

# MELVILLE CITY HERALD



Volume 35 N° 1  
Saturday January 6, 2024  
www.fremantleherald.com

Your local, INDEPENDENT newspaper

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• Heritage buffs are annoyed at plans for a digital billboard on the old Fremantle Post Office (above), but it could be the tip of the iceberg with the site being redeveloped into a hospitality venue that could include a rooftop bar (right).

## Return to sender?

by STEPHEN POLLOCK

A DIGITAL billboard on top of the heritage-listed old Fremantle Post Office would be a travesty, says Fremantle Society president John Dowson. The local historian is

fuming after plans were lodged with council for a 7.6m x 1.9m billboard on the 1907-built post office on Market Street – the gateway to Freo’s historic West End. “How did something so inappropriate as a large electronic billboard on a heritage building at a major

entrance to the historic town ever get this far?” Mr Dowson told the *Chook*. “Most important heritage precincts have rules to protect the valuable assets therein. Our 1907 Post Office and railway station were Federation gifts to the people and the government should

never have sold the post office.” The old Post Office building is owned by Correia de Sousa Properties, a WA property investment company co-founded by Sam de Sousa. Mr de Sousa says they are redeveloping the site into a

“hospitality venue” and the billboard would be used to promote it. “The heritage-listed Fremantle train station across the road has huge advertising billboards,” he says. “The heritage-listed Astor Theatre in Mt Lawley has a digital billboard, and

they are common on heritage buildings in London and New York.

“I’m a Hammie Hill boy and grew up in Fremantle – I love the heritage in this city and I’m trying to keep these old buildings alive and invest in the future of the city, while being respectful to its past.

“If you want a vibrant West End, if you want it to survive and to protect the architecture, it has to be liveable and commercial.”

Mr de Sousa says the billboard would primarily be used to promote the hospitality venue, but didn’t rule out it being used by third party advertisers.

Concept designs for the 1,100sqm venue estimate it could accommodate about 500 patrons (including staff), main and rear bars and a beer garden, with potential for first floor function rooms, 10-20 loft apartments and a 400sqm rooftop bar.

• continued page 2

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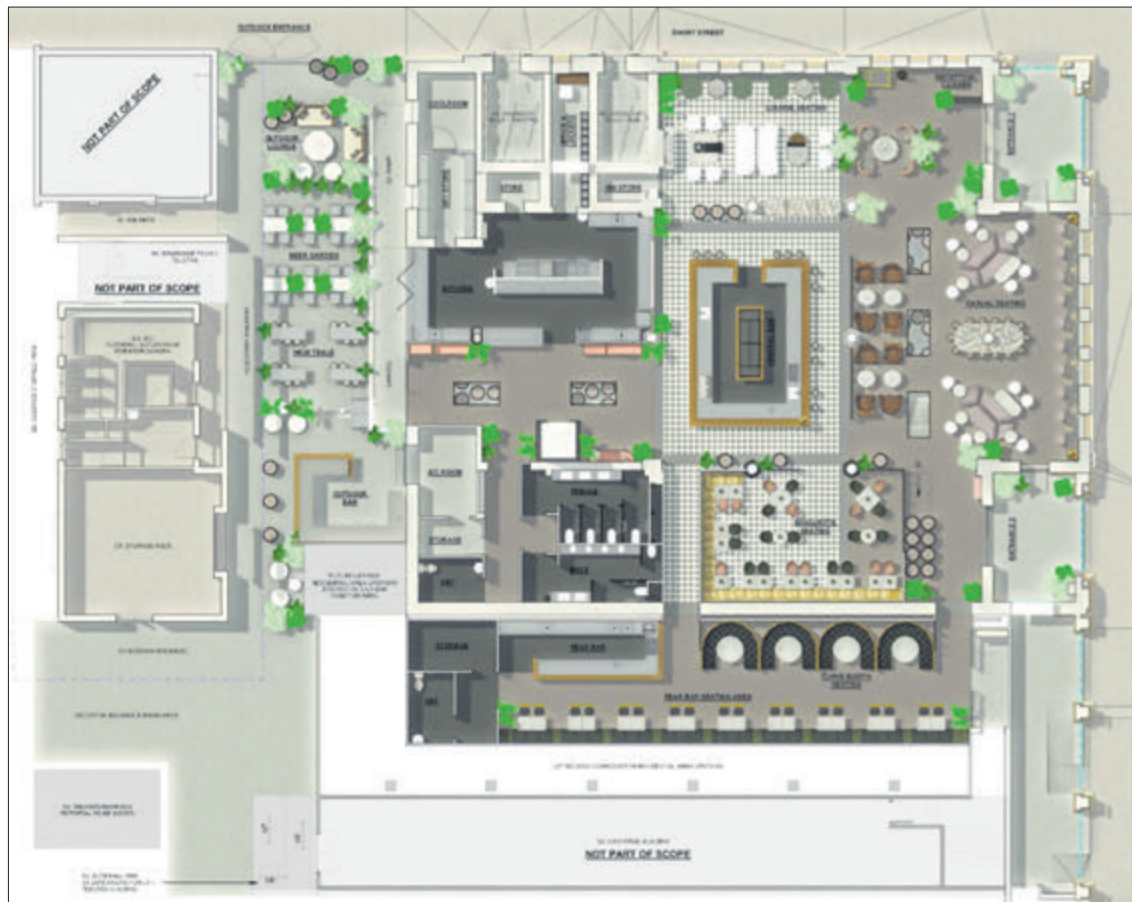
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• Artist's impression of the redeveloped old Fremantle Post Office. Images courtesy Project Specific

# 'Six storeys?'

• from page 1

"There is further scope in late 2025 pending planning approval for a six-storey boutique 50 Apartment hotel and purpose-built rooftop bar overlooking the Fremantle Harbour," reads the concept design.

The Post Office has lain empty since a bad storm brought down the ceiling in August 2022, with Australia Post relocating to new premises on the corner of Queen and Adelaide Streets in June last year.

Mr de Sousa says they have owned the building for 25 years and "thought Australia Post would be there for life" – then the storm hit. Australia Post relocated, due to the 18-month repair time, and he had to rethink the site's future.

The extensive repairs will be completed by the end of March, and Mr de Sousa says his team have been busy preparing a concept design for the hospitality venue.

