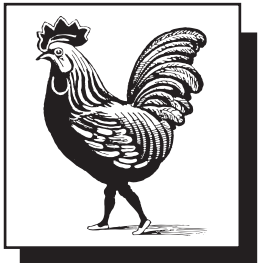


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Freo fans the Fairbridge flame

by STEVE GRANT

FREMANTLE will help keep the Fairbridge Festival flame flickering after its shock cancellation earlier this month, with a showcase of touring artists being staged at the Fremantle Arts Centre on Sunday, April 7.

The festival was cancelled just a month before it was supposed to kick off, with organisers citing lagging sales, increased costs and a struggle finding enough volunteers. It was also being held in Pinjarra for the first time, after the managers of Fairbridge Festival pulled the pin on large gatherings in 2023, saying the infrastructure wasn't coping with the crowds.

Festival artistic director Jon Cope said the decision to cancel had been devastating for artists, so he's put together the showcase at the arts centre under his own company, Kaleidoscope Multicultural Arts Management.

"As a former touring artist myself, I know how important these festivals are for musicians and performers," Mr Cope said, adding Covid had been particularly brutal for the industry.

"We're delighted to showcase some of the world-class artistic talent that is touring to WA in April at this special Fairbridge Festival Showcase concert event in Fremantle."

Mr Cope said one of his aims was to provide the performers with a fee that would go some way to compensate them for the sudden gap in their schedule.

Tristan Glover is one of the founding members



• Chipolata Tristan Glover and showcase organiser Jon Cope at the Fremantle Arts Centre. Photo by Steve Grant

of international act The Chipolatas, who've performed in 45 countries since forming in 1992.

While the full band won't be able to play the showcase, he'll be there to fly the flag, saying Fairbridge was a special place for the Chipolatas.

"Fairbridge was our first ever Australian contract in 1996 - we were the headliners," Mr Glover said. "We fell in love with

the Fairbridge Festival and Western Australia, and we've been to Fairbridge 10 times over the year and it is one of the best festivals in the world - and we've done a lot of brilliant festivals over the years."

Mr Glover said the showcase would be

important for performers, organisers and festival attendees.

"This is a chance to come together and celebrate the importance of live performance in our day-to-day lives; for our community spirit, a peg in the sand on the path to

visioning a way forward in the post-pandemic economic environment," he said.

The Showcase will also feature performances from Danish outfit Himmerland, Canadians Gordie Tentrees and Jaxon Haldane, Shark & Fox, and a specially-commissioned ode to

Fairbridge by poet Peter Capp from New South Wales.

It's being held at the Fremantle Arts Centre on Sunday April 7 from 4 - 10pm.

Tickets from oztix.com.au; search for Fairbridge Festival Showcase.

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AUKUS under the microscope

by KATHERINE KRAAYVANGER

AUSTRALIA'S prospective nuclear submarines will be up for discussion in Fremantle next month as medical professionals put the former Morrison government's controversial AUKUS deal under the microscope.

The Medical Association for Prevention of War will be hosting a panel focusing on how the AUKUS deal will impact Western Australians as part of a global trend of "rising militarism".

The AUKUS deal wagered between Australia, the United Kingdom, and the United States will bring locally-owned nuclear submarines to Garden Island by the 2040s, while more frequent

visits of foreign-owned subs will start within a decade.

The MAPW says potential exposure to radiation makes the submarines a threat to Australians' health, although the risk of naval-based nuclear disasters is considered low.

Consent

Communities should be able to give informed consent about nuclear-powered submarines in their backyards, says MAPW, which is difficult given secrecy protocols around the vessels.

MAPW Western Australian convenor Peter Underwood says the Fremantle community "is a very positive place" to protest the AUKUS deal.

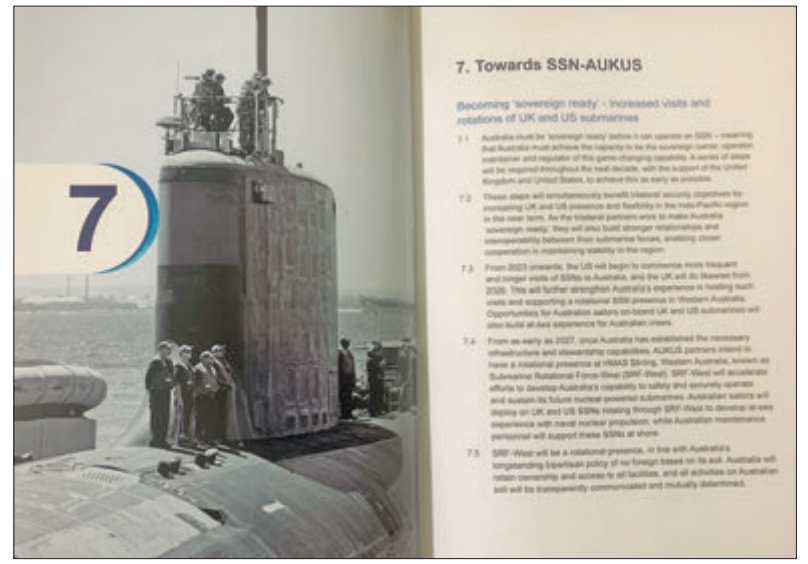
"There's always been a very strong peace movement in

Fremantle, and that's something that we should be proud of," Dr Underwood said.

"Many people might think we are peaceniks," he said of MAPW, "but even many people from the right side of politics have seen just how bad the AUKUS agreement actually is."

"It is going to dominate a huge amount of our budget for a program that we don't think will work, and which is much less likely to do what we want, which is to produce a peaceful and effective world."

Resisting Militarism in the AUKUS Era will be held at Walyalup Koort in Fremantle on April 12 at 5pm. It is free but requires booking. Search 'MAPW' presents Dr Sue Wareham in Perth on the TryBooking Website.



• A Defence briefing note on Australia's path to nuclear-powered subs.



• LIZZO may have been cancelled for fat shaming her dancers, but it seems King Henry VIII's passion for decapitation wasn't enough to silence the portly royal's catchy tunes! The WA Maldolin Orchestra's first concert of the year this Sunday is themed Pastime With Good Company and was inspired by a piece composed by HRH of the same name - ironic seeing as he ended up beheading some of his favourite past times. Along with this beautiful piece, many other items drawn from over 400 years ago are featured, along with modern classics. It's at Rhein Donau Club in Myaree this Sunday March 24 at 4pm! Tickets at www.trybooking.com. by RUBY NESA-CLIPSTON

Right to be concerned

MAPW president Sue Wareham will be speaking as an expert on peacekeeping and disarmament.

The Canberra-based former GP is an anti-war advocate who has written extensively about war, politics, and AUKUS as part of her advocacy.

Risks

Dr Wareham says it is "extremely important" that local communities are aware of the risks of having nuclear technology in their backyards, which is difficult given the military secrecy

surrounding the subs.

"It's not even possible to gauge the extent of the safety risks and we have every right to be concerned."

Dr Wareham says while she does not want to "overstate" the risks associated with the submarines, the presence of nuclear power near the community is a cause for concern.

"The thing about nuclear power is that the stakes are pretty high if things go wrong," she told the *Herald*.

"There are risks of radioactive contamination of the surrounding area, and that carries risk to health and the environment too."



• Dr Sue Wareham

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Rowdy rave last straw for Ports

by KATHERINE KRAAYVANGER

ACCESS to South Mole was shut this week after rowdy van-dwellers held a rave near the lighthouse on Fremantle Port.

The campers were mostly visiting backpackers, according to number plates indicating travel from the eastern states.

Between 25 and 35 vans were estimated to have parked on South Mole when the party happened, but several vehicles have parked in the vicinity for months.

Fremantle Ports communications manager Neil Stanbury says the rave was the last straw after ongoing problems.

"Rubbish thrown around the mole, graffiti, complaints from fishermen about nowhere to park, tents erected and the toilets not respected," Mr Stanbury listed.

"Even our own rubbish truck was unable to drive out there last week due to backpackers taking up the roadway."

