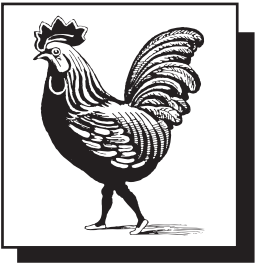


FREMANTLE HERALD



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• The Fremantle Exercise Physiology Clinic has to find a new home after Notre Dame University terminated its lease. Photo by Steve Grant

Left in limbo

by STEVE GRANT

A FREMANTLE exercise clinic with more than 100 mostly elderly clients says it's been left stranded after Notre Dame University terminated its long-term lease in the city's West End.

Fremantle Exercise Physiology Clinic has been operating at Notre Dame for 13 years, with manager and physiologist Michael Jennings saying it was originally established as a pathway for the university's students to gain practical experience towards their degrees.

"Since commencement of the clinic, we have supervised hundreds of Notre Dame and Curtin university students, offering a fantastic insight into the potential pathway of clinical exercise prescription and delivery, whilst also giving the students an opportunity to grow their interpersonal skills in a professional environment," Mr Jennings said.

But he says late last year Notre Dame informed him it would not be renewing his lease as it wanted its students to have full-time access to the gym and they'd have to be out by the end of March.

Mr Jennings said the decision "devastated" participants.

He says it was particularly disappointing because many are West End and South Fremantle residents aged between 55 and 90 years old, and Notre Dame had once prided itself on its community ethos.

Social outlet

"We have more than 100 clients that come here three times a week and some have been coming for 12 years and it's their social outlet.

"The social glue of the

active ageing that group participates in over-rides the physical benefits of the program."

Mr Jennings says they offered to share the gym with students, but that was knocked back.

The clinic was in a similar situation two years ago when they were across the road, but negotiated with NDA to continue in the Customs building on the corner of Phillimore and Henry streets, copping a 300 per cent rent increase to boot.

Since then he says he hasn't been paid, with all costs going

• Continued page 7



• Gaea Anastas

Correction and apology

LAST week the *Herald's* front page story "The empower of sex" mistakenly identified exhibition performer Gaea Anastas as a sex worker in a photo caption.

Ms Anastas is instead an interdisciplinary performance and visual artist who is well known locally for her clowning work at CircusWA and for introducing a legion of kids to the joys of circus skills through her role as a teacher.

The *Herald* unreservedly apologises to Ms Anastas and its readers for making the error.

Holidays are over

SCHOOL'S well and truly back and holidays are over, so what to do with the kids on the weekend? What about a round delivering the Herald. We need people in East Freo, Freo, North Freo, O'Connor, Samson, South Freo, Applecross and Willagee, so get in contact with Stephanie at distribution.manager@fremantleherald.com and she'll get them sorted.



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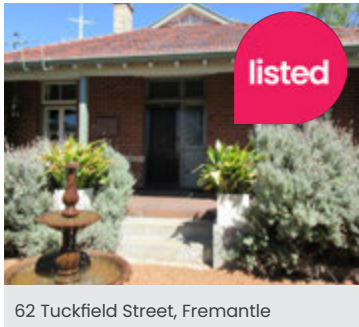
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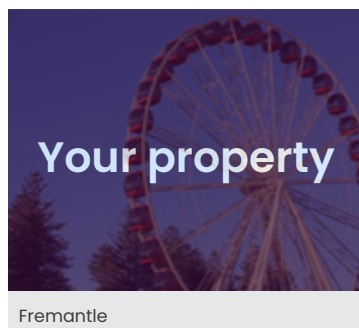
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Mighty fig tree drops off the list

by STEVE GRANT

FREMANTLE council has voted to remove a 130-year-old Moreton Bay fig from its significant tree register, paving the way for the Cattalini family to cut down the 27-metre giant and sell their old pharmacy on High Street.

There's some debate about the tree's history, but it is linked to local nurseryman Phillip Webster who's 1890s house is still on the Cattalini's block, and it could have been the progenitor of Walyalup Koort's Moreton Bays and perhaps even the city's Proclamation Tree near St Patrick's basilica.

Pharmacist John Cattalini was a former mayor of Fremantle and his wife Pamela appealed for the council to take it off the register because of the burden it had become.

"This property has been in our family for approximately 60 years; it was put into my name 30 years ago," Ms Cattalini said.

Mammoth

"Over that time it has been my responsibility to keep up the maintenance of this tree which has been a mammoth undertaking.

"I did not give permission for this tree to be put on the significant tree list and as it is on private property I do not know why it is on the list."

Ms Cattalini said the tree dropped figs four months of the year, constantly shed leaves which got into the buildings' gutters, and had roots damaging a wall. She heads down to the building with her children every day to sweep the car park clean to ensure her tenants don't trip or tramp muck through their offices.

"I have been trying to sell this property to no avail, as no one wants the responsibility of this problem, therefore it is also impossible to lease the building so I'm suffering financially." She estimated that paying someone to sweep the block, clear the gutters and repair the wall would cost \$25,000.

Twenty years ago the tree's fate was also in the balance, but after a community backlash the council agreed to help Ms Cattalini with the maintenance, something she told the meeting hadn't occurred.



• The fig tree and its fruit have loomed over the sale of the 2033sqm property on High Street. Photo by Steve Grant

Her daughter Stacey Towne disputed the council report linking the fig to the Proclamation Tree.

"This has never been proven, casting doubt on its heritage significance," she said.

"Moreover, claiming this tree's heritage has not changed since 2001 ignores the removal of similar trees by council from Walyalup Koort."

Ms Towne said the tree blocked surveillance.

"We've had people sleeping rough, drug taking and even had to clean up human urine and faeces," she said.

Council staff had recommended keeping the tree on the register, but councillor Jenny Archibald was concerned by the fact the Cattalini's had no say in the tree being registered on the list and put up an amendment to remove it.

"It does constrain the heritage building that is on the site and I think the opportunity for

the owners of the property is seriously impinged by the fact that the tree is still there.

"Those trees need a lot of space around them," she said, noting its large canopy dropped "dangerous fruit".

Only councillors Ben Lawver and Doug Thompson voted against taking the tree off the register, but Cr Fedele Camarda said he'd like to see the fig live again by being propagated in one of the city's parks.

Fremantle Society president John Dowson, who'd been working with the Cattalini's to find a buyer for the site with the tree, or to get the council to improve its maintenance, was blunt about the decision.

"If council can sponsor women's soccer they can support a 100 year old tree of 'exceptional' stature," Mr Dowson said, referring to the Girls Festival of Community Soccer due to be held at Fremantle Oval in March.

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Once upon a Scotch

Ivan's first day became his favourite day.



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It was a Split

Council divided on Croatia trip

by STEVE GRANT

A COCKBURN councillor has called for sister city relationships to be scrapped, saying they offer no tangible benefit to the community.

Councillor Tarun Dewan's comments came after a bruising Cockburn meeting on Tuesday where a proposed \$114,000 trip to Croatia by mayor Logan Howlett and three councillors was put on the back burner.

That followed a week of criticism in the media over the cost of the trip during a time many of Cockburn's residents are struggling to make ends meet because of cost of living pressures.

Cr Dewan told the Herald he was the only councillor who wasn't on the City's sister cities reference group - a handy pathway to securing a plane ticket - because he thinks it's little more than a junket.

Neighbours

"I mean, if it was Indonesia, you could perhaps say that they were neighbours and there could be some benefit, but Alabama and Croatia, you have to even fly halfway across the world to get there," Cr Dewan said.

