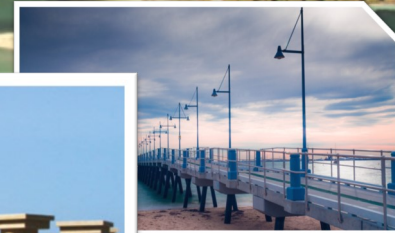


# BRIDGING *the* GAP



**ROCKINGHAM - KWINANA**

**FREE MAGAZINE**



The "Rockingham & Kwinana FREE magazine is a Work for the Dole project proudly sponsored by Bridging the Gap and Communicare and funded by the Department of Employment

 **COMMUNICARE**  
CREATING FUTURES

**Bridging the Gap (BTG) Inc** is a non-profit, community based agency with a 30 year history of providing valued and successful services to young people living in the south coastal metro region. Our headquarters is located in Kwinana; and we deliver a variety of programmes to disadvantaged and unemployed people which are managed by a network of professional and dedicated staff.

Founded in 1986, **BTG** endeavours to empower young people to manage their own lives through proactive assistance and engagement to achieve long lasting and positive outcomes. **BTG** has developed sustainable community based partnerships and innovative engagement methods to effectively deliver services and programmes.

This publication (provided free of charge) is the final outcome of one of our Work for the Dole Projects; it consisted of a number of participants who worked hard in contributing to this magazine. Many skills were learnt throughout the 26 weeks including off site and local research, Microsoft Office applications, photography and web based research.

Our appreciation is extended to all who contributed:

Amanda	Anthony	Beth	Cody	Collette	David	Jack
Jessica	Jodie	Mark	Miguel	Pauline	Justin	Lloyd
Peter	Robert	Shenae	Zena	Deon	Jasmine	Neil
Daron	Adrian	Ana	Jaiden	Jordon	Kacie	Karina
Brian	Souwyer	Alex	Michelle	Dekota	Colin	Natalie
Elizabeth	Michael	Tisha	Raylene	Meika	Stacey	Mareena
Cassandra	Vinko	Nicolette	Andrew	Carl	Brandon	Byron
Peter						

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## Are Articles Worth Reading?

In your day to day life how often do you read an article whether in a magazine, newspaper or online? When you read an article how often do you check the information the article has given you to see if it is factual or whether it is just bogus to draw you in and gain your attention? These days anyone can write an article and get it published whether it is on a private blog or a popular website and have that information travel the globe in minutes if not seconds. This has led to a major supply of misinformation since people believe these sources are true and honest; celebrities are victims of public misinformation from articles saying that they are dead/dying/cheating/abusing or a great many number of things.

Articles are a great way to get information you need quickly and easily but the ease of access to publish your own article has become a major problem. Since many years ago to get an article published you had to get it fact checked and then peer reviewed and even then there was no guarantee it was going to get published, especially if it didn't sell. Which might have started the whole problem with false information because articles need to be interesting to be sold – if you just wrote an article on how nothing has happened there would be no point to even buying it, but if everyone's favourite celebrity was sleeping around on their partner with a celebrity everyone hated then a lot of people would want to hear about it and whatever company published the story would get their product sold. An article used to be subject to so much criticism, 'fake news' barely got published but that didn't mean it didn't happen, but when it did the publishers would retract the article and publish an official apology which doesn't happen these days. If an article is published then is found to be false usually the publishers will just remove it with no official apology or statement given out and whatever damage the story has done, is done, and people are still left with the impression that the information is correct.



So are articles worth reading? Yes.

Should you instantly believe anything written in an article? No.

Even if the information you get from an article is a reliable source always try to fact check it against other sources to check its credibility and check that the information from your sources hasn't changed or been removed. So just like with everything else take any information you read with a pinch of salt.



## Tips to Protect Your Cyber Identity



There is no doubt that at some stage you would have accessed the internet in one way or another. Either by your mobile phone's Wi-Fi or through a PC. While accessing the internet you may have created an account on a website or two and possibly even used the same credentials for both. Maybe you found Facebook and have created an account on there and have shared some of your personal information on it being unaware that anyone anywhere can view it at all times. Even if you have internet security in place, if you have information on the internet and someone really wants to get to it, they can/will eventually. The best thing you can do is to limit the information you put on the internet and make it as hard as possible for someone that you don't intend to let them to access the data.

Here will be some tips to help you protect your Cyber identity. Through keeping the information you put on the internet limited and securing it through privacy settings and strong passwords.

### Presence

Keeping your online presence under control can be difficult if you don't think about everything you put online. One of the most common places for personal information to be put on the internet is through Facebook. You might setup your profile showing at least your name, age, gender and maybe the country you live in. This information while still being personal information is not too personal that it can cause you too many issues, but if you show your phone number, address and posting about recent locations you have visited someone could use this information to cause trouble.

The best and easiest way to keep your personal information off the internet is to not have it there at all, however the reality is that sometimes online interaction is necessary in the case of overseas friends and whatnot. Obvious suggestion aside, on any website that you have personal information on always check through the options of the website to see if there are any privacy settings that you can use. Settings that allow you to set all your personal information as "hidden" or "friends only" can help hide information so that only the intended people can see it. For the case of Facebook, if you set your entire profile to "friends only" only your friends will be able to see what you post. To see what is currently available to the public on any social media site just try to search for yourself while not logged into the website. You will be able to see the information that others have access to and you can see for yourself what you might not want people to see and you can either remove or set such information as "friends only".

### Security

Once you have information on the internet, be it private or public information, you need to try to keep the information as secure as possible so that it remains where it is intended. The simplest way to keep your information secure is to protect the accounts you have created for that websites you have posted your information on. Keeping your accounts as secure as possible comes down to having a strong password and (where possible) having a two factor authentication.

A strong password can be difficult to create at first but becomes easier the more you get used to creating them. A strong password should be of a decent length (no less than 8 characters), be unique (different password per account), be complex (mix in numbers and symbols such as @, #), and most importantly should be memorable. A decent example of a strong password is: P@ssw0rd, Obviously this shouldn't be used as a proper password since it is still quite simple but it shows quite nicely a combination of the elements shown before. It has 8 characters, variety of case (upper and lower), a number and a symbol, and is easy to remember (using a phrase of "password").

Having a strong password is the bare minimum you should have for securing your accounts, but in some cases you can use two factor authentication to improve the security of your account. Some websites allow you (or force you) to link your account with another device such as your phone (mobile authentication, you get sent a text with a code that you enter). This secondary authentication device means that one cannot access the account without also having access to the authenticator.

All in all keeping your personal information limited to what is needed and also keeping your accounts secure online should be sufficient in protecting your Cyber identity. Just remember that once information is on the internet it will always be on the Internet and if someone truly wants to get access to it, they eventually will.

# Tips to Keep Your Valuables Safe

## Keeping your valuables safe

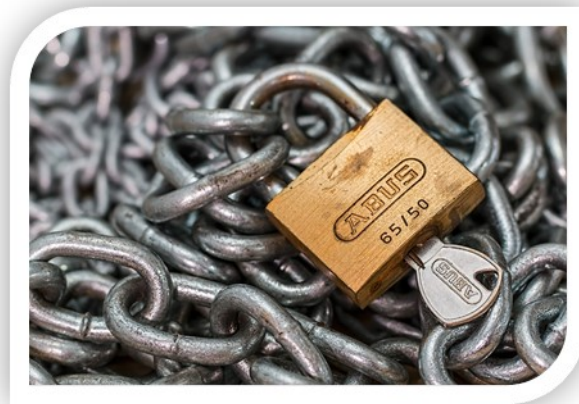
**It's easy for all of us to become a little complacent over these relaxing summer months. But that's what thieves are counting on. So keep a close eye on your belongings at all times.**

- If you're going shopping, make sure your bag is closed and don't leave it unattended in your trolley.
- Don't leave your phone or bag unattended in public.
- Be wary of anyone who tries to distract you.
- Be observant and aware of people who may appear suspicious.
- Always keep minimal amounts of cash in your wallet or purse.
- Record your mobile phone's IMEI number once you purchase a new phone.

## Don't leave valuables in cars

**Valuables in your car are easy targets for thieves, especially in quiet car parks. So it's important to remove any visible items to keep them safe. It's also helpful to:**

- Try to park your car in well-lit areas.
- Ensure your vehicle is always locked.
- Close all your windows – even when you're at the petrol station.
- Remove any detachable items, such as GPS or your car stereo.
- Have your keys in your hand before you get to your car – be aware of your surroundings.



## Make your home as safe as a castle

**You can reduce the chances of home burglary with a few simple steps.**

- Keep doors and windows locked at all times.
- Keep valuable items such as home computers, laptops, stereos and mobile phones out of sight.
- Do not leave spare keys hidden outside – leave them with a neighbour, friend or relative.
- Keep trees and shrubs trimmed to reduce the opportunity for burglars to hide and increase visibility.
- Be mindful of what you post on social media. Saying you're on holiday suggests you aren't home.
- If you have a home alarm system, activate it when leaving your home unattended.

**For more information, go to [www.police.wa.gov.au](http://www.police.wa.gov.au) or check the crime rates in your area by going to [www.police.wa.gov.au/Crime/Crime-Statistics-Portal/Statistics](http://www.police.wa.gov.au/Crime/Crime-Statistics-Portal/Statistics)**



# iPhone Tips & Tricks You Probably Don't Know

You should know by now that we love every shiny product that Apple brings into the market especially the iPhone. The aluminium body of the iPhone is undoubtedly still one of the best looking smartphones you can buy, with plenty of stylish accessories to keep it looking good. Here are some tips to get the most out of your iPhone:

## 1. Save Battery Life (When It Is Running Low)

If you know you're going to be using an iPhone for a long time, then switch to Low Power Mode by tapping Settings > Battery > Low Power Mode.

Low Power Mode reduces consumption by turning off a number of iPhone features. Mail fetches less frequently (push is turned off), Hey Siri is turned off, background app refresh is turned off and some visual effects are reduced. The screen goes dark after a shorter period of inactivity.

You may not notice the difference (although you may not get a vital Mail or Social Media message unless you check for it). On the whole, though, the iPhone works as normal and the battery will last for much longer.



## 2. Switch Shooting Directions in Panorama

Tap the arrow in Panorama mode to switch the shooting direction so you can take a panorama picture from left to right or right to left.



## 3. Find Word Or Phrase within a Web page

Searching for a word or phrase in a web page? In Safari, type in the word in the search bar on the top right and tap Search. In the results page, scroll all the way down and you will see how many words were found on the web pages. Tap on the searched word/phrase and you will be directed back to the web page with the searched word/phrase

highlighted in yellow.