Mr Stanbury says the closure of South Mole is a "shame" because it is used regularly for recreation, including a large fishing community, and is a good spot to watch ships come in and out of the port.

"We've been tolerant about this for months," he said.

"Unfortunately, there have been problems emerge as a result."

South Mole is "owned, controlled, and

maintained" by Fremantle Ports, who say the number of formal complaints about the area's condition has increased in the last few months.

Fremantle council representatives say its officers have issued three parking infringements to the owners of vehicles who have overstayed parking time limits close to the entrance of South Mole.

The officers have also requested several other vehicles to relocate.

Similar issues have occurred in Fremantle, such as overnight camping at South Beach, where the council implemented a four-hour parking limit to prevent overnight stays.

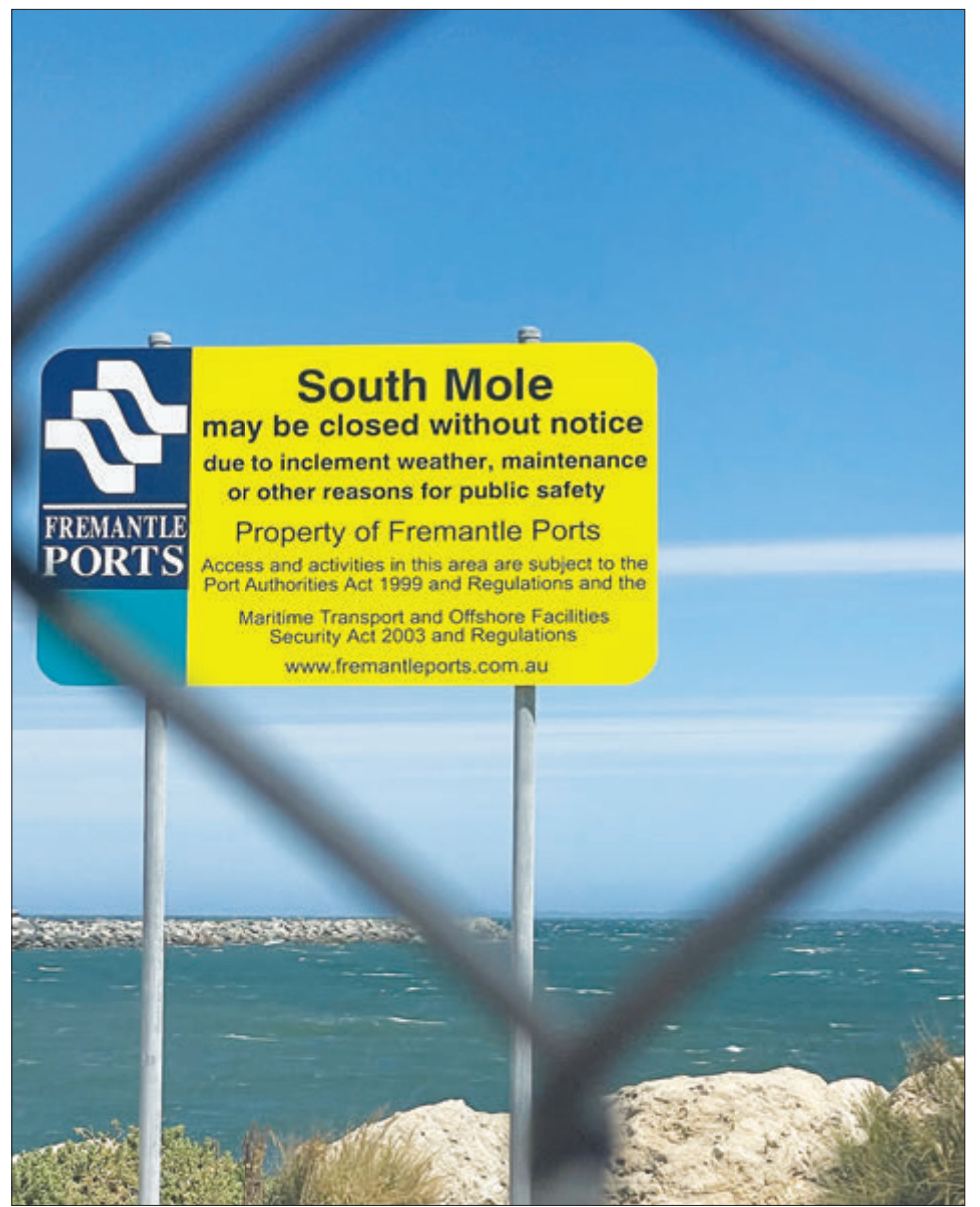
According to Fremantle Residents Against Illegal Camping, the limit has proven a success, congratulating the council from reducing the 40 or so vans down to less than a handful.

There is not yet a timeframe for South Mole to Mr Stanbury says Fremantle Ports is "assessing the damage" caused by the rave and are determining the next steps.

"Comments from people around South Mole have been supportive of Fremantle Ports' actions," Mr Stanbury said.

"We understand backpackers want to camp cheaply and close to Fremantle and they're part of the tourism economy, but South Mole isn't the solution for accommodation.

"It certainly doesn't have the amenities when it comes to public health and safety."



• Fremantle Ports closed South Mole after Friday's rave. Photo by Katherine Kraayvanger

Contractor appears

by KATHERINE KRAAYVANGER

A FORMER contractor who allegedly filmed women using disabled toilets at the University of Notre Dame appeared in Fremantle Magistrates Court this week, facing seven charges.

Didier Loic Labonne, 28, was charged with

three counts of trespassing, three counts of unlawfully installing a surveillance device, and one count of stealing as a servant.

He was not ordered to enter a plea.

Mr Labonne's lawyer requested a six-week adjournment which was granted by the magistrate.

He will reappear in court on April 29.

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Connecting Western Australia to the world



Stepping up in STEM

by KATHERINE KRAAYVANGER

CAROLYN OLDHAM has been in the environmental engineering field for more than 30 years, witnessing first-hand the changing landscape of gender equality in the scientific and academic world.

When the Fremantle resident started working at UWA, there was one important detail about her that was at risk of derailing her career.

"I arrived three months pregnant," she said with a laugh, "and it was like all of their worst nightmares happened."

"They got a woman, and a pregnant woman at that."

At the time, it was common for pregnant women to stop working, so it was a lonely endeavour for Prof Oldham to begin her career, working up until the weekend before she gave birth to her son.

"They just weren't used to having pregnant women in the workplace," she says.

Throughout her career, Prof Oldham has focused on the protection of water, and addressing the growing problem of pollution.

"Whether it's groundwater, rivers, streams, estuaries, or coastal water," she lists.

She's worked on research projects which address major environmental concerns such as mine closures and wetland contamination, adopting a "trans-disciplinary" approach which integrates environment and infrastructure, among many other fields.

These include a "pioneering" study into the importance of Western Australian wetlands, and she's also collaborated in studies

MARCH is Women's History month, and although the women being profiled are not historical, they are certainly making history. This is the third in a series of articles about some of the 2024 inductees to the Western Australian Women's Hall of Fame.

on the east coast and Europe.

Prof Oldham was the only woman among the 82 who taught engineering at UWA, and only one of a small number promoted to Professor of Engineering in the country.

The experience of being an anomaly in her studies led her to be a champion of women in engineering and STEM subjects.

"It was obvious from the day I started I was what they called an 'affirmative action appointment'," she said.

"It was also obvious right from the beginning that the gender questions in engineering needed to be worked on."

Leadership

As Chair of a UWA women's leadership planning group, Prof Oldham acted as a mentor in engineering, stressing the importance of gender equality in the field.

"We need women in all forms of engineering so that they bring different eyes to understanding the world's problems," she said. "Therefore designing technology that works and meets the needs of all the population, not just half of the population."

"Engineers make the world we live in, and if everyone who does the design and the thinking around that is a man, we're not serving half the population."

