the centre "served as a hub for work supporting the improvement and growth of WA's state-wide Catholic education system which for many years was the only state-wide Catholic system in Australia.

"The invitation was accepted and by the time of St John Paul II's visit, necessary renovations to the buildings had been made," said a church statement.

Dr Tannock, 81, has been heavily gonged for academic, religious and sporting achievements (WAFL and AFL Life Member and vice-chancellor of Notre Dame University). He received a Papal knighthood (recognising a special bond with the Pope) for lifelong work in Catholic education and the Church.

The Pope's Perth schedule included meeting skippers of yachts competing in the America's Cup trials.

In a speech to elderly residents of The Little Sisters of the Poor rest home at Glendalough, the Pope said: "I wish to express my deep affection for all the older members of Australian society in every corner of this land: those who are living in homes such as this; the many who are living with relatives or friends; those who live alone, especially if they are sick, disabled or

infirm."

But he also made the point "that wherever I go, I enjoy being with the young. They inspire me by their enthusiasm.

"But I also want you to know that I experience great happiness when I am with the aged. You give me a share in your peace and in the accumulated wisdom of your lives.

"I pray that Australians will always honour the old and show them special affection. I pray that public policy will always be based on absolute respect for their dignity and inalienable rights.

"And to young Australians I say: look at the treasure of humanity and wisdom that is yours in your old folk. Love them and be grateful to them."

At the end of the Pope's Australian visit,

Prime Minister Bob Hawke said: "While you have been here you preached a message of peace, of hope and of justice. You reminded us of the dignity and importance of human work. You drew attention to the tragedy of unemploy-

ment.
"You issued a message of hope to the Aboriginal people. And you

have caught the imagination and tapped the idealism of our young people who seek peace and justice in the world."

John Paul II, history's most-travelled Pope and the first non-Italian to hold the position since the 16th Century, died in the Vatican on 2 April, 2005, aged 84. Two million people attended the biggest funeral in history.



British pension update



by Mike Goodall

DEPARTMENT of Works and Pension (UK) says that if you haven't heard from them by 22 weeks of them receiving your pension application, you can call them and insist that your

application is given priority.

Priority to them is between 48 hours and a week. Then the mail will take four to six weeks to arrive. Hopefully a payment will arrive in your account first. If you are in receipt of a Centrelink pension with Services Australia you must tell them how much you are receiving as it could affect your age pension under the income test.

affect your age pension under the income test.
If you have told DWP your Service Australia reference number it is most likely that Centrelink will know the amount of pension you will be receiving from the UK before you do. However, don't forget to keep them fully informed.

I've had many enquiries following last month's article about life certificates from the UK. Just to be clear, all you need to do is ensure that the International Pension Centre has your current address. You do not need to apply for a Life Certificate or actually do anything about it unless they select you (at random) and send you a letter or should your pension payment suddenly stop.

The new Health and Social Care Tax in the UK will affect those state pensioners who are working beyond their State Pension Age. The tax has been introduced to fund social care in England and to help the NHS recover from the pandemic. This should not affect employed seniors in Australia or those expat seniors who are paying tax in the UK because their pensions are taxable. It should only affect employees, employers and the self-employed in the UK who will pay more for National Insurance (NI) from April 2022.

It will only affect self-employed if they are paying tax on their profits (ie Class 4 contributions). It will have no effect on the Class 2 and Class 3 contributions that can be paid from Australia to enhance UK State pensions. These payments will however, still continue to increase annually by the Cost of Living Index.

Am I UK State Pension Age?

UK Expats and Australian citizens born between 6 October 1954 and 5 April 1960, who have worked for a minimum of 10 years in the UK, will be eligible to claim their UK State Pensions from their 66th birthday.

The age at which those born after 6 April 1960 can claim will increase by one month extra for every additional month of birth until 6 March 1961 when it will become their 67th birthday.

Anyone who would like to 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 via e-mail mikecgoodall@btconnect.com







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Could it be love for the Outback? The Subaru Outback that is...







Subaru Outback in Autumn Green - C 200 Mercedes Benz makes a great tidy up project



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

NOT often do I revisit a particular test car, but here we go.

In the depth of this year's WA winter, I drove to Albany in an undated/

revamped Subaru Outback. It was a fabulous drive, with a stop at Williams Woolshed for coffee and cake on the way, one of life's more simple joys.

Regular readers will remember me prattling on about that Albany road trip; such a fantastic place to visit, walk, talk, eat and drink. A perfect winter road trip; Great Southern wineries abound.

Curiously I've pondered that test drive ever since; the 2021 Subaru Outback will do that to you. Was this love? Maybe.

So, a couple of weeks ago I had the opportunity

to revisit the Outback; this time the Sport variant. There was something instantly reassuring. And dare I say, not unlike a classic pair of RM Williams boots, really utilitarian.

At around a touch over \$49,000 drive-away; noteworthy value.

Outback has always been stylish, if understated. This particular test car in Autumn Green with black wheels is smart to the max. It looks slightly military and brooding and not out of place in the jungle of the Karrinyup Shopping Centre

car park. The AWD station wagon styling makes great sense; reinforcing my view, we do not all need to be driving overly large, car park space grabbing, SUV's.

The 11.6 inch infotainment is brooding. Pretty much everything is controlled through the touch screen. Apple Car-Play and Android as you would expect. No need for untidy cords.

The interior is a great place to be. The grey/black seat trim works well; the seats are all fully powered, heated and with eight-way adjust-

ability. Plenty of space in the back; 522 litres. Adults, kids and grand-children will not complain. Golf Clubs and Xmas shopping bags? Not a problem.

The 2.5 litre four cylinder petrol engine delivers a more than adequate 138 kw/345Nm; perhaps a little high revving when driven hard. Subaru CTV automatic transmission needs time with which to become comfortable. Adaptive cruise control is brilliant; something I now find hard to do without.

If you're looking for value, strong backup

service and reliable motoring ownership; well worth taking another look at Subaru Outback; the Sport is the variant for which to look out.

Meanwhile...

As you know, new cars are not easy to acquire at the moment; waiting lists are long for most brands. Hopefully things will be back to normal late in 2022.

So with that in mind, I have begun a restoration/tidy-up project of a little, 14 year old, C 200 Mercedes Benz. It drives well, has nearly 180,000Km on the clock

and all the hallmarks of a somewhat unloved car. Curiously I've had more comments about this old girl than if I'd pulled up in a \$140,000 brand new

So, with a small budget, some trepidation and a lot of love, I have the Christmas/New Year break well planned.

Watch this space.

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



Preserve your memories by converting old films to digital

BEFORE the days of smart phones and social media, the act of recording on ciné film was reserved for life's most precious moments.

As time passes, old film footage slowly degrades.

Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already begun to break down and lose quality. Now is the time to take action and ensure your priceless recordings

aren't lost forever.

One of the best ways to preserve your footage is to take it to DiskBank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films, videos, images and audio recordings into modern, digital formats.

If the film has already begun to decay or develop mould growth, DiskBank can take steps to revive

Love facts? Then grab a copy of Lee Tate's new book

your footage if the damage has not spread too far.

DiskBank can transfer your recordings to DVD, Blu-Ray, USB or digital files, with the latter being the recommended format.

Have a Go News readers are entitled to an additional 20 per cent off. Simply mention the Have a Go name to claim your bonus discount.

Visit DiskBank at 4/73 Troy Terrace, Jolimont or call 9388 0800.





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VA and the World Homosof to promote for the

VETERAN journalist and author Lee Tate spent

half his lifetime chasing and collating fascinating facts. His eye-opening, slim volumes, published exclusively by Have a Go News, make ideal gifts and can be posted cheaply.

He reveals many entertaining and informative gems in Fascinating, Fun Facts: WA and the World.

The author's earlier companion book, Awesome WA, commended by Premier Mark Mc-

Gowan, is still in strong demand (\$25) after several reprints.

Curtin Radio announcer Jenny Seaton said that she found Lee Tate's latest book to be entertaining, informative and surprising with amazing facts from Australia and around the world...

"I'm actually sharing these facts with my onair listeners on Curtin Radio. They are fascinated... it is never too late to learn new and amazing facts. It is the perfect gift for someone who thinks they know everything," said Jenny.

Fascinating, Fun Facts: WA and the World is available from Have a Go News for \$25 plus postage. Phone 9227 8283 or see coupon on page 26. Or collect at 137 Edward Street, Perth, in office bours

You won't be able to put it down.

COMMUNITY NOTEBOOK

MIDLAND MENS SHED

Workshop open Monday, Wednesday, Thursday and Friday 8.30am-11am Social Tuesday 9.30am-11am at the

Bellevue Baptist Hall. Learn new skills, pass on skills to others, talk and relax with new

friends plus travel with us when we visit places of interest.
General inq. 0417 961 971
Workshop inq. 0411 833 055

HIGH WYCOMBE CHRISTMAS

Monday 20 December 5.30pm-8pm Scott Reserve High Wycombe Entertainment provided by Kalamunda performers

Visit from Santa, lawn games, food vans, glitter tattoos and more

PERTH HILLS ARTISAN MARKETS

Christmas Is Coming 12 December. 9.30am-3pm Crafters to the makers, the jam masters, the sweet treat makers, local buskers, artists and more. 50 Mundaring Road. The Mundaring Arena. 0410 204 693

LAKELANDS ESTATE REPAIR CAFE

Second and last Saturday of every month 10am-1pm
Torn jeans? Need something glued?
Things falling apart needn't be thrown away. Bring in your items.
(No electrical goods will be accepted.)
Learn how to repair them with help

of our amazing volunteers.

If you have a special skill you would be of benefit to the Repair Cafe. Mike 0412 243 677 fawcettmichael176@gmail.com

CHRISTMAS CAROLS

The South Perth Lions Big Band presents a community Christmas Concert in the City of South Perth. Mends Street Jetty area Music starts 6.30pm until 8.30pm entry by gold coin donation Family fun event, all profits to South Perth Lions Club to support their charity services.

YPA CAROLS AND CHRISTMAS FAIR

Saturday 11 December 2pm Nicholson Reserve, Osprey Drive Yangebup.

TOODYAY CHRISTMAS STREET PARTY

Friday 17 December 6-9pm
Free festive fun, stalls, children activities live music and more to keep everyone in the family entertained.
Stirling Terrace.

CH CAROLS cember 5-9pm

NORTH BEACH COMMUNITY CAROLS

Sunday 19 December 5-9pm Free fun fair, trampolines, spinning turbo tubs, pony rides and so much more.

North Beach Primary School Oval. 75 North Beach Road,

North Beach 9448 7018

BUNBURY CHRISTMAS IN THE CITY

12 December 3pm-8.30pm Street parade, stage entertainment, a range of activities and workshops of all age groups plus outdoor Christmas maze at Bicentennial Square.

An amazing community event.

NEW YEAR'S EVE FIREWORKS MANDURAH

31 December 9pm – 1 Janua

9pm – 1 January 12am
Free event. First fireworks at 9pm for families followed by another grand display at midnight. Alcohol and smoke free event. No pets allowed.



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- ✓ Ticket for 'An American in Paris' at Crown Theatre
- ✓ 3-Course Dinner at a Crown Restaurant
- ✓ 2 Drinks included at Dinner (Bubbles, Beer, Wine or soft Drinks)
- ✓ Breakfast at Epicurean Restaurant at Crown

TRAVEL DATES 10 TO 11 MARCH 2022

Per Person Twin Share Single Price \$850



ESPERANCE

OCEAN VISTAS, RUGGED ARCHIPELAGO, UNIQUE FLORA & FAUNA

TOUR HIGHLIGHTS

- ★ Visit and learn about the town of York
- ★ Picnic lunch in Hopetoun
- ★ Scenic Cape Le Grande National Park ★ Lunch at Yirri Grove Olive Farm
- ★ Visit the historic Museum Village & Esperance Museum
- ★ Scenic Wildlife Cruise with morning tea
- ★ Visit Cindy Poole's Glass Gallery ★ Lunch in Bremer Bay
- ★ Wander the town of Katanning

TOUR INCLUSIONS

- ✓ Home pick-up and return by private car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ 5 nights' specially selected accommodation
- ✓ Breakfast daily, 4 Lunches & 5 Dinners Luxury coach with professional driver
- Sightseeing and entry fees as per itinerary

TRAVEL DATES 20 TO 25 FEBRUARY 2022

Per Person Twin Share **\$2390** Single Price \$2850*



ROTTNEST DISCOVERY

WA'S EMERALD ISLE IN A SEA OF SAPPHIRE

TOUR HIGHLIGHTS

- ★ See the stunning sights on Rottnest Island
- ★ Learn about the Cultural & Historical Heritage
- from past to present developments ★ Hear about the diverse range of wildlife and flora
- ★ Enjoy a cocktail as the sunsets!

TOUR INCLUSIONS

- ✓ Home pick-up and Return by private car
- Kings Tour Manager
- ✓ Return Ferry Ticket to Rottnest
- ✓ 2-nights' accommodation at the Karma Rottnest Lodge
- ✓ Breakfast daily, 1 lunch and 2 dinners ✓ Welcome Drink & Sunset Cocktail
- Comprehensive Island Tour
- ✓ Wildlife & Heritage Tour

TRAVEL DATES 15 TO 17 MARCH 2022

Per Person Twin Share Single Price \$1485



SOUTH WEST FOOD & WINE TOUR

STAYING AT THE PULLMAN BUNKER BAY RESORT

TOUR HIGHLIGHTS

- ★ Lunch at the Eagle Bay Brewing Co
- ★ Koomal Dreaming Kaya Experience with dinner
- ★ Tour & Tastings at Leeuwin Estate Winery ★ 3-course lunch at Leeuwin Estate Winery
- ★ Arimia Estate Farm Tour & Lunch
- ★ Scenic drives and views of the beautiful WA Southwest
- ★ BBQ Dinner on the Terrace overlooking Bunker Bay

TOUR INCLUSIONS

- ✓ Home pick-up and return by private car
- Fully escorted by a Kings Tour Manager 4 nights' accommodation at the Pullman Bunker Bay Resort
- ✓ Breakfast Daily, 4 lunches and 3 Dinners
- ✓ Deluxe Coach travel with Professional Driver
- ✓ Sightseeing and entry fees as per the itinerary**

TRAVEL DATES 14 TO 18 MARCH 2022

 Per Person Twin Share Single Price \$3345



TASMANIA

(NEW DEPARTURE)

- TOUR HIGHLIGHTS ★ Guided tours of Hobart and Cradle Mountain
- ★ Visit to Salamanca Markets in Hobart
- ★ Peppermint Bay Cruise including lunch
- ★ Tour and cruise at the Port Arthur Historic Site
- Gordon River Cruise ★ Ride the West Coast Wilderness Railway
- ★ Taste cheeses at the Ashgrove Cheese Factory ★ Enjoy a guided tour at Beaconsfield Mine &
- Heritage Museum ★ Visit the well-preserved Georgian towns of Campbell Town, Ross and Richmond

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car Fully Escorted by a Kings Tour Manager
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et's go traveloptions for the mature west australian







IN these Covid times when you are considering travelling outside of WA, it's important to have in your mind that anything may happen. Every time we seem to be on the cusp of things becoming a little more normal a curve ball comes along and this time it's the Omicron variant of Covid-19.

For working people, it really makes planning any travels difficult. If you're retired as we know many of our readers are, at least you have time available if plans are thrown into chaos, so perhaps it will be our retirees who help reignite the travel industry.

This sector has seen so many of our once regular advertisers either now in hibernation or some closing down. I do hope

that 2022 will bring back the opportunity for these businesses to restart and all of us to have the opportunity to venture into travel again.

The Western Australian Tourism Awards were held last month and congratulations to the many winners. The major tourist attraction award went to Busselton Jetty. We reported on their expansion plans earlier in the year and look forward to that coming to fruition.

Willie Creek Pearl Farm

took out the award for tourist attraction and the City of Perth's Christmas Lights Trail 2020 won the major festival and events award.

It was great to see WAI-TOC (the Western Australia Indigenous Tourism Operators Council) win the marketing award with their Postcards from our Backyard campaign.

The new tourism business award went to the Matagarup Zip Climb with GoGo Active Tours taking out silver and Kalbarri SkyWalk winning bronze.

The Prospector train which connects Perth and Kalgoorlie has celebrated 50 years of travel. The service commenced on 29 November, 1971 and was the fastest trip with the largest railcars in Australia at the time. Advertised as 'sleek, shiny, fast and luxurious' with the 'very best in comfort

and service', the train set new standards in regional rail travel in the 70s, replacing the previous overnight sleeper service and cutting travel time from 14 to eight hours. It's an iconic train trip and one I would highly recommend.

*** I always encourage readers to support our advertisers as these businesses allow us to bring you this newspaper for free each month.

I take this opportunity to wish readers the compliments of the season with hope that the new year will see our travelling world expanded.

Happy trails

Jennifer Merigan **Travel Editor**

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



Mexico, Mayan ruins and getting back to Australia



EARLY in 2020. Bob and Carol Simpkins set off for a fourmonth holiday in Central America which was to include a visit to the Mayan ruins of Mexico and a four-day steamer trip down Brazil's mighty Amazon River.