## 4. Undo Typing To Delete Typed Message

Hate getting carpal tunnel on your fingers from clearing your written SMS? Try this trick. Shake your iPhone and tap Undo Typing to delete your message. Changed your mind? Shake your iPhone again and tap on Redo Typing to retrieve your original message.

## 5. Quickly use Emoji in your Message

Who doesn't love emoji? If you type a word with an emoji equivalent, it changes color when you tap the Next Keyboard button. Tap the word to replace it.

## 6. Clear all your Notifications at once

To instantly clear all your notification, pull your screen down from the top and click on the X.



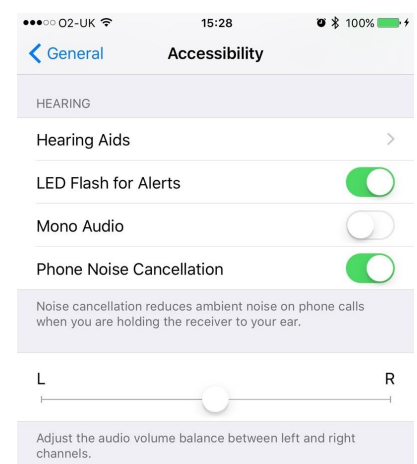
## 7. Find your Favourite Foods FAST

Just ask Siri something like "Where can I find seafood around here?". Siri will use your location to tell you all results found nearby.

## 8. Get your iPhone's flash to blink when you get a message

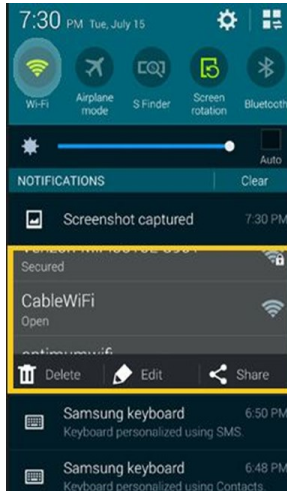
If you find that the vibration or sound that your phone makes when you get a message is not always enough to attract your attention, there's another element that you can add to the alert: light. By going to Settings > General > Accessibility and scrolling down to the 'Hearing' section (this feature is designed for people with hearing impairments), you can turn on 'LED Flash for Alerts'.

Now every time you get a notification, the flash next to your iPhone's rear-facing camera will blink.



# Tips Every Samsung Galaxy Phone Owner Should Know

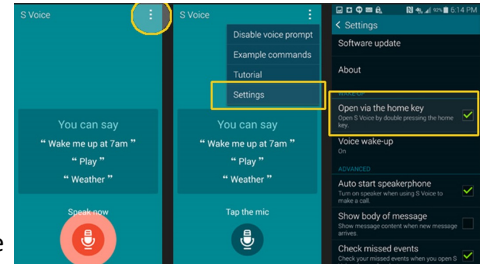
From customizing those Quick Settings and using your phone as a TV remote, to making certain pictures private, these are the 10 tips every Samsung phone owner should know.



## 1. Change your Wi-Fi Network and other setting in fewer steps

One of the things I love about Samsung phones is Quick Settings, which lets you toggle everything from Wi-Fi and Airplane mode to Screen Saver and Multi Window. But you can do more than that.

Say you want to change the Wi-Fi network you're connecting to. Just press and hold the Wi-Fi button in the Quick Settings drop-down menu and you'll be brought right to the Wi-Fi settings menu. Same thing goes for Bluetooth and other settings.



## 2. Speed up your phone

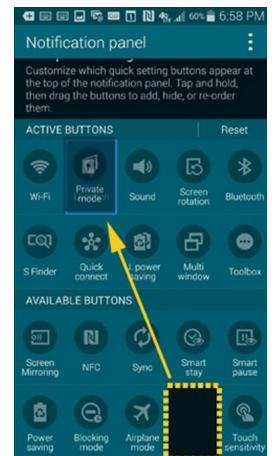
Not a fan of waiting? Disabling the home button shortcut for Samsung's voice assistant, S Voice, will speed things up. You'll notice much less of a delay when exiting apps. That's because your Galaxy Phone is waiting for you to tap the home button twice to turn the feature on--every single time you press it.

## 3. Customise the Quick Settings Menu

To add more time back to your life, double tap the home button to active S Voice, then touch the three dots in the upper right corner and tap settings. After that, all you need to do is uncheck the box that says, "Open via the home key."

The whole point of Samsung's Quick Settings menu is to save you time, so it's in your best interest to take a little bit of time to customize it to your liking. Travel a lot? Then you'll want the Airplane mode button front and center. Want to save every last bit of juice? Then you'll want to prioritize Power saving mode or (if you own a Galaxy S5 or newer phone) Ultra power saving mode. I personally prefer S Finder, which helps you find apps, file email and perform other things on your device.

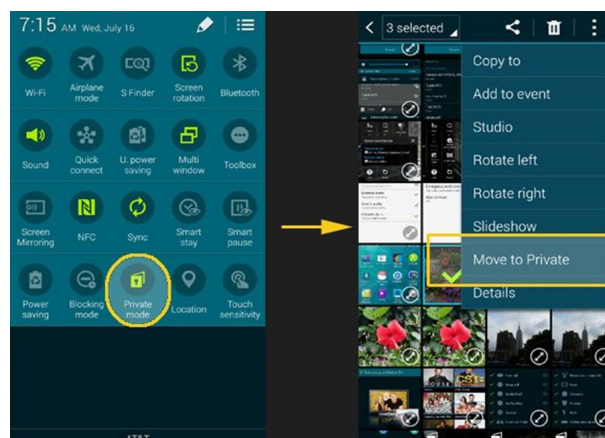
To make the S5 more your own, swipe down from the top of the screen, then tap the grid button in the top right corner. Next, you'll tap the pencil button (edit). From there, you'll be able to drag and drop shortcut buttons to whichever position you like.



## 4. Keep those backlit keys always on

Maybe you're a new Galaxy phone user trying to remember what button does what. Or you just hate peek-a-boo. Whatever the reason, there are a lot of people who don't like that the keys beneath Samsung's display automatically turn off after a few seconds. If you'd prefer that these keys always be backlit when the screen is on, it's easy to do something about it.

Start by going to Settings and selecting Display. Scroll down and tap "Touch key light duration." Now select "Always on."



## 5. Keep certain pictures and files private

This tip is for only Galaxy S5 owners (so far), as it's the first Samsung device to feature Private Mode. This mode lets you protect certain photos and other files you specify from prying eyes. You'll be able to see these files while in Private Mode, but once turned off, no one else will be able to access your stuff.

The easiest way to activate Private Mode is to tap the Private Mode icon in the Quick Settings menu after you drag your finger down from the top of the screen. You'll then be asked to identify yourself, either via password, fingerprint, pin or pattern. Once Private Mode is activated, you can select one or multiple files and then select the menu button in the top right corner (three dots), then tap Move to Private.



# Drug and Alcohol Addiction

Would you recognize if someone you knew had a drinking or drug problem, and would you be able to do something about it?

Drug and alcohol addiction is a widespread problem that affects a high number of people within our community, which ranges from occasional abuse to substance dependency. For many people, the facts about substance abuse and alcoholism are not clear. Addiction is often well-disguised and for that reason a lot of people are unaware that there is a problem.

It is important to note that within the right set of circumstances *any person* can become an addict. Much scientific research has shown that a combination of heredity and environmental risk factors determine the likelihood of whether an individual will develop an addiction. Approximately half the risk is based on genetics and the other half is derived from a person's environment and peer influences. When repeatedly exposed to high doses of addictive substances over a prolonged period of time (such as weeks, months or years) even people who are not genetically pre-disposed can succumb to addiction and dependence. This is why alcoholism and substance abuse can 'run' in families and multiple generations can fall victim as genetic predisposition is reinforced with behavioural and environmental factors. However, having a family history of substance abuse does not doom a person into becoming an addict and both the genetic and behavioural tendencies can be overcome.

There are two short questionnaires that can help to identify whether a person has an issue with drug and/or alcohol. The Cut down, Annoyed, Guilty, and Eye-opener (CAGE) test is specifically focused on alcohol issues. For all other non-alcoholic substance abuse, one of the most widely used assessments is the Drug Abuse Screening Test (DAST) and the links to both of these are provided below at the end of the article.

It may not be easy for an individual to admit to others that they need help with their substance problems, but the sooner help is sought out the more likely the chances of a successful recovery. Many people with substance problems are reluctant to discuss their addiction, even with healthcare professionals. Often this is due to common misconceptions and the stigmatism surrounding alcoholism and drug abuse. Unfortunately, the myth continues in society that an addiction is a moral weakness. Therefore, asking for help may seem like admitting to some kind of shameful secret. The truth is addiction is a disease that is no more of a sign of weakness than diabetes or allergies.

If and when, a person has decided that they want to stop drinking or misusing drugs there is plenty of help and support available. Before undertaking any course of action a person should first seek the advice of a healthcare professional (such as consulting the family doctor) to make informed decisions about how best to proceed.

*"Every addiction, no matter what it is, is the result of trying to escape from something by going in the direction of a need that is currently not being met. In order to move past our addiction, we have figure out what we are trying to use our addiction to get away from and what need we are trying to use our addiction to meet."*

– Teal Swan

If you are struggling or know somebody who is struggling with a drug or alcohol addiction, follow the links below further information and treatment:

## **DAST (Drug Abuse Screening Test)**

<http://counsellingresource.com/quizzes/drug-testing/drug-abuse/>

## **CAGE (Cut down, Annoyed, Guilty, and Eye-opener)**

<http://counsellingresource.com/quizzes/drug-testing/alcohol-cage/>

## **Drug and Alcohol Withdrawal Network**

A free, home-based withdrawal service operating out of a number of locations in the Perth metropolitan area. Services include: Assessment, medicated or non-medicated, home based withdrawal, liaison with GP, home visits, education and support for Individual, family and GP's, referral to appropriate counselling/rehabilitation services. No referral needed.

Monday to Friday 8:00am-4:30pm

Ph: 0382 6049

Email: [dawn@sjog.org.au](mailto:dawn@sjog.org.au)

[www.sjog.org.au/other\\_services/dawn.aspx](http://www.sjog.org.au/other_services/dawn.aspx)

## **Palmerston Association**

U2/31 Council Avenue, Rockingham.