All diversity is key, Prof Oldham says, because each

perspective offers a "different way of thinking to design the world's technology" with a "sensitivity" that more than just one gender, ethnicity, or class can offer.

She is all too aware of the lack of gender balance in STEM fields too, which she says applies to anyone in an "extreme minority".

"When you're the only woman, it puts a huge burden on you," she said.

"It puts a burden on you to not just what you think, but everything you say gets labelled as 'oh, that's a woman talking or that to black person talking or that's a Chinese person talking.'"

"So somehow you take on the identity of your whole gender, in my case."

The unnecessary pressure of being in an "acute minority" doesn't help the experience of women in STEM, which are already often demanding environments.

"You take one step wrong, suddenly, that's just 'what happens' when you have women in the workplace," she said.

Slowly but surely, Prof Oldham says, this is changing, especially in STEM fields, where gender equality contributes to organisational function.

"There's fewer and fewer places where there's just a single woman," she said.

"Numbers do matter."

Prof Oldham is "very much" proud of her induction into the Hall of Fame, which she says came

Prof Carolyn Oldham.
Photo by Karen Wheatland



as a surprise as someone who "likes to work behind the scenes".

"It's good for young women, particularly, but also young men to see that there's women doing amazing things in our in our world," she said.

"The inductees are faces of the women who have achieved amazing things, so to have those faces recognised when for so long they were in the shadows, is really good."

Times have changed since Prof Oldham first walked into UWA three months' pregnant.

"No one blinks now when you see pregnant women in the

workplace," she said.

"It's just so normal."

Now, it is also normal for women to be in STEM professions: something that Prof Oldham is proud to have helped changed over her career.

"My grandfather said over his dead body would a daughter of his go to university," she said.

"He was an engineer."

"It's so ironic that his granddaughter is a Professor of Engineering and in the Hall of Fame, so I wonder whether he's turning in his grave," she laughed.

"We've come a long way in two generations."

ATO injects life into old debts



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

In the 2015 science fantasy horror film *The Lazarus Effect*, researchers develop a serum to help coma patients, but it turns out to be useful in bringing the dead back to life. In an unexpected plot twist the serum ends up in the hands of an evil ATO officer who uses it to resurrect billions of dollars of taxpayer debt that was resting in peace.

Okay, I may have embellished this a little, but it's hard to see how else the ATO would come to this course of action.

What happens is that from time to time the ATO considers the debts of businesses and individuals as being 'uneconomic to pursue'. It then places these debts 'on hold' which means they disappear from the taxpayers' accounts and minds. But the debts are not actually extinguished because the ATO can only do that in limited situations, like where it causes severe financial hardship.

The ATO can bring a debt back to life at a time of its choosing, usually when a taxpayer becomes due for an unrelated refund. It will then offset the debt against the expected refund.

The ATO stopped resurrecting debts during COVID. But in a (possibly serum affected)

move late last year, the ATO contacted thousands of taxpayers to advise them that their debts would be re-awakening in anticipation of any upcoming refunds.

Taxpayers owe around \$52 billion to the ATO, up from \$26 billion before COVID hit. The ATO is unashamedly taking a more aggressive approach to collection, saying that "paying tax in Australia is not optional". About \$34 billion of the debt is owed by small businesses.

Its tools include issuing director penalty notices, garnishee notices and winding up applications, or dobbing you in to credit reporting bureaus. Tell-tale-tit!

The increased collection activity coincides with other challenging factors for businesses like higher interest, cost increases and a slowing economy. Highly geared businesses with outstanding tax debts are clearly at risk and experts are predicting that insolvencies this year will reach their highest levels since just after the global financial crisis.

"The ATO can bring a debt back to life at a time of its choosing"

I'm not advocating for businesses and individuals to not pay their tax, but there needs to be a change to this necromantic recovery process that has a slight pong of Robodebt. Either write the debts off or don't, but don't drop them in the bottom of a cryonic chamber to be thawed out on demand.

In *The Lazarus Effect*, researcher Zoe dies and her partner injects her with the serum which brings her back to life, but with a serious dose of aggression and insanity, much like the current actions of the ATO.

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.

Selling to Buy

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



Want more property info?
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Supply of homes to buy remain well below the long-term average. REIWA reports 3,971 listings available broken down into 2,230 houses, 1,129 units and 612 vacant lots. This time last year there were 7,262 listings. Meanwhile, sales volumes last week were 1,036 metro-wide up from an average of 615 weekly transactions in 2019.

The lack of supply and listing choice is exacerbated by would-be sellers' lack of confidence in coming to market, fearful of not being able to find a property that meets their needs once they've sold. And, given the high levels of demand, offering to buy 'subject to sale' of their own property is often trumped by buyers without such buying terms.

how do sellers overcome this dilemma?

Normally, sellers would rely on moving to a rental property for a short period in the event they've sold and yet to find an alternate home. However, the rental market is tighter than the sales market with median rents at \$640 per week up from \$360 per week in 2019. A mere 1,817 properties are for lease on reiwa.com and vacancy rates are at less than one percent.

So, how do sellers overcome this dilemma?

Firstly, be ready to come to market at short notice. Once you've chosen your preferred agent, present your home and arrange for professional photography. That way, your agent will be ready to go to market within a day or two should you

successfully buy.

Secondly, if you decide to sell and need to buy, structure the sale contract to give you sufficient time to buy an alternate home by negotiating a longer settlement period.

Thirdly, consider a negotiating a 'rent-back' period with your buyer. This may not suit the buyer of course, but if an investor ends up buying your property, then this option comes into play. At settlement, sellers can remain in their home, pay rent to the buyer and have the luxury of only needing to move once upon finding their next home.

Fourthly, introduce yourself to as many agents as possible when searching for your next home, give them your contact details and let them know what you're looking for. This gives you more chance of securing a home 'off-market' whereby more flexible terms around settlement and the like are common.

Finally, have confidence you'll find a suitable home after you've sold. Sure, you're not likely to be spoiled for choice and you may need to compete to buy, but there's sufficient stock coming through the market to meet most family's needs.

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

A dog of a time for theatre

by STEVE GRANT

UNCERTAINTY over its lease at Victoria Hall couldn't have come at a worse time for the Fremantle Theatre Company, as it had just launched an operating model it hoped would secure its long-term viability.

FTC artistic director Renato Fabretti told the Herald planning for shows started at least a year in advance, so last month's decision by Fremantle council to start the process of selling up the hall and give his company just a one-year lease extension had left him with a headache ("Hall sale puts cloud over FTC," Herald, March 2, 2024).

Mr Fabretti says that's disappointing given what his FTC has accomplished in its first couple of years.

Art-loving city

"We tried out presenting arts in Fremantle, and a lot of people were like 'don't do that', and we've tried out going fully professional, and they've all worked.

"The audience is keen - it's an art-loving city.

"The only thing is that we should be presenting more consistently and more actively."

To achieve that, the company launched a new "FTC Independent" model this season, which sees it act as a mentor for small, independent theatre companies.

The first production to come under that banner is *OOL (Origins of Life)* by Second Body, a UK theatre company launched by



• Adam Sollis, James Sweeney and Siobhan Dow-Hall in *The Dog/The Cat* at Fremantle Theatre Company.

West End director Max Barton and Jethro Cooke in 2019, which finishes its run tonight (Saturday March 23).

Mr Fabretti said FTC offers the performance space, but also access to lighting, marketing and equipment.

"So, removing the barriers of entry in terms of the financial load that a theatre company might have.

"That's the first step to actually freeing artistry."

He said Perth's limited performance venues made it difficult for mid-career artists to pursue projects that inspired them, as the need to survive saw an element of "gatekeeping" creeping in.

"I'm all for a style book or mandate, but there is something

about letting a whole generation of artists just make - and that's what this program does," he said of Dependent.

Another aim is to provide the visiting companies with a chance to pull in a professional wage, something they rarely get to achieve.

Pivotal

JackRabbit Productions founder Michael Abercromby says FTC's support has been pivotal to getting his latest show, *The Dog/The Cat* onto the stage and reboot the company in WA.

