

COCKBURN CITY HERALD



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Tradition trashed?

by STEPHEN POLLOCK

FREMANTLE council has binned its traditional citizenship ceremony on Australia Day.

Council will instead hold the ceremony and its citizen of the year awards on January 23.

The move cuts any remaining major ties between Freo council and Australia Day – it previously ditched its January 26 fireworks in 2017.

The date change was made by the city's administration and did not come before elected councillors for the vote as it was an "operational" matter. Fremantle mayor Hannah Fitzhardinge says the new date was more inclusive and better reflected community sentiment.

"We've heard on numerous occasions over the past few years that there is a level of discomfort with receiving citizenship or an award on a date that is the subject of considerable public debate," she says.

"Holding it on another date removes this issue and allows us to focus on celebrating those who are becoming citizens or

receiving recognition for their contribution to our community. We are proud of the fact that Fremantle council has been leading the conversation on reconciliation for many years now..."

"We know there is strong support for reconciliation in the local community, and this was again evidenced by the strong 'yes' vote from voters within the City of Fremantle in last year's referendum."

In 2022 the Albanese government changed the rules to allow councils to cancel their citizenship ceremonies on Australia Day, sparking claims they were waging a covert war against Australia Day and getting councils to do their "dirty work" for them.

Earlier this month a report revealed that 81 councils had taken up the offer, with at least a dozen in Perth including Mosman Park, Cambridge, Victoria Park, Rockingham and Wanneroo.

But it's business as usual in Melville and Cockburn, where councils are holding citizenship ceremonies and events on Australia Day.

Cockburn are spending \$129,500 on its Australia Day Coogee Beach Festival, which includes a \$20,000

grant from the Australia Day Council WA.

"I acknowledge that people have mixed feelings about Australia Day," says Cockburn mayor Logan Howlett.

"The National Australia Day Council has stated that our national day can be a time where we celebrate and mourn at the same time, when we can honour all that is great about Australia and being Australian, while also remembering the suffering and our shortcomings; and commit to build a more cohesive and inclusive nation."

Melville council will spend \$8,900 on its traditional Australia Day BBQ Breakfast, where they hold a citizenship ceremony and announce the community citizen of the year.

"The BBQ Breakfast has been running for 23 years and the feedback that the city has received about the event is that it's a positive, friendly and respectful environment with about 600 to 800 people attending each year," says Melville mayor Katy Mair.

"Although no community members have personally approached me about changing the date of the citizenship ceremony or this event, I understand there are some people who do not want to attend a celebration on this date and we'll continue to listen to the community's feedback on the topic and respond accordingly."

• Continued page 4



• Funmantle has come to town! Read the story on p13. photo by Roel Loopers/Freoview



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Dowding's back

by STEPHEN POLLOCK

FORMER WA premier Peter Dowding, 80, has gone into bat for Fremantle's youngest ever councillor Jemima Williamson-Wong in a legal election spat.

The ex-lawyer recently appeared on Ms Williamson-Wong's behalf at Fremantle Magistrate's Court, where the outcome of last year's Fremantle local government election was being contested.

Ms Williamson-Wong won the Coastal Ward, defeating Marija Vujcic by 71 votes after preferences, but in the lead-up to the election the WA Electoral Commission initially sent out the wrong ballot papers to voters in the new Central and Coastal Wards.

The validity of the result is now being challenged

by Ms Vujcic and the Greater Fremantle Community & Business Group, whose president is Beaconsfield resident Andrew Luobikis.

Mr Luobikis unsuccessfully ran for Fremantle Council in 2016.

Election spat

A South Fremantle resident, Mr Dowding says he is working pro bono for Ms Williamson-Wong and came to her aid during the festive period when she was struggling to find legal representation.

The initial hearing at Fremantle Magistrate's Court was largely procedural, where attendees were told they had to write an affidavit to show they were "interested parties".

Mr Dowding said he found it bizarre the hearing was held behind closed-doors as it concerned a public election.

He told the *Herald* the

matter was likely to be heard in the Perth Magistrates Court as Fremantle didn't have the facilities to accommodate it.

He said because of the relatively high voter turnout at last year's Fremantle council election, he thought it unlikely the result would be overturned. Mr Dowding says he's getting on a bit for a full legal battle, so Ms Williamson-Wong will likely find another lawyer moving forward.

It's been a baptism of fire for the 21-year-old university student, since being elected in October last year.

In December an anonymous flyer was delivered to letterboxes in South Fremantle asking "How can an inexperienced 21-year-old uni student possibly represent our electorate?"

(*'Fury greets flyer attack'*, December 9, *Fremantle Herald*).

The *Chook* contacted Ms Williamson-Wong, but she didn't get back to us.

by STEPHEN POLLOCK

A PERSECUTED sect of Islam is opening its doors to the public on Australia Day.

The Ahmadiyya Muslim Community will host a lunch and a tour of its Nasir mosque in Bibra Lake, which they claim is the largest in Perth.

The Community believe their founder Mirza Ghulam Ahmad (1835-1908) is the promised messiah and Imam Mahdi prophesied in the religious scriptures.

They are treated as heretics by mainstream Muslims, who are still awaiting the coming of the Messiah and Mahdi.

Attacked

"In Pakistan, the Ahmadiyya Muslim Community has been persecuted in many ways, including being labelled as non-Muslims by the law, which limits our religious practices," says secretary outreach Soofi Aziz.

"Some of our members have been killed and places of worship have been attacked because of this. Ahmadis are also ostracised by society. There are daily harassments, threats, employment termination and social boycotts in public places.

"Our graveyards have been desecrated, and there are cases where dead bodies have been indiscriminately exhumed. There is a rise in the number of blasphemy cases against us recently."

On Australia Day, which



• A recent Australia Day lunch at the Nasir mosque in Bibra Lake.

All welcome

falls on a Friday, a holy day in Islam, the public can attend a meal with traditional Pakistani food, mingle with worshippers and then do a tour of the Nasir mosque.

Cockburn mayor Logan Howlett will say a few words, and Fremantle federal MP Josh Wilson has attended in the past.

"Australia Day is a momentous occasion for us," Mr Aziz says,

"It symbolises the freedom and opportunities that our community, persecuted in Pakistan, has found in this great nation. It's a day to give back to the community that has embraced us, a day of gratitude and unity."

The Nasir mosque has around 220 worshippers and throughout the year encourages

the community to explore Islam through peace symposiums, food drives and Christmas appeals, Quran exhibitions, and stalls in Perth's CBD and at the Royal Show.

Founded in 1889 the Ahmadiyya Muslim Community has become a popular revivalist movement in Islam, and now spans over 200 countries with membership exceeding tens of millions.

Mr Aziz says the Community is recognised for its commitment to peace, justice, and the betterment of humanity.

The Australia Day lunch and tour will be held at 2pm at the Nasir mosque, 239 Barrington St in Bibra Lake.

If you want to attend contact Mr Aziz on 0431 173 270 or email askislam.perth@gmail.com.

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Making a difference

Next week the annual Fremantle Citizen of the Year awards will be announced at a citizenship ceremony in the Walyalup Civic Centre.

All local councils in Australia have these awards around Australia Day, to honour those who have made a significant contribution to their community. It made me think how important it is that so many people give up a lot of their time, to try to make a positive difference.

Community participation often starts at schools and sport clubs, for those who have children, and often grows from there. People nominate for committees, or ultimately step up and stand for council.

Fremantle people volunteer as tourist guides at the Roundhouse, Shipwrecks Museum, Maritime Museum, Visitor Centre and Fremantle Port, or become lifesavers at Leighton Beach, organise the North Freo Bowlo and community garden, the Sea Rescue, Politics in the Pub, Valley Verges, Save Leighton, or are working at the Men's Shed, etc.

We have the Friends of Cantonment Hill and Friends of Samson Park, looking after these public spaces, and those who spend some Saturday mornings, planting trees along Marine Terrace.

Generous members of our community volunteer at hospitals, St Pat's, the Flying Angel Club, and at the great Freo Long Table event, that raises funds for the homeless.

People seriously engage with local councils and attend community sessions about the Heart of Beaconsfield, East Fremantle Oval, Future of Fremantle, Hilton bowling precinct,



Fremantle Traffic Bridge, and many others. Some even step up to take part in policy working groups that assist their local councils, on issues such as age friendly cities, Aboriginal reconciliation, youth issues, etc. Passionate community members speak up at council meetings about planning and other issues, or organise precinct events to inform and debate how we can make Fremantle an even better place to live, work and visit.

It is quite remarkable how many of us take ownership of our community and regularly sacrifice some of their private time to help improve our cities, for no personal gain. As a former long-time Roundhouse volunteer I know that it can feel like a bit of a slog to stand on your feet for five hours, talking to a lot of people from all over the world,

sometimes in the cold and rain, or in the heat. But volunteering is fun and rewarding. One meets a lot of people and makes new friends, and it feels as if you are making a positive difference, no matter how small that might be. And all those who step up to contribute to their community deserve our gratitude.

