

Eat Food. Not too much. Mostly Vegetables (Michael Pollan)



By David Weightman

In the Palmyra Primary Kitchen, the children and I make by hand many foods the production of which we have now handed over to the food industry. Buying fast food has become so mundane that cooking anything more complex

than a stir fry is now akin to some extreme activity – something we savour via the medium of a TV screen.

In our modern era, whole foods have become less important than the nutrients within. As Morgan Spurlock demonstrated in his documentary *Supersize Me*, the food served by the chains is undeniably nutritious but it is equally true that it is not nourishing.

In the Kitchen Program, the children and I work hard to reverse this trend, producing a healthy meal within the confines of forty minutes. Our food is also vegetarian and dependant on the produce from the Pally Patch. The vegetables are honoured as the centrepiece of our meals and I have wilfully regressed the program to cover what I would call foundation cooking: covering techniques such as bread making, pasta, sauces, spice

mixes and even proper bacteria laden pickling.

As we all sit to share a meal that they have prepared, the children partaking in the Palmyra Kitchen Garden Program are, unwittingly, learning all manner of skills that will be of use in the future. In *The Raw and the Cooked*, anthropologist Claude Levi-Strauss points out that in many cultures cooking is the very symbol that establishes the difference between animals and people. Sharing a meal therefore, is the cornerstone to family life, a place where we learn to listen, debate, good manners and as we grow become more wholesome individuals and contributing members of the community. After all, the solution to our unhealthy relationship with food is to cook for ourselves.



Family's faith built on love

By Keith McDonald

A Palmyra family who came to Australia from Iran in 2006 have brought with them the teachings of independent world religion the Baha'i Faith.

Both Mashiat and Nazila Zeynali are third-generation Baha'is, the Faith having started in Iran in 1844. It spread to Australia in 1920 and is now established in 188 countries. Baha'is follow the teachings of Baha'u'llah, a Persian who claimed in 1863 to be the fulfillment of all religious prophecy – in Christian terms, the return of Christ. He taught that there is only one God, whose progressive revelations to humanity through divine messengers (such as Moses, Mohammed, Christ and now Baha'u'llah himself) have been the primary civilising force in history. Now is the time, He said, for the unification of the human family and the building of a peaceful, global society.

The Baha'i blueprint for this includes the abandonment of prejudice; equality of men and women; unity between religions, nations and cultures; elimination of extreme wealth and poverty; universal education, independent investigation of truth; global governance and harmony between science and religion.

Baha'u'llah (1817-92) was imprisoned, tortured and exiled. His final place of exile was Akka, in the Holy Land. The Shrine of Baha'u'llah is there and the Baha'i World Centre is in the neighbouring city of Haifa on Mt Carmel. He chose His son, 'Abdu'l-Baha, to lead the Faith after His death and, in turn, 'Abdu'l-Baha appointed his grandson, Shoghi Effendi, to be the Faith's Guardian after him. In 1963, as ordained by Baha'u'llah, the Universal House of Justice was established to govern the global Baha'i community. This is an elected body of nine Baha'is.

Australia has a National Spiritual Assembly, also of nine elected by secret ballot, and there has been a Local Spiritual Assembly in the City

of Melville for more than 35 years. Fremantle Docker Luke McPharlin is a Baha'i and so are his parents and siblings.

Local Assemblies are established when there is a minimum of nine adult Baha'is in the area. There are 23 of these institutions in the Perth metropolitan area.

There is a Baha'i House of Worship in Mona Vale, on Sydney's North Shore, and in Perth there is a Baha'i Centre in South Perth and a Baha'i Centre of Learning in Myaree.

"The problems in society today are because people don't believe in something," Mashiat says. "When you believe and have a faith, you follow its principles, which are about being good and loving and kind to people."

He elaborates by quoting from the writings of Baha'u'llah: "O Friend! In the garden of thy heart plant naught but the rose of love, and from the nightingale of affection and desire loosen not thy hold."

Despite the faith's focus on love and unity, the Zeynalis are among thousands of Baha'is who have fled Iran since the 1979 revolution. More than 200 Iranian Baha'is were killed or executed in the 1980s and since 2005 more than 710 have been arrested. There are at present 136 in prison.

With the Faith still having more than 300,000 followers in Iran, it remains that country's largest minority religion.

But the Zeynalis are not bitter or angry. Instead Mashiat is thankful for his family's new life in Australia. "Palmyra is such a peaceful environment," he says. "We like it. It is very friendly."

Mashiat works as a painter. The couple have two children, a son, Rabea, 13, and a daughter, Grace, 6, who goes to Palmyra Primary. Aside from his religion, one of Mashiat's great loves is the violin. He is an accomplished exponent of classical Persian music.



Sustainable Homes

By Lisa O'Malley

Ross & Galloway love homes. New, old, renovated, improved and sustainable.

One such lovely and sustainable home that Jenny Bradshaw from Ross & Galloways had the great pleasure of representing for sale recently is Justin and Carol's solar passive residence in Tamar Street. Built by the Rural Building Company and completed in 2006 with a super spacious floor plan and open plan living. The kitchen & dining area flow out onto a beautiful entertaining area which makes the most of the north, south orientation and is built over two levels with a balcony that takes in views of the well established garden.

The homes owners had the natural environment and energy conservation in mind with the design and landscaping of the house reflecting this awareness. Designed so that the back of the home faces north faces, there are lots of native trees and plants which keep the house naturally cool in the summer. In the winter the position of the house and glass French doors provides wonderful warmth and bright winter sunshine. The mostly native garden is a major asset both visually and practically. There are over 20 well established native trees including

rare Sandpaper Wattles, Gums and stunning Coolabah trees. Carol and Justin have also added a raised veggie garden, a variety