"One thing I really noticed when I got to Perth is that unless you're funded, you've got Fringe and then you've got the Blue Room season and that's the only offerings

Perth had for independent artists to put up work of the calibre that we're hoping to put up.

"[Independent] just offers another pathway for mid-career artists to put on work that they're passionate about," Mr Abercromby said.

"There's heaps of theatre makers here, and more and more actors are moving from the east coast over to here, and they came to put on work that they're proud of."

Australian

It's allowed him to put on *The Dog/The Cat*, an Australian work that hasn't been seen outside of Sydney, something he says can plague locally-produced plays.

"So often with these shows is that they kind of stop where they start; the company commissions them and that's their only showing.

"Part of the reason that drew me to this show is that it's so entertaining.

"It's a rom com, and you don't often see rom coms on stage, apart from Shakespeare or Oscar Wilde.

"Part of the thing that I loved so much about it is that it felt like this was all happening at the park where I walked my dog."

The Dog/The Cat is actually two short plays which were written by Brendan Cowell and Lally Katz independently but intended to be staged together.

Mr Abercromby says with their blessing the play has been given a rejig so it's now set in a Fremantle park.

Mr Fabretti says pets in parks is the "social lubricant of Fremantle"



• Fremantle Theatre Company artistic director Renato Fabretti.

and he hopes the show will resonate with local audiences.

"So my joke is; we listened to what you're asking for - you wanted romance. It sounds like you want a rom com, but the internet is telling me you want pets."

But he says like all FTC productions he hopes there's a serious message underneath.

"If we can care about that thing living right next to us, then maybe we'll care about Gaza, and maybe we'll care about the world, and maybe this is a place to rebuild our empathetic response system," he said.

The Dog/The Cat
April 5 - 21

Tickets: iwannaticket.com.au



PORTFOLIO



Maintenance dredging

In April-May, maintenance dredging will occur in the Inner Harbour over 10 days, to remove sediment that's come down the river since the harbour was deepened in 2010. This will allow us to maintain harbour depth so we can continue handling ships safely and efficiently. The dredged sediment will be deposited offshore in Gage Roads anchorage, on the advice of marine consultants, in line with an Australian Government approval. The project's been assessed to have a low environmental risk and disposal operations planned to have as little impact as possible on the seabed, water quality, marine fauna and seagrass meadows. Find out more on our website at www.fremantleports.com.au

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RUN THE PORT ▶

Harbour Master Classic

The Fremantle Ports Harbour Master Classic run is back on Victoria Quay for the fourth year in a row on Sunday May 5th. There's a 10km and a 5km event plus a kids' dash. Have you run the port yet? It's WA's most unique running course. A FREE shirt for the first 500 entrants and prizes for best nautical costume. Scan the QR code to enter.



TRADE REPORT ▶

Strong cargo figures

Fremantle Ports is having a strong trade year, with containers up 27,500 year-to-date by February, while so far we've imported 81,000 new motor vehicles - 15,000 more than we expected. Tonnages are also up significantly in the Outer Harbour, at both Kwinana Bulk Terminal and Kwinana Bulk Jetty. It's all good news for the WA economy.



◀ VICTORIA QUAY FLICKS

Free movie marathon now on

Join us for 8 days of movie magic in Workshop Lane, off Slip Street in Victoria Quay. FREE entry, beanbags for the first 50 people and free popcorn! Come on down - to check out which movie's on each night, scan the QR code. Brought to you by Fremantle Ports!



◀ HARBOUR NEWS

Pilot boats nearly finished!

Our two new pilot boats are nearing completion and looking great! Currently under construction by Dongara Marine to a proven local design by Southerly Designs of Port Denison, they're due to undertake sea trials in July and come into service in August. Safe, fast and comfortable. We can't wait to show them off!

EASTER BOOK SALE

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GOOD FRIDAY - EASTER MONDAY
29th March - 1st APRIL 9am - 5pm

ELIZABETH'S BOOKSHOP WAREHOUSE

23 Queen Victoria Street
FREMANTLE

Time for home truths

THE first of the Truth Telling events, that replace the One Day in Fremantle concert, that replaced the cancelled Australia Day celebrations, will be held on Sunday from 10am at Bathers Beach.

It will start with a Smoking Ceremony, then story telling, yarning circles, and sharing a midday meal.

Listening to the stories of our First Nations people is a good way to engage in reconciliation and to learn.

It is all about sharing the past, not about making Wadjelas (non-Aboriginal people) feel guilty.

We are not responsible for the mistakes of the past, but we have a duty to do better now and in the future.

We can only improve by learning what went wrong and how colonisation impacted on our indigenous people for generations.

Fremantle artist Sharyn Egan says that the Truth Telling program will increase awareness in the community: "It's about the history of the place. The connection to the Prison, the Roundhouse. A lot of people don't know about that. It's a long time coming. Not mentioning the past, hiding the past, even denying the past. It's just time. It would give us a sense of belonging, sharing our stories with everybody, not just Nyoongar people."

The stories need to be told. They need to be shared, so it is a real shame that neither Fremantle council, nor the



WA government is showing any interest in improving the information inside the Roundhouse.

There is hardly a mention of Aboriginal people in WA's oldest remaining public building, that is a tourist attraction, and also a destinations for many hundreds of school students every year. Why is there no mention of the importance of Manjaree?

We have the WRAP in Fremantle, but the promised naming of important Aboriginal locations still has not happened, and neither has the dual naming.

There is very little in our tourist town that tells the stories of the people who have lived here for some 40,000 years.

Who would even know that Walyalup Koort was once a swamp, and why is there no information sign about that at our city square?

When we share our stories they become our mutual stories. We take ownership of them and our history.

Truth Telling is not about shaming the British settlers and all the migrants who came after

them.

It is about honesty and our mutual love for the place we live in.

It is about connecting with each other and our past.

I was a founding member of the Fremantle Reconciliation Group in the mid 1990s.

I have learned so much from Aboriginal people, who always welcomed me with friendship, and never made me feel uncomfortable.

I have connected with Australia's First Nations people all over the country and listened to their heart-felt stories.

How can I ever forget that wonderful law man Janangoo in Fitzroy Crossing, always having a hand on my arm, as if to reassure me, when he told me his stories.

One night in my room in the Fitzroy Inn, he sang his stories in his Walmajari language, translating them for me.

It was unforgettable and there was so much mutual trust and respect.

That to me, is what Truth Telling is all about.

I recommend everyone of all ages to engage, so that we all together create and even better country.

I have written this before, but it is worth repeating.

An Aboriginal man in an outback toilet looking down on me, saying "Isn't it amazing, bro, that we both got red blood and brown shit."

Yes, indeed. Let us share, not judge!

Roel Loopers/Freoview



• More than 450 players from 60 teams took over Fremantle Oval for a fourth successful at the Girls Festival of Community Soccer last weekend.
Photo by Travis Hayto

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Pass the parks

MARGARET SANDFORD is a former Melville councillor who voted for the city to develop two new parks on council-owned properties in the Canning Bridge precinct. With a new council toying with the idea of rescinding that decision, she's urging them to consider the benefits as well as the costs.

The financial case for the Canning Bridge parks

Water Point is 1.4 km away; High rise developments like the Precinct are actually more than 400 metres from the river foreshore; and, Parks provide a play area for residents, particularly young children, office workers and the many dogs now living in apartments.

owned land and will not cost current or future ratepayers. However, the detractors say that if those sites were now sold, they would provide \$20m to the council and that the creation of the parks will cost \$9m.

However, this \$29m can be covered by the \$8m rates uplift in 3.6 years and then the council would continue to have the extra \$8m rates uplift into the future to use as they see fit... to reduce rates overall or provide other amenities such as youth activities. etc.

After the Senior Citizens Centre at 13 The Esplanade was demolished, the council tried leasing the land as a high rise aged care facility.

The lease negotiations dragged on unsuccessfully for 14 months, due to Oryx developers insisting on having rent increases capped at no more than 2 per cent per annum for 90 years.