He'd also queried council staff on whether any reports were written about a visit from a Croatian delegation in October last year that cost Cockburn \$20,000, or a visit by Mr Howlett to Split in Croatia earlier in May that wasn't



• Cr Phoebe Corke: Not the time to be splashing out.

part of the sister cities program but cost just under \$14,000.

"The answer was that there were no reports, so how can they be saying that there are benefits," he said.

During Tuesday's meeting, Cr Phoebe Corke, who moved to defer the trip, said she'd attended the sister cities reference group meeting when it was discussed and thinks staff may have jumped the gun.

"It wasn't a decision that we should put it forward to go," Cr Corke said.

She said staff had made committee members aware of the Croatian visit and suggested bringing forward a return trip, which would normally have to wait its turn in the sister cities' queue.

"We agreed to ask for info about how much it should cost."

The proposed trip was planned to coincide with a folkloric

festival attended by local musos Zagreb, who got funding from both Cockburn council and neighbouring Fremantle, which is yet to vote on a possible delegation.

Despite that opportunity, Cr Corke said the timing was out.

"A delegation by the mayor and elected members at this time at a cost of \$28,500 per delegate, which equates to over \$4000 per elected member per day cannot be justified as being in the public interest," she said.

"We're in a cost of living crisis; there are many better ways to spend \$14,000 that will directly benefit our residents."

Rival

Deputy mayor Chontelle Stone had some suggestions about where to spend the money, as well as taking a dig at political rival Mr Howlett.

"The mayor could go to Tempest Park in Coolbellup which is in desperate need floodlighting, but that project just got delayed in the budget review," Cr Stone said.

After having that angle shut down by a procedural motion, she continued.

"We have a lot of other projects around this city that that money could be spent, like the Cockburn Arc where the water slides are still out of action again this summer; where Bakers Square netball courts are now unusable and desperately needing resurfacing."

Following the debate, there was a tied vote on whether to proceed with the trip, with Mr Howlett using his casting vote to break the deadlock and defer the trip.



• Freo council has knocked back this proposed electronic billboard on the old Post Office.

Lights out for billboard

FREMANTLE council has unanimously rejected a proposed electronic billboard for the top of the old Fremantle Post Office.

Noting that the sign had been "hotly debated" around the city, councillor and architect Andrew Sullivan said it wasn't in the right place and was proposed for an addition to the building which was problematic itself.

"It's a building that's a landmark; it's at the gateway of the city of Fremantle," Cr Sullivan said.

"The additional was probably not appropriate, so it would be exaggerating an element of the building that was out of place."

Cr Sullivan said he believed the site had plenty of development

potential without a 7.6m x 1.9m electronic billboard.

The building is owned by WA investment company Correia de Sousa Property, with co-founder Sam de Sousa hoping to turn the old post office, which lost part of its roof during a storm in August 2022, into a hospitality venue.

Mayor Hannah Fitzhardinge also spoke against the proposal.

"We are interested in reuse of heritage buildings for various purposes; this might not be a case of best foot forward when an animated sign is the first part of a redevelopment proposal that we see," Ms Fitzhardinge said.

"We hope that whatever comes from beyond here is probably more in keeping with the West End and the heritage values our community values."

Don't be negative on gearing



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

Labor wants to introduce a "help to buy" housing scheme where the government will temporarily cover up to 40 per cent of the cost of a new home build for 10,000 lower income earning Australians each year. They'll likely need the support of the Greens to get it passed.

The Greens don't like the scheme as they think it will only help 0.2% of eligible buyers and push up housing prices. But they'll willingly sell their soul in exchange for a phasing out of negative gearing and capital gains tax concessions.

Negative gearing has become a dirty term, but it's a misnomer. It really should just be called "gearing".

When someone borrows money (or gears) to buy an investment property, the interest cost is tax deductible against the rental income, just like rates and repairs are. If, after interest and all other costs, the net profit of the property is \$1, we might say the property is "gearing". If a taxpayer incurs an extra \$2 of interest on their loan, the property now makes a \$1 loss and is "negatively geared". Gather the townsfolk. Bring the pitchforks!

When a taxpayer borrows money to invest in the share market and gets a tax deduction, no one cares. When a business owner borrows

money but makes a business loss, no one cares.

I'm no economist, but in my simple mind it seems that scrapping negative gearing will discourage property investment which will reduce rental availability which will drive up rents. But I know decisions are oftentimes made for political purposes and that haranguing high income earners is just plain good fun.

It's an indisputable fact that high income earners get the biggest benefit of a tax deduction, because they pay more tax to start with. This is true whether the deduction is for interest or for stationery, but nobody would suggest shutting down Officeworks as a sensible solution.

high income earners get the biggest benefit of a tax deduction, because they pay more tax to start with

The real problem is in our capital gains tax laws. The only reason an investor will endure a rental loss is if the net growth gain is likely to exceed that loss.

A net gain means after any capital gains tax is paid, and our current CGT concessions are generous. But they never used to be.

When CGT was introduced in 1985, a capital gain was reduced by the actual amount of inflation that occurred during the period an asset was held. Perfectly logical.

In 1999, the Howard Costello government dispensed with the inflation discount and replaced it with a flat discount of 50% with little financial modelling, the main objective being simplification. Completely illogical.

There's no need to be negative on gearing, but our CGT rules positively need a re-write.



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Mall traders hot under the collar

by STEVE GRANT

TRADERS in Fremantle's Westgate Mall have been left hot under the collar after council workers tore down the awnings that protect their stores from the sun's heat, only to disappear after Christmas.

Kim Tay has owned the Asian-style Fremantle Mini-Mart for 36 years and says the council started the works at the end of October.

"For years the council said the mall was nothing to do with them, then finally they agreed, and then it took four years before they would do anything," Mr Tay said.

The project included repairing the mall's rusting awnings and roofing, as well as removing old raised planters and repaving the whole area to match the section near the recently-completed Little Lane apartment development.

Mr Tay said they were told the works would be finished by December 15, but after removing the awnings and fencing off the where the planters were removed, the workers all disappeared.

Mr Tay says they've left the mall looking like a "war zone".

"If this was in South Terrace they would not accept this," he said.

After getting no response from official council channels, Mr Tay said he button-holed the project co-ordinator who had to walk past the store on his way to work each day and was told the workers would return from Christmas break on



• Kim Tay and David Dalgarno say Westgate Mall has been left like a "war zone". Photo by Steve Grant

January 8 – but none arrived.

Since then he reckons there's been crickets from the council.

With no shade for the mart's windows and Perth experiencing what's shaping up to be record-breaking heatwaves, Mr Tay had to cover his windows with cardboard to protect his stock from damage.

But he says it had the unintended consequence of making the shop look empty and vandals smashed four windows.

Long-time trading neighbour David Dalgarno from Planet Ark said he'd also heard nothing from the council and what Mr Tay had to put up with was completely unfair.

City of Fremantle infrastructure director Graham Tattersall said the works re-started on Thursday, two

days after the Herald's questions arrived.

He said traders had been kept informed.

"Officers have continued to liaise with business owners throughout the project - all traders were advised on December 4 that the project had been paused until January while a construction design issue was being resolved."

Mr Tattersall said summer was considered the best time to do the works to avoid rain getting into the shops while parts of the building were opened up.

"It was anticipated that the roof sheeting work would be completed before Christmas; it is unfortunate that the project has taken longer than planned and the City has apologised to all traders."

Market axed so street arts festival pops

A MARKET for High Street traders over the Easter weekend was cancelled by Freo council to make sure the Fremantle International Street Arts Festival at the same time got the most "bang for buck".