"It's going to be a stunning, high-end venue with a rooftop facility," he says.

"By the end of March we're aiming to have a website up with a 3D walkthrough. It will look fantastic."

Mr de Sousa says they previously held discussions with an established operator about a micro-distillery, but it never came to fruition.

Project Specific managing director Troy Ward says the concept design shows a general restaurant/bar, but all proposals are welcome.

"The purpose of the concept design work created to date is to gauge interest from suitable operators considering a venue in historical Fremantle," he says.

"A resulting DA will be based on a committed operator determining what their needs are, approving the proposed costs and after which a DA will be sought from the City of Fremantle and the various heritage bodies."

The proposed billboard comes in the wake of Fremantle council supporting conditional approval of a contentious rooftop extension on the 1925 heritage-listed Robert Harper building on the corner of Pakenham and Phillimore streets in the city's West End. The final decision rests with JDAP.

"The council now turning its back on our heritage to create what they call 'a modern city' is deplorable – see 49 Phillimore Street," Mr Dowson says.

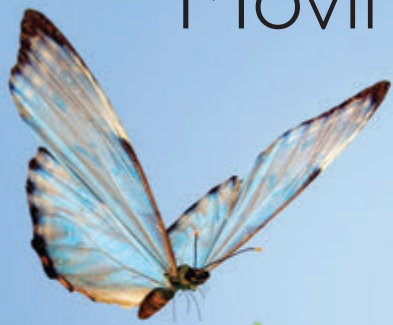
"Fremantle MP Josh Wilson should be insisting the post office stay in the building built for it, if at all possible, instead of its current location in a shoebox on Adelaide Street."

Public submissions on the billboard closed January 4 and the development application should come before council in February or March.



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• A smoking ceremony at Bathers Beach as part of One Day in Fremantle in 2021.

# Flagship event ditched

by STEPHEN POLLOCK

THE “inclusive alternative” to Australia Day – One Day in Fremantle – has been ditched seven years on from its dramatic launch.

Fremantle Council announced it will replace the annual event with a year-long program of Truth Telling. “Our aim is to present a year-long program of opportunity,

with some key events, for the community to engage in Truth Telling,” said Pete Stone, the council’s creative arts and community director.

“The program could manifest itself in many ways. It may be an exhibition, a walk and talk tour, one on one personal story telling, recorded oral histories, a residency, a weaving and yarning session, published material, poetry readings, a gig – there are no

restrictions on format.”

One Day started with a flourish in 2017 – featuring a smoking ceremony at Bathers Beach, aboriginal cultural activities and a headline concert at Esplanade Reserve with John Butler that attracted more than 20,000 people.

While the smoking ceremony remained quite popular, without a strong headline event, interest in One Day began to wane over the following years.

It wasn’t held in 2022 due to covid, and last year the the smoking ceremony moved to Walyalup Koort.

A Fremantle Council spokesperson said the \$22,000 budget for One Day had been reallocated to Truth Telling, but wouldn’t be drawn on why they couldn’t hold both the flagship event and a program throughout the year.

The switch has been welcomed

by Janetia Knapp, Indigenous artist in residence at Notre Dame University.

“I think it’s a good thing after the Voice campaign. There has to be an understanding of who we are and healing on Country,” she says.

“Our history is so important and it’s already in a lot of places in the community, and now we can come together and walk a shared path.”

The Truth Telling program also received the blessing of Whadjuk Nyoongar Elder Gerrard Shaw at the inaugural meeting of the new Walyalup Reconciliation Action Plan working group earlier this month.

“We will never abandon our dream of walking together,” Dr Shaw says.

“So, we begin again resolved to try harder to make Australians aware of all the things that happened to us in the past. Truth telling is the way we will do this.

“Unless our past history is understood by all Australians we will never walk together as one country.”

Fremantle Mayor Hannah Fitzhardinge said the award-winning event had played a significant role in the shifting national conversation about reconciliation.

“One Day in Fremantle successfully ignited debate around the country in questioning the celebration of Australia being held on the 26th of January each year,” she says.

“Many local governments and businesses now hold inclusive celebrations on a different date.”

In 2019, One Day in Fremantle won a Promoting Indigenous Reconciliation Award at the National Awards for Local Government.

Truth Telling will launch in March, coinciding with the release of the new Walyalup Reconciliation Action Plan, which will include the three pillars of Voice, Treaty and Truth.

## Can you claim a loss on your home?



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

Okay, so everyone knows the answer to this – no you cannot claim a tax loss for selling the house that you live in at less than what you paid for it. It’s clearly a private or domestic transaction that has nothing to do with tax, never has and never will. Except...

In a true taxation oddity, a recent decision by the Administrative Appeals Tribunal found in favour of a taxpayer who made a loss on the sale of their home and claimed it as a tax deduction.

The taxpayer was a “savvy and entrepreneurial” 86 year-old retiree named Mrs Bowerman, who had a history of making profits from passive investments. Yay for you Mrs B, but this is really not good news folks.

Here’s what happened. After Mrs B’s husband passed away in 2015, she signed up for an off-the-plan three-bedroom apartment in Woolooware Bay NSW, intending to live there on its completion in 2020.

In 2018, following the sale of her original family home and having seen the growth in the area, she decided to buy a completed two-bedroom apartment in the same complex. Her intention was to make a short-term gain on

this and to use the proceeds to help settle on the three-bedroom apartment once complete. And she decided to move in while she waited.

Good plan, but then COVID hit.

In 2020, she sold the two-bedroom apartment, just before settling on the three-bedroom apartment, and unfortunately dropped \$266,000. She claimed it as a tax deduction on the basis that it was intended as a short-term profit-making venture.

The ATO was not real happy. They may allow a loss on a genuine commercial activity, but their main argument was that someone acting in a business-like manner would not live in the property.

The AAT disagreed, saying the fact that Mrs B lived in the property was secondary to her profit-making intent.

**“It’s clearly a private or domestic transaction that has nothing to do with tax**

So why is this not good news? Mrs B got the benefit of her property loss, but of course this means the opposite is also true. If the ATO determines that a property transaction is commercial in nature, it can treat the profit as ordinary income rather than a capital gain. Living in that property it seems, may not guarantee the usual main residence exemption or CGT discount.

