FREMANTLE



Saturday February 10, 2024 www.fremantleherald.com Your local, INDEPENDENT newspaper

41 Cliff Street, Fremantle

Letterboxed: East Fremantle, Fremantle, North Fremantle. Street Press: Beaconsfield, Hilton, Mosman Park, Editorial: news@fremantleherald.com O'Connor, Samson, South Beach (North Coogee), South Fremantle, White Gum Valley **Advertise:** advertising@fremantleherald.com



· Sex workers Gaea Anastas, Ruby Bujega and Gabriela Revas Ureta will be performing today at Tania Ferrier's exhibition Body of Opportunity.

The empower of sex

by STEVE GRANT

A QUIET revolution in the sex industry, powered by innovations such as OnlyFans, has been empowering sex workers to take agency over their bodies and could consign stereotypes about their profession to historical footnotes.

That's one of the provocative themes in

the exhibition Body of Opportunity by South Fremantle artist Tania Ferrier; a revisiting of the industry 30 years after her highly successful 1980s project Pop Porn put its seedy side under the spotlight and even had megastar Madonna wearing a set of the show's iconic Angry Underwear.

Ferrier was giving a talk at the Fremantle Arts Centre a year ago when a fan in

the audience, sexologist and stripper Gabriella Revas Utera, put forward a challenge.

"She came to my talk about Angry Underwear... and said 'well, come back to the strip club and see what's happening now'," Ferrier

Revas Utera outlined how sex workers had become more empowered and gained agency in the decades since the assault

of a stripper in a New York club where Ferrier worked sparked Pop Porn.

Ferrier says initially she didn't take up the idea because she'd just finished a show, but with some enthusiastic prodding from arts centre curator Andre Lipscombe decided the opportunity was too good to

"The Fremantle Arts Centre did a whole hunt to find Gabby; luckily she registered to come to the talk - I think there's about 30 people involved - and I remembered she'd said her name was Gabby.'

Ferrier said Revas Utera's aim to destigmatise sex work so she could freely discuss her work in her community captured her attention, particularly as many of her shows had

• Continued page 7, and a little heads-up; the page includes some nudity.

End of the weekender

by STEVE GRANT

IN breaking news, businesses in Fremantle's West End say the city council has left them "frustrated and alienated" by cancelling a popular street market held on the same weekend as the city's International Street Arts Festival.

The Westend Weekender has been held for eight years (with a Covid break) but an email from the Artisan Store sent to the Herald late Thursday says the city claimed "time, resources and budget" as being behind the cancellation.

But the email, from store owner Rowena Mitchell and attributed to its "team", said the Weekender was run and managed by the local business and required little funding or time from the council.

Continued page 3

DON'T wait! Contribute to our **FEED THE CHOOK** campaign now and support independent journalism. Please send donations to Hease send do laters and Herald Reserve, BSB 086 217, Account 63-951-0124. Or mail it to PO Box 85, North Fremantle 6159. Please email

accounts@fremantleherald. com or text 0438 933 300 so we can let you now how grateful we are.

WHITE HOUSE

6 homes UNDER OFFER/SOLD by Connie Handcock in 16 days!

Considering selling? Please reach out to Connie to find out how she can help you!









Connie Handcock | 0411 115 147

Fremantle's Selling #1 Agent as reported by REIWA, Realestate.com, Domain



FREO FREO

Super Super Specials!

Now available on Uber Eats

or SHOP ONLINE at IGASHOP.COM.AU

GET DELIVERED OR CLICK & COLLECT





It's Valentines Deek ATIGA FREO!



Fantastic Bowl Noodles 85g Selected Varieties





Fantastic Rice Crackers 100g Selected Varieties









\$599
BETTER THAN
1/2 PRICE!
Cadbury
Chocolate Roses
225g



\$299 SAVE \$1.47

Milka
Chocolate 100g
Selected Varieties



Oreo Cookies Original 133g



JC's Quality Cashews Salted & Unsalted 500g



SAVE \$6.00





JC's Quality Salted Macadamias 375g



Cooks Scorched Peanut Bites 140g & Violet Crumble 150g



Brightside Coffee Beans 250g



Sacla Basil Pesto Classic 190g



Balducci Pasta/Spaghetti 500g





1kg Carrot Bags /Zucchini



Bagged Royal Gala Apples



Prepacked Bananas



2 NEWMAN COURT, FOMO FREO, FREMANTLE WA 6160 OPEN 7 DAYS : 7AM TO 9PM

WWW.IGA.COM.AU 🖪 🗿 @IGAFREO

CONVENIENT FREE 45 MIN PARKING!

*With \$30 spend.
For IGA customers only.
<u>Conditions apply</u>.

Specials available from Monday 12th February until Sunday 18th February or while stocks last. Retail quantities only. No trade supplied. We reserve the right to correct printing errors. Pictures used for illustration purposes only. *Spend \$30 or more in store for free 45min parking.

Business angry at cancelled market

• From page 1

"The eagerly anticipated yearly occasion is of great importance to numerous small business owners located on High Street, as it serves as a platform for showcasing their products and services, amplifying foot traffic, and cultivating an exuberant festival atmosphere.

"This event also fosters a sense of community while preserving local culture.

In its absence, these small businesses would lose out on the invaluable opportunity to connect with potential customers and generate essential revenue," the email said.

It said there was little discussion with local businesses before the decision was made, which would also impact on the success of the festival.

"The Westend Weekender

is a pivotal component of the festival, as numerous attendees from last year's event attested that the absence of the market on the streets would have rendered it lacklustre. Its presence not only enhances the festival but also supports the growth and development of the surrounding

Pitches

The email says that without the markets, and because no busker pitches have been designated in the West End, there'll be little to encourage visitors to push through the crowds that gather around the National Hotel to see what's

'The National Hotel's sprawling presence at the corner of High Street and Market Street

poses a significant hindrance to foot traffic - ultimately transforming both High Street and the West End into a desolate ghost town.'

The email says a council officer said they might fund a future market in a different venue, but that would be 'detached and remote" from the business itself.

"It is important to note that this may result in reduced foot traffic and patronage for those local businesses.

"The council's decisionmaking process can be perplexing at times.

The council has once again dismantled a longstanding initiative aimed at supporting business within the community."

The email urged West End businesses to lobby the council to overturn the cancellation

DO YOU WORRY ABOUT **YOUR HEALTH?**

Prime Active fitness classes with Penelope

A unique and effective group exercise approach combining physical and cognitive training

0497 289 817

primeactive.com.au

ADVERTISEMENT

David Scaife MLA and the Cook Labor Government are delivering for

Cockburn Sport and Recreation

Investing \$2.5 million to help upgrade facilities at the Victor George Kailis Oval, next to Cockburn ARC

Doubling the KidSport voucher program so that families can receive up to \$300 in assistance per child

Contributing funding towards the construction of new shared futsal/netball courts at Spearwood Dalmatinac Club

David Scaife MLA MEMBER FOR COCKBURN

 9414 3266
 David.Scaife@mp.wa.gov.au Authorised by D Scaife, Unit 5, 816 Beeliar Drive Success WA 6164



Keep up to date at fremantleherald.com

Touch too much

by STEVE GRANT

THE Bon Scott memorial gate at Fremantle Cemetery had to be removed last week after being by a car.

The Metropolitan Cemeteries Board's senior knowledge management officer Iris Boardman confirmed it was an accident after AC/DC fans contacted the Herald fearing some yobbo had souvenired the entrance.

"A vehicle collided with the gate causing damage to the supporting archway brickwork," Ms Boardman said.

"The MCB cordoned off the area and removed the gate to ensure public safety.

"The gate is being securely kept until the archway repair works have been completed."

Ms Boardman said a contractor was due to start work on the repairs this coming week and the gate should be back up just after their completed by February 24.

Because of previous vandalism and littering at Bon's grave, visitors are warned thev are being watched by CCTV, but Ms Boardman said it didn't cover the gate itself so couldn't provide any insight into the crash.





WA MADE FILM FESTIVAL

Over 70 WA-made feature films, short films, and documentaries will take centre stage at this year's WA Made Film Festival, including twelve films made exclusively for the festival as part of its **Get Smart! Presented by Buy West Eat Best** smartphone filmmaking competition.

The WA Made Film Festival maintains its reputation as WA's biggest celebration of local screen culture. It will run across ten days, with celebrations kicking off on Friday, 23 February and continuing until Sunday, 3 March.

FULL DETAILS: WAMADEFILMFESTIVAL.COM.AU



It's a fair old life - mostly

THE monthly Fremantle Politics in the Pub event in the Local Hotel will on February 27 ask the question "A Fair Go For Young People? Do young people nowadays have it much harder than previous generations?"

On the one side we hear young people complaining about disadvantage and inequality, unaffordable housing, high student debts, and poorly-paid entrylevel jobs, but that is countered by claims of poor work ethics and laziness of young people.
Young people say they are

getting unfair conditions, when compared with the post-war generation and that they have to deal with climate change, that was not their making.