Last week the council canned the West End Weekender, causing a backlash from some traders who said without it the festival blocks customers and leaves their end of High Street deserted ("End of the week-ender," *Herald*, February 10, 2024).

At this week's council meeting, the council's new director of arts and community Pete Stone said he understood traders would be disappointed.

"Since returning from the three-year Covid hiatus the festival team has been working really hard to maximise the curatorial impact of the street arts festival," Mr Stone said.

"The better the overall program is, the more audience we attract into Fremantle and the greater the benefit is to all the businesses.

"Some costs have gone up considerably, in particular travel costs for interstate and international artists.

"Those artists are key to maintaining the national and international profile of the event

and unfortunately road closure costs have jumped..."

Artist Natali Bozhanova spoke on behalf of The Artisan Store, saying they represented around 170 different artists who would miss out on a great opportunity.

She later told the *Herald* the store's team said it appeared the council was prioritising international artists and the event's prestige over the welfare of local businesses.

"Instead of facilitating a well-organised and curated market in the middle of the already closed street, the council is suggesting businesses extend onto the sidewalk and street directly in front of their storefronts to create an ad-hoc market environment.

"This approach raises significant safety concerns for pedestrians, as people naturally gravitate towards using footpaths despite road closures.

"Additionally, not all businesses have the financial means to extend their operations onto the street, as it requires additional resources such as extra staff and stalls.

"Our sole motivation has been to enhance foot traffic on the closed street and provide a platform for local artists and businesses to thrive. This is an issue of great frustration for us.

MAJOR SPONSORS



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Give a fig

WE are told that the Moreton Bay fig tree in High Street is to be removed because it is "in the wrong place".

The most important point about the location of this tree is that it is right next to Philip Webster's house, Cranworth Villa.

I don't think there can be any doubt that it was planted by Webster himself: the Heritage Council says so!

It is the source of other important Fremantle trees: the Heritage Council says that too!

The most important of those is undoubtedly the Proclamation Tree.

Webster actually planted that too - he was at the ceremony, and handed the spade to the governor, William Robinson, who did the ceremonial bit, after which Webster would have completed the job.

All of the trees that used to be in what is now Walyalup Koort were also planted by Webster, as were many of the trees that used to surround Fremantle Park.

There is no tree in Fremantle more important than the tree in High Street.

It would be a shame and a disgrace if it were removed.

**Garry Gillard
Fremantle**

It's getting choppy

I HAVE lived on Prinsep Road for over 20 years, the reason for building being it was a relatively quiet road and we



backed onto a brand new championship golf course, surrounded by lots of young trees.

Over that time period the trees matured and encounters with the local wildlife gradually increased (quenda, bobtails, black cockatoos etc); as a keen wildlife photographer I often have the immense privilege of being able to photograph this wonderful wildlife in my back yard.

Last year Rita Saffioti made the abhorrent decision to disregard the strong feelings of the whole community and side with the developers and approving the closure of the golf course and allow a housing development which involves the removal over 750 mature trees.

With the local residents still reeling from the loss of the very amenity that they invested everything into... we now have the news of further ecological

vandalism about to occur at the proposed wave park on Prinsep Road, and once again we get to see the developers glossy brochures of how wonderful it'll be once built!

Here are a few facts that they don't publish in their brochure: It will mean the destruction of over three hectares of an endangered banksia woodland, critical foraging habitat for black cockatoos, plus countless other animals such as quendas.

It will also destroy nearly 1.5 hectares of a conservation category wetland.

It will depend heavily on drawing millions of litres of water from the increasing fragile Jandakot water mound each month, which has the potential to affect the surrounding hydrology.

Surfing is synonymous in being in tune with nature, it appears that the WA government and local Cockburn council are overly keen to assist developers and too

reluctant to help local natural wildlife to exist.

Move the surf park to somewhere more appropriate.

**John Blakey
Jandakot**

Wee problem

I AM a 70 year old who regularly visits Freo with his wife for coffee and shopping.

Many older people, myself included, often have the need for a toilet and it's often more urgent than for younger people.

The only public toilet in the central shopping district is in the council building.

That is okay if it was functional but the signage as to its location seems to be optional or non-existent, or hidden.

The toilets themselves are down a dark corridor.

Hooray, I found them despite poor signage and hiding them down a dark hallway.

But that was just to test my perseverance coz now I had to determine whether any were free.

Not so difficult if the hallway wasn't darker than the growing tightness in my sphincter which I determinedly held closed.

But the green and red dots that signify free or occupied are the size of the hole that a hole punch for paper is.

For those of you who are unfamiliar with this size metric, look at your fingernail on your little finger, cut this [in your mind] into four and that is close to the size we are talking about.

Coz I have to bend down to look at this tiny dot thingy the people behind me are looking like they are about to either yell

expletives at me or call the police.

Luckily, I find a green dot.

Double Hooray.

But no! It's Sunday and the above is a dream coz the council building closes at 3pm and its now 3.10pm. Oh shit! I mean, Oh damn.

Tony

Mosman Park

p.s. I have spoken to council staff at least twice about this but like the signage for the toilets any action in doing something about this seems optional. I guess they never have to use these toilets so old fogeys like me are to be nodded to and then forgotten. I am old, not stupid.

Freo needs Bridge input

AT its meeting of February 14, 2024, Fremantle council resolved to "support the proposed replacement Fremantle Traffic Bridge and associated infrastructure", subject to further specification of and agreement on a wide range of matters.

It has been a long and difficult road to reach the stage where we have a proposal for replacing the existing Fremantle Traffic Bridge that is largely acceptable to the community, albeit with the total loss of the existing heritage structure.

I appreciate the attention to detail in the officer report, which highlights the fact that there remain a large number of matters that still require specification and confirmation, many of which are engineering in nature.

Others, however, are ones to

ADVERTISEMENT

David Shanahan: Shaping Fremantle's View for 20 Years

Fremantle's business community has applauded local businessman David Shanahan as he commemorates 20 years of outstanding service to our Port City.

Captivated by the charm of Fremantle during a gap year in 1989, local Optometrist David relocated to the vibrant city of Fremantle in 2003 from Ireland, fulfilling his aspiration of establishing his own practice at the heart of our beloved town.

Operating independently under the business name David Shanahan Optometrists, David and his team opened

up shop in 2003 on Cantonment Street, before relocating to Market Street in 2006 at a shopfront he has operated in since.

Marking his 20th year in business with a celebration at his practice late last year, David said his practice is committed to providing comprehensive eye examinations and a beautiful range of eyewear for community.

"Fremantle is a beautiful place with a vibrant community, and I believe our practice embraces the spirit of our town," he said.

"We have been overwhelmed by the support and can't be thankful enough to our community of clients."

In recognition of the practice's commitment to Fremantle, David Shanahan Optometrists was named as a Finalist at the 2023 Fremantle Chamber of Commerce Business Awards.

FCC Chief Operating Officer Chrissie Maus said the success of David Shanahan Optometrists is an example of the real sense of community that's back on the streets of Fremantle.

"The Fremantle Chamber of Commerce congratulates David Shanahan Optometrists for their commitment and success over the last 20 years in our unique Port City," Ms Maus said.



"David Shanahan Optometrists are independently and locally run whilst providing a unique offering - this to which I believe is the recipe for future business success," added Ms Maus.

"There is a groundswell movement for supporting local businesses, this is seeing more people understand the impact they can have by supporting local businesses and a real sense of Community is back now more than ever on our local

Fremantle streets.

"Their prestigious Hall of Fame nomination at the Fremantle Chamber of Commerce Business Awards last year shows the love our local community has for David, his staff and his long-standing business."

