

# COCKBURN CITY HERALD



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41 Cliff Street, Fremantle  
Editorial: news@fremantleherald.com  
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## Final notes for a healing voice



• Jazz great Lois Olney.  
Photo by Jodie Hutchinson  
Photography

by KATHERINE KRAAYVANGER

MUCH-LOVED Fremantle musician and Ngarluma woman Lois Olney died last week after a short battle with cancer.

Described as a “jazz and blues legend of our time”, Ms Olney was known for her soulful and ethereal voice, which wove her traumatic past with a beautiful healing.

Ms Olney was born in Roebourne on her 15-year-old mother’s Country, while her father was a Yamatji man from Meekatharra.

When she was just eight months old, Ms Olney was forcibly taken from her mother and raised by the Olney family, who were led to

**WARNING: Aboriginal and Torres Strait Islander readers are advised this story contains references to, and photos of, people who have died.**

believe she’d been voluntarily put up for adoption by her biological parents.

Growing up in Fremantle, Ms Olney’ heritage and birthplace was never hidden by her loving adoptive parents, Howard and Jennifer Olney – the former of which was a justice of the Northern Territory Supreme Court, and a WA Labor politician.

As a child Ms Olney was introduced to singing through church music, and her parents would take her to classical concerts

and Gilbert & Sullivan plays.

At 13 she began studying opera and one of her tutors was Raymond Long, musical director for famed singer Shirley Bassey. It was around this time a friend sent her some Billie Holiday CDs, where she found a “kinship” with the jazz icon’s voice and storytelling. It ignited a lifelong passion for jazz.

Three years later Ms Olney was singing in restaurants around Perth.

In her songs, Ms Olney interlaced stories and music, and hoped to use her native language to express the often-painful narratives of her past.

“When I’m up on stage, I tell a story attached to the song and how I feel about it,” Ms Olney told the ABC in 2020.

“I really love my jazz, and I love

singing the old songs of jazz, but I’d also like to sing jazz songs in language,” she said.

“It would give me a sense of ownership in myself.”

As a performer, Ms Olney had the ability to captivate her audience and guide them through what longtime close friend, musician, and collaborator Dave Johnson describes as an “emotional rollercoaster”.

“She always thought that her voice was a gift to people to heal - for her but also for audiences,” Mr Johnson said.

“From making people cry to giving them great hope, she had an incredibly skilled voice that was like an incredibly warm blanket.

“For her it wasn’t about  
• Continued page 4



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**SEE PAGE 12 FOR FULL DETAILS**

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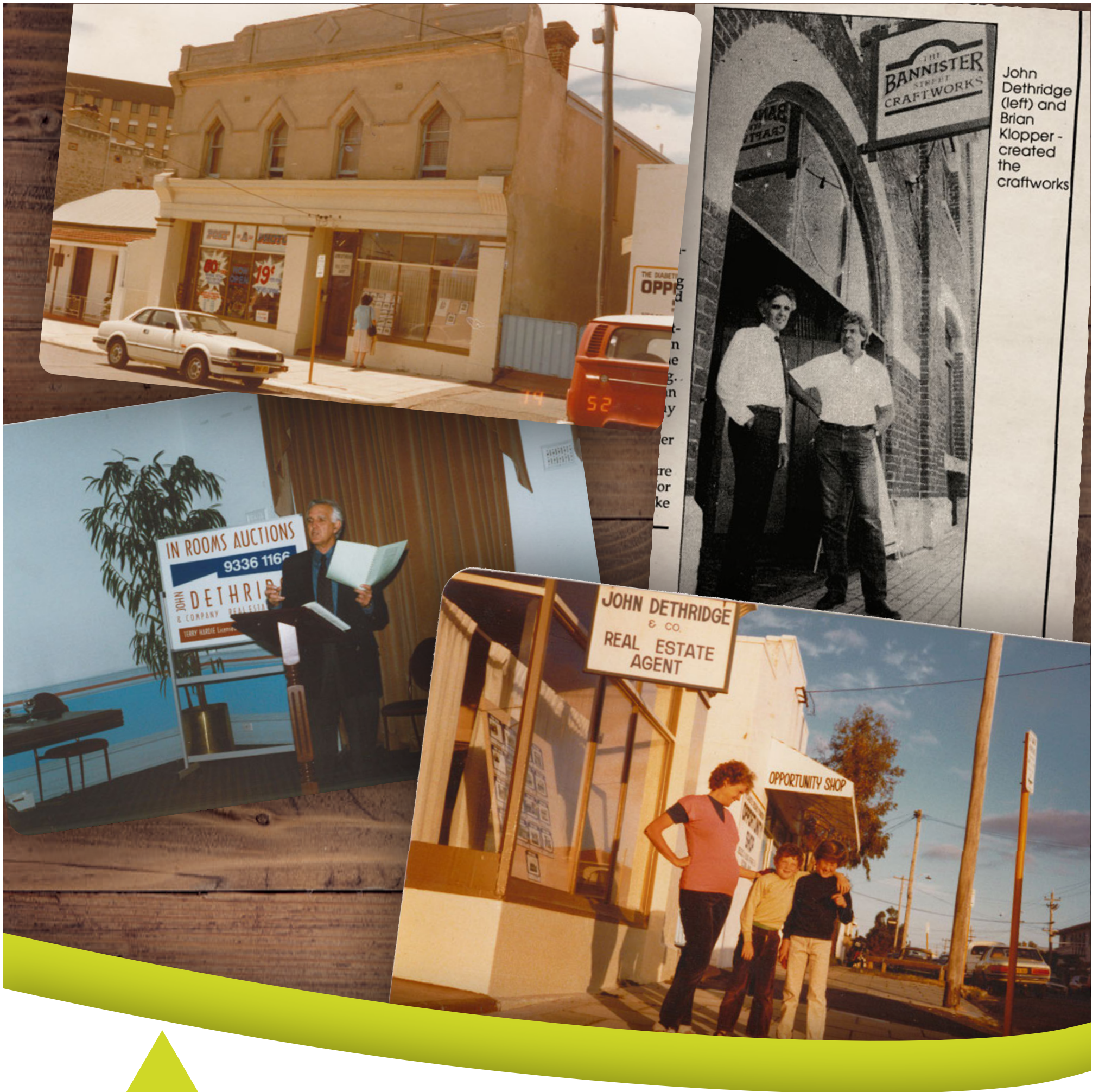
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John Dethridge (left) and Brian Klopper - created the craftworks



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• Beaconsfield resident Lauren watches heavy machinery prepare the site for development, which she fears will lead to traffic problems. Photo by Steve Grant

# The last nayle?

by ALLIE WILSON

A BEACONSFIELD resident says Stockland Developments' attempts to water down the green canopy of a major subdivision on the border with Cockburn will rob surrounding residents of their wellbeing and amenity.

Stockland was granted subdivision approval by the WA Planning Commission in November last year for a 4.68 hectare site on the corner of Naylor Street and Clontarf Road, creating 184 new residential lots.

As part of the approval, the developer was required to submit to Fremantle Council a "local development plan" to guide how the site will ultimately look, but local resident Rosemary (who didn't want her last name used) says it proposes reducing setbacks, trees and soft landscaping required under the city's planning laws.

"I believe that we need more green space, for human wellbeing as well as planet wellbeing and animal wellbeing," Rosemary said.

Citing the controversy around attempts to cut down a fig tree in the city's CBD, she said the council should stand firm against Stockland's requests, saying tree cover and open space were vital for human wellbeing.

"This is an opportunity for Fremantle council and the planning commission to enable the development of housing that is pleasant and healthy to live in;



A tree shown in every front courtyard helps bring up the canopy target, but Freo council says being on private land makes that hard to enforce.

but will they enforce their own code, rules and regulations? "Or will this development turn into a dreadful development that people will live in because they have to, not because they want to."