Generations

But we always had to live with the consequences of the actions, and inactions, of previous

We pay for the mistakes of the past and we reap the benefits of the improvements and innovations of the past.

Life is forever changing and

The past directs the present, hence we are all paying for the mistakes made by others.

History shows that it has always been like that.

No one should deny the impact of climate change, and what it will mean for future generations, and neither should we brush aside the very serious issue of unaffordable

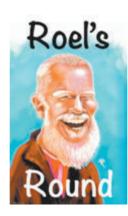
They are real issues for this and

future generations,.

We often hear that we live in the age of entitlement.

People constantly want more and consumerism has reached a ridiculous and unsustainable level, but were our parents and grandparents better off?

A young FIFO worker complained on social media recently that there was hardly any money left to live on, once he had paid for big holidays, cars, jet ski, rent, etc. and that he had to survive on a mere \$1,200 a week.





· Do young people get a fair go these days?

If that is hardship, I'll take it. The post-war generations in Europe had to deal with rebuilding entire cities, and live with huge

poverty and hunger. Millions of people had to start their life all over again as refugees in foreign countries, with a different culture and language.

Was that easier than currently not being able to find a place to

> Don't get me wrong! I absolutely understand the

frustration of looking for a place

I have been there many times myself, and had to couch surf for six months about 10 years ago, when I could not find anything I could afford.

Life is not a walk in the park, and never will be, unless one belongs to the few privileged ones, who have no worries in the world.

Most of us just battle on, create a happy life for ourselves and survive.

That makes us rightly proud of our achievements, even when it was never really perfect.

As they say: It is what it is. We hear that there is a generational inequality, so the claim is that we oldies had it so much better than the young ones.

I sincerely doubt that is true. The current generation has different issues to deal with, but life in the past was absolutely not a smooth and easy run to success and wealth.

It was bloody hard work, often without the support of social services.

Being unemployed meant being poor, and putting food on the table for the family was often a struggle.

Going all the way back to the early settlers, look at the amazing achievements they made.

Imagine walking or riding from Fremantle to the Kalgoorlie goldfields, in a harsh country they knew nothing about.

Contemplate what it must have been like to live without running water and electricity, and the basic lack of health care.

Yes, life is bloody hard and unfair sometimes.

Life puts a lot of challenges in our way, challenges and changes we have had to deal with since the

From the very day we are born we had to learn to cope with adversity.

We had to find solutions for the mistakes made in the past.

Nothing has changed in that regard.

Life is a character-building fight, where we learn to look after ourselves and support each other.

Not everything is smooth sailing from school to university and straight into the perfect job.

Hurdles

There are always hurdles in the way, that appear to make our future insecure, but is it really a lot worse now than it was 50, 100, 200

Comparing the present with the past is not working for me.

We see the immense potential of

this new young generation. The innovation technology, the

start-ups, the creativity, IT and AI. There is a real willingness to try, to change, to challenge the status quo, with no fear of failure.

The future looks amazing and exciting.

I have no doubt that all those young achievers will adequately deal with the challenges of climate change, and everything else thrown at them.

They'll have to, as there is no other option.

Life continues and we deal with it, as we always have.

Roel Loopers/Freoview

Are financial advice fees deductible?



by Mark Douglas FCPA Managing Partner of Francis A Jones

nly 16% of Australians use the services of a financial adviser, despite surveys revealing that 60% of people believe there is value in receiving financial advice.

Many just like to manage their own money, but there's a fair gap between folks who like the idea of getting financial advice and those that actually do. Fee levels are a big factor, with 39% suggesting it is because it is too expensive.

Financial advisers charge a range of fees including a one-off Statement of Advice (SOA) fee, an implementation fee, an ongoing advice fee and a review fee. The industry is heavily regulated and the fee levels in part reflect excessive compliance requirements that provide little benefit to the consumer.

A tax deduction for all advice costs would soften the blow, but it's not so cut and dry.

The ATO has just released a draft tax determination that looks at when individuals can claim tax deductions for financial advice fees. It is intended to replace and update an existing determination that was issued almost 30 years ago.

Ongoing advice fees and review fees that are in relation to existing or ongoing income producing investments are usually tax deductible, including for advice on the suitability or performance of those assets.

On the other hand, SOA and implementation fees charged by financial advisers are typically not deductible, including:

- Fees for advice on proposed or new investments, including on whether those investments are suitable
- · Fees for one-off financial advice on matters like estate planning, life insurance or starting a self-managed super fund
- Fees for advice that is considered private in nature such as personal budgeting

In this regard the draft determination almost mirrors the existing one, however the new guidance is broadened to consider whether financial advice fees could be deductible as costs of managing your tax affairs.

Fee levels are a big factor, with 39% suggesting it is because it is too expensive

The biggest change in the ATO's position is that under previous guidance, an initial or upfront SOA fee would almost never be tax deductible, but now may be deductible to the extent that it relates to tax advice. For example, the advice might consider the tax implications of the proposed investments. This portion would be tax deductible if provided by a recognised tax adviser. The tricky bit is in calculating the deductible portion, and the ATO gives no

The Financial Advice Association Australia had lobbied hard for all costs of financial advice to be fully tax deductible to consumers, but it seems to have fallen on deaf ears.

In the draft determination the ATO is adamant that where the advice is only partly deductible under either the general or tax affairs provisions, it must be apportioned on a reasonable basis.

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.

Blockchain in Real Estate





Want more property info? Email me hayden@dgre.com.au for your free REIWA Suburb Report

ike a startled rabbit staring into headlights, this Gen Xer listened intently to the REIWA Trainer awaiting the lightbulb moment for clarity and understanding of what Blockchain is. Unremarkably, blockchain was simply described as a "chain of blocks". Not that helpful to my understanding.

For the benefit of others, here's how I was able to better grasp the blockchain concept. REIA CEO, Anna Neelagama assisted by pointing out that unless you're a coder, trying to understand the blockchain from a technical point of view is probably quite pointless.

One way to gain understanding is to describe blockchain as a new layer of the internet building on Web1 and Web2. Web 1 was simply information being put out to be consumed in a one-way manner. Web 2 began to enable users to interact with content and "talk back" - remember the first online payment you made online and how revolutionary

blockchain as a new layer of the internet

Web3 will have a new level of the internet called a blockchain. This facilitates legal and financial transactions to occur in a secure way representing a true economic exchange. This is due to the blocks (which are pieces of programming that cannot be altered) enabling a complex transaction environment with many parties simultaneously involved. The blockchain therefore removes the need for a third party - such as a bank - to be involved in the transaction. Bitcoin is a well known example of a blockchain.

As blockchains are unchangeable, malicious actors are unable to tamper with the transactions or contracts within it mitigating against fraudulent activity. The "smart" contracts (digitally created



the particular network which can be either private or public. PEXA, the digital settlement system now widely used for property transactions is an example of a private blockchain.

Real Estate transactions are, of course, more complex than a simple bitcoin trade, with multiple participants and processes involved in a typical transaction. However, the principles of value exchange remain the same and that's where blockchain technology can begin to play more of

Blockchain technology is able to verify, inform and enable transfer of property ownership. This is where things get complicated with the introduction of Smart Contracts, the Metaverse, Non Fungible Tokens (NFT's), Decentralised Finance (DeFi) and Decentralised Autonomous Organisations (DAO's). There is insufficient room to attempt to explain these terms. These are, in short, aspects of blockchain technology that can apply to real estate transactions in both the real and virtual world that are already with us.

No doubt, the aspects of blockchain technology will be more easily understood as certain applications of it are applied to real world situations. However, the idea that people are actually buying (spending real money) advertising space in a virtual metaverse is, for this Gen Xer at least, a bridge too far divorced from reality.

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

Guardless road worries parents





by STEVE GRANT

PARENTS and residents living near an Ardross intersection that's been the site of several accidents are urgently trying to recruit a crossing guard, fearing otherwise a child may lose their life.

The corner of Riseley Street and Drew Road is regularly used by students getting to nearby Ardross Primary School and home, but since September last year WA Police have been unable to find anyone to take on the crossing guard's job.

Nora Ball lives nearby and says she's concerned because she sees children as young as seven years old crossing without an adult, and believes the intersection is patently dangerous.

"I am quite concerned because there are lots of accidents; there were two or three last year in the space of a couple of months.

"Coming from Booragoon, Riseley Street goes down a hill, so cars come zooming down, and coming from the Canning Highway end it's a bit of a blind spot," Ms Ball said.

She contacted police to find out when the guard might be replaced, but said they pretty much threw up their hands and urged the community to become recruiters.

"They said 'if you can find someone, tell them to get an application in," Ms Ball said.

Ardross Primary's P&C has also been on the lookout without any luck.

Crossing guards are paid \$29.68 per



•Ardross primary P&C president Cindy Webster and neighbour Nora Ball are concerned young kids are crossing this dangerous intersection without parents - or a crossing guard. Photo by Anton Ball

hour, but with WA unemployment rates at record lows, police have been struggling to cover busy crossings across the metropolitan area. The Chook ran a story about Beaconsfield Primary's plea for a second guard in 2022 after year 4 student Ania Watson was hit by a car ("Bus lane to be reviewed after car hits student").