In Cuba they found old buildings, old American cars, unreliable wi-fi and long queues outside almost empty shops. But Cuba did have troubadours playing ballads in Spanish to restaurant patrons and a very relaxed feel for personal safety.

In Mexico, their guide had a fantastic knowledge of the Mayan history and culture over many centuries before the arrival of the Spanish Conquistadors. The most impressive ruins they visited were Chichen Itza, which dates from AD 750, and Palengue which dates from about AD 4 and covers the face of a mountain.

Mexico has some interesting towns and cities, beautiful mountains and some clear blue pools beneath impressive waterfalls.

While still in Mexico Bob and Carol learned that Covid had reached Central America. El Salvador and Honduras closed their borders and other countries were about to shut. To avoid an indefinite lock-in, they were forced to cancel all plans and just managed to obtain a flight to Mexico City, from where they hoped to organise flights home to Perth.

They did not like Mexico City much, despite some magnificent buildings around the old centro. It is rundown and does not have the charm of other Central American cities.

They managed to obtain the last two seats, in business class, on an overnight flight to Sao Paulo in Brazil, via Panama, but were unable to print their tickets and boarding passes. This caused delay, confusion and panic. They eventually flew to Sao Paulo but found that most accommodation and restaurants had closed. They managed to change their existing bookings to flights leaving for Perth.

Fortunately, on their return to Perth, Bob and Carol were among the last returnees allowed to serve their quarantine period at home.

Bob related these experiences and more in his recent talk to members of the University of the Third Age (U3A) North Coast, which meet each Friday at Stirling Leisure Centre, 20 Belvedere Road (off Beach Road) Hamersley.

U3A has a program of interesting talks, interactive groups and socialising for over-55s.

Guests and new members are most welcome. For details please call Don on 0419 040 813, or visit www.u3a.org.perth.

A message from Kings Tours and Travel

by Jenny Page

2021 has been a joyful year for us at Kings with the milestone of reaching 35 years in business.

Just like Have a Go News, Kings is a family business now with the second generation at the reins.

Kings was started by my parents (the Page family) and I have been at Kings for 18 years.

I am so proud of what we do, the team I work with and most of all, the difference we make for people.

During our 35 years of business, we have weathered the ups and downs of world events. Whilst Covid has impacted the travel industry immensely, we remained positive, made changes to our touring program and despite it all, we have had a wonderful and successful year.

From luncheons, tours, to coach tours and extended holidays, every Kings Tour this year has sold out. It has been really fulfilling to be in the position of facilitating these memorable holidays and experiences for our WA seniors.

For any readers who have not travelled with us before, we welcome you to come an experience the warm and caring hospitality we provide on tour. You may like to start with one of our luncheons or day tours. It's a great way to meet new people, go to new places and have something marked on your calendar.

Our tour managers are a credit to Kings. With their years of experience and their genuine care, they truly make a difference to

your holiday experience. One of our most valued in-clusions is the home pickup and return service by private car provided on our extended tours. This certainly is the perfect way to start and end your holiday.

We are looking forward to 2022, our touring calendar kicks off with a tour to Esperance, followed by Tasmania on the direct flights. We hope that in 2022 we will be able to travel to more places within Australia and perhaps overseas may even be on the cards.

For any enquiries or to receive updates on our tours, please call 9380 6656 or find us at www. kingstours.com.au or in person at 110d Cambridge Street, West Leederville.

Wishing all the Have a Go News readers a healthy and happy New Year.



BEAUTIFUL BEVERLEY

WEDNESDAY 12 JANUARY - South

8am Canning Hwy & Murray Rd Melville 8.30am Pagoda Hotel Comer St Como

9am East Perth Terminal First drop approx 4pm

Includes Morning tea, lunch and luxury coach travel.

THURSDAY 20 JANUARY - North

Departs 8am HBF Arena, Joondalup 8.30am Morris PI, Innaloo 9am Morley Recreation Centre First drop approx 4pm

Departs

Returns

After last year's succesful mystery trip a lot of people said they would like to go back here as the lunch was just terrific. I'll do as I'm told. We are going. This time deep into farming country via the backroads. tting a stopover in York on the way b



PENGUIN ISLAND & SEA ISLAND CRUISE

THURSDAY 27 JANUARY - South

7.30am Canning Hwy & Murray Rd Melville **Departs**

8am Pagoda Hotel Comer St Como 8.30am East Perth Terminal

Returns First drop approx 4pm

Includes

Departs

Morning tea, lunch, entries, cruise

and luxury coach travel.

FRIDAY 4 FEBRUARY - North

7.30am HBF Arena, Joondalup 8am Morris PI, Innaloo

8.30am Morley Recreation Centre

First drop approx 4pm

An early start needed to make the most of Penguin Island, morning tea will be served before we depart on the ferry to Penguin Island. On arrival we will have morning tea followed by our ferry departure at 10.45am. First up is the dolphin, sea lion and penguin cruise. It's ideal for everyone, especially those who don't like boats or are concerned with sea sickness and is a great way to see some of the best parts of the marine park and it's wildlife in a short space of time. Next up is the penguin feeding held by parks and wildlife rangers at the Discovery Centre from 12.30pm to 1pm. Once this is done back on the ferry and fish n chips at Pengo's café. The cost includes all entries, lunch, morning tea, ferry trip, Discovery Centre and feeding.



DOLPHIN DISCOVERY CENTE BUNBURY

TUESDAY 28 FEBRUARY - South

8am Canning Hwy & Murray Rd Melville **Departs**

8.30am Pagoda Hotel Comer St Como 9am East Perth Terminal

Returns First drop approx 10pm

Includes

Returns

Returns

Morning tea, lunch, entries and

luxury coach travel.

WEDNESDAY 2 MARCH - North

8am HBF Arena, Joondalup **Departs** 8.30am Morris PI, Innaloo

9am Morley Recreation Centre

First drop approx 4pm

Head for Bunbury with morning tea on the way. Once in Bunbury we will pull up at the Dolphin Discovery Centre where you can visit the interpretive centre, have a wander around and look at the various marine ant display including the aquarium inside. Fish and chip lunch followed by tea and coffee / fresh fruit outside served by me. Time permitting, the Farmers Market is always a popular stop after-



ALWAYS A HIT!

After last years successful mystery trips I am going to continue the theme. Always popular, often booked out. Heading off into the country again. Did you miss out on last years trips?

Reserve your seats early to avoid disappointment

THURSDAY 10 FEBRUARY - South

8am Canning Hwy & Murray Rd Melville Departs

8.30am Pagoda Hotel Comer St Como

9am East Perth Terminal Returns First drop approx 4pm

Includes

Morning tea, lunch & luxury coach travel.

MIKE'S MAGICAL MYSTERY TOUR #1 2022 THURSDAY 20 JANUARY - North

8am HBF Arena, Joondalup **Departs**

8.30am Morris PI, Innaloo 9am Morley Recreation Centre First drop approx 4pm





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- Dark Side artisan chocolates
- Denmark Good Food Factory
- William Bay National Park & Greens Pool
- Pentland Alpaca & Animal Farm
- Dinosaur World
- Quindanning Tavern farewell lunch





Majestic Southern Forests

4 DAYS > 8 to 11 March 2022

Highlights

- Pemberton Tram Co ride
- Beedelup Falls & Bicentennial Tree
- Maniimup history & heritage tour
- Donnelly River cruise
- Dingup Homestead
- Manjimup Timber & Heritage Park

Bridgetown Rustic Charm

4 DAYS > 14 to 17 March 2022

Highlights

- · Bridgetown country charm & hospitality
- Boyup Brook District Pioneers' Museum

Brierley Jigsaw Gallery

- Local produce
- Murder Mystery night







Bremer Canyon Orca Experience

4 DAYS > 15 to 18 March 2022

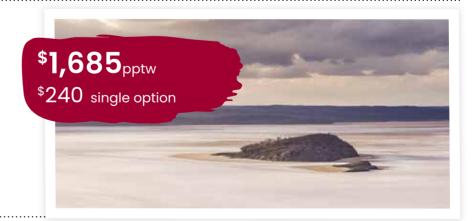
Highlights

- Bremer Bay Canyon orca experience
- Bremer Bay natural environment
- Wellstead Heritage Museum
- Gnornbup wine tasting & tour

Morthern Goldfield Riches

Highlights

- Golden heritage trail coach journey
- KCGM Super Pit tour
- Hannan's North Tourist Mine
- Kalgoorlie Boulder Museum
- Golden Quest Discovery Trail
- Gormley Sculptures Lake Ballard
- Prospector train journey (One Way)
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et's go travel options for the mature west australian





Jo Beth Taylor returns to home ground and local television

months she's had an op-

portunity to see a good

deal more of the State

with a new role as a pre-

senter on Channel Nine

She joins host Trevor

9News

Cochrane (The Garden

weather presenter Scher-

ri-Lee Biggs, television

presenter Christina Mor-

rissy, and radio person-

alities Carmen Braidwood

and Nikki Parkinson,

along with footballer Josh

Kennedy and other spe-

cial guest presenters

Even better Jo Beth has

been given an opportunity

to get away from Perth's

unseasonal weather and

head north for some

sunshine at the Abrolhos

Islands for a Destination

WA shoot on a new tour-

me before I moved back

that the winters are pretty

harsh and I said 'no, I re-

member them well,' but

then the last couple of

"My friends kept telling

ism venture.

throughout the series.

Gurus, Delish),

Perth's Destination WA.



Jo Beth Taylor

by Allen Newton

LIKE many West Australians, Australia's Funniest Home Video Show and Hey Hey It's Saturday presenter Jo Beth Taylor has had to restrict her travel plans to WA.

Contact with her son Christian who is now living in Austria, has been limited to Facetime conversations

Christian turns 21 next year so Jo Beth is determined to spend some time with him in WA, or in Austria.

"My parents are in their mid-80s so it would be lovely if he could get back here, but if he can't. Depending on the situation it might just be easier for me to get there. But either way we will be together and who knows what's

rise, we'll be together for his 21st," Jo Beth says. She's also hankering to get back to see good friends in Bali as soon as she can, where she owns half a car - and half a bil-

happening, but God will-

ing and the creeks don't

out local friends as they struggled to make ends meet through the pan-

Her friend with the car was in trouble and needed it for their business and the billiard table was to help another mate open a little warung as a billiard

But, for now, her focus is on the State where she was born and to which she returned to live around two years ago, just before Covid struck.

As a child growing up, family holidays were generally a road trip to Kalwinters have been so barri, Augusta or Exmouth harsh. with mum, dad and three "The climate is changbrothers, but in recent ing, that's for sure, or it

feels like it anyway." "I'm 100 per cent a

summer girl.

"I am hopeless in winter, I have no protection from the winter at all, I just loathe it."

The crew had a lovely run of weather while they were in the Abrolhos, so Jo Beth says she wasn't complaining at all.

"Because the week before that I was up in the Perth Hills and it was freezing."

Making a travel show isn't always as glamorous as it looks on the television, but Jo Beth says she is having a good time with the show.

"The Abrolhos Islands was a bucket list item for me and it was great when we heard they were opening up to a bit of tourism. The islands are so close to the coast, 90km off Geraldton.

"It's one of those kind of places that's been there for ever, but you never get to go, so I was really ex-

cited to get there.

"They've just opened a day trip called Abrolhos Adventures and it's the first of this kind of day trip for tourists.

"It's kind of like a Rottnest ferry, but it's really beautiful and so the story was all about the day trip and what you do on the island, the boat itself, where you can do paddle boarding and snorkelling and all those activities.

"We were on Long Island, which was just beautiful, the ride out itself is stunning because there are all these tiny islets, these tiny pieces of coral that stick up out of nowhere. It's quite surreal."

Jo Beth is enjoying her regular role on Destination

"I'm really loving it, the challenge of making scripts up on the spot and going with what the weather is doing which can be challenging, and it's a good way to stretch yourself rather than in studio where you are in a controlled environment."

Jo Beth turned 50 in May this year and she says it was a weird one.

"I always thought my 50th birthday would be a colossal moment, but because it was in the middle of Covid and everyone was in the same situation, not knowing what was going on at that point, I didn't really feel like celebrating, to be honest."

"I'm also not one for huge parties anymore, so it worked out okay.'

Getting older changed her perspective on life.

"I've been in the public eye, working in the media since I was 13, so you hope your feelings about life change, becoming a mum and having a son and even just recently in the last couple of years with the things we've all been through – it changes the way we think about things too, I hope."

But one thing is for sure, other than to see her son and then a visit to see her friends in Bali, Jo Beth has no plans to move too far from WA.

Destination WA, Sundays at 5.30pm on Channel 9 and 9NOW.

AUSSIE Redback Tours staff are country music fans and they are excited to announce a new four-day tour to the Boyup Brook Country Music Festival early next

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vear.

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vey Dickson's Country Music Centre; Street Carni-

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Finding your spirit quokka on country at Wadjemup...Rottnest Island











Left to right; The Lane Café - Delicious crayfish burger - Bathurst Lighthouse - Aboriginal statue - Oliver Hill gun

by Chris Parry

I'VE written a few stories on Wadjemup (Rottnest Island) over the years, including a rite of passage visit with my daughter which was all about snorkelling at the Basin, getting a cream bun and a choc milk from the bakery and riding a bike and only stopping for quokkas, dugites and a very relaxed Ashton Agar.

I've covered the island's remarkable AN-ZAC Day Dawn service and more recently my son and I jumped across to the island in a seaplane, lifting off from the Swan River and spending some time on the island to help him find his spirit quokka.

If you haven't been

to the island before you will typically hit the Basin, Geordie Bay, cycle around the island, hit the bakery three times a day and try to capture a selfie with a quokka.

A cultural tour is where a Wadjemup rite of passage should begin. Before you put the flippers on or hop on a bike, put your cultural curiosity into gear. Enjoy a walking tour of the island that's much more than a tour, it's an experience that enriches your understanding of the island from an Aboriginal perspective.

Some of it is devastating but there's also a dreamtime story that describes how important the west end of the island is to Aboriginal people. There are traditional songs and a very special sand ceremony that pay respect to Aboriginal ancestors and also remind you of a time when the island was connected to the mainland.

The Wadjemup Museum has been recently renovated and is full of new displays and stories and ways of interpreting old stories through touchscreens and audio experiences. The museum was always a bit too easy to walk past on the way to some other activity, but it's now destined to draw in visitors and provide a connection to the island that is not just interesting, but enriching.

Surprisingly for its size and the prominence of its tracks, many visitors aren't aware that there is an active train. This tramlike train puffs busily up to Oliver Hill, which offers the best view of the island and an intriguing look deep inside Wadjemup.

A maze of tunnels takes you underground and gives you an understanding of the importance of Rottnest during World War II. You descend steep stairs to where artillery shells were stored and plotting rooms for aiming the big guns on Oliver Hill that protected the approaches to Fremantle.

There are a few ways to get on the water and see the island from a different perspective without a boat. There are fishing trips for kids and

whale watching tours with Rottnest Express which mean you're right in the middle of the action rather than departing from the mainland.

The whale watching adventure boat that scythes its way through monstrous swells slowing only for seals and whales. With engines barely idling, you can sit in complete awe as whales make their way down the Humpback Highway off the island.

The island sits in the middle of the Leeuwin Current and this explains why the waters around are always a bit warmer.

Wadjemup by night is fairly quiet. You might hear a few people heading back to their cottage from the pub being scared of a quokka skipping across their path. Or, perhaps you could walk out to the end of Main Jetty which is perfect for catching a squid in the evening.

The rangers on the island wish more people took advantage of the bushwalking trails that criss-cross the island and are perfect for sitting quietly as a quokka goes about its business far from the lure of cake crumbs.

Perhaps when you're out walking have a crack at geocaching. This is modern day treasure hunting that allows you to search for hidden packages and pretend you're a modern day Long John Silver. Across more than 190 countries

there are more than three million geocaches and a sneaky number of these little hidden stores are on Wadjemup.

The path well-travelled on Wadjemup inevitably leads to the bakery or grab a cray dog at The Lane Café just across the mall from the bakery. If you need further indulgence and you can head straight back into The Lane Café and grab a Simmos icecream.

Rottnest is a favourite destination because we know it so well and we know what we like to do there. But there's more you can do there including opportunities to get a better understanding of the Aboriginal experience and stories of Wad-

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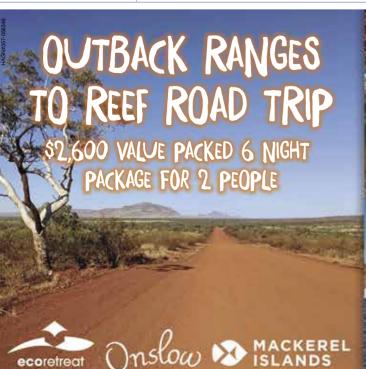
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et's go travel options for the mature west australian





The good and the different Cobia - one of Mike's favourites



To borrow a line from a well-known supermarket ad, cobia can well be described as... good, different.

by Mike Roennfeldt

COBIA are one of my absolute favourite fish.