## Canopy

A landscaping masterplan by Emerge Associates says the proposed canopy cover meets and exceeds the council's Urban Forest Strategy desired minimum of 20 per cent canopy cover at maturity.

But a City of Fremantle spokesperson says that might be difficult to achieve.

"There is a requirement to plant at least one tree per lot capable of growing a two to six-metre canopy at maturity," they said.

"However, there may be limited control over trees on private lots."

Plans for the development show 13.7 per cent of the overall site area designated for public open space, which the

spokesperson said exceeded the 10 per cent it normally gets ceded under state planning rules.

Rosemary is also concerned about the safety, parking, and traffic issues that the development might bring to the area due to an increase of around 300 residents.

"You're going to have kids and families and lots more cars," she said.

"I'm actually not anti-development, but I do believe that it needs to be planned properly."

As the Chook stopped by for a photo update on Thursday morning, local mum Lauren was watching the old warehouses being demolished.

She'd been to consultation sessions and asked for the number of lots to be reduced, saying her biggest fear was traffic management.

"There are only two roads in and out of the development, on Hampton Road and here on Clontarf Road, and already at peak hour in the morning and afternoon this is a real pinch point," Lauren said.

She's also unhappy that the development has pushed her daily walk across to the other side the road where the unusually wide intersection of Naylor and Culver streets makes it hard to get a toddler, baby and pooch across before drivers start getting impatient.

Consultation on the development plan has closed, with the council's recommendation to be sent to the WAPC for final approval.

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## Good call

I TOTALLY endorse your comments on advertising revenue, and where/how it is spent ("A simple solution," Herald, April 6, 2024).

It seems that the government has jumped onto the "digital revolution" bandwagon at the expense of community media.

I rather suspect that many people, like me, simply turns off an advertising that appears on our "devices".

In fact this whole obsession with technology is a huge worry.

First the cheques disappeared, then the ATMs, now the banks are closing - and their "alternative," the post offices are disappearing too.

It is absolutely daft.

What really bothers me is if - let's be politically correct - a foreign nation decided to shut the down country.

With just a few key strokes, they

could cripple the entire banking system.

Can you imagine?

No one carries cash any more - and the cards don't work?

The entire country would grind to a halt.

Think about the implications ...

On a similar subject, people have their entire lives invested in their phones.

What happens if said phones are lost, damaged or stolen?

Someone could be stranded miles from anywhere, if their vehicle broke down, or stuck somewhere in the middle of the night with no money, no means of communication.

Perhaps, they could borrow someone's phone - or use one of the free public phones to call for help - but who remembers phone numbers, because they are all stored in the phone?

All a bit of a worry, isn't it?

Take care and stay well.

Sheila Robbshaw  
Leeming

## An AUkward position

I WAS most surprised and shocked at our mayor of Fremantle taking what appears to be such a supportive position on AUKUS ("Greens wedge Freo on AUKUS support," Herald, April 6, 2024).

I don't think the Greens have any need of wedging the mayor and Labor on this issue: I have yet

to come across anyone who is in favour of this absurdity which, besides anything else, sneaks nuclear in through the back door.

And there has not been the slightest attempt by either the previous or the current government, or anyone else that I'm aware of, to canvas the community about it.

Sure, the Murdoch press has been strongly promoting it and we remain utterly aghast at how eagerly prime minister Albanese embraced the idea.

Saner voices generally don't think we'll see this plan come to fruition, and certainly don't believe

it to be economically or practically viable.

If we haven't yet seen a surge of opposition from the community, perhaps this is about to start happening now.

In hope.

Louis de Villiers  
Hilton

*The Ed says: We couldn't agree more about the lack of consultation. The Morrison government summarily announcing Australia's decades-old non-nuclear status is to be abandoned without any reference to voters is a cynical betrayal; choosing a weapon of war for our first dabble into the atomic age reeks of foolishness.*

# A voice of healing

• From page 1

developing fame, it was about the pure joy of telling her story."

Citing Sarah Vaughan, Ella Fitzgerald, and Etta James as her muses, Ms Olney (or 'Loey', as Mr Johnson tenderly refers to her as) would use the jazz genre as a sort of healing process.

"She always had that longing of something that was missing," Mr Johnson said.

Ms Olney was able to reconnect to her biological family in Roebourne, after being recognised during a performance and handed a note written on a pie wrapper.

Heart-wrenchingly, her biological mother had died before they could meet.

Ms Olney spent a large amount of time on Country, performing and utilising her art to heal the wounds caused by being stolen from her mother as an infant.



• Lois Olney. Photo by Jodie Hutchinson Photography

"To me, it's a big jigsaw puzzle," she said in the 2015 Indigenous Community Stories documentary.

"Each time I come back, a piece of that jigsaw puzzle is put back in place."

Intertwined with her song and artistry, Ms Olney was revered as a kind and loving woman, despite

her traumatic past and health problems.

"Being Stolen Generation, and her health - she had lymphoedema, which was really debilitating and made her mobility extremely difficult," Mr Johnson said.

"She was always housing homeless people in her unit.

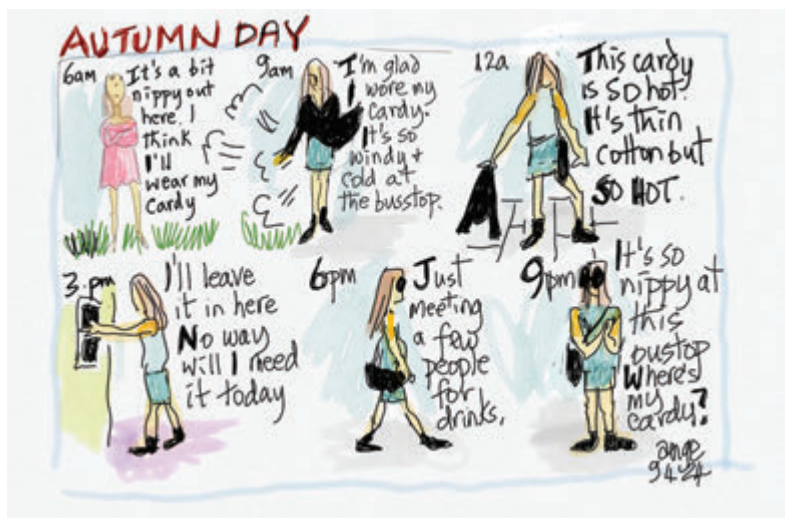
"Even though she has so many demands in life, she would always be giving as much as she could."

Cockburn councillor Phoebe Corke performed alongside Ms Olney and says she was "just beautiful" and "a great beauty".

"She had incredible strength with immense fragility," Ms Corke said.

"She had the most astounding ability to see people - it's like she looked into your eyes and it felt like she saw into your soul.

"We'll miss her forever."



## Maximise your business value



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

Business owners are constantly curious, and at times a tad ambitious about the value of their business.

If your business was listed on the Australian Stock Exchange you'd know its value every single day because it would have an active market, but small businesses don't have this luxury.

Ultimately your business is worth whatever a willing buyer will pay. Some businesses can attract a premium, others are difficult to sell. So why is that?

Benjamin Graham said that "the worth of a business is measured not by what has been put into it, but by what can be taken out of it". This nicely illuminates the value expectation gap between a buyer and a seller.

Business owners might feel that they should be compensated for the stress, sweat, and emotional energy that they've contributed over many years. But that means nothing to a buyer, who cares mostly for its current profitability and prospects for growth.

A premium business will have a history of stable profits, a valuable brand, a sustainable competitive advantage, good prospects and loyal customers. It will have well established

and documented processes, long-term employees, efficient technology and will not be dependent on the business owner or owners.