The Council rightly refused to agree to Oryx uncommercial terms with 11 votes to 2.

Now some councillors are trying to say that the city would lose \$0.65m annual rent from not going ahead with the proposed high-rise nursing home.

Compare this figure to the Rates Uplift of \$8m.

Having these parks makes good financial sense so I urge the Councillors to vote in favour and "Pass the Parks".

The community can have their say at a Special Meeting of Electors to be held on Monday March 25. It has been combined with the City of Melville AGM and starts at 6pm at the council buildings in Almondsbury Road.

Financial case

And now the financial case: The nine high-rise developments (844 dwellings) in the CBACP are currently providing a rates uplift to council. They have delivered an increase from about \$100,000 to \$1.8m, with an average of \$2,200 per dwelling.

Another 3,000 dwellings are expected to provide additional rates of \$6.2m.

So, combining the current (\$1.8m) and future rates uplift (\$6.2m), this will provide \$8m per annum revenue for the council.

Consultants Hatch Roberts Day advised that public open spaces in the CBACP were an "investment" for the City because the properties in the CBACP would increase in value with access to parks and improving local amenities, therefore providing additional rates income for the City.

The land for the parks was purchased in the past, so will not cost current or future ratepayers anything.

The Esplanade site was purchased in 1970 and the Moreau Mews site was about \$11m; they are already council-

I WOULD like to urge City of Melville councillors to "Pass the Parks".

There are many valid reasons why the creation of two new parks, either side of Canning Highway at 13 The Esplanade, Mt Pleasant and Moreau Mews, Applecross amongst the high-rise of the Canning Bridge Activity Centre Precinct are supported by the community.

But the councillors who wish to prevent this happening only state financial reasons.

So, I will present a case of why having the parks make good financial sense... and when reading, compare this to Melville's proposed new library and cultural centre, which is predicted to cost \$57 million and will be paid for by an increase in rates paid by Westfield tenants.

I also need to state that I am not against high-rise when properly planned nor against the development of a new library and cultural centre.

Reasons

Firstly, the reasons community state for the parks:

The Canning Bridge Precinct Vision 2011 stated public open space would be included;

State guidelines are that POS should be within 400 metres or five minutes' walk;

The marked increase in residential population in CBACP area needs to be catered for equitably;

The river is a not a friendly venue for young children's recreation, particularly in inclement weather;

The riverbanks are eroding and not always available to walk on;

The pathway along the river is shared by bikes and pedestrians, which is not child or dog friendly;

Around 13 The Esplanade the nearest public open space is the small Clive Street reserve some 900 metres away, while Deep-



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Wave park clears bush hurdle

by KATHERINE KRAAYVANGER

PERTH conservation groups have labelled the Cook government "uncivilised and immoral" after it approved a patch of Jandakot bushland to be cleared for a wave park.

The Department for Water and Environmental Regulation granted permission for 5.75 hectares of native bushland to be cleared in November last year, which has been subject to a rigorous appeals process since.

The location is next to Kwinana Freeway and Prinsep Road, opposite Cockburn Gateway, and will be home to the largest surf park in the Southern Hemisphere, according to the developer Aventura.

Urban Bushland Council volunteer Heidi Hardisty says it is "unbelievably frustrating" that the WA government continue to put metropolitan green spaces at risk.

"We're going to see a massive amount of development a massive amount of loss of banksia woodlands and green space," Ms Hardisty said.

"We should not be destroying the last remaining pockets of banksia woodland which are unique to Perth."

"We live in one of the most biodiverse cities on the planet and the government has the duty to look after that."

Ms Hardisty says the state government is "hell bent" on destroying Perth's native bushland.

"They are ignoring the community and disregarding the environment," she said.

"They think it's okay to clear nature for a commercial venture."

This is the latest development in the years-long attempt to build a wave park in Perth's southern suburbs, after plans for an Alfred Cove location were scrapped in 2020.

The new Cockburn location presents several environmental issues: it is part of the already dwindling banksia woodland unique to the Swan Coastal Plain.

The woodland is also habitat for the endangered Carnaby's black cockatoo.

Appeal

In an appeals decision document, state environment and climate minister Reece Whitby acknowledged the importance of the banksia woodland, but said the economic benefit of the wave park "from a tourism perspective" justified his decision.

"The minister noted this was not an easy decision, and not one that he took lightly," the document stated.

The government intends to pay "special attention" to replacing the bushland by ensuring it is offset by revegetation in the Bibra Lake area cleared for Roe 8 in 2015.

According to the document, the government is aware of the threat to Carnaby's black cockatoo habitat but says the economic benefits "outweigh the significant environmental value" of the site.

Save the Black Cockatoos spokesperson Paddy Cullen says the government's support of the wave park "borders on lunacy" given the threat to the species.

"The consequences for the



• Environmental groups are unhappy that the Cook government has knocked out an appeal against the clearing of Jandakot bushland for a wave park.

environment and the community have been by-passed at the sniff of investment dollars," Mr Cullen said.

"The wanton destruction of habitat that is essential for an endangered species... is unbelievable."

Ms Hardisty says it is important

for the community to voice their concerns about the government's position on the wave park, given the gravity and relevance of urban bushland in Perth.

Symbol

"Tell them how you feel if you

don't agree that this is right.

"We have to use this as a symbol of what needs to be changed."

"If these guys aren't going to do it," she said, referring to Mr Whitby and tourism minister Rita Saffioti, "then we need to get better leadership in place."

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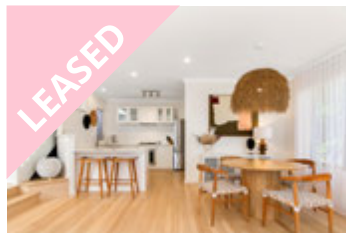




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• (above) Anna Kanaris visits Ernabella Arts Centre and (below) Rupert Jack's *Pulukangka* (Stockman).

Great stories



arts
STEPHEN POLLOCK

THEY'RE one of the biggest champions of art from remote Aboriginal communities, but sadly folk may not have heard of Artitja Fine Art Gallery.

For the past two decades the South Fremantle gallery has been quietly fostering relationships with more than 20 far-flung community art centres across Australia including those in East Kimberley, Antarrangeny and Kakadu.

For the opening night of exhibitions, artists often make the epic trek from the depths of rural Australia to Freo.

For some it's a life-changing and slightly overwhelming experience (when First Nations artist Selina Teece Pwerl travelled from Central Australia to Perth in 2010, it was her first time on a plane and she had never seen the ocean before).

Artitja's latest exhibition *MANTANGURU | From the Sand* showcases paintings and ceramics from the isolated community of Pukatja in South Australia.

It's full of vibrant storytelling including Freddy Ken's *Kulata Tjuta* which depicts spears travelling through the sky to catch the snake man, and Langaliki Lewis' painting of the mysterious sand dunes in Pitjantjatjara.

Artitja director Anna Kanaris says Rupert Jack's *Pulukangka* (Stockman) is particularly



interesting: "I think it is not only unique in its style difference, but it is an important historical document in that the painting is a tribute to the stockmen, including himself who as a young man worked on the sheep station at the Ernabella Mission," Kanaris says.

"His experience is in his words 'Good memories! Good times! - a time staying strongly in my heart'."

The artworks in *MANTANGURU* reflect the ancient stories of Anangu artists from the Ernabella Arts centre, which is situated about 290km southeast of Uluru.

Established in 1948, it's Australia's oldest indigenous art centre. Originally a craft studio producing hand-loomed woven fabrics and hand-pulled floor rugs, over time it has evolved to become one of the most respected independent art hubs in the country.

In August last year, Kanaris went there to meet the local artists: "It was quite a profound experience," she says.

"Spending several days in the art centre, quietly watching the artists both in the painting studio and the ceramics workshop increased my own depth of knowledge and experience.

"The warmth and hospitality of the artists is such that the artists took us out (after a kangaroo tail lunch) to Warnikata not far from the community which is a red sandhill site with a 360-degree view of the country.

