

Parts 1 & 2
Saturday 16-24
Sunday 13-27
Details P102



TAB touch
THE GAME

FOOTY TIPPING
AND PICK 7

Sign up now at thegame.com.au
See page 126 for full details



WIN OVER
\$150,000
IN PRIZES

Including a Mazda BT-50 XTR
5 DAYS TO GO

The Weekend West

March 17-18, 2018

thewest.com.au

\$2.90

Gascoyne, Shark Bay \$3.00, Pilbara, Kimberley \$3.90. GST INC

SAVING TOM JENKINS

HOW A YOUNG MAN WHO COLLAPSED
ON COTTESLOE BEACH WAS BROUGHT
BACK TO LIFE **NEWS** P8-9



Thomas Jenkins, centre, and the beach heroes who saved his life. Picture: Steve Ferrier

ROBIN HOOD WATER TAX

EXCLUSIVE

■ Daniel Mercer

Perth's biggest water guzzlers would be slugged with higher prices under Robin Hood-style plans by the State Government to shield low and middle-income households from tariff rises.

The Weekend West understands Water Minister Dave Kelly has proposed a shake-up of water charges that would force the heaviest users to pay more while sparing low and moderate consumers.

Under the Water Corpora-

▶ **CONTINUED** P11

Health insurance this simple and affordable
is nothing to sneeze at.

Join direct at ahm.com.au or call 134 246.

ahm
health insurance

The heart starters who



Thomas Jenkins with his mother Melody, and inset, with Parris Trahanas.

■ Gabrielle Knowles



When Thomas Jenkins lay on the sand and told a mate he was about to faint, his calm demeanour gave no warning of the life-threatening struggle he was about to face.

"We'd just done a short sprint and Tom said, 'I'm going to pass out, monitor me,'" Parris Trahanas recalled of the Sunday morning at Cottesloe beach last month.

"He lay down, had a little fit, almost like a shiver, and was not responsive after that."

The 23-year-old was very fit but had a heart condition that had caused previous fainting episodes.

Friends since high school, Parris knew that and because Thomas did not seem worried, he did not think the worst.

But when Thomas showed no signs of waking, Parris, 24, realised something was seriously wrong.

"I was holding his head and trying to listen to his breathing, which was just getting slower and slower and weaker and weaker," he recalled. "After about 30 seconds I was worried so I thought it was best to call an ambulance rather than take any chances."

The St John Ambulance operator urged Parris to yell for help, and as a nearby beachgoer ran to alert lifeguards Thomas went into cardiac arrest.

Only about 10 per cent of West Australians who have a sudden cardiac arrest outside hospital survive, according to a St John Ambulance report.

But if ever there was a day for Thomas to have one, this was it.

Where he collapsed — and who was on the beach that February 11 morning — made all the difference to his fate.

"We know how incredibly lucky we are to still have Tom," parents Greg and Melody Jenkins said this week, after Thomas left hospital.

"To be with a mate who had done a senior first-aid course, at a popular beach on a Sunday where there were several lifesavers and doctors and then for an ambulance to be close by," they said.

"His survival and recovery avoiding brain damage came down to Parris not hesitating and the quality of the CPR he was given quickly. Doctors told us the CPR was as good as it can get — that's how lucky he was."

Parris had done advanced first-aid training through St John Ambulance but had never needed to use those skills to save a life.

"I was most worried when I first realised it was a real emergency — Tom is not waking up — and I was about to call the ambulance," he said. "After that, the training took over."

James Dracup, a North Cottesloe Surf Life Saving Club member, was not on patrol that morning but was jogging on the beach when he noticed Parris doing CPR.

His first thought was "that's a strange place to do first-aid training" — a quiet stretch of the otherwise busy beach between Cottesloe and North Cottesloe surf clubs — before he realised what was happening and ran to help.

When North Cottesloe lifeguards were alerted, Nick O'Halloran said captain Tom Carmody raced down the ramp and along the sand more than 200m to the stricken 23-year-old.