They are such quirky characters and behave like few other species. Curious travellers are how I see them. They are regularly found in company with nomadic leviathans like whale sharks, manta rays and even big tiger sharks. Quite often, the first place people look when hunting cobia is around mantas.

It comes as no surprise to see a cobia come up to a boat when it first stops, presenting a brief opportunity to hook one of the strongest fish around. Interestingly too, if you don't apply much pressure early in the fight they can be kidded to the boat in quick time, but watch out if you don't get the gaffing 100 per cent right. A surprised cobia explodes with enormous power and that will be the last you will see of it for quite

A cobia looks very shark-like in the water with its chocolate brown colour, broad flat head and pectoral fins stuck out sideways; given the sort of company they keep, many a cobia has been called for a shark at first sight. Unlike a shark though, a cobia has no teeth. In some specimens, particularly juveniles to 8kg or so, they can sport a wide cream stripe down the side, although it can look like a chocolate stripe above the whitish belly. This tends to fade after

The eating quality of cobia is exceptional and the dense white flesh lends itself to just about any method of cooking. It is certainly one of my favourites. It is on par with Spanish mackerel when a fillet is cooked on a hot plate with plenty of salt and pepper at the end of a long day on the

They grow to around 60kg but are most often seen in the 6-15kg range. Some of the biggest examples of the species in the world have been caught in the channels off Monkey Mia in Shark Bay. They will take a variety of baits and lures. I've caught them on poppers, jigs, shallow and deep running minnow lures, mulies, live baits and strip baits. Getting them on minnows has been the most consistently successful, but getting them on poppers has been the most fun.

An 8kg spin outfit with a reel capacity of around 250m is about right when fishing for these great fish. Even in areas where the sharks are so bad that you don't seem to be able to land a thing unscathed, it's quite common to get a cobia past the razor-toothed gauntlet untouched. Perhaps there is some sort of natural bond at play after spending so much time in each other's company.

However you catch one, getting your first cobia is a rewarding experience, both for the fight and the superb eating later.

A spooky side to the Avon Valley - ghosts and bushrangers abound

by Rose Hope

A GROUP of members from the Come Out Camping Older Adults club (COCOA) decided to head east and explore the Avon Valley, last month.

Grapevines, green from winter rain, ran across the floor of the

Swan Valley, protected by the hills in the distance. The area has sprouted fascinating little businesses scattered throughout the region. Names like Little River Winery, Black Swan and others flashed by the coach windows as we drove through the Valley.

On tour with Club 55,

Explore Kalgoorlie-Boulder

our driver Chris was a full bottle on the history of the area and he gave informative commentary as we continued our journey. We sped past Henry Street and he told us about the tiny church perched on the banks of the Swan River. It was built in the very early days of settlement at

the point where our first Governor, Captain Stirling rowed down the river in search of fertile soil. to create the food bowl for the Swan River Colony. We learned that Yagan, a first nation's man, was murdered nearby be-cause he often took a sheep or a cow for food rather than a kangaroo and this upset the settlers. An unfortunate blight on our history. His head was then severed, pickled and sent to an English museum.

The coach drove up to a lookout where we had a tremendous view of the valley and Bell's Rapids. At the delightful township of Gidgegannup we ran into a traffic jam as it was show time. This allowed us to really soak up the village atmo-

We pulled up for morning tea beside a stream with a weir at Noble Falls. I hogged into my share (and probably someone else's) of lamingtons, fruit cake and a slice or two of chocolate cake.

Stopping at the oldest winery in the region, Coorinia which was established in the 1880s and has been in the Wood family since 1919, we were able to buy our supplies for the evening meal and beyond. Coorinja vineyards is situated beside Harper Brook about 6km from Toodyay. It has one or two reminders of the old days and is in a magical setting.

On the way to Toodyay we learned about that great escapist, the convict known as Moondyne Joe who managed to disentangle himself from the arms of the law, using the magistrate's horse to escape. The visit to

Avon Valley scene

Toodyay was like taking a step back in time as the town's character has remained largely intact.

We visited Northam, where some folk wandered across the suspension bridge which spans the river. Others preferred to learn about the history of the people who migrated to the area and to view a sample of the kind of accommodation that the early settlers would have used.

On arrival at York. Chris drove us up Mount Brown for a spectacular view of York and when we descended we were driven around the town

on a sightseeing tour. Our overnight accommodation was at Settlers House. We enjoyed a fabulous evening meal. Afterwards, we joined a 'ghost catcher'. Dressed in a long black coat with a big top hat and a torch around his neck which lit up his face, he resembled an apparition himself. In addition to having retained its original character, it seems that York is a very haunted place indeed, for every pub can boast its own special ghost and as we wandered down dark alleyways and unlit parks we were told the spinetingling stories of past tragedies. It was a night that the ghosts were definitely on the move for as we came across a dark park, a wraith-like figure in white suddenly appeared scaring the hell out of us all and on our last stop at the police station a convict came screaming out.

delicious After а cooked breakfast there was time to visit the local market or just ramble around town before our return journey took us home via hay covered fields to Bakers Hill, where we stopped for lunch at the pie shop. Its walls were beautifully decorated with old paintings. At Sawyer's Vallev we visited the most wonderfully chaotic op shop I've ever had the pleasure of rummaging through. Our final stop was at a nougat factory on the Great Northern Highway where we got a free sample and I had a huge ice-cream. Thus ended a fantastic weekend.

For more information contact Judy Hampson on 0450 735 415 and join the throng of people who like to travel in a low-cost situation and with a fun group.





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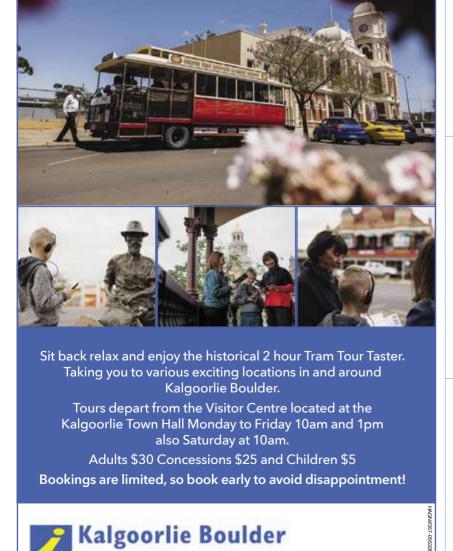


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Walking club members head to the Avon Valley for a getaway...







L-R; Over 55 Walking Association (OFFWA) visited York for their annual getaway - OFFWA members enjoyed visiting York's many attractions - sausage sizzle picnic in a park

by Valerie Bartlett

SIXTY members of OFF-WA (Over 55 Walking Association) have just returned from their annual getaway. Settlers House in York was the venue; our group enjoyed the heritage atmosphere, welcoming staff and the attractively furnished rooms which

contained all the facilities one would require.

On the first evening there was an optional dress up, with many going to great lengths to wear outfits which expounded the heritage theme, even the staff dressed as serving wenches as they dashed between the tables.

Optional mornina walks were organised by walk coordinators Di and Doug, so those who wished were able to exercise and enjoy the beautiful weather. After the walks a sausage sizzle picnic in a park was organised by Lorraine. A hamburger lunch was enjoyed on another day

at Settlers. Optional excursions took place during the afternoons to several of York's many attractions. Visits were made to the sock factory, Olive Oil company (which has delicious ice creams), the Motor Museum and not to be missed the Town Hall tour.

Delicious evening meals were served each evening by Settlers, with live music in the courtvard on several occasions, which got a number of our members up dancing.

The last evening's entertainment was a quiz organised by our resident historian Gordon.

On our last day and after a scrumptious breakfast at Settlers it was time to say goodbye to this fascinating heritage town. Many of our members said they would return to explore

President Shirley thanked the staff of Settlers for their impeccable hospitality and most or all a huge thank you to OFFWA getaway coordinator Kevin and his wife Rhonda for all the

further.

hard work they have put into arranging such a wonderful Getaway.

If you would like to join ÖFFWA take a visit to the extremely informative website at www. over55walkingassoci ation.org.au or ring the president Shirley 0400 577 738.

New members are made most welcome.

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Stargazing in December - Christmas lights in the night sky



by Donna Vanzetti

CHRISTMAS is hot on our heels, everyone is busy getting prepped for the festive season and it's a hectic and demanding time for most. To survive the crunch, perhaps a spot of stargazing can help you take a breath and bring back some

Standing out under a lovely dark night sky, enjoying a show of 'shooting stars', will certainly take your mind off the

Christmas shopping. Stargazers will be treated to the delights of the Geminids meteor shower, with the possibility of seeing many meteors dashing across the sky per hour, depending on your dark sky location.

When to look? December 13 and 14, from midnight until early morning but best after 2am when the Moon has set. The Geminids peak on the 14th but try nights either side as well. The meteor shower is

active for a couple of weeks. Which direction to look? Northeast and north about 45° above the horizon.

And if that is not enough, don't forget dazzling Venus. It is sitting in the western sky at twilight and quite mesmerising

Merry Christmas and happy stargazing everyone.

Stargazers Club WA runs telescope classes and stargazing events: www.stargaz ersclubwa.com.au.

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See advertisement on this page for details.



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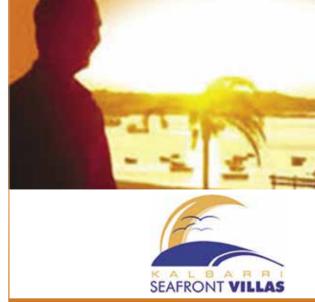
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For more information or bookings please contact Wannadoo Tours Wannadoo Tours, PO Box 876 Mandurah WA 6210 (Phone) 1300 146 757 (Email) wannadoo@westnet.com.au OBBSA 1000411

Classes and Courses







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Designer Celeste de Villiers

THE WA Floral Art Society offers people the opportunity to discover friendship through flowers.

Meetings are held on the second Saturday of the month. On 8 December the Society will celebrate the festive season with raffles, a great demonstration and an afternoon tea for \$10 entry.

Meetings at 12.45pm for 1pm start and are held at Osborne Community Hub, 11 Royal Street, Tuart Hill. Please note parking is available under the venue behind BP Garage and take lift to ground floor.

The WA Floral Art Society does not meet in January. To join the organisation check the website www.waflo ralart.org.au or ring Penelope Brunning 0403 552 811.

In the November Have a Go News report, the designer's name was incorrect. The floral piece was created by Leeanne McNally.

Choir is keen to welcome new members

ONE Achord Community Choir welcomes all who love to sing. No audition is necessary, all ages and all voices are most welcome.

The choir is based at St Stephens Church, 2 McKenzie Road, Applecross, under the direction of Gillian Parker, WAA-PA graduate, and internationally trained vocal coach.

The choir sings in four-part harmony, soprano, alto, tenor and bass.

Twice weekly sessions are held on Monday nights 7.30pm to 9.30pm and Wednesday morning 10am to 12 midday.

Many styles of music are sung, including classical, rock, pop and gospel.

One Achord performs within the community such as the RSL Anzac Service at Wireless Hill and Heart Foundation Memorial Service at St Georges Cathedral. The choir is a member of Voice Moves and participates in choir bashes and music festivals in regional areas.

Covid-19 restrictions are strictly adhered to providing a safe environment for all partici-

Come along, have a go, join them for a free session and experience the fun and benefits that music brings.

For more details contact Gillian on 0419 949 832

Get active and play badminton



LOOKING to stay active after Christmas? New members will be made most welcome at the Badminton Club which plays at the Community Centre in Sail Avenue, Heathridge.

Specifically for adults 55 and over, the club offers sessions for \$2, playing games three times a week.

They also organise a variety of social events subsidised including lunches, dinners and barbecues during the vear.

The club is also keen to hear from people who have played before and would like to help in teaching new members.

Spare rackets are available for beginners.

Come along and have a go - new members will be made most welcome.

Find out more by calling Steve Farey on 0403 231 362.

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Advertorial

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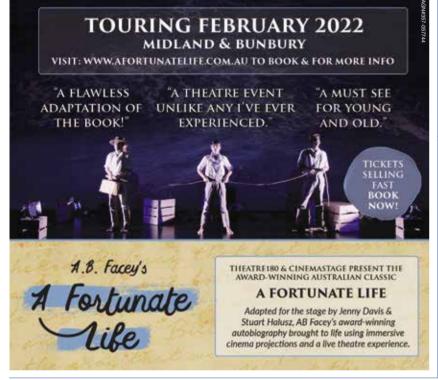
people can take to assist their own adult stem cell migration.

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Fascinating, Fun Facts: WA and the World - The sister publication to Awesome WA, journalist Lee Tate uncovers an array of interesting facts from Western Australia and the world. A great book for anyone who loves trivia and facts. Perfect for auiz nights.

Photographing our brilliant West Australian Birds & Wildflowers - Author Chris Tate provides tips and tricks to capture nature on any device. Includes a beautiful selection of photographs

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

Light on for Christmas - enjoy delicious recipes without sacrificing the taste

by Noelene Swain

CHRISTMAS is certainly a magical time of year and celebrations are thick on the ground like the London snow. Don't let all the festivity transfer itself onto your waistline; instead get planning and commit to a 'light-on' Christmas.

Putting more focus on

enjoying the company of loved ones and sharing fond memories will take the emphasis off the food. Avoid pressuring family and guests to 'eat-up,' allow everyone to eat amounts they feel comfortable with.

Barbecues remain the easiest and best way to serve a Christmas lunch or dinner. Delicious cuts

of meat, chicken, turkey and fish can be barbecued quickly, without any added fat, to provide perfect protein dishes. Wrapping meat and poultry in foil ensures these foods remain moist and flavoursome. Remember to marinate in your favourite flavourings and don't be afraid to sprinkle lavishly with

fragrant summer herbs such as basil, coriander and thyme.

Colourful, crunchy salads are a 'must' on the shopping list. Combine a range of fresh leafy greens such as baby spinach or watercress, with savoury vegetables and sweet fruits. Avocado adds a creamy texture while toasted nuts

make a creative, crunchy addition. Almonds, peanuts or cashew nuts and pre-cooked beans or chickpeas are superb combined in fresh green salads.

Place slices of fresh orange, lemon and lime between layers of ice and top with your Christmas seafood. This will give colour to the dish and will also prevent the seafood from absorbing water.

A bowl of red cherries makes a great table centre-piece and is indeed a treat for the senses. Incorporating in-season fruits such as stone fruits, grapes, berries and melons into desserts makes a healthy alternative to the traditional hot Christmas pudding and custard. Finishing the meal with fresh fruit is a refreshing change that will cleanse the palate and aid in digestion - just what we all need.

Try these light and tasty treats for a healthy Christmas...

Brought to you by Finesse Fresh Food Promotions - www.

Spinach and walnut salad



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

Salt and ground black pepper 1/3 cup olive oil 1 cup walnut halves, roughly chopped 2 cloves garlic, crushed 400g cup mushrooms, sliced 2 tablespoon lemon juice 200g baby spinach leaves, trimmed, washed 200g feta cheese, crumbled

1 avocado, diced HEAT one tablespoon oil in a large frying pan over medium-high heat. Add walnuts and cook, tossing constantly, for three minutes or until hot. Remove and set

Add remaining oil to the frying pan and heat until hot. Add garlic and mushrooms, reduce heat to medium and cook for four to five minutes or until mushrooms are tender. Stir in lemon juice and cook for 30 seconds.

Place spinach leaves, walnuts, feta and avocado into a large bowl. Spoon over the mushroom mixture and season with salt and pepper. Toss gently to combine. Serve with sliced crusty bread.

Mushroom, tomato and avocado salad



Preparation: 15 minutes & marinating; serves: 4

300g button mushrooms, halved 15cm piece Turkish bread, split Olive oil cooking spray 2 avocados, halved and deseeded 500g cherry tomatoes,

halved 2 Lebanese cucumbers, halved, deseeded and sliced

1 cup basil leaves Dressing 1/4 cup extra virgin olive 1 tablespoon lemon juice 2 tablespoon mirin or sweet sherry 1 clove garlic, crushed

1 teaspoon honey 1 teaspoon Dijon mustard

ADD dressing ingredients to a screw-top jar, seasoned with salt and pepper. Shake well to combine.

Place mushrooms in a bowl and pour over twothirds of the dressing. Stir to coat. Cover and set aside for 30 minutes or until mushrooms have absorbed the dressing.

Preheat oven to 220°C. Cut Turkish bread into 1cm cubes.
Place onto a baking tray. Spray both sides of bread with olive oil. Bake for 10-15 minutes. tossing occasionally until golden and crisp. Set aside to cool.

Dice the avocados. Add to the mushrooms along with the tomatoes. cucumber, basil and Turkish bread. Pour over the remaining dressing, toss gently. Serve immediately with cooked prawns or other Christmas fare.