We won’t know the full implications of this case for some time and the ATO is yet to confirm whether or not they will appeal the decision to the Federal Court. It may well be a battle they’re happy to lose.

Either way it’s an unusual outcome that accountants and other interested parties (like property flippers) will be watching very closely.

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.

## If Icarus was an Agent



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

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The Greek story of Icarus, like all good myths, provides insight into the best and worst of the human condition. The story is well known; Icarus, in fleeing Crete with his father who fashions wings from feathers and wax, is warned not to fly too close to the sun. Icarus, overcome with the joy of flight, falls victim to his own hubris, and over-confidently soars too high, the wax melts, and his demise inevitably follows.

Real Estate Agents can similarly fall victim to their own hubris. Hard working, successful agents who grow their profiles are sometimes lulled into a sense of self importance that puts at risk their primary responsibility to act in the best interest of their client.

Their desire for local market dominance can lead to some agents providing advice that may work in their own interests, contrary to that of their client. Pushing a vendor to accept an offer that is below market sentiment, failing to thoroughly promote the property or falsely attributing a competitor’s sale to themselves are examples of agent hubris.

*Competition is good for everyone*

I recently heard that a high-profile local agent had fabricated the negotiation of a buyers’ offer by first writing a lower purchase price, crossing it out then writing in a higher figure to give the impression they’d negotiated the ‘buyer up’. The buyer had wanted to offer the higher price from the outset. This dishonesty is meant to encourage their client to accept an offer that has been falsely represented as being more than the buyer wanted to originally pay. Pretty shabby behaviour.

Unfortunately, these high-profile egomaniac agents attract sellers who, on the grounds they ‘sell the most around here’ list with them without properly exploring alternates. Some high-volume

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



selling agents are often more interested in maintaining their volumes than getting you the best possible outcome.

Of course, not all high-profile, successful agents are self-indulged egotists. We are fortunate that the long-established agencies around Fremantle are full of genuine, professional agents passionate about delivering the best possible result for their clients. Agencies compete but mostly on a mutually respectful basis. Competition is good for everyone. It keeps agents on their toes and ensures services delivered and fees charged are determined by the open market.

But some agents seek to undermine honest competition. One high-profile agent was found guilty of stealing a competitor’s home open directional signs. Here’s an agent that sold \$132m worth of property in a single year. At a 2.5 per cent average commission, that’s \$3.3m in earnings per annum! This agent tarnished his reputation for a few hundred dollars’ worth of signs because he couldn’t allow a potential competitor to share a space that he thought belonged exclusively to him.

It is this sort of attitude that led to Icarus’ demise. Accordingly, consumers of real estate services would be wise to thoroughly research the personal and professional reputation of their preferred agent.



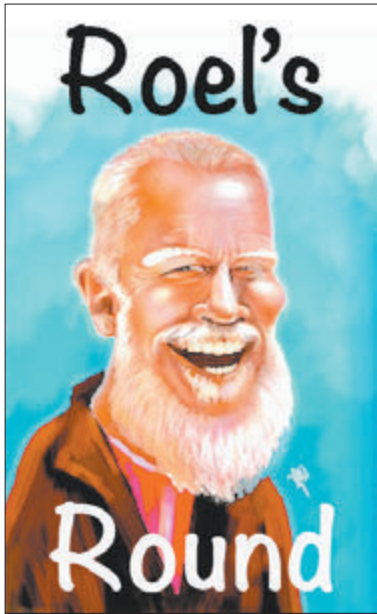
# Election twist

THE legal challenge to the October 2023 Fremantle local government election results, in the Fremantle Magistrates Court on January 10, could easily be dismissed as Trumpian sour grapes by sore losers, who have tried in vain to get their preferred candidates elected for decades, but that would be too simplistic and unfair.

The major fact, and main reason for the appeal, is the unbelievable blunder by the WA Electoral Commission, that initially sent out the wrong ballot papers to voters in the new Central and Coastal Wards. Although the WAEC rectified that error fast and the proper ballot papers arrived only a few days later, it gave immediate concern that it could have an impact on the election. But did it? Some people claim it did, others believe it did not. I assume those opinions depend on the candidates one supported.

Looking at the voter participation numbers in the four wards, it is hard to argue that Coastal Ward had an unusual low voter participation because of the WAEC mix up, when in fact it had the highest ballot return of all four wards

East Ward had 35.87 per cent returns, North Ward 34.31 per cent, while Central had 30.56 per cent and Coastal Ward 40.95 per cent. In Central Ward voter participation was low, but Geoff Graham beat Steve Pynt by a comfortable 330 votes, in a two men race, so hard to argue that there could have been a different outcome there if the ballot



paper debacle had not occurred.

After preferences, Jemima Williamson-Wong received 955 votes, or 38.45 per cent in Coastal Ward, and Marija Vujcic got 885 votes, or 35.59 per cent, with a difference of a mere 70 votes.

The first question a former judge I talked to wondered about, is if anyone can challenge an election outcome, or only candidates? In Freo's case a group calling themselves the Greater Fremantle Community & Business Group are challenging the election results. They were also the ones who strongly supporting unsuccessful candidates Marija Vujcic and Steve Pynt during the election campaign.

So it is first of all up to the magistrate to rule if this legal challenge can be called by this community group of disgruntled

voters. If so, there needs to be a strong argument, and facts and figures, that the election outcome was impacted by the inexcusable blunder of the WAEC. That seems a questionable argument when one sees the high voter participation in Coastal Ward especially.

There is no doubt whatsoever though that the community, and winners and losers alike, want elections to be conducted in a proper manner to get fair results. I received the wrong ballot paper, for Central Ward, on a Friday, but the correct one for Coastal Ward three days later on Monday, so it was no big deal. Will the WAEC be able to convince the magistrate that their blunder did not negatively impact on voter participation and the election results, or will the GFCBG be successful and get another go at getting their candidates elected for Fremantle Council?

I don't know if an election in Fremantle was ever challenged in court before, so this might be a first for our city. The South Fremantle Ward went to a second election a few years ago, when the WAEC allowed a non eligible candidate to nominate. If a costly new election has to be held, new candidates can also nominate, but some of those who stood for the October ballot, might no longer have the energy, desire or money to do another tiring election campaign, so it could be a whole new ball game.

Or might Fremantle voters just be fed up with yet another election, with the same arguments, disagreements and promises, and bother even less with returning their ballot papers? Time will tell.

