

Emma's  
CURTAINS  
& BLINDS

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# The Perth Voice



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## Grudging 'yes' for safe night space

by STEVE GRANT

PERTH council has given its begrudging approval for Ruah to open a Safe Night Space for Women in James Street, Northbridge.

At this week's council meeting, mayor Basil Zempilas said he was only putting his hand up to vote for the service because it was inevitable the Cook government would overturn any vote against it.

"I maintain that the middle of our entertainment precinct on James Street is not the best location for a service of this type," Mr Zempilas said.

"It's a view that is supported

by many in our city community and it's a view that we heard reinforced by some of those who gave deputations in this chamber last week.

"But I accept for all of the reasons above; at present, it is the only location that is on the table."

Noting that the safe space was originally a City of Perth idea, Mr Zempilas said returning the Rod Evans Centre where it initially opened to the community had been justified by its current use.

### Justified

He said since being re-opened as a community centre, the centre had been used by dance and

theatre groups, singers, magicians, a church, community and writers' group and for school holiday programs.

"I read that list out because as is absolutely evident from that, our commitment to return the Rod Evans Centre to the community was genuine and that is exactly what we have done.

"Only one incident at the Rod Evans Centre in December 2023 was recorded and zero incidents in January 2024. By comparison, in December of 2022, there were 12 recorded CCTV incidents and 12 in November of 2023."

Mr Zempilas successfully moved an amendment to ensure a security guard is positioned

outside the building at all times.

Cr Brent Fleeton said he really felt for local residents who'd already complained about behaviour stemming from clients of Ruah, which will operate the safe space.

He said the council was forced to ignore the pleas of residents who outlined a litany of problems at a council briefing last week and blamed housing minister John Carey.

### Couldn't listen

"He's obviously very close with Ruah," Cr Fleeton said.

"We weren't allowed to listen to those people last week, we could

listen to them, but we couldn't take into account what they were saying."

Mr Zempilas revealed he'd suggested an alternative site on Aberdeen Street which didn't get Mr Carey's support, which Cr Fleeton said made no sense.

"We had an option that the lord mayor put forward, which was closer to Royal Perth Hospital, and we heard the applicant say that most of their referrals come from Royal Perth.

"[The James Street site] is a long way from Royal Perth, and people will get into a taxi and will attend this site.

"This is just a really ill-thought-out application."

## Mozzie service creates a buzz

THE City of Perth has become one of the first councils to sign up for Bayswater's drone mozzie-busting service.

Bayswater council's commercial mosquito control team has been operating since early 2022, using drones to map out the terrain and access hard-to-reach areas such as marshes and thick bush so spraying can be targeted.

The trial was so successful the council offered to other municipalities and Perth has now signed up to give Heirisson Island and Pelican Point's mozzie swarms a hit, while Bassendean has also been using it in the Ashfield Flats wetland.

Lord mayor Basil Zempilas said tourists were

having a better experience at Heirisson and Pelican Point, while the service was a great example of cooperation.

"Since engaging the City of Bayswater's mosquito control service, we've seen a reduction in mosquito numbers, allowing tourists and locals to explore these picturesque locations without nuisance," Mr Zempilas said.

Bayswater mayor Filomena Piffaretti said the council was proud to share its drones.

"Mosquitoes are not only a nuisance, they can also carry viruses, so it's important that we take a proactive approach in protecting both our community neighbouring communities," Ms Piffaretti said.



• Bayswater mayor Filomena Piffaretti, Perth lord mayor Basil Zempila and Bassendean mayor Kath Hamilton with one of the mozzie-busting drones. Photo supplied

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# Call to boost e-powers

by KATHERINE KRAAYVANGER

WA'S Youth Advisory Council has called for Australia's eSafety commissioner to be given broader powers to help young people tackle the growing problem of image-based abuse.

YACWA made the recommendation in a submission to the Cook government, which is reviewing the Criminal Law Amendment (Intimate Images) Act, saying current laws do not go far enough to protect young Western Australians.

YACWA said young people are "disproportionately" affected by image-based abuse because of the volume of intimate images they are sharing online.

A federal health department survey of young people in 2021 found that while they were aware of the risks of sending sexy images, that wasn't deterring them. Of those aged 14-18 who participated in the survey, 78.7 per cent had received a sexual photo, and 58.6 per cent had sent one.

## Blackmail

IBA involves the distribution, or threat of distribution of intimate images without the consent of the person in the image. Revenge porn and blackmail also falls under this category.

IBA can also affect people who have not participated in sexting, as fake, altered, or AI-generated images are also prolific.

It can be used as a weapon for perpetrators of domestic, family, and sexual violence.

YACWA policy officer Claudia Carles authored the review and says orders to remove intimate images after they had been shared are not effective enough to prevent the proliferation of IBA.

Due to the nature of the internet and social media, images can end up "far beyond the reach" of the state government and its current powers to prevent IBA, Ms Carles said.

"There is a very scary complexity of images ending up in international servers."

YACWA says the investment in cybersecurity is necessary, allowing the eSafety commissioner to track, locate, and destroy images after they have been shared.

National cyber safety educator and Surf Online Safe founder Paul Litherland contributed to the review and says the biggest issue young people face is the removal of images which have been shared by another person to a wider group of people.

Mr Litherland says current legislation is "working well", but social media networks and companies need to be more proactive when removing images from platforms.