What's fresh in the markets this month



Mushroom XO mussels and greens © Darren Robertson

Button mushrooms: These tiny mushrooms are the perfect size for popping into summer salads, on to pizzas and into easy pasta dishes. There's no need to wash them, just brush any dirt off and trim the stems a little. Button mushrooms make fantastic entertaining

nibbles; simply marinate whole mushrooms for 30 minutes in olive oil, white wine vinegar and a touch of sugar, then toss with fresh herbs. Serve as finger food with toothpicks or as part of a buffet with wedges of toasted Turkish bread. beans:

Stringless

When you're unsure just what the temperature will be, these are a good choice as they are equally good hot or at room temperature. They go exceptionally well with Mediterranean flavours; toss beans with olives, feta cheese and slow-roasted tomatoes, finishing with a drizzle of extra virgin olive oil for a colourfully appropriate platter to take along to a Christmas barbecue.

White flesh nectarines: Sweet, juicy and oh-so-fragrant, white nectarines are about as close as you'll ever get to fruit perfection. Layer them in a large bowl and make them the centrepiece of your festive table; for dessert, thickly slice and serve with good-quality

vanilla ice-cream and toasted almonds. Store nectarines at room temperature (they can be transferred to the fridge when totally ripe) and handle them very carefully as they bruise quite easily.

Mangoes: Now is the time to indulge your taste for the tropics, with the Ord River mango season in full flight. Most people will wish for no more than to slice each 'cheek' from the flat stone, cut a diamond pattern in the flesh and flex the mango half to turn the sweet flesh outwards. Eat as is, or slice the dices away from the skin to add to salads. Mango, avocado, coriander and a squeeze of lime juice are a particularly good combination.

Chicken roulades with apricot rosemary stuffing



Preparation: 15 mins; cooking: 30 mins; serves: 4

2 large chicken breasts (600g) 2 cup bread crumbs 2 tablespoon rosemary 2 apricots, seeded, finely diced 1 clove garlic, crushed

1 egg, lightly beaten

1/4 cup water 1 cup loose spinach leaves Toothpicks to secure

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SLICE chicken breasts into two thin sheets. Place between two sheets of plastic food wrap and gently pound to flatten. In a large bowl, combine bread crumbs, rosemary, diced apricot, garlic, egg and just enough water to make a sticky dough.

Spread stuffing onto each sheet of chicken. Cover with spinach leaves. Roll each into a log and secure with toothpicks. Bake on a greased tray at 200°C for 30 minutes. Slice into rounds and fan out on serving plates. Serve with steamed greens or salad.

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A selection of wines for the festive season - gifts or for the table...





I LIKE the term festive season because it conveys the fact that the world celebrates this time of year for a variety of reasons



Yes, it is Christmas, but it is also Noël (France), Yuletide (Norse), Hanukka (Jewish), Weihnachten (German), Saturnalia (Roman), Dong Zhi (China), Pancha Ganapati (India), Shab-e-Yalda (Iran), Inti

Raymi (Peru), Toji (Japan) and no doubt many others not listed in Wikipedia.

The coming festive season also give me a reason to taste some more up-market wines, the sort you might want to

give to a parent, partner or friend as a special gift this year. Here are some special wines.

Taltarni Reserve Shiraz Cabernet 2019. This wine blend is the top of the Taltarni's range of Pyrenee Estate reds. The grapes were harvested from some of the oldest Shiraz and Cabernet Sauvignon vines on the property, which produces low vields of fruit with ripe and intense flavours.

Rich red brick in colour with aromas of blueberry and blackcurrant, this wine shows depth and richness of fruit. It has a velvety mouthfeel and palate with flavours of earthy tones and forest floor fruits, are enriched by hints of light spice, mint and bitter chocolate. Drink now or age for decades to come. RRP \$75.

Taltarni Blanc de Blancs 2017 is made from an early ripening block Chardonnay from the Pyrenees region which yielded fruit with exceptional natural acid and fine lingering minerality.

This sparkling wine is pale straw in colour with a soft green hue. It has a fine mousse and persistent bead. Aromas of green apple and hints of cinnamon complement a balanced palate with distinct mineral flavours, underpinned with crisp apple-like acid. RRP \$26.

Clover Hill Cuvée Exceptionnelle Blanc de Blancs 2015. The fruit from the 2015 vintage at Piper's River, Tasmania, was so outstanding a single chardonnay was reserved to create the Cuvée Exceptionnelle Blanc de Blancs. The extended

growing season allowed the fruit to ripen to its full potential, whilst still maintaining great intensity and naturally bright acidity.

This sparkling wine has a golden straw appearance with a fine, persistent bead and delicate mousse. The wine displays aromas of brioche and honey with a hint of toasted hazelnuts. The palate is creamy and exhibits flavours of pre-served citrus and lemon curd. RRP \$70.

Angullong 'Fossil Hill' Tempranillo 2019 is dark ruby in colour with a purple hue. The aroma is complex with fragrant dark berries within a touch of tar, herbs and spice. The palate has flavours of dark fruit with a delightful savouriness. It is a wine with attractive texture and integrated chewy tannins

that will soften with time in the cellar. RRP \$28.

This last one is not a wine but well worth a sip or three.

Glengoyne 10 year old single malt is clear and bright with a golden yellow colour. Its aroma is sweetish with a touch of toffee and popcorn and slightly nutty, with the scent fresh green apples coming through. The palate is clean and reminiscent of green apples and grass, soft oak and a hint of sweet liquorice. While usually sipped neat in Scotland adding water like a sassenach (Pom) brings out flavours of linseed oil and almonds. It should be a welcome gift to the poppa who has nearly everything. RRP \$79.99

Slàinte mhath! (good health in Gaelic).

Roll up, roll up for zucchini spring rolls



by Vince Garreffa

THESE make fun finger food for dinner parties or afternoon snacks hot or cold. My mum's recipe was without the meat filling but I couldn't bring myself to make them. You can choose for yourself. These are perfect for Christmas entertaining... Ingredients for a snack

of 4: 1 medium zucchini (not

3 slices of ham or mortadella (thin) seasoned flour 2 eggs beaten

1 tablespoon grated parmesan

West Australian extra virgin olive oil (EVOO) West Australian organic lake salt Freshly cracked black

pepper

Method

Slice the zucchini in long thin (3mm) slices with an electric slicer or very carefully by hand, discarding any outside misshapen slices.

Dip the good slices (about 12 out of one zucchini) in seasoned flour and fry them in a pan with a little EVOO till they are soft, but still hold together (about one minute each side). Drain them on absorbent paper and

Cut the cold meat into strips the same width as the zucchini strips and place them on the strips covering about 80 per cent of each piece.

Roll each slice into a

little spring roll and fasten with a toothpick. This can be done up to one day in advance. When you are ready to deep fry, beat the eggs well and mix with the cheese. Then dip each roll into seasoned flour, shake then dip into egg, carefully put into your hot oil (about 4cm deep) and deep fry for less than a minute.

Serve quickly either hot or at room temperature within one hour, or refrigerate and serve cold within one or two days.

Have a wonderful Christmas and New Year!

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

Perfect for Christmas entertaining delicious cherry meatballs



by Vince Garreffa

WEST Australian cherries are in the market now for this great party starter. Pop a few toothpicks in and pass them around. The sauce to dunk the meatballs in is heavenly - so mop it up.

Ingredients for 6 500g minced lamb

- 2 teaspoon cinnamon powder
- 1 teaspoon cumin powder
- 1 teaspoon allspice powder
- 1 cup parsley (chopped not too fine) 1 cup chopped coriander

extra virgin olive oil (EVOO) salt and pepper

Sauce Ingredients 50g butter 200g pitted fresh cherries 1 big teaspoon of sugar

juice of one lemon 2 cinnamon sticks Method

Mix lamb mince with cinnamon, cumin, allspice, salt and pepper until it is well mixed with no air inside. Now roll into meatballs of medium size about 30g each. Heat up some EVOO and fry the meatballs until nicely cooked then drain them on a paper towel. Don't cook too fast as it will dry out the meat.

Next melt the butter, put in the pitted cherries, cinnamon sticks, lemon juice, sugar and 100ml of water and cook gently for three minutes. Now add the meatballs, stirring gently and cook for five minutes at a gentle heat with a lid

Plate up the meatballs then cover with cherries and sauce (discard cinnamon sticks). Lastly sprinkle with parsley and coriander and serve with toothpicks. Yummy!

Letters to Vince Garreffa...

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

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Whether people are entertaining at home, dining out, or enjoying chillout time at home during the holidays, look for Buy West Eat Best's distinctive bite mark logo. It is

one of the easiest ways to know that you are choosing seasonal food from right here in our state.

Summer dining is relaxed with simply prepared seafood, salads and sharing plates the key to low stress entertaining.

New season fruits come into their own as the weather warms, with apricots, grapes, mangoes and seasonal berries bringing both vibrant

colour and sweet tastes to the table. Fire up the barbie to grill premium WA meat, fish, eggplant and zucchini for family dining, or choose easy prepare-ahead dishes for entertaining in style, without the stress.

Whatever you choose, be sure to look out for the distinctive Buy West Eat Best logo when doing your festive shopping and celebrate the flavours of summer in WA!

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



Top brunch picks for 2021 include Cafe Mulberries and Swan Settlers Market

by Tahlia Merigan

I reflect on the year that was, I am so

pleased that we have weathered the Covid pandemic so well, living relatively normal lives. I

am very grateful for this as I know many of our readers will be too.

Café culture is an im-



portant part of most of our lives and we strive to find enjoyable and wellvenues around priced town.

Have a Go News is always keen to support local businesses and every year we compile the top three brunch spots we have visited.

Congratulations Café Mulberries in Morley which we featured to kick off 2021. They took out the highest spoon count with five for the vear.

Second was Lot One Kitchen in Hillarys and third place was the Swan Settlers Markets in the Swan Valley where you will find some of the best cannoli in WA.

If you have a favourite brunch spot you would like to recommend and share with readers for 2022, don't hesitate to drop me a line at info@ haveagonews.com.au.

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

Have a Go News Top three brunch spots for 2021

No 1 - Café Mulberries, Shop 3/4 Progress Street, Morley. Phone: 9276 3802

Open: Monday to Friday 6am to 3pm, Saturday and Sunday 7am to 1pm

No 2 - Lot One Kitchen, 46 Angove Drive, Hillarys. Phone: 9403 4090

Open: Tuesday to Saturday 6.30am to 8.30pm, Sunday and Monday 6.30am to 3pm www.lotonekitchen. com.au

No 3 - Swan Settlers Market, 124 Lennard Street, Herne Hill Swan Valley

Open: Saturday and Sunday 9am to 5pm, Public Holidays 9am to 5pm.

Knife and fork with the Dining Divas





Lu Lu's Cafe's Vietnamese salad and superb salt and pepper calamari

by Judith Cohen and Pat Paleeya

A ROCKINGHAM favourite was where we ventured to this month. With fantastic weather and a beach walk beckoning Lu Lu's Cafe is situated perfectly on Rockingham Beach Unpretentious Road. and casual, the cafe has two different rooms with views of the foreshore. The menu offers a choice of meals under \$25 with a couple of ex-

We chose salt and pepper calamari and a chicken Vietnamese salad.

The largest and thickest rings of calamari ever seen by this Diva topped a perfect serve of chips, a green salad and a bowl of aioli for dipping. The calamari was superbly tender and tasty and it actually did melt in the mouth. The salad was colourful but unfortunately a little warmish. The chicken Vietnam-

ese salad consisted of grilled chicken pieces, bean shoots, cabbage, peanuts, carrot, capsicum, mint and coriander

and crispy noodles with a Vietnamese dressing. The pieces of grilled chicken were ample and although tasty were a tad dry. The salad was fresh and plentiful with lots of crunch. The dressing was flavoursome and copious therefore negotiating a forkful of salad to your mouth without this delectable dressing decorating your chin is quite a deft manoeuvre.

The restaurant clean and airy with friendly wait staff. If you dine on your own there's a couple of shelves of

books in one room if you're a shy diner. There are a few interesting pictures of old Rockingham dotted around the walls. Well worth the train trip.

Three forks Lu Lu's, 15 Rockingham Beach Road.

Phone 9557 6291 luluscaferocking

ham.com.au Open – 7am to 2.30pm everyday



WEEK DAY LUNCH SPECIALS

Information correct at going to press

BAYSWATER HOTEL \$21.99 seniors lunch

buffet Mon-Fri 12pm -2.30pm Railway Parade, Bayswater 9271 7111

LO QUAY RIVER CAFE Lunch menu \$24 and under

7 days 12pm-3.30pm 300 Fern Road Wilson 9358 4486

Lu Lu's CAFE AND **RESTAURANT**

Lu Lu's lunch under \$25 with a few exceptions 7am-2.30pm 7 days

15 Rockingham Beach Road 9557 6291

MUNDARING HOTEL

\$17 seniors menu Mon-Fri 11.30am-2.30pm Cnr. Jacoby and Nichol Street, Mundaring 9295 1006

RAVENSWOOD HOTEL

\$14.50 seniors menu Mon-Fri 11.30am onwards Lot 65 Lloyd Avenue Ravenswood 9537 6054

THE LITTLE BANKSIA Under \$20 all day menu (2 exceptions) 7 days 7am-2.30pm

78 Banksia Terrace Kensington 6468 6514 TWO 40 THREE Under \$17 lunch special

Mon Fri 11am-4pm

Coventry Markets

Morley 9275 3665

WING HO Lunch special \$18 and under

Tues - Sun 12-2.30pm Shop 6, 42 Kent Street Rockingham 9592 2087

Knife and fork talk ratings

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

Two forks - food and service needs improvement

One fork - would not recommend

Five forks - excellent food and service

Four forks – overall good food and service

Chocolate Drops looks forward to welcoming you...



Chocolate Drops is located in Yanchep National Park

STEP back in time and visit Chocolate Drops, the specialty chocolate shop and tearooms located within the Yanchep National Park. It's a favourite spot for many clubs and groups to enjoy on an outing.

The heritage atmo-

sphere complimented by the flamboyant behaviour of the Yanchep National Parks' wildlife which often pass by the verandas, making it a unique spot to enjoy a day out.

The tearoom offers carefully selected recipes

which are handcrafted into an Australiana range for personal indulgence or as a gift.

All dietary requirements are catered and visitors can select from a homemade light meal or a delicious creamy ice cream from the parlour.

All food and beverages purchases are available for dine in or takeaway.

This summer Chocolate Drops are offering Park' menu from mid-December. Choose from the vast array of infusion tea's, creative chocolate or coffee beverages.

Celebrate a birthday, anniversary or group outing within the WA Tourism Award winning park.

Chocolate Drops is open seven days a week from 10.30am to 2.30pm weekdays and 10.30am to 4.30pm weekends public and school holidays (closed Christmas Day). Group bookings essential, Special needs facilities available.

For further information visit www.chocolate drops.com.au or Chocolate Drops Facebook page.

Phone Sue 0400 687 952 or the tearooms 9561 6699 between 10.30am to 2.30pm weekdays.







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health options for the mature west australian





There are easy ways to reduce the risk of falling



by Robert Vander Kraats, Sport Physiotherapist, **Bachelor of** Physiotherapy, Master of Sports Physiotherapy, **Certificate Integrative** Medicine.

UNFORTUNATELY falls are very common. Last vear one in three people over 65 had a fall resulting in a fracture to the hip or an injury to the head.

The Western Australian Falls Report found the leading cause of an individual presenting to hospital in 2019 was due to a falls-related incident caused by a slip, trip or stumble and the average time spent in hospital was 7.1 days per admission.

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Falls can also lead to internal bleeding, traumatic pain syndrome, functional limitations, dislocations, soft tissue injuries, healthcare costs and increased mortality. One of the greatest fears after an individual has an initial fall, is the fear of future falls.

People with a decreased bone mineral density, such as people with osteopenia or osteoporosis, have a greater risk of a fracture resulting from a fall.

Risk factors can both modifiable and non-modifiable. Both can be used to assess the risk of future falls, however only modifiable risk factors can be addressed by preventative strategies to reduce falls from happening.

There are various well researched environmodifications mental and physiotherapy interventions that can be implemented.

Environmental factors that could increase the

MOLESCAN

risk of falling includes things like: rugs, cords, pets, slippery floors, inadequate lighting, and poor footwear. These risks can be addressed.

Other factors that can lead to a fall occurring include: poor eyesight, decreased balance, not steady when walking, and uncontrolled blood pressure. An eye examination can address poor vision, a walking aid and a medication review may assist in reducing poor balance and unsteadiness.

A physiotherapist can assist in a number of ways. Beginning with a complete assessment which includes standing balance on one or both legs with eyes opened and closed. Strength is also important, particularly in the legs, as several studies have found a correlation between poor strength and an increase in the risk of falling.

The two most important components to include in a falls prevention program are balance and muscle strength training.

When assessed, Robert and Jeff will design a specific and targeted exercise program tailored to your individual needs to minimise the risk of you falling. They will assess the areas of deficiency

and this will inform the recommended exercise program. It is important that any program is reviewed and progressed to always challenge the patient.