Roel Loopers/Freoview.  
wordpress.com



• A good turnout at Mission Australia's Christmas Lunch meant bad news for Perth's housing situation. Photo supplied by Mission Australia WA

## Wake-up call

by DAVID BELL

A GRIM record was set over the holidays with the highest ever number of people attending Mission Australia's Christmas Lunch for homeless people in Wellington Square.

It was a turnout that organisers see as a dire sign of the housing and cost-of-living crisis.

2023 marked the 48th lunch run on Christmas day by Mission Australia WA for those in need, with more than 1500 people attending the three-course meal organised by 300 volunteers.

MAWA state director Sue Budalich said the huge turnout reflected the severe housing and cost of living crisis.

"This event is nearly 50 years old, and our team have never seen such a turn-out before," Ms Budalich said in a post-event statement.

"People who have never been

homeless, including people in paid employment, people with mortgages, are struggling to make ends meet and they're asking Mission Australia for help."

She said urgent government action was needed to avert higher numbers becoming homeless.

"Our staff on the frontline say the housing situation is the worst they've seen, and too many people are having to make hard choices - between putting food on the table, paying the power bill or paying the rent," and those financial pressures rose over Christmas, Ms Budalich said. "As rents and interest rates rise and the social housing wait list grows, the number of people pushed into homelessness will only go up."

Several large housing initiatives from the state government have been in the pipeline but progress is slow, with delays plaguing a range of projects from East Perth's Common Ground to the long-empty Stirling Towers.

# Happy New Year from City of Fremantle

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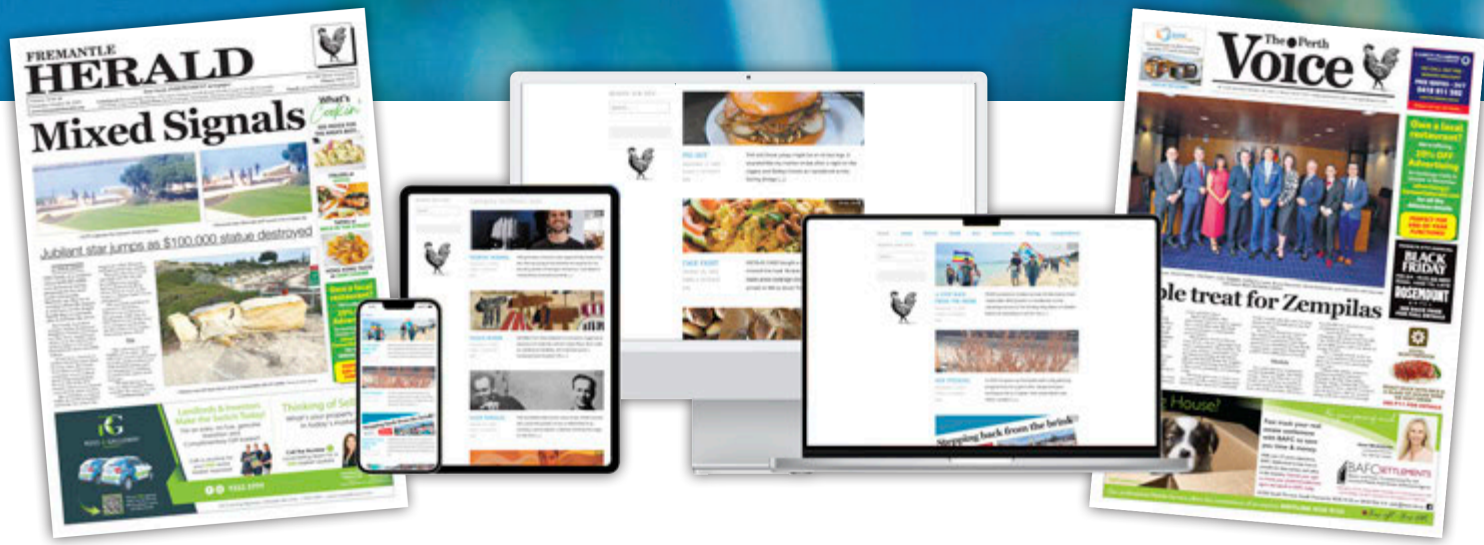
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• Writer Vivienne Glance at one of the many demonstrations that precipitated the severance between Fringe and fossil fuels. Photo by Miles Tweedie

# Fossil free

by DAVID BELL

THE divorce has been finalised between Fringe World Festival and their former fossil fuel funder Woodside.

It follows a years-long campaign by artists and climate activists who pressured Fringe organisers to sever the relationship.

In recent years activists have staged impromptu performances, collected petitions, held protests, and even conducted a 50-hour long reading of the entire 2018 Intergovernmental Panel on Climate Change report ('Protesters rock fringe', Perth Voice, January 25, 2020).

They accuse Woodside of using the festival to present itself as a responsible corporate citizen while

pumping out greenhouse gas emissions from its LNG projects. Woodside describes LNG as a "lower-emissions alternative" to oil. The activists had their first big win in 2021 when Fringe dropped the naming rights deal with Woodside, but the company continued to sponsor the festival through Fringe organiser Artrage instead.

This week campaigners from Fossil Free Arts announced the final ties had been cut, with the statue-felling moment marked by the removal of Woodside as a listed partner on Artrage's website. It follows Perth Festival likewise cutting ties with its major sponsor Chevron in 2023, making 2024 the first fossil free festival season.

"When we all first sat in a room together five years ago to set this goal of kicking these

huge companies out of our biggest festivals, I'm not sure how many of us thought we would actually achieve this," campaigner Anthony Collins said in the FFA announcement. "It is a credit to the WA arts scene that festival season is no longer promoting the destruction being caused by the state's two biggest polluters."

While it's taken a multi-year campaign to get the Perth Festival and Fringe to drop Chevron and Woodside, Revelation Film Fest has had a longstanding policy against taking cash from fossil fuel companies.

But it's a different story in the sporting world with The Dockers recently signing Woodside Energy to a new multimillion-dollar sponsorship deal, dashing the hopes of climate activists.

# Gag stays put

by DAVID BELL

AN inquisitive Stirling resident will spend another year on the "Restricted Customer" list, limiting contact with Stirling council staff after his queries were deemed "unreasonable" back in 2016.

