



Tuart Place

**T** Together...we build  
**U** Understanding  
**A** Acceptance  
**R** Respect ...and  
**T** Trust



## WA Maritime Museum

**“It was a lovely day out and I felt thoroughly looked after.”**

Vera, Elizabeth T, Rose and Patty speak about their recent visit to the Museum. *“We were all very impressed with the whole outing but the Theatre experience deserves special praise. It was a wonderful 3-Dimensional depiction of the skies and constellation from the Indigenous perspective showing the Emu and all the other various star signs. The stars came out at you, and this was so good that it should be shown on T.V.!”* Rose added that it was a great way to educate people on indigenous culture. Along with the constellations was a wonderful painting that was interwoven with the projection showing an indigenous woman doing a painting, *“It was so beautiful that I would have bought it if I could.”*

Their tour guide Paul was also singled out for not only being informative but for his humour, care and thoroughly pleasant and engaging personality. The ladies said the food was very good, the only problem was that it was so nice that a lot of it had been eaten by earlier attendees!

Maria D said that everything has been kept simple and been well organised. All she had to do was enjoy herself. She too, was amazed and thrilled at the Indigenous theatre session. *“The chairs tilted back and the 3D effects made us feel that we could reach out and touch the stars. The Museum staff were very professional and friendly.”* She told Mal that the food was varied and fresh and that she loved the touch of being served a big pot of Green Tea (one of her favourites) with dessert.

The unanimous feedback from the attendees was that they had a great time. No-one felt rushed and everyone felt safe and secure. The craft ladies said that this has whetted their appetite for next month's Penguin Island tour. They added that anyone thinking of coming along to Tuart Place should come along to the outings and events as they have become great personal highlights and memories.



# False Economy - around 1989

Written by Mary Ann Rath - 16 November 2021

“No” I said, “they put too much chemical on their crops.”

“Well they are!”, retorted my husband.

We had a ten-acre patch of dirt in Geraldton. The local Vietnamese tomato grower, our neighbour, wanted to lease two and a half acres to grow tomatoes, they paid two hundred dollars.

They did grow tomatoes; I don't remember getting any free ones. However, after they left the land and after the rain, double gg plants began to prosper. They grew two meters in diameter with hardly any room between each plant.

I was disturbed as these plants produce many, three pronged prickles that when they dry they hurt incredibly, and often snap off leaving a tiny black stump in the sole of the foot. Many a night was spent getting the splinters out whilst the

children slept. I really like to go barefooted, too.

I saw that I needed to do something, and quick, who else would. I dug up each plant whilst still green, with a pitch fork. It took two and a half weeks. Then came the piling up of the plants in heaps, then came the kerosene to light them on fire, to bring the pile down. Then scooping them up with a shovel into a wheel barrow, then tipped into a trailer and off to the tip as they went as land fill.

My estimation of the “folly” is that at twenty dollars an hour then the bill would come to one thousand and seven hundred dollars. Not an economic, emotional or mentally a good decision to lease that bit of dirt.

Was I listened to on other occasions about decisions, “No”! The world is doomed. Well that one was.

- The older I get, the earlier it gets late
- I finally got eight hours of sleep. It took me three days, but whatever.
- I remember being able to get up without making sound effects.
- I run like the winded.
- When I say, "The other day," I could be referring to any time between yesterday and 15 years ago



"Doctor," said the receptionist over the phone,  
"there's a patient here who thinks he's invisible."  
"Well, tell him I can't see him right now."

Why is there no point in going to a child psychologist?  
They're too young.



**What do you call a large dog that meditates?**

*Aware wolf.*

**What do you get if you cross a gold dog with a telephone?**

*A golden receiver!*

**What do you get when you cross a dog and a calculator?**

*A friend you can count on.*



# January and February were... Mask Months





## MINDFULNESS TIPS FROM HEATHER

*Mindfulness means putting the mind fully into the present, so that we are always engaged with what we are doing.*



You can ask yourself the following: "What am I doing now?" "What are my physical sensations now?" "What is my mental state now?" "What am I thinking or seeing or hearing now?"

1. When you feel overwhelmed, find a seat and count each in breath and out breath:  
Breathe in for 1, breathe out for 2, breathe in 3, breathe out 4 until you get to 10 and then start from 1 again. If you lose count, start at 1 again :)

2. Eat slowly! What is the texture like? Is it smooth or crunchy? Is the taste salty, bitter, sweet or sour? Savour each mouthful. Bring your full attention to your meal or to your cup of tea or coffee.
3. Spend time outside in nature. Being amongst trees or taking a walk along the beach is calming and soothing for the nervous system. Watch clouds as they slowly move and change shape or listen to the sound of waves breaking on the shoreline :)
4. Mindful walking. Be fully conscious of each slow step as you lift your foot up move it forward and place it gently back down on the ground and so forth.

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## Teresa's birthday