Across the metropolitan area there are around 20 vacant intersections needing to be filled.

Police provide the uniforms, lollipop and full training, and to apply telephone 6274 8731 or email childrenscrossingsunitsmail@police.wa.gov.au



Have your say



We want to hear your ideas and opinions on some big decisions happening in our community. Have your say and help Freo become the city you want it to be.

Community engagement consultations currently open for comment online

PROPOSED SHARK BARRIER AT BATHERS BEACH

Bathers Beach has been endorsed by Council as the preferred location for a physical shark barrier. The City is seeking community feedback on this proposal and exploring State Government funding opportunities. **Closes Friday 16 February**.

SAFE AND FUNCTIONAL STREETS

Tell us how we can improve road safety and enhance the functionality of our streets by having your say on traffic calming and narrow streets policies.

Closes Friday 16 February.

NORTH FREMANTLE HERITAGE TRAIL REFRESH

Developed in 1988, the trail's heritage signage and stories need renewal. Help us revitalise and enhance the trail with your stories and ideas. **Closes Sunday** 18 February.

FREO ALTERNATIVE SUNSET CLAUSE EXTENSION

The City is proposing to amend the Local Planning Scheme to extend the Freo Alternative special provisions for a further seven years. Your insights will help to shape the future. Closes Saturday 24 February.



Receive Community Engagement news and updates directly in your inbox.

Visit mysay.fremantle.wa.gov.au and click subscribe



Livestock to be unloaded

by STEVE GRANT

ALL livestock aboard the MV Bahijah will be offloaded in Fremantle after the exporter was refused a licence to take the long route to the Middle

The Bahijah has been stuck in Fremantle port and just off its coast for two weeks with 15,000 sheep and 2000 cattle aboard after the federal agriculture department ordered it back from the pirateridden Red Sea.

On Thursday morning the department said it would be "engaging" with exporter Bassem Dabbah "in relation to the arrangements that will be needed to support this".

"Any offloading of livestock will be undertaken under strict biosecurity protocols and with regard to animal welfare," the

department's statement read.
"The department will continue to support the exporter as they consider options for the livestock once they have been unloaded."

The Herald asked the department whether the threat of legal action by Israeli-based animal welfare activists to try and block the livestock from being unloaded had played a part in its decision to reject the export licence.

But the department responded: "A more detailed statement

of reasons underpinning the recent regulatory decision is not yet available, however will be published as soon as possible. We will provide a direct link as when this is online."

The Herald spoke briefly to the husband of one of Bassem Dabbah Live Export's directors, Tam Michalek, this week but he said she was "trying to sort out" the issue before speaking to the media.

Gidgeganniup

Ms Michalek, who lists animal welfare as an interest on her LinkedIn page, helps run the family farm in Gidgegannup as well as operating Bassem Dabbah's parent company T&T Rural Contracting with Darwin-based business partner Chloe Grant.

The pair have been lauded as Australia's youngest and only women live export license holders.

One of their first deliveries of cattle to Israel in 2022 achieved a 99.93 success rate.

Ms Michalek has previously worked as a compliance officer for cattle companies TW Pearson and North Australia Cattle Company, as well as managing the export supply chain for International Livestock Export.

Her first gig in export was with Global Rural Solutions back in her home state of South Australia in

FoP chair Nick Everett said the

join Gaza rally

FORMER Western Australian Labor premier Carmen Lawrence will be one of the key speakers at a rally against the War in Gaza due to be held in Fremantle today (Saturday February 10).

The rally, kicking off at 4pm in Walyalup Koort has been organised by the Friends of Palestine, which described Israel's response to the October 2023 attack on its soil by Hamas paramilitary units as "brutal".

As of Monday, the Al Jazeera news outlet reported at least 27,478 people have been killed and 66,835 wounded in Gaza.

constant bombing and ground offensive left nothing but "mass death, destruction and misery".

· Friends of Palestine picket an Israel-bound ship at Fremantle Port. Photo by Kikei [Dot] Net Photography

Lawrence to

The Australian government has taken no action to condemn Israel nor impose diplomatic or trade sanctions on the apartheid state," Mr Everett said.

Allegations

"Yet, when Israel made unproven allegations that a small number of United Nations Works and Relief Agency staff were involved in the October 7 Hamas attack, the Australian government immediately 'paused' aid to the UN agency.

"In doing so, Australia is

severing a lifeline of support to displaced Palestinians."

Other speakers at the rally include St Paul's Anglican Church priest Gemma Baseley, maritime union organiser Michael Quinn and Palestinian community member Razanne Yasir.

There'll also be performances by musos Emily Barker and Sharin Attamimi before the crowd

marches through Fremantle. Mr Everett told the Herald there hadn't been much pushback against the group for holding the rally, and they'd got approval from police and Fremantle council.

The rally follows a second picket of an Israeli-owned ZIM ship at Fremantle port February 3.



FREMANTLE CITY

A PARTNER CLUB OF THE FREMANTLE DOCKERS FOOTBALL CLUB



WELCOMING **GIRLS & BOYS**

Pre-Primary to Year 12

Register Now!

FREMANTLE CITY DOCKERS JUNIOR FOOTBALL CLUB

Season: April to September

Contact: presidentfcdjfc@gmail.com www.fremantlecitydockers.com.au

@fremantlecitydockers

fremantlecitydockers

Fremantle Chamber Orchestra

John Keene Conductor Rebecca Glorie Violin Andrea Mendham Violin

HANDEL **CONCERTO GROSSO 12**

CONCERTO FOR 2 VIOLINS

SYMPHONY 4

CHAMBER ARRANGEMENT 1ST & 3RD MOVTS

Saturday 23 March @ 3pm Churchlands Senior High Paul Latham Auditorium

Sunday 24 March @ 2:30pm Basilica of St Patrick 47 Adelaide St Fremantle

proudly supported by











fremantlechamberorchestra.com Adults: \$40, concession: \$35, under 18 years: \$20 Tickets Trybooking or call Natalie 0438 933 250 or at the door from 2pm

The empower of sex

• From page 1 already dealt with stigma, such as her exploration of Rottnest Island's dark history in *The Quod Project*.

"It's the same thing as with *Pop Porn*, in a way, even though I realised that the word porn is extremely difficult to use at any time.

"But whenever you stigmatise and taboo a word entirely and try to take it out of circulation, you create a problem because parents won't sit and talk to the children about appropriate sex.

"You've got to look into what's going on with this shutdown and you've got to open up a space for conversation.

"Otherwise you create, essentially, a sickness in society," Ferrier told the Herald.

Revas Uteras, who holds a master's degree in sexology from Curtin University and was born in Chile, says Australians are pretty awkward when it comes to discussing sex.

"Anything that has to do with sexuality, intimacy and pleasure, it's taboo; we don't talk, we don't share it, especially in Australian society

"So then I found that for someone to work utilising their sexuality, sensuality, their bodies, is even the next level of taboo."

Revas Utera said stripping and sex work is more commonly referenced in pop culture these days,



• Tania Ferrier's image In Search of the Nude.

particularly in music, and younger people are more relaxed about the industry, but old attitudes linger.

"If people have issues with their own sexuality, then when they see a woman empowered and using their sexuality for profit, it will be confronting, it will be challenging.

"I think that's the whole

"I think that's the whole idea of this project for me, was to embrace all of who I am; a mother, a member of the community. I'm a dancer - that's my job - I'm also a sex educator, and how can I integrate all of that without feeling that some aspects add value and some aspects

take value from me.

"That's my life project."
The club where Revas
Utera performs is now
owned by a woman who'd
worked her way up from
being a skimpy barmaid,
and she says it's not the
only part of the industry
undergoing change.

OnlyFans

"Now there is OnlyFans there is the democratisation of the production aspect, which has changed the industry as well.

"In the early 2000s or '90s, to do a porn you needed equipment which

meant you needed capital. Now, we just need a phone and an account, and then you can start making money making content."

Ferrier said the tuttutting about sex workers usually come from people who haven't been to a burlesque show, let alone a strip club, and discriminatory attitudes can have serious consequences.

"Society also needs to catch up because a great article that just came out when I started this project was about workers in Sydney, and how the banking system still won't let women get a bank



account, and so they're stuck in a cash economy, and a cash economy can then lead to getting robbed on the way home."

Revas Utera said the health system also discriminated against sex workers, particularly those offering full sexual services.

"They assume that they are drug users, they assume that they are not in charge of their life, they assume that they all have health issues.

"For example, if someone shows up with a bruise, they assume that they were abused." While Ferrier is lead artist, the exhibition of 74 images also includes work by photographers Sascha Turisini and Nikita Dunovits-Ferrier.

Former Funkellero Abe Dunovits has written a musical score and Dana Stoll created the costumes which the performers will wear for a final performance today (Saturday February 10 at 1pm) at Gallery Central in Aberdeen Street, Perth, while there will be an artists' talk at 4pm and the images will be on show until tomorrow.