Resident Robert Mitchell attends almost every council meeting to pose queries at public question time, and he's been critical on a plethora of issues ranging from Stirling's management of its properties and its confidential expenditure on contracts, to traffic management and tree planting.

But as for what got him on the restricted customer list, Mr Mitchell says via email: "I am at a loss to know what the trigger was".

He says it may relate to what he describes as his "admonishing" of a manager back in 2016, but he also recalls getting an "adverse reaction" when he queried how much the council spent on volunteers.

Being on the restricted customer list doesn't prevent Mr Mitchell from quizzing the council at public question time, where all communication with staff is mediated through the meeting's chairperson (typically mayor Mark Irwin).

But he's been told not to call staff or make any in-person inquiries, instead being directed to mail in letters

or use an online customer enquiry form. The restriction is reviewed every 12 months, and on December 22 Mr Mitchell received an email advising that it would endure through 2024.

"The City acknowledges your right to ask questions, request information and express opinions about the City's services and its officers," the review email states, "however, upon review of your recent interactions with the City it has been determined that your behaviour constitutes unreasonable complainant conduct in accordance with the City's Complaints Policy."

"Therefore, your communication restriction will remain in place for a further 12 months with another review to be conducted in December 2024."

We asked Stirling about the restricted customer list, and a written response states "Out of more than 235,000 residents, less than 10 customers are captured by this policy."

"In this specific case, the behaviours that remain at issue for the City include but are not limited to: hostile and inappropriate language, refusal to follow the restrictions of the policy by continuing to call employees, and, unreasonable requests."

Mr Mitchell tells us he'll continue making queries in the remaining format available to him, and when council meetings recommence for 2024 he says "rest assured I will be asking questions".

## "50% of clients have come from the Herald & Voice!"

Hello Val,

I think you may be interested in this!

I'm currently using four main avenues for advertising my unlocking creativity workshops and courses that help adults tap into creativity they didn't know they had (or remember having as children).

It's a leading-edge, brain-aware method and already 3,700+ WA people have surprised and delighted themselves.

Big thanks to the *Herald and Perth Voice* and your readers for leading the way as you're close to making up 50% of people who are choosing this way to get more creative in life and have more fun in these uncertain times!

Jan Cross, Extraordinary Mind Project.



### Want to break free and let your hidden talents show?

Here's how to make a surprise visit to creativity you always secretly hoped you had — but somehow have never been able to access.

Join us for 2.5 hours and hear some practical information about the mechanics of the brain and how to work with it so that you can tune into the creative subconscious more deliberately and more strongly than adults usually can.

Try some of this information out on simple drawing exercises. And prepare for surprise. Tuning in to the subconscious works more deeply for stickman level drawings through to practising artists.

Participants in Extraordinary Mind Project courses will tell you that incredibly improved drawing skills are just the beginning!

Being bowled over by unexpected talent that emerges during a deep flow state changes everything!

Partly because you are shocked by what you have been able to do. "Oh, my goodness, I had no idea I could do that!"

And partly because it seems so completely natural.

It occurs as some new 'truth' about you!

What's this really all about?

- The joy, the peace and calm that settle on you when you're able to slip past old patterns into that creative place where all potential lies

- Confidence, experiencing yourself and possibilities in a whole new light. "I feel like I can do anything. I really do!"

- Flow on effects, such as better concentration at work, deep relaxation, more focus, less reactivity, ongoing excitement



### WHAT'S NEW

Make a surprise visit to your hidden creativity!

Which of these is most you?

1. You strongly suspect that there's more to you and to your creativity
2. "I don't have a creative bone in my body!" you say. You have proof! You are jovial about it. But deep down — when and if you looked — you would likely come across disappointment and a wish that it wasn't true.
3. You are familiar with that 'stuck at a standstill in life' feeling. (Great news, because it may entice you to the edge of your comfort zone, where creativity lives.)
4. Sometimes you just wish you were more creative!

If any of these apply then chances are the way your brain is currently wired is holding your creativity (and you) prisoner.

*"It's been the single most rewarding course I have ever done."*

~ Karen Twort, industry trainer/facilitator

*"I loved it — all of it. It has given me more confidence in my new things without worrying how others will judge me."*

Thanks Jan, awesome and stress free sessions." ~ Joanna Lee

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Sat 23 Sep Murdoch 10am-12.30 pm

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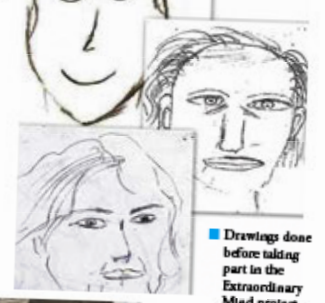
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- Edition 16.3.24** ahead of **St Patrick's Day** Sunday, 17 March
- Editions 23.3.24 & 30.3.24** ahead of **Easter** on Sunday, 31 March
- Edition 20.4.24** ahead on **ANZAC Day** on Thursday, 25 April
- Edition 11.5.24** ahead of **Mother's Day** on Sunday, 12 May
- Edition 25.5.24** ahead of **Foundation Day** on Saturday, 1 June
- Edition 1.6.24** ahead of **World Environment Day** on Wednesday, 5 June
- Edition 31.8.25** ahead of **Father's Day** on Sunday, 1 September
- Edition 14.9.24** ahead of **Oktoberfest**  
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- Edition 2.11.24** ahead of **Melbourne Cup** on Tuesday, 5 November

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to find out how you can put your business on the **Front Page**  
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# Stitching up the planet

THIS week's Thinking Allowed comes from Perth neurologist **CAROLYN ORR**, who explains why so many medical doctors are concerned about the looming "human health emergency" posed by policies favouring fossil fuels.

**L**ATE last year, more than 50 medical doctors rallied outside Parliament House against WA's support for oil and gas expansion.

Why is the medical profession, usually so conservative, taking on both the state government and the fossil fuel industry?

Medical doctors recognise that the climate crisis is a human health emergency.

Climate change causes illness and death by driving extreme weather events, increasing risk of infectious diseases, causing air pollution, rising sea levels and biodiversity loss.

A warming climate threatens the very foundations of our health - reliable food supply, clean air and water, and safe shelter.