That's a long list and it doesn't happen overnight. The wrong time to address this is just before you sell. The right time is now.

But none of these factors are likely to be relevant unless your business shows a healthy enough return on investment to attract a buyer in the first place.

Small business investors will likely want a return of between 20% and 50% depending on the perceived risk of the business (based on all of those factors above).

The short-hand method to value a business is to multiply the sustainable business profit by a risk-based multiple. For example, a multiple of five means a 20% return, four reflects a 25% return and 2.5 results in a 40% return.

**Ultimately your business is worth whatever a willing buyer will pay**

If your business makes \$120,000 profit per year, an investor expecting a 25% return might pay \$480,000 (four times the profit) for all of the assets of your business. If they expect a 40% return (because they perceive your business to be higher risk), they'll apply a multiple of 2.5 and only pay \$300,000.

To monitor your own business value, determine the minimum and maximum multiple for your business (google and business brokers can probably give you some guidance).

Then apply the multiples to your profit each year and record the potential value of your business. It's a great reality check. The next job is to get to work on improving any of the factors that will reduce your risk and maximise the value of your business.

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.

## Rental Market Tightens Further

This week, REIWA reported Perth's residential rental vacancy rate dropped to a record low of 0.4 percent in March. A balanced market records vacancy rates at around 3.5 percent and in sharp contrast to early 2018 where vacancy rates were at 7.3 percent and over 12,000 properties were advertised for lease on reiwa.com. Today there are 1,963 advertised.

Median Perth rents are at \$649 per week with properties offered for lease below this figure in higher demand than those above the median. Accordingly, properties advertised at less than \$1000 per week are leasing in about two weeks, whereas those at above this figure take about 21 days to rent.

**Perth is experiencing a renaissance of sorts**

Core Logic shows Perth's rental value is up 14 percent in the twelve months to March 2024, leading the nation amongst capital cities which averaged a 9.6 percent increase. Applied to Perth's current median rent, a further 14 percent would see Perth rents hit \$740 per week this time next year.

The core of the problem is the shortage of housing supply at a time when migration levels into WA are rising contemporaneously with deteriorating construction approvals for new homes. Apartment approvals are at decade low levels falling to around 375-unit approvals last month against our 10-year average of about 725 units.

Thankfully, investors are relatively active with 36 percent of mortgage demand in Western Australia coming from investors. This is up from the decade average of 24




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

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percent and just 15 percent in 2019. The upside to this renewed investor enthusiasm is more rental stock coming into the market adding to supply, with the downside for first home buyers being investors buying stock that might otherwise have gone to them, which ultimately push up house prices.

And prices are rising most in typical first home buyer regions. Remarkably, 8 of the top 10 local government regions across Australia for annual price growth are in Perth with the affordable regions of Armadale, Gosnells, Rockingham and Kwinana the top four performers up between 25.8 percent and 28.6 percent. Serpentine - Jarrahdale, Wanneroo, Cockburn and Mandurah all made the top ten up around 23 percent.

In a balanced market, as house prices moderately rise, rents typically ease as first home buyers leave the rental market and enter home ownership. The opposite applies when interest rates rise and home prices abate, demand for rentals rise, pushing up rents.

Today's market is different. Perth is experiencing a renaissance of sorts after a prolonged period of negative or negligible growth from 2009 to 2019.

During this decade, under-investment locally has caught us off guard with the speed of market recovery leaving us hopelessly short on supply during a time where construction costs remain a deterrent against meaningful and rapid increases in housing stock.

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



# Tumbling stereotypes

by KATHERINE KRAAYVANGER

WA'S most talented cheerleaders will be jet-setting to the United States next week for the International Cheer Union World Cheerleading Championships in Orlando, Florida.

Five teams representing Australia will be competing at the championships, but the junior team is predominantly made up of WA athletes aged between 14 and 18 – just two are from interstate while North Coogee boasts two of its members alone.

Team Australia athlete Bianca Stanes is confident in the squad's ability to perform in Orlando, saying the work and effort they've put into their routines will pay off.

"We've scoped out the competition and we've got some of the best skills," Ms Stanes said.

"If we are able to hit the routine, I think we can win."

Ms Stanes says there are misconceptions and stereotypes around cheerleading (the pom-pom and shouting type) which doesn't take into account the athleticism and skill required for the sport.

"People don't really think about the training and effort that goes into it, because they think we just put together a routine.

"Really, there's a lot of true work and conditioning behind every single stunt and tumble."

Coach and TNT All Stars Cheer owner Stephanie Bateman, who campaigned for WA to have its own team, says it is "really exciting" to have so much WA talent represented on the world stage.

"I think it's really important that WA gets their own team, because it kind of gives emerging athletes from our state the opportunity to step up be able to compete at this level," Ms Bateman said.

"Most of the camps that we host for Team Australia are over East, and it's really expensive for athletes from WA to travel for all the camps, and travel to Florida on top of that.

## Athletes

"I presented to them that, and if any athletes from interstate want to come to it they absolutely can, but it would predominantly be made up of athletes from WA.

"It just gives us that opportunity to show what we've got over here."

Tryouts for the Team Australia junior squad were held at Ms Bateman's Booragoon gym at the end of last year, and via video for interstate hopefuls.

Ms Bateman is also eager for cheerleading to break free from the hyper-feminised, vapid stereotypes it can get lumped with, and have it recognised as "the ultimate team sport".

"It's not just doing dancing on a field with pom poms, we're actually doing routines that get judged for a number of different



• Australia's junior cheerleading team is pretty WA-heavy.

components," she said.

"It's a combination of gymnastics and acrobatics combined into one.

"I always like to encourage people to hop on YouTube and watch it so that they get a better idea of, you know, what it actually is and the athleticism behind it."

Ms Bateman acknowledges she's biased but touted her team as "a real standout" amongst the competition.

"Not to toot our own horn or anything, but our kids look amazing," she laughed.

"From how sharp and clean they were at the national training camp, it was really clear that they had been working together quite a bit.

"I'm really excited for Australia. I think we're one of the most emerging countries for cheerleading, which is brilliant."

The competition will be held between April 24-26.

# Strategy aims for arts hub

A PLAN to turn Fremantle council's vacant properties into artist studios was shot down at the monthly council meeting on Wednesday.

The initiative was put forward by East Ward councillor Ben Lawver as the City adopted a new 10-year Arts, Culture and Creative Strategy.

Cr Lawver suggested an audit of all vacant council buildings in the Fremantle area, to analyse their suitability to "incubate" the city's struggling arts sector.

The amendment, was voted down by councillors, several suggesting its sentiment was well placed but in the wrong plan.

The new arts and culture plan aims to promote Fremantle as a "major cultural hub" and will guide the prioritisation of arts and culture over the next 10 years.

The strategy's production has been slow, with council officers conducting two years' worth of community consultation.

Priorities include First Nations art and culture, community experience, the council's role as an incubator of the arts, and partnership with arts and cultural experiences.

"There's real benefit in taking the community with you when we do these things," Fremantle mayor Hannah Fitzhardinge said.

"It sets up a bunch of work that we know we need to do around infrastructure and investment," she said, highlighting the lack of available funding to the arts sector in Fremantle.

"The enduring feeling I come away from reading this is 'imagine if we had all the money in the world', and what we could do with that."