"What I'm pushing for is for the governments now to introduce an ability to act on networks," Mr Litherland said.

"Many of them aren't working actively enough to remove content on request."

A major issue is that some networks consider ownership of an image to be of the person who shares it further, and not necessarily of the victim who originally sent it.

Mr Litherland says this removes the responsibility for networks to act, and updates to the legislation needs to incentivise them to do so.

"If they don't remove it, then we can take legal action against them that will have consequences."

The review was conducted as part of YACWA's Youth Educating Peers project, as part

of a push to help young people feel safe when choosing to engage in digital sexual practices.

The review also recommended that the Criminal Law Amendment (Intimate Images) Act be updated so children under 16 are not charged with "producing child exploitation material" if they have taken an intimate photograph of themselves which has been sent and forwarded.

Recommendations also included the need for peer-led education addressing sexuality, consent, and relationships, especially when it comes to safe digital sexual practices.

## Intimate

The review also detailed the need for the definition of 'intimate' to include images involving religious and cultural attire as part of a more inclusive and protective approach, as current WA legislation does not specify that IBA can violate cultural and religious boundaries.

Ms Carles said state legislation needed to catch up to federal law, which already covers religious and cultural provisions.

"At the moment, the definition of intimate image is pretty narrow," she said.

"It already exists federally so it shouldn't be a big ask."

The review is available to view on the Policy and Advocacy page on the YACWA website, [yacwa.org.au](http://yacwa.org.au)



• Federal eSafety commissioner Julie Inman Grant

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Free event. Snacks provided. Drinks for purchase.

To RSVP and find out more about the Leighton Action Coalition, visit [saveleighton.org](http://saveleighton.org)



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To show our support for Perth's thriving arts scene, your *Perth Voice* has unveiled a generous initiative to provide arts organisations and events with up to **40% discounted advertising rates**. This exciting offer comes at a crucial time, as the city grapples with a cost of living crisis and a pervasive lack of support and funding for the arts.

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# Nashos in good company

by STEVE GRANT

THE organisation representing surviving Nashos - men called up for mandatory national service in the 1960s and 70s - has been forced to restructure as a company in order to keep up the fight to access additional free healthcare.

Fair Go Nasho had been operating as an incorporated association based in Victoria since 2022, but that put it at odds with Consumer Affairs Victoria's rules which said it couldn't receive memberships from people in other states.

Fair Go Nasho WA organiser David Butterfield told a gathering of Nashos and their wives at the RAAFA Club in Bull Creek last week that the national body was working furiously to get the paperwork sorted.

## Gold Card

"So they're pushing ahead with that and they are also working on their public relations plans; getting interviews on various media outlets to try and gain more support for NFG's aim of gaining more benefits for us through the DVD gold card," Mr Butterfield said.

Despite undergoing rigorous and often demeaning army training, and living under the cloud of being sent to the front lines of the Vietnam War at any time, the Nashos' lack of active combat denies them a veteran's "Gold Card" which would cover all their medical expenses.

Mr Butterfield told the Voice



Royal Western Australian Regiment senior training officer Todd Bell with Nashos Fair Go WA organiser David Butterfield and RSLWA acting CEO Allison Stephens.

the Nashos were fed up with arbitrary decisions about what qualified under the white card they do receive, and delays in getting applications approved that have in some cases stretched into years.

He said army training was tough on their bodies and minds, but the Nashos were made to feel like malingerers if they sought help at the base's medical post and their attempts at self-care are now coming back to haunt them now

they're heading into their 80s and 90s.

"I remember when I first went in Puckapunyal, we used to a lot of marching and running in the old bloody hobnail boots," Mr Butterfield said.

"I don't know, I might have one foot bigger than the other, but around the achilles area it was just red raw.

"Now, in city life I'd have maybe not taken a day off, but

maybe put on some other footwear of something.

"But they'd just maybe give you a bandage and that was about it."

Mr Butterfield said they'd also like to increase the prominence of National Service Day on February 14, and may hold annual luncheons in future years to get it on the radar.

During the lunch RSLWA acting CEO Allison Stephens promised to throw the league's support behind

the Nashos' campaign.

Ms Stephens outlined the major changes the organisation has undergone in the last couple of years, particularly moving into its newish home at Anzac House, overlooking Government House gardens.

"The idea of it was to really have that one stop shop, where not only could we deliver our services and support, but other providers could also operate out of there," she said.

## Support dogs

"Not only is RSL there, but we have psychiatric and counselling services."

Ms Stephens said an on-site dentist was an expert in finding the links between dental problems and defence services, while the Department of Veterans Affairs had support officers.

RSLWA was also recently successful to expand the new Rockingham Veterans and Families hub to build eco-cabins that can be used by ex-Defence families, who will have access to medical and allied health services.

The league has also just taken four puppies which are going to be trained up as psychiatric support dogs for a three-year trial.

Ms Stephens said support dogs had been successfully used with veterans over east, but there had been no capability in WA to train them up, leading former veterans issues minister Paul Papalia to pledge funds towards the \$30,000 price tag.

"The funding for these will never be 100 per cent covered by the government, we will continue to fundraise to find the money as well to support programs like this because they're really important for contemporary veterans and their needs for mental health," Ms Stephens said.