**David Shanahan Optometrists
51 Market St, Fremantle
Phone 9335 2602
davidshanahan.com.au**

“Fremantle is a beautiful place with a vibrant community, and I believe our practice embraces the spirit of our town.

David Shanahan



which the community might reasonably expect to have some input. In particular:

- Connectivity of cycling and pedestrian facilities. These should be progressed with the engagement of user groups, including people with disabilities;
- Landscaping, especially integration with the river foreshores;
- Traffic management during construction and longer-term traffic impacts;
- Noise mitigation, where necessary, to be through means other than noise walls or similar structures. None of us wants a repeat of the High Street roundabout debacle; and,
- Reuse of materials from the existing bridge and preservation of the remnants of earlier bridges, heritage interpretation, and creation of an archival record.

In respect of those relating to history and heritage, I strongly suggest that the City of Fremantle and Main Roads commission (perhaps through a competition) a model of the existing bridge, similar to the model of the 1866 Bridge of Sticks that is currently in the WA Maritime Museum, to form, in conjunction with history and heritage material already produced by Main Roads as an initial part of the consultation process, a comprehensive history of the Indigenous and European significance of the river crossing site.

This should be installed in a publicly-accessible place as a contribution to the Bicentenary of European settlement in 2029.

Who knows, there might even be government grants available! I am encouraged that "the City will require regular meetings

[with the Main Roads Bridge Alliance] on traffic management, construction management and engagement throughout this project", but surely it is not too much to ask that the City inform and, where possible, engage the community in progressing the project.

Given the critical role played by the community in the process to-date, we deserve a continuing role from here. Although the project is a WA government/Main Roads one, the extent of 'approved by', 'to the satisfaction of', and similar wording in the resolution passed last night, suggests there is no reason why the City of Fremantle should not engage with the community on such matters.

I appreciate that there might be limited time to engage on a large number of separate items, but perhaps the engagement could be by means of an ongoing reference group.

Ian Ker
Bridge Integrity Group
South Fremantle

Another Freo balls-up

PHILLIP WEBSTER was the phantom planter. And what an extraordinary job he did spreading the giant Moreton Bay Figs.

Bryn Davis (not Jones) came 100 years later with smaller trees.

Webster lived there and it is all one big lot with the tree in the middle of a lot boundary.

Bunnings Bros lived there before him.

The house is decrepit and is leased for cheap offices. Chris Williams has an office there, again.

Pam Cattalini says she can't sell the lot with the tree. **If the tree goes it adds to the problems because the owners can subdivide.**

Having done nothing to help Pam keep the tree, council are now apparently allowing its destruction?

I have read the extensive council item on this but what was the vote?

Shocking regardless, as Pam

needs help keeping the tree and financial help to do so as the ideal outcome. If council can sponsor women's soccer they can support a 100 year old tree of "exceptional" stature.

John Dowson
Fremantle

Taxed

ALBO'S taking from the wealthy and giving to the peasants; excellent.

Even though it's not going to make much if any difference to the wealthy.

The evil rich pigs typically are not going to like it.

Money makes the real world go the wrong way around.

Someone spent more than \$1 million on a set of rego plates. That's what's wrong with the world.

There is no money in saving the planet! Destroying it, on the other hand...

Brad Capes
Coolbellup

Left in limbo

• From page 1

into paying the qualified exercise physiologists who work with the clients, and the rest going into the rent.

Mr Jennings says he believes Notre Dame has plans to reinstate a fourth year of its health sciences course, which would require a practicum, which made the decision to get rid of an in-house option even more mystifying.

"We have not had one meeting with health; all the discussions have been with the leasing team," he said.

Clinic participant Andrew Locke said it was far more than just a gym, with the ongoing supervision and social aspect important to many of the group.

"Older and disabled members of our community need support if they are to continue to live a useful and meaningful life lives," Mr Locke said.



• Some participants have been using the clinic for 12 years.

"Fremantle EPC epitomises how it can be done and done well. They deserve every support from institutions in the wider community; sadly, this support has not always been forthcoming."

Fellow participant Lis Francis echoed Mr Jennings' concerns about the uni's social license: "So of us were/are wondering what happened to the uni's charter to be inclusive and cater for community

and ageing," she said.

A spokesperson for the university confirmed giving students full-time access to the gym was a priority.

"Our priority is to ensure facilities such as the gymnasium are readily available to our students as part of our ongoing commitment to providing an outstanding student experience," they said in a statement.

"With the clinic operating three days a week for private clients, our students were prevented from using the gym on those days.

"The University of Notre Dame Australia advised the tenants at the last lease renewal more than 12 months ago that they should look for an alternative facility as the University wanted to return the gym for the use of its students.

"The tenants did not seek an extension of the lease by the due date."

"Fremantle comes to life with a South American sundowner street party" with Tropicalia live band and DJ Jam to start the party.

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Our history binds us to the future

THE City of Fremantle should aim to develop a shared sense of identity and civic pride within the community by reinforcing everyone's sense of belonging.

The Fremantle History Centre could help this come about by promoting opportunities for Fremantle's diverse communities to become more deeply involved in their shared histories and heritage.

Locating the Fremantle History Centre in a prominent and easily accessible public space on the Walyalup Civic Centre's ground floor, with user-friendly technology which opens up its unique local history collection, is crucial to achieving this goal.

The History Centre must become a focal point for community engagement and involvement in learning about Fremantle's diverse history and heritage; it should be a place where every community member, including the underrepresented, will feel welcome and motivated to participate.

History is important.

The History Centre should be located where it is as easy for as many people as possible to learn about and appreciate what we have inherited from the past.

Fremantle's heritage provides tangible links between the past and present, is part of the fabric of our everyday lives and is central to our

WITH Fremantle council considering a new home for the Fremantle History Centre, this week's Thinking Allowed comes from the **FREMANTLE HISTORY SOCIETY** which says a prominent place right in the City's new admin building could bring the community together to learn more about their heritage and themselves.



that have a positive impact on their perceptions and feelings about the city.

Past & Present

Fremantle's development was the outcome of evolution and change as successive generations adapted their inherited surroundings to suit a changing world and support the regeneration needed to remain a thriving centre of trade.

These changes sometimes transformed the city and explain why the layers of Fremantle's history are often described in terms of its periods of development and regeneration.

Fremantle's heritage buildings and their settings retain evidence of its historic success as a prosperous port-city and serves as a reminder that part of the city's success was its attractive, compact, relatively densely populated and walkable urban centre.

It provided diverse facilities, local services and places to work, which people could access by foot or public transport for most day-to-day needs.

In many ways that's now recognised as sustainable design.

People still find these defining characteristics attractive, not

only as reminders of the past, but because they fulfil expectations of what a successful urban centre should be.

Cities such as Fremantle are more likely to be successful when they retain and promote the distinctive characteristics of their different places, giving equal attention to the ordinary as well as the extraordinary.

It requires Fremantle's growth to be managed in ways that are informed by its history.

While Fremantle must understand the challenges from competing centres, it should also appreciate its advantages and resist the temptation to mindlessly mimic them and lose the very character that made it uniquely attractive.

It should build on its inherited strengths to offer something different: a lively, walkable city centre with real character and a mix of attractive urban qualities not found in anonymous town centres.

That means deepening our understanding of the inherent value of Fremantle's diverse and multi-layered character and using that knowledge to inform change.

Enduring relevance

In many parts of Fremantle there are strong links between the past and the present.

Its heritage is central to the city's distinctiveness, and it remains relevant because of the ways it is linked to the city's

social, cultural, environmental and economic wellbeing.