# FREMANTLE ANZAC DAY

Thursday 25 April 2024



## Dawn service

5.50am | Fremantle War Memorial, Monument Hill

## North Fremantle service

9am | Fallen Soldiers War Memorial, Corner Queen Victoria Street and Harvest Road

## Anzac Day march

10.15am | Step off from Pioneer Park  
10.45am | Conclude at Walyalup Koort

## ROAD CLOSURES

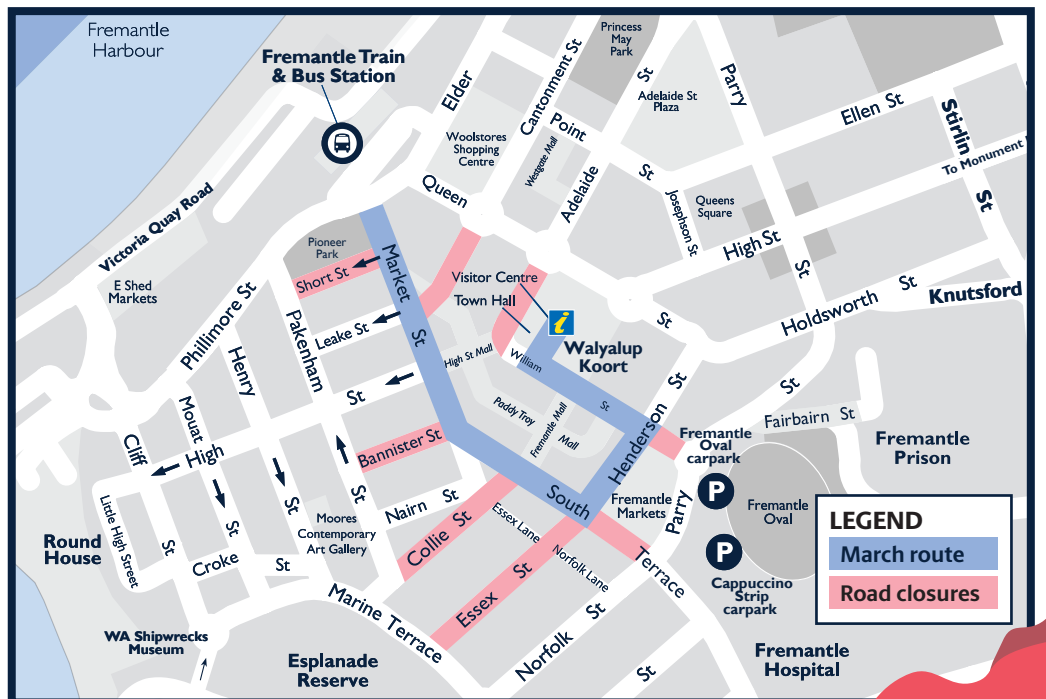
Road closures for the march will be in place from approximately 9.30am and are expected to be re-opened by 11.30am. Impacted streets are indicated on the map and a detour will be in place. Please allow extra time and care when driving into Fremantle during the closures.

Visit the City of Fremantle website or scan the QR code to find out more information on these services.

Alternate formats available on request

Auslan interpreters provided at the Dawn service

[fremantle.wa.gov.au/anzacday24](http://fremantle.wa.gov.au/anzacday24)



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# MONOCLE

O P T O M E T R Y



# Kokoda Trail trek fulfills Anzac vow

by **BADEN PRATT**

A PLEDGE four years ago to walk the Kokoda Trail in memory of fallen World War II North Fremantle footballer/soldier Arthur Slayford has been reignited.

Ten former players from the North Fremantle magpies will re-start their trek, foiled by the arrival of Covid in 2020, at Slayford's graveside in the Bomana Cemetery in Port Moresby four days before Anzac Day.

For the next nine days and nights they will battle through the 96 kilometres of mud and mountains to fulfil their Anzac vow to honour Slayford, who was shot and killed in action there in 1942, and the 11 other North Fremantle footballers killed in World War II.

The ten trekkers are: Paul Farrell (54), managing director of NGIS Australia, Gary Hasler (53), managing director of Boutique Advisers Private Wealth, Adam Calginari (48), a sought after property consultant, Tim Seeber (58), managing director of International Lubricant Distributors, Tim Kullack (50), owner of Perth Recruitment Services, Brynne Farrell (51), CEO of Roofing 2000, Heath Nelson (53) general manager of communities and heritage at Mineral Resources, Jamie Connolly (49), a schoolteacher who turns 50 while on the Kokoda Trail, Prof Andrew Maiorana (53), exercise physiologist, and his son, Jessie (33), a mechanical fitter.

Seven are life members of the club, while Mr Hasler is the current Patron.

Seven of the 10 trekkers are over the age of 50.

Between them they have played more than 1000 Australian Rules games for the North Fremantle Football Club.

Bomana is the largest war cemetery in the Pacific and has 3300 Australians buried there, more than any other memorial ground in the world.

"We made a solemn promise to the Slayford family four years ago and Covid



• Trekkers Paul Farrell, Heath Nelson, Gary Hasler, Tim Seeber, Andrew Maiorana, Jesse Maiorana, Jamie Connolly and Adam Calginari. Photo supplied

wasn't going to stop us," tour spokesperson Paul Farrell said.

"Our club lost 12 footballers in World War I and we've visited every gravesite, memorial and burial ground of those Anzac heroes and held special services across The Western Front, Gallipoli and at the Highgate Cemetery in London. Now it's Slayford's turn.

## Killed in action

"Four years ago, a group of us decided the 12 World War II North Fremantle footballers killed in action from the Saturday and Sunday teams should also be honoured and remembered by our club.

"It all began as a pledge, a vow that now has to be honoured, and so this Anzac Day we will be at Brigade Hill, the scene of perhaps the bloodiest battle on the Kokoda

Trail," Mr Farrell said.

Private Slayford was killed in action during heavy fighting near Gona and Haddy's Village in December 1942.

He was 22.

Slayford was a potential champion footballer who played for both the North Fremantle Saturday and Sunday teams.

As an 18-year-old he was a member of the 1938 undefeated North Fremantle Ex-scholars premiers team. Five months before he enlisted in the army, he starred in North Fremantle's 1941 premiers side to win the Sandover Shield for the club.

The Slayford family lived in Phyllis Street, North Fremantle.

Arthur was one of 15 children, the second youngest of four brothers to fight in World War II. His was the only family death.

Slayford was 20 when he enlisted and was assigned to the 44th Australian Infantry

Battalion.

In September 1942 he was transferred to the 5th Labour Company and sent to New Guinea.

Two days after his arrival he was assigned to the 39th Battalion, an Australian militia unit fighting on the Kokoda Trail and the northern beaches, trying to stop the Japanese advance.

For 80 years Slayford's framed photograph hung in the North Fremantle Football Club rooms before being given to his sisters four years ago when they visited the club to meet today's trekkers.

North Fremantle Football Club president, Nick Holt, said the club had always honoured the 43 North Fremantle players who fought in World War I. Twelve were killed, most of the others were wounded or suffered shell shock.

One player who returned was Cyril Hoft who joined Perth because North Fremantle had folded, and won the first Sandover Medal in a tie with Subiaco's Tom Outridge.

"Our club reformed in 1921, six years after folding, and this group of our former players will revive the World War I spirit of the Anzacs," Mr Holt said.

Each footballer will be assisted by local porters to help carry their 70kg packs during the onerous trek.

The North Fremantle footballers killed in World War II were Slayford, flight sergeant Francis J. O'Neill, flight sergeant Francis F. Austerberry, private Eric John Beard, pilot officer Edward Oliver Deveson, able seaman William George Gilpin, flight sergeant Donald Louthean, private John Patrick Murphy, private Thomas Higham Pearse, sergeant Raymond Rawlings Richardson, AERA4 William Raymond Woods, and private Hugh Young.

**BUGLE CALL:** The North Fremantle Football Club's annual Anzac Day ceremony to remember their 12 footballers killed in World War I will be held at 9am on Anzac Day at the North Fremantle Fallen Soldiers Memorial just over the bridge in Stirling Highway.