During the luncheon



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The Department of Primary Industries and Regional Development (DPIRD) has confirmed that trees infested with Polyphagous shot-hole borer (PSHB) will need to be removed from Hyde Park.

Hyde Park's trees hold a special place in the heart of many. The City of Vincent is looking for volunteers with relevant interest or expertise to represent our community on a new Hyde Park Reference Group. The group will help guide the restoration of our tree canopy.

Losing trees will be difficult for all of us and working together is our best approach.

PSHB is impacting almost the entire Perth metropolitan area. Infested trees can become unsafe and die within two years. We are following DPIRD's lead as part of a nationally funded and coordinated emergency response to eradicate the pest.

### EXPRESS YOUR INTEREST

Visit [vincent.wa.gov.au/hyde-park-reference-group](http://vincent.wa.gov.au/hyde-park-reference-group) to find out more. Nominations close 5pm, Wednesday 6 March 2024.

# Students' gaza strike

by KATHERINE KRAAYVANGER

PERTH students have vowed to walk out of classes this week to protest in Forrest Place against Israel's harsh retaliation in the Gaza Strip to a terrorist attack.

High school and university students from Students for Palestine will be walking out of classes nationwide on Thursday and Friday to "protest the ongoing genocide" of Palestinians by the Israeli government and military.

The student-led organisation has also called for the Australian government to cut diplomatic ties with Israel.

Students for Palestine representative Ella Marchionda says the protest aims to demonstrate the "wholesale destruction of every part of Gazan society", including the Palestinian education system.

"If students in Gaza can't go to school and university, then neither should we," Ms Marchionda said in a press statement.

The protest organisers say there is a "new urgency"

for young people to protest after Israeli Prime Minister Benjamin Netanyahu vowed to push the war into the southern Gazan city of Rafah.

Up to 30,000 Palestinians have been killed and 70,000 wounded by Israeli attacks on the Gaza strip since the war started in October last year.

The Perth rally will be held this Friday, March 1 at Forrest Place at 11.30am.

## Sacking

A new group of Friends of Palestine linked to the Media, Entertainment and Arts Alliance members will also be holding a rally at Wellington Square on Friday March 8 in response to the ABC's sacking of Sydney journalist Antoinette Lattouf.

Lattouf was sacked in December, days after she had shared a post from Human Rights Watch regarding the Israeli military's war in Gaza, including a caption that the humanitarian organisation was "reporting starvation as a tool of war".

The Sydney-based journalist has sued the ABC for unlawful sacking.

# Turn back the tide

Paul Gamblin has advocated for the WA coast, including Leighton-Port and Ningaloo, since the late 1990s and has campaigned on ocean and coastal issues nationally and internationally.

A community meeting on this issue will be held at 6pm on Wednesday, 6 March at the Fremantle Surf Lifesaving Club. More information can be found at [saveleighton.org](http://saveleighton.org).

**T**WENTY FIVE years ago this month, a group of people - mostly strangers to each other then - gathered on the edge of Stirling Highway near the footbridge to Leighton Beach to challenge a proposal that would have seen private beachside properties occupy swathes of precious public foreshore.

It was the first action that sparked a community campaign - simply called 'Save Leighton' - that became bigger and lasted longer than anyone there could've imagined.

Much of the core of that volunteer group is still active to this day, and that's because while we've made good progress, the job's not finished.

We managed to stop the overdevelopment of our coast by campaigning intensively across the Court and Gallop governments, and succeeded in substantially increasing the extent of the foreshore reserve, helping consolidate Leighton's place as one of the best and most accessible beaches along the metro coast, with more space for natural vegetation and dunes, and with enhanced recreation areas.

It was a tough fight at times, culminating in a massive 'Leighton Wave' rally which saw 8000 people gather at the beach more than two decades ago to show government just

how much we love our beaches and want our kids to enjoy them too.

Unfortunately, the storm clouds are gathering again, and the future of Port Beach and south Leighton is at stake.

The WA Government is considering a concerted push by developers to rezone the land behind Port Beach from industrial to urban.

Rather than simply listening to these self-interested voices, we need our government to act instead on our collective behalf now, and even more so for future generations.

If it doesn't, the community will have increasing difficulty accessing the coast, and the beach itself will likely need much greater engineering, because in time, the foreshore won't be wide enough for dunes to rebuild and resist erosion.

## Erosion

Climate change-driven erosion, alone, means we should not be shackled to these old development boundaries.

In a nutshell, we need a much wider foreshore reserve for two reasons:

- So that people can access the beach and foreshore now and in the future. Already, the area around Leighton and Port is acutely overcrowded, with families from the wider catchment - around 100 suburbs - unable to find parking (noting that public transport to the beach isn't readily accessible in many areas, particularly for young families and the elderly).

- To restore the damaged and narrow dunes at Port Beach so that we maximise the role that natural processes play in responding to erosion.

To be clear, we have never been opposed to appropriate development along the coast, and have supported,

in principle, the apartment and commercial development at Leighton now, as a pragmatic compromise, with a reasonable setback for the time.

We've learned a lot from a quarter century of advocating and campaigning.

We have learned that the public good, and even adherence to policy, doesn't always come automatically and that we have to be vigilant, engaged and ready to act.

At our community stalls, people tell us again and again that one of the many reasons they cherish Leighton and Port beaches is because they're beautiful and unblemished by groynes and seawalls.