Department of
Primary Industries and
Regional Development

Red imported fire ant has been eradicated from Fremantle

Red imported fire ant was first detected in the Fremantle Port in 2019. An intensive successful eradication program by the Department of Primary Industries and Regional Development (DPIRD) followed.

The co-operation shown by Fremantle residents and businesses during the surveillance, baiting and quarantine activities was crucial to the success of this program. DPIRD biosecurity officers collected 14,000 ant samples from more than 3,500 residential and commercial premises, including multiple front yards, backyards and even a few cubby houses!

With your help, Western Australia has now been officially declared free from the invasive red imported fire ant.



Scan for more information

Thank you

to residents and businesses for all your support





· Second Harvest Australia will close in May. Photo by Steve Grant

Harvest shuts

by STEVE GRANT

A CHARITABLE organisation which has been providing food relief for the needy in Cockburn for 42 years, and an op shop in Hamilton Hill for the last eight, has announced it is closing its doors for good.

Second Harvest Australia was founded in 1982 and runs the food centre and op shop next to the Southwell Community Centre on Caffery Place as well as a warehouse in Cockburn Central, but stalwarts Sandra Walquist and Jill Fraser have announced its last day of trading will be Friday May

Ms Walquist declined an onthe-record interview, but a note on the op shop door gave a hint of the increasing difficulties they've faced keeping the not-for-profit operating.
"The major points impacting

- this decision were:
 Availability of cheap and donated food;
- Abuse and bad behaviour to staff and volunteers;
- Available, experienced and physically fit volunteers to complete the day-to-day tasks;
- Costs associated with running a not-for-profit organisation," the note read

The *Herald* understands the pressure on charities around the metropolitan area is making it harder for small operations like Second Harvest to get unsold goods from supermarkets once the bigger charities take their share.

Former Yangebup Progress Association president Maggie Zentner paid tribute to Ms Walquist, Ms Fraser and their team

"I have done some volunteers there and it saddens me that Second Harvest Australia is

Council grilled

by STEVE GRANT

FREMANTLE'S annual meeting of electors has failed to accept the City of Fremantle's annual report for a third year running, while also passing a vote of no confidence against mayor Hannah Fitzhardinge over the South Beach toilets farce.

The modest crowd of around 35 electors was well peppered with Ms Fitzhardinge's political opponents, including former mayoral contender and councillor Marija Vujcic who raised two successful motions on the night.

"The first motion is a no confidence motion in mayor Fitzhardinge's handling of the City's finances and in particular the South Beach toilets and changeroom project," Ms Vujcic

"There are strong concerns and criticisms of the mayor's handling of civic finances, as evidenced by the civic centre cost blowout from \$45m - \$63m audited; the architectural fee blowout by \$5m; the sale of income performing car parks have resulted in the loss of at

least \$25m over the last five years," she said in her statement in support of the motion.

"The financial mess of the South Beach toilets and changeroom project, is indicative of the financial mismanagement coming from your office.

"The project cost is \$3.3m - it's been stated by others. Are we cracking on? Of course not; we are building makeshift facilities costing hundreds of thousands of dollars just for this summer.

"This is not what we signed up for."

Budget

Ms Vujcic's concerns about the budget were echoed by her former running mate Craig Ross, a former forensic auditor who peppered the council with questions from its financial audit which he said was riddled with simple errors such as wrong

Mr Ross honed in on the doubling of the value of the city's parks, roads and paths which the Herald spotted leading up to the meeting ("Freo's roads paved with..." Herald, February 3, 2023) and later told us he believes

the City simply stuffed up and asked for the wrong type of audit that didn't take into account the limited uses of the land.

Mr Ross also says the council is consistently putting forward wildly ambitious capital works programs, but other than the Walyalup Koort redevelopment was barely achieving them, leading to the last financial year completing around \$10m of the \$25m budgeted.

He says the shortfall is being used to plug holes in the budget caused by the council selling off income-producing assets to build the civic centre but failing to produce the revenue it expected.

"I looked over the last eight years, and apart from Walyalup Koort, on average they spent just \$6m each year of capital works."

Mr Ross also criticised the council for keeping secret a projected \$3m investment loss stemming from the imminent collapse of the regional Resource Recovery Group and the writedown of its recycling centre. This was discussed as a confidential item by the council and he believes the loss could be as high as \$5m because the asset should have been written down to zero.

closing," Ms Zentner posted on the association's Facebook page.

"Sandra, Jill and the team are an incredible bunch of people and they will be missed by so many."

Cockburn mayor Logan Howlett said the City was also saddened by the closure, and appreciated the "remarkable" contributions Second Harvest made to Cockburn.

"Everyone who has ever been involved with delivering the important work of this organisation over the past 40+ years, should be very proud of all it has accomplished during this

"Many sections of the WA community are experiencing difficulties during the current economic climate and we

encourage people in need to reach out to support organisations in the community."

The mayor said the City provided \$197,850 to Second Harvest between 2012 and 2022, including grants in response to Covid-19 and to purchase a fridge and freezer" while offering peppercorn rent and other assistance



BESPOKE CABINETRY

Come and checkout our new showroom in Freo!

We will be showcasing current cabinet trends and up to date luxury hard surfaces including the upcoming all new range of Silica Free products for a fresh new look in your home.

We are a local business specialising in residential interior renovations. Covering kitchens, laundries and vanities, we can supply bespoke cabinets to your design.

Give us a call or message to organise your obligation free quote today. All areas Fremantle and south of river.

CALL DAVE NOW FOR A FREE DESIGN & QUOTE

Kitchen, Laundry & Cabinetry

■ 3D Design Service

All Trades Supplied





kardinyakitchens@hotmail.com



Delivering high quality service for all your roofing and gutter needs



- Gutter & downpipe replacement & repair
- **Roof leaks**
- All types of roof restoration
- Gutter and valley guard
- Full and partial roof replacements
- High pressure cleaning and roof coating
- Ridge cap flexible cementing
- Rust treatment

With 17 years of experience, you can count on us to deliver professional, high quality finishes and work until you are 100% satisfied.

Call us today or visit our website to schedule a FREE QUOTE!



We will be there tomorrow to stand behind what we do today

0402 432 437 | constructionunlimited.com.au

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.

rom 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

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.





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 hardfought 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

Their optometrists conduct comprehensive eye



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.





201 South Terrace, South Fremantle **m** 0415 549 649 **w** nakedspecs.com.au





Keeping it real



food STEPHEN POLLOCK

PORGET about your posh delis and artisan cafes, a trip to Hela Continental Smallgoods is a real rustic adventure.

First off, you have to make an acute turn on the busy South Street and ascend a ramp so steep you need a team of sherpas to reach the crumbling summit.

At the top lies an archaic carpark with a few random shops – Hilton's very own "Death Zone".

In the corner is Hela Continental Smallgoods, its vintage sign catching the afternoon sun like a German pensioner on the beach.

The shop's giant glass door was plastered with various warning stickers including 'Don't push or pull, slide gently' and 'Maximum four customers at a time'.

I proceeded with caution and emerged in a tiny shop with a butcher's counter and a few wooden shelves with smallgoods.

It was a meaty grotto – a sort of living hell for Tash Peterson – with a huge phalanx of German bangers and smoked meats.

The shelves were crammed with small goods and there was everything from German mustard to huge jars of sauerkraut. But I



was there for the sausage.

After a brief pause, a lady emerged from the rear of the store.

She was super friendly and polite, and ushered me over to the bulging snags.

I plumped for some traditional bratwurst (\$20.95/kg), debreziner (\$25.95/kg), kranski (\$25/kg) and a tray of Leberkase (\$13.50) a sort of premium spam made from finely-ground pork that is popular

in Germany, Switzerland, the Netherlands and Austria.

Back home, I whacked the lot in the oven for dinner (the Leberkase took about 45 minutes at 170C) and put the smoked sausages in at the end to crisp up the skins.

The pick of the bunch were the traditional bratwurst, which had a delicious combination of pork, beef, garlic and marjoram, a herb from the mint family.

The snag had a complex flavour that held your interest to the final mouthful.

Super tasty with high quality meat, these were a joy to eat.

Coming in a close second were the debreziner, which were lightly smoked and had a bit of heat courtesy of the chilli.

The kranski had a nice smoky refrain that wasn't overpowering, but I regretted my decision to heat them up and should have just had it sliced cold with some nice cheese.

The Leberkase didn't look that appetising when I removed the lid and popped it in the oven (it was pinky-grey and looked a bit like Polyfilla) but it soon fluffed up into a pork loaf.

I've never tried Leberkase before, so I can't say if it was authentic, but it had the taste and texture of a hot dog.

It's often eaten in a sandwich or in a hard wheat flour roll, so that makes sense.

Since Elmar's on North Lake Road in Myaree closed down last year, I've been having bratwurst withdrawal symptoms

withdrawal symptoms.
Thankfully a *Chook* reader on our Facebook page alerted me to the family-owned Hela, which despite being in Hilton for 39 years, had somehow flown under my radar.