Ph: 9550 9200

## **Headspace Centre**

Unit 3, 18 Goddard St, Rockingham WA 6168

Ph: 6595 8888



# Mental Health Issues: The New 'Norm'

In the past you may have been taught that mental health issues are a sign of weakness, that you are less, you are expected to 'toughen up mate', not wallow, pick yourself up and just get on with it. It's the 'Australian Way', but preliminary reporting figures from the Australian Bureau of Statistics for 2015 showed an alarming rate of suicide, especially among men, it's obviously not working. The awful statistic for suicide was 2,292 of 3,027 reported suicides in 2015 were men. (ABS 2015)

The overwhelming feeling of ineffectiveness while trying to attend to day-to-day ordinary situations can be debilitating. To actually admit that there is an issue and then have to seek help is incredibly hard, and seems especially so for men, and needs addressing. It is important for us to support our community and make the social changes necessary to ensure that it's acceptable and 'the norm' for any person – old, young, male or female, with issues to reach out and ask for help.

In Western Australia, we have a lot of the population working in fly-in/fly-out situations with high employment in the mining industry, large rural stations and isolated communities, often miles from the nearest town. This unusual living situation is a known contributor in feelings of isolation, loneliness and depression, and linked to marriage and family breakdowns. We have large tracts between towns and communities leading to a lack of service coverage including access to help, with a population of over 2.5 million (ABS 2014) covering over 2.5 million square kilometres, you can imagine the challenge.

In recent years the attitude to mental health and its treatment is changing for the better. Increasingly more services and information is becoming available, leading to a better educated and more understanding population. While access in one of the remotest lands and cities in the world is challenging, this too is being combated by the inclusion of services such as phone and skype counselling, becoming more readily available.

If you find yourself thinking there is no-one to talk to, that there are no options or no access, or worse – no way out, please check out all the helping bodies in our local area listed at the end of this article to find the one that suits you best. If you need immediate assistance or know of someone who does please call Lifeline on 13 11 14.

## **MENTAL HEALTH AND YOUTH**

The mental health of any individual ought to be of top priority but unfortunately, many young adults struggle with the feeling that they are unable to talk about their problems without being judged, or the severity of the situation is undermined, ridiculed or they feel looked down upon by the people they chose to open up to. That their age is actually a contributing factor to their feelings being dismissed, seen as over-dramatizing or that they are just hormonal, and to not being heard or listened to in any serious way. These serious misconceptions are often a big reason as to why a lot of young adults don't attempt to reach out and talk to someone, we all need a little bit of help sometimes and there is nothing wrong or abnormal about that.

I recently conducted an interview with a local Health Services Assistant named Jen. She is 19 years old and has been suffering with post-traumatic stress disorder (PTSD) for the past three years. Jen was extremely open about her experience with the onset, cause and eventual treatment(s) she received for her PTSD. She wants people to know that it is okay to talk about it and let people know:

"You are strong just for making it through each day. Just reach out and don't let anybody tell you that you are 'just being silly' or 'just looking for attention'. Because they will never truly understand what you are going through and what you have to face on a daily basis.

I started with my Dad – I was there when he died. My brother and I were the only ones who were emotionally able to deal with the situation so we rushed in and performed CPR on him while waiting for the ambulance, the shock of his death to the relieving treatment he received, including a tracheotomy, before leaving to the hospital traumatized me, I became plagued with immense feelings of guilt for not being able to save him.

I completely threw myself into my work, in order to try and suppress what I was feeling, and went into a downward spiral and was self-harming eventually. I was admitted to an Adolescent Unit, at the time, I was not open to accepting help. I didn't think it would make a difference and I was very sceptical.

At this point in my life [at 19 years old] I can honestly say that therapy had its ups and downs, there were psychologists that I didn't like, who I thought were just wasting my time, but you hold onto the ones who truly go out of their way to help because it gives you faith in humanity.

Looking back each psychologist has benefited me in some way, it gives you faith in the support services that are around. Most importantly you can't give up after one or two psychologists that might not have worked for you. Continue till you find the psychologist that you connect with, and most importantly stay strong."

Jen's experiences are what led to her wanting to pursue a career in the Mental Health Industry. She wants to be able to help someone the way she was helped in her time of need and her story stands as an inspiration to young people all over the world who feel alone, misunderstood and isolated from the rest of society.

"All-in-all, it has put my illness in a more manageable state and feel like I'm more in control. Again, I still slip up and have my awful days but I know that the fight is worth it.

If anyone is struggling with any form of mental illness, diagnosed or not, whether it may seem tiny and unimportant, or the biggest issue in your whole world, that step into saying 'I'm not okay' is the hardest part.

Being silent is the most dangerous thing you can do, even if there isn't an obvious reason for your distress because there is not always a bold line between cause and effect for mental health issues. The first step always is the hardest because it brings on the most amount of change. It may seem terrifying but the outcome is worth it."

### **Men's Support Services**

This 10 week positive lifestyle program is designed to help men develop a more positive outlook on life, particularly those suffering with depression associated with difficult life events such as a job loss or relationship breakdown. Women may also participate.

Monday-Friday 9:00am-5:00pm

Community Men's Shed

All ages are welcome (under 18 must be supervised by and an adult). Membership fees apply.

Ph: 9439 1585

55 Medina Avenue, Medina.

FIFO Counselling

Australia wide via Skype, telephone and email counselling.

Practises in Perth: Baldivis, Como, Kwinana and Rockingham + home visits (Perth metro)

Remote sites: Mine camps/villages, rural country towns WA

By appointment only

Ph: 0437 062 810



Helping Minds Counselling

Free Service in Armadale, Clarkson, Cockburn, Fremantle, Mandurah, Midland, Perth, Rockingham and Whitfords.

Ph: 9437 7100 [www.helpingminds.org.au](http://www.helpingminds.org.au)



Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention.

Ph: 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)



# GET ACTIVE OUTDOORS

Staying Active is an essential part of a healthy lifestyle. It's now well known that physical activity is just as important as eating well for your overall health and wellbeing. Regular activity keeps your body in better shape, and makes you feel better by helping you relax, reducing your stress and anxiety, and giving you the opportunity to get outside and enjoy the natural world.

The City of Rockingham and the City of Kwinana have a range of free exercise and fitness facilities that you can enjoy all year round right in your neighbourhood.

- Accessible and convenient
- Suitable for all ages (over 12) and abilities
- Improves balance
- Greater flexibility
- Socialize and connect with others
- Promotes better posture
- And it's FREE!



## **Handy tips for the outdoor gym!**

- Warm up
- Drink water before, during and after physical activity to avoid dehydration
- Make sure you wear sun screen and a hat, particularly during the warmer months
- Wear appropriate clothing and footwear
- Always read the instructions provided on every piece of equipment so you know how to use it correctly
- Work to your own ability; do not push yourself too hard
- If you have health concerns seek medical advice before you begin
- Remember the exercise basics: good posture and good technique
- The outdoor gym is restricted to adults and children over 12 years of age
- Remember to have fun!



## **THERE ARE MANY BENEFITS THAT COME FROM WALKING:**

- Healthy way to spend quality time with friends and family
- You can walk alone or in a group
- It's easy on the joints
- It strengthens bones
- It can be done almost anywhere
- It lowers blood pressure and the risk of diabetes
- It helps maintain a healthy weight

*Look for the big blue foot prints on paths in Rockingham.  
They indicate distances, so you can use them to set your walking goals!*



### **YOU CAN BE PHYSICALLY ACTIVE WITHOUT KNOWING IT BY:**

- Walking the dog
- Washing the car
- Gardening
- Taking the stairs instead of the lift or the escalator
- Walking or cycling to your destination
- Parking your car further from the shop entrance

### **KEEPING ACTIVE HELPS YOU:**

- Sleep better, and wake feeling more refreshed
- Reduce stress, anxiety and depression
- Maintain a healthy weight
- Spend quality time with friends and family
- Improve muscle flexibility and strength
- Maintain better balance (reducing the risk of falls for elderly people)

### **HOW ACTIVE SHOULD I BE?**

- Any physical activity is better than none. Start small and work up to the recommended amount
- Accumulate 150 – 300 minutes of moderate physical activity each week
- Be active on most, preferably all, days of the week
- Do muscle strengthening activities on at least 2 days of the week
- Minimize the amount of time spent sitting and break up periods of sitting with breaks

For more information please contact

City of Rockingham (08) 9528 0333

City of Kwinana (08) 9439 0200

Or go to: <http://www.rockingham.wa.gov.au/Community/Get-active/Get-active-outdoors>





## **Skateparks in Kwinana and Rockingham**

Ready to shred? Well this article is for you, covering the Rockingham and Kwinana skate parks, you will find everything you need to know about if you are looking to head out to one of these great spots. Skateparks are a great recreational way of keeping the community active; and they also help youth's stay active and entertained when not at school or studying. They are a great place to share common interests whether it's BMX riding, Skateboarding or Scootering.

### **Rockingham Skatepark**

Rockingham's skatepark is definitely a great place to go, whether you are just getting into riding or have been for a long time. This park has an easy 'roll-in' type layout, where the verts are smooth and forgiving enough to learn almost any skill on board or bike. The park has a nice bowl which has a ramp going in or out with an impressive spine transfer to a smaller vert. Another great feature of this park is the half pipe, which is neatly tucked into the corner connecting on one side to the spine transfer for the bowl. Not all parts of this park are great though, it does have a large, very inconvenient speed ramp. Going down it just calls for trouble as almost all momentum is lost when you hit the almost 90 degree angle at the bottom. But with some practice and creativity you can turn that eyesore into an opportunity for new tricks. Another odd part of this park is the location of its funbox, being so close to a quarterpipe and on a very off angle, this box is definitely not for the in-experienced. If you try to hit this box in the early stages of learning to ride you're in for a world of hurt. So head down, check it out. I'm sure you will find something to love about this easy to ride park, you might even make some new mates to ride with. Located on Emma St, just behind the PCYC.

### **Kwinana Skatepark**

Now Kwinana has a new skatepark in development at the time of writing this article, with the old one removed to make way for the Adventure Park. The good news is, you don't have to go out of your way to get to a different park as the Kwinana council has provided a pop-up park for the youth to ride. This pop-up park is located at Handford Place, Orelia near the Kwinana Automotive TAFE. Whether you're new or an experienced rider, the pop-up park has an ongoing event run by Skateboarding WA. These events are composed of Clinics and Skate Competitions, with Clinics teaching old and new skaters alike new styles and techniques to better themselves at the sport. For more information on these events just go to:

<http://skateboardingwa.com.au/> to find an event and the enrolment form.