We have been reminded that our enviable coastal lifestyle is worth fighting for, and that for so many of us, the physical and mental wellbeing benefits of this coast are of inestimable and growing value.

Furthermore, that the spirit of egalitarianism that means anyone, irrespective of wealth or privilege, should be equally able to enjoy the beach - which is not a value held universally of course - is something we need to actively defend.

People from across the community care deeply about their coast and will rally to the cause.

They know that the health and public access to our beaches and foreshore areas cannot be taken for granted.

It seems that every few years we have to stand up for our beaches, and that moment has arrived again for the Port-Leighton coast.

The government is poised to decide the future of Port Beach, with major implications for Leighton too, and we need to demonstrate again what governing for the public good, rather than narrow private interest, really means.

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# Tune in for thrills



arts  
STEPHEN POLLOCK

It took four years for Elise Wilson and Geordie Crawley to create their immersive play *Logue Lake*, which uses multi-channel radio, a cutting-edge set and simultaneous dialogue.

The setting is a familiar trope – four friends spend a weekend in a remote cabin in the woods when things start to go awry and a mystery unfolds.

But the play has a unique format – audience members are given radios and can change the channel to hear different characters talking on-stage.

People can choose to follow certain conversations, giving them a unique slant on the action.

However, all the key scenes take place when the cast are together, so there's no confusion about where the plot is going.

*Logue Lake* director Elise Wilson says the radio system was a major technical challenge.

"There's so much at play: fading mics each time a character enters a new scene (there are 106 scenes), creating environmental ambiance, recording internal monologues, scoring individual soundtracks on each channel (3.5 hours of original music), and creating the QLab file which requires actors to time all cues accurately each night," Wilson says.

"Each radio channel is the point of view of one character and scenes happen simultaneously.

"So audiences not only choose which scenes to hear but also through which character's perspective."

The immersive quality of the play is

enhanced by the unique 360-degree set design, which lets the audience walk around the stage and follow actors as they move through the cabin.

Some views are partially obscured, making the audience feel like voyeurs as they peek through a window and eavesdrop on a conversation.

"We didn't perform on a set until our last development in late 2022, which was when we were able to test sightlines and find the perfect balance of obscuring audience view enough to encourage movement around the cabin, but not too much so there are still opportunities to see one scene in the foreground with another in the background," Wilson says.

"It's a show made for curious audience members who want to have a level of participation, and play a kind of investigative game with us."

A former WAAPA student, Wilson has a background in theatre-making and has tried her hand at directing (*Do I Look Like I Care, Talkback*) writing, acting and improvising.

*Logue Lake* was written by the award-winning Geordie Crawley (*Hive Mind, Girl in the Wood*) who co-founded the independent theatre company Rorschach Beast. Although the two have worked together on local productions, this is their first official collaboration.

Wilson says they took inspiration from the Perth theatre company The Last Great Hunt, which use innovative tech in their productions: "I was also inspired by Sarah DeLappe's *The Wolves*, which I'd performed in the year before and which has simultaneous dialogue, and I suggested to Geordie that we should have three plot lines that run simultaneously on different channels and intersect."



• There's lots of thrills in the choose-your-own-adventure *Logue Lake*.

All this interactive tech is great, but without a good storyline an audience will soon lose interest. So what's *Logue Lake* all about?

"We've been intentionally tight-lipped about the plot because we don't want to take away the discovery for the audience working out what's happening," Wilson says.

"There's an element of mystery, so

without giving it away, I'll just say that four friends are having a weekend getaway at a cabin in the woods.

"Each of their paths are interrupted when a seemingly lost hiker knocks on the door..."

**Logue Lake is at the Studio Underground (State Theatre Centre) in Northbridge until Sunday March 3 as part of The Perth Festival. Tix at perthfestival.com.au.**

## Fremantle Chamber Orchestra

**John Keene** Conductor

**Rebecca Glorie** Violin

**Andrea Mendham** Violin

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To show our support for Perth's thriving arts scene, your *Perth Voice* has unveiled a generous initiative to provide arts organisations and events with up to **40% discounted advertising rates**. This exciting offer comes at a crucial time, as the city grapples with a cost of living crisis and a pervasive lack of support and funding for the arts.

Perth, known for its rich cultural tapestry, has long been a haven for artists and performers. However, the ongoing challenges in securing funding and support have cast a shadow over the vibrant arts community. The *Perth Voice's* **discounted advertising rates** extend a helping hand to beleaguered arts organisations and events.

This significant offer is not just a financial reprieve; it is a lifeline for entities struggling to navigate the tumultuous waters of the current economic climate. The **40% reduction in advertising rates** can potentially alleviate some of the financial burdens faced by your organisation, enabling you to reach a broader audience and garner much-needed attention for your events. *Perth Voice* readers love the arts!

As the cost of living crisis deepens and government funding for the arts remains scarce, the *Perth Voice's* commitment to supporting the arts community is timely. This newspaper's dedication to uplifting local artists and events showcases a belief in the intrinsic value of the arts, recognising their contribution to the cultural identity and vitality of Perth.

This initiative is more than a discount; it is a statement of solidarity and a call to action for the community to rally behind its artists. By offering a helping hand to arts organisations and events, the *Perth Voice* is not only bolstering the creative sector but also fostering a sense of community resilience in the face of adversity. This gesture is a testament to our commitment in championing the arts.