Anyone can have a whinge and many, including I, do, about what is not perfect about the city they live in, but it requires dedication to take that next step and actually take part in the process and help shape the future of our city. Working towards positive change is good for the soul.

It can be frustrating to go to endless talk fests, if one feels that one's input has been ignored. When I was a long-time committee member of the Fremantle Society, I often walked away from council meetings I had spoken at, feeling taken for granted, thinking that I had run head on into a brick wall, but we should never give up.

Constantly complaining about what is wrong is easy. When we change our attitude from thinking what THEY (councils) should do, and turn it into what WE could do, things change for the better. It demands dedication, a positive and tolerant attitude, and the passion and commitment to make a difference. When one finally sees the fruits of one's labour for the love for our city, that is a really fuzzy warm feeling, that makes all the frustration and hard work so worthwhile.

And some of us might even like to silently and mischievously flip the bird at those who have relentlessly criticised our efforts. Standing up for what we believe in benefits our communities.

Roel Loopers/Freoview



Opinion split

• from page 1

"Each year we include a Welcome to Country from a First Nations Elder in our community and we receive a lot of requests from the community to have their citizenship ceremony on this day, adding to the multicultural and inclusive atmosphere of the day."

Meanwhile, the tiny of municipality of East Fremantle won't be doing anything to mark Australia Day.

"I'm cognisant of the divisive nature of this issue and personally, I'm not in favour of any events being held on Australia Day," says East Freo mayor Jim O'Neill.

A council spokesperson said that traditionally the town had not held events on January 26.



• Cockburn mayor Logan Howlett.

TNTs matter



by Mark Douglas FCPA
Managing Partner of Francis A Jones
www.faj.com.au

My business partner Matthew recently travelled to Ireland with his family to visit loved ones over Christmas. While he was there, he and his wife managed to scoot across the channel for a few days by themselves at a high-class hotel in Scotland.

The accommodation was lovely and although they had a nice time and enjoyed the sojourn, Matt relayed to me that the hotel missed the mark with some minor items. For a start the staff often left the vacuum cleaner in the hallway outside of their hotel room. It's no biggie of course to side-step a Hoover, unless it puts you in immediate danger of stepping on a room service tray that's having an augmented relationship with the hallway carpet.

Dinner in the hotel's fancy restaurant was divine – a delectable table d'hôte of fine fair accompanied by an exceptional vintage vino. But the ambience ebbed just slightly when a set of drawers at the waiters' station stayed open all night reminiscent of an IKEA display unit.

At FAJ we call these TNTs or tiny noticeable things. They have the ability to leave a client feeling either wowed or

wounded. Some clients will observe these little things and others won't, but TNTs can be the difference between bad, good or great service.

Customer service is arguably the most critical component of the success or otherwise of a business. An upset customer coming off a bad experience has the tools (like social media) to seriously damage a business.

It's easy to miss these TNTs as a business owner because they are tiny. Customers rarely complain about TNTs, because they feel like they're nit-picking. But they can impact on their overall experience and the likelihood of them returning or referring. The best way to hunt down your bad TNTs is to conduct a customer facing audit. Have a friend or colleague that is unknown to your staff go through the customer experience from start to finish with a critical eye and use the findings to make changes and train your team.

“we call these TNTs or tiny noticeable things

TNTs can also be positive. A team member once related to me a story of a local restaurant where all staff members say hello and goodbye to every patron, even from the kitchen. Simple but effective. It doesn't make the food taste better, but diners leave feeling happy. Good TNTs can be as effortless as using the customer's first name or offering to carry goods to the customer's car.

If you think through the customer experience in detail, with an open mind and preferably with the rest of your team, you'll be able to discover your own TNTs and set yourself apart from your competitors.

This is general information that is not personal financial, investment or taxation advice, and does not take into account your personal circumstances. Do not act based on this information without first obtaining the advice of a suitably qualified professional.

Rent Bidding

Early this year, the West Australian parliament are likely to pass into law changes to the Residential Tenancies Act designed to further protect the interest of tenants.

Some of the changes bring WA into line with other states where substantial tenant-friendly changes have altered tenant-landlord relationships and, in some cases, have deterred investment and pushed up rents. Many of the changes will be relatively benign, such as rent increases limited to no more than every twelve months (currently it is a minimum of six months).

None of the laws encourage investors to further supply rental stock by improving protections for landlords from tenants that breach the lease agreement and / or wilfully damage the property.

One of the changes will be to make it illegal for a landlord (or their property manager) to encourage a tenant to offer more rent to secure a lease. Known as 'rent bidding', in a tight rental market it is common for tenants to offer more than the advertised rent for a property. A ban will not prevent a tenant from offering more rent than advertised.

tenants will be 'flying blind'.

In other states, rent bidding is already banned, but the outcome of the ban has failed to afford any additional benefit for tenants. In the current market, most properties receive multiple applications to rent with many tenants prepared to offer more than the asking rent to secure the property. Under the current arrangement, tenants will typically seek guidance from the leasing agent as to what constitutes market rental value and without specifying the details of competing applications, tenants are able to secure a lease by offering a modest amount above the asking rent.

These comments are the author's own and may not reflect the opinions or policies of the Real Estate Institute of Western Australia / Australia.



By HAYDEN GROVES
REWA President 2021 - 2023
REWA President 2015 - 2018

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• The Dingo Flour Mill, Bon Scott and The North Fremantle War Memorial are set to feature in a modernised heritage trail.

• Fremantle society president John Dowson.

famous (or infamous) residents, iconic streets, Cypress Hill, old post offices, the Hillcrest Hospital and the Town Hall.

Fremantle Society president John Dowson says he hopes the trail will have a mix of historical information.

“There is a need to have adequate funds for high quality interpretive signage, and seating, to encourage people to get out there,” Mr Dowson says.

“Quite a bit of the work has already been done from previous heritage trails. It is important to have balanced interpretation histories told, not like Cantonment Hill, where all the excellent signage is about only Aboriginal history.

“Fremantle council has a massive backlog throughout parks and suburbs to repair signage. It also seems to have forgotten about the long discussed Maritime Heritage Trail. What happened?”

To gather information on the North Fremantle Heritage Trail. Fremantle council will hold a self-guided walk, scavenger hunt, guided twilight walk and an online map and survey.

To find out more, or to participate in the Project Reference Group, go to www.mysay.fremantle.wa.gov.au.

Rockin’ trail

by STEPHEN POLLOCK

BON SCOTT’S home, the Dingo Flour Mill and Indigenous history are set to feature in a modern revamp of the North Fremantle Heritage Trail.

Originally named the Rocky Bay Heritage Trail, it was established in

1988 as an Australian Bicentenary project and included a brochure celebrating the area’s local history.

It was renamed the North Fremantle Heritage Trail in 2004, but since then no big upgrades have been made and the signage is looking tired.

Fremantle mayor Hannah Fitzhardinge says it will get a

digital revamp with interactive QR codes and new displays.

“This is a good opportunity for Fremantle residents and visitors alike to explore this unique neighbourhood and learn about the peninsula’s fascinating past,” says Freo mayor Hannah Fitzhardinge.

“We are forming a Project Reference Group and we are also encouraging people with untold stories and insights to share them with us, so that these ‘hidden gems’ can be used to enhance the trail.

“As well as acknowledging the

Indigenous and colonial history, we want to celebrate some of North Fremantle’s more recent cultural heritage such as the iconic Dingo Flour Mill and Bon Scott’s home.”

Fremantle council will meet with Whadjuk Elders to get a deeper understanding of the area, with a view to integrate their stories and culture.

Landmarks include culturally significant Whadjuk Nyoongar sites along the Swan River foreshore, the former Soap Factory and limestone quarries, notable homes and their

Join us in revitalising the North Fremantle Heritage Trail

The trail, established in 1988, needs a refresh so let’s shape the future of our trail together. Save the dates below and be part of this historic renewal.

NORTH FREMANTLE HERITAGE TRAIL SCAVENGER HUNT

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Pick up the map from the Fremantle Visitor Centre or local businesses, or access all the hunt details online by scanning the QR code. Submit answers via our online form to win 1 of 3 vouchers to local North Fremantle businesses.