It's now my go-to for German snags and definately worth a visit.

Just make sure your brakes are in good working order for that car park ramp, or it could be "Auf wiedersehen, Pet".

Hela Continental German Smallgoods 290 South Street, Hilton facebook.com/ HelaGermanButcher

Valentine's Day

A HERALD PROMOTIONAL FEATURE

ADVERTISE YOUR BUSINESS advertising@fremantleherald.com



Savor Romance at Carrington's Bar and Grill: A Culinary Love Affair on Valentine's Day

When it comes to celebrating love and indulging in a gastronomic adventure, Carrington's Bar and Grill in Hamilton Hill stands out as the perfect destination for a romantic Valentine's Day rendezvous. This year, Carrington's is offering an exquisite Seafood Bonanza for \$65, curated especially for couples looking to share a memorable dining experience.

The Seafood Bonanza is a symphony of flavors, carefully crafted to ignite the senses. Priced at \$65, this delectable feast includes a tempting array of dishes that define the essence of fresh and succulent seafood. From the irresistible beer-battered barramundi to the delicately grilled half shell Shark Bay scallops, and the spicy kick of chilli mussels cooked in napoli sauce – each dish is a celebration of the ocean's bounty.

But that's not all; the Seafood Bonanza also features BBQ prawn skewers, perfectly grilled squid, toasted sourdough, and sides of chips & rocket, parmesan & red onion salad. The combination of textures and flavors ensures a culinary experience that is not only satisfying but also deeply romantic.

To complement the Seafood Bonanza, Carrington's Bar and Grill presents Carrington's Spritz Sensations, a lineup of tantalizing cocktails available for just \$10 each. Let the evening unfold with these delightful concoctions as you toast to love and create unforgettable memories in a cozy and inviting atmosphere.

For those seeking variety, Carrington's will be featuring terrific Chef Specials on Valentine's Day, adding an extra layer of

excitement to the dining experience. The Chef Specials promise to showcase the culinary prowess of Carrington's kitchen, offering unique and delectable options to elevate your celebration

And if the Seafood Bonanza doesn't quite fit your fancy, fear not – Carrington's Bar and Grill has a full menu available, ensuring there's something for every palate. From mouthwatering appetizers to sumptuous main courses and decadent desserts, Carrington's offers a diverse selection that caters to various tastes and preferences.

This Valentine's Day, immerse yourself in the enchanting ambiance of Carrington's Bar and Grill. Book your table now and embark on a culinary love affair with the Seafood Bonanza, Carrington's Spritz Sensations, and an array of Chef Specials. Carrington's is more than a restaurant; it's a destination where love and flavor intertwine to create an unforgettable celebration of romance.

330 Carrington St, Hamilton Hill Phone 9337 3011 carringtonstayern.com.au

66 Embark on a culinary love affair with the Seafood Bonanza, Carrington's Spritz Sensations, and an array of Chef Specials.





Real charmer

THIS South Fremantle home has a gorgeous facade.

There's a lovely ornate finish on the bullnose verandah, the tuckpointing is exquisite and the timber porch is pure period bliss.

Built around 1890, this three bedroom one bathroom abode is on a limestone ridge with great easterly views of the suburb.

The inside is just as attractive with lots of period features including a vintage fireplace, jarrah floors, sash windows and exposed timber beams.

It's got that classic layout – long corridor with rooms peeling off either side.

The kitchen is a stylish number with the black floor tiles contrasting nicely with the white walls and wooden cabinetry.

It's modern and functional while also doffing its cap to the past with a lovely old mantlepiece on one wall.

As bathroom/laundries go, this is one of the most stylish the *Chook* has seen - it's got black-and-white floor tiles and a period vanity with decorative splashback.

The back garden is a cosy, lush oasis with a sheltered deck overlooking a range of trees, plants and shrubs, making it a great spot for alfresco meals.

With the current heatwave biting like a junk yard dog, you'll be making full use of the outdoor pool, which has another entertaining area off to the side.

It's a lovely spot with an old stone door frame adding a touch of yesteryear. There's also some



vintage lights dangling above the pool. The *Herald* reckons you'll be spending a lot of time out here in the summer.

The home includes ducted zoned air-conditioning, rooftop solar panels with Fronius inverter, newly installed roof insulation, and a secure double car garage with potential to build an external granny flat.

For added peace of mind, the internal and external electrics throughout the property were recently replaced.

Situated on a 490sqm block on Wesley Street, it's a short walk to South Beach and all the cafes, bars and restaurants on South Terrace, and it's not much further to the Wray Avenue precinct.



This is a charming home in a great spot.

Home open today (Saturday February 10) 9am-9:30am 11 Wesley Street, South Fremantle White House Property 9319 2024 Stefanie Dobro 0409 229 115





OUR TOP HOUSE HUNTING TIPS FOR BUYERS.

Attending open homes is an important part of the purchasing process, allowing you to see a property you're interested in and gauge whether it really suits your needs.

But back-to-back inspections Saturday after Saturday can be a touch overwhelming, so here are our top tips to simplify the process and help you find the property that is 'the one'.

Scan this QR code to access our full online article





CHARLIE CLARKE
Director - Property Consultant
0406 626 527



CHADD BOUCHER
Director - Property Consultant
0433 043 437



moderealty.au

Suite 3, 1 The Esplanade, Mount Pleasant WA 6153 **AIRCONDITIONING**

XTRACOOL

- **AIRCONDITIONING** Evaporative / Ducted / Splits
 - Supply & Installation Repairs & Servicing
 - Pensioner Discount **FREE QUOTES**

ON INSTALLS **CALL MICHAEL**

ANYTIME! 0404 205 514

ELECTRICS &REFRIGERATION

- Lic: EC005661 Arc Lic: AU42409 Security Lic: 13291
- Refrigeration Repairs
- Ducted Installation & Repairs
- •Split Installation & Repairs • Supply & Install 2.5 KW from

\$1650 inclusive 24 HOUR EMERGENCY

MAINTENANCE Joe De Robertis 0419 955 156

Affordable Airconditioning

Evaporative Service \$130 Double Storey \$50 Extra

Brand New Changeovers from \$2500 **Ducted Evap from \$3000**

Ducted Reverse Cycle from \$4999

Wall Split Supplied & Installed from \$1299

★ Pensioner Discount ★ Call Brett

0408 569 489

ANTENNAS G.M. Electronics

plasma and LCD Wall Mounting - TV antennas installed and repaired - digital set-top boxes

supply and install - tune in's and setup qualified trades person

30 years experience Graham Mills

0418 949 469 gmelect@iinet.net.au



- **TV Antennas Tune and Setup TV Wall Mounting**
- **Home Theatre New TV Points**

Sam 0488 808 801

ARCHITECTURE

ARCHITECTURAL drafting & design

- residentia and commercial
- new houses and additions
- no job too small

ph. 0410 684 334

GET 2 **ADS FREE!**

NEW TRADIES!

To find out how you can get 8 weeks for the cost of 6 phone the Herald today on 0488 237 811

BRICK LAYING

BRICK AND STONEWORK

Qualified tradesman with

- over 30 years experience
 - Feature Walls
- · Retaining Walls Landscaping
- Stone Cladding Renovations • New Homes

· Fully Insured

0410 772 406

LG CONSTRUCTIONS **BRICKLAYING ALL YOUR**

BRICKWORK NEEDS structural works
 fences & retaining walls inc
foundations, brickworks & rende renovations, extension works
 garden beds and letterbox's

demo and patching works **CALL LUKE** 0448 711 553

YOUR LOCAL BRICKLAYER

mall to Medium Jo RETAINING WALLS LETTER BOXES PLANTER BOXES

FENCES & PIERS and any other bricklaying work you need around your home

- FREE QUOTES -**DAVID 0417 903 727**

BUILDING

ALL BUILDING



WORK big & small jobs renovations, remodel etc. tiling • lintels

roofing • attics

0449 788 778

CARPET CLEANING

Expert Carpet Steam Cleaning



Using Latest Truck Mount **Green Stamp Certified Upholstery Cleaned** Flood Work Specialist

Contact GRAEME 0418 957 690

Bond Refunds

CEILINGS

ALL-CEIL **CEILINGS** Prompt Reliable Service

Ceilings Replaced + Repaired Sagging Ceilings Lining of Face Brick Walls Clean, Rubbish Removed **FREE QUOTES**

Brian **0412 040 461**

ALL CEILING SERVICES

TOTAL PLASTERING SOLUTIONS

New Ceilings & Walls Repairs • Patch Work Family Owned Business



Call Jason 0430 395 176

CEILINGS



Extensions Renovations, Repairs Ornate Features FREE OUOTES

Call Bob 0411 729 173

CONCRETE

CONCRETE

Your local concreter All aspects of concrete

0430 467 753

0/101concrete **CSC**oncreting

Decorative concreting

 Exposed aggregate and limestone House slabs,

shed floors, pathways 30yr experience CALL SAM ON

0448 880 973 sales@cs-concreting.com.au

DRIVEWAY

DRIVEWAY CLEANING

SICK OF YOUR DIRTY DRIVEWAY?