"There is a great amount of pride and ownership around the art centre's history and a strong sense of independence the artists have and hold on to. It was a very special experience."

Another highlight of *MANTANGURU* is Janice Stanley's *Pantu* (Salt Lake) paintings.

"The story is of significance, particularly as it relates to the epic Seven Sisters songline story; however Janice's initial inspiration to paint the salt lakes came from a school excursion as a teenager, flying over salt lakes," Kanaris says. "She was so taken with the memory, that several decades later she brought those visions to life; depicting a salt lake of significance in her own country."

MANTANGURU | From the Sand is at the Earlywork, 330 South Terrace, South Fremantle Until April 1. Opening hours are Wednesday-Sunday, 10am-4pm (except Good Friday). See artitja.com.au for more details.

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Handel's happy and festive *Concerto Grosso Op6 No 12* opens the concert. Bach's *Concerto for 2 Violins* has at its heart the exquisite Adagio, a love song where the two violins intertwine in perfect equality featuring violinist sisters Rebecca Glorie and Andrea Mendham. With the energetic and intricate outer movements, this is an enduring highlight of the Baroque. Mahler's 4th Symphony is late romanticism at its best with beautiful warm and lush melodies, delicate, tender and ethereal moments. FCO plays the first and third movements. Conducted by the amazing John Keene this promises to be a transporting musical experience.

John Keene



The conductor is critical in giving the orchestra a *raison d'être*: shaping the music into an exciting, new interpretation, exploring the scope of the emotions contained in the composition in the limited time of a few rehearsals. John Keene has a deep understanding of the score and innovative approaches. He is also FCO's new Artistic Advisor and also a brilliant double bass player.

FCO on YouTube Channel

Those who were unfortunate to miss the November concert can find the those and many more recordings on FCO's own YouTube channel.

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Wine and dine

 **food**
STEPHEN POLLOCK

GOD help the person who has to look after all the plants and trees in the H&C Urban Winery.

There is literally hundreds of them dotted around the sprawling eatery and even Josh Byrne on speed would be struggling to water them all before the doors opened.

But it does create a lovely relaxed ambience at the High Street venue, complementing the exposed brickwork, rustic bar and wine barrels stacked against the wall.

In fact, it's a bit like being in a botanical garden that sells liquor or an Alan Titchmarsh wet dream. The extensive fit-out got the

thumbs up from my dining partner and former *Chook* journo Jenny D'Anger, who noted the building was previously home to Raw Kitchen for 14 years until they collapsed in a post-covid heap in 2023.

Share plates seem to be de rigueur these days, especially for places specialising in wine, so it was no surprise the menu was mostly tapas-style, expect for a handful of mains like double cheeseburger and chips, prawn pasta, beef rib and onion rings, and fish with wasabi butter.

There was a decent range of share plates including Beef Tartare, Pork Terrine, Sardines 'Pissaladiere', Burrata and Fried Whiting Fillets, as well as 'bread and snacks' with the likes of Focaccia, Oysters, local cheese board, and chips.

There was also a kids menu which was very reasonably priced at \$13 for chicken and chips, cheeseburger and chips, and green pasta.

It was moderately busy on a Friday lunchtime, but there was quite a lengthy wait for our food, so we had plenty of time to discuss important geo-political issues (who was sleeping with who at the *Chook*) and sip our glasses of house white (a refreshing, sweet little number \$10).

As D'Anger's belly began to rumble, the staffer arrived with our goodies. The pick of the bunch was the skewered octopus (\$24).

"At the risk of being cliched, the octopus really was melt in the mouth, uber-tender morsels with a delicious flamegrilled flavour," D'Anger said.

"It looked as good as it tasted, sitting on a bed of bright green 'herbed crumb' with a contrasting ranch dressing - a tangy mix of cream, mayo, parsley, garlic, coriander and lemon juice.

"On the down side it was rather a small serve for the price, and if I wasn't so polite I would have distracted my lunch companion and grabbed a larger share."

Next up was a medley of mushrooms perched on a bed of

black barley and garnished with spring onion and salsa verde (\$21).

The ingredients were good quality and all there, but it lacked flavour and maybe they could have been more generous with the salsa verde. However, it was still an enjoyable dish and a big serve.

Across the table, D'Anger was getting hoed into the pumpkin croquettes (\$16).

"They're pleasantly crunchy on the outside, but the dense interior could have done with a more punchy or more flavoursome sauce/dressing," she noted.

Unfortunately the Eggplant with papadam, black lime and tahini was a real clunker (\$18).

The eggplant was too mushy, the sauce so smoky it would have scared Red Adair, and it was riddled with what tasted like tiny,

rock-hard chickpeas.

They were so hard it prompted D'Anger to tell the story of her tooth falling out during a *Chook* food review in the 1980s, which she then claimed back on worker's comp.

Thankfully the meal ended on a high with a bowl of lovely marinated olives, which included some conspicuous old-school cocktail onions (\$9).

The H&C Urban Winery venue is superb and has a choice of atmospheric dining areas with plenty of leafy nooks and crannies.

Our share plates were a bit hit and miss, but it's only been open for less than a month, so I'm sure it will soon find its culinary feet.

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urbanwinery.co



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Maylands gem

THE *Chook* has always had a soft spot for Maylands.

It's Art Deco buildings, proximity to the river and leafy avenues make it a relaxing bolthole with a fascinating history.

At offers over \$300,000, this two bedroom one bathroom apartment in Maylands is a bit of a steal.

It's on an elevated block with fantastic vistas of the surrounding treetops and the Swan River and Optus Stadium.

The apartment isn't too shabby either with a superb open plan living/dining/kitchen area, which is spacious and airy with plenty of room for a large dining table and sofa.

The carpets give it a premium feel and they will come in very handy with autumn on our

doorstep.

The corner kitchen is neat and functional with handleless cupboards and a stainless steel oven with induction hob.

Doing the dishes will be a joy with the window above the sink conjuring up views of the lush trees in the apartment complex.

The bedrooms are well appointed with both featuring floor-to-ceiling mirrored robes (a bonus as usually it's only the main).

The toilet is neat and functional (if you are moving in you'd probably want to renovate further down the line, but if it's an investment property you could leave as-is).

Nestled on the border of Mt Lawley, this ground-floor flat is a



stone's throw from Bardon Park and the river, where you can enjoy leisurely walks and cycles along the foreshore.

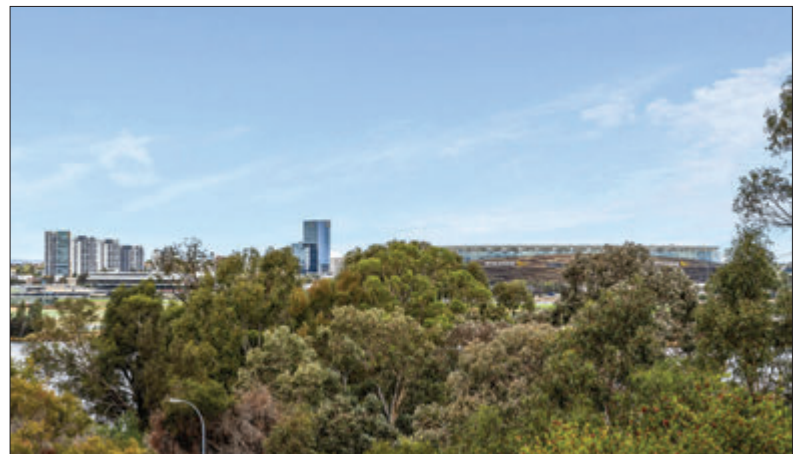
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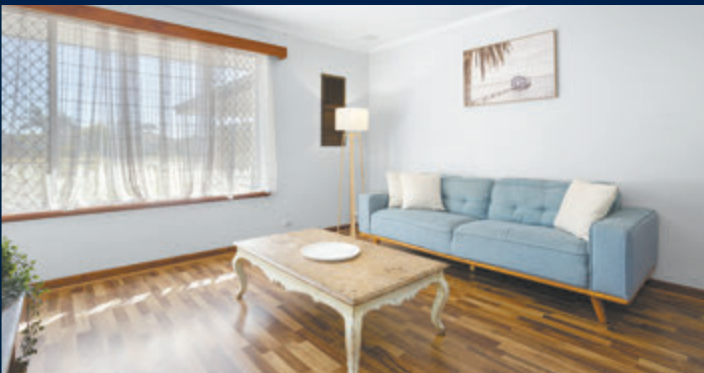
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IF YOU'RE buying a family home it's always good to have four bedrooms, but five is next level.