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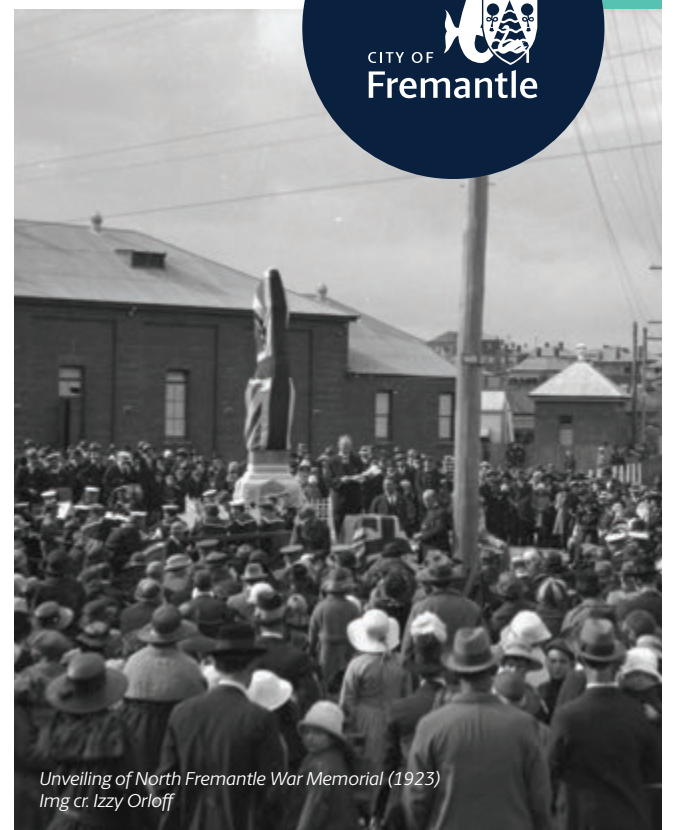
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Join the conversation by participating in our online survey.



For more information, visit the North Fremantle Heritage Trail Refresh Project page via the link or QR code.

mysay.fremantle.wa.gov.au



Unveiling of North Fremantle War Memorial (1923)
Img cr. Izzy Orloff



Department of Local Government, Sport and Cultural Industries

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• Artist's impression of St Pat's new facility for the homeless in Fremantle.

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Pat on the back

by STEPHEN POLLOCK

ST Pat's Fremantle has received a \$7.5M funding boost from the state government.

The not-for-profit homeless shelter will put the money towards a \$12M upgrade of its ageing facilities, including the construction of 28 new self-contained apartments.

St Pat's CEO Michael Piu says the new apartments would provide long-term housing for people who have experienced chronic homelessness.

"These new homes will have access to on-site services, allowing us to provide wrap-around support to assist some of the most vulnerable people in our community to maintain their accommodation, reconnect with community and thrive," Mr Piu says.

"We've worked closely with the team at Slavin Architects to design high-quality homes which offer people dignity, respect and the space they need to heal, rebuild their lives and reconnect with community.

"St Pat's are also working with the WA government on another project to build eight new townhouses in Orelia, which will provide long-term homes for women, and families, exiting homelessness."

The new one-bedroom Fremantle apartments will be built behind St Pat's Community Centre on Queen Victoria Street.



• (left to right) Housing and homelessness minister John Carey, Fremantle MP Simone McGurk and St Pat's CEO Michael Piu.

Residents will have access to shared spaces, their own private secure entrance, and easy access to support services in the Community Centre next door.

Mr Piu says they plan to appoint a builder by mid-2024, and finish construction by the end of 2025.

For more than 50 years, St Pat's has provided emergency accommodation and shelter to the homeless and disadvantaged in Greater Fremantle.

Housing and homelessness minister John Carey says the funding was part of a push to increase the social housing stock

across Western Australia.

"As part of our Call for Submissions for Community Housing Providers, the Cook Government is funding \$7.5 million to St Pat's Fremantle to provide more social housing for vulnerable Western Australians," he said.

"The Cook Government is deeply proud to support St Pat's Fremantle, who are one of the longest-serving community service providers, playing an integral role in assisting people who are experiencing homelessness or at risk of homelessness."

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Naked Specs family growing up ●●

by Jane Grljusich
Herald Promotions

The Naked Specs experience is unique, colourful, passionate, responsive, empathetic, and highly personalised. Their customers keep on referring them and coming back time after time, now to beautiful new premises just up the road at 201 South Terrace.

From a stall at the Freo Markets, to a storefront on the east side of South Terrace, Naked Specs has grown up in South Freo, now moving over the road and a few doors up towards Australia's favourite port city, on the corner of Rose Street, opposite the Local Hotel.

Fully-Freo, all West Australian, and intercontinental in style, Naked Specs is still Perth's most unique and talked about eyewear boutique – not only for its incredible range of handpicked brands and frames selected from independent eyewear brands from across the globe, but for its customer service and experience.



Wendy



Sofia

Here's what they say:

"I would summarise my Naked Specs experience as I'm addicted," Barbara tells us.

"Great," says eccentric Maureen.

"It's just special," Connie says.

"And enjoyable," David adds.

"Lots of laughter," from Jo.

"It's enhanced my life actually," Fiona tells everyone.

Justine and Adam Levin have grown Naked Specs, and their family, on the basis of passion, honesty, love and life experience – which sometimes – as most of us know – is not all roses.

"We laugh, laugh more, cry, reflect, and support each other," says Justine, "believe me, it can be quite magical. It's a meeting place of hearts and minds ... it just is. Our customers are rather "evangelical" about us and just want their friends and family to share the joy of their experience."

And that they do.

This old chook sent her mum in to see Justine just before a shocking breast cancer diagnosis and a hard-fought battle with chemotherapy and radiation treatment. Justine was on the phone immediately, offering support, and to let me know that as soon as Mum was ready, she'd adjust her lenses post-treatment due to the impact on her eyes. What a relief and comfort. Who does that? Naked

Specs does now we're part of their family.

"It is a family," says loyal customer Liz, "I've never felt like a customer in this joint, not one second, I mean I'm an outrageous person, but Justine just talks to you and treats you like you're family and just listens to what you need and what you want and she'll figure it out."

"It's like going to an old-fashioned tailor shop where people will know what you will like," Connie adds.

"Well summarising up my Naked Specs experience is just one word – FABULOUS," says Deb.

- **Naked Specs is underpinned by**
- **strong ethics, creativity, and**
- **their passion to help people and**
- **bring about positive change in**
- **the lives of everyone they meet**

"Everything we do is for you, the customer," says owner Justine Levin.

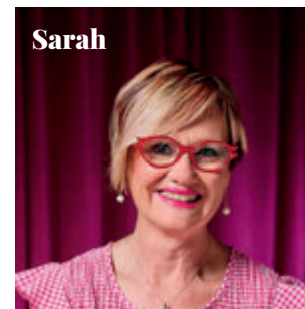
"We live and breathe to wow our customers, we keep our promises, we care deeply about people, we build trust and loyalty, and our goal is to keep customers for life. We're a brand that stands for something – you."

The couple and their team, optical dispensers Carmen, Ellen, Brandon, and Janeen, are all friendly neighbours, relishing on creating a joyful and supportive atmosphere at the shop where customers enjoy the process of selecting a new pair of glasses that not only look and feel fabulous but also give them the best possible vision.

They want you to help you to reveal yourself with eyewear that you love.

You can book your eye test online in just a minute or two.

Their optometrists conduct comprehensive eye



Sarah

examinations in a comfortable environment and all eye tests are bulk billed for eligible Medicare card holders providing glasses, sunglasses, and prescription safety glasses, as well as eyewear styling, aftercare, eye tests and lenses.

But don't expect what you usually get because

what you'll get is so much more.

"People should expect to walk into the store and feel ...", muses happy customer Doug.

"Everything," says David, finishing Doug's sentence.

"Thrilled and excited," Connie adds.

"I think people should expect a really good welcome from Naked Specs," says Fiona.

"And, a long chat that will fix the wars, yeah," Liz tells us.

It will, just ask this old chook, and the growing family at Naked Specs.



Barbara



Maryce

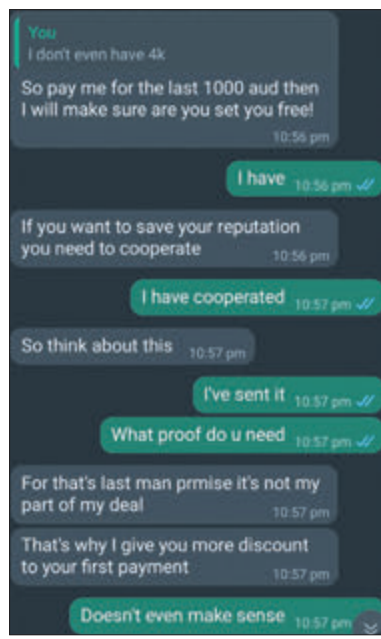
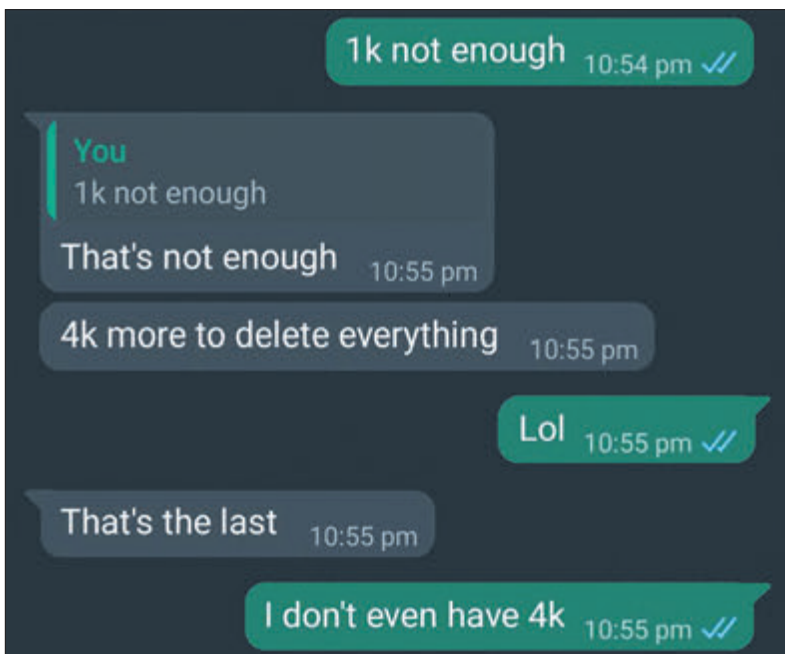
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201 SOUTH TERRACE, SOUTH FREMANTLE



• Threatening texts sent by scammers targeting Perth men looking for a date.