Balance and strengthening exercises that can be given, include:

- Double leg balance
- +/- eyes closed • Single leg balance +/eyes closed
- Carrying out the above by standing on something, such as a towel or pillow. This adds another variable to the exercise, which research has shown to be very
- effective. Chair squats
- Riding a stationary bike
- Swimming • Being involved in a balance and/or strengthening class

It is very important that all exercises are completed in a safe manner. The balance exercises for example, should be completed with a sturdy bench or table in front and a stable chair behind.

These exercises are just a guide and have not been individually recommended for you. Phone 9203 7771 or visit www.ngp.net.au to make an appointment with Robert and Jeff today for your individualised falls prevention exercise program.

Finding the right skincare...



Eniko Nehez says ageing skin can change rapidly

by Allen Newton

NATUROPATH Eniko Nehez says menopause can impact suddenly on a woman's skin, but too often the solutions people turn to are skincare products full of harmful chemicals.

In October she officially launched the range of **ENIKO** skincare products which have been on the market since 2019. The botanicals and vitamins which they contain are particularly relevant to women who notice sudden changes in their skin.

"As we age, skin changes and needs more nutrients such as protein to boost collagen production. It also needs help with hydration. Both topical and internal support is important," she says.

"For the over 40s it is beneficial to ensure hydration in order to get skin to glow by changing its complexity, so it looks fresher."

"Internally we need to balance hormones because as the estrogen and progesterone ratio changes the skin becomes taught. At the same time, external skin care containing ingredients that enhance hydration and plumpness is useful.

Eniko says the nutrients that go into her skin care products include botanicals and vitamins but without water and other fillers that skin doesn't need.

The botanicals include a lot of native plants, fruits, flowers, roots and resins which aid with hydration and help internally with collagen production build up connective tissue.

"Topical skin care using botanicals is amazing because they are high in anti-oxidants which protect the skin from environmental damage and also help increase collagen production, firmness and hydration." Eniko says the impact of

skin treatments can be remarkably fast.

"If you have a lot of dehydration, dryness and flakiness and then use my Enzymatic Micro Peel, you will see an instant smoothness of the skin. In two to three weeks you will see a difference in fine lines and wrinkles. Pigmentation and scarring might take longer.

"As we get older our skin changes a lot slower.'

Eniko says her skin care products are different to others. The first ingredient in most skin care products is water, unlike her products where you'll find organic aloe vera gel or jojoba oil.

In addition to the retail range, Eniko formulates personalised serums. creams and masks specific to the client's needs including exfoliating, firming, hydrating, problematic and anti-aging. She calls these her White Label VIP range.

Masks include ingredients found to be particularly effective including lactic acid, fermented paw paw, vitamins A. C and E. mud. clay. zeolite. seaweed. quandong, kakadu plum, gotu kola, calendula, fermented kelp, lecithin and MSM.

Eniko's naturopathy journey began after she migrated to Australia from the village where she was born in Hungary's Carpathian Mountains after meeting her now husband, who was visiting relatives in the same village.

After a year of English classes in between cleaning, ironing and any other work she could do, Eniko pursued a career in the beauty industry, studying at the Australian College of Beauty Therapy.

In 2009 she began a Bachelor of Health Science majoring in Naturopathy, studying part time in between clients. She graduated in 2016 and was further acknowledged by BioCeuticals for 'Excellence in Clinical Research'.

Since then, she has built herself a successful boutique business as a skin therapist in Perth's western suburbs. Heartwood Spa Cottesloe and Limon Spa Leederville are both stockists and treatments will be available at both in the neal future.

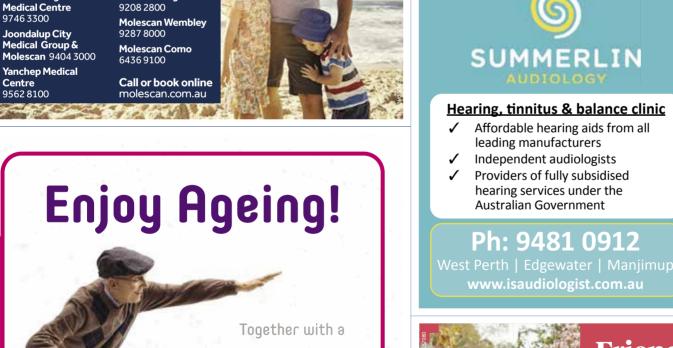
Eniko has been successfully treating patients while also pursuing further education in IPL therapy, skin needling and skin microbiology specialising in rosacea and corneothera-

py.
To find out more go to www.eniko.com.au

WIN WIN WIN

Want to try the Eniko range? Then enter this fabulous competition to be in the draw to win a pack of cosmetics valued at \$197 including Revitalising Cleansing Oil, Glow Lipid Formula and Healing Glow Gel.

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Downsizing FEATURE



A new style of co-operative housing for the over 55s comes to Witchcliffe



Kyloring Housing Co-operative is a community where neighbours know each other

CO-OPERATION Housing is launching Kyloring Housing Co-operative, the next generation of housing co-operatives in Western Australia.

The Kyloring Housing Co-operative will develop the centrally located aged and dependent person housing site within the Witchcliffe Ecovillage.

"Kyloring Housing Co-operative is for people aged 55 and over or living with a disability," explains Eugenie Stockmann, CEO Co-operation Housing.

"Witchcliffe Ecovillage is the perfect place for what we believe will be a model for the next generation of housing co-operatives," she says.

kilometres south of Margaret River, in WA's South West region.

"The opportunity to develop this project is testament to the vision for Witchcliffe Ecovil-

Witchcliffe is a rural village, around eight

The Ecovillage website states: opportunities for affordable housing, social diversity, aged care and community building are an integral part of the Ecovillage design.

The Village aims high when it comes to sustainability, including being self-sufficient in water, electricity and food production.

Around the world, housing co-operatives provide a diversity of housing forms to a variety of household types across the income spectrum. Typically serving low and moderate-income households, international evidence shows that housing cooperatives can provide a range of housing from very low price points through to market rate in both non-urban and urban contexts.'

The vision for the Kyloring Housing Co-operative is a community where neighbours know one another and there is a spirit of mutual caring, while each household enjoys the privacy of their own dwelling. In addition, there are shared amenities and spaces, both indoor and out.

Dining together and skill and resource sharing are just some of the ways that people living in housing co-ops create strong communities that, at their best, resemble traditional village living.

Integral to the co-operative development

model is that people interested in making Kyloring their home have an opportunity to be involved in the creation of this unique housing project, including throughout the design process. This will ensure it meets their needs.

Throughout the development journey residents are supported by a team of passionate and experienced professionals, including project management, planning, architectural design and community support and facilitation.

"A co-operative is truly a developer that does not leave," says Eugenie.

Housing co-operatives are legally incorporated entities that provide housing for their members. The members of Kyloring Housing Co-operative are the residents. They own and control the co-operative and make decisions about the development and ongoing management of their homes.

The not-for-profit development model will ensure the project caters for all household budgets and is affordable in perpetuity.

Information sessions are held in person and online, at various dates and times. For more info, visit www.kyloring.coop.

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The coast is calling...



DOWNSIZING provides the opportunity to enjoy a new stage in life and there is nothing better than enjoying this by the coast.

Sunset Beach Lifestyle Village is a fresh new development for the over 55s on the edge of Geraldton.

This premium coastal pocket in the Mid-West will host 80 homes with a range of exclusive designs reflective of the location.

Development Solutions is behind the project with director Craig Gemmill highlighting the coastal home designs which reflect the area. The Abrolhos, Batavia and Coral home plans offering centrally located kitchens and wide open spaces.

Publicly listed accommodation provider Fleetwood Housing Solutions were chosen for their logistical capability and ability to deliver homes on time and in budget.

Mr Gemmill said that the beach side location is a strong selling point along with its planned community facilities.

"The village has been crafted with active living in mind and to complement the Geraldton community which has a thriving population of those seeking lifestyle changes," he said.

"It will attract people who want to live by the beach, perhaps own a dog and have a lock-up-and-leave lifestyle.

"I think Covid-19 got a lot of people thinking about their lifestyle options. It is warm in Geraldton, our community will be 500m from the beach and I think people will really embrace it."

The Sunset Beach Lifestyle Village display homes start from \$195,000 with a \$1000 deposit.

Interested people can view display homes on Saturday and Sundays from 1 to 5pm at 18 Bosley Street, Sunset Beach.

Email craig@sunsetbeachvillage.com.au or call 0435 427 384.



COMMUNITY PHONE NUMBERS

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Lifeline WA: 13 11 14 Centrelink: 13 24 68 Medicare: 132 011

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Downsizing ADVERTISING FEATURE



Simple design ideas to zing up your home this Christmas







Experience the joy celebrating Christmas in your home whether elaborate or casual - A great range is availablle from Adairs, Kmart and Target



by Zofia St James

CHRISTMAS season is here again. So to inspire those who haven't yet recovered mentally, emotionally or financially from last year, perhaps these words by Edith Wharton might provide

the fresh perspective they need.

"There are two ways of spreading light; to be the candle or the mirror that reflects it."

In other words, it's not about us, but those that we give to this Christmas by way of the beautiful food we are known to provide, the table we lay and the day that family memories are made to be remembered for Christmases to come.

Let us take joy in the efforts required, knowing that in the process of giving we experience it too. Keeping it as simple as possible instantly releases that pressure valve; so does being as organised as early as possible and armed with

There are many ways of entertaining on the day – breakfast, brunch, the traditional lunch, an afternoon dip and sip soirée or a twilight barbecue.

Whatever you do, elaborate or casual, inside or out, do create a festive atmosphere. It really does add to the vibe and of course the magic for children, that's never

forgotten. While I know I am the eternal romantic it's also my job to inspire and bring new ideas.

You may already be armed with an arsenal of decorative matter, but first think about how you're entertaining and be relevant to that.

And I do think it's poignant to remind you that it doesn't have to look like a scene out of an American movie (or a television set) either.

For a casual outdoor barbecue for instance use the greenery you have and create a tropical inspired theme. For a centrepiece, a large vase, green if possible (Dallimores in Subiaco) or even a series of empty green wine bottles, filled with monstera leaves and red Asiatic lilies to get the party started.

Tropical leaf printed serviettes against simple white crockery and if you are already have or would like to buy red or green glasses, voilà... you're on your way. That's easy and not too expensive either.

The most important thing to remember is the fun factor of it all. It doesn't have to always be about green and red either, other combinations could be dusty pink/copper, silver/navy, sage green/black, oyster beige/gold, burgundy/cream or emerald/metal-lic charcoal.

Arrive early at your favourite shopping venue. Enjoy a day broken up with a nice lunch and take your time to look, plan and purchase what you need to make Christmas special for yourself. That joy will flow on to others.

Wishing you all a wonderful, safe and joyful Christmas and a very happy, healthy and prosperous year ahead. I'll be hoping that I might have brought some inspiration to the table. Don't hesitate to ask me if I can help further.

Merry Christmas everyone. Zxxx

Zofia offers an interior style consultation for readers and a free over the phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. Contact Zofia on 0406 336 607 or email zofiastjames@hotmail.com



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Helena Valley Lifestyle Village are pleased to announce that from December 1, 2021 to January 31, 2022, we will be including a complimentary air conditioning system package with every new 1, 2 or 3 bedroom home sold, valued up to \$3,500.* But remember, this offer is strictly for a limited time* only, so call us today and secure your exclusive package!

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ownsizing





Author, Paula Evans

Ninety nine must-know tips for building your dream home from new book

BUILDING a home is up there with life's most stressful experiences, but a new insider's guide aims to make it pain-free and help you save money along the way.

Paula Evans has written 99 Building Tips - the things you'll be glad you checked before you started building your new home. It is a pocket-size read from a leading new homes writer.

Having spent the last 14 years reviewing more than 2,000 display and custom-built homes she decided to turn her knowledge into a tool to help home builders navigate what can be a complex journey.

"Google will serve you up one billion, five hundred and thirty million search results for home building tips - this gives you the 99 that matter," she said.

"It's about saving you money, time, sleepless nights and the need for relationship counselling - before you sign on the dotted line."

The pocket-sized read 99 Building Tips takes you through a room by room check list to help you work through every detail of your new home so you can be confident you've asked yourself all the important questions before you start building.

The book also provides handy insights into aspects of homebuilding such as needs versus wants, futureproofing, right-sizing, going green and tips on focus, perspective and patience.

Paula's inspiration for creating the practical guide was the hundreds of first, second and forever home buyers who have shared their building tips, tricks and pain points with her during her career.

"I've also built and renovated several homes, so I can guarantee every tip is tried and tested," she said.

While Paula said it's hard to pinpoint her top tips (all 99 are useful) she believes saying goodbye to 'perfection paralysis' is the key to avoiding angst and cost blow-outs.

"Trading the glossy magazine cover vision for a build that suits your budget, personality and lifestyle will ensure you make the sound, timely decisions that lead to a dream home you will truly love.'

Find out more about Paula's little yellow book of building smarts at www.99buildingtips.com.

Everyone loves good neighbours...



Peter and Christine Rimmer

PETER and Christine Rimmer are new residents to RAAFA's Cambrai Village, but Christine says the couple already feel at home.

"I was quite nervous about downsizing and thought we should do it while we were still fit because it's a big upheaval," says Christine.

"Even in the short time we've been here I can see I'm going to have no regrets. All

the neighbours are so friendly and the estate is just what we need-

Like other couples who decide to make the move, Peter and Christine looked at several different estates and Cambrai Village kept drawing them back.

"Since we've been here, we've been trying new things. We're already loving carpet bowls and we're learning to play lawn bowls, as well as using the pool and spa regularly and doing chair yoga.

"In fact, we're doing so much we're exhausted," laughs Christine. "I didn't think we'd enjoy being here so much, but we're having a great time."



Scratchie packs are up for grabs!

AS we wind up 2021, this has been one of our most popular competitions and we have five, \$20 Lotterywest Scratchie packs to give away to some lucky people this month.

To be in the draw, simply email win@haveagonews.com.au with Scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/12/21.

Congratulations to Dorne Gerrans, Anne Tonaro, Beryl Cosgrove, Rick Williams and Dennis Theaker, our October Scratchie winners.

Power Perron Institutes research for 2022



Byron Kakulas with Billy Ellsworth who is currently participating in the Duchenne US clinic trial and still able to walk.

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EACH day the world-leading team at the Perron Institute is one step closer to providing a better quality of life for people living with neurological conditions, but it takes significant investment.

Over the past 40 years, they have developed a successful track record in delivering life-changing treatments for the benefit of the community, and are committed for decades to come.

But to continue to deliver innovative research and vital treatments, they are asking for your help - as contributions enables continued success.

Strong foundations of discovery and innovation

From the early days with Emeritus Professor Byron Kakulas AO and his unique muscle regenerating research for the Rottnest Island Quokka, to the more recent ground-breaking Duchenne muscular dystrophy therapies, Perron have been working to find solutions to

some of the most complex neurological problems. This continues with the brightest young PhD students who are contributing to the enormous pool of knowledge required to deliver hope for people living with neurological diseases, which currently have little or no treatments or cures. The generosity of the WA community so far has meant they are delivering on the promise of brain research and scientific development for community benefit.

What sets them apart from other institutes is that they are patient-fo-cused. They conduct more than 20 treatments clinics and up to 20 clinical trials, all managed by leading neurologists and researchers at Perron

Institute. Help Perron to help the community

Neuromuscular orders are prevalent, devastating and costly to the community, but those costs cannot be measured solely in economic terms, emotional effects must also be considered. Cutscientists tina-edae lead the way in translating science into effective treatments, and your support will help them reach a campaign goal and make a positive difference in the lives of people diagnosed with neurological conditions around the world.

From all at the Perron Institute, they wish everyone a happy and safe festive season. In the New Year, they hope you will join them to celebrate their 40th birthday and support them in their efforts to continue our world-leading brain research.

neon.ly/christ mas.

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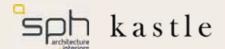
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GREAT HOME and GARDENING



Jingle all the way to a very merry Christmas garden













Clockwise from top left, some of Colin Barlow's 12 Days of Christmas plant suggestions for loved ones this time of year; Gold Celebration Rose - Piper Ornatum -Milk Maids - Kingia - French lavender and Swan River Daisy

by Colin Barlow

ABOVE average rainfall this winter has made our gardens lush, green and healthy. The jacarandas are in spectacular flower this year Perth. However, a lot of plants are two to four weeks behind their normal yearly flowering cycle.

By this time in 2021 we hoped to be back to our regular routines and free of restrictions and lockdowns, but alas we must wait a little while longer. So why not take the time to enjoy the Christmas period with your loved ones, including those both inside and outside in the garden?

Here are some plant suggestions for each of the '12 days of Christmas' to put on your shopping or wish list for Santa this year.

On the first day of Christmas, your gardening true love may like to grow a pear tree, but without a partridge. The Plant-Net Backyard Beauties, range of dwarf fruit trees is designed for smaller spaces, growing only a couple of metres high and wide with full sized fruit. Perfect for the garden or containers in WA are the Dwarf Beurre Bosc and Dwarf 20th Century Nashi pears.