Our emergency departments and general practices are already seeing the health impact of climate change play out in real time, with hospitalisations increasing 10 per cent in a heatwave, and emergency department visits and deaths spiking during bushfires.

This climate crisis is

driven primarily by the burning of fossil fuels: coal, oil and gas.

This year is now confirmed as the hottest in human history (by a scarily large margin), with oil and gas-driven heatwaves, bushfires, droughts and flooding occurring around the country and across the globe.

The same fossil fuels that cause climate change are also the largest preventable cause of air pollution, responsible for about 1 in 5 human deaths.

The science is clear that to halt the climate crisis, and secure a safe and liveable future for everyone, we need to phase out fossil fuels and replace them with renewable energies.

But the WA state government is supporting oil and gas expansion despite the escalating evidence of the health impacts of climate change, most notably in their support for Woodside's Burrup Hub project.

This will be Australia's most polluting fossil project ever and is projected to release over 6 billion tonnes of dirty carbon emissions.

Medical doctors successfully took on the powerful tobacco industry



• Dr Orr and her medico colleagues at Parliament House urging the Cook government to take action on climate change: It did, announcing it was removing more impediments to big resource projects.

half a century ago to protect human health.

Our focus is now oil and gas, which need to be phased out to protect us

from the dire health impacts of global warming. We need an end to new oil and gas projects, an end to subsidies to the fossil fuel industry,

and to fast track a just energy transition towards a renewably powered economy.

We urge the state

government to prioritise the health and wellbeing of Western Australians over the short term profits of the fossil fuel industry.

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by DANNY

# Let's set the scene:

DANNY and HELEN to be Married 23.3.74 at 10.45am in St Jerome's Church, Spearwood

Assisted by:  
Best Man: D'Arcy (Darc)  
Maid of Honour: Wendy  
Groomsman: Alan (Cero)  
Bridesmaid: Carol  
Priest: Fr Tomich(Tomo)

What follows is a truthful series of events on that day without expletives.

*You got the ring NOOooooooooo  
Still on dressing table NOOooooooooo*

A morning wedding ceremony can only mean – guess if you're cluey.

A visit to the early opener Newmarket Pub – The Newy Precise times and deadline targets are noted.

Darc and Cero arrive early as calculated.

Jump in the ute enjoy few beers games of pool Schedule! we're off; institution of marriage beckons how cool.

We hit the bend on Mayor Rd; someone drops a human hydrogen bomb which fouls the air.

I hit the skids we jump out like idiots we run around jump back in with lungs full of fresh air.

Once home even though we insist we're on time the old man says you will de late.

Adding you boys are stewpeed a name I have been so familiar with to date.

*You got the ring NOOooooooooo  
Still on dressing table NOOooooooooo*



# Wedding Day Clouds

For the schedule we now have shower shave with speed.

Folks off mum says lock up don't be late as though to plead.

Smooth smooth as silk as we prepare until a nick.

On the neck from a new blade makes me feel like a dick.

It's the 70's no box of tissues just hankies and cigarette paper.

We rise to the occasion patch up and hankie in jacket pocket maybe needed later.

White suits shoes bow ties with fancy blue shirts shit we look dapper.

We're ready and on time to get hitched what could be better.

It's the old days exit front door folks have only key home secure.

A leisurely 5min drive with Cero at the wheel how easy to endure.



*You got the ring NOOooooooooo  
Still on dressing table NOOooooooooo*  
We head to a meeting with Tomo unlike our previous meet.

Helen RC Faith education at Tomo's home but bring 2 King Brown beers hard to beat.

In sight of the church and the gathering you beauty on time with

minutes to spare. Lean in back to Darc you got the ring NOOooooooooo not the time to be funny don't dare. Still on dressing table. NOOooooooooo a bombardment of expletives from all resonate.

Instant agreement as a U turn is performed my only redemption but Helen to wait.

Now that leisurely drive has transformed akin a police pursuit without the police.

Cero in his element now with justification passing on the inside outside all will suffice.

Mobiles would have been handy as we arrive back home in half the time.

Then stark realisation comes over me shit house locked no key hell of a time.

*You got the ring NOOooooooooo  
Still on dressing table NOOooooooooo*



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# Hopefully Clearing

No need to panic I have on many occasions broken in after late nights lockout.

Fav method stashed wire with hook push key through hole wire under door drag key out. However on this occasion for speed have chosen sister Lil's bedroom window.

Darc and I throw jackets on front seat and off we go. Flyscreen off window up the old heave up and I'm in.

Ring in hand out front door it's like we again begin.

Jackets on Darc firm grip on the ring Cero waiting we off Cero assumes he's driving the getaway car and needs to escape and literally takes off.

Wow I've never seen Spearwood flash by like this before We arrive make our entrance to an amused packed church take our spots Tomo to the fore.

*You got the ring NOOOOOOOOO  
Still on dressing table NOOOOOOOOO*

Meanwhile Helen unaware of the situation has been doing circuits of the church.

With cousin Grgo in his flashy Chrysler with Wendy Carol totally in the lurch. The music sounds Helen makes her entrance I think check the nick on the neck.

Hand in pocket for hankie nothing there what the heck.

Mind in overdrive check with Darc yes hankie in his pocket. You have my jacket must swap we stand as though shot out like a rocket.

As we change jackets

accompanied by immense laughter Tomo is waiting and beside himself waiting for the next disaster.

In the background I hear stewpeed as Helen makes her way down the aisle. She draws alongside we hold hands Mate if I said what beauty no one would be in denial.

*You got the ring NOOOOOOOOO  
Still on dressing table NOOOOOOOOO*

The 10.45 is now 11.15 to begin nuptials please nothing else no one even say boo.

Tomo decides to keep the crazy going by performing ceremony in Croatian and English then I do.

Kissed signed sealed confettied congratulated you beauty Grgo's Chrysler off to the Phoenix Pub.

In foyer a beer for all no agonising wait for speeches let's get them over with then grog and grub.

Speeches few short and sweet actually only Darc and I thanking lovely bridesmaids and everyone.

Now we can all enjoy the festivities before we all depart as one.

The Holden Station Wagon is adorned with cans toilet paper sticky tape and Just Married lipstick.

For Helen's family an education in the Spearwood way different but hopefully approval with a big tick We're off down North Lake Rd right into Canning Hwy out the front of Kentucky and bang.