It opens up possibilities for a games room, music room, model railway or even that extra kid your wife always wanted (note to self: buy a substitute dog instead).

You'll never be short of space in this whopping five bedroom two bathroom home in Applecross.

It really is family friendly in all senses of the word with tons of internal living space and a large outdoor pool.

The property is well setback from the road with the lush lawn and landscaped gardens creating a friendly, yet impressive entry statement.

The hub of the property – the open plan living/dining/kitchen area is bright and airy courtesy of the patio doors, which conjure up nice views of the back garden.



Family classic

The *Chook* loves the kitchen – it has a mix of white and earthy tones, giving it a subtle contrast that is pleasing on the eye. There's a scullery, spacious

pantry, granite benchtops and a host of top-end Bosch appliances.

With the warm weather still lingering, you'll be spending a lot of time in the patio, which is fringed with shrubs, creepers and gorgeous limestone walls.

It's pretty sheltered, but if you added some bistro blinds it could be an all-year round spot, almost like an extra room.

After an alfresco lunch head to the pool for a game of Marco Polo with the family.

It's a large lap pool, so it can also be used for fitness training.

The home has a versatile layout with two living areas on the ground floor and another upstairs, and that's in addition to a study and five bedrooms.

So there's plenty of space for a growing brood of all different ages and generations



These are this weeks HWU changeovers.

10% of all storage hot water units die between April – July. How's yours?



PRICES GOING UP...

Case Study March 24

Fancy Tap Water

Plumber wisdom with Tony Young



Tony Young

Water filters are the flavour of the month and there are a lot of them on the market at the moment.

I must admit I am a bit sceptical, as mostly they over spec'd and over priced in my opinion... So, lets have a think about this logically before you part with \$4000 – 5000 and \$500 annually to maintain.

A. I guess my starting point is 'WHY'?

ie My son has eczema and hard water and chlorine affects it... and then identify what you are trying to filter out...

Solids... sand, scale

Colour... iron

Taste... chlorine, organic,

Chemicals... chlorine, fluoride, calcium

Bacteria... eColi

B. How are we going to filter out these impurities

Filtering of solids is usually done by forcing the water through a porous medium .. ie ceramic, sand, fibre and measured in micros 1/1000th of a millimetre 2 – 5 micros is common for this type of filtering. Tastes and odours are attenuated by carbon filter cartridges. Bacteria by Ultra violet light treatment.

C. Where in your house you need to protect...

ie Do we need to filter garden and toilet water filtered? Your hwu, your shower or your kettle?

In my opinion, the \$75 filter in my fridge water does a pretty good job. So I get a little dubious about the benefits of \$4 -5k units I see advertised and installed, when the water that we drink starts above Australian

Standard and world Health org standards?? First world problem?

Start with the name brands that are familiar... Puretec is one that springs to mind, the last one I priced was \$2500 installed... but in my in my opinion does no better job (than this human body can detect) than the \$400 double cannister unit under your kitchen sink.

Be aware that...

1. They can cost up to \$500 per year for maintenance (ie if a big heap of rubbish comes through the mains after a burst in the street... could wreck a few filters in a row?)
2. You can pay a lot for a fancy cover, for a apparatus that is the same underneath... but ultimately it is only the filter medium that does the work (the filtering).. so all the rest is window dressing.

On a re read that all sounds a bit cynical, but it can all lead to very fancy expensive tap water, 99% of which comes out of the tap for free

Conclusion... give the 'whats and whys' a bit of thought before you go all in

Goodluck!

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(as kids get older they want their own space).

All the bedrooms are nice, but the ground-floor main is a cracker with a ginormous walk-in robe and a plush ensuite with double vanities and stand-alone bath.

The home includes low-maintenance wooden floors on the ground floor, newly installed ducted reverse-cycle AC, crimsafe security screens, secure electric gate and a two-car garage.

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For further information and a copy of the EOI please go to www.fremantle.wa.gov.au/council/expressions-interest or contact Naomi Edwards via naomie@fremantle.wa.gov.au. **EOI closes 30 April 2024.**

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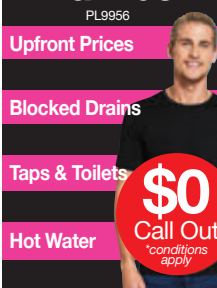
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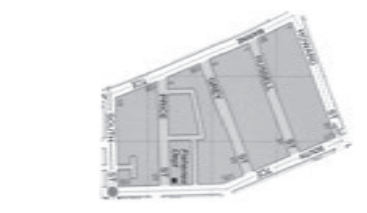
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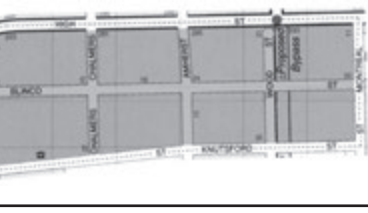
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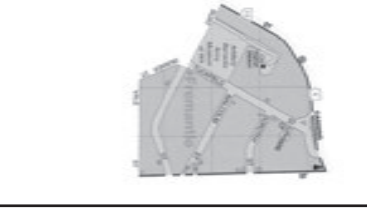
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Astrology with Sudhir

March 23 – March 30, 2024



ARIES (Mar 21 – Apr 20)

There's a full Moon and a lunar eclipse in Libra on Monday. A lunar eclipse happens when the earth comes between the Sun and the Moon, casting a shadow on the Moon. Your yin and your yang will be at odds on this day. Come Tuesday, you will be able to reflect and express again.



TAURUS (Apr 21 – May 20)

Somehow you are bringing your capacity for delight and your need for some kind of discipline in line. This gives you lots of traction, with very little effort needing to be expended. The full Moon in Libra on Monday will reinforce your susceptibility to love and beauty. Know your strength.



GEMINI (May 21 – June 21)

With Mercury scooting through Aries, you are likely to be a little hot-headed and somewhat prone to jumping to conclusions. The full Moon in Libra on Monday, combined with a lunar eclipse, will slow you down for a moment and give you cause to reflect. To be self-aware is a saving grace.



CANCER (June 22 – July 22)

There's full Moon on Monday, combined with a lunar eclipse – in Libra. This will give you a moment to reflect on what it means to be a genuinely harmonious being. Expect to be temporarily nudged out of your usual routine. Neither procrastination nor obsessive action is the answer.



LEO (July 23 – Aug 22)

The Sun is in fellow fire sign, Aries. This makes you feel at home. Energy, action and bravado are being given a big existential tick of approval. On Monday, there is a full Moon in Libra, along with a lunar eclipse. This will give you a brief moment in which to explore the eye of your cyclone.



VIRGO (Aug 23 – Sept 22)

Mercury is in Aries, making you a little more jumpy than usual. Rather than try to hold yourself in, or calm yourself down, let it out. Dance, walk, run, swim – do whatever feels good. If you do, you will soon find a natural relaxation arising. Watch out for Monday's full Moon and lunar eclipse.



LIBRA (Sept 23 – Oct 23)

There is a full Moon in Libra on Monday, along with a lunar eclipse. The earth will move in front of the Sun and cast its shadow on the Moon. This magic moment will slow down all the rambunctious influences that have been buffeting you, and give you a chance to calm down.



SCORPIO (Oct 24 – Nov 21)

The lunar eclipse on Monday gives you just the kind of experience that you crave. It will provide a brief break from the monotony of normality. Keep your eyes peeled for those moments in which life's gears are temporarily unengaged. Halt your wheel of thoughts for a moment, and reflect.