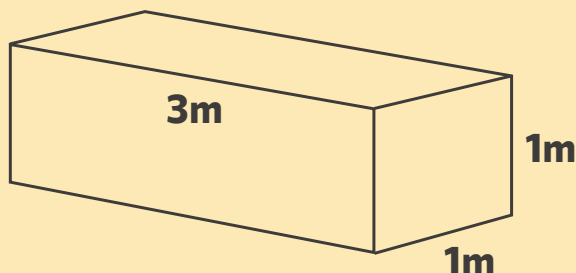
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**Sorority for safe sharing**

• Maisara Muzaffar won the multicultural youth award. Photo supplied

by KATHERINE KRAAYVANGER

MURDOCH student Maisara Muzaffar took home the Youth Award at the 2024 WA Multicultural Awards earlier this month.

Ms Muzaffar, 19, is the founder of Multicultural Youth Sorority, which gives young women from diverse backgrounds an opportunity to talk about what's going on in their lives.

Born in Bangladesh, Ms Muzaffar herself says MY Sorority was created after she identified the need for safe environments for girls and young women who share similar experiences to come together and talk.

"It's a safe space to encourage discussions in a non-judgemental space," Ms Muzaffar said.

"I just love the fact that I

can give these young girls an opportunity to talk about taboo topics that they might not be able to, or feel comfortable to talk about in other spaces.

"It's empowering and inspiring when women from diverse backgrounds come together," Ms Muzaffar said.

"Seeing how many similarities we have together even though we're from different cultures draws us closer together.

"Having something like that when I was younger would have been really helpful for me."

Ms Muzaffar wears many hats: she works as an electorate officer for WA Senator Fatima Payman, was leader of the Opposition in the WA Youth Parliament, and is the cultural ambassador for the City of Canning.

A law student at Murdoch Uni, she is also an advocacy officer for the WA Justice


Association, and equity and advocacy officer for the Law Society at Murdoch University.

Ms Muzaffar is also a volunteer and board member for Ubuntu Australia in which she facilitates English conversational classes and material aide for new immigrants, and sits on the City of Gosnells Youth Advisory Council.

Ms Muzaffar says she will "keep all doors open" as to what her career path looks like, but the shaker-and-mover seems to be destined to make an impact.

"I'm really passionate about advocacy and policy, so if I get the opportunity to take up politics in the future I definitely will."

Ms Muzaffar says she is "very privileged" to have won the youth award and is grateful for the opportunity to highlight her work. She says it helps motivate her to keep going



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# What does the future hold for Freo?

**W**HAT is the future of Fremantle?

I don't mean the committee of that name, that is largely concentrating on planning the future of the Fremantle Ports precinct at Rous Head and Victoria Quay, when the working port moves to Kwinana.

But how is the old historic city of Freo going to grow and progress?

How can we turn our 33,000 resident small city into a vibrant 100,000 people city, whilst still protecting our beautiful heritage?

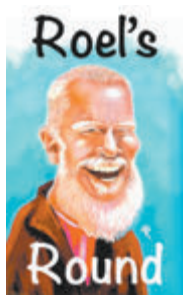
That is a huge challenge, that comes up every time someone wants to do a development in our city.

Fremantle mayor Hannah Fitzhardinge expressed her idea to see 10,000 more people living in the inner city.

Something that can only be achieved with taller and more substantial buildings, and that is something a minority group of heritage conservatives objects to.

The recent controversy of Hesperia adding two modern stories to the heritage-listed Robert Harper building on the corner of Pakenham and Phillimore streets, highlights yet again the challenge of embracing modern growth, and accepting that Fremantle's future will be built on compromise.

Sirona Urban's plans for a substantial eight-storey residential development on the Point Street carpark site has already received criticism, and while Hesperia has not yet created any definite plans for the Elders Woolstores opposite Clancy's, the same anti-change advocates are already saying that it will likely be too high and will destroy the heritage



character of the building.

We have often heard that Fremantle should follow the lead of Newcastle in NSW, that developed its inner city and retained its original charm, due to a comprehensive heritage strategy, but I have talked to residents of that city, who are not impressed with what has been going on there.

In Kyoto in Japan, things appear to be simpler when it comes to heritage protection.

Owners just take their properties off the heritage list, before they apply for development.

We should be grateful that can't be done in Western Australia.

The WA government has largely taken over development approvals, so there is a real danger that the wishes of the Fremantle people will be ignored, and that we might get new buildings that are unsuitable, because of scale and architecture, so how can we fight that.

Have we lost all power to decide the future of our city?

The Fremantle Society present the opinion of architects, that a proposed development is unsuitable, attacking the professionalism of the project's architects, and the opinion of the Design Advisory Panel, which is a



panel of peers.

Like all creatives, architects have their own unique views, so who is right and who is wrong?

What is suitable architecture for our port city?

## Compromise

I strongly believe that working together and finding acceptable compromises for future development is the way forward.

There is no doubt that Fremantle needs to grow, so that many more people can live, work and play here.

That also means that we have to stop treating property developers as the enemies of the community.

They are not!  
They are the ones who are

building our future.

The housing crisis depends on private investment to construct the many residential buildings that are desperately needed, so we need to work closely with them.

Height and bulk should not be a major hurdle to build in Fremantle.

Height is essential to achieve substantial urban infill and accommodate thousands of people.

The council in Newcastle made changes to the height and floor-space ratio.

Fremantle Council targeted 13 inner city sites for significant development when it approved PSA 49 a decade ago.

That, plus the Walyalup Koort precinct redevelopment, has given

major developers confidence in investing here, hence we have a billion dollar development pipeline in Fremantle.

I am absolutely in favour of protecting our heritage and Freo's unique character, but we have to stop being frightened of change.

Change is happening every second of every day.

People change constantly, and so does the world we live in.

Fremantle is not a museum, but a place of growth, dreams and hopes.

Fremantle needs to grow to prosper, and become a major and vibrant city.

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# Italian delivers



food  
STEPHEN POLLOCK

**R**EMEMBER the old days when you would phone for a home delivery?

It was a tedious saga – the interminable wait for someone to answer the phone, the garbled response when they did (it always sounded like you were calling Djibouti via a Russian satellite), the nervous wait to see if the driver would arrive, scrounging about for cash and wondering how much to tip.

Then finally it would arrive stone cold, an hour late – delivered by some guy who looked like an extra from *Chopper*.

The choice was very limited back then too – basically pizza,

curry or Chinese. It's a whole new world these days with a myriad of cuisine available from the swipe of a phone with no human interaction.

I'll let social anthropologists debate whether that is ultimately good or bad for humankind, but it's certainly convenient and means more sophisticated dishes can be delivered to your door.

The caveat – seafood is nigh on impossible to home-deliver as it can be perfect when it leaves the kitchen, but it continues to cook via the heat of the insulated container and is like rubber when it reaches your door.

But on Thursday night, Ciao Italia Express surprised me.

Their seafood risotto (\$27.50) had a mouth-watering bevy of seafood that was bang on the money.

The tail-on prawns were juicy

and packed with flavour, the mussels were tasty and super fresh, the calamari tender and the fish moist.

It was a good serve too – often restaurants can be miserly with seafood as it's expensive to buy (especially when doing a home-delivery).

The risotto had the perfect gloopy consistency and tasted delicious when combined with the prawns and squid.

The only slight disappointment was the tomato sauce – I would have liked it a bit thicker and a tad creamier – but it was listed as tomato sugo, so I can't really complain.

Across the table my wife "Special K" was devouring another Italian classic – Scaloppine ai Funghi (\$29.50).

Delivered in a huge tinfoil container, there was a monster serve of pork fillet medallions

covered in mushrooms, white wine and cream.

"The sauce is killer – an indulgent number that is the perfect creamy foil to those strong mushrooms," my wife noted.