On the second day of Christmas, your gardening true love could build a dovecote for some turtle doves and then use the manure for the garden. It was a much highly prized and sought after gift in Europe. A sweeter smelling gift is Aquilegia 'Dove', a pure white granny's bonnet flower from the Songbird Series that holds an RHS Award of Merit. This dove suits most flower or cottage gardens. To add a string of turtles, Peperomia prostata is ideal for growing indoors in a pot or hanging basket.

On the third day of Christmas, your gardening true love may like to bring a little French flair to their garden with some French lavender (Lavandula dentate). This easy growing herb is perfect for the warm Mediterranean climate in Perth. To add a few hens, the easy-care hen and chickens' succulents or Semperviviums are perfect for growing in low bowls or rooftops.

On the fourth day of Christmas, try growing flowers that resemble

40 Years Experience

The Strelitzia or 'Bird of Paradise' makes a waterwise and spectacular addition to the garden with its blue, orange and white flowers. A harder to find plant is the green bird flower, Crotalaria cunninghamii, an unusual plant growing

in the north of WA. On the fifth day of Christmas, give a sparkling golden ring of the glorious rose 'Golden Celebration'. This is one of the largest-flowered English roses, bearing rich yellow blooms in the form of giant cups with a strong tea fragrance. It forms a well-rounded bushy shrub with glossy foliage up to 1.25 metres high and wide.

On the sixth day of Christmas, your gardening true love could learn how to grow the indoor or outdoor shade plant Goose foot or Syngonium podophyllum. This intriguing plant has many different cultivars with heart or arrow shaped leaves coloured green, white yellow, burgundy, red and pink. Grow them from cuttings in water or layering them into small pots. It is easier than you may think.

On the seventh day of Christmas, share a stroll along the Swan River foreshore with your true love and enjoy the majestic black swans. Alternatively. try growing the Swan River Daisy or Brachyscome This native iberidifolia. annual wildflower can be easily grown from seed and comes in white, blue, pink or violet shades.

On the eighth day of Christmas, you and your true love could try producing some of your own bush tucker. Milk maids. Burchardia congesta is a delicate native woodland species with dainty white spring flowers and grasslike foliage. The high pro-

tein tubers can be eaten raw or roasted if they are at least 4mm thick. Maybe it could be an alternative vegetable for next year's Christmas dinner.

On the ninth day of Christmas, give your true love the gorgeous dancing lady orchid, Oncidium. The delicate flowers of these orchids flutter like butterflies in the breeze. The flowers are predominately yellow in colour with some cultivars having pink, white or red flowers.

On the tenth day of Christmas, your garden-

ing true love may look for 10 lords-a-leaping, but with parliament shut down for the year, will have to make do with leaping flowers. The string of dolphins, Senecio pelegrinus is a trailing succulent plant with stems that resemble a pod of jumping dolphins.

On the eleventh day of Christmas, your gardening true love may appreciate the exquisite Piper ornatum, red betel leaf. This climbing tropical plant has stunning heart-shaped silvery green leaves with patterned pink veins making it a very unusual and sought after climbing indoor plant.

On the twelfth day of Christmas, you both might undertake a trip to see the iconic native Kingia australis or drumstick tree. Kingias can be found growing naturally in Badgingarra, Waroona and the Stirling ranges, all these places are well worth the trip to see these ancient beauties and their unique flowers. If you want to buy one. Grass Trees Australia have them for sale, although they are not cheap. But it is Christmas isn't it?

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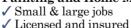
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Have a Go News PUZZLES SOLUTIONS

Solution for Christmas Crossword page 46



Solution for Sudoku page 47

7	6	8	2	3	1	5	4	9
2	1	4	9	8	5	6	7	3
9	5	3	4	6	7	8	2	1
8	9	5	6	4	2	3	1	7
4	7	2	5	1	3	9	6	8
1	3	6	7	9	8	4	5	2
5	2	9	8	7	4	1	3	6
6	4	1	3	2	9	7	8	5
3	8	7	1	5	6	2	9	4

Solution for Crossword page 47

С	U	Т	S	С	0	R	N	Е	R	S
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Solution for WHEEL WORDS page 47:

Solution: Emir, Emit, Item, Meet, Meme, Mere, Mete, Mien, Mime, Mine, Mint, Mire, Mite, Rime, Teem, Term, Time, Trim, Merit, Meter, Metre, Miner, Mitre, Remit, Timer, Ermine, Metier, Minter, Remint, Trimmer.

9-letter word: Merriment

Answers for Have a Go News Quiz page 2:

- 1. AFL boss
- 2. Pilbara
- 3. Bureau of Meteorology
- 4. Gina Rinehart
- 5. Justin Langer
- 6. Josh Kennedy
- 7. Bathers Bay
- 8. Seal and Penguin Islands
- 9. Matagarup Bridge
- 10. Wellington Dam

Solution for Word Search page 47



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Children's books from local authors



My Name is Paloma by Barbara Booth

WHEN a little white dove flew past Barbara's front door it was clear she had lost her way, along with her tail feathers, and needed sanctuary. She waddled into the home and made it her own for 14 years. Narrated by the dove called Paloma, this is about their lives together in a high-rise apartment. An A5 book of 52 pages, words on one side, photos on the other, Paloma invites children to fly with her through her daily routine to show how different it was compared with the life of a wild bird, which faces many dangers like flying into glass windows and doors and escaping predators.

The book is suitable for any child who can recognise a bird. The words are simple but carefully chosen, easy to listen to and easily read by older children. Available at Dymocks, Bodhi Bookstore and a variety of stockists in Perth and South West. Contact the author for more details beezneez@west net.com.au. RRP \$19.99.



Rosie and the Oak Tree Fairies by Tahnee Grady

This locally produced book is superbly illustrated by Anna McEachran and written for children aged four to eight years. Author Tahnee Grady created this debut

story, to entice children back into their gardens, to get away from an electronic world, and back into nature. She hopes to promote the beauty and magic which lies all around us. It is her hope that chil-dren leave their devices and enjoy the outdoors, and perhaps look at finding their special place in nature.

The story features the young girl Rosie who is missing her friends in her new home. Centred around an oak tree in the garden the story is an adventure with the fairies showing children that magic can happen when they believe. A selection of free activities are available at the

Shop online at www.rosiean dtheoaktreefairies.com or call 0412 086 789. RRP \$25

WIN WIN WIN

We have two copies of Rosie and the Oak Tree Fairies to give away to some lucky readers. To be in the draw simply email win@haveagonews.com. au with Rosie in the subject line or write to Rosie and the Oak Tree Fairies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/12/21.

Great movie for the school holidays



HEROES don't get any bigger than Clifford the Big Red Dog.

When middle-schooler Emily Elizabeth (Darby Camp) meets a magical animal rescuer (John Cleese) who gives her a little, red puppy, she never anticipated waking up to find a giant ten-foot hound in her small New York City apartment.

While her single mom (Sienna Guillory) is away for business, Emily and her fun but impulsive uncle Casey (Jack Whitehall) set out on an adventure that will keep you on the edge-of-your-seat as our heroes take a bite out of the Big Apple. Based on the beloved Scholastic book character. Clifford will teach the world how to love big!

Clifford the Big Red Dog is in cinemas from 30 December.

WIN WIN WIN

We have five family passes to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Clifford in the subject line or call the office on 9227 8283. Closes 15/12/21.





PATRICK TAYLOR COTTAGE: Built in 1832, is WA's oldest surviving dwelling which was purchased by Patrick

and early residents with a beautiful garden next

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

www.historicalbany.com.au Ph: 0457 329 944

Fun things to do with the grandchildren this summer



HAVE fun in the sun with the grandchildren this summer, here are some ideas to keep the little ones occupied during the holidays at Whiteman

- 1. Spot the fairy doors and artwork in the Children's Forest
- 2. Go for a nature walk

- 3. Cool off in the mini pool playground
- 4. Climb the lighthouse at Pia's Place
- 5. Have a picnic
- 6. Feed a kangaroo at Caversham Wildlife Park
- 7. Ride the train
- 8. Discover the interactive exhibits at Revolutions Transport Museum
- 9. Play cricket
- 10. Ride a bicycle
- 11. See the Settlers Cottage at the Tractor Museum
- 12. Take a tram ride
- 13. Read a book
- 14. Buy an ice-cream
- 15. Take a ride on the Whiteman Explorer bus
- 16. Shoot hoops on the basketball court 17. Experience the Park after dark on a Kids Woylie Walk tour
- Visit whitemanpark.com.au or speak to one of their helpful staff for more inspiring ideas.

Get a hole in one with this great family fun outing

HOW many times have you scratched your head and thought: I just want to find something different to go to as a family?

Well scratch no more we have the answer and it's a real hole in one.

Glowing Rooms, near Fremantle, is Perth and Australia's first 3D mini golf experience and it's got to be seen to be believed.

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

Travelling through each room sees the difficulty of the shots increase, with many having ramps, tunnels and trenches to navigate as well as animals that appear to come to life and golf balls that hover in front of you, but this makes it even more of a fun and unique expeabilities

Glowing Rooms are open from 2pm to 9pm on Tuesdays, Wednes-days and Thursdays, 2pm to 10pm on Fridays, 10am to 10pm on Saturdays and 10am to

time. The opening hours will be updated on the website: www.glowing rooms.com.au.

For the school holidays they are open every day from 10am in-



and grandchildren with a mind boggling activity. It's "super easy" to book your

tickets on our website www.glowingrooms.com.au. For questions phone 6244 5590.



Christmas church services available to celebrate the festive season

FROM a traditional Christmas service to a short family-friendly message, there are an abundance of opportunities to celebrate Christmas at churches across WA.

Most churches offer a special service on Christmas Eve or Christmas Day. For a special service head to one of the churches as listed below. Merry Christmas!

259 BARKER RD, SUBIACO



HAVE-A-GO NEWS No. 357 DECEMBER 2021

Sunday services: 8am, 9.30am; 6pm

Christmas Eve 11pm Orchestral Mass with Choir Christmas Day 9.30am Sung Mass



SATURDAY 18 DECEMBER 10am Children's Christmas Service

SUNDAY 19 DECEMBER 7.30pm Festival of Lessons and Carols

THURSDAY 23 DECEMBER 7.30pm Festival of Lessons and Carols



FRIDAY 24 DECEMBER

7.30pm Festival of Lessons and Carols 11pm First Eucharist of Christmas (NEW TIME)

SATURDAY 25 DECEMBER

8am Holy Eucharist with Carols 10am Choral Eucharist with Carols Music: Missa Brevis (Dove) Ding Dong Merrily on High

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38 St Georges Terrace, Perth ~ 9325 5766 www.perthcathedral.org ~ www.facebook.com/StGeorgesCathedral

St Patrick's Mt Lawley

Handel's Messiah

Saturday 11 December 3pm Performed by OPUS WA Ticketed performance

Holy Communion

and Christmas Banquet

Sunday 19 December 10.15am An advent service of holy communion followed by a Christmas banquet provided by Mondos Butchers \$10 donation at the door

9 Lessons and Carols

Monday 20 December 7.30pm The traditional festival of nine lessons and carols performed by the Georgian Singers.

Family Nativity Service

Christmas Eve 5pm A short family service where all the children can take part in a nativity play (costumes provided) and sing carols

Christmas Eve

7.30pm

Congregational lessons, carols and communion, followed by champagne and mince pies

Christmas Day Holy Communion 10.15am www.stpatricksmtlawley.com

Christmas Masses and musical highlights at St Mary's Cathedral

CHRISTMAS EVE

6pm Children's Mass

Our Christmas angel leads the singing at this Mass with popular carols and children's Christmas songs.

10:30pm Lessons and Carols

Enter into this magical night with the Cathedral Choir singing well-loved carols and Christmas motets and processing through the Cathedral - watch out for our very special arrangement of Silent Night!!

12 midnight Midnight Mass

The Cathedral Choir leads this joyous feast of music featuring carols, Mozart's Credo Mass and the Hallelujah Chorus accompanied by pipe organ and orchestra.

CHRISTMAS DAY

11am Solemn Sung Mass

The Cathedral Choir returns to continue the Christmas joy with carols and the Hallelujah Chorus.

Celebrate *Christmas* in the City with the Uniting Church

Monday 13 - Thursday 16 December

Spirit of Christmas music recitals 5.30pm - 6.15pm, Wesley Uniting Church Free music recitals daily



Thursday 16 December
Christmas Carols for the City 12.30pm -1pm, Wesley Uniting Church
Come and sing your favourite carols with Wesley Brass and Pipe Organ Directed by Angela Currie (Director of Music/Organist)

Friday 17 December

'Wesley at One' music recital 1pm - 1.45pm, Wesley Uniting Church Featuring beautiful music from Angela Currie (organ)

Sunday 19 December

Celebration of Nine Lessons & Carols 10am, Wesle With music directed by Angela Currie (Director of Music/Organist) Social. Justice. Church Christmas Service 5pm, Wesley Uniting Church

Monday 20 - Wednesday 22 December

Christmas Arts and Crafts for Kids 10am - 11am & 11am - 2pm, Hay Street Mall (near entrance to Trinity Arcade) Free Christmas art and craft activities for kids on the theme: Biblical Nativity Scenes.

Friday 24 December Christmas Eve

Christmas Eve Service 11pm, Wesley Uniting Church with Angela Currie (Director of Music/Organist) & Wesley Brass

Saturday 25 December Christmas Day

Afrikaans Christmas Service 8.30am, Trinity Uniting Church Christmas Celebration 9.30am, Ross Memorial Uniting Church Christmas Celebration 10am, Wesley Uniting Church with music from the Wesley choir, organ and brass Directed by Angela Currie (Director of Music/Organist)

Sunday 26 December Boxing Day

Christmas Carols Service 10am, Trinity Uniting Church Featuring Aishah Chadwick-Stumpf (soprano), Stephanie Gooch (mezzo-soprano), Euan MacMillan (tenor) & Gilbert Rodgers (bass)

Friday 31 December New Year's Eve

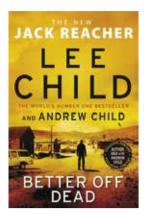
New Year's Eve Service 10.30pm, Ross Memorial Uniting Church

Ross Memorial Uniting Church, cnr Hay & Colin Streets, West Perth Trinity Uniting Church, 72 St George's Terrace, Perth Wesley Uniting Church, cnr William & Hay Streets, Perth

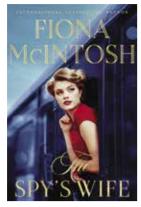
For more info phone 6103 4222 or visit www.perthunitingchurch.org.au



A range of books for Christmas gifts and great holiday reading...



Michae





Above, clockwise from left; Better Off Dead
- The Spy's Wife - Get Well and Autumn Leaves
Right; The Lyrics

Better Off Dead by Lee and Andrew Child

JACK Reacher, "the coolest series character" (Stephen King), returns in a brand new, pulse-pounding read from Lee and Andrew Child. Reacher never backs down from a problem.

And he's about to find a big one, on a deserted Arizona road, where a Jeep has crashed into the only tree for miles around. Under the merciless desert sun, nothing is as it seems.

Published by Penguin Random House. Available at all good bookstores. \$32.99

The Spy's Wife by Fiona McIntosh

Fiona McIntosh's highly anticipated new historical adventure from the bestselling author of *The Champagne War* will make the perfect gift.

Evie, a widow and stationmaster's daughter, can't help but look out for the weekly visit of the handsome man she and her sister call the Southerner on their train platform in the wilds of northern England. When polite salutations shift to friendly conversations, they become captivated by each other. Published by Penguin Random House. Available at all good bookstores. \$32.99



The Lyrics by Paul McCartney

This is the perfect gift for a Beatles lover with Paul McCartney's self-portrait in 154 songs. This stunning double book collection will grace any bookshelf and delves into the writings of one of the greatest living songwriters

McCartney said: "More often than I can count, I've been asked if I would write an autobiography, but the time has never been right. The one thing I've always managed to do, whether at home or on the road, is to write new songs. I know that some people, when they get to

a certain age, like to go to a diary to recall day-to-day events from the past, but I have no such notebooks. What I do have are my songs, hundreds of them, which I've learned serve much the same purpose. And these songs span my entire life."

Published by Penguin Random House. Available at all good bookstores. \$155

Get Well by Michael Leunig

Deceptively wise, heartbreakingly beautiful and just plain hilarious, *Get Well* is a robust selection from Michael Leunig's work over the past four years – a time when, quite remarkably, all has not been well with the world.

"Simple rhymes, homemade aphorisms, sentimental yearnings, many daggy jokes, funny faces and mysteries from the heart abound in this collection of cartoons – which cause me to wonder what is becoming of me and my world," said Leunig. A great stocking filler.