Epic scam

by DAVID BELL

A *CHOOK* reader targeted by international scammers wants to warn others of a diabolical scheme preying on Perth men looking for a date.

The scheme extorts victims out of thousands of dollars by threatening to send intimate videos of them to their family and friends.

The blackmailers connect with their targets on online dating platforms and then set up a video call in hopes of gathering racy footage to use as extortion material.

The scams have become increasingly common over the past few years, but what surprised our reader was the length of time the scammer committed to the ruse.

After matching on the dating app Tinder, this scammer spent weeks texting with the target before asking for a video chat.

For "at least two weeks, if not more," our reader Mark (not his real name) told us, which made him think it was unlikely a scammer would spend that much time on a target.

The scammer was in the Philippines but Tinder allows people to search for dates in distant

places. She came up with a cover story that she worked at a Perth hotel and was in the Philippines for a holiday until February.

Then this week she asked for a video chat via Instagram, and things quickly heated up.

Such steamy video calls are pretty common among young daters: About 50 per cent of generation Y and generation Z have sent a nude image of themselves or disrobed during a video chat, according to a 2023 study published in *Archives of Sexual Behaviour*.

"It's pretty normal," our gen-Z source said, "for me and my

generation, this is pretty common," and this had followed a pretty typical flirty trajectory.

Shortly after the call started the woman exposed her breasts, and asked the target to show himself.

The heat of the moment lowered our source's guard enough to heed her request.

"I see breasts, my normal reaction is: F*** yeah," Mark says. "So I obviously go to whip out my appendage and, you know, give it a few one-two-threes."

And then the woman asked him to show his face again. Shortly after he did, she hung up.

"A few minutes go past, and she sends me a screen recording of literally what I was just doing."

"And then she sends me a screenshot of all my contacts," including parents, friends and family, whose accounts were found on social media.

"And then she's like: Send me \$10,000, or I send it."

"This all happens at like 10pm and I'm freaking out. And the other thing is I didn't want to tell anyone obviously, because like I'm ashamed that I was in this position in the first place, like a f***ing idiot."

They bargained down to \$1,000. Mark first attempted to send the payment via PayPal, but the platform refused to let the payment go through. The transfer eventually worked via the international transfer service Remitly, sending the money to a bank account in the Philippines.

But it wasn't enough: almost immediately, the scammer asked for more money, now wanting \$4,000 to delete the video.

Mark says that's when he realised they could just keep

asking for more, and he got angry.

While stalling the blackmailer with a few invectives, he set all his social media accounts to private, and then blocked the scam accounts.

He reported the encounter to Remitly and to the police via the federal ReportCyber website, providing the scammer's phone number, name and the bank account details.

The police contacted Mark the next day, and he says "they figured out who they were". The initial PayPal transfer failing made the scammers desperate enough to send their bank account number. Police are also able to create a "hash", a unique code related to the video, that can be put in databases to prevent the video being uploaded to popular porn or social media sites.

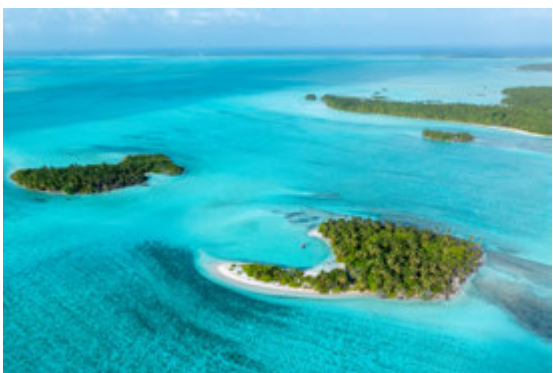
Because Mark reported the crime quickly to Remitly, the company was able to cancel the payment before it was finalised and the \$1000 was returned to his account.

Mark says the police "were actually really good. They're just like: Yeah, you're not alone, there's heaps of people this happens to, but it's really good that you're coming forward and telling us about it."

"So many people are ashamed, which I totally get."

But Mark was more angry than ashamed, and he says "I'm pretty happy that I spoke out, because obviously you could tell that they'd done it to a lot of people," given how practiced the scammers seemed.

"So who knows how much money they've taken from other people?"



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• Reginald Robinson Lee c1897 was lookout on the Titanic (right).

Titanic tale

by GORDON LEE

MY grandfather Herbert William Lee (1875-1921) was a professional soldier.

A company sergeant major drill instructor, he served in the Boer War and the Great War in the 1/28th Battalion as a member of the WA Mounted Rifles.

Herbert was an Englishman and married a Welsh girl Mabel Frances Finch-Davis.

They migrated in September 1902 to Western Australia and lived in the Fremantle Drill Hall.

He was discharged medically unfit and it seems his injuries were sustained from falling off a bike (probably drunk going on my father's memories of him) while on duty in England during World War I.

Herbert and his wife are buried in Fremantle Cemetery.

His brother Reginald Robinson Lee (1870-1913) was notable for the fact he was lookout on the Titanic, in the crow's nest at the time of collision with the iceberg.

Reg spent his early working life in the Royal Navy.

He was discharged in 1900 because he was "unreliable where alcohol is obtainable".

In 1912 he was lookout on the Titanic – perhaps there was a lack of due diligence on crew appointments on the great ship.

He survived the Titanic but he could not survive his demons

The two brothers only lived to their mid-40s.

Both had a weakness for alcohol.



A friend visited the Kew records office to look for the service record of RR Lee and could not understand how a naval officer could have thrown away a career in the navy for a life as an able seaman in the merchant navy.

He made these notes...

He left the RN under a cloud – he was placed on the retired list on 1st Feb 1900 – because he had a severe drink problem.

The captain of his last ship wrote on July 1899: 'Performance of duty not at all satisfactory, cannot be depended on to do his work punctually and carefully without constant supervision.'

On the whole a very unreliable officer. He cannot be trusted when liquor is obtainable. He has intemperate habits.'

He had previously been sent home from Jamaica on the SS Spartan in 1898 after a spell in hospital suffering from Delirium Tremens caused by his drink problem.

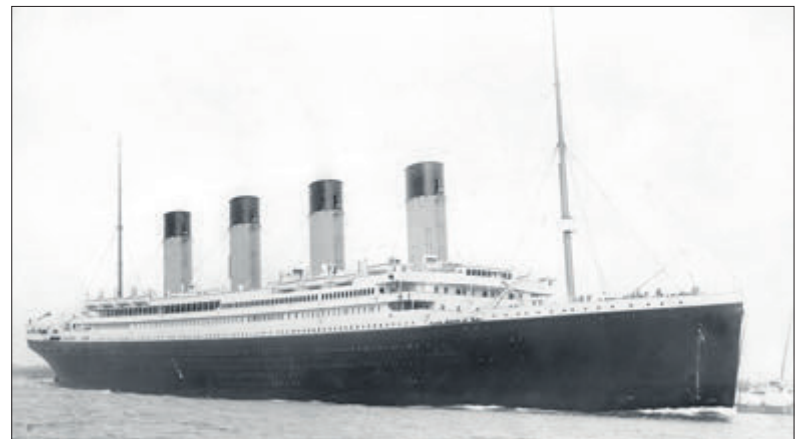
Bearing in mind that as a paymaster he was responsible for all the ship's stores, he would have had unlimited access to the ship's rum supply.

Would he have been cold stone sober when he was a lookout on the Titanic some 12 years later?

My experience of 23 years in the Royal Navy tells that those with an alcohol problem do not shake it off easily.

It probably also ruined his marriage.

So resplendent in his naval officer's uniform, achieving 85 per cent in his paymaster's exam and throwing it all away. What a shame!