To find out how you can take advantage of this offer, email [advertising@fremantleherald.com](mailto:advertising@fremantleherald.com) with the subject **ARTS OFFER**



# Super sibling



food  
STEPHEN POLLOCK

THE VOICE'S hunt for sushi perfection led to a ritzy enclave in South Perth.

Just down from The Windsor Hotel on Mends Street, HeyBro is in a food court in the small, anodyne South Shore shopping centre.

It's a sleepy hollow with the odd rich person shuffling in for a pedicure or haircut.

Time seemed to stand still and the only noise was the gentle hum of the centre's air conditioning.

But it was nice and cool, and I imagine it would be the perfect bolt-hole for lunch during the next heatwave.

HeyBro's hole-in-the-wall style outlet was scrupulously clean and well presented with the sushi, rice and noodle boxes arranged in perfectly neat rows like a well-trained infantry division.

The produce looked incredibly fresh with a nice range of sushi, sashimi and noodle boxes.

My California Roll was a summery delight – the sweet crab tasted super fresh and there was a lovely medley of avocado, cucumber and tofu.

The sushi rice, sprinkled with tobiko, was spot on and it all tasted very light and refreshing.

The five large wheels were the



perfect size for lunch and it was good value.

Next up was the Chicken Teriyaki rice box.

The strips of tender chook were good quality and had a lovely salty coating.

When combined with the green beans and sticky rice it was a tasty hit.

Again the portion size was spot on for lunch, or it could even be a light dinner.

I took home some tuna, avocado and cucumber sushi for my kids.

They wolfed it down in no time, saying it was some of the best they've had.

My wife "Special K" was busy tucking into her Chicken Katsu Sushi, which was well presented with an artful blob of mayo on each roll.



"Some sushi can be a bit of a slog, but these are incredibly light and full of flavour," she noted.

"The katsu coating is nice and crispy and the chicken is tender inside.

"Definitely some of the best I've had."

The three sushi dishes and Chicken Teriyaki rice box came in at \$35.30, which was pretty good value.

The sushi at HeyBro is up there

with some of the best I've had for casual takeaway.

The teriyaki rice box was solid and above average without setting the heather on fire.

HeyBro also have a *Voiceland* outlet in Coventry Village in Morley.

**HeyBro**  
South Shore Centre,  
South Perth  
243-253 Walter Road West,  
Coventry Village, Morley



## Fremantle Chamber Orchestra

**John Keene** Conductor

**Rebecca Glorie** Violin

**Andrea Mendham** Violin

**HANDEL**

CONCERTO GROSSO 12

**BACH**

CONCERTO FOR 2 VIOLINS

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SYMPHONY 4

CHAMBER ARRANGEMENT 1<sup>ST</sup> & 3<sup>RD</sup> MOVTS

**Saturday 23 March @ 3pm**

**Churchlands Senior High** Paul Latham Auditorium

**Sunday 24 March @ 2:30pm**

**Basilica of St Patrick** 47 Adelaide St Fremantle

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Adults: \$40, concession: \$35, under 18 years: \$20

Tickets Trybooking or call Natalie 0438 933 250 or at the door from 2pm

### ATTENTION PERTH ARTS & EVENTS ORGANISERS

To show our support for Perth's thriving arts scene, your *Perth Voice* has unveiled a generous initiative to provide arts organisations and events with up to **40% discounted advertising rates**. This exciting offer comes at a crucial time, as the city grapples with a cost of living crisis and a pervasive lack of support and funding for the arts.

Perth, known for its rich cultural tapestry, has long been a haven for artists and performers. However, the ongoing challenges in securing funding and support have cast a shadow over the vibrant arts community. The *Perth Voice's* **discounted advertising rates** extend a helping hand to beleaguered arts organisations and events.

This significant offer is not just a financial reprieve; it is a lifeline for entities struggling to navigate the tumultuous waters of the current economic climate. The **40% reduction in advertising rates** can potentially alleviate some of the financial burdens faced by your organisation, enabling you to reach a broader audience and garner much-needed attention for your events. *Perth Voice* readers love the arts!

As the cost of living crisis deepens and government funding for the arts remains scarce, the *Perth Voice's* commitment to supporting the arts community is timely. This newspaper's dedication to uplifting local artists and events showcases a belief in the intrinsic value of the arts, recognising their contribution to the cultural identity and vitality of Perth.

This initiative is more than a discount; it is a statement of solidarity and a call to action for the community to rally behind its artists. By offering a helping hand to arts organisations and events, the *Perth Voice* is not only bolstering the creative sector but also fostering a sense of community resilience in the face of adversity. This gesture is a testament to our commitment in championing the arts.

To find out how you can take advantage of this offer, email [advertising@fremantleherald.com](mailto:advertising@fremantleherald.com) with the subject **ARTS OFFER**





# Tully rules

**I**F you're after a killer view, this luxury East Perth flat could be the answer.

It has amazing vistas of the Optus Stadium and Matagarup Bridge, which look stunning when lit-up at night.

The balcony wraps around the apartment, so there's plenty of real estate for sundowner drinks and nibbles with family and friends.

But there's more to this three bedroom two bathroom abode than stunning views – it's fitted out to the highest standard and has plenty of space.