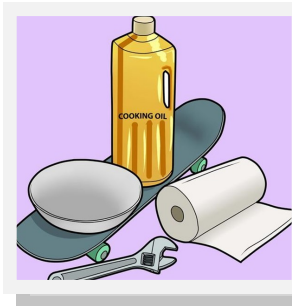
### **New Kwinana Skate park**

The new Kwinana skatepark is being built right next to the old one, with the concept designs looking promising. The designs show a nice sized bowl, which seems to have a run in entry. It has a nice looking design for a smooth run, without it feeling as though you're going in circles. Some rails are located along nice long runs of ramps, leading to a quarterpipe, with a transfer to turn you around and continue along another long run, leading to a free-throw basketball court. When completed this park will definitely be a must ride if you're ever in Kwinana. Be sure to check out the designs at:

<http://enlocus.com/PROJECT-KWINANA-OUTDOOR-YOUTH-SPACE>



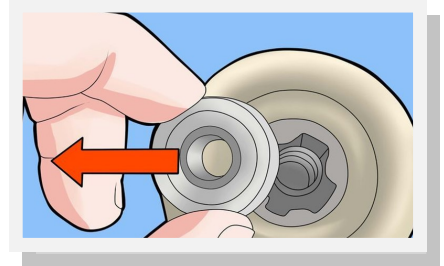
# How to Maintain Your Skateboard



1. Gather all your tools and towels and other items.

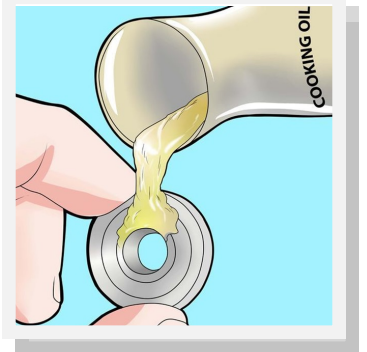
2. Remove the grimy old wheels. The biggest part to a smooth running skateboard is clean, functional bearings, so grab your wrench and unscrew the bolts.

3. After you have the wheels off, you'll need to get to the bearings. There are a couple ways to get the bearings out of the wheels, but they're all pretty similar. Make the skateboard work for you – use the tip of the trucks, and carefully but firmly pry them out. You can put a lot of weight on the board that you can't get with a wrench or screwdriver.



*Note: a little olive, sunflower, or canola oil around the outside of the bearing helps shimmy it out.*

4. Once all of the bearings are out, fill a dish with olive, sunflower, or canola oil and drop them in to soak for a little while.



**CAUTION:** If you use water or WD-40, your bearings will rust and not work for long!  
WD-40 is only good to get parts unstuck, not to grease them up for extended use.

5. Now that the bearings are lubed up, clean all the dirt and sand off them. Roll them around a little. Get them moving again and use a cloth or paper towel to rub them off.

Tapping some of the dirt out of them works a little bit too. And depending on the bearing construction, a cotton swab is a good idea to get in the groove to reach spots that a towel can't get to.



6. Start the reassembly. The easiest way to get the bearings in the wheels again is using your skateboard. Place the bearing face down on the trucks' wheel post and then push the wheel over it, squeezing the bearing into the wheel. Do this until all the bearings are in.

*Note: if your bearings have metal spacers make sure you put them in before you put both bearings in your wheel.*

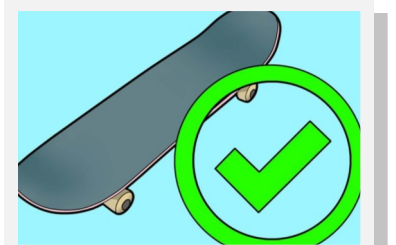
last summer.

8. So your skateboard is all back together. Time to readjust your trucks' King pin. This is the mega-screw in the middle of your trucks. It adjusts how stiff or loose your turning is.

**Note:** If you're new to skateboarding, try a firm setup. If it's too loose, your ride will be wobbly.

9. Make sure you check your hardware screws too. (They're the screws that hold your deck to the trucks.) They should be nice and tight.

10. Ride off into the sunset! Your wheels should be spinning much smoother and faster now.



# Kwinana/Rockingham Sport



## **NSA launches Beatball in Kwinana & Rockingham!**

*NSA are proud to be offering our award winning Beatball Program in Kwinana and Rockingham as a result of a successful funding grant from the Criminal Property Confiscations Grant! Securing this funding means we are able to provide a worthwhile and proven community program to youth who would otherwise have limited options for weekend entertainment and healthy socialising.*

*NSA have been aware for some time that the Aboriginal community in the Kwinana and Rockingham areas have had limited community programs on offer after hours and on weekends. It has been our focus and desire to respond to this need and provide an engaging program that offers youth somewhere to go and enjoy some healthy physical activity. Securing the grant has enabled NSA, in collaboration with our valued project partners Save the Children, The Red Cross, City of Kwinana and YMCA Rockingham, to provide our award winning Beatball Program to these communities over a two year period!*

*It has also enabled NSA to employ a new Aboriginal Sports Development Officer to manage delivery of the program and we are thrilled to welcome Misty onboard! NSA are extremely excited by the prospect of providing this valuable service to the Kwinana and Rockingham communities as the Beatball Program has the ability to engage youth of all ages, bridge differing cultural backgrounds and provide a fun, social and healthy physical based weekly outing.*

*The Kwinana Beatball Program commenced from the start of May 2014, with the Rockingham Beatball due to start Mid May 2014. Both Beatball Programs will run over the next two years and aim to attract both Aboriginal and Non-Aboriginal youth between 10-18 years old. Based on past history, the Beatball Program has always grown in popularity in a short space of time and we expect these two programs to follow suit.*

*The Kwinana Beatball Program is being offered at the Kwinana Recquatic Centre on the 1st and 3rd Friday night of every month whilst the Rockingham Beatball Program is being offered at the Mike Barnett Sports Complex on the 2nd and 4th Saturday evening of every month. Both programs run between 6-9pm and include games, healthy fresh food, healthy lifestyle workshops and trophies for the winning teams.*

*Whilst the program has just been launched and is in its' infancy, we have already had 25 youth attend at the Kwinana Program and nearly 20 at the Rockingham Program which is an outstanding and very encouraging result.*

*With thanks and acknowledgement to:*

Nyoongar Wellbeing & Sports—Tel: (08) 9272 3189 Unit 7, 168 Guildford Road MAYLANDS WA 6051

# Kwinana Adventure Park

The Kwinana Adventure Park opened to the public on 16 October 2016 and it is so much more than just a playground. This space is an important link that brings together the community of Kwinana and its visitors - all ages and all abilities, all year round. The level of consultation with the community on the design of the park, and the involvement of the community in certain features of the park. This including the features in the park that ensure it is accessible and designed such that it can be enjoyed by all ages and abilities. This really sets the Kwinana Adventure Park aside from other parks in Perth.

The youth in the community have contributed lots of artworks to the park. These pieces of art work feature heavily in the park, with surprises throughout the playground, even hanging from the trees, so make sure you look up into the trees during your visit!



The Tree Walk is the centrepiece of this park. It's a long series of ramps that runs amongst the densest area of trees and progresses from a tall section for the bigger kids and down to a lower section perfect for toddlers and pre-schoolers. The design of the Tree Walk exceeds Australian Standards for accessibility, designed for complete pram, wheelchair and even gopher access. The Tree Walk progresses from the tallest platform which is three levels high and has 7 ways to access it to a lower section with lower slides and climbs for little ones. At the lower end of the Tree Walk is a toddler play area with big xylophone and even a musical seat!

There is also a sand play area which will be one of the best you have ever seen! The sand play and water pumps are both designed to be the right height and accessible for those in a wheelchair.

There is no shortage of swings with a range of swings including an all abilities swing, big and small birds nest swing and a double toddler swing and at the top corner of the park is a great little play area for younger ones with see-saw, spinning cup, double toddler swings and nature based play.

This is the perfect place to hold a gathering with friends and family. With full facilities including toilets, showers, hydraulic baby change table and BBQs. You can hire the main patio which includes a long table, bbqs and kitchenette.



**Kwinana Adventure Park is a definite for the must do list. The whole family will love it!**





## Fantasy Park in Waikiki

Get down and check out the family friendly exploration and adventure park with large stone animal sculptures designed for interactive play at the Rand Avenue Reserve in Waikiki

- Eight accessible parking bays on site.
- An accessible playground and picnic area.
- A pick up / set down bay suitable for a bus is provided in parking area.
- Eight bitumen accessible parking bays identified by blue ground markings.
- Pedestrian access: Access to the footpath is through the car park, at the rear of the bays, with level access to the entrance to the park.
- Wide concrete paths provide wheelchair access to all areas of park, linking features including large rock animals such as dinosaurs and snakes, a covered gazebo and raised sensory gardens.
- Some raised garden beds have tactile animals made from small stones or concrete set on top of 60cm high walls.
- Large metre-high relief panels showcasing animals are featured in one section of park.
- Picnic area is in a spacious sheltered covered gazebo.
- There are two barbeques, one at standing and the other at sitting height.
- There are two sets of playground equipment, both on a soft fall base that is linked to the nearby pathway.



- A tunnel through a hill is constructed of a concrete pipe, 90cm wide at the base and 1.2 metres high. The path to and through the tunnel is made of loose sand and wood chips.
- The playground has an accessible drinking fountain with drinking outlets at two levels.
- A freestanding unisex accessible toilet is provided close to the entrance of the park.





## **Rockingham Beach Foreshore Revitalization.**

The first stage of the Rockingham Beach Foreshore Revitalization will focus on:

- ◆ Upgrading the Wanliss Street car park to create 80 additional parking bays.
- ◆ Upgrading Railway Terrace to make it more pedestrian and business friendly.
- ◆ A new plaza and grassed beach bowl for events and socializing.
- ◆ A new boardwalk and terraced seating (between Railway Terrace & Val Street Jetty) for relaxing and enjoying the beach atmosphere.

The second stage will consist of:

- ◆ Extensive consultation and meetings with more than 800 members of the community during August and September 2016 yielded excellent feedback about the character of the site, future potential activities and key issues.

As a result of said meetings, three significant ideas were identified as guiding principles for the design of the Railway Terrace upgrade, new plaza and new boardwalk.

- ◆ Creating a place for celebration.
- ◆ Creating a place that is young at heart
- ◆ Connecting the City and the sea.

Works will commence on the Wanliss Street car park just after the conclusion of summer in late March 2017 to avoid any major disruption during peak time of the year. The Railway Terrace works, beach plaza and boardwalk, including upgrades to garden beds and tree planting, is currently scheduled to occur during the cooler months in 2017 and 2018.

Proposed works look to be further great improvements to a pristine location to visit all year round but particularly in late Spring and Summer. It will be great to see how these upgrades progress in the months ahead.

To all and sundry, get out there and enjoy the ever improving facilities. They are for everyone's enjoyment and are extremely family friendly. The Council and Committee people involved should be commended for ensuring the Rockingham foreshore area continues to evolve and remains at the forefront of tourism places to visit.