Nick grabbed a defibrillator, oxygen and brought other club members — including a doctor and a first-aid trainer who were not on patrol but were at the beach.

The group gave Thomas oxygen and used the defibrillator to give him an electric shock to try to restart his heart.

Psychiatrist Sally Osborne was at the beach with her children when she noticed the commotion and ran to see how she could help.

Cottesloe SLSC lifeguards were also notified and joined

BEACH HEROES

Jordan Alabakis
North Cottesloe SLSC lifeguard, part of the first-aid team.



Picture: Steve Ferrier

the rescue effort. Two shocks from the defibrillator failed to restore Thomas' heart rhythm.

Watched by a growing crowd of worried bystanders, the CPR efforts continued.

The ambulance arrived in eight minutes and paramedics again tried starting Thomas' heart. The second electric shock from their defibrillator provided the first glimmer of hope. This time, they detected a pulse.

With Thomas still connected to oxygen, the lifeguards and paramedics carried him up the narrow path to Marine Parade and an ambulance.

Thomas made it to Sir Charles Gairdner Hospital alive but not in the clear.

"He was in an induced coma

barrier reef pools perth
WA'S MOST AWARDED FIBREGLASS POOL COMPANY 8 YEARS IN A ROW
2010 / 2011 / 2012 / 2013 / 2014 / 2015 / 2016 / 2017

NEW Manhattan Range
NOW! Available in Five Popular Sizes

Display Centres barrier reef pools perth
North 9301 1300 | 24 Ascari Lane, Joondalup | E: steve@barrierreefpoolsnorthside.com.au
South 9314 1388 | 13/378 South St. O'Connor (Home World Centre) | E: brad@brppperth.com.au
Mandurah 9581 8611 | 24a Panton Rd, Greenfields | E: dean@brpmandurah.com.au | www.barrierreefpoolsperth.com.au

FIRST STATE AUCTIONS
PUBLIC AUCTION
FINE JEWELLERY & SWISS WATCHES

OVER 320 LOTS - MANY ITEMS UNRESERVED!

OVER 30 SWISS WATCHES

- Rolex
- Vacheron Constantin
- Adler
- Piaget
- Dunhill
- Omega
- Chopard
- Breitling
- Bvlgari
- Cartier & more!

Warranty & Certificate of Authenticity on all watches.

HYATT REGENCY HOTEL PERTH - SUNDAY, 18 MARCH
99 ADELAIDE TERRACE, PERTH (VIEWING: 11:00AM, AUCTION: 1:00PM)

LOT 63 8.06ct Sapphire and Diamond Necklace

LOT 148 6.41ct Colombian Emerald and Diamond Pendant

LOT 150 3.90ct Diamond Necklace

LOT 102 - Boulder Opal and Diamond Brooch

LOT 226 4.06ct Morganite and Diamond Ring

LOT 214 0.60ct Alexandrite and Diamond Ring

LOT 298 - 1.05ct Ruby and Diamond Ring

LOT 177 15.91ct Tanzanite and Diamond Ring

LOT 192 - Cartier LOVE Bracelet

LOT 50 3.06ct Fancy Yellow Diamond Halo Ring GIA Internally Flawless

LOT 77 3.02ct Radiant cut Diamond Solitaire Ring GIA F SI1

LOT 212 2.00ct Round Diamond Stud Earrings GIA D SI2

LOT 230 1.01ct Loose Round Diamond GIA D Internally Flawless

Photo catalogue: www.firststateauctions.com.au Tel: 1300 862 655

saved young man's life

Domenic Coddell
North Cottesloe SLSC chair of education and lifesaver. He was not on patrol but was at the club.

Parris Trahanas
Tom's mate who had completed a St John Ambulance advanced first-aid course, rang triple-0 and started CPR.

Thomas Jenkins
The 23-year-old on the spot where he had a cardiac arrest.

Dr Sally Osborne
Psychiatrist who was at the beach with her children and ran to help.