The open plan living / dining / kitchen area is bright and airy with heaps of room for a large dining table and lounge setting.

Sometimes the kitchen in an apartment can be poky, but this is a decent size with loads of stylish handleless cupboards and drawers, white stone benchtops, and even space for a three-seater breakfast bar.

The bedrooms continue the stylish theme with the premium wallpaper adding a plush, hotel-like feel.

All the bedrooms have built-in

robes and the main has a classy ensuite with massive shower cabinet and chic double vanity.

The second bathroom is just as nice and is situated beside a spacious laundry with sleek natural grain cupboards (perhaps one of the most attractive laundries the *Chook* has ever seen).

This apartment has 94sqm of living space and includes a large two-car garage.

Built in 2019 and part of the Tully apartment complex, residents have access to a well-equipped gymnasium, foyer meeting room, yoga studio and bicycle storage.

The grounds are top notch and include a stunning three-storey water feature that is sure to "wow" visitors.

Seated on Tully Road, it's a short walk to HBF Park, Optus Stadium, the train station and all



the cafes, restaurants and small bars in Claisebrook Cove.

The home is tenanted at \$750 per week until the end of May, so it would be a great buy for an astute investor.

708/9 Tully Road, East Perth  
Expressions of Interest  
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### Renovating your property is a great way to potentially drive up its value. If it's an investment property, you may also secure a better rental return.

However, before you dive in, it's important to weigh up the costs versus the benefit of renovating.

Here are a few pointers to help you decide whether renovating is the right choice for you.

#### Work out your goals

Before renovating, think about your long-term goals.

- If it's your home, do you want to stay put in the neighbourhood or are you likely to want a change of scenery in the next few years?
- How does the prospect of selling and moving on compare to renovating and staying put?
- If it's an investment property, is the financial outlay of a renovation likely to pay off (tip: talk to your financial advisor about your investment strategy).

#### Create a budget

How much is it going to cost to turn your daggy yet loveable 1960s fixer-upper into a modern masterpiece? Plan your renovations and put together some costings.

The general *rule of thumb* is to spend no more than 10 per cent of your property's value on renovations.

To help give you an idea, here's how much you can expect to pay to renovate areas of your property that commonly add value for resale.

#### Kitchen

If your kitchen benchtop is an antiquated electric blue and your appliances sound like they are going to take off when you turn them on, it might be worth looking into a kitchen upgrade.

It'll cost you, but it may be worth it if your goal is to sell your property eventually.

According to those in the *know* at Hipages, expect to pay the following for your kitchen reno:

- \$10,000 to \$22,000 for a small or budget kitchen
- \$22,000 to \$35,000 for a mid-range kitchen
- \$35,000+ for a high-end kitchen.

#### Bathroom

A flash new bathroom could be a real drawcard for future buyers or renters.

Depending on factors like the size of your bathroom and the materials you choose, you may be looking to *pay* anywhere from \$10,000 to \$30,000+ for a bathroom renovation.

The *Housing Industry Association* found the average bathroom renovation cost \$17,000 in Australia.



Tony Young

#### Repainting

A new coat of paint can do wonders for an ageing property.

The cost depends on the size of the property, whether you are doing the painting yourself or getting someone else in and which areas you paint (inside and outside).

According to Hipages, the *average cost to paint* the interior of a property (single undercoat and two finishing coats) is about \$20 to \$30 per square metre.

As a starting point, for a two-bedroom unit, that might work out to \$2,500 to \$3,500.

For an exterior paint job on a two-storey property, you may be looking at \$5,500 to \$20,000. For a roof refresh, expect to pay anywhere from \$2,800 to \$4,500.

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# Astrology with Sudhir

February 24 – March 2, 2024

**ARIES (Mar 21 – Apr 20)**  
Mars and Venus are conjunct in Aquarius. Because of a powerful aspect to the Black Moon/Lilith in Virgo, it can be expected that to keep the peace, reality and ideals need to come together. Maintaining the status quo while speaking the opposite won't engender the affection you crave.

**TAURUS (Apr 21 – May 20)**  
You are quietly making the kinds of changes others are making a lot of noise about. Your lack of noise may have others thinking that you aren't moving. You are. If you can keep your sense of adventure and your capacity for delight intact, they will remain unbroken in your relationships.

**GEMINI (May 21 – June 21)**  
Mercury has entered Pisces, taking your perception from the intellectual heights of Aquarius, straight to the intuitive depths. Shift gears as quickly as you can. Don't be befuddled by life's lack of logic. Seek the supra-logical sense that lies deep beneath the surface. Intuit and imagine.

**CANCER (June 22 – July 22)**  
The Moon will be full in Virgo on Saturday. This will settle you down and make you feel like there is a natural order to things that defies analysis. After pushing yourself for a month or so, you are starting to entertain the idea of stepping out of the slipstream and seeking simple pleasures.

**LEO (July 23 – Aug 22)**  
The Sun is in Pisces. This implies a large expanse of water, with both rips, currents and great beauty. Tap into forces that are greater than your normal parameters, to make who you are and what you do truly creative. Creativity means going beyond ourselves. We are all fully capable.

**VIRGO (Aug 23 – Sept 22)**  
The Moon is full in Virgo on Saturday. This gives you the energy boost you have been looking for. With the Sun in Pisces and the Moon in Virgo, you have a precious annual opportunity to tap into wholeness and deep beauty. Be form and formlessness, order and chaos, will and surrender.