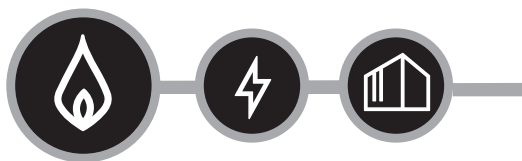
PUBLIC NOTICE

ATCO Replacement Works



Natural gas pipes in the Fremantle areas are nearing the end of their life. As part of our proactive Replacement Program, ATCO will be upgrading the natural gas distribution network in this area. This work will ensure the continued security and reliability of these services for decades to come. For more information on the areas affected and the dates of these works, please visit our website or scan the QR code.

- There is no charge for this service and there is no requirement for you to be present when the work is undertaken.
- For safety purposes, your gas supply may need to be temporarily turned off for short periods between the hours of 8am-4pm while network upgrades are in progress.
- Traffic management will be in place in order for this work to be completed safely. There will be temporary lane and road closures around this area during these works, local detours will be in place. Please observe signage on site.
- Every effort will be made to minimise disruption and to permanently reinstate affected areas to their previous condition as soon as possible, within 15 working days of completion of works.
- We appreciate the community's understanding while these essential works are undertaken and apologise for any inconvenience.
- ATCO builds, owns and maintains the network of underground pipe infrastructure near your home, which makes it possible for you to connect to natural gas.



ATCO

Please direct construction enquiries to 13 13 56 (weekdays 7am-6pm) or email enquiries@atco.com

For more information search for 'replacement projects' at www.atco.com.au



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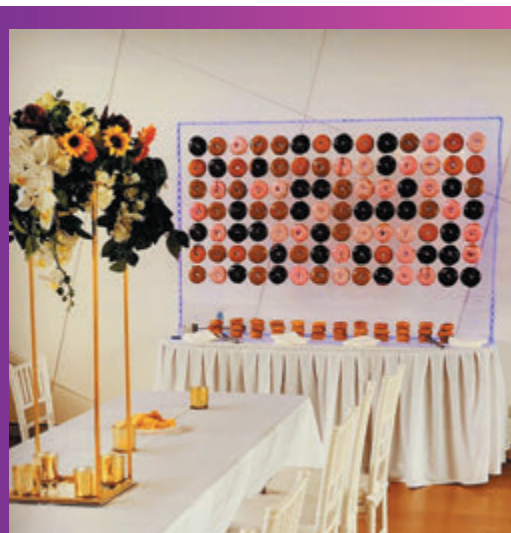
Party Planning Made Easy

If you're planning a party for home or an event at the office and you are looking to add some WOW factor, then you need to get in touch with Cosmic Cocktails & Events. With 20 years of experience Clint and his team bring a high level of personalised service to every event, offering a wide variety of Mobile Bar Services, Party Hire and Catering options.

Some businesses are Award Winning, some are Family Owned & Run, and some have 100's of 5 Star Reviews – Cosmic Cocktails & Events has all of that and more! Husband & Wife team Clint & Tanya Gurney celebrated 20 years of

Cosmic Cocktails & Events recently, won the City Wanneroo Small Business Award 2023 and have just been recognised in the Global 100 - Best Mobile Cocktail Bar – Australia 2024.

Specialising in Cocktail Events, Birthdays, Hens Partys, Wedding, Corporate Functions and offering the everything from Cocktail Bars, Juice Bars, Mocktails Bars, Platter Catering, Slushy Machines, Jukeboxes, Popcorn Machines, Gelato Carts, Illuminated Furniture, Custom Backdrops and Photo Walls, and plenty more you are bound to find what you are looking for, make your Party Planning as stress free as possible.



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so much more!

Weekly classes at the Helen O'Grady Drama Academy cater for 5 – 8 year olds, 9 – 12 year olds and 13 - 17 year olds throughout the Southern Suburbs of Perth.

Classes fill fast, so ACT NOW and reserve a place for your child today!

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Or visit the website: www.helenogrady.net.au**

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Get your dancing shoes on!

Get fit and have fun learning to dance.

Nuline Dance teaches choreographed line routines to Pop, Celtic, Latin, Country music and more! It's a low-impact, non-contact form of dance.

All ages. No partners!

Nuline Dance keeps body and brain active and reduces stress.

All-new term starts Wednesday 31st January & Saturday 3rd February at the beautifully air-conditioned Hilton Community Centre.

Absolute Beginners session both days:
12:00 – 12:50pm.

Beginner, Improver & Intermediate sessions from 1 - 4pm.

\$12 covers you for the afternoon - stay for as many sessions as you like when you feel ready. You can also attend twice a week for extra

practice, fun and exercise! (Saturday is a repeat of the Wednesday class.)

Newcomers need to register beforehand - Triple Vaxx required.

You can pay for 1 session at a time for the first 2 weeks – after that you can buy a class card (10 classes - plus 1 free class after you've attended 10!) Unused classes on your card are fully refundable.

There is extra parking behind the Centre.

**Contact Sue on
sueh@nulinedance.com
0448 404 009
Nuline Dance - Fremantle
www.nulinefreo.org
Hilton Community Centre
34 Paget Street, Hilton (Next to PCYC)**

NULINE dance

Choreographed dance routines to Latin, Pop, Celtic, R&B, Country, Waltz & more

No Partners! All Ages - Guys and Girls

TERM 1 CLASSES COMMENCING
Wednesday 31st Jan & Saturday 3rd Feb
ABSOLUTE BEGINNERS 12:00 - 12:50pm
More levels 1:00 - 4:00pm (\$12 for afternoon!)

Hilton Community Centre, 34 Paget St, HILTON
Contact Sue:
0448 404 009 | sueh@nulinedance.com
Newcomers need to contact Sue to register first.
www.nulinefreo.org | nuline.fremantle

Drawing and Watercolour Art Classes

Adults can explore the joys of drawing and watercolour with a range of exciting art projects to create. Experience the satisfaction of creating your own vibrant artwork and learning art skills in a fun, relaxed environment. All art materials are provided so you can and enjoy a creative experience with like-minded people.

Learn the techniques that artists use to create variety, texture and highlights. In term 1, we will be looking at birds and flowers with a Zebra Finch drawing and watercolour, followed by a detailed Tulip artwork and a Grotti Lotti inspired Budgerigar.

Acrylic Painting on Canvas

Create two different acrylic paintings on canvases including a Monet inspired waterlily garden and discover Australian Birds and Flowers. Learn about sketching and composition as well as acrylic painting techniques.

Classes are held at the Creative Kids Art Club studio in Mt Pleasant on Fridays for a period of 8 weeks, starting Friday 2 Feb – 22 March. All skills levels are welcome.

Term 1 classes are also available for children between the ages of 5-14yrs in our Creative Kids and Art Club classes, starting 29 Jan.

All classes are taken by qualified and experienced art teachers and artists.

**More information can be found at
www.creativekidsartclub.com.au.**



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0483-119-542

Term 1 Classes now enrolling!

ADULT TERM 1: 2 Feb - 22 Mar, 8 week term
Friday classes, all skill levels, beginners welcome

Book here:



Drawing & Watercolour

Create two paintings on large canvases. Begin with a Monet inspired landscape of Monet's garden and learn about Australian Bird and Flowers in the second project.

Acrylic

We will be looking at birds and flowers with a Zebra Finch drawing and watercolour, followed by a detailed Tulip Flower and a Grotti Lotti inspired Budgie artwork.

Kids Classes!

Term 1 after school classes are available for: Creative Kids 5-8yrs, Art Club 9-14yrs.

Ph. 0476 149 696
creativekidsartclub.com.au

Creative Art Workshops



• People fret over first world problems while wars rage across the world, including the Gaza-Israel conflict (above).



SUMMER READING

Hilton dreaming

by SHELLEY JAMES

YOU are wearing thongs. It is only November, but hot and hazy with a humidity that hits you as soon as you leave the house.

You cross the grey brick driveway littered with jacaranda flowers, their pale mauve squashed by feet and car tyres, being harassed by hungry bees.

The truth is that you love this time of year.

The sun is warm and sultry when it is cloudy, and the full force of summer is ahead, not here yet.

There's a feeling of approaching

holidays and impending relaxation, the festivities that help us move toward the slow winding down of another year.

Getting into your car you remember that you have forgotten your mobile phone and go back inside to get it.

Arriving at the café you also remember you have forgotten your keep-cup, deciding it is too late to drive the five minutes back home to find it waiting on your kitchen bench.

Your local shopping centre is having a mini upgrade, trying to compete with the brand-new airport hangar sized corporate supermarket recently finished

opposite. They've decided to repaint the outside a creamy green – a colour all the fashion now, apparently – and to install a big front portico with new signage.

You bypass the building under construction and slip in through the café's side door. It's business as usual despite the noisy building interruptions and half-closed look.

While sipping your coffee you realise the newspaper holds the latest depressing fiasco that is Israel's answer to Hamas's atrocities, their own atrocious bombing and blitzing of Gaza.

Hard to read. You wonder what you can do to stop the carnage and realise: nothing.

The same with Putin's ongoing Russian invasion of Ukraine.

It's awful when you realise that these atrocities will be read by future generations the way you studied WWI and WWII as a teenager in your high school textbooks.