# Scuba Diving in Rockingham and Kwinana

There is a vibrant and active Scuba community in the area, with one of the state's premier dive sites less than 60 meters off the Rockingham foreshore, almost directly in front of the local dive store a beautiful dive site of both natural and manmade reef, which is visited by many divers from not only the rest of the state but also by tourists from other countries where word of this amazing site has reached the ears of the diving community.

Along with a collection of strategically placed small wrecks, there are growth mats and special blocks placed to help grow a spectacular underwater garden, it is superb and has been here for many years, I myself have been in the industry for going on thirty seven years, I started my diver training in Queensland in Townsville in 1980 at Mike Balls scuba diving school, one of the best facilities available in Australia at the time, after returning to Perth with my newly acquired dive ticket in hand it was time to find places to dive, initially as I lived in Kalgoorlie at the time, I spent a lot of time in Esperance which is another amazing place to dive (*though for different reasons*) and after a while I started to venture a little further afield, it was at this time whilst on holiday in the area I discovered the treasure that is the Rockingham foreshore, back then there was only the one wreck it was placed there on purpose by the diving community with the help of some officials in local government that could see the benefit of a tourist draw card to the area, I'm not sure if even they could see in their wildest fantasies how popular this site would become.



The first wreck that was placed there was an old wooden police launch called the Petrel, and initially it was a novelty dive site, as it was not often you swim off shore to a calm easy wreck site and the location, in front of a dive store was great for that small business, as the diving community in the area grew so did the site to become the great off shore site that it is today.

Now you will get varying opinions of this site and for those divers who criticize this site I ask you to remember or if you are to young research, how diving was in the early years here in Australia, when we were all diving from the shore and there was only a few dedicated followers of the sport, and a dive from a boat was rare but exciting.

As more and more boat owners became divers, open water diving took off and is today without doubt the most popular form of diving, now off the shore diving is not for everyone and as there is no natural reef to stop stirring up the sea bed vision can get down to 3-4 mts but only when the sea is a bit rough, So for the sake of your own pleasure please don't listen to the Yuppie diver reviewer as I like to call him or her (*they have grown so used to diving on holiday in perfect conditions on world class dive sites and forget what local diving is all about maybe not even having a local dive site, but instead feeling*

*obligated to spit out drivel about sites that they find subpar*) The Petrel site is not up there with the president Coolidge, Truck lagoon, Micronesia or Sacola Dassa which is a wall dive in Bali off Lombok Island, however it is still a great place to dive.

I always remember back to one of the courses that I ran in the late nineties in Esperance in which myself and my wife took twelve students diving at a place called lucky bay, many divers from W.A. will know this site, we had only been in the water about five minutes, when we were surrounded by a pod of approximately 40 dolphins who had come to play, this is where any thought of trying to run through skills training disappeared, and I simply decided to add another dive later in the course and just let the students play and interact with these beautiful creatures, a fantastic time was had and everyone raved about the dive for many days, Now fast forward to three months later all students passed the course but of the twelve only one was still an active diver, I couldn't understand this as my wife and I are passionate divers and believe we pass this on to our students.

After contacting all the students as to why they were no longer interested in diving they all had the same answer how do you better a dive with forty dolphins who want to interact and play, I also was invited to come to England by a member of a dive club that I will not mention but it was a fairly large club with a lot of members, and their local dive site was a quarry, I cannot tell you how much you appreciate Australian dive sites even the Less than perfect ones until you have tried to dive in a quarry with four hundred divers, many from different clubs and training schools all clambering for space you literally could not swim more than twenty feet without crashing into another person, So I guess what I am saying is please make your own mind up about dive sites and remember that reviews are only that reviewers opinion.

I call it the too much of a good thing syndrome and this is something that many of today's divers need to remember when they are giving a review about a dive site, not everyone has been exposed to the quality of dive sites that you may have seen, Divers today can fly to many exotic locations around the world but not all divers are world travelers.



# What's happening in the City of Kwinana and Rockingham!

## Coming soon!!



### Zone

Zone Skate Park

Zone has their annual Freak feast in October



### Kwinana Recquatic

Open day

Free entry for you and your family to enjoy!

### Kwinana public library

Children's Library - Rhyme time, Every Wednesday and Friday 9-9:30am.

Storytime, Friday and Saturday from 10-11am

*No bookings required!*

Kwinana public library also offers school holiday events for children and youth!

### KEYS

Family support free service for parents and/or carers with children aged between 0-12 years.

*Call 9439-1838 to book your FREE appointment today!*

#### Rockingham and Kwinana PLAYGROUPS

Family friendly playgroups for families with children 5 years and under.

Rockingham playgroup Tuesdays and Fridays 9:30-11:30am at Waikiki community centre 36 Rand Av, Waikiki

Kwinana playgroup Mondays and Thursdays 9:30-11:30am Mondays located at Frank Konecny Family Centre, Cnr Parmelia Av & Skottowe Parkway, Parmelia.

Thursdays at Casuarina Wellard Hall Cnr Mortimer and Baker Rd, Wellard.

*Gold coin Donation!*

For more information please call 9439-1838

#### Calista MYTIME support group

The free My Time support for parents and/or carers of children with additional needs.

Connect with other carers

Share similar experiences

Find helpful information about support services

Friday mornings during school terms 10:30am-12:30pm @child and parent centre- Calista, Harlow Rd Calista for more information please call 9439-1838

#### KEYS Parents as Teachers (PAT)

(PAT) facilitator offers home visits to Kwinana families that are customized around play based activities focusing on the age and stage of development of each child. The facilitator assists parents to understand their child's development, whilst connecting them to appropriate resources. For more information please contact KEY's 9439-1838

#### KEY's to Counselling

Discover new ways to communicate and resolve issues.

For more information call 9439-1838

KEYS provide workshops to families with children aged between birth to 12 years living in Kwinana and Rockingham.

Circle of security

1-2-3 Magic & Emotional program

Triple P- Positive Parenting Program

For more information on workshops please contact KEYS on (08)9439-1838



# Perth Motorplex

Perth Motorplex as it is commonly known opened in 2000 replacing the Claremont speedway and over the past 16 years it has become THE place to go for rev heads to spectate or even participate in high octane speed, noise and general mayhem. More than 275,000 people visit the venue annually.

Perth Motorplex caters mainly for drag racing and speedway action, whilst also hosting the long running institution Motorvation each January.

Regular weekly events include **Whoop-ass Wednesday** sometimes with brand or model themes on a particular night. Essentially it is street drag racing in a legal and safe environment, entry can be as low as \$20 (on theme nights) and up to \$60 which will allow you to attempt several passes to achieve your best ¼ mile time. These events run from September through until May, with the Motorplex closed during winter.

Drag racing night is Saturday for the semi and full time professionals, these racers are serious competitors and a lot of the machines in action are insanely quick, and loud. There are many different classes including Nitro funny cars, supercharged super sedans, dragsters and motorbikes as well.

Other events from time to time include speedway, burnout comps, monster trucks and more. Check the website for scheduled entertainment.

Catering for food and beverages is provided (incl. a variety of mid strength alcoholic beverages).

Ticket options are: General Admission, Silver and the popular Gold Pass (which provides pits access). G.A prices start at a reasonable \$46 for a family of 5 (2 adults and 3 children) for **Whoop-ass Wednesday** and \$62 for Saturday events (plus booking fee).

If you feel the need for speed and excitement and don't mind a good deal of noise I suggest you do yourself a favour and head out to the Motorplex sometime soon.



Anketell Road, Kwinana Beach. Telephone: (08)9419 6622

Website: [www.perthmotorplex.com.au](http://www.perthmotorplex.com.au)



# Ice Cream Recipes

## Easy Home-made Vanilla Ice-cream

### Ingredients

600mL Thickened Cream (*must be full fat*)  
1 can (397g) Sweetened Condensed Milk  
3tbsp Vanilla Extract/Essence  
or  
1tsp Vanilla Bean Paste  
1tbsp Vanilla Extract

### Directions

In a large mixing bowl combine the thickened cream and vanilla extract/essence. Beat the cream until completely whipped and stiffened.

Slowly fold through the can of sweetened condensed milk to the whipped cream mixture. Once the full can has been added, thoroughly beat a second time, ensuring that the ingredients are evenly blended and the cream mixture well aerated.

Pour the ice-cream mixture into a 2L freezable airtight container or for single serves the mixture will fill 16 half-cup moulds.

Place the container(s) into the freezer and let sit for at least 6 hours. Optimal freezing time is about 8-12 hours. Serve as is or with your favourite toppings as desired.

*Tips:* It is essential that the thickened cream must be thoroughly whipped and aerated!

Ensure that you use full fat thickened cream, as light thickened cream lacks the necessary milk fat solids, so whilst it will thicken it can never reach the correct consistency to be whipped. If you're feeling calorie conscious you can use light sweetened condensed milk instead. Feel free to experiment with making different flavours by adding your own ingredients. Here are some other suggestions:



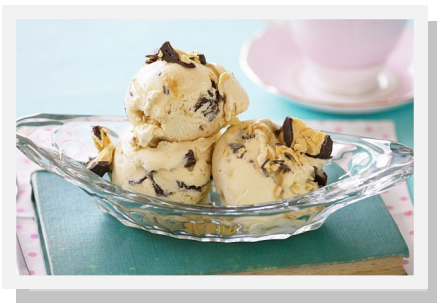
## Peppermint Choc-chip Ice-Cream

### Ingredients

600mL Full Fat Thickened Cream  
1 can (397g) Sweetened Condensed Milk  
1tsp of Peppermint Essence  
½ cup Chocolate chips  
1tspb Green Food Colouring (*optional*)  
3 squares of Block Chocolate, grated (*optional*)

### Directions

Prepare the ice-cream as the above recipe but add the peppermint essence and optional green food colouring and grated chocolate instead of vanilla extract; evenly fold through the chocolate chips after the sweetened condensed milk has been added and blended through the cream mixture.



## Hokey Pokey Ice-Cream

### Ingredients

600mL Full Fat Thickened Cream  
1 can (397g) Sweetened Condensed Milk  
½ cup Honeycomb, crushed

### Directions

Exactly the same as the vanilla ice-cream recipe, just switching vanilla extract with crushed honeycomb.

## Maple Pistachio Ice-Cream

### Ingredients

600mL Full Fat Thickened Cream  
1 can (397g) Sweetened Condensed Milk  
3tbsp Maple Syrup  
¼ cup Pistachios, chopped

### Directions

Prepare just as the vanilla ice-cream recipe but add Maple syrup instead of vanilla extract; evenly fold through the chopped pistachios after the sweetened condensed milk has been added and blended through the cream mixture.