Front left tyre flat head left pull up dang.

Not today in my finery will I change a tyre. So hale down the first car that

comes along and explain please my need of you help is dire.

*You got the ring NOOOOOOOOO  
Still on dressing table NOOOOOOOOO*

So obliging as he begins until cousin George comes along and offers and takes over. All done thanks as George adds mate with today's goings on wouldn't be surprised if Helen runs for cover.

Again we're off heading for the secret destination I suggest we're heading for the Nullabor. Only to turn left at the Causeway and head down the Terrace and eventually to our front door. It's the new ritzy Parmelia Hotel as we are greeted and welcomed with celebrity status.

Ushered through and to our room it is finally only us. We agree a romantic evening with room service as we recalled the day we both laughed.

Emphasis on the romantic we order a dinner of burgers chips and two bottles of Swan Draught.

What a day full of mixed emotions frantic fun happy all heaven sent.

It's late into the night and about those clouds well at present.

THERE AIN'T A CLOUD IN THE SKY

\*\*\*\*\*

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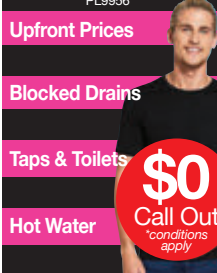


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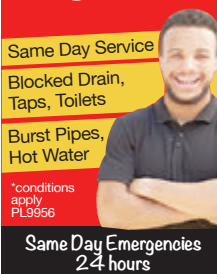
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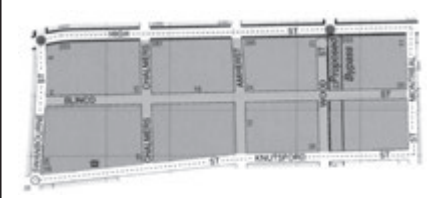
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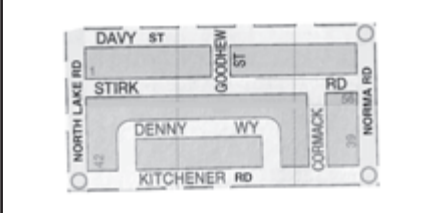
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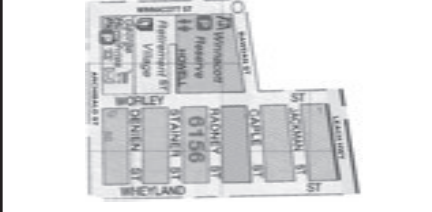
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# Astrology with Sudhir

January 6 – January 13, 2024



### ARIES (Mar 21 – Apr 20)

As you seek nourishment and respite, so Mercury, lying low in Sagittarius, offers you clarity as to where to go and where to find it. The more authentic you are, the more clarity will come easily. Mars is now in Capricorn, insisting that you keep things as simple and practical as possible.



### TAURUS (Apr 21 – May 20)

Mars in Capricorn is giving you the energy you need to keep your agenda expansive and generous, as per Jupiter's wishes. The Scorpio Moon at the start of the week will throw a few waves of emotion to the surface that may need attending to. The Capricorn Sun reinforces your wishes.



### GEMINI (May 21 – June 21)

Mercury remains in Sagittarius, focussing you on the future. Look ahead with optimism and honesty. It's time to come into your own, to find your own voice and your own path ahead. The Capricorn Sun is leaning on you to be alert, aware and surefooted. Show off your new skills.



### CANCER (June 22 – July 22)

The Moon begins her week in Scorpio. This sets the tone for you. She affirms the rightness of your feelings, no matter how misunderstood they might be when you bring them out of their hiding place. Pour your feelings into your primary relationships, and into your many creative outlets.



### LEO (July 23 – Aug 22)

The Capricorn Sun will have you sifting all that's real and fun in your being, from any conditioning you may have received to be serious at all costs. Don't trust anyone who lacks a sense of humour. In fact, don't trust anything in yourself that lacks humour. Share your love and watch it grow.



### VIRGO (Aug 23 – Sept 23)

How we see the world has a major effect on our health and well-being. A shift in philosophy can be as powerful, if not more so, than a shift in our psychology. It is time to renew and review your perspective. Are you seeing through a lens that satisfies your heart? Recalibrate if you have to.



### LIBRA (Sept 23 – Oct 23)

When we are placed in a position of authority it's not unusual for parts of our being to come to the fore that we didn't know existed. They may even be traits we react to in others when they play the leadership role. Life is presenting you with plenty of food for reflection. Be open to change.



### SCORPIO (Oct 24 – Nov 21)

The Moon begins her week in Scorpio. This boosts your sense that your feelings are intuitively correct. Don't let anybody rush you, or push you to expand before you are ready to. Take all that you do, slowly and carefully. Saturn, and the Capricorn Sun, will both help you to do this.



### SAGITTARIUS (Nov 22 – Dec 21)

Try not to get hooked in age-old controversies. Venus is in your sign and she is nudging you in the direction of expansion and growth. This time round her magic and beauty will flourish if you remain grounded. Keep your journey of love simple. Nourish your body and your environment.



### CAPRICORN (Dec 22 – Jan 19)

Mars has entered Capricorn, joining the Sun and Pluto. Mars represents, at best, our passion for adventure. At worst, he becomes our frustration and our anger. To keep this energy healthy, give yourself plenty of satisfying things to do. Expression is certainly the way for our warrior spirit.



### AQUARIUS (Jan 20 – Feb 18)

There's a smooth link between your ruling planet Uranus, in Taurus, and the Sun in Capricorn. Both are in earth signs, meaning that practicality, sensuality and groundedness are the order of the day. This is a time in which to bring your ideas and ideals to a successful practical realisation.



### PISCES (Feb 19 – Mar 20)

The Scorpio Moon reinforces all that is good in your imagination and your intuition. Saturn is well-aspected, meaning that by keeping some sort of order and rhythm in your life, good things will evolve. Neptune is not so well-aspected, meaning that it's not a good time to be too nebulous.

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# The gut microbiome – AKA your second brain

THE common saying “you are what you eat” may hold more truth than ever, with research showing the link between diet, gut microbiome and the brain is much stronger than previously thought.

The gut microbiome is home to trillions of microorganisms known as the gut microbiota. In our intestines alone, there are 100 trillion bacteria; that’s more than there are stars in our galaxy. These tiny companions have evolved alongside us throughout history.