We give your outdoor area a makeover with

 Pressure Cleaning · Colour Sealing Concrete Repairs

·Stone Clean & Seal **CALL DEE 0425 740 415**

GET 2 ADS FREE!

NEW TRADIES!

To find out how you can get 8 weeks for the cost of 6 phone the Herald today on

0483 119 542

EARTHMOVING

VROSPIL 25 EVILLE Small and Big Bobcats

• 11/2 - 6 Tonne Excavators · Lawn & Rubbish Removed · Driveways Removed

 Mulch Delivered • 10 & 20 metre Trucks

 Post Hole Auger A BOBCAT SPECIALIST 9337 5409

ELECTRICAL

MATIC

ECTRO SERVICE
Your Trusted **Electrical Contractor**

- LED Lighting
 All Electrical Work
 TV Wall Mounting EV Chargers
 Data & TV Cabling
- FREE Quotes! 0402 271 686

Phone Val: 0483 119 542 E: trades.services@fremantleherald.com

ELECTRICAL



For fast & reliable electrical services NO JOB TOO SMALL Shed & Patio Wiring etc

NICK BOZIKOVIC

ServiceMate

\$0 CALL OUT FEE FREE QUOTES Hot Water • Blocked Drains Electrical Repairs 20% OFF PENSIONER DISCOUNT

24/7 EMERGENCY SAME DAY SERVICE **CALL DION ON** 0438 261 122



FOR ALL YOUR ELECTRICAL NEEDS

DOMESTIC WORK

25 YEARS EXPERIENCE Call Bart on 0409 II8 857

Lic No 003513

SKYTRIX **ELECTRICAL**

 All Flectrical Work All Phone Data & TV Bore, Reticulation & Evap A/C Repairs

Solar & Inverter Repairs **PETER** 0408 095 398

EC4665

GARDENING

Bec's Backyards •Full Garden Reticulation Repair Hedge Trimming

Mulching Planting

NO JOB TOO SMALL! 0455 259 376

Added Care

Gardenina Reliable & Caring Service in

• garden design, water wise plant choice and mild landscaping
• garden clean ups
• maintenance

 rubbish removal weeding ~ pruning
 lawn mowing **Satisfaction Guaranteed**

0428 222 202

GAS

YOUNGS

Plumbing & Gas
PL 826 • GF 2968
Gas leaks located and repaired New gas mains
Gas meter relocations Appliance servicing
LPG & Natural Gas installations **FREE Gas Line Leak Checks**

9335 2076 youngsplumbing.com.au

GUTTERS



FREE ROOF INSPECTION WITH **GUTTER CLEAN**

9433 1077 min@sos-services.com.au PENSIONER DISCOUNT **FULLY INSURED**

BOURNE'S



GUTTERS - SOLAR PANELS PRESSURE CLEANING DRIVEWAYS

Satisfaction Guaranteed Quality Work - Fully Insured **Call Layton**

0450 002 848



FREO/COCKBURN **HANDYMAN SERVICES** ALL HOME AND

COMMERCIAL MAINTENANCE

PHONE DAN 0411 484 735

ASPECTS OF MAINTENANCE FOR YOUR

ALL

HOME **CALL RICHARD**

0404 673 065

GET 2 ADS FREE!

NEW TRADIES! To find out how ou can get 8 weeks for the cost of 6

phone the Herald today on 0483 119 542

LANDSCAPING

LANDSCAPES by DESIGN

All aspects of landscaping • retic turf • paving • decks

retaining walls • patios

On time & on budget Steve 0404 001 323

Leisure LANDSCAPES

 Landscaping Garden Makeovers Reticulation Landscape Design

PHONE JONATHAN 0421 579 338

QUALIFIED LANDSCAPER

LANDSCAPING

A.B. Landscapes

QUALIFIED HORTICULTURIST Specialist in landscape

design and construction **DINGO MINI-EARTHMOVER**

OPERATOR brickpaving • lawns etaining walls • reticulation
 diamond core drilling

Anton Birch cert. hort. 0412 995 919

LAWNMOWING

INCREDIBLE

LAWNS Cylinder & Rotary Mowing Retic maintenance and modifications

Craig Taylor 0450 689 886

DAVE THE **MOWERMAN LAWN MOWING** WHIPPERSNIPPING VACANT BLOCK

SERVICING Domestic, Commercial & Small Rural POLICE CLEARANCE - ABN - INSURED



0483 119 542

ABLE MAINTENANCE © Household/office repairs Shelving & Cupboards © Gutter cleaning/repairs
© Doors and Locks © Odd jobs © General Carpentry
© Gates © Small paint touch-ups

© Small Patio/Gazebo repairs © Curtain rails/blinds fitting Call GAVIN now for FREE QUOTE 0411 187 347

Matthew's

LONDON PAINTING SERVICES

MASTER PAINTER Dulux accredited painters trusted by Australia's most

EST. 1989

 All types of painting Immediate Start
 Quality work, reliable
 Competietive Prices All Work Guaranteed -Free Quotes

0413 877 777

PAINTING

BRAY'S PAINTING

SERVICE

IMMEDIATE START & RELIABLE · ALL ASPECTS OF PAINTING • FREE QUOTES
• QULAITY FINISH GUARANTEED

Dulux SOLVER 0499 888 071

brayspaintingservice@gmail.com alle tite falle

PAINTING!

Interior/ Exterior All work guaranteed. 30 years experience. Cheap rates.

Free quotes. Reg No. 32440



painting contractors **Dulux Accredited Painter**

Established 1984 · Small, medium & large residential

• Full warranties & trade insurances on all painting works • Specialising in the Fremantle & surrounding areas Professional workmanship with only qualified Tradespeople

A proud locally-based Fremantle Company with 30 years experience in the area

· Our specialty is heritage

Phone Kim 0412 079 470



colourificpainting.com.au

PEST CONTROL

)483 119 **542**

AUSSIE | INSPEC TREAT PEST C PROTECT Your Local Pest Experts Fixed price rapid pest control for ALL Pests inc: TERMITES, SPIDERS, ANTS,

SERVICE GUARANTEE 08 6555 7722

RATS & MICE, COCKROACHES

PLASTERING

PLASTERER

SENSIBLE PRICES. Quality Workmanship

For a clean reliable job at

Call Robin 0452 134 800

OVER 30 YEARS LOCAL EXPERIENCE



 Rendering All types of plastering,

small or large jobs.

Call Tom 0418 902 246

PLUMBING



& Gas

John 🌢 Fox General plumbing

 Blocked drains ♠ Kitchen & bathroom

renovations ≜ Emergency service Electronic Leak Detection

0421 981 528

legend Plumbing AND Gas

Servicing the Fremantle area and

Southern Suburbs

0412 137 747 legendplumbing andgas.com.au

Need an emergency

hot water system?

LPG can help today

YOUNGS Plumbing & Gas

Burst Pipes Hot Water

Gas Cookers Gas Leaks

plumbing problem? Let Tony Young give you a no obligation.

POKLEPOVICH

30 years experience 0412 928 660 andy@pokoplumbing.com.au Proudly serving the Herald area since 1989

COMMERCIAL & DOMESTIC **NO CALL OUT FEE**

10% DISCOUNT WHEN YOU MENTION THIS AD

Blockages Hot Water Systems

Gas Installations

SENIORS DISC

Renovations

*One discount offer per job

Pruning & Hedging

SLASHING RIDE ON MOWING

DAVE 0433 966 937

MAINTENANCE

PAINTING

Painting Services Reasonable prices Good discounts for pensioners.



Accredited Painter is your assurance of a quality job.

www.londonpainting.com.au 5 Reg 6888

plumbing needs

PL 826 · GF 2968

Blocked Drains

Sewer Conversions

Renovations Do you have an ongoing

9335 2076 youngsplumbing.com.au

PLUMBING & GAS

ANDY

CASOTTI O

FREE QUOTES - 24/7

Leaking Taps & Toilets General Maintenance eak Detection & Repair **New Installations**

SEE WEBSITE SPECIALS www.casottiplumbers.com.au

 Renovations 0418 911 592

www.fremantleherald.com

www.fremantleherald.com

Page 12 - The Herald, Saturday February 10, 2024

PLUMBING

Hi I'm Local **In Your Area Hot Water Expert**

✓ Senior **Discounts** ✓ Upfront **Pricing** ✓ Fast Plumber ∕ Drains, Taps.

Toilets Plumbing Emergencies 24 Hours 7 Days 6244 3319

Same Day **Plumber**

Blocked Drains



6365 4189 ald's Best Local Plumber

LOCAL PLUMBER

Same Day Service **Blocked Drain** Hot Water

6245 3196

Your Best Local Plumber!

PRITCHARD PLUMBING No job too big or small!