SAGITTARIUS (Nov 22 – Dec 21)

The full Moon, and lunar eclipse in Libra, give you a moment of clarity on Monday that helps you to make sense of things that aren't easy to make sense of. All the noise stops briefly. In the stillness and silence, insight dances onto centre stage, making the difficult, simple, for a brief moment.



CAPRICORN (Dec 22 – Jan 19)

The Aries Sun's propensity to rush into things invariably throws well-laid plans into disarray. The Libran Moon's tendency to procrastinate, leads to missed opportunity. On Monday, as the Moon swells into fullness, and the earth comes between the Moon and Sun, understanding appears.



AQUARIUS (Jan 20 – Feb 18)

Contrary to opinion, Pluto is not stirring up mayhem for you as he settles in to Aquarius. In fact, he is working seamlessly with the Aries Sun, to put positive changes into place. The Libran full Moon and lunar eclipse, briefly stop time in its tracks, allowing commonsense to surface.



PISCES (Feb 19 – Mar 20)

Though the Sun has moved into Aries, there are still four planets in Pisces. There is plenty of action taking place under the surface, in your own private universe. Venus and Saturn are bringing delight and discipline together. Mars is giving you strength. Neptune is opening your imagination up.



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GARDENING Small jobs Freo/Cockburn areas only. Weeding, mowing, pruning, reliable & respectful. Ian 0421 127 843

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SERENITY Healing is at the new Earthpoint Evolution Fremantle. Receive a voucher with your booking! Pop in for a Reiki Healing, Psychic Reading, Soul Reading, Reflexology or Massage. Call/SMS Sharon to book 0403 055 240

SUN'S Massage Relaxation Centre - new owners, great service, good deep massages. 5/8 Sims Rd, Hamilton Hill. Open 7 days 9am-8pm. 0474 492 451

NOTICEBOARD

WHAT'S ON • CLASSES • ACTIVITIES • SPIRITUAL SERVICES • SUPPORT GROUPS

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

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

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 381 868 or email mattelr16@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 til 23 March, 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

NEW WAVE YOUTH ACTING CLASSES for 15-17 yrs. Second term April 16 to June 25. Tuesdays 4.30-6.30pm, Victoria Hall, Fremantle. Email pippa@fremantletheatrecompany.com

PERTH MATURE ADULT LEARNING ASSOCIATION (MALA, Inc.): Semester One, Part B of lecture program commences May 3rd, continuing on Fridays until May 31st. Topics include 'Scams, Skulduggery and Science', Living Well Through Music, Nuclear Vs Renewable Energy, Narratives and International Relations, Australian Plants and their Uses, and Stories from the Deep Oceans. For fun learning in a friendly atmosphere, find the full details of these one hour lectures at MALA website: www.mala.au

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 Street Willagee (Cnr Horn Pl)

SHARE A BEER AND SAVE THE WORLD! Join the Amnesty Freo crew every second Wednesday of the month at Clancy's Fremantle from 6pm. Look for our sign and sup from the cup so together we CAN make a difference. Need more deets? Email fremanteamnesty@gmail.com

TUESDAY LADIES' GROUP Senior ladies are most welcome to join us for mornings of craft, fun, games and chats over morning tea. St Stephens Uniting Church Hall Mackenzie Rd Applecross. 10am to 12pm. Just turn up or contact Jackie on 9330 2386

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The right help

WHEN 'Mary' was a young child her brother died in a car accident.

Her mother immediately cleared out his room, forbid them to say his name and wore black for the rest of her life into her 90s.

As a result, Mary became extremely risk-averse and this fear was passed on to her children, limiting travel and other opportunities.

It wasn't until she was in her 60s, working as a professional in a senior role, that Mary reached out to The Grief Centre of WA, who turned her life around.

After support sessions and counselling, Mary was able to look at her fears through a different prism and started travelling and going on cycling trips around the world.

"Thank you...colour has come back into my life," she told the staff at the Grief Centre of WA.

Mary is just one of the countless people the WA Grief Centre has helped since it was founded by Christine Overstone in 2014.

The registered charity is mostly volunteer-run with all volunteers and staff having experienced bereavement.

Overstone decided to found the Grief Centre after experiencing a family tragedy and being surprised at the lack of non-clinical support options.

"I couldn't find a service that had the language that spoke to me as a community person, nor the

connections for the kind of support that I found helpful," Overstone says. "I didn't relate to the clinical approach to grief work, with models and theories. I wanted to understand it in layman's terms, but that type of language and service was missing."

According to research, 60 per cent of the community can manage their own grief without clinical intervention through support from family and friends, 10 per cent will require psychiatric help, and the other 30 per cent could go either way, depending upon the level of support they receive.

"The Grief Centre of WA works hard to meet that 30 per cent to ensure they do not end up as another mental health statistic," Overstone says.

Over the years the charity has helped countless people in WA including 'Tony', whose family was "adrift" after his daughter committed suicide.

"By coming to counselling sessions, participating in groups and creative therapy workshops, it helped Tony to heal and now he is able to give something back to the community through his participation at the Centre," says Grief Centre business manager Hayley Solich.

"Tony is now one of our management committee members and passionate about making a difference for other families who have been touched by suicide."

Solich says grief needs to be processed properly and everyone does that differently.



"Culturally, from a young age, we are trained to dust ourselves off, dry our tears and soldier on," she says.

"Consequently, our community in general is uncomfortable with emotions. They don't know how to hold space for someone who is grieving beyond what they think is a 'normal' amount of time.

"What they are not respecting is that the person who they had a

relationship to may have died but the connection to them hasn't.

"So when people are telling you to get over it, that is like telling you to break the connection.

"And you really don't need to do that.

"It is normal to memorialise the person and to maintain the bond beyond the grave."

The Grief Centre of WA has counselling rooms in Willagee

at 88 Bawdan Street. They offer by-donation support groups on Wednesday 9:30am-11:30am (bereavement only) or Thursday 6:30pm-7:30pm (all losses). They also do fee-based counselling with a concession available for financial hardship.

The Centre is marking its 10-year anniversary with an open day on April 10. For more info see griefcentrewa.org.au.



truth telling

We will never abandon our dream of walking together

**Quote: Whadjuk Nyoongar Elder Gerrard Shaw
img cr. Turid Calgaret 'Walyalup Boodja'**

fremantle.wa.gov.au/truth-telling-program

Join us for the Truth Telling program launch event!

The City will present a year-long program of Truth Telling, with a range of engagement opportunities for all ages.

The launch event will serve as a bridge between the One Day in Fremantle events of recent years and the new Truth Telling program.

Everyone is welcome.

Visit the City's website to register your attendance at fremantle.wa.gov.au/truth-telling-program

PROGRAM

Sunday 24 March | Manjaree Bathers Beach | From 10am

10am | Smoking Ceremony and Welcome to Country

11am | Yarning circles including guest speakers

11.30am-1pm | Truth Telling activities such as weaving, yarning circles and cultural tour

12pm | Traditional food for everyone

We acknowledge that truth-telling is an extremely sensitive process, and we aim to create a culturally safe and supportive space at this event.

The City of Fremantle acknowledges the Whadjuk people as the Traditional Owners of the greater Fremantle/Walyalup area and we recognise that their cultural and heritage beliefs are still important today.



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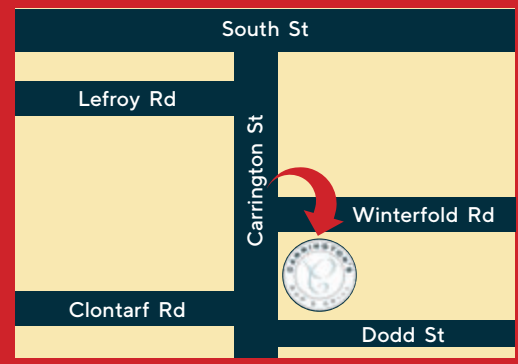
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