Achieving the interdependent benefits linked to this vision depends on a broad-based consensus and a long-term commitment to it, not only from the state government and the City of Fremantle but also from the people who know and understand the area intimately; building owners, businesses and institutions, and the people who live and work here.

Tension between conservation and other public policies usually arises from a perceived need to endanger heritage values to achieve other important outcomes.

Such tensions are best reconciled by pursuing them in mutually supportive ways through informed dialogue, mutual understanding and respect.

Stakeholders need to appreciate the value of Fremantle's multi-layered character and use that knowledge to inform change collaboratively.

Knowledge is a prerequisite for successfully managing change.

From knowledge flows understanding and from understanding flows informed decision-making and intelligent actions.

It is here that the Fremantle History Centre has a vital role to play in helping bring communities together by highlighting our historic surroundings in ways that explain and celebrate the many diverse influences that created the city's distinctive character.

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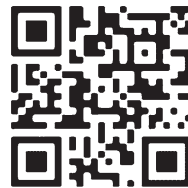


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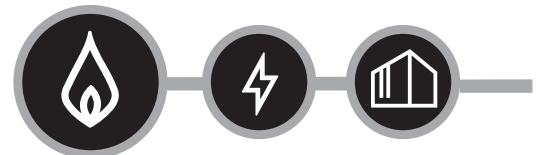
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Natural gas pipes in the Fremantle areas are nearing the end of their life. As part of our proactive Replacement Program, ATCO will be upgrading the natural gas distribution network in this area. This work will ensure the continued security and reliability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

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



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

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

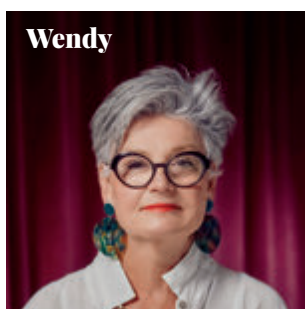
Naked Specs family growing up ●●

by Jane Grljusich
Herald Promotions

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

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

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



Wendy



Sofia

Here's what they say:

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

"Great," says eccentric Maureen.

"It's just special," Connie says.

"And enjoyable," David adds.

"Lots of laughter," from Jo.

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

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

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

And that they do.

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

Specs does now we're part of their family.

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

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

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

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

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

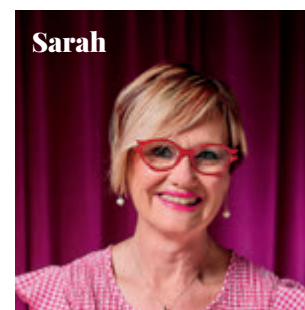
"We live and breathe to wow our customers, we keep our promises, we care deeply about people, we build trust and loyalty, and our goal is to keep customers for life. We're a brand that stands for something – you."

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

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

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

Their optometrists conduct comprehensive eye



Sarah

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

But don't expect what you usually get because

what you'll get is so much more.

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

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

"Thrilled and excited," Connie adds.

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

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

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



Barbara



Maryce

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Sky's the limit

 arts
STEPHEN POLLOCK

IT'S literally been a creative flight of fancy for South Fremantle's Sarah Jenkins and her daughter Lucy.

The pair have wowed the art scene with their minimalist drone shots, winning international prizes and publishing deals across the globe.

For Sarah it's been a liberation of sorts – she is confined to a wheelchair with muscular dystrophy and can't operate a conventional camera.

The drone gives her a set of metaphorical wings to explore the sky and capture striking images.

"The joy of creating art has been a real positive in my life," Sarah says.

"It has given me an identity that is not related to my disability."

The duo, known as Air Bare, love taking photographs of basketball, netball and tennis courts, where the stark white lines pop against the solid blue. It creates a geometric abstraction you would normally find in works by artists like Wassily Kandinsky.

So it's perhaps unsurprising that Lucy is an architectural graduate.

"Our favourite artists that have influenced our work are Australia's Brad Walls and the Swede Marcus Cederberg," Sarah says.

"Both use a combination of drone photography and

minimalism which is not very common among minimalist photographers as a whole.

"Our images were featured in the coffee table book *Minimalism in Photography* by the German publishing company te Neues in 2022, which was an absolute thrill and honour."

Their debut exhibition *A Take on Minimalism* features 38 drone shots of Fremantle, country WA and Far North Queensland, taken over the past four years.

Sarah says they learned to fly a drone in 2020 during lockdown.

"At the time we were living together in moderate covid restrictions in Port Douglas," she says.

"Lucy flew the drone and took most of the images in the early days, with both of us involved in the editing process. I then took over the drone photography when she returned to Melbourne.

"Our image of a girl, sitting on a pool float ring reading a magazine in the middle of a basketball court won the Single Shot category of *Capture Magazine's Australasia's Top Emerging Photographers Award* in 2021."

It's been a nomadic life for the Jenkins family – Sarah trained as a nurse at Fremantle Hospital in the early 80s and was in charge of the Red Cross Blood Transfusion Centre for a spell.

She lived in North Freo for 11 years, when Lucy was born, before moving to Sydney in 2015 and Port Douglas in 2020.

Just over a year ago, she decided

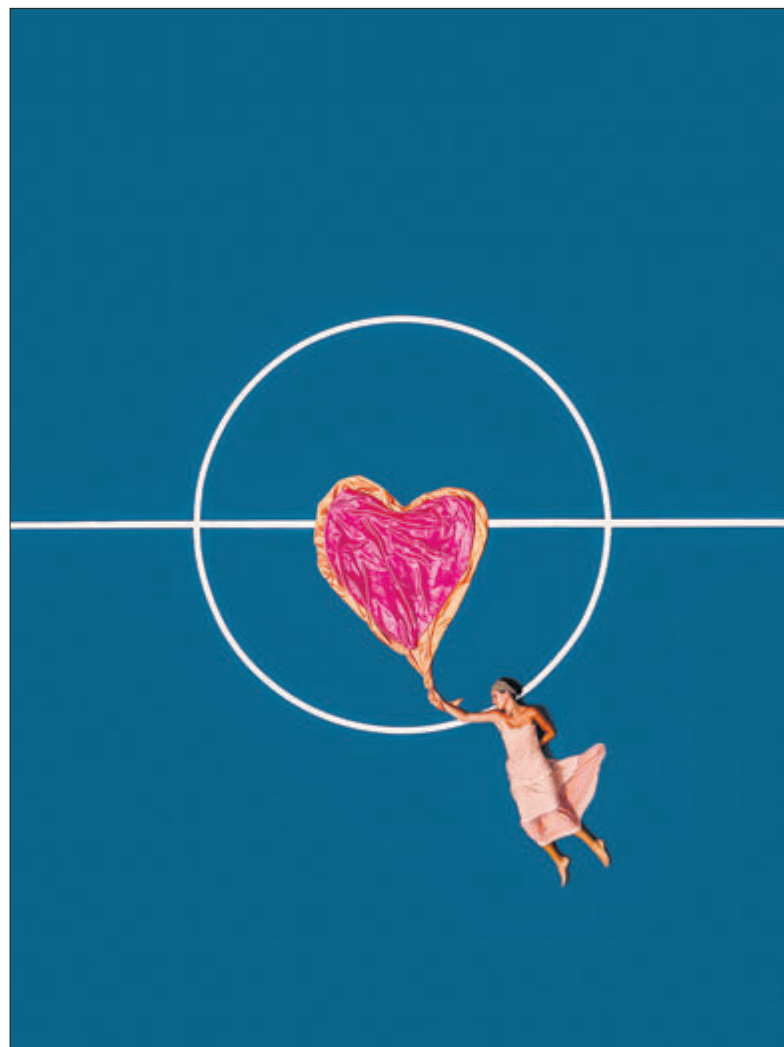


to come back to WA and live in South Fremantle.