## All About the Balance

Ideally, the gut microbiome should be in balance, however this is not always the case. There are two different states the gut microbiome can be in. Eubiosis is when the gut microbiome is in balance, and dysbiosis refers to when it is imbalanced. This state can be influenced by many factors, diet being one of the most significant, as it has been proven to have a prominent impact on the composition of the gut microbiome. But what makes diet so important? And what foods are most beneficial?

## The Secret is Fibre

At the end of the day, it all comes down to fibre. Fibre is the unsung hero behind the scenes, so clearly diets high in fibre will be beneficial. Humans cannot digest dietary fibre, so our gut bacteria ferment it instead creating Short Chain Fatty Acids (SCFA’s). These are beneficial products that help to

**TAHLIA CRAWFORD** has just finished year 12 student from the Perth Waldorf School, where students’ big assessment for the year is to dive deep into a topic of their own choice. Tahlia picked the emerging science around gut health, which is creating a bit of a buzz because of its implications for so many aspects of our lifestyle, particularly mental health conditions such as depression and anxiety.

*Disclaimer: This information provided is for informational purposes only and should not be taken as/is not a substitute for medical or health advice. Always consult a qualified healthcare practitioner for your specific circumstances.*

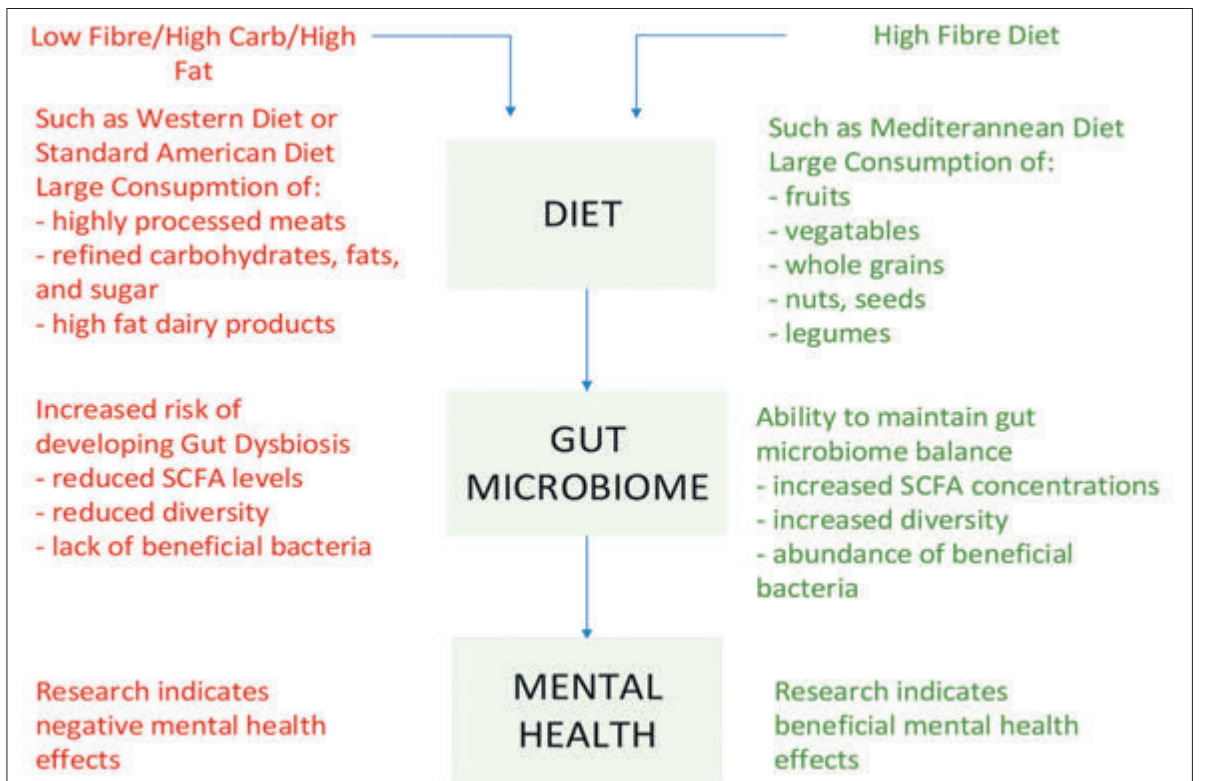
maintain the balance and diversity in the gut microbiome, they even play a role in mental health. SCFA’s have beneficial impacts beyond the gut effecting overall health. Some SCFA’s like acetate and butyrate can influence brain activity, and butyrate specifically has antidepressant effects. Because the SCFA’s play such a crucial role, it is important to remember that foods high in fibre are a key contributor to keeping the gut healthy and strong.

## Great gut foods

Vegetables – such as cauliflower, brussels sprouts, broccoli, spinach, swiss chard, silverbeet, and kale.

Fruits – such as berries, pears, apples (including skin), oranges, and bananas.

Legumes – such as black beans, kidney beans, garbanzo beans, and lentils.



• This diagram compares a high fibre diet to a low fibre diet, and the impacts it can have on the gut microbiome and in turn mental health.

Nuts and Seeds – such as almonds, brazil nuts, pistachios, chestnuts, chai seeds, flax seeds, hemp seeds, and pumpkin seeds.  
Grains (especially wholegrains) – such as barley, quinoa, oats, and brown rice. “Variety Variety Variety” – says Natalie Woodman, an internationally recognised specialist in the world of gut health, and the microbiome.

In an interview with Natalie

Woodman, where all things gut were discussed, the prominent message which stood out was that one of the most beneficial things you can do for your gut microbiome is eat a variety of fibre.

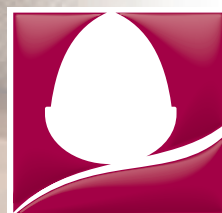
A variety of predominantly plant-based whole foods supplies you with the fibre that can improve the diversity of your gut microbiome, which can help to make it stronger and more resilient.

Although much further research is needed to fully understand the complexity of diet and its impact on the gut microbiome, one thing is for sure, and that is that a good diet makes for a happy gut microbiome, which in turn should put a smile on your dial. So, why wait? What better time to nourish your gut microbiome with a variety of fibre and improve your mood at the same time.

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