# Salad Recipes



## Avocado and Four Bean Pasta Salad

### Ingredients

100g Dried wholemeal spiral pasta  
300g Can four bean mix, drained and rinsed  
1 Medium tomato, chopped  
1 Medium avocado, chopped  
20g Baby spinach  
1tbsp Balsamic dressing (*see note*)

### Directions

Cook pasta in a saucepan of boiling salted water, following packet directions, until just tender and drain. Transfer to a large bowl, set aside to cool. Add bean mix, tomato, avocado, spinach and dressing to pasta. Toss to combine and serve.

*Note:* Make your own dressing, by following the quick and easy recipe below.

### Balsamic Dressing

#### Ingredients

1tbsp Olive oil                      2tbsp Balsamic Vinegar  
Pinch of salt                      Pinch of pepper

#### Directions

Put all the ingredients in a screw-top jar, with the lid securely fastened. Shake well to combine.

## Celery and Apple Slaw

### Ingredients

4 Celery sticks, cut into matchsticks  
1 Large green apple, cut into matchsticks  
100g Goat's cheese, crumbled  
½ cup (35g) Walnut halves, toasted, coarsely chopped  
2tbsp Crème fraiche  
2tbsp Lemon juice  
Pinch of Castor sugar  
1½ tbsp Chopped fresh chives

### Directions

Combine the celery, apple, goat's cheese and half the walnut in a large bowl. Whisk the crème fraîche, lemon juice, sugar and 1 tablespoon chives in a small bowl. Season. Pour over the celery mixture and toss to combine. Sprinkle with remaining walnut and chives.



## Mediterranean Potato Salad

### Ingredients

1kg (approx.. 4 large) Cream Delight potatoes, unpeeled	150g Pancetta, cut into thin strips
180g Bought chargrilled capsicum, rinsed, cut into thin strips	1 Medium avocado, chopped
1 Red onion, halved, thinly sliced	⅓ cup Red wine vinegar
⅔ cup Praise Whole Egg Mayonnaise	60g packet Baby spinach leaves

### Directions

Cook the potatoes in a large saucepan of boiling water for 30 minutes or until tender. Drain and set aside for 10 minutes to cool slightly. Break the potato into large pieces.

Meanwhile, cook the pancetta in a non-stick frying pan, stirring, for 5 minutes or until crisp.

Combine the potato, pancetta, capsicum and onion in a bowl. Season. Add the vinegar and toss to combine. Set aside for 10 minutes to cool slightly. Add the mayonnaise and gently stir to combine. Add the spinach leaves and toss to combine.

## **Baby Beetroot Salad**

### **Ingredients**

4 Bunches Baby Beetroot, trimmed and washed, small leaves reserved  
1cup Water  
2 Oranges, peeled and segmented  
½ Spanish onion, thinly sliced  
½ cup (120g) Crumbled Persian feta  
2tbsp Sherry vinegar  
¼ cup Extra virgin olive oil

### **Directions**

Preheat oven to 200°C. Combine beetroot and water in a roasting pan. Season to taste with salt and pepper. Cover with foil and bake in preheated oven for 1 hour or until beetroot is tender. Remove from oven and set aside to cool.

Peel beetroots, keeping stalk intact. Quarter each beetroot lengthways.

Combine beetroot and orange, onion, feta, vinegar and oil in a large bowl, and gently toss until just combined. Serve salad on top of reserved beetroot leaves.



## **Asian-style Watermelon Salad**

### **Ingredients**

20g Sesame seeds  
½ Watermelon  
1 Bunch of breakfast radishes  
½ Bunch of fresh mint  
1 Lime (*optional*)  
Spicy dressing (*see recipe below*)

### **Directions**

Toast the sesame seeds in a hot dry pan over a medium-high heat for a couple of minutes until golden and smelling fantastic. Set aside.

Scoop out and cut the watermelon flesh into 1cm chunks. Finely slice the radishes, leaving alone any nice tops, then pick and finely slice the mint leaves (reserve any baby leaves to one side).

Combine the watermelon and radishes in a bowl, pour over the dressing, scatter over the sliced mint and toss to combine. Finish with a scattering of toasted sesame seeds and the baby mint leaves, and then serve with lime wedges for squeezing over, if you like.

## **Spicy Dressing**

### **Ingredients**

½ Clove of garlic	1 Thumb-sized piece of ginger
1-2 Fresh red chillies	2 Limes
1tbsp Low-salt soy sauce	1tbsp Sesame oil

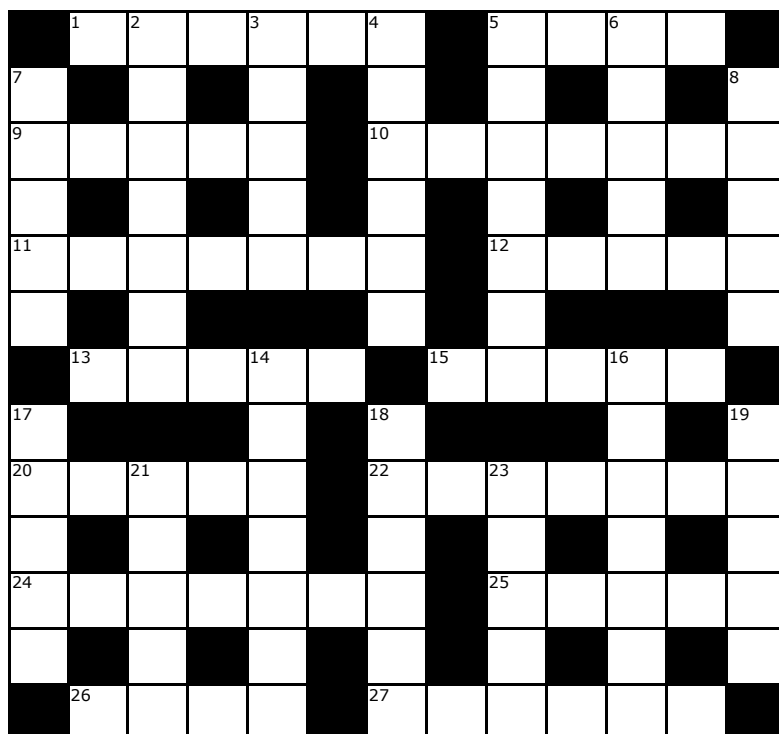
### **Directions**

Peel the garlic and ginger, deseed the chilli, and then finely grate it all into a clean jam jar.

Squeeze in the lime juice, add the soy and sesame oil, put the lid on and shake well to combine.

## Across

1. Aquatic mammal law overturned by Viking settlers in Russia (6)
5. No longer green and ready for picking (4)
9. Overwhelm a waterlogged area (5)
10. Lavish original sound track of large shy bird (7)
11. Sound stopper of Wyatt's firearm bolt (7)
12. Backwards Los Angeles rat at rite place (5)
13. Dirt sticks to one who runs out of control (5)
15. Engine delay in theatre seat (5)
20. Brown shade of bedtime drink (5)
22. Dance that's neither here nor there (2,5)
24. Godly lover is charged with shoreline crisis (7)
25. Bromine help make pigtails (5)
26. Race for hot rods is a downer (4)
27. Canary is coloured with cowardice (6)



## Down

2. A horse and sheep letter jumble (7)
3. Poles that are alike beat back (5)
4. Old-fashioned, starchy and hard to digest (6)
5. Withdraw a statement about a pamphlet (7)
6. Use watercolours for a house coat? (5)
7. Alien donkey is a valuable possession (5)
8. Presentation aid to plan a course (5)
14. A strong desire for Charlie's initial incoherent rambling (7)
16. Turn confused album of lower back pain (7)
17. Yearned for liniment (5)
18. A land was named for this animator (6)
19. Cricketer Tom is temperamental (5)
21. Lofty gospel group (5)
23. Consumer reading tag (5)

