

It all began with Dirk Hartog

The Dutch connection with WA, which began 400 years ago when Dutch sailor Dirk Hartog bumped into WA and left his plate, is being celebrated by Floreat National Seniors.

Their meeting on Thursday, June 9, at Mt Claremont Community Centre, Montgomery Avenue will be devoted to Dirk Hartog and many other things Dutch.

All are welcome to the meeting at a cost of \$5, which includes morning tea with Dutch delicacies.

The Dutch Singers in traditional costume will welcome the crowd and there will be clog dancing for all.

Members and guests are invited to wear orange and there will be a parade for prizes.

As people arrive, they will

each be given a paper plate on which to design a Delftware pattern with blue felt pen – it will help if people can bring their own felt pens. The plates will go on display.

Netherlands consul Arnold Stroobach will speak on Dirk Hartog and Nonja Peters from Curtin University will talk about the Dutch in WA.

Seniors president John Dingle said: "This promises to be a fun, entertaining and informative meeting and we are hoping that many will join us."

The meeting is at 9.30am for 10am and finishes at noon, followed by an optional lunch of Dutch food for \$15.

Parking is available and it pays to arrive early. Those interested in further information can ring 0414 963 086.

Compost your garden will love

Find out how to make the best compost in the western suburbs at Mayo Community Garden in Swanbourne this Saturday.

A workshop from 10.30am to noon will explain how to build a three-bay composting pile from simple materials.

This composting set-up has many devout followers for many reasons, including ease of construction.

struction.

Then from 2 to 4pm, Charles Otway from Terra Perma will explain how to use the composting bays.

Head along with all your composting questions.

The workshops are open to the all – just email mayocommunitygarden@gmail.com or go to the garden's Facebook page so there will be enough teacups.

Sign up for a sobering month

Now is the time to make a commitment for Dry July.

The fundraiser challenges people to go booze-free for the month of July to support people affected by cancer.

When people are diagnosed with cancer, they find it hard to find the time and energy to

think about anything other than treating the cancer.

Dry July raises money to ease the burden suffered by people undergoing treatment, reduce stress and add a bit of comfort.

Sign up at dryjuly.com/signup or donate dryjuly.com/donate.



Volliers thanked ... Governor Kerry Sanderson, left, with volunteers Kay Lodge, Carol King, Beattie Raamel, Pam Imms, Maggie Cooper and Helen Robertson, and Professor John Newnham.

KEMH volunteers worth \$465,000

The contributions of more than 100 volunteers to the Women and Infants Research Foundation and King Edward Memorial Hospital were celebrated recently as part of National Volunteers' Week.

The foundation patron, WA Governor Kerry Sanderson, said the event was a fantastic opportunity to recognise an exceptional group of people.

"Volunteers at KEMH perform countless tasks that add that extra special touch to a mother and newborn's journey," Mrs Sanderson said.

"They form an invaluable resource, making a significant

contribution to the ability of the hospital to deliver the highest level of service.

"This annual event is all about recognising the contribution and achievements of this amazing group of volunteers."

Foundation executive director John Newnham said that during the past year the foundation had expanded its volunteer base from 95 to 113.

"This team of volunteers contributes over 10,000 hours each year, which is valued at a staggering \$465,000," Professor Newnham said.

"The work of our volunteers extends to many of the hospital's departments.

"By engaging in patient and client activities, volunteers are a vital link between the clinical and nursing services, and together form a holistic approach to the quality health care that people need."

As part of the event, volunteers celebrating 10 and 15-year long-service awards were recognised.

Volunteers at the foundation and KEMH provide services across a range of departments and services, including the hospital's café and gift shop, op shop, perinatal loss service, social work, physiotherapy, the centenary clinic and nurseries.