Meanwhile, Lucy recently moved to the other side of the world to work at the renowned architects Foster + Partners in London.

She's still involved in "ideas" and the processing of images, and just bought a new drone, so we might get some minimalist shots of Wimbledon.

"The world is our canvas, and



• Lucy and Sarah Jenkins (top left), Sarah flying her drone (bottom left) and one of their arty drone shots *Don't go breaking my heart*.

we can't wait to share our creations with the people of Perth," Sarah says.

A Take on Minimalism is at the Moores Building Art Space in Fremantle from February 17-March

3. It's free and open daily from 10am-3pm. A raffle on closing night will raise funds for Neuromuscular WA, which supports people living with muscular dystrophy and neuromuscular conditions.

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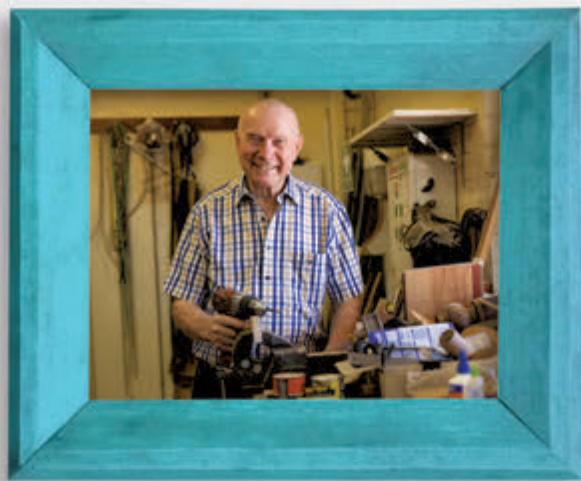


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 **food**
STEPHEN POLLOCK

I COULDN'T understand why Bicton Fish and Burger Grill was so busy on a Wednesday night.

I placed my order in advance and still had to wait 20 minutes when I got there, and the waiting time was up to 40 minutes when I left.

Then my wife "Special K", a practising Catholic, explained that it was the start of Lent (Ash Wednesday) and eating meat was frowned upon by the Big Man.

Thankfully the chippie had a long row of plastic seats, so it was a comfortable wait for my deep-fried, God-friendly goodies.

Situated on Bristol Avenue, just off Preston Point Road, Bicton Fish and Burger Grill is part of a

small group of shops including Cellarbrations, Terra Mare and Urban Hair.

It's got that classic suburban feel and was super busy with chaotic parking on the verge (people were desperate to get their fishy fix).

It happened to be Valentine's night as well and there was the odd couple leaving Terra Mare, clutching a red rose and wiping sugo stains off their chin.

The menu at Bicton Fish and Burger Grill was very reasonably priced – their standard hake and chips was \$14, a small hake and chips was \$8.50 and they did a kids pack with crumbed fish nuggets and chips for \$8.50.

Other fish included Shark (\$15), Spanish Mackerel (\$15) and local Goldband Snapper (\$21), and there was an extensive range of extras including dim sim, potato cakes, crab sticks, squid rings, prawns and scallops.

There was also a decent line-up of beef, chicken and fish burgers; a smart move to attract a younger clientele who just fancy a snack.

But I was here for the artery-hardening family pack (\$70.60). There was also a meal for two (\$41.30) and a seafood basket (\$22.80).

The interior was classic local chippie – drinks fridge, chalkboard and faded photos of the Indian Ocean. It had a bit of character and was slightly frayed around the edges. I liked it.

A nice touch was the "Brag Board" where people pinned photos of the impressive fish they had caught.

Once back home we got hoed into the family pack, which was humongous and could have easily fed six ravenous Catholics.

There was six battered fillets, a mound of chips and tons of deep-fried prawns, squid and dim sim (if

you didn't want dim sim you could get crab sticks or pineapple fritters instead).

The hake was perfectly cooked and the crunchy batter was golden and not too greasy.

It was filling, well-seasoned and good value, so it ticked all the boxes for your local chippie.

The thick-cut chips were excellent and had a satisfying crunch. Seafood can be hit or miss in chip shops, especially when it's battered.

But this family pack came with a bevy of thick, juicy tail-on prawns which were a delight to eat. Really good quality.

The squid was just as nice – often it can be like chewing rubber bands – but this were perfectly cooked and quite tender.

I was a bit nervous about my takeaway as the staff were super busy on Ash Wednesday and I wondered if the food would have



suffered. But it was well-priced, good quality fish and chips, and the family thoroughly enjoyed it.

I'll be back to try their crumbed and grilled fish, and maybe even a cheeky fish burger.

As we were clearing the table, I asked my young kids what they were giving up for Lent?

"School" said one, "Religion" said the other.

Bicton Fish and Burger Grill
39B Bristol Ave, Bicton
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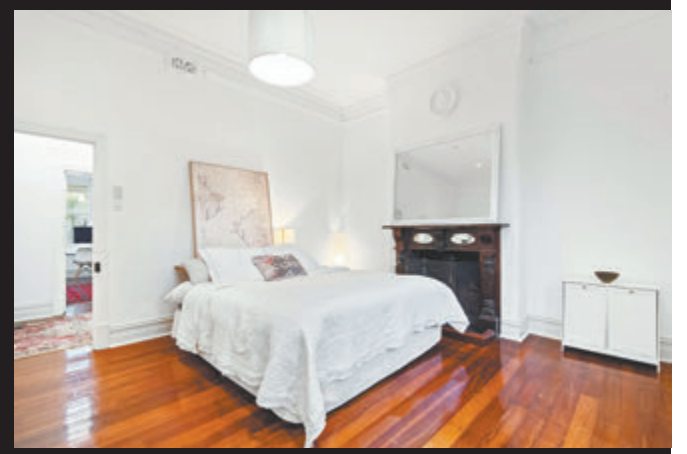
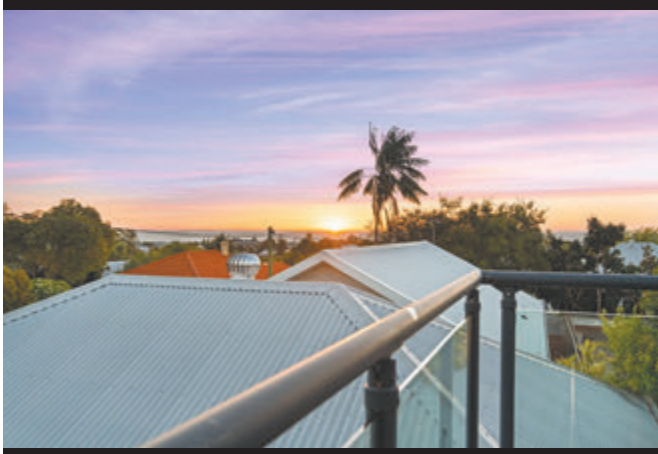


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Numero uno

YOU would be truly living the dream at this riverside Applecross mansion.

If the *Chook* syndicate had won the record-breaking Powerball, we might have bought this property and all lived together lived like a dysfunctional episode of *Friends* (I'm not saying who the *Herald* owner would be...)

Alas, we still have to work for a living, but writing about this five bedroom five bathroom

home is a joy. Situated at 1A Spey Road – what an address – you are literally two homes back from the foreshore, but far enough up the hill to have fantastic vistas of the Swan River.