Published by Penguin Random House. Available at all good bookstores. \$24.99

Autumn Leaves 1922 by Tessa Lunney

Australian author Tessa Lunney kicked off her literary career

with her debut novel April in Paris 1921 published by Harper Collins in 2018. An historical mystery starring protagonist Kiki Button, who is an intelligent, bold and beautifully dressed Australian nurse who moves to France following serving in WWI. Fast forward to 2021 and the second book in the Kiki Button mysteries lands in Australia. Published only in hardback it's an excellent follow up in what one hopes will be a series. Amidst the gaiety of 1920s Paris, Kiki stalks the haunted, the hunted, and people still heartsore from the war. She parties with princes and Communist comrades, she wears ballgowns with Chanel and the Marchesa Casati, she talks politics with Hemingway and poetry with Sylvia Beach, and sips tea with Gertrude Stein. Not only is it a cracking read it delves into the politics between the wars and provides the reader with an excellent insight of Europe during that era. Enjoy the Kiki ride.

Autumn Leaves in 1922 Published by Pegasus. Hardcover version available for purchase from Booktopia, Abbey's Bookshop, Dymocks and Readings. Around \$46.

Morish Nuts make a delicious festive treat and you can win one too!



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.

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\$99.99) or a Santa's Nut Sack, twin pack (RRP \$55.99), email win@haveagonews.

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 31/12/21.



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Saturday 26 February





Saturday 19 March 2022 12.30pm-3.30pm \$140pp

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When the pandemic hit in 2020, the word "ancestry" started to trend across Facebook, Twitter and other social media. With our lives at a standstill and an unknown future, families around the world started to look to the past with a keen interest in their own ancestry, culture and stories.

operation and location of our tour bases.

Come and have fun at Segway Tours WA

There's never been a better time to research one's family tree with online family history record databases at your fingertips as well as national and international genealogy associations & societies and even at home DNA kits.

But the best starting point is to talk to your relatives and to help you uncover your family's unique stories across generations are *Tell Me Everything's* beautifully constructed keepsake books.

Featuring a timeless design and questions to spark conversation and recall memories, the Tell Me Everything books will help you learn all about your family's personal histories, values, traditions, achievements and so much

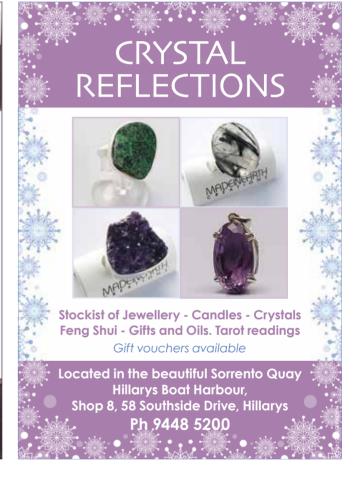
Choose from two books *Tell me everything, Grandpa please!* and *Tell me everything, Grandma, please!*. Books are \$22 each and make for a great gift for birthdays, anniversaries, Mother's Day, Father's Day and Christmas.

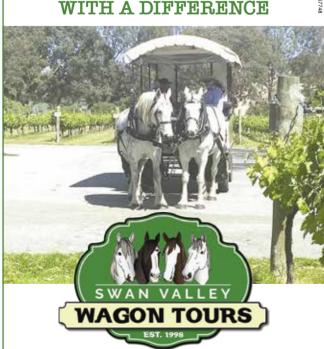
Start your family's 'Tell Me Everything' journey at https://tellmeeverything.com.au.

For info phone Thea 0408 914 443

For more inspiration, follow **@tellmeeverything on Facebook** and Instagram.





















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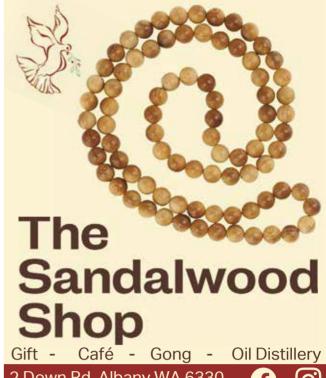
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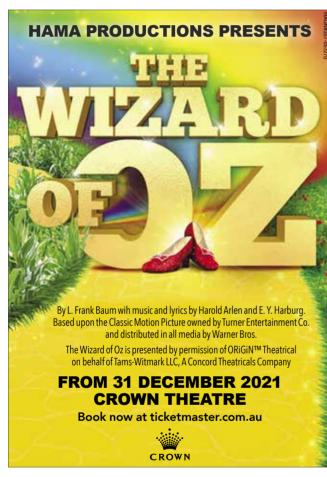
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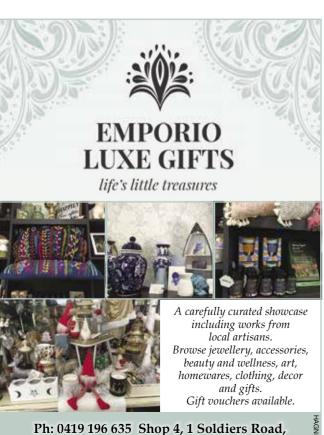
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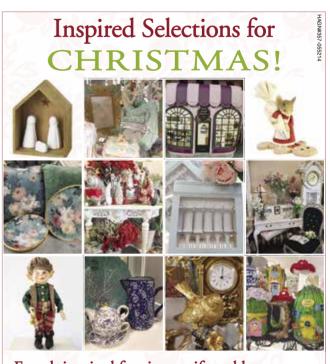




(Brackenridge Village) Roleystone

email: emporioluxegifts@outlook.com

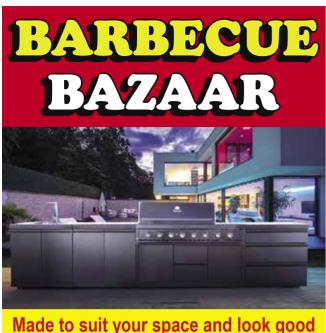




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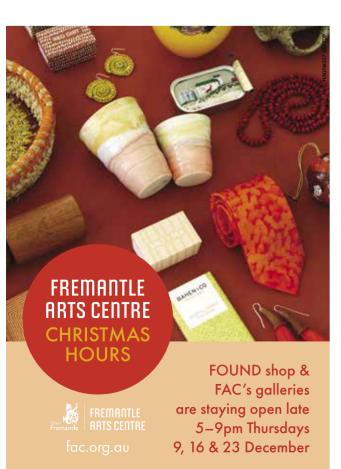


For more information call Shirley on (08) 9306 1200

www.oskapulse.com.au











• Gift baskets • Tearooms

Group bookings; open 10.30am to 2.30pm weekdays, 10.30am to 4.30pm weekends, public and school holidays.

Chocolate Drop Tearooms Yanchep National Park, 1 Indian Ocean Dve, Yanchep Tel: 95661 6699 Email: sue@chocolatedrops.com.au

Friend to Friend







Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend PO Box 1042 West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

Al A: All letters answered GSOH: Good sense of humour SD: Social drinker NS: Non smoker

SOR: South of River

WLTM: Would like to meet

NG: Non gambler NOR: North of River TLC: Tender loving care

DTE: Down to earth

ND: Non drinker

_	·	_	·	·	·	

Please nominate a category for your advertisement.

Tick one box only.

Travel companion Seeking a friend

Seeking a partner

Phone Email I am over 45 years of age(Signature) envelopes will not be considered for publication.

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized

Seeking a Friend

ACTIVE gent, 63 years baggage, no fit, financially comfortable, WLTM a lady with a GSOH.

Reply Box 8988

A SLIM genuine lady WLTM gent approx late 70s, companion, GSOH, similar interests, cooking, gardening, dancing, music. fin sec. happy times TLC, long term if compatible, metro.

Reply Box 8990

ENGLISH widow WLTM 70s gent for friendship and company, NS, SD, GSOH, must live SOR, 6155 or nearby. Well presented, intelligent and young at heart, tactile and affectionate like me.

Reply Box 8976

GENT 77, NOR, looking for lady who enjoys home reno, train rides, op shops, chocolate, Swan Valley, II Divo posters, honey.

Reply Box 8977

GENT 79, widower, WLTM lady friend, SD, NS, GSOH, DTE, NOR. Reply Box 8985

GENT WLTM secure, lady 75-85 for travel companion, GSOH, NS, NG, SOR, head north in winter, beach, fishing, flora, walking, history, general sight seeing, camping out, let's meet and talk. You never know.

Reply Box 8984

GENT UK/Australian. 73, 180cm, presentable, educated, very GSOH sociable, NS, SD, enjoys travel, gym, family, beach, coastal walks, usual social activities, seeks intelligent, attractive, compatible, easygoing lady, to late 60s, all travel modes, destinations considered. Northern suburbs, coffee?

Reply Box 8992

GENT WLTM Asian lady, 45-60ish, still wanting to enjoy life SOR.

Reply Box 8980

HAVE a Go Meet a Friend Group is calling all single ladies and gentlemen, 60+ to join us. If we never try, we will never know. No fees other than the cost of your own beverage. Please include a mobile phone number in your reply.

Reply Box 8975

IS there a genuine, caring, loyal gent out there, tallish, 68-75, NS, light SD, GSOH, good appearance, well groomed and social, NOR. If this is you, please reply, could be a 2022 beginning. You won't be disappointed.

Reply Box 8991

WELL presented, caring gent, postcode 6066, 81, vegan widower, NOR. WLTM petite, attractive widow. mid 70s, smart dresser for Covid safe alfresco outings 1-2 mornings a week. Nature lover for walks, picnics. Must live close

Reply Box 8978

WESTERN suburbs guy, 81, 1.77m tall, DTE, GSOH, NS, tactile, not so active, likes music, barbecues, stimulating company, Eagles fan, born Mount Lawley, have travelled, WLTM attractive, relaxed lady for coffee and chat. ALA.

Reply Box 8987

Seeking a Partner

ATTRACTIVE lady, 70+, medium build, educated, feminine, SOR, postcode 6107, VGSOH, ND. I like reading, music, walking, country drives, gardening. WLTM unattached (not separated) genuine, fin sec, well presented, gentleman, 65-75, Kalamunda or Hills area for permanent, long term relationship, friendship, looking forward to your reply. ALA.

Reply Box 8982

AUSSIE DTE bloke WLTM happy, positive, lady under 70 for relationship to develop, enjoying quiet homelife, outdoor activities, sport, familiar with and appreciative of more remote 4WD exploration, including club environment.

Reply Box 8981

GENT early 70s, slim, fit and active, NS, SD, lives SOR. Enjoys outdoors, walking, dancing, cafes and eating out. WLTM lady similar for companionship with view to loving and caring long term relationship. ALA.

Reply Box 8989

HI, wish to meet Asian lady any Asian nationality for permanent relationship. I'm NS, ND, only reply if you are genuine. Like lady, 55-68. I'm 70. Hope we can meet. ALA. Reply Box 8983

IS there a lady with a disability who would like a friend or partner. I am a 64 year old male, postcode 6111. Living a normal life with a disability. I would like to meet and share the best years of my life with someone special. ALA Reply Box 8979

LADY 69, SOR seeks New Vogue and sequence partner for day and evening dancing. Prefer advanced level. Possible relationship if suitable. ALA. Reply Box 8986

Have you met vour match?

We at Have a Go News are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you?

If you would like to share your story please email

helen@haveagonews. com.au or write to; Friend to Friend PO Box 1042, West Leederville WA 6901 Your privacy will be respected

When replying to a Friend to Friend entry...

11B size envelope template Simply measure your Friend to Friend reply envelope against this template... 9cm (height) 14cm (width)

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only) Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.

No greeting cards, bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not

Replies must be in response to reply boxes no older than three months.

WIN a \$200 shopping voucher... See page 15 for details.

Is pain spoiling your enjoyment of life?



Advertorial

DESIGNED for people in pain, Oska Pulse is a portable, noninvasive, drug-free alternative to long-term use of pain killer medication.

Oska is uniquely programmed to mimic the body's natural electro-chemical activity. It reduces inflammation and pain caused by degenerative conditions such as arthritis, accelerates recovery after surgery or injury, stimulates bone repair in non-union and acute fractures and promotes bone density.

Being an ARTG listed Class 2a Medical Device, the whole family can confidently use Oska Pulse every day without side effects.

Jim says: "How was I going to undertake a return trip from Coogee to Cooktown, driving 25,000 kms in ten weeks? Only one answer - Oska Pulse strapped to my side every day."

Anthony (Kojonup WA farmer): "After 60 years of suffering back pain, Oska Pulse has already helped; great improvement. After three hip replacements my wife suffers many challenges so I'm buying a second one, for her."

Allan (Boyup Brook WA): "After 10 years of ankle pain - swollen, stiff, locking up - I can now move more freely with no pain at night. Back shearing again.'

Debra (Alice Springs NT): "Mum is very happy with her Oska. A lot less pain, sometimes none.'

Developed in WA by Medic Technology founder, Michael Hawker.

Visit www.oskapulse.com.au or phone Shirley 9306 1200.



"The safest way to meet a genuine and suitable companion" 9371 0380

MORLEY LADY 70 attr, young, widow, slim, petite, well armd/spoken, Asian origin, happy o/look, loves to cook, enj travel, sk gent 70-76.

SWAN VALLEY LADY 78 slim, fit, active, bright, indep, easy to talk to, warm, generous, tunioving creative. Sk sincere, outgoing gent 75-85.

HILLS LADY 68 petite brunette, lovely appearance, honest, reliable, bubbly, outgoing, loves bowls, walks, beach, caravan travel. SK gent 66-76.

MELVILLE LADY 73 sincere, slim, blue eyed blonde, country girl at heart, loves caravan travel, outdoors, mini golf, social activities, sk gent 70-80.

CLAREMONT GENT 70 ret. professional, wid, refined, academic, kind, relaxed nature, love water sport, travel, concerts, sk educated lady 65-75.

NEDLANDS GENT 72 ret, professional, 185cm, trim, handsome, funloving, good cook, well travelled, enj finer things, loves family. Sk lady 65-75.

ROCKINGHAM GENT 71 ret, professional, well educated, good conversationalist, bright, educated, enj concerts, music, country trips. Sk lady 63-73.

NORANDA GENT 79 well presented, Englishman, 3 comfortable, happy in life, would love to share time w/ kind, funloving lady of any nat 75-80.

SOLUTIONSMATCHMAKING.COM.AU



Blues and soul music of the 1960s grooves its way into a new generation



From L-R; The Milford Street Shakers' Dom D'Leno - Yara Neto - Lachlan Mills and daughter Jemima with Jessie Gordon

by Allen Newton

STRATOSFUNK the band made sounds while playing at a Fringe show in 2013, that blew away Jemima Mills, a 14-yearold schoolgirl.

Jemima is now 23 and instead of watching the band, she's playing in it.

The Milford Street Shakers, a re-imagining of Stratosfunk, is wowing

It was only after band leader Dom D'Leno recruited Jemima that he discovered her passion for the Milford Street Shakers started long ago. Her Dad, Lachlan, re-

calls going along with Jemima, who was into music and jazz at high school, to popular music shows at the Fringe Festival.

"I'm not sure how we first heard about Stratosfunk, but we fell in love with them pretty quickly," he

He was a big enough fan that when the chance came up to take a photograph of his daughter with the band, he jumped at it.

"Some part of me was thinking: 'Hey Jemima, one day when you grow up, you can be just like this'.'

Jemima says a highlight of her career so far has been playing a recreation of the very first show she ever saw the band perform Tell Mama: The music of Etta James.

"It's one thing to look up at a band on stage and say, 'I want to do that one day' and another thing entirely to have the chance to do it. It's a very surreal feeling," she said.

Jemima had started playing the saxophone six months before she went to that Fringe Festival show. having swapped from flute to sax to fill a role in the school jazz band.

"It was worth it though, because I fell in love with it, and it's clearly paid off for me.

"Stratosfunk definitely played a role in building my love for music and the saxophone.

"It broadened my palate as well, introducing me to all the great music from around the 60's.

"As someone who was relatively new to the saxophone and especially such a big one, I was obsessed with the range I saw from the baritone sax in the band.

"It could do everything, the awesome bass lines, the screaming solos, the delicate section parts. I could do anything with it, from classical, to funk, to jazz, to my personal favourites: Motown and soul."

Jemima's musical career started in 2014 when she auditioned for the WA Youth Jazz Orchestra.

She went on to play with a variety of national and international guest artists, ensembles and styles of music, travelling to Tokyo, Paris, New York, and Melbourne.

She has recorded on classical, jazz, pop, and funk albums and founded her own jazz quintet.

Jemima joined the Milford Street Shakers at the

start of 2020. "It's been two great vears since and I'm looking forward to more," she says.

The Milford Street Shakers are regulars around the Perth music scene with their next concert, The Christmas Extravaganza Show, on Friday, 17 December at The Royale Theatre in Northbridge where they will be playing their hip shaking versions of Christmas tunes.