You wondered then, what it would have been like living through those times, now unfortunately you know.

And here you are safe in one of the most isolated places in the world.

You can't really know what it is like for those who are not.

Still, you grieve for them.

You buy white nectarines, now less than \$10 a kilo, at last.

Only a few weeks ago the first season ones were up at \$24.

You look for bread, but they don't have the sort that you like.

Oh, how spoilt you are, living here with such abundance and

choice! You worry for those without food today or without enough.

You grieve for those being blown up going to the shop to buy supplies.

Or just trying to find somewhere safe.

That long dusty tired walk to the south of Gaza, carrying what little you now own, to then be bombed again in what was supposed to be a safe place.

You just want it to stop. You want there to be a ceasefire, at the very least.

But world affairs are not something you have control over.

All you have control over today is what you will buy: nectarines and bread. You have your five white nectarines but what kind of bread?

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WHAT'S ON

A PERTH VOICE PROMOTIONAL FEATURE 

An Inspired Palette!

Immerse yourself in the lovely Art Deco space at Found and Sorted Real Estate, in the café precinct of Wray Ave Fremantle and experience the exhibition 'Journeying' by artist Myra Mitchell.

This refreshing exhibition reflects the artist's eclectic style and passion, her love of colour, nature, and form.

The artist brings to the exhibition her creative expression, including contemporary abstract and abstract landscape.

Her exhibition runs from Friday 5th January until Wednesday the 31st of January 2024.

'Journeying' is exhibiting at "Found and Sorted" Real Estate, located at 138 South Tce, Fremantle

Exhibition is open Monday – Friday 10-4pm
Weekends 1-4pm



Journeying
Myra Mitchell
Found and Sorted Mon-Friday
10-4pm
Weekends 1-4pm
138 South Tce, Fremantle
Exhibition 5th Jan - 8th Feb
2024

 @myramitchellartist



• There are loads of amazing fairground rides in Fremantle this weekend. Photos by Roel Loopers/Freoview

Funfair Freo-style

ARE your kids driving you nuts at the tail-end of the summer holidays?

Well, take them down to 'Funmantle' – a host of funfair rides at Walyalup Koort, FOMO and Victoria Quay in Fremantle.

Children will love the Fiesta Balloon, Cup and Saucer, Dream Swinger and Runaway Train, as well as the fast-spinning Storm and Dodgem Drift bumper.

A \$5 ticket (plus booking fee) provides entry to all six carnival rides, and there's bonus activities for kids at Fremantle Fishing Boat Harbour from 3pm-7pm.

"Everyone loves a ride, whether you're young or young at heart

and five dollars is great value," says Fremantle mayor Hannah Fitzhardinge.

"Given it's the middle of summer, we'll start the rides mid-afternoon when it has cooled down and will go into the evening.

"Fun-seekers can make a day of it, by coming into Freo for lunch or dinner and enjoy everything our famous hospitality scene has to offer."

To add to the carnival atmosphere there will be sideshow games and other surprises at ride locations.

Funmantle is on daily 3pm-7pm until Sunday night (January 21). To book tickets go to visitfremantle.com.au.



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FREMANTLE'S PREMIER LIVE MUSIC AND DINING EXPERIENCE

Nestled in the heart of Fremantle, Fire in Your Belly stands as a beacon for music enthusiasts and culinary connoisseurs alike. This family-owned gem has become synonymous with quality live music, delectable cuisine, and an atmosphere that exudes warmth and camaraderie.

The bar at Fire in Your Belly boasts a fantastic selection of beverages that caters to every taste. Whether you're in the mood for a craft beer, a fine wine, or a signature cocktail, the well-curated menu ensures that there's something for everyone. The locally roasted coffee and a quality selection of teas further add to the diverse options available.

The kitchen at Fire in Your Belly takes pride in serving specialty dishes that are a testament to their commitment to culinary excellence. From mouthwatering appetizers to hearty mains, each dish is crafted with care and precision. The menu is designed to complement the vibrant and lively atmosphere, making it the perfect accompaniment to the live music performances.

Live music takes center stage at Fire in Your Belly, with performances scheduled from Thursday through to Sunday nights. The venue welcomes a range of artists, from acoustic soloists to energetic bands, creating a diverse and exciting lineup that appeals to

music lovers of all tastes.

What sets Fire in Your Belly apart is not only its commitment to great music and food but also its inviting atmosphere. Comfortable, friendly, and welcoming, the venue strives to make every guest feel at home. It's not just a place to enjoy music; it's a community hub where people come together to share a love for music, good food, and great company.

So, whether you're a seasoned music enthusiast or someone looking for a delightful dining experience in Fremantle, Fire in Your Belly invites you to join them for an unforgettable night of music, delicious food, and a warm, welcoming atmosphere. See you at the belly!

5/95 Queen Victoria Street, Fremantle
Thursday - Saturday 5.30pm - Late
0404 485 011
www.m8mewsic.com/fireinyourbelly





Elegant abode

THIS federation-style house in East Perth is an absolute stunner.

Spanning over 400sqm with four bedrooms, two bathrooms and a four-car garage, it combines style with practicality in an elegant package. The craftsmanship is second to none with solid jarrah doors, handmade staircase, period fireplaces, windows sashes and ornate architraves.

It also meets the needs of the 21st century family with all the mod cons including a state-of-the-art security system, brand-new high-end appliances, sophisticated lighting, and an advanced air con system with individual room monitoring and temperature control.

The bathrooms, with their floor-to-ceiling tiles and new tapware,

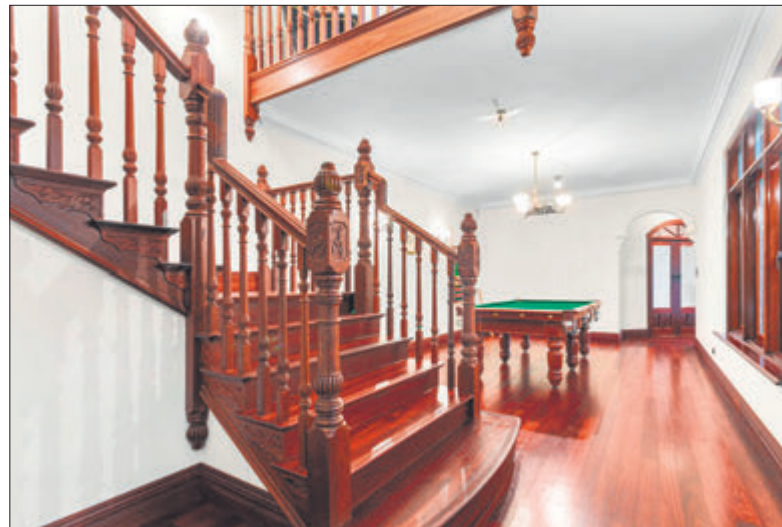
marry modern functionality with classic design.

There's some lovely outdoor areas too, with the spacious terrace perfect for al fresco dining or relaxing in the sun.

The property has undergone extensive renovations including a unique four-car garage with app-controlled jarrah garage doors, illustrating that no expense has been spared.

Situated on Victory Terrace, it's a lovely spot in East Perth with Optus Stadium, the Swan River, Claisebrook Cove and Victoria Gardens all close by.

Home open today (Saturday January 20) 1:30pm
28 Victory Terrace, East Perth
Hartanto Properties
9364 2788
Agent Eric Hartanto
0421 272 152



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We've talked about Flexi Hoses bursting before, but with a rise in damage and insurance claims at this time of year with people getting away with family and friends over the holidays I think it's important to remind everyone about the risks so you can avoid "dancing with disaster" while on a well earned holiday. Flexi hoses are generally found on mixer taps in bathrooms and kitchens as well as toilets but they can be used on other plumbing appliances too.

Did you know...

In just 24 hours a burst flexi hose can release 61000 litres of water. This is more than enough to flood an entire home (or fill a swimming pool).

Flexi hoses are responsible for around 1 in 10 water damage insurance claims and these claims are more than double the cost of a regular burst.

47% of people don't know what flexi hoses are and 20% don't know where they are located in their homes.

1 in 4 home owners have experienced water damage and 8 out of 10 don't know how to prevent it.

Insurance claims spike during holidays,

however most insurance policies won't cover costs if flexis are not maintained as they class it as 'maintenance'.

All this sounds very scary, however it can be avoided in a few simple ways...

1. Check the condition of all hoses visually, signs that they are "on the way out" include rust spots, discolouring, bulging parts and frayed or broken fibre.
2. They should also be free from any tight bends or kinks and shouldn't be over tightened or stretched.
3. We also recommend individual ministop isolation valves for each hose so they can be isolated easily for maintenance or in case of an emergency. This also gives an added advantage of being able to isolate them when you go away without having to turn off the water to the entire house (and garden irrigation).

If you're unsure how to check them or whether you should have them replaced with quality hoses that have a 10 year warranty, just give our friendly office staff a call and one of our plumbers will be happy to advise you.