"The medallions are delicious and have been perfectly cooked, with the pork nice and tender.

"It's a great dish and perfect for autumn as the colder nights come in."

We couldn't go Italian without getting a pizza, so the kids tucked into a classic Margherita (large \$13).

It was super thin and super crispy with a sprinkling of fresh basil.

They hadn't skimped on the mozzarella and it was a cheesy affair that had my kids gulping down water.

I had a sneaky taste and it was nice, but a tad oily from the plentiful mozzarella.

The menu had a good range of options and was divided into meat, chicken, seafood, pizza, sides and desserts.

There was also a huge range of pasta and you could choose what kind you wanted and what sauce, including the intriguing "vodka" (bacon, vodka, fresh tomato, spring onions, tomato sugo, cream).

Our two mains were spot on and I'll definitely try some of their more sophisticated dishes in the future.

However, call me nostalgic, but I did miss my old-school chats with the unhinged delivery guy, and the mushroom cloud of diesel his decrepit Toyota Corolla left in the street.

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# Reframing the past



arts  
STEPHEN POLLOCK

SOMETIMES you have to plunder the past to find inspiration for the future.

For her latest exhibition *Fragments from my Past and Present*, veteran artist Lynne Tinley ransacked her house to unearth old paintings and prints she had created in her care-free youth.

Many were skeletal in nature or partly finished ideas or visions, but they all had that wide-eyed enthusiasm and energy synonymous with the first flush of youth.

It reignited her creative spark and she started making collages from fragments of her earlier works.

"In these old works I have found an aliveness and spontaneity that have re-awakened the emotion and motivation that I had at those earlier times," Tinley says.

"Being a profuse worker, especially on paper, I have many grades of paintings or prints that have never been exhibited and which have been kept purely for that aliveness – it is these that have been torn or cut in order to build more complex compositions of layered geometric and colour design that still captures the aliveness and the poignancy of the



memories."

Riding high on a wave of nostalgia and newfound creativity, Tinley created 32 new artworks for *Fragments from my Past and Present*.

Most were collages of old watercolour paintings or prints, with the odd completely new work.

"In both instances they have been fresh responses to work done in the past and a reconsidering of them and my emotional state back then," Tinley says.

"My subject matter is, as were all my works in the past, emotional responses to the earth and life on Earth – with the difference being that the human figure is now making an appearance whereas it never used to.

"These figures hark back with a

gentle potency to my origins and the San rock paintings in South Africa."

Tinley is married to ecologist Ken, and over the years the couple have travelled extensively in Africa and Australia.

Drying these trips, Tinley would venture into the wilds to paint stunning landscapes and all manner of colourful birds and exotic animals.

"Now that my husband and I do not travel as much as we used to, I rely on sketchbooks or past works to spark inspiration," she says.

The couple are now based at the artists' housing co-operative (SHACC) in White Gum Valley.

An artist for more than 60 years with 30 solo exhibitions under her belt and 17 works in public art collections, Tinley could be forgiven for resting on her laurels.

But she's still keen to evolve as an artist and learn new, or perhaps unlearn old, techniques.

"Over the course of my evolution as an artist I have continued to develop my spontaneous approach to new levels," Tinley says.

"Most recently I have been using my intuitive mark-making together with a more considered focus on the visual design of my artworks."

At the heart of Tinley's work is the notion that we are all at one with nature: "My intention has



• *Fragmentation of land* by White Gum Valley artist Lynne Tinley (left).

been to see beyond the particulars of place and individual beings to intuitions of spirit and spiritual connection."

*Fragments from my Past and*

*Present* is the SHACC Colab2 gallery in Cower Mews, White Gum Valley from April 26 to May 8, with Tinley giving an artist's talk on April 27 at 11am.

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## Midcentury Modern comes to North Perth

West Australian artist Derek Schapper's interest in timber began in childhood when he spent hours watching his father and older brother build a succession of timber yachts on which he sailed as crew. Years later Derek began working with timber himself, to craft the seabirds and fish that had captured his imagination.

Derek's other interest is modern form and design and from there emerged his beautiful and unique timber wall art.

"I adopted, revived and adapted examples of modernist designs into timber wall ornaments with an Australian/European flavour. I began crafting mainly birds and fish, and mounting them off-wall to create depth and shadows."

Encompassing Art Deco, Bauhaus and Midcentury Modern, Schapper's modernist style artworks are now sold in art, furniture and design shops in Berlin, Melbourne and Perth.

"There's been resurgence of interest in midcentury modernism, particularly in décor and my work complements this aesthetic."

While Perth has always been his home turf, five years ago Derek moved his studio and workshop to Albany where he enjoys another thriving artistic community.

"I'm making new works that reflect the landscape and the botanicals of the south west region. I use mainly local timbers to create birds and fish, and whole scenes that have become 3D timber pictures.

"The choice of timber is part of the design process. I generally use Western



Derek Schapper. Photo by Kirsten Sivyver.

Australia's unique timbers, especially jarrah. WA has a wide variety of Eucalyptus with colours ranging from deep red to creamy white. Banksia, casuarina and melaleuca add further possibilities in texture, grain and colour."

This is Schapper's first exhibition in Perth, under the curatorship of Future Shelter Gallery owner and resident artist, Jane Coffey.

**Derek Schapper**  
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### Contemporary

It's got loads of contemporary conveniences, such as electric blinds on the balcony, supplementary built-in storage and split-system air conditioning for climate control.

The seamless integration of the open-plan living, dining and kitchen area has been meticulously crafted to capitalise on the sweeping panoramas of the bustling portside activity.

Outdoor access to a generously-proportioned balcony adorned with retractable blinds forms an additional sanctuary that's perfect for year-round enjoyment and entertaining friends with life on the waterfront.

The main-bedroom suite, also commanding a stunning harbour vista and a door leading on to the balcony, encompasses mirrored built-in wardrobes and a sleek



ensuite bathroom with a shower, toilet and vanity.

Meanwhile, the second bedroom, also graced with breathtaking views, mirrored built-in robes and balcony access, has been configured as a study-come-home office and features its own split-system air conditioner.

It really is brilliant in its versatility.

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# Unchartered waters

by KATHERINE KRAAYVANGER

WA Women's Hall of Fame inductee Carol Dooley has been in male-dominated environments since she was a teenager, experiencing first-hand what it's like to be an anomaly in the workplace.

Cpt Dooley grew up in South Hedland, hating school with a passion. In Year 11 she told her parents she wanted to leave school, and they gave her an ultimatum: finish Year 12 or get a job. Cpt Dooley chose the latter.

In her mid-teens, Cpt Dooley did an electrical apprenticeship at the Mt Newman Mining Company in Port Hedland, which was a daunting prospect for her mother.

"Mum was not keen because she knew I'd be the only 16-year-old girl on the site with 500 men, and no other women," Cpt Dooley said.

"But Dad said 'fine, if she wants to, give it a go'."

Six years into her career, Cpt Dooley got to sail on the Leeuwin II for the Bicentenary Tall Ships Race, where she fell "in love" with the mariner's life.

Cpt Dooley quit her electrical job six months later to work on tall ships.

"I started to build up my seat time and my qualifications for seagoing," Cpt Dooley said.

"After eight years I had enough sea time to go for a deep-sea ticket called second mates."

From there, Cpt Dooley began working on liquid natural gas tankers which took her around the globe.

While crossing the seas, she was also climbing sea-faring ranks: promoted to chief officer, international ship master, and then foreign-going unlimited ship master.

Cpt Dooley says she was "probably one of the first, if not the first" female master on an LNG ship, once again

finding herself the only woman amongst fleets of men.

"It's all very ranked, and structured," Cpt Dooley said, "so mostly I had no trouble with the people I was sailing with."