It would feel like an endless holiday living in this abode, which has amazing resort-style facilities including a huge pool, massive spa, cabana and gym.

The facade is an absolute stunner with matching balconies, Roman-style pillars and manicured gardens.

It's sure to set tongues wagging as guests arrive for cocktail parties and glitzy soirees.

The entrance is pure luxury with a massive triple chandelier dangling from the soaring atrium.

The polished blackbutt floors add a tropical air and complement the clean architectural lines and natural light streaming through the stylish windows.

The home has a superb layout with the ground floor featuring a stunning open plan living/dining/kitchen area, plus a formal dining



Artist Impression

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room, lounge, study/home office and balcony.

There's also two ensuite bedrooms, making it perfect for visiting guests who want to be totally self-contained.

Upstairs are the remaining bedrooms including the palatial main which has a gigantic walk-in robe, opulent ensuite with standalone bath, and a fantastic balcony to enjoy those sweeping river views.

The fun doesn't stop there with the property featuring an entertaining area in the basement, complete with bathroom and sauna.

But given the current heatwave, most people would be spending time in the gorgeous pool in the back garden, which has a cabana, giant spa and a landscaped garden with magnolias and bamboo. It really is a lush oasis to enjoy with family and friends.

This home has too many features to mention but includes gated entry, gourmet kitchen with bespoke cabinetry, two hot water systems and a water filtration system, and two double garages with power and additional storage (one



plumbed and one air-conditioned).

Situated on a whopping 1236sqm block with 689sqm of living space, this stunning home is not far from the Ardross Street café/shopping strip, South of Perth Yacht Club and Tompkins Park, and it's near lots of top schools like Santa Maria College and Aquinas.

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10 Ways to Fix Rental Crisis

 
 By **HAYDEN GROVES**
 REIA President 2021 - 2023
 REIWA President 2015 - 2018

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

It is widely recognised that insufficient supply of housing is the main cause of rising rents. It's a simple supply and demand equation; low supply plus high demand equals higher rents. Astonishingly, the main supplier of the rental homes - family investors - are mostly ignored by governments and are actively vilified by the Greens.

Policies that disincentivise the suppliers of rental homes, such as rent caps or rent freezes, end up diminishing the supply and rents continue to rise. With changes to Stage 3 tax cuts heading through parliament, debate around negative gearing and capital gains tax policy settings has been re-kindled with speculation that Labor will go back on another election policy promise and dust off policies they took to the 2016 & 2019 elections. This would be a very bad idea.

This would be a very bad idea

In the absence of an alternate plan to deliver affordable rental homes, private unsophisticated investors remain the answer to supply and policy changes that turn them away would make rental affordability far worse.

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2. Monitor rental pain points, particularly tenancies not professionally managed.
3. Develop a cohesive national industry-government program of awareness materials for renters.
4. Develop incentives for vacant properties and short stay rentals to bring them back to long-term rentals.
5. Commit to long term stamp duty reform; and offer immediate stamp duty waivers for purchases of rental properties in areas of high need.
6. Commission an immediate occupancy audit across Government owned and funded housing.
7. Develop a feasibility study for re-purposing non-residential real estate into residential housing.
8. Examine options for non-conventional rapid build homes in high areas of economic growth and housing need.
9. Implement the National Cabinet target to build 1.2 million homes by 2030 and have performance mechanisms that hold governments and industry accountable to achieve this.
10. Keep current tax settings for negative gearing and capital gains tax.

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





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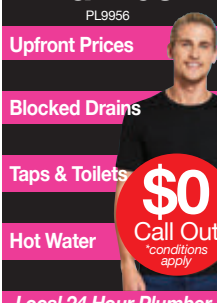


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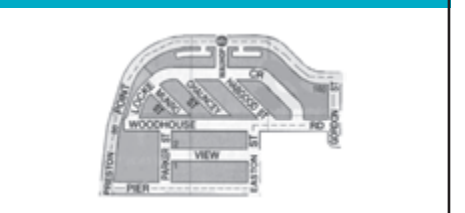
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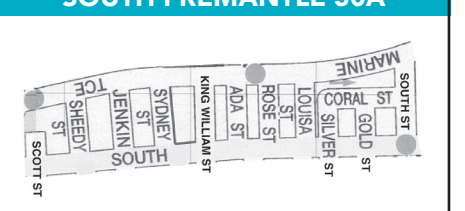
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Astrology with Sudhir

February 17 – February 24, 2024



ARIES (Mar 21 – Apr 20)

Venus, Mars and Pluto are within three degrees of each other. This suggests that your relationships are diving into a new level of real. Pluto is the big mover here and his agenda is regeneration and renewal; whether we are ready for it or not. Buckle up your intimacy seat belt. Enjoy the ride.



TAURUS (Apr 21 – May 20)

Venus, your planet, is in Aquarius, conjunct Mars and Pluto. With Pluto, the arch-transformational catalyst as a part of the party, life is bound to place the cat amongst the pigeons in the realm of relationships. Expect any dissonance between ideals and reality to come forthrightly to the fore.



GEMINI (May 21 – June 21)

The Moon begins her week in Gemini, filling your heart with feeling, and the desire to reflect. She is in a positive relationship with Venus, Mars and Pluto who have all recently moved into Aquarius. Your sense of wonder takes the sting out of matters that are intensely problematic for others.



CANCER (June 22 – July 22)

The Moon begins her week in Gemini, setting a swarm of thoughts loose in your head. On Monday the Sun moves into Pisces, deepening your sense that life is full of depth and wonder. Come Wednesday, the Moon will move into Cancer, bringing you fully back home to your feelings.



LEO (July 23 – Aug 22)

Come Monday, the Sun moves into Pisces. This takes you into a world of emotion that challenges you in such a way that you discover something new about yourself. It will wake your heart up to the wonders of imagination in ways that are surprising and new. Use this to master your art.



VIRGO (Aug 23 – Sept 22)

As the Sun moves into Pisces on Monday, so life begins to shine her light into your blind spots for a month. This will be especially so in your relationships. With Venus, Mars and Pluto conjunct in Aquarius, there's a good chance this will be a truly transformational ride. Embrace this freely.



LIBRA (Sept 23 – Oct 23)

Venus has joined forces with Mars and Pluto, in Aquarius. This adds a powerful intensity to the process of personal regeneration you are already in. It really is time to set your priorities on track. A burst of determination is in order. Life will motivate you, if you can't get yourself into gear.



SCORPIO (Oct 24 – Nov 21)

Bring your sensitivity together with your determination, and your capacity to get things done. The outcome will be creative and surprising. The Sun will be in Pisces on Monday, softening some of the challenges that are facing you. Your feelings makes perfect sense. Life is now affirming it.



SAGITTARIUS (Nov 22 – Dec 21)

The more open you can be to fresh ideas, ones that are big enough to shift you on your axis, the more the authority of your perception is noticed and appreciated. Saturn, who crystallises things, and Jupiter, who expands things, are operating in harmony. Enjoy a feeling of competence.



CAPRICORN (Dec 22 – Jan 19)

As the Sun and Mercury pop into Pisces, so your moves will derive more from the way you feel. There will be less logic involved and quite possibly more grace. Give your true friendships energy and attention. It by sharing with like minded souls that fresh ideas and visions are hatched.



AQUARIUS (Jan 20 – Feb 18)

Venus moves into Aquarius, joining Mars and Pluto. Within a couple of days, Mercury and the Sun move out. Adding the love planets to Pluto, the planet of regeneration and transformation, means that relationships are in for a creative overhaul. Nature renews itself constantly. So must we.