MENTION THIS AD FOR: % DISCOUNT / 15% SENIOR! ON LABOUR

0481 977 513 PL8949 GF16748

RENOVATIONS

KARDINYA KITCHENS

Cabinetry Free 3D Design Service **Fully Insured** VISIT OUR SHOWROOM FOR DISPLAYS

30 High Street **FREMANTLE**

CALL DAVE 0451867765

ral CONSTRUCTIONS **RENOVATIONS**

ALL YOUR HOME NEEDS

renovations and extensions - home altering for subdivisions - refurhishments

- front elevation make overs

- structural works **CALL LUKE** 0448 711 553 RETICULATION

Melville Retic

All repairs. Little or big. Easy or impossible.

0427 345 560

TO ADVERTISE PHONE NOW ON 0483 119 542

ROOFING

ROOF & WALL DOCTOR

WE REMOVE & DISPOSE OF:

WE SUPPLY & INSTALL

✓ Roof Replacements ✓ Colorbond, Zincalume ✓ Skylights, Whirly Birds

✓ Insulation, Gutters 9430 6553

16 Essex St, Fremantle www.roofandwalldoc.com.au Builders Registration Number 13172

FRANK'S ROOFING

STORM DAMAGE STORM DAINIAGE REPAIRS + 2 STOREY Roofcoating

- Gutters & Downpipes
- Pensioner discounts + Fix leaks



REPAIRS & RESTORATIONS

TIM 0422 866 311

SOAKWELLS

SUAKWELLS All aspects of Drainage &

Downpipes, Driveways, Spoon Drains, etc. We also repair existing soakwells and brickpaving For advice and recommendations call Deane

0418 906 735 www.pavedrain.com.au

TILING

SHOWER RESTORATION

• Grout Clean · Grout removed · Re grout Silicon

 Waterproof Full bathroom renovation

Ceramafixd WA Tony: 0402 104 518

Morrie's TILINGS RENOVATIONS

0418 925 933

SENSATIONS TILING & MAINTENANCE

• New Builds •All Aspects of Tiling 🧳 Waterproofing & Screeding • Regrouts & Siliconing • Small Maintenance Single Storey Gutter Cleans **CALL NICK**

TO ADVERTISE PHONE NOW ON

0411 071 387

TREE SERVICES



Trees for Residential, Strata, Commercial and Local

With the best reputation in WA, our services are delivered by qualified and experienced arborists. All work is fully insured and

meets industry standards. If you need help with pruning, canopy management, transplanting, structural support

or qualified advice, speak with us in the first instance. TO BOOK AN APPOINTMENT, SIMPLY

CALL ONE OF OUR TEAM 9359 9300

www.arborcentre.com.au

- Est. East Frem, 1982
- · Fully Insured
- · Pensioner discounts
- · Free quote
- Complete Tree Services

0421 118 704

TREE SERVICES

Foxys Treelopping

PRUNING & STUMP GRINDING FREE QUOTE • FULLY INSURED



0407 473 626

SOMERL

Fully Insured / Seniors Discounts ✓ Safe and **Environmentally Aware FREE QUOTES**

0498 074 718

WALLS

ROOF & WALL DOCTOR

BRICK &
LIMESTONE
RISING DAMP
FRETTING MORTAR
TUCKPOINTING
OLD RENDER REMOVED
LIMESTONE REPOINTED
HERITAGE RESTORATION
CRACK STITCHING 9430 6553

28 Years Experience 16 Essex St, Fremantle www.roofandwalldoc.com.au Builders Registration Number 13172



WINDOW CLEANING

WINDOW CLEANING **RESIDENTIAL** COMMERCIAL

Fully Insured Police Clearance Reliable & Efficient Attention to Detail PROFESSIONAL SERVICE

0414 797 712

CASS **WINDOW CLEANING**

expert service with reasonable rates and satisfaction guaranteed. 7 DAYS A WEEK

Gree Quotes 0438 390 791

TO ADVERTISE PHONE NOW ON



EAST FREMANTLE 37

GET FIT & EARN EXTRA CASH WITH A HERALD DISTRIBUTION ROUND!

EMAIL DISTRIBUTION.MANAGER@FREMANTLEHERALD.COM





FREMANTLE 6A

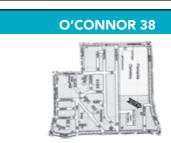




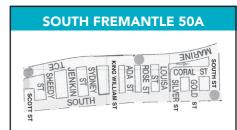


















GET 8 WEEKS FOR THE COST OF 6!

EMAIL VAL TO FIND OUT HOW TRADES.SERVICES@FREMANTLEHERALD.COM

February 10 - February 17, 2024



ARIES (Mar 21 - Apr 20) There's a new Moon in Aquarius. This will fill you with eccentricity, crazy but strangely brilliant ideas, and an unfathomable passion

to bring positive change to the world at large. Not everything will resonate with reality, but that's ok. One has to fly wild at times, to find one's next step



TAURUS (Apr 21 - May 20)

The new Moon in Aquarius causes you a little turbulence, but not enough to throw you completely off course. Venus is sending a ray of love your way from Capricorn. This will remind you that real breakthroughs happen when you are relaxed rather than phrenetic. Drink tea when necessary



GEMINI (May 21 – June 21)

Expansion presently requires groundedness and pragmatism. Mercury, your ruling planet, is in Aquarius, which isn't renowned for either quality. This suggests a conflict between inspiration and common sense. In trying to reconcile these two things you will discover a fresh set



CANCER (June 22 - July 22)

There is a new Moon in Aquarius. Each new Moon is a fresh beginning. In Aguarius, there is a sense of freedom and change in the air. Though this makes you feel slightly nervous, you are well aware that change does need to come for you to really get to the very best of

who you are.



LEO (July 23 - Aug 22)

The new Moon in Aquarius is your opposite, and as such is a challenge to your whole sense of what's what. Those you love continue to surprise you. In fact, surprises are very much in order at the moment Now that Pluto is in Aquarius, life is bound to present major twists to the tale.



VIRGO (Aug 23 - Sept 22)

Mercury, the Sun, Moon and Pluto are in Aquarius. This puts a lot of electrical energy into play. At times life provides us with little shocks. Shocks wake us up. They make us wonder if we should redirect our attention. All that comes our way is to bring us back to our most authentic self.



LIBRA (Sept 23 - Oct 23)

This is a time of renewal. The new Moon in Aquarius adds to the occasion. Shed

what needs to go. Old habits that have run their course and are no longer serving their purpose, begin to fall away. There's a new bud in your heart ready to unfurl. Venus will keep you settled and grounded



SCORPIO (Oct 24 - Nov 21)

The new Moon in Aquarius is here to bring in a fresh breeze of change. Though you realise this is a good thing, it's also a little disconcerting. It's not until your role and position is questioned, that you realise just how attached you are to your role and position. See this and then be flexible.



SAGITTARIUS (Nov 22 - Dec 21)

Jupiter and Saturn between them, have given you a healthy sense of when to open up and when to shut up shop, when to expand and when to contract. At this point in history, flexibility is an honourable quality to be able to access. The new Moon in Aquarius brings a breath of fresh air.



CAPRICORN (Dec 22 - Jan 19)

Venus is nearing the end of her journey through Capricorn. She is in a powerfully positive aspect with Uranus in Taurus. Keep your eye out for open doors. The new Moon in Aquarius repeats the message and doubles it. Freedom isn't generally what we think it is. Keep your heart open



AQUARIUS (Jan 20 - Feb 18)

The Sun, Moon, Mercury, Venus and Pluto are all in Aquarius. This is a lot of astrological firepower in your neck of the woods. Life is sending all the energy you could possibly need to unclog your pipes and head off on a fresh adventure Happily embrace your next challenge.



PISCES (Feb 19 - Mar 20)

With Saturn and Neptune in your midst, you are being invited to embrace two very different energies, whilst keeping each intact. Saturn crystalises. Neptune dissolves. Each has it's place, The new Moon in Aquarius is a fresh start. Life is pushing you to think about things in new ways





herald classifieds

EDUCATION

THESIS EDITING

Master and PhD theses. Provided by an academic who is a member of the Institute of Professional Editors (IPEd) Australia and who has worked extensively in this field at rates recommended by IPEd and with good discounts for WA tertiary students. Contact: 0407 052 274 for further details

EXPERT SERVICES

BOOKKEEPER.