Nick O'Halloran
North Cottesloe SLSC patrol vice-captain. Grabbed a defibrillator, oxygen kit and alerted other club members to assist.

James Dracup
North Cottesloe SLSC lifesaver. Was not on patrol but was jogging nearby, saw Parris performing CPR, and assisted.



for five days," Mr Jenkins said. "We were told not to get our hopes up because a lot of people don't come out of ICU."

Survival was one thing but there was also a fear Thomas might have brain damage.

After some sleepless nights, the family were told Thomas, an electrical engineer, should make a full recovery.

A cardioverter defibrillator was implanted in his chest but he is having tests because specialists do not believe the cardiac arrest was caused by his known heart condition.

After treatment in Sir Charles Gairdner and Fiona Stanley hospitals, the family celebrated a milestone when Thomas went home on Wednesday.

The next day he and his fam-

ily returned to the beach to meet some of the people who helped save him.

Thomas cannot remember that traumatic day but knows he owes his life to his friend and those strangers.

"Parris, the first responders and the paramedics all did a fantastic job," Thomas said.

"Considering what happened, I'm OK — and I'm looking forward to getting back to work as an electrical engineer and volunteering with organisations including HeartKids."

His father was emotional as he thanked some of the volunteers, saying: "You are really important to us."

The Jenkins also thanked the paramedics and medical staff at both hospitals.

Thomas and his family say

he is a living example of the importance of learning CPR and providing timely help.

Those involved in the rescue said it was a huge relief to know he was recovering.

People who receive CPR from a bystander are more than twice as likely to live than those forced to wait for emergency medical help.

"It just makes you feel much more in control of a situation," Parris said.

"Potentially (to) give someone much better treatment and save their life, or save their quality of life. I would have hated to have felt like I could have done more. I'm satisfied I did all that I could."

St John Ambulance and North Cottesloe Surf Life Saving Club run CPR and first-aid courses.

Outdoor Kitchens Sale SALE

MASPORT AMBASSADOR

LOMIA #2

CABANA SERIES



326CM L x 59 CM W PACKAGED

- 6 Burner Masport Ambassador bbq
- Includes rotisserie & wok burner
- Glass door Masport double fridge
- Sink & chrome tap unit
- 304 Grade stainless steel
- Stainless steel benchtop
- Portable

\$4999

320CM L X 62CM W ASSEMBLED

- Beefeater Discovery 110E black enamel cast iron 5 burner.
- Deluxe round sink & flick mixer tap.
- Alfresco black Single door fridge
- Granite bench top with 4 great colour selections
- 304 Grade stainless steel doors.
- Suitable fully outdoor

\$4999

434CM L x 62CM W PACKAGED

- 4 Burner Beefeater BBQ
- 2 Door Beerkool Stainless Steel fridge
- 5 colours engineered stone benchtop
- Pre-assembled
- Waterproof polymer Cabinets are suitable for undercover/alfresco outdoor kitchen areas.

\$7699

Available only by pick up in-store at Willetton.

OUTDOOR
ALFRESCO KITCHENS

29 Yampi Way
Willetton WA 6155 Phone: 08 6454 8806
www.outdooralfrescokitchens.com.au

Custom design your dream outdoor kitchen. Come see us today! Free QUOTE & DESIGN

**HURRY,
WHEN IT'S GONE
IT'S GONE**



SAXON

Greenhouse

59 x 39 x 126cm.
Includes PVC cover with zip.

LIMITED STOCK

**PRICE
GUARANTEE**

Our Policy is Lowest Prices, and we're committed to it. Our price guarantee means that where, despite our procedures supporting our Policy, you find a competitor's lower price on the same stocked item,

**WE'LL BEAT IT BY
10%**

This excludes trade quotes, stock liquidations and commercial quantities.

0012696x

BUNNINGS
warehouse

**LOWEST PRICES
ARE JUST THE
BEGINNING...**

bunnings.com.au

BWAR10532