PISCES (Feb 19 – Mar 20)

Come Wednesday, the Sun will be in Pisces. The Sun rejuvenates our passion to claim our individuality from the collective pressure put on us to be what others expect us to be. Apollo, Greek God of the Sun, was the breaker of family curses. Slip out of the curse of conditioned beliefs.

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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. Ian 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-a-brac, antiques, records, books, jewellery, clocks, H/hold goods. Cash paid. Sheds, garages cleared out, deceased estates. Call Shedbusters 0414 451 203



Keeping up to date with the latest news from your area is

EASY fremantleherald.com

To advertise email the Herald classifieds@fremantleherald.com

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

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

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

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 WERE EVER SERVED BY the lovely 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

POSITIVE PARENTING GROUP- Assisting parents to grow their strengths and skills to do one of the most important jobs in the world- raise their kids. Starts February 29th, 10am-12pm in Fremantle. Contact Stephanie 0404 703 554 email: somartitherapy@gmail.com

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

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

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

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

SUPPORT LOCAL

EAT LOCAL. SPEND LOCAL. ENJOY LOCAL.

Support the LOCAL BUSINESSES who support the area where you live, work and play.

FREMANTLE HERALD

herald mind body spirit

APOLLO NUDIST CLUB Promotes positive body image in a nonsexual, safe and friendly environment. Phone 0435 586 159 secretary@apollonudistclub.org.au 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. Mobile 0407 561 662

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

TAI CHI Bibra Lake Wetlands Centre. New Intake Tuesday 5/03/2024 11.00 AM. All Welcome. Yearly Fee \$175. No More To Pay. Free Try. Genuine Tai Chi. Affordable, Health Improving & Fun. Banyin Lee 9337 3852 taichiinternallarts.COM

herald classifieds

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 and will not 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 terms and conditions: **RIGHT TO REFUSE** - The Company has the right to refuse to publish or 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 advertiser and the advertiser notifies the Company of the error prior to the advertisement deadline on the first day the error was published, then a refund will be provided on the cost of the advertisement proportionate to the company's opinion of its reduced value.

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

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.

RADIO FREMANTLE

107.9 FM

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

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• Could the next Sam Kerr (top right) or Mary Fowler (bottom right) be playing at the Girls Festival of Community Soccer, which is back after a successful launch last year (above).



research into childhood cancers," she says.

Each team will play a minimum of four games, with players ranging in age from 8 to 17 years old.

Girls Festival of Community Soccer organiser Traci Gamblin says there has been a great reaction to the event.

"The enthusiasm we're seeing for the Festival confirms the community's understanding of the wide-reaching benefits to girls from playing team sports," she says.

"This great event offers girls an opportunity to play a sport they love, in a fun and supportive festival atmosphere."

The Festival is sold out, but there is a waitlist in case of cancellations. For more info go to www.festivalofcommunitysoccer.com.au.



Festival kicks on

THE feelgood factor from the Women's World Cup is still alive with the City of Fremantle announcing a three-year sponsorship of the Girls Festival of Community Soccer.

On Saturday March 16, more than 500 girls will play in a five-a-side tournament at Fremantle Oval.

A total of 35 teams played in the inaugural Festival last

year, which was inspired by the Women's World Cup matches held in Perth.

The 2024 tournament is a sell-out with 62 teams from 12 clubs participating – up 80 per cent from last year – with most based in the southern suburbs.

Fremantle City Football Club academy coach Yasmin Philp says they are leading the way in women's soccer.

"Fremantle City Football Club proudly takes the lead as WA's

largest female football club," she says. "The club has an ambitious goal in mind – gender parity within 2027."

"The Festival is a significant step in this direction and provides a wonderful opportunity for all girls to enjoy the game."

Enrolment fees will support the Festival's charity partner, the Child Cancer Research Foundation, led by CEO Andrea Alexander.

"Support from this event will assist with vital life-saving

WE FIND GAS LEAKS.



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!



AUCTION

216 High Street, Fremantle

Splendorous, Majestic, Iconic

Fabulously located, facing Lourkes Street in the John Curtin 'Performing Arts' catchment and overlooking Monument Hill Reserve. Wonderful spacious floor plan of over 400 sqm, with 2 entrances and multiple options for Airbnb.

Walk to the river, restaurants, Art centre + Basilica. Life-changing opportunity. Rich investment!

Auction Saturday 9th March 2024 10:00am Onsite

View Saturday 17th February 10:00am - 10:30am

Sunday 18th February 1:00pm - 1:30pm

WHY WAIT?

Ray White Cottesloe Mosman Park | 6244 7885

RayWhite

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Noel Rogers
0409300600
noel.rogers@raywhite.com



Connie Puca
0413194550
connie.puca@raywhite.com

raywhitecottesloemosmanpark.com.au



COMING SOON

27A Plantagenet Cres, Hamilton Hill

Private, Stylish, Secure

In the shade of flowering gums & eucalypts, wake to chattering bird life in a glorious easterly aspect. A funky architectural design by Fratelle just minutes to South Beach & the gourmet village. Generous, solar passive and totally relaxed, an open plan kitchen, dining and living open to the elevated 4 seasons alfresco with Vergola. Ooh La La !!

WHY WAIT?

Ray White Cottesloe Mosman Park | 6244 7885

RayWhite

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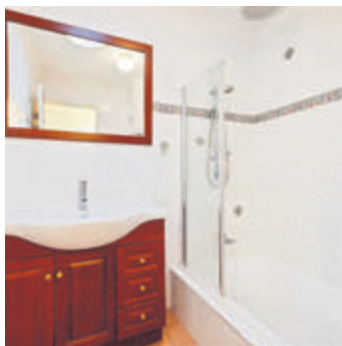


Noel Rogers
0409300600
noel.rogers@raywhite.com



Connie Puca
0413194550
connie.puca@raywhite.com

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SALE

19/2 Lakeside Terrace, Mount Pleasant

Luxurious, Private, Lush

Picturesque in the fabulous Lake Blue Gum vista, strolling distance to the river, parks, gourmet village & public transport. In dual school zones of Applecross & Rossmoyne. Superbly refurbished with granite and jarrah cabinetry, ornate ceilings, porcelain floors and stained glass. Luxurious at every turn. Large rear land to add your pool! An absolute gem!

View Saturday 17th February 2024

2.00pm - 2.30pm

WHY WAIT?

Ray White Cottesloe Mosman Park | 6244 7885

RayWhite

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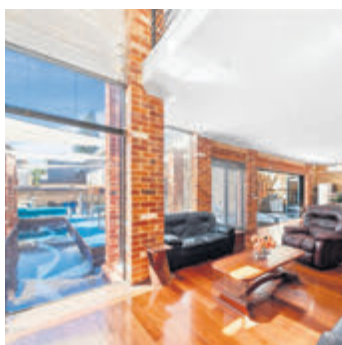


Noel Rogers
0409300600
noel.rogers@raywhite.com



Connie Puca
0413194550
connie.puca@raywhite.com

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SALE

120C Marine Terrace, South Fremantle

Rare, Individual, Unique

Superbly handcrafted from stone masonry + jarrah over 3 generous levels comprising 7 quality king-size suites. A versatile floor plan allows for luxurious family residence, major guesthouse or business suites. Walk to Bathers Beach + Restaurants - Let the Good Times roll!

View Saturday 17th February 2024

12:00pm-12:30pm

Sunday 18th February 2024

1:00pm - 1:30pm

WHY WAIT?

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Noel Rogers
0409300600
noel.rogers@raywhite.com



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0413194550
connie.puca@raywhite.com

raywhitecottesloemosmanpark.com.au