Registered BAS agent. Supplying, efficient and reliable service, with the capability to Tailor for Businesses Big/Medium or Small. Over 28 years exp in bookkeeping/ accounts/admin, using MYOB, quickbooks and Xero. Services: Accounts Pay/Rec, Payroll, STP, Super, BAS/IAS/PAYG Bank recon and all aspects of administration duties. Fremantle Location. Call Antonella at AV Bookkeeping 0404 842 483 or info@ avbookkeeping.com.au

EXPERT SERVICES

CLEANING house/office hardworking honest Thai cleaners police clearance call 0414 069 256

CLOTHING Alterations and Ironing. Expert service. Free pick up and drop off. Call Lily 0402 269 163

FURNITURE Restoration and repair, traditional wood finishes, French polishing, call Fausto for free quote 0432 924 323

GARDEN - Landscaper, rose pruning, weeding, mowing, reticulation, mulching, tree work, rubbish removal, gutter cleaning, maintenance, brick paving repairs. Simon 0409 863 936

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

GUTTERS Free roof inspection with every gutter clean. Pensioner discount. 9433 1077



EXPERT SERVICES

LEAFLET Distribution made easy. Call the Herald and we'll do the rest. Target particular suburbs; we can handle any size distribution. Email distribution.manager@ fremantleherald.com

RETIC - A professional, prompt, reliable service Experienced in all repairs, maintenance, problem solving. Paul The Melville Retic Man 0427 345 560

WILLS And Probate. Experienced Solicitor. Friendly advice. Can home visit. Reasonable fee. Jane 9337 3852/ 0401 199 372 jf@fitzlaw.com.au Phone consult available

PETS

DOG walking and pet feeding. Reliable 1on1 service 0412 664 032

WANTED TO BUY

TOOLS, China, bric-abrac, antiques, records, books, jewellery, clocks, H/hold goods. Cash paid. Sheds, garages cleared out, deceased estates. Call Shedbusters



Keeping up to date with the latest news from your area



To advertise email the Herald

classifieds@fremantleherald.com

FYOU WERE EVER SERVED BY THE LOVELY

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 obligationfree - 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

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

FREMANTLE BRIDGE CLUB hold supervised social Bridge: Every Tues 9.30am and Thurs 6.30-9pm. Inc beginners lessons. Contact Sue 0409 372 222

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

SIMONE at Ed'z 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

MATURE ADULTS LEARNING ASSOCIATION.

Over 50 and looking for ongoing educational and social opportunities? The MALA (inc) provides a series of lectures by academics in their field, including arts, literature, science, environment, world affairs, creative writing and more. No pre-requisites, just fun learning. Next lectures commence February 23rd. For enrolment and full program please see www.mala.au

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 (Crn 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

HERALD NOTICEBOARD spread the word... Email: classifieds@fremantleherald.com

Please keep your notices short and to the point. We reserve the right to cut free notices. Deadline 12pm Tuesday



To advertise email the Herald classifieds@fremantleherald.com

⇔ herald ⇔ mind ∂ body ⇔ spirit

HERALD §

SUPPORT

LOCAL SPEND LOCAL.
SPEND LOCAL.
ENJOY LOCAL.

Support the

LOCAL

BUSINESSES

who support

the area where you

live, work and play.

APOLLO NUDIST CLUB

Promotes positive body Image in a nonsexual, safe and friendly environment. Phone 0435 586 159 secretary@ apollonudistelub orgau www.apollonudistclub org.au

MASSAGE! Huna Hawaiian, Lomi-Lomi & Swedish, treat yourself, relax unwind de-stress. Experienced & qualified. Alanah 0405 755 715

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.

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

Booking deadline: 12pm Tuesdays

INDEMNITY & WARRANTY

THE HERALD & PERTH VOICE NEWSPAPERS CONDITIONS OF ACCEPTANCE

The advertiser (or agent) indemnifies the Company (and its employees and agents) against all actions, proceedings, claims, demands, losses, damages, costs and expenses arising out of or in connection with the publication of the advertisement (including any relating to defamation, malicious falsehood, infringement of copyright, trademark or design, or breach of the Trade Practices Act 1974, the Consumer Credit Code, or the Fair Trading Act 1987) and warrants that publication of the advertisement will not give rise to any legal, equitable or statutory rights against the Company ad will no breach any laws or regulations including the prohibitions relating to advertising in the Trade Practices Act 1974, the Consumer Credit Code, and the Fair Trading Act 1987.

All advertisements are accepted on the following temporary and accepting the control of the co

All advertisements are accepted on the following terms and conditions RIGHT TO REFUSE - The Company has the right to refuse to publish or republish any advertisement without giving any reason.

republish any advertisement without giving any reason.

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 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.

DISTRIBUTION - The company reserves the right to adjust the distribution of the newspapers as and when economic circumstances require. Should this occur, the company will ensure that the advertiser will receive the circulation that they have purchased at the earliest possible opportunity.



THE LOCAL COMMUNITY RADIO STATION IN THE FREMANTLE AREA

BROADCASTING 7 DAYS A WEEK 24 HOURS A DAY

AVAILABLE RIGHT AROUND THE WORLD ON THE INTERNET at

www.radiofremantle.com.au

TELL YOUR FRIENDS INTERSTATE OR OVERSEAS TO CHECK US OUT

WE PLAY REQUESTS

WE PLAY COMMUNITY NOTICES FREE

Further information about Radio Fremantle 107.9 FM s available by phoning **9494 2100** during office hours OR visit our website **www.radiofremantle.com.au**

THE HERALD DOES NOT PUBLISH SEXUAL SERVICE ADVERTISEMENTS. PLEASE RESPECT OUR ADVERTISERS IN YOUR RESPONSES

— herald mind body spirit —

It's good to talk

ISA O'MALLEY will talk about the time she called Lifeline when she hit her "lowest point" and thought she wasn't the mum her son needed, at a Conversations about Suicide forum in Myaree on Sunday.

The Bicton Labour MP has previously talked about her brother Michael, who sadly committed suicide in 2014, to encourage people struggling with their mental health to seek help and not suffer in silence.

This time she will open up about her own struggles.

"Twenty years ago, when my son was only two years old, I was at my lowest point and felt that I wasn't the mother he needed," says Ms O'Malley.

"It was a time of change in my life – I became a mum, started up a small business with my husband, and there were the typical financial pressures that come with those things, but life was good with a loving and supportive partner, a healthy child, close-knit family and wonderful friends.

"I had no reason to be unwell, I just was. That's the thing with mental illness, it does not discriminate. Anyone can suffer. Back then I used to ask myself, 'Why me?' The simple answer was 'Why not me?'

"I reached out to Lifeline WA, and it was a turning point."



Bicton MP Lisa O'Malley.

Ms O'Malley says mental health problems should be discussed openly like any other ailment.

"We need to get rid of the stigma attached with reaching out for help," she says.

"I have recently been diagnosed with arthritis which I am learning to manage with professional help, just like I did with my mental health 20 years ago.

"I am passionate about normalising conversations around mental health because in my experience not talking about mental health doesn't help."

A former worker in the health and fitness industry, Ms

O'Malley now manages her wellbeing by "making time for fitness, family, friends and fun."

"Prioritising overall health and fitness is not just important, it's an absolute necessity for me to maintain good mental health," she says.

Hosted by Lifeline WA and the Baha'i Community of Melville, the free forum will provide a safe and inclusive space to discuss the importance of mental health and wellbeing.

Ms O'Malley will be joined by Lifeline WA telephone crisis supporter Virginia Bradshaw and counselling psychologist Hoda Golestani.

"My brother Michael has been gone 10 years now but the impact of his death continues to be felt by everyone who knew and loved him," Ms O'Malley says.

"I am committed to doing whatever I can to stop others from losing their brother, sister, mother, father, son, daughter, partner, friend or colleague to suicide, and I hope that sharing my story helps."

The Conversations About Suicide Mental Health forum is on tomorrow (Sunday February 11) at the Baha'i Centre of Learning 453 Marmion St, Myaree from 3pm to 5pm.

No registration is required and if you can't attend it will be live streamed at *youtube.com/watch?v=SflMVrSLnNw*. Contact Lifeline 24/7 on 13 11 14.

Annual Electors' Meeting



The Annual Electors' Meeting will be held on Tuesday 27 February 2024 commencing at 6.30pm in the Council Chamber, 135 Canning Highway East Fremantle

The purpose of the meeting is to allow for discussion of the contents of the annual report and other general business.

A copy of the annual report is available from the Council office or website www.eastfremantle.wa.gov.au

JONATHAN THROSSELL

Chief Executive Officer





Proudly Supporting the Arts

Herald



Have you ever received a card in your letter box that tells you that you might have a leak... as your consumption is much higher this reading?

Well... it could be consumption... but worse, it could be a burst underground, concrete or tiles, doing damage and costing you a fortune.

What to do?

- 1. Turn off all appliances in the house and take a meter reading by taking a photo with your phone.
- 2. Do the same process 10 minutes later.
- 3. If the numbers change work out how much and then divide by 10 to give the loss per minute.
- 4. Ring Fraser at Fremantle Leak Detectors OR Ash at Subtronic Leak Detection.
- 5. If the numbers have not moved, then you have no leak and the water has gone down the plug hole. But if the numbers have changed... you have a leak... (or little Johnny flushed the toilet!)

FRASER SOR 0413 114 882



ASH NOR 0412 087 848



Gas Leaks. If we do not find it... IT'S FREE!

WHITE HOUSE

PROPERTY PARTNERS

The Trusted Advantage in Local Real Estate

For Sale



Under Offer in the Past Fortnight





www.whitehouseproperty.com.au