## Word List

### 3 LETTERS

DOC  
LEE  
NET  
ORE

### 4 LETTERS

BIAS  
BIND  
DISC  
EMIT  
ESPY  
EXIT  
LOAF  
MIEN  
OILY  
OPAL  
TEAL  
THEM

### 5 LETTERS

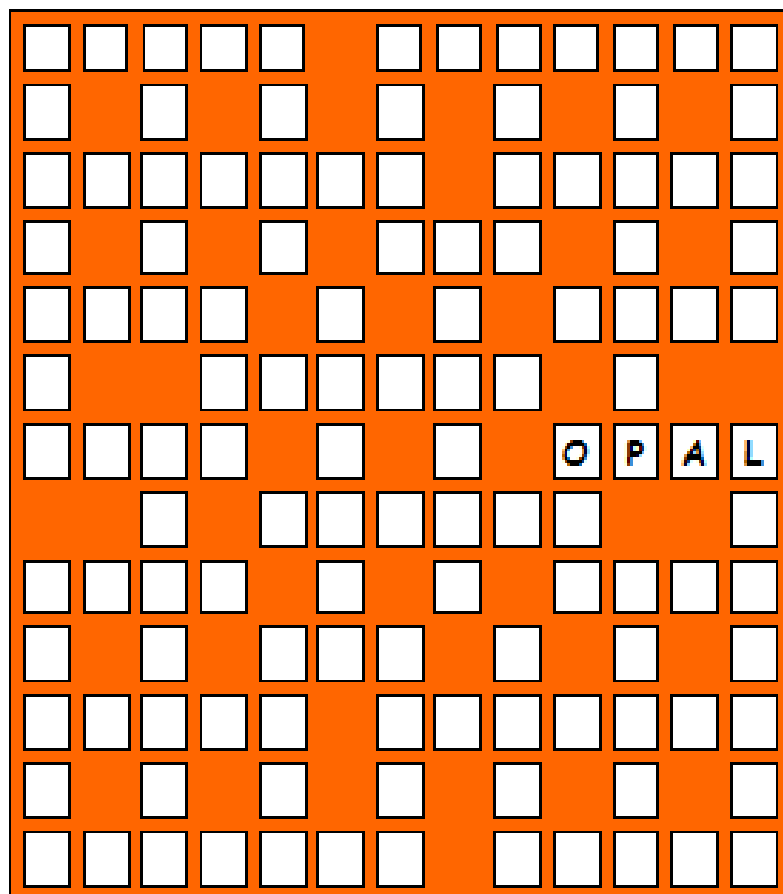
ACORN  
INTER  
OUTDO  
SIXTY  
SLANT  
TABOO  
THRUM  
XEROX

### 6 LETTERS

CURLER  
DEFUSE  
EDIBLE  
ONESIE

### 7 LETTERS

CHORALE  
KETCHUP  
LITURGY  
MEERKAT  
OVERFLY  
SICKBED  
SOLUBLE  
STIRRER





T	Y	A	B	Y	T	E	F	A	S	P	I	G	B	I	M	A	C	N	A	U	L	V	E	W	E	J	P	Z	C
B	P	M	E	X	W	Y	C	K	H	P	U	S	I	P	W	R	U	O	B	R	A	H	T	E	R	C	E	S	T
L	K	I	O	C	A	S	U	A	R	I	N	A	F	T	M	O	P	E	W	Y	A	S	C	Z	O	Y	T	U	W
H	F	R	E	B	G	U	T	D	B	Y	E	Z	K	X	V	V	F	T	N	A	N	I	Y	S	F	E	J	V	Q
H	E	A	S	T	R	O	C	K	I	N	G	H	A	M	Q	E	B	E	O	A	K	R	K	O	N	S	O	T	D
Q	H	P	Q	N	Z	A	R	S	S	H	F	G	U	Q	F	S	Q	B	R	J	E	L	K	X	K	A	Q	X	Y
W	W	Y	H	A	E	P	K	L	T	Q	Q	D	R	E	Z	G	O	O	E	B	T	B	V	B	I	B	X	E	G
K	W	F	U	C	R	A	I	D	Y	D	E	N	N	E	K	T	R	O	P	D	E	M	Y	E	W	L	R	C	T
H	R	P	B	R	R	J	Q	O	E	R	M	Z	N	U	O	M	S	U	O	S	L	W	G	R	Z	A	Y	S	E
C	W	R	B	N	A	B	M	H	I	G	D	S	B	I	V	P	A	Q	F	Q	L	N	C	T	J	V	J	H	K
A	G	P	U	X	F	X	E	M	O	G	O	L	D	E	N	B	A	Y	E	V	W	O	I	R	J	A	M	O	U
E	P	P	J	E	T	D	D	R	L	A	K	R	X	B	K	G	B	V	I	H	Z	J	K	A	C	N	I	A	X
B	E	T	S	I	U	S	I	Y	F	V	N	V	E	O	Z	O	I	V	H	G	O	B	U	M	V	L	S	L	K
A	P	S	N	P	Q	H	N	Z	G	F	B	A	Z	L	H	Y	H	A	H	S	H	P	O	H	Q	U	B	W	A
N	S	K	H	B	U	E	A	A	U	L	M	M	F	X	I	N	C	O	U	B	W	O	E	N	P	K	X	A	W
A	Z	P	U	L	S	K	W	T	E	C	I	K	I	K	I	A	W	D	H	F	Z	S	Q	V	P	V	K	T	Y
N	B	D	C	A	L	I	S	T	A	H	G	K	Q	N	U	V	H	Z	N	K	P	T	K	S	A	X	L	E	H
I	H	Q	I	T	Q	O	J	I	X	G	W	C	L	C	V	R	X	O	D	M	M	A	W	T	R	L	X	R	F
W	Z	B	B	M	A	N	D	O	G	A	L	U	P	T	D	D	T	X	U	A	Q	N	Z	B	M	W	L	Y	K
K	O	D	T	M	E	V	M	V	R	E	J	J	A	A	C	E	I	A	M	Y	L	S	W	S	E	F	L	E	Q
R	I	W	Z	O	C	B	Q	D	A	J	C	I	E	P	L	Q	B	L	V	A	G	U	C	P	L	H	I	C	Y
V	H	D	F	O	H	X	O	N	D	A	D	V	U	G	Y	Q	F	U	O	B	H	Y	L	V	I	Q	Z	T	F
Z	S	I	V	I	D	L	A	B	J	N	H	S	N	Z	R	I	K	G	F	J	I	G	P	S	A	G	D	P	V
O	P	Y	H	G	G	N	Y	H	A	F	L	I	I	H	F	S	A	P	D	A	L	A	N	X	T	X	C	W	Y
R	L	K	X	J	I	F	U	W	V	C	S	F	U	D	O	V	G	U	B	E	L	W	U	I	G	J	C	E	Z
B	L	W	U	W	Q	F	A	T	O	F	N	C	J	W	G	T	U	L	O	H	M	Y	L	G	K	L	R	L	V
N	B	V	K	X	N	U	C	O	O	L	O	O	N	G	U	P	H	A	L	M	A	D	T	O	J	C	F	L	S
R	N	D	Q	E	R	M	D	X	R	S	V	M	D	Y	A	W	D	R	K	J	N	R	B	O	G	J	O	A	V
A	N	U	N	S	E	L	C	A	T	C	E	P	S	E	H	T	Z	E	U	M	V	F	A	D	E	L	X	R	T
W	Q	N	F	M	S	K	U	X	T	M	I	S	R	K	Z	Z	U	K	A	S	B	N	C	M	B	J	O	D	U

### Word List

ANKETELL	BALDIVIS	KERALUP	KWINANA	POSTANS	ROCKINGHAM
BERTRAM	CALISTA	KWINANA BEACH	LED A	SAFETY BAY	SECRET HARBOUR
CASUARINA	COOLOONGUP	MANDOGALUP	MEDINA	SHOALWATER	SINGLETON
EAST ROCKINGHAM	GOLDEN BAY	NAVAL BASE	ORELIA	THE SPECTACLES	WAIKIKI
HILLMAN	HOPE VALLEY	PARMELIA	PERON	WANDI	WARNBRO
KARNUP		PORT KENNEDY		WELLARD	

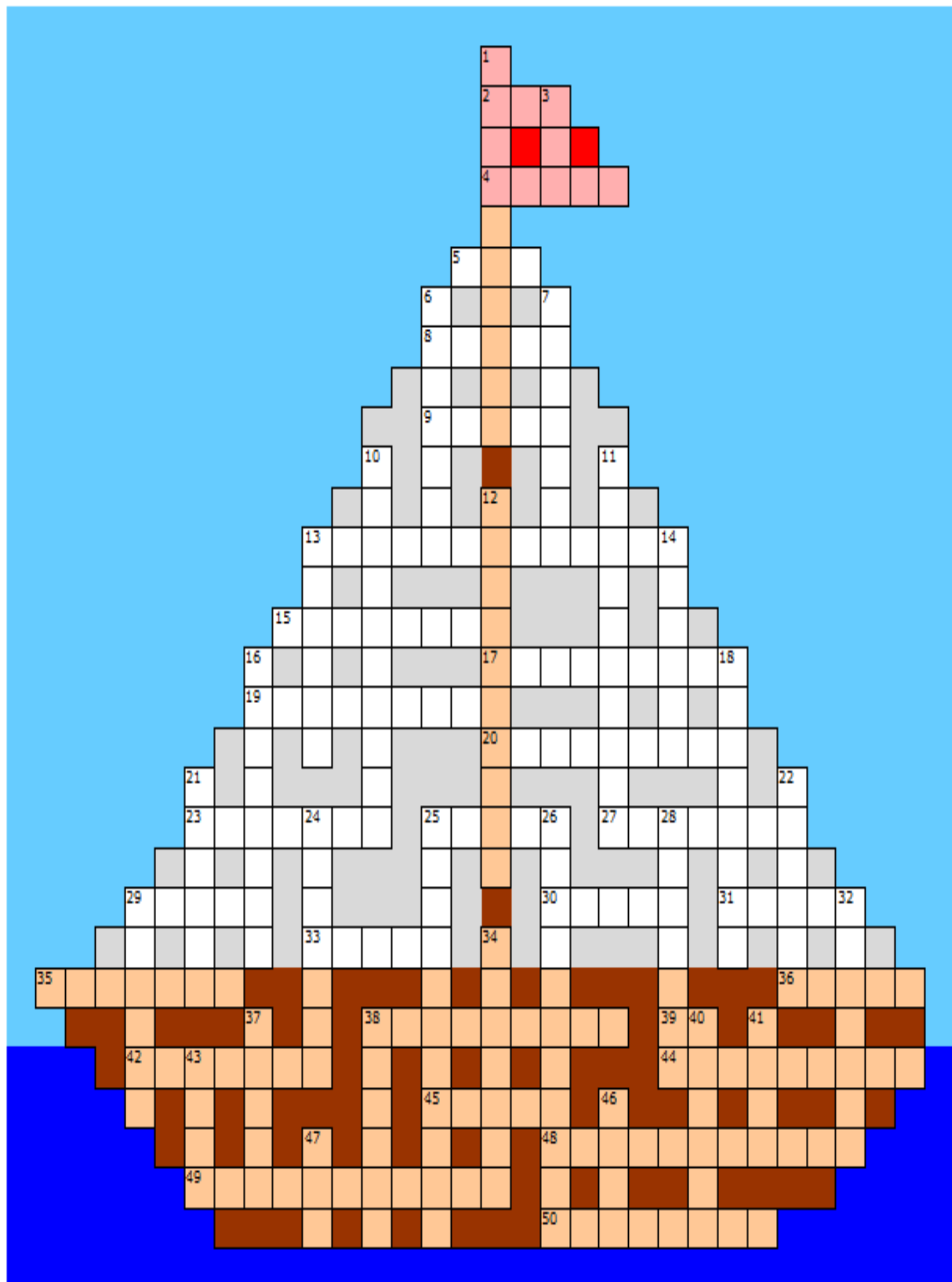
# Sailboat Clues

## Across

2. Rowing implement (3)
4. Australian Eucalyptus-eating marsupial (5)
5. Social insect (3)
6. Blood of the Olympians (5)
8. The act and perpetrator of impersonation (5)
9. Clandestine sheltered port (6,7)
13. Palace built for the 1st Duke of Marlborough (8)
15. Give the okay to (9)
17. Lacking inquisitiveness (9)
19. South American region known for its Tooth fish (9)
20. Sailor's bed of ropes and canvas (7)
23. Woolly flock members (5)
25. Aquatic flightless bird (7)
27. Southern point of Cockburn Sound, Cape \_? (5)
29. Starboard side (5)
30. To chop with an axe (2,5)
31. Large body of water (5)
35. Carpenter's waste (7)
36. German river, valley or wine (5)
38. Maritime disaster (9)
39. Not PM, Anti-Meridian (2)
42. Generosity of grand ship (7)
44. Typically a midday period for eating (9)
45. Foreign or extra-terrestrial (5)
48. Reigning monarch of the Commonwealth (9,2)
49. Ancient microbial community found in SW WA (11)
50. America's Cup sport (7)