Delicious - a mouth-watering historical comedy hits the screens

audiences around Western

Australia with its interpre-

tations of 1960s Blues and

Soul music and Jemima is

lining up to play baritone

sax as part of the 11-piece

AT the dawn of the French Revolution, a daring but proud cook is fired by his master,

Cullen Macleod

the Duke of Chamfort. Meeting an astonishing woman, who wish-

es to learn culinary art

Tickets: perthcabaret.com.au or His Maj Theatre

AN OUTDOOR SPECTACLE FOR THE ENTIRE FAMILY

7.30PM 25, 26 FEBRUARY WACA GRO

VIKA & LINDA

by his side, gives him self-confidence pushes him to break

CLOSING NIGHT GALA

BOATROCKER

as a servant and undertake his own revolution. Together they invent a place of pleafree from his condition sure and sharing: open to all - the first restau-

> An idea that will earn them customers... and enemies. Delicious is a mouth-watering historical French comedy drama; a must-see for Francophiles and foodies.

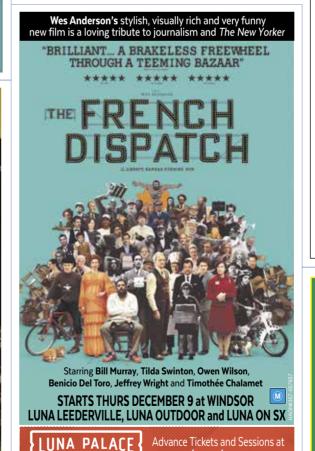
In cinemas on Boxing Day.

WIN WIN WIN Thanks to Palace Films we are giving away 10 in-season double-passes some lucky readers.

To be in the draw simply email win@ haveagonews.com.au with Delicious in the subject line or call the office on 9227 8283. Closes 15/12/21.







www.lunapalace.com.au

Shakespeare in the Park

FREMANTLE atre Company (FTC) and Bankwest have partnered to return a summer icon to WA audiences, with Bankwest Shakespeare in the Park to be staged in Perth and regional WA for the first time in almost a decade.

"Shakespeare

the Park was a staple of the Perth arts calendar, drawing audiences each summer to Kings Park's Botanical Gardens and has been sorely missed by many", said FTC artistic director Renato Fabretti.

"A Midsummer Night's Dream is a Shakespeare classic and we're thrilled to deliver it to families and theatre lovers as a Christmas present for the community, and as vital work and engagement for local artists.

'We're bringing together a mix of incredible new local talent, New York-trained performers, and WAAPA/NIDA graduates, each excited to hit the grass and wake up audiences from a long slumber.

The show is scheduled to begin at Margaret River's Leeuwin Estate on 29 and 30 December, before moving to Bunbury Senior High School 4 and 5 January, Discovery Park Albany 8 and 9 January, then returning to the metro area in Fremantle from 12 to 15 January and ending at Kings Park for 19 to 29 January.

General admission prices from \$30 - \$50, with options for Student, Youth and Senior Concessions, Family Bundles and 10 per cent off all tickets for Bankwest customers.

fremantletheatrecompany.iwan Tickets: naticket.com.au/



FINALIST in the... **2021 WA Heritage Awards**

Heritage House, 111 Mill Point Rd, South Perth 9367 9243 southperthhistorical society.org

Musical Director Mark Coughlan & the Vienna Pops Orchestra present: New Gear's Eve Poncerts

TICKETS TICKETEK.COM.AU

Featuring Mezzo Soprano Ashlyn Tymms and Musical Director Mark Coughlan and the Vienna Pops Orchestra

FAMILY MATINEE CONCERT 2.00PM - 3.00PM

EVENING GALA CONCERT 9.30PM - MIDNIGHT

Come enjoy musical talent and humour as we count down towards 2022



An American in Paris comes to Perth in 2022



An American In Paris © Johan Persson

AUSTRALIAN Ballet and GWB Entertainment have announced that charismatic Broadway and West End leads Robert Fairchild and Leanne Cope will reprise their show-stopping turns as the

American GI Jerry Mulligan and the young Parisian dancer Lise Dassin in An American In Paris.

Audiences in Perth will have a once in a lifetime opportunity to experience the extraordinary talents of Robert Fairchild, Leanne Cope, Cameron Holmes and Dimity Azoury as they take to the stage in this buoyant, beautiful and breathtaking production.

The four-time Tony Award-winning Broadway musical, based on the classic movie with music and lyrics by George and Ira Gershwin, features an outstanding Australian cast and ensemble drawn from the worlds of musical theatre and ballet, including theatre royalty Anne Wood as Madame Baurel, David Whitney as Monsieur Baurel, Ashleigh Rubenach as Milo Davenport, Jonathan Hickey as Adam Hochberg, and Sam Ward as Henri Baurel.

Playing at Crown Theatre from 25 February to 12 March, this is one show not to be missed. Tickets on sale at www.americanin paris.com.au

The Nutcracker returns this Christmas



THE spectacular Christmas ballet The Nutcracker returns to Perth this December for a limited season at the stunning His Majesty's Theatre performed by Youth Ballet WA.

This fan favourite ballet has been thrilling world audiences for more than 100 years

and will bring the magic of Christmas to life just in time for the holiday season.

Bring the whole family and join Youth Ballet WA to follow Clara on her adventures with her adored Nutcracker Prince. Together they will battle evil mice, dance with the snowflakes, and meet treats from all around the world.

With His Majesty's Theatre as the perfect backdrop do not miss this opportunity to see some of Perth's most talented young dancers accompanied by world class professionals, including Christian Luck, demi-soloist with West Australian Ballet, in this delightful ballet.

Playing on 18 December at 2.30pm and 6.30pm; 20 December 10.30am and 2.30pm.

To book visit www.ptt.wa.gov.au/ venues/his-majestys-theatre/whats-on/ tchaikovskys-nutcracker/

Great films hit the silver screen this month



THE French Dispatch brings to life a collection of stories from the final issue of a (fictional) American magazine celebrating the very best of French culture.

Starring Benicio del Toro, Adrien Brody, Tilda Swinton, Léa Seydoux, Frances McDormand, Timothée Chalamet, Lyna Khoudri, Jeffrey Wright, Mathieu Amalric, Stephen Park, Bill Murray and Owen Wilson, this is one of the year's most anticipated releases. In cinemas 9 December at Luna Leederville, Luna

Outdoor, Luna SX and Windsor.

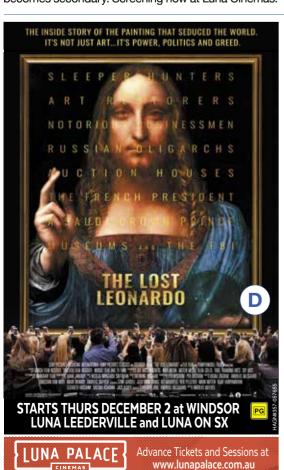
The Lost Leonardo is the inside story behind the Salvator Mundi, the most expensive painting ever sold at

\$450 million. From the moment the painting is bought for \$1175 at a shady New Orleans auction house, and the restorer discovers masterful Renaissance brush strokes under the heavy varnish of its cheap restoration, the Salvator Mundi's fate is determined by an insatiable quest

questions about its authenticity; is this painting really by Leonardo da Vinci?

Unravelling the hidden agendas of the richest men and most powerful art institutions in the world, The Lost Leonardo reveals how vested interests in the Salvator Mundi are of such tremendous power that truth becomes secondary. Screening now at Luna Cinemas.

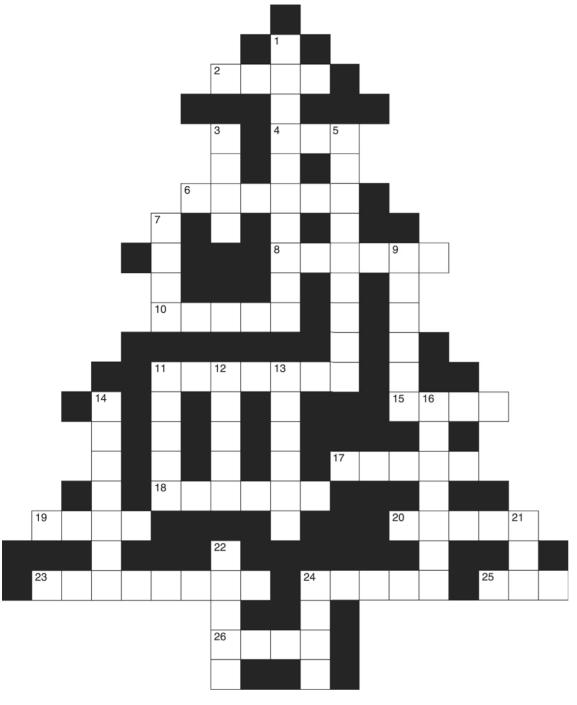
for fame, money and power. As its price soars, so do





Have a Go News PUZZLES PAGE Have a Go





Christmas **CROSSWORD**

CELEBRATE this festive season by tackling our jolly Christmas crossword. It is sure to bring a smile to your face.

ACROSS

- 2. ... In A Manger
- 4. A Christmas Carol boy, Tiny ...
- 6. What the shepherds watched by night, all seated on the ground
- 8. Arnold Schwarzenegger comedy, Jingle ... Way (3,3)
- 10. Harry Belafonte and Boney M both charted with... Boy Child (4'1)
- 11. Dickens's "Bah, humbug" character
- 15. Movie about Christmas lights starring Danny DeVito, ... The Halls
- 17. John and Yoko sang ... Xmas (War is Over)
- 18. Traditional carol, ... Night
- 19. In Twas the Night Before Christmas, "The children were nestled all snug in their
- 20. Kermit and Miss Piggy feature in It's A Very ... Muppet Christmas Movie
- 23. It Came Upon A ... Clear
- 24. On his 2009 album, Christmas In The Heart, Bob Dylan sang a version of Silver
- 25. Father Christmas had six white boomers, "On his Australian ..."
- 26. O Little ... Of Bethlehem is traditionally sung by the Kings College, Cambridge choir

DOWN

- 1. He knows if you've been bad or good (5,5)
- 3. "On the fifth day of Christmas, my true love sent to me, five ... rings"
- 5. Two people who meet under this hanging plant decoration are obliged to kiss
- 7. Tchaikovsky's ballet, The Nutcracker, features The Dance Of The Sugar ... Fairy
- 9. Hark! The ... Angels Sing
- 11. Traditional carol about the wise men travelling to landlocked Bethlehem, I Saw
- 12. "Once in ... David's city; Stood a lowly cattle shed"
- 13. Where the Three Kings came from
- 14. Merry Christmas in Spanish, Feliz ...
- 16. Family film about a train headed for the North Pole, The Polar ...
- 21. Mariah Carey hit, All I Want For Christmas Is ...
- 22. One of the most popular yuletide songs, ... Christmas
- 24. ... Crosby first recorded 22dn and it became the best-selling single of all time

All puzzle solutions on page 36.



Panforte is a decadent dessert

A delicious recipe for Panforte - perfect for Christmas

The Table of Us author Simone Agostino shares her absolute favourite Christmas recipe. She says that she would scope the streets of Italy to find this decadent dessert, beautifully wrapped in textured paper. The way it was packaged was just as wonderful as the way it tasted. The richness of the dried fruits and dark chocolate, coupled with the earthiness of the roasted hazelnuts and almonds are a match made in heaven. The panforte is the perfect end to the perfect meal when you just feel like something small, yet sweet, alongside your espresso.

Preparation: 15 mins; cooking 35 mins; serves 20 Ingredients

2½ cups of dried fruit, cranberries, raisins, figs, apricots, or mixed peel

1 cup blanched almonds, toasted

1 cup hazelnuts, toasted and skins removed

½ cup plain flour 2 tablespoon good quality cocoa powder 1 teaspoon ground cinnamon

½ cup honey ½ cup caster sugar

60g good quality dark chocolate, chopped Icing sugar, to finish

Method

Preheat the oven to 150°C.

Grease a 20cm springform cake tin. Line with either baking paper, or traditionally rice paper.

Combine the dried fruit, almonds, hazelnuts, flour, cocoa and cinnamon in a large bowl.

In a separate small saucepan, combine the honey and sugar and put onto a medium heat until it slowly reaches boiling point. Stir, and watch it closely during this step to ensure it does not burn. To check that the syrup is ready, drop a small amount into a glass of cold water. If the mixture forms into a ball, then it

Remove from the heat, add the dark chocolate and

stir until it's melted and well combined.

Pour the chocolate and honey syrup directly into the large bowl of dry ingredients and nuts. Working very quickly, mix thoroughly with a wooden spoon until it is well combined.

Pour the mixture into the prepared cake tin and press down firmly. If it has cooled too quickly at this point, slightly wet your fingertips or the back of a wooden spoon to help moisten it again, allowing you to mould it easier.

Place into the preheated oven and bake until it is set, approximately 30 to 35 minutes. Allow to cool completely in the tin. Place the panforte on to a round plate or cutting board and dust with icing sugar. This panforte can be stored in an airtight container for up to a week, if it lasts that long.

The Table of Us is available at a variety of book and gift stores around WA. Visit www.thetableofus.com for stockists

Downsize and live your holiday life in Geraldton









Reasons to buy in Sunset Beach Lifestyle Village:

- Walking distance to the beach
- Secure gated community with like minded friendly neighbours
- Downsize and use as central base to explore Western Australia
- Full turn key product, ready for you to move right in!
- Rates, onsite management, security covered in ground lease fee.

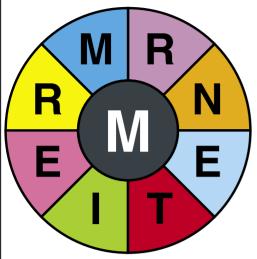




Have a Go News PUZZLES PAGE Have a Go



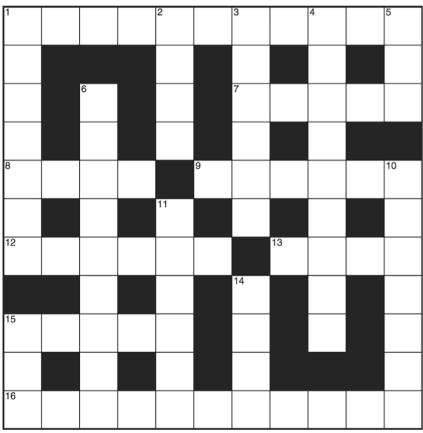
Wheel Words



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 I	etters.	
11 Good	18 Very Good	23+ Excellent

CRYPTIC CROSSWORD



STRAIGHT CLUES ACROSS

- 1. Simplifies procedure
- (4,7)7. Bonded labourer (5)
- 8. Location (4)
- 9. Disregard (6)
- 12. Decreased in size (6)
- 13. Luggage item (4)
- 15. Copy outline of (5)
- 16. Carols by ... (11)

DOWN

- 1. Entrees & desserts (7)
- 2. Serene (4)
- 3. Stand down (6)
- 4. Intricate (9) 5. He, ... & it (3)
- 6. Have company (9) 10. Himalayan peak (7)
- 11. Imaginary (6)
- 14. Transaction (4) 15. Tender loving care
- (1,1,1)

CRYPTIC CLUES ACROSS

© Lovatts Puzz**l**es

- 1. Turns square into circle and takes less time and money (4,7)
- 7. Work hard, save about 50 (5)
- 8. Spot sounds like a vision (4)
- 9. Take no notice in campaign or else (6)
- 12. Contracted for quiet cab stand (6)
- 13. Sleuth's job, for instance (4)
- 15. Track down the leader's ethnic origin (5) 16. Romantic illumination can delight, they say (11)
- 1. Outsources college programmes (7)
- 2. Local manager maintains composure (4)
- 3. Enter into new contract and quit job (6)
- 4. Describe in detail that bale was returned or swallowed (9)
- 5. A ship, a woman or a song, by Aznavour (3)
- 6. Retain ten perhaps to provide amusement (9)
- 10. First woman takes rest on mountain (7)
- 11. Neural surgery? Cool! (6)
- 14. Do business and distribute cards (4)
- 15. Even italics show attention (1,1,1)

SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. RATING: ★★☆☆☆

7								
		4	9		5			
		3	4	6		8		1
8		5			2	3		7
	7		5	1	3		6	
1		6	7			4		2
5		9		7	4	1		
			3		9	7		
								4

WORD SEARCH

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally. The leftover letters will reveal the mystery answer.

Y	' T	Н	S	L	W	R	E	Α	Т	Н	В	F
F	: L	R	Α	R	U	ı		R	N	E	0	Α
S	E	L	E	N	Α	F	Ε	В	L	F	W	I
E	S	S	0	E	G	Т	R	L	В		S	R
L	. P	L	T	Н	T		S	E	V	0	E	Y
D	A	A	T	I	С	0	С	Y	Ε	Α	N	L
N	I R	В	L		V		P	F	L	Н	0	
Δ	K	G	С	E	L	E	U	Р	S	S	С	G
C	; L	L	Α	L	N	N	T	Α	Ε	Р	E	Н
S	E	K	Α	L	F	W	0	N	S	R	N	T
S	C	T	S	N	0	В	N	0	В	Α	I	S
L	. E	A	U	Т	I	N	S	Ε	L	Y	Р	S
N	1 F	' I	R	T	R	Е	Ε	Y	N		Н	S



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