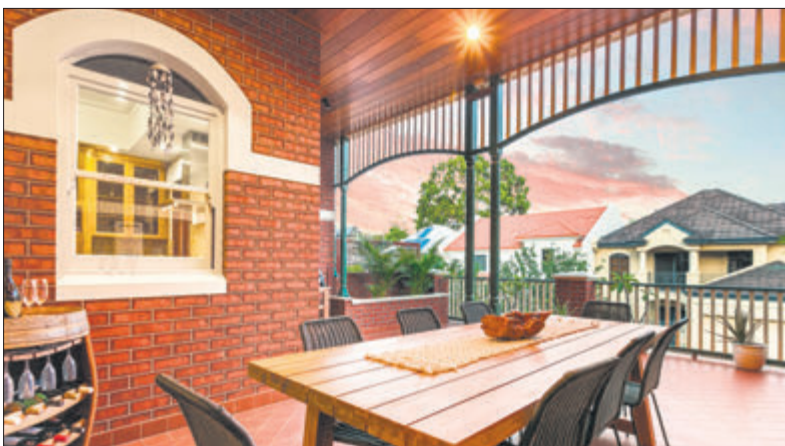
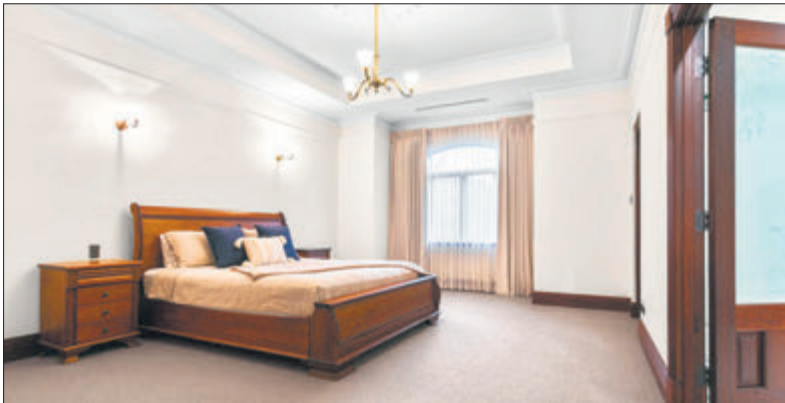
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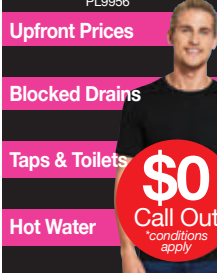


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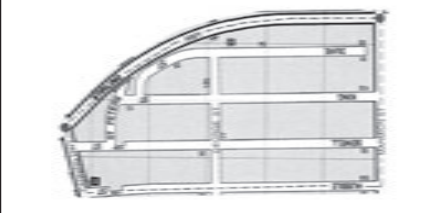
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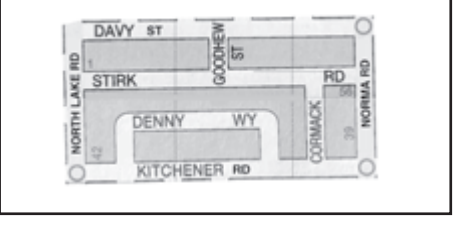
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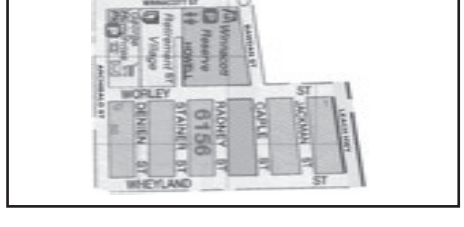
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FREMANTLE
DAPO08/23



The City has received a development application 57 Grouped Dwellings, 24 Multiple Dwellings and 7 Commercial Tenancies. A drop-in Talk to a Planner session on the proposal will be held on Thursday 1 February 2024, between 5.30 and 6.00 pm in the Mardoo Lounge, in the Library at the Walyalup Civic Centre (151 High Street Fremantle).

To find out more, download the proposed plans or submit your comments, please visit mysay.fremantle.wa.gov.au by 5.00pm, Saturday 10 February 2024.

You may also hand in a submission to the customer service centre, email planning@fremantle.wa.gov.au or post to PO Box 807 Fremantle WA 6959.

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Astrology with Sudhir

January 20 – January 27, 2024

ARIES (Mar 21 – Apr 20)
This is an interesting week. The Sun and Pluto will move into Aquarius. Pluto shifts signs about once every fifteen years, so this is quite momentous. Then there will be a full Moon in Leo on Friday. Expect a buildup of tension that will release on Friday. Use your communication skills.

TAURUS (Apr 21 – May 20)
The Moon begins her week in Taurus, softening your approach to difficult matters. Come Friday she will be full in Taurus, which is a completely different kettle of fish. Watch as matters that were started with a degree of innocence, become a field of ego battles. Know your position well.

GEMINI (May 21 – June 21)
Mercury and Mars are operating together in Capricorn. You may find yourself obsessing about practical matters, and getting quite hot under the collar. The healthiest way to deal with this combination is to be adventurous. The Moon passes by early in the week, instilling emotion.

CANCER (June 22 – July 22)
The Moon passes through on her way to fullness in Leo on Friday. As she makes her presence felt, you will find yourself getting quite passionate and emotional about the work that you do and the skills you are developing. The Sun is in Aquarius, bringing a sense of increased possibility.

LEO (July 23 – Aug 22)
Come Friday, the Moon will be full in Leo. This week will feel like a slow burn. The Sun and Pluto both move into Aquarius early in the week, challenging you to look beyond your usual parameters, into the lives of others. There is a lot that is broken that needs to be fixed. Ego just can't cut it.

VIRGO (Aug 23 – Sept 22)
Mercury and Mars are travelling together in Capricorn. This will make you particularly perceptive but perhaps a little hot-headed too. As long as you point your passion in the direction of making life more pleasant, life-affirmative and nourishing, all will be well. Continue your renewal.

LIBRA (Sept 23 – Oct 23)
The more you dare to be seen in the world at large, the more aware you become of how the past is trying to take ownership of the present. If you can prevent yourself from being dominated by yesterday, extraordinary fresh openings will present themselves for you to dance on through.

SCORPIO (Oct 24 – Nov 21)
Pluto moves into Aquarius on Sunday. Where Pluto goes, you go. He only shifts signs about once every twelve to fifteen years, so this is a big week. He has been dismantling structures whilst in Capricorn, and setting up the possibility of renewal. In Aquarius, it's our ideals on the line.

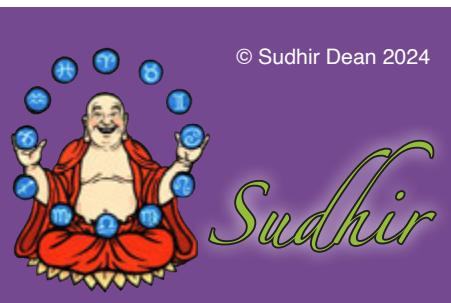
SAGITTARIUS (Nov 22 – Dec 21)
Venus continues her journey through Sagittarius. She is continuing to mix her heady brew of love and truth. The Sun and Pluto are moving into airy Aquarius on Sunday blowing oxygen on your fire. It's time to look up and out at the world with ideals intact, and see where it takes you.

CAPRICORN (Dec 22 – Jan 19)
Pluto and the Sun depart Capricorn and head into Aquarius on Sunday. Pluto has been with you for about fourteen years. Pluto's job is to regenerate and renew. To do this he dismantles what's done and dusted and opens the space for fresh growth. Your soil has been fully tilled. Say goodbye.

AQUARIUS (Jan 20 – Feb 18)
Pluto and the Sun will arrive on your doorstep on Sunday. With a few minor gaps, Pluto will be traversing Aquarius until 2043. Pluto's job is to regenerate and renew us. To do so, he dismantles what's gone beyond its use by date, and opens space for fresh growth. Be open to the positive.

PISCES (Feb 19 – Mar 20)
Saturn and Neptune continue to play their contrary roles in your sign. Saturn is doing his best to bring order, create discipline and get you in touch with your wisdom. Neptune is doing his bit to dissolve all that is crystallised within and help you go with the flow. Be a poet and a scientist.