"Because if you're the captain, people can't really question that because rank has its privileges."

However, there was always an extra wariness around Cpt Dooley, as there were so few women in the industry, and she felt an intangible barrier between her and the crew.

"You never got to be 'one of the team' or 'one of the boys'," she said.

"Traditionally masters and chief engineers are the top two in their ranks and they become like family and friends."

## Distance

"But I always felt there was a little bit of distance between me and the chief engineers."

"...except I did marry one," Cpt Dooley laughs.

It was a different story, however, when Cpt Dooley and her husband decided to retire from sea.

Cpt Dooley joined the maritime piloting industry, guiding and assisting large ships in and out of port.

It was here she encountered intense sexism and misogyny, unprotected by the rank she had worked so hard for in her previous job.

"Some pilots only get to the rank of second or first mate and then they go into pilotage, whereas I'd sailed as a master," Cpt Dooley said. "I think they felt threatened by that, and about women being in authority as well."

Being the only woman in a position of power amongst thousands of men is tiring because the scrutiny of your ability is constant, Cpt Dooley says.

"You're seen as a figurehead or a representative of the gender," she said.

"You've always got to keep up that image of 'you've got to be perfect or above perfect', even beyond reproach."

"You feel you've got to go harder, further, be smarter and do a better job than the blokes just to prove that women can do this and that there's nothing wrong with us."

"You're carrying a load as well as trying to just do the job."

After a brief stint in pilotage, Cpt Dooley changed tack completely and became a motorcycle postie.

"I was just totally over men and marine," she said with a laugh.

"Right up to my eyebrows, I'd had enough."

She only stayed off the boats for three months though, and Cpt Dooley was soon back working for a company piloting ships up and down the WA coast.

Cpt Dooley also joined the board of the Australian Maritime College and the National Maritime Training Centre at the University of Tasmania, the first woman to do so.

She has recently retired.

Despite the tribulations, Cpt Dooley says her career was "great": a rich and fascinating combination of skill and environment.

"It's a fantastic job," Cpt Dooley said.

"You've got this huge vessel under your responsibility, this fine-tuned control of a huge site."

"It's like controlling a block of flats around: if it hits the wharf too fast, it's going to take out the wharf."

"You don't want to mess it up at all."

Cpt Dooley says the maritime industry is becoming more welcoming for young women.

"When I first became a marine pilot, there were two of us in WA, and about three on the whole of the east coast," Cpt Dooley said.

"Now there must be more like about 20 Australian female pilots."



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A location map and details are available from [mysayfremantle.wa.gov.au/queenvictoriastreet](http://mysayfremantle.wa.gov.au/queenvictoriastreet) from Monday 8 April 2024 or from the Customer service centre. Comments close **Monday 13 May 2024** and may be sent to [info@fremantle.wa.gov.au](mailto:info@fremantle.wa.gov.au)

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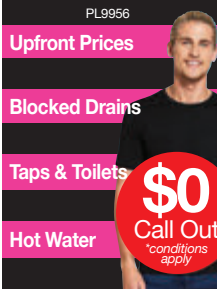
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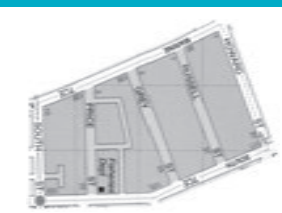
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# Astrology with Sudhir

**April 13 – April 20, 2024**



**ARIES (Mar 21 – Apr 20)**

There are multiple planets in Aries this week. Work matters won't be easy to unravel by heading directly into the fray, no matter how brilliant your intent. To get traction, you will have to know clearly what you feel and see, and be willing to be open for some healing to happen all round.



**TAURUS (Apr 21 – May 20)**

The Sun will arrive in Taurus on Friday. When this happens you will feel that it is safe to open your heart and your throttle. In the meantime there are still good things in the air. Uranus and Jupiter are helping you to fire on all cylinders on the work front. Innovation leads to expansion.



**GEMINI (May 21 – June 21)**

The Moon begins her week in Gemini, sparking you up and giving you all the bravado you need to put your house in order. Career matters will be better served than social matters for now. Others may feel uncomfortable as you rearrange your priorities and as a consequence, your identity.



**CANCER (June 22 – July 22)**

The Gemini Moon at the start of the week should loosen your tongue. This is a good thing. Communication and information sharing is everything right now. The Aries Sun, which usually sends you running for cover, will instead inspire you to be bold, take risks and break through.



**LEO (July 23 – Aug 22)**

As much as you would like to lay back, rest and lick your paws, the Aries Sun keeps throwing 'things that must be attended to' your way. You may have to be a little more organised to make sure that you get at least some time each day, in which to rest. Nervous exhaustion is no fun.



**VIRGO (Aug 23 – Sept 22)**

Mercury is travelling through Aries. Where Mercury goes, you go. This is a time of optimism and openness. Mercury passes before Chiron and Venus this week. Chiron will insist that you turn your hurts into healing. Venus will invite you to notice, collect and treasure moments of beauty.



**LIBRA (Sept 23 – Oct 23)**

As long as the Sun and Venus are in Aries, you will be nudged into action. There is no way to sit on the fence or lay back at the moment. This is a good thing, as it is time for you to test all that you know in your mind, in experience. Life is offering you a chance to really hone your skills.



**SCORPIO (Oct 24 – Nov 21)**

The Sun will be in Aries for the rest of the week. This could be adding an edge to the process of communication you are in, with those who are closest to you. As always, be conscious of being defensive, or self-critical. Authenticity is what matters most and it will win out in the end.



**SAGITTARIUS (Nov 22 – Dec 21)**

With the Sun passing through the last ten degrees of Aries, life is settling a little. Your optimism and openness is returning to centre field. People are being less combative. Your ruling planet Jupiter, is particularly well aspected in the realm of career. Remember career means 'calling'.



**CAPRICORN (Dec 22 – Jan 19)**

The Aries Sun keeps pressuring you to rush. Resistance is appropriate. Jupiter is sending you strength and power from Taurus. Uranus is giving you the knowledge that what were once left-field approaches are now well-researched and mainstream. Have faith in your creative notions.



**AQUARIUS (Jan 20 – Feb 18)**

One of the shadow sides of Pluto, your new friend, is that he can make us try to control those things that are out of our control. Know what you have power over and what not. Relaxation and trust is the better option, in situations that are bigger than we are, for then there is room for alchemy.



**PISCES (Feb 19 – Mar 20)**

Saturn and Mars are very close to each other, in Pisces. Mars' agenda is action and adventure, and if he doesn't get it, he tends to get cross. Saturn's agenda is to make us slow down, or better still, stop, and consider which is the wiser path. You can see the problem. Hold the tension sagely.