## Down

1. Shipwreck namesake for southern WA city (10)
3. Narrow coastal inlet (3)
6. Peel's settler ships, *1 Down*, Hooghly & \_? (7)
7. Savoury biscuit of the water variety (7)
10. Part of Shoalwater Islands Marine Park (6,4)
11. Nyungar for "place of children" (10)
12. Early settler & namesake for local WA region (6,4)
13. Main mineral of sand and glass component (6)
14. Allotted portion (6)
16. Known for containing *49 Across*, Lake \_? (8)
18. Make people leave a dangerous location (8)
21. Large carnivorous fish (6)
22. Device to hold a ship in place (6)
24. Eight-armed cephalopod (7)
25. European region whence the Vikings came (11)
26. Suburb named for Arthur Edward Kennedy (4,7)
28. Not artificial or man-made (7)
29. A canoeist would be lost without it (6)
32. Rockingham Suburb named for Hawaiian beach (7)
34. Sailor's knot that won't slip (7)
37. Fragrant wood good for furniture and craft (5)
38. Group of fish (6)
40. Major seaport formally known as Bombay (6)
41. Genuine, in Germany (4)
43. Flat, floating platform (4)
46. Bluish-white element good for sunscreen (4)
47. Large Australian flightless bird (3)





# How to Make Friends

**Three Methods:** Finding Places to Make New Friends - Making the First Move - Maintaining Friendships

Friendship is a valuable gift, but good friends are often hard to find. Acquiring friends requires making yourself seem attractive to new people, initiating conversations, and being mindful of the needs of others. Meeting new people and making friends can seem like an overwhelming task. But with a little effort and willingness to step outside of your comfort

## Finding Places to Make New Friends

**Join an organization or club.** This is a great way to find other people who have common interests. You don't necessarily need to have a lot of common interests with people in order to make friends with them. In fact, some of the most rewarding friendships are between two people who don't have much in common at all. However, if you like a specific topic, try searching for a location where you can meet people who share that interest.



A church, Mosque, temple or other house of worship is a great place to start since you at least have a religious faith in common. However, if you do enter a religious building, remember to be respectful in the house of their God.

In addition to church activities, you can join the science club at school, the marching band, a knitting group, or any other



**Join a sports team.** A common misconception about this is that you have to be really good at playing a particular sport in order to make friends with others on the team. But not all teams are so competitive. As long as you enjoy the sport and support your teammates, joining a local team with a laid-back attitude could be a great way to make new friends.

**Volunteer.** Volunteering is also a good way for people of all ages to meet others. By working together, you build bonds with people. You may also meet others who have a passion for changing things the way you do (a common cause).

Donate your time at a local nursing home, a hospital, or at a non-profit organization.



**Make yourself available.** If you want to make friends, you first need to put yourself out there somehow in order to meet people. If you just sit alone, friends might come to you – but that's not likely. If you're still in school, sit somewhere with other people. It doesn't have to be a crowded table, but one with at least two other people. Remember, friends seldom come knocking on your door while you sit at home playing on your laptop.



# Making the First Move

**Talk to people.** You can join a club, go to school, or go to church, but you still won't make friends if you don't actually talk to people. By the same token, you don't have to be involved with an organization to be social. Any time you talk to someone, you have a chance at making a lasting friend. Most conversations may be a dead-end of sorts, and you may never talk to that person again, or you just remain acquaintances – but once in a while you'll actually make a friend. You can talk to anybody: the clerk at the video store, the person sitting next to you on the bus, or the person in front of you in the lunch line. Don't be too picky.



**Make eye contact and smile.** If you have an *unfriendly* countenance, people are less likely to be receptive to your friendship. Look people directly in the eye when they are speaking to you (or when you are speaking to them) and offer them a warm, friendly smile. Try not squinting, looking bored, frowning, or appearing blankly *deadpan*, folding your arms (this practically screams "don't talk to me") or hanging out in a corner; such habits may make you look troubled or disinterested.

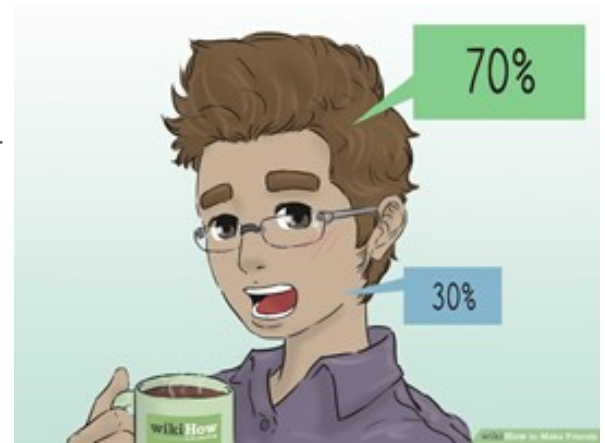


## Start a conversation.



Once you find a person you're interested in becoming friends with, you need to initiate a conversation with that person. This will help you connect to that person and start forming a friendship. Try making a comment about your immediate environment. The weather is a classic: "At least it's not raining like last week!" Make a request for help: "Can you help me carry a few boxes, if you have a minute?" or "Can you help me decide which one of these is a better gift for my mom?" Give a compliment: "That's a nice car." or "I love your shoes." Follow up immediately with a related question: Do you like this warm weather? What kinds of gifts do you normally buy for your mom? Where did you get shoes like that?

Make **small talk**. Keep the *30% talking/70% listening*, ratio in mind during small talk when possible. Keep in mind that this is only a general rule, and it can change from situation to situation as needed. People enjoy talking about themselves. So, listening more than you talk will make you seem like a desirable friend.



**Introduce yourself at the end of the conversation.** It can be as simple as saying "Oh, by the way, my name is..." Once you introduce yourself, the other person will typically do the same. Remember his or her name. If you show that you remembered things from your past conversation(s) with the person, not only will you look intelligent but he or she will see that you were paying attention and are willing to be a true friend.

### Ask them out for lunch or coffee.

That will give you a better opportunity to talk and get to know each other a little bit better. Invite them to join you for coffee sometime and give them your email address or phone number. This gives the person the opportunity to contact you; they may or may not give you their information in return, but that's fine.

A good way to extend yourself is to say: "Hey, well, I've got to go, but if you ever want to talk over lunch or coffee or anything like that, let me give you my number/e-mail address." Maybe they don't have time for new friends – don't take it personally. Just offer your contact information to whoever seems to be potentially a good friend, and eventually somebody will get in touch.



### Initiate a get-together.

You can chat your heart out but it won't get you a friend if you don't open up the opportunity for another conversation or meeting. This is especially important if you meet someone who you aren't otherwise likely to meet again.

Tell some new people that you're having people over to watch a football game or for a fun dinner party. Or suggest going out to the movies or to a bar as a group.



**Pursue common interests.** If you've discovered that the person you're talking to has a common interest, ask them more about it and, if appropriate, whether they get together with others (in a club, for example) to pursue this interest. If so, this is a perfect opportunity to ask about joining them. If you clearly express interest (when? where? can anyone come?) they'll probably invite you.

If you have a club, band, church, etc. that you think they might enjoy, take the opportunity to give them your number or email address and invite them to join you.



## **Maintaining Friendships**



**Be loyal to a friend.** You've probably heard of fair-weather friends. They're the ones who are happy to be around you when things are going well, but are nowhere to be found when you really need them. Being a loyal friend will attract other people to you who value that quality. This is a good way to put your money where your mouth is and attract the kind of friends you want in your life. Part of being a friend is being prepared to make sacrifices of your time and energy in order to help out your friends. If a friend needs help with an unpleasant chore, or if he or she just needs a shoulder to cry on, be there for them. If your friends make a joke, laugh with them.

### **Be a good friend.**

Once you've started spending time with potential friends, remember to do your part. If you want to have good friends in your life, you need to be a good friend yourself. No one will want to be your friend if they can see that you won't return the sentiment.

This means initiating some of the activities, remembering birthdays, asking how the other person is feeling, etc. If you don't do these things, the friendship will become unbalanced and an uneasiness or distance is likely to arise.



**Be reliable.** When you say you'll do something, do it. Be someone that people know that they can count on. If you embody these qualities in your treatment of others, it will attract others who appreciate reliability and who will be reliable in return. If you and your friend agree to meet somewhere, don't be late, and do *not* stand them up. If you're not going to make it on time or make it at all, call them as soon as you realise it, apologise and ask to reschedule.

Don't make them wait for you unexpectedly; it's rude, and it is certainly not a good way to *launch* a potential friendship.



**Be a good listener.**



Many people think that in order to be seen as "friend material" they have to appear very interesting. Far more important than this, however, is the ability to show that you're *interested* in others. Listen carefully to what people say, remember important details about them (their names, their likes and dislikes), ask questions about their interests, and just take the time to learn more about them. You don't want to be the guy or girl that always has a better story than anyone else, or that changes the subject abruptly instead of continuing the flow of conversation. These people appear too wrapped up in themselves.

**Be trustworthy.**



One of the best things about having a friend is that you have someone to whom you can talk about anything, even secrets that you hide from the rest of the world. Before people even feel comfortable opening up to you, however, you need to build trust. The key to being a good confidante is the ability to keep secrets. It's no secret that you shouldn't tell other people things that were told to you in confidence.

**Emphasize your good qualities.**

Project the good, unique qualities about yourself. Show others what makes you stand apart from the crowd. Talk about your interests and hobbies. Share a little bit about your background with new friends. Everyone has interesting stories to tell, don't be afraid to share yours. If you are a unique person, then show it.

A little humour always keeps conversation light and happy. People love to be around someone who makes them laugh.

If you have a quirky, different style of humour then make sure you let them know that the things you say are in fact a joke. This way you don't just come across as simply weird. It will also help them understand a bit more about you too, which could potentially spark their interest.



### Keep in touch.

Many people often times lose contact with their friends because they're either too busy, or just don't value their friends enough. When you lose connection with a friend, the friendship may fizzle out. And when you do try to contact them again, it can be hard to rekindle the friendship.

Maintaining friendship is hard work. Make time and share your life with them. Be respectful of their decisions and share yours with him. Strive to keep in contact over time.



**Choose your friends wisely.** As you befriend more people, you may find that some are easier to get along with than others. While you should always give people the benefit of the doubt, sometimes you may realize that certain friendships are *unhealthy*, such as if a person is obsessively needy or controlling towards you, constantly critical, or introducing dangers or threats into your life. If this is the case, ease your way out of the friendship as gracefully as possible. Cherish those friends you make who are a positive influence in your life, and do your best to be a positive influence in theirs.

If you have to leave a friend because they aren't good for you, try to preoccupy yourself with other things, such as a new volunteer opportunity, so that you can honestly say that you don't have enough time in your schedule to spend time with them (but don't substitute their time for time with other friends; they may notice and become jealous, and more drama will ensue).





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