...each Tuesday at Mosman Park Men's Shed.

...akes a haircut

...estern Australia.
...joyed being on
...nany years. I met
...esting people,"

...I might be speak-
...scientist and the
...king to a profes-

...ith an insatiable
...wledge, so the

university was heaven for me.

"Little did my customers know but on occasions I would drag out the haircut so I could continue the conversations."

If you are after a trim, Simon is available at the Men's Shed every Tuesday, upstairs after morning tea.

He donates a third of the proceeds to the shed.

Citizen science plastic drive coming to Cott

Research into microplastics washing ashore is coming to Cottesloe beach, thanks to an Australian-first citizen science initiative, Australian Microplastic Assessment Project (AUSMAP).

Plastic pollution is recognised as one of the world's most pressing environmental issues, with growing concern over the effects of microplastics, those smaller than 5mm, on the environment and on human health.

AUSMAP is Australia's first citizen science initiative, which educates and engages communities to obtain widespread reliable data on the presence of microplastics.

Now recognised as one of the world's leading citizen-science microplastic projects, AUSMAP has progressed rapidly over just two years.

The program encourages Australians to take leadership on solving the plastic pollution problem while arming them with the tools to educate others.

AUSMAP developed the project in partnership with research scientists to ensure the data collected is reliable enough to produce one uniform framework to measure microplastic presence across Australia and beyond.

Dr Michelle Blewitt, project director at AUSMAP, said: "Our program has trained and continues to work alongside more than 325 groups nationally.

"Across Australia, we have collected well over 350 samples, engaged more than 200 university students, educated over 475 corporate members, close to 2000

Plastic pollution is one of the world's most pressing environmental issues.

community members, more than 8000 high school students.

"Most importantly, we've removed over 100,000 microplastics from entering our waterways.

"We are thankful for the support from the Coca-Cola Foundation, which has allowed us to create this one-of-a-kind program and to now continue progressing the important work we are undertaking in our next phase."

In 2020, the Coca-Cola Foundation awarded more than $1million in funding to environmental initiatives, with a significant focus on recycling, upcycling and marine litter programs, including AUSMAP.

AUSMAP's citizen-science findings have been presented at 13 national and international conferences or workshops.

The project has received increasing international interest with discussions under way for a global microplastics project collaboration based in the UK, as well as discussions with Earth Echo International and Earthwatch International.

More at ausmap.org.

...PORTANCE OF TRUST

...ng possibly your most valuable asset.
...all love to be told what we want to
...; but you really need to ask yourself...
...is really the truth? Is this really the
...: advice? The wrong advice can cost
...a bucketload of money so, as much
...ou are loving what you are being told,
...need to be wise and astute enough
...uestion the motives of the ones
...ring up the advice, whether it be

your country, and how could we help with that?" And further imagine that a conversation could evolve between them with 100% transparency and 100% trust and how fruitful their conversation could be for everyone. Does this really have to be that hard? Why don't some people trust each other anymore, and others trust blindly without question? Well, unfortunately in this driven and

accept things that we are told, just because it's convenient to do so. It is also time to inspect your own level of trustworthiness and authenticity, as you may discover you are a main offender, and to find the courage to change your own motives away from self-interest and into the interest of others, as there is no greater truth in this world than "whatever you give out comes back to you tenfold".