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A BEGINNERS MAHJONG COURSE - U3A
Melville will be holding a nine week Beginners' Course on this intriguing game of Chinese origin, commencing Tuesday 13th February 2024. Two hour sessions from 11am at Kadidjiny Hall, Kitchener Rd, Melville. Cost minimal. To enrol, or for more information, contact Mark at u3amelville@gmail.com

ABILITY HEROES promote employment and integration of Australians with disability into the community. Inclusion and meaningful contribution should be a birthright and not a privilege. We encourage individuals and organisations to join us and participate in and contribute to this timely and worthwhile not-for-profit project. <https://abilityheroes.com.au/> Phone: 0409 105 855

AL-ANON is for family and friends who live with the problem of someone else DRINKING, there is help for you, phone al-anon 9325 7528 or 1300 252 666 for a meeting near you

AMNESTY FREMANTLE is looking for new members! Meetings are held from 6pm, second Wednesday of every month at Clancy's Fish Pub, Fremantle. Email fremantleamnesty@gmail.com for more details. Involvement is voluntary and obligation-free - help to achieve change and protect the basic rights of people around the world

ARE DRUGS A PROBLEM? We've been there, and we can help. Narcotics Anonymous - 1300 652 820 www.wana.org.au Text your postcode to 0488 811 247 for a meeting near you

DANCING: LEARN TO SOCIAL DANCE. Melville Recreation Centre. Jive, Waltz, Samba and more for weddings, etc. Starts February 5. Mondays 7:30-9:00pm. \$118 (7 weeks). Stan 0409 306 737 stan@stansdancing.com

FA - FOOD ADDICTS Are you having trouble controlling how you eat? Food addicts in Recovery Anonymous-FA is a 12 step program for anyone suffering from food obsession, overeating, undereating or bulimia. visit www.foodaddicts.org or call 1800 717 446

FUN QUIZ is for family and friends who want an enjoyable night out testing their knowledge of trivia, personalities & facts. Every 1st Thursday of the month from 6:30 to 9pm at Cockburn Bowls & Recreation Club, 40 Birchley Road, Yangebup (off Beelar Drive). Come early and enjoy a variety of hot food at Bowl & Fork Café. Drinks available at The Legends Bar. There are loads of prizes, many drawn at random, as well as raffles. Cost is only \$10pp, which goes mostly towards our Rotary Cockburn Charity account, supporting some 20 local community groups. Reserve a table via SMS at 0407 689 131, stating Captain's name, Team name and number of people on team; tables of 4 to 6 (max)

HELP A CAT RESCUE AND RECYCLE at the same time. Eligible Containers for Change can be donated to volunteer based Impound Feline Rescue by using our scheme ID C10304764. In some instances we can collect the cans, bottles and containers. Phone 0407 281 968 or email matt141@gmail.com

IF YOU WANT TO DRINK, that's your business. If you want to stop, that's ours. Call Alcoholics Anonymous 24hr help: 9325 3566 or 1300 22 22 22

IF YOU WERE EVER SERVED BY THE LOVELY SIMONE at Ed's Sportz Bar in Hamilton Hill, she could do with a bit of help with her cancer battle right now. Please donate (whatever you can, no matter how small) at tinyurl.com/helpsimone - more details at the link.

JOIN RICKEETA WALLEY FOR NOONGAR STORYTIME every Thursday from 10.15am at AH Bracks Library. For ages 2-5, this free weekly program introduces simple Noongar language, engaging children's imaginations by using traditional storytelling and creative play. No bookings required. AH Bracks Library, cnr Stock Rd and Canning Hwy, Melville

MEDITATION AT SOUTH BEACH Saturdays 7-8am from 6th Jan til March some time, on the sand. Via dune path adjacent to South Beach Cafe. Sahaja Yoga Meditation. Always free. 1300 724 252 freemeditation.com.au

MEDITATION FREE Shri Mataji Nirmaladevi's meditation with Indian Raga and self realisation. Every Friday 7-8.30pm. 391 South St Hilton. Dr. Sadanand G.Mankar. Mobile 0407 561 662

PAINTING FOR PLEASURE is a group of artists who meet weekly to work on our individual creations. We give encouragement to each other but there is no tuition so some experience is necessary. Every Thursday 10:30-2:30 at a central venue in Melville. Call for further information on 0419 767 937

RELATIONSHIP ISSUES?? CoDA may help, a fellowship of people whose common purpose is to develop healthy relationships. Every Tues 6-7 pm, Thurs 10-11 am 88 Bawdan St Willagee (Cnr Horn Pl)

SOUTH PERTH LEARNING CENTRE Term starts 29 January with daytime adult classes in arts & crafts, languages and technology. We also host social clubs for mahjong, crosswords, current affairs and more. splc.org.au 0459 571 736

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All advertisements are accepted on the following terms and conditions:

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DISCLAIMER OF LIABILITY - No liability will be incurred by the Company by reason of any amendment to or error or inaccuracy in, or the partial or total omission of, an advertisement (single or multiple insertion) or by reason of any delay or default or from any other cause whatsoever. If an error occurs which in the opinion of the Company clearly lessens the value of the advertisement and which is in no way the fault of the advertiser and the advertiser notifies the Company of the error prior to the advertisement deadline on the first day the error was published, then a refund will be provided on the cost of the advertisement proportionate to the company's opinion of its reduced value.

ADJUSTMENT AND CLAIMS - The advertiser must notify the Company of any error in the invoice for an advertisement within 30 days from the end of the month in which the advertisement was published. The company will not consider claims for an invoice error lodged outside this period.

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Power to the poem



My Mother by Penelope Wilson

I am a pawn in my mother's hands
She torments my soul
I drown in her expectations
But, I love her
She manipulates and demands
I succumb and feel resentful
But still, I love her

It is a relationship that seesaws
I am aloof and in control
Then doing her bidding
There is a snarl in my thoughts and speech
A pain in my heart
And yes, I love her
So this is how we exist
And when she is gone?
I will miss her like no one else
Such is my love



Wave by Bailey Wright

IT'S like standing in a storm,
dark clouds and deep thunder
that sound like men when they're mad.
Rain so heavy that when the drops hit your skin it burns from the weight.
Air so cold you've lost all feeling.

It's like being cemented in the sand, willing to move so intensely but nothing happens still.
Watching a 50-foot tidal wave build and grow and swell in front of you, every cell in your body telling you to run out of the way but you just can't.
Your heart sinks into the depths of you and you squirm with anticipation because you know exactly what it feels like, you've done it so many times, but



that doesn't make it any easier.
The wave falls and crashes and curls over you, having no care you're even there.
Your limbs flail around you, your hair goes wild around you and the water doesn't even notice. Your feet stay solid in the sand.
You try to take those deep, steady breaths that everyone keeps telling you to take but the cold, salty water fills you.
Fills your eyes and ears. Fills your nose and throat.
Fills your lungs and saturates your skin until you're unsure when you end, and it begins. Once it is inside of you, that's it. It will rot you from the inside out.
It won't make you feel like you're in a void, it makes you the void, sucking life and energy from those around you for it to disappear.
You go on as you did feeling the water slosh and swirl inside of you.
Sometimes you forget it's there. Until the salt rises in your throat.
Or you're standing in front of the wave again.

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Jordan Mac

Nannup Music Festival returns

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Thanks to the Nannup Music Festival, we're giving away a double pass plus camping to the 2024 festival running 1 - 4 March valued at \$680.

The much-loved Nannup Music Festival presents an eclectic mix of live acts over the March long weekend each year, set to the stunning bush backdrop of Western Australia's South West and the small town atmosphere of Nannup. The community-spirited event, produced by a dedicated team of staff and volunteer Committee from the non profit Nannup Music Club Inc, has been running since 1990 and has consistently proven to be one of the most anticipated

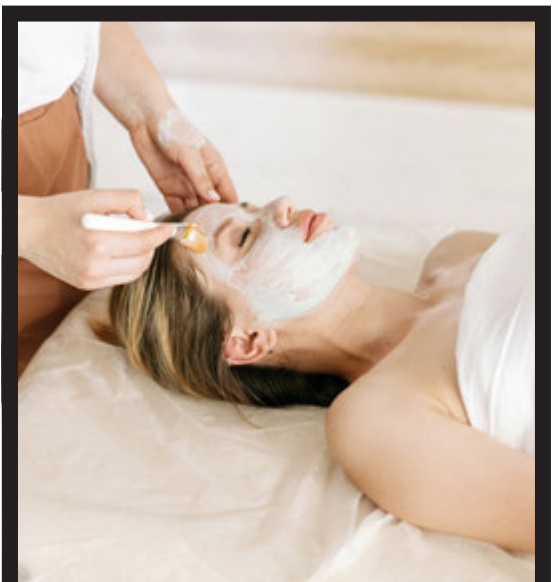
events in Western Australia's music calendar. Over its long course, it has created life lasting memories for multiple generations of audiences and earned an acclaimed reputation among national and international performers.

The festival highlights the best in new, emerging and Indigenous music over free and ticketed venues, presents the Nannup Emerging Artists and Festival Director's Awards, and offers workshops, talks, poetry, camping, kids activities, food and artisan markets where you're invited to share, immerse and discover in the "Nannup bubble". It is a special place to share a festival experience and

authentic good times with family and friends; a colourful celebration of music and community.

Nannup is part of Nyoongar Boodjar lands and is home to 14 language groups. Nannup town is situated on the lands of the Bibbulmun people and the north side of the Blackwood river (Bilyar Goorbillyup) becomes Wardandi country. The festival takes place during Bunuru - Second summer (season of the adolescence). We love, honour and cherish this place and we trust that it will be respected and nurtured far into the future.

More details:
nannupmusicfestival.org



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