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## ACCOMMODATION WANTED

**WANTED** Furnished room to rent for a retired lady. Non-drinker, non-smoker. Can pay up to \$180 p/w. Please call 0418 958 925

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**ABILITY HEROES** promote employment and integration of Australians with disability into the community. Inclusion and meaningful contribution should be a birthright and not a privilege. We encourage individuals and organisations to join us and participate in and contribute to this timely and worthwhile not-for-profit project. https://abilityheroes.com.au/ Phone: 0409 105 855

**AL-ANON** is for family and friends who live with the problem of someone else DRINKING, there is help for you, phone al-anon 9325 7528 or 1300 252 666 for a meeting near you

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

**DANCING: LEARN TO SOCIAL DANCE.** Melville Recreation Centre. Jive, Waltz, Samba and more for weddings, etc. Starts April 29. Mondays 7:30-9:00pm. \$118 (7 weeks). Stan 0409306737 stan@stansdancing.com

**FA - FOOD ADDICTS** Are you having trouble controlling how you eat? Food addicts in Recovery Anonymous-FA is a 12 step program for anyone suffering from food obsession, overeating, undereating or bulimia. visit (www.foodaddicts.org) or call 1800 717 446

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

**FUN QUIZ** is for family and friends who want an enjoyable night out testing their knowledge of trivia, personalities & facts. Every 1st Thursday of the month from 6:30 to 9pm at Cockburn Bowls & Recreation Club, 40 Birchley Road, Yangebup (off Beelar Drive). Come early and enjoy a variety of hot food at Bowl & Fork Café. Drinks available at The Legends Bar. There are loads of prizes, many drawn at random, as well as raffles. Cost is only \$10pp, which goes mostly towards our Rotary Cockburn Charity account, supporting some 20 local community groups. Reserve a table via SMS at 0407 689 131, stating Captain's name, Team name and number of people on team; tables of 4 to 6 (max)

**HELP A CAT RESCUE AND RECYCLE** at the same time. Eligible Containers for Change can be donated to volunteer based Impound Feline Rescue by using our scheme ID C10304764. In some instances we can collect the cans, bottles and containers. Phone 0407 381 868 or email mattelr16@gmail.com

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

**IF YOU WERE EVER SERVED BY THE LOVELY SIMONE** at Ed's Sportz Bar in Hamilton Hill, she could do with a bit of help with her cancer battle right now. Please donate (whatever you can, no matter how small) at tinyurl.com/helpsimone - more details at the link.

**JOIN RICKEETA WALLEY FOR NOONGAR STORYTIME** every Thursday from 10.15am at AH Bracks Library. For ages 2-5, this free weekly program introduces simple Noongar language, engaging children's imaginations by using traditional storytelling and creative play. No bookings required. AH Bracks Library, cnr Stock Rd and Canning Hwy, Melville

**LINE DANCING AT VIBE LINE DANCE**, Sullivan Hall, 2 Nannine Ave, White Gum Valley. New term Monday 15th and Friday 19th April. Beginners welcome! Modern, contemporary dances. Heaps of fun! Great for mind and body. AB/Beginners class 10:00 to 10:50am Improvers class 11:00 to 11:50am. \$6 per class - cash only. Call Georgine on 0407 361 209. Email: georginealderton@gmail.com Follow us on Facebook

**MEDITATION FREE** Shri Mataji Nirmaladevi's meditation with Indian Raga and self realisation. Every Friday 7-8.30pm. 391 South St Hilton. Dr. Sadanand G.Mankar. Mobile 0407 561 662

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

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

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

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

**SOUTH PERTH LEARNING CENTRE** Term starts Mon 22nd April with daytime adult classes in arts & crafts, languages and technology. We also host social clubs for mahjong, crosswords, current affairs and more. splc.org.au 0459 571 736

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

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FREMANTLE HERALD

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**MEDITATION FREE** Shri Mataji Nirmaladevi's meditation with Indian Raga and self realisation. Every Friday 7-8.30pm. 391 South St Hilton. Dr. Sadanand G.Mankar. Mobile 0407 561 662

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

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# Just the shot

GETTING therapeutic benefits might seem an unusual side-effect to forging a weapon of war, but bowyer and archer Lars Richter says there's a lot more to making your own longbow than whittling a piece of wood into shape.

"A bow can be used not just as a sport or a tool to hunt for food, but as a discipline, meditation or spiritual practice as in the popular 1930's book on Zen Buddhism, *Zen in the Art of Archery*," Mr Richter said.

He's holding a two-day longbow making workshop at the Perth Waldorf School in Bibra Lake on April 20 - 21, and says participants can expect to come away more grounded and in touch with their inner selves.

"Every tribe on Earth has been walking around with a bow and arrow," he says, noting that it definitely had a smaller influence in Australia, "but it's something that we seem to inherently know."

He says straight off the bat a longbow is a weapon, so people have to learn responsibility, but that also helps strengthen a connection to their craftwork,



which is usually something that comes as soon as they choose the raw material.

"You see people have this instant connection when they pick it up; 'this is my piece of wood'," he says.

"You are creating something beautiful, but it's practical as well."

There's always the odd 'casualty' when a bow cracks under pressure while being bent, but he says this helps build resilience and he's ready to step in to encourage them to start again.

Mr Richter brings his skills as a life coach and counsellor to the workshops, but says he barely needs to do anything and the groups bond and connect throughout the weekend.

The upcoming workshop is open to anyone of any age (he's had an 80-year-old participant), and some of the participants have come from the school's year 7 class, as he says it fits in well

with the Steiner curriculum.

"As Steiner might have said, you are putting your energy, or spirit, into the piece," he says.

Mr Richter started a career as an engineer but eventually decided it wasn't for the long haul: "I worked in that environment until I realised, hang on, that's not what I want to do for the next 50 years. I changed. I went to India. I had my own yoga school."

He also had fond memories of longbows from growing up in East Germany, and when he met master bowyer Peter Yencken a few years ago, he learned the tradition of honing a length of wood and now travels the country passing on his skills.

"I work with rasp and file, but I always invite people to bring their own tools if they have them," he says.

To book a place in the workshop, register at [www.narrativeyoga.com.au/longbow](http://www.narrativeyoga.com.au/longbow)

## COMPETITIONS!

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### Laugh your socks off with the Perth Comedy Festival Showcase

The Perth Comedy Festival Showcase Tour is bringing the best of the 2024 Festival to Fremantle over three massive nights! Expertly curated and lovingly presented, the Showcase will feature some of the Festival's hottest acts live on stage for an incredible two hours of hard-hitting laughter.

Boasting a line-up of veteran favourites and some of the freshest emerging talents, this jam-packed night of pure entertainment will leave you sore from belly laughs

So, call your pals and grab your tickets to the funniest night of entertainment you will see all year!

Thanks to the Perth Comedy Festival team, we're giving away 5 double passes to the Perth Comedy Festival Showcase at Freo Social on:  
**Thursday 2 May**  
**Thursday 9 May**  
**Thursday 16 May**

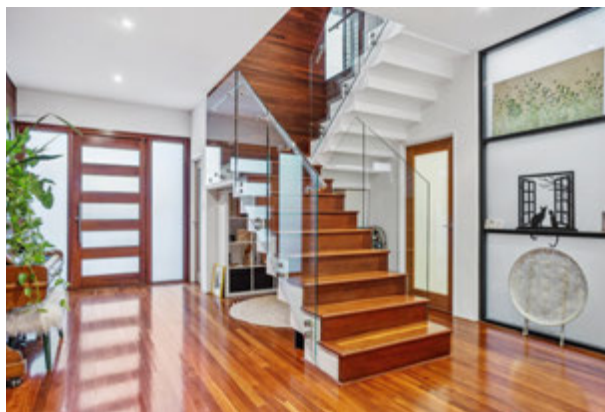


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for sale



# 8 Heywood Lane, North Coogee

4 3 2

## Deluxe Coastal Home With Plunge Pool

Resort style residence in a stunning coastal location walking distance to the South Terrace café strip and South Beach. This beautifully crafted home incorporates four bedrooms, three bathrooms and multiple balconies across two easy levels, all with lovely proportions. A high-end property with an impressive and substantial design featuring rich timber finishes, a saltwater plunge pool, and quality fixtures and finishes.

Entering through the impressive front door, polished jarrah floorboards run throughout the living areas complimented by a warm red Jarrah feature wall. The open plan lounge and dining leads through to a well-equipped kitchen lit by floor to ceiling glass. Stone benchtops, feature tile backsplash and a unique blend of building materials create an eye catching space.

### Features:

- Jarrah timber flooring and feature walls
- Well equipped kitchen with stone benchtops
- Ducted reverse cycle air conditioning
- Powder room downstairs
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