

Creating a glorious feast this Christmas

By GERALDINE ALPHONSE

Teachers from St Norbert College have bought gifts and food for adults living with mental health issues at Emmaus Community before Christmas.

On December 18 about 60 teachers will be wrapping all the presents, adding food hampers created through donations from students and taking the gifts personally to 50 residents at the centre.

Mathematics teacher Colette Miranda will be cooking an Indian feast on the day as she has previously done several times in the past decade.

“I’ve cooked many times for the community but this will be the first Christmas feast,” she said.

“These people are mentally challenged and they have a place to live but being someone who can love and care and cook for them is very important.”

Organiser Margaret Kyd said this is an opportunity for teachers to share in the joy of Christmas by giving a gift to a stranger and reaching out to others in need.

The gifts include toiletries, towels, boxes of chocolate, movie tickets and toys for the children whose parents are part of the Emmaus Community.

“Each person is also presented with a hamper containing a plum pudding, custard, biscuits, fruit mince pies, canned items Christmas shortbread and many other special Christmas treats,” she said.



St Norbert College staff Laura Alban and Derek Eddy. Photograph – Richard Polden.



Rebecca and Hannah Sullivan would not want to compete against each other but know there is a high chance they will in the future. Photograph – Richard Polden.

Sisters fight, compete against world’s best

By GERALDINE ALPHONSE

If you remember Karate Kid you must remember the karate sisters from Canning.

Hannah and Rebecca Sullivan are only getting better and more passionate about karate as they continue to compete in world competitions against some of the world’s best.

Hannah recently returned from Chile where she finished seventh in the world at the World Karate Federation Under 21 Junior and Cadet World Championships.

Rebecca competed last week in Madrid in the last World Karate Federation in the Karate one event of the year hoping to build on her points and improve her world ranking.

In Madrid Rebecca started her first round competing against a Spanish woman.

The match was a draw on points 4-4 so the referees made a best of five decision on a

whistle and it ended 3-2 in favour of Spain. “This meant I could not go on, which I felt was such a shame for me,” Rebecca said.

“The next round would have been against the Belarus woman I narrowly lost to in the quarter final at the World Championships last year and the next would have been against an Azerbaijan woman, the current world champion.

“This is the nature of our sport though and I am ready and more hungry for the first event of 2020, the Paris Premier League in January.”

Although the sisters are all about karate Rebecca said she hoped to never be in the same division with her sister but competing against each other is still a possibility.

“I would never like for us to be competing for the same spots for major Australian team events, one taking an opportunity from the other,” she said.

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