**LIBRA (Sept 23 – Oct 23)**  
Venus and Mars are conjunct in Aquarius. In matters of love, it's time to see whether ideals match reality. If they do, then love play and adventure will intoxicate. If not, it's time to make sure they do. This is not easy. Do what needs to be done anyway. You are a lover not a warrior after all.

**SCORPIO (Oct 24 – Nov 21)**  
The Moon is full in Virgo on Saturday. This steadies you. As you come back to yourself, so the Pisces Sun gives back your intuitive sense. The heat is off for now, after a patch of truly hair-raising intensity. Though you thrive on intensity, this break is both needed - and deeply satisfying.

**SAGITTARIUS (Nov 22 – Dec 21)**  
Both rigidity and chaos can be counterproductive. As you attempt to innovate and share the authority of your vision, so you trigger certain fears in others. Some fear any new order becoming too rigid, and some fear the opposite; too little form and order. Educate, inform and reassure.

**CAPRICORN (Dec 22 – Jan 19)**  
Saturn, Mercury and the Sun are operating together. They are all in Pisces. Saturn is doing his best to slow things down. Mercury is doing his best to speed things up. The Sun is helping you to figure out where middle ground might be. The full Moon on Saturday will bring you needed clarity.

**AQUARIUS (Jan 20 – Feb 18)**  
Pluto brings forces that have been lurking underground, unseen, to the surface. To fix a car, one must first open the shiny bonnet to see the greasy engine, before tinkering with it's bits. Light has a habit of revealing what is in the darkness. Bitter in the beginning and sweet at the end is ok.

**PISCES (Feb 19 – Mar 20)**  
The full Moon in Virgo on Saturday will shine a light on those pieces of information you have been missing. Expect resolution where there has been misunderstanding. Mercury has entered your waters, bringing extra horsepower to your capacity for perception. Go at your own sweet pace.

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# Heart to heart

• Parenting author Maggie Dent was made aware of a high heart rate by her smartwatch.

**I**F YOU'VE put on a few pounds over the festive period, there's no better time to start getting fit than RedFeb – Heart Awareness Month.

"Heart disease affects two in three Australians and still remains our leading cause of death," says Heart Research Australia CEO Nicci Dent.

"The financial implications of heart disease are not just limited to medical costs.

"Recovery from heart attacks often leads to lost wages, reduced work capacity, and hindered career advancement, due to the physical and mental effects of the condition.

"Furthermore, higher health insurance premiums and the rapid depletion of retirement savings pose long-term financial challenges."

### Top tips for keeping your heart healthy:

- **Eating Heart-Healthy Foods: A heart-healthy diet doesn't have to be costly. Focus on affordable staples such as beans, lentils, whole grains and vegetables.**
- **Staying Active: Four in five Australians don't do enough exercise, yet physical activity is essential for**

Due to the cost of living crisis, it's worrying but not surprising that many Aussies have cut back on their health insurance.

In June 2023 the national average spend on health insurance was down 10 percent from the previous year.

But there are other low-cost ways to reduce your risk of heart disease.

You don't need an expensive gym membership and can simply go for walks, invest in a cheap exercise bike, or do push-ups and sit-ups in the house.

Australian parenting author Maggie Dent avoided a serious heart episode by buying a smartwatch.

"My smartwatch alerted me to a high heart rate, leading to a diagnosis of atrial flutter, despite having no symptoms," Dent says.

"My journey emphasises the

heart health.

• **Managing Stress: Chronic stress can take a toll on your heart. Finding cost-effective ways to manage stress is vital.**

• **Regular Health Check-ups: Preventive care is key to maintaining heart health. Regular check-ups can help detect issues early and save you money in the long run.**

importance of swift action, prioritising heart health, and routine check-ups.

"In financially challenging times, a heart-healthy lifestyle doesn't have to be expensive.

"Embrace simple joys like family walks and connecting with friends to reduce stress. It benefits your whole family's health and wallet."

If you're unsure about how to start looking after yourself better, then check out Heart Research Australia's free online Heart Hub, which has a wealth of expert advice.

"Eight out of ten instances of premature heart disease and stroke can be prevented through healthy lifestyle choices," says nutritionist Chloe Steele.

"The foundation of this prevention lies in health literacy, as knowledge is the key to a healthier heart."

Heart Research Australia is asking Australians to wear red this February and donate to vital research to combat heart disease.

"Cardiovascular disease affects more than four million Australians and is responsible for one in four deaths," Dent says.

"Research is undeniably a life-saving endeavour.

For info and to donate see [heartresearch.com.au](http://heartresearch.com.au). Check the advice on Heart Hub at [heartresearch.com.au/heart-hub/](http://heartresearch.com.au/heart-hub/)

# 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

**CO-DEPENDENTS ANONYMOUS (CoDA)** is a Twelve Step Fellowship of people who share the common purpose of learning how to develop and maintain healthy and fulfilling relationships. Our Perth Community meets: Mondays 6-7pm in Claremont, Cnr of Stirling Hwy and Queenslea Drive (Christ Church). 0417 995 111 [codependentsanonymous.org.au](http://codependentsanonymous.org.au)

**FA – FOOD ADDICTS** in Recovery Anonymous ([www.foodaddicts.org](http://www.foodaddicts.org)) meets Wednesday 6.30pm at Atwell House – 586 Canning Hwy, Alfred Cove in Room 4 (behind the Gallery) Everyone welcome contact Kerrie 0407 607 436

**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 [mattel16@gmail.com](mailto:mattel16@gmail.com)

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

**SOROPTIMIST INTERNATIONAL ON THE TERRACE** What is the purpose of Soroptimist International? A global volunteer movement, we work together to transform the lives of women and girls. Our network of around 66,000 club members in 120 countries works at a local, national and international level to Educate, Empower and Enable opportunities for women and girls. Be part of this movement. Join our Terrace club. We meet on the first Thursday of each month. Find us on Facebook. Enquiries to Annie 0407 386 453 [www.soroptimist-wa.org.au](http://www.soroptimist-wa.org.au)

**VOLUNTEERS NEEDED NUHRA AGED CARE** Volunteer Visitors Scheme. Would you like to make a difference in the life of an isolated and lonely resident living in an aged care facility, by providing friendship and companionship and by visiting at least once a fortnight for half an hour to an hour? Please contact Sonya on 0401 051 565 or 9328 6272 or Email: [nuhraacvvs@aussiebb.com.au](mailto:nuhraacvvs@aussiebb.com.au)

**WOULD YOU LIKE TO Make a difference?**

Become a volunteer with the Community Visitor Scheme which is government funded. Visit and befriend lonely and isolated residents living in aged care facilities. Men, women (minimum age 18) and young mums are encouraged to provide companionship to our older citizens. Training and support is provided. Please contact Sonya at Nuhra Life Enrichment Centre, Mt Lawley on 9328 6272 or email [nuhraacvvs@westnet.com.au](mailto:nuhraacvvs@westnet.com.au)

**VOICE NOTICEBOARD spread the word...**

Email: [classifieds@fremantleherald.com](mailto:classifieds@fremantleherald.com) Please keep your notices short and to the point. We reserve the right to cut free notices. Deadline is 12pm Tuesdays.

## NOTICEBOARD

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**Have Your Say**  
Extension to public comment period – Proposed continued operation of Holcim concrete batching plant – 120 Claisebrook Road, Perth

The Western Australian Planning Commission is seeking public comment on a significant development application to continue operation of the Holcim concrete batching plant at 120 Claisebrook Road, Perth beyond its current 30 June 2024 approved term to 30 June 2031, to allow additional time for relocation and decommissioning. **The comment period has been extended to 18 March 2024.**

The development application can be viewed online at [consultation.dph.wa.gov.au](http://consultation.dph.wa.gov.au) or in person by appointment at the Department of Planning, Lands and Heritage, Level 2, 140 William Street, Perth. Contact [SDAUconsultation@dph.wa.gov.au](mailto:SDAUconsultation@dph.wa.gov.au) or 6551 9450 for appointment.

Submissions can be made online or posted to: Department of Planning, Lands and Heritage, State Development Assessment Unit, Locked Bag 2506, Perth WA 6001.

Late submissions may not be accepted.

DOLPH\_20402



**Have Your Say**  
Extension to public comment period – Proposed continued operation of Hanson concrete batching plant – 71 Edward Street, Perth

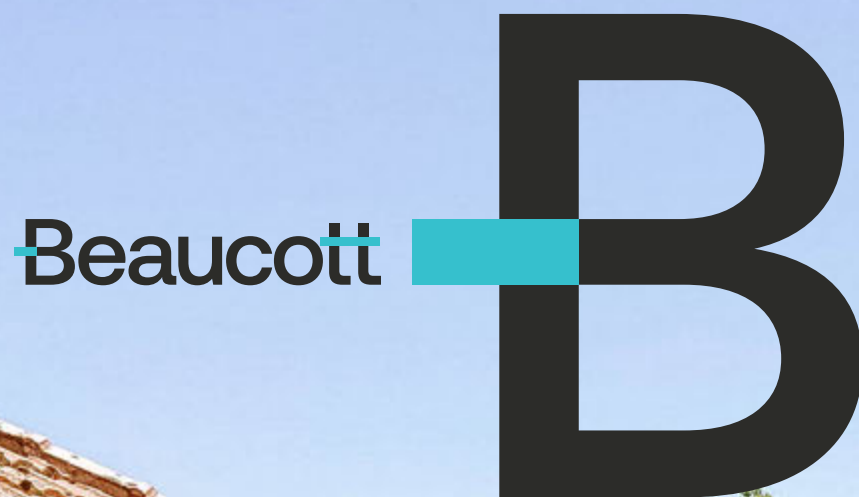
The Western Australian Planning Commission is seeking public comment on a significant development application to continue operation of the Hanson concrete batching plant at 71 Edward Street, Perth beyond its current 30 June 2024 approved term to 30 June 2031, to allow additional time for relocation and decommissioning. **The comment period has been extended to 18 March 2024.**

The development application can be viewed online at [consultation.dph.wa.gov.au](http://consultation.dph.wa.gov.au) or in person by appointment at the Department of Planning, Lands and Heritage, Level 2, 140 William Street, Perth. Contact [SDAUconsultation@dph.wa.gov.au](mailto:SDAUconsultation@dph.wa.gov.au) or 6551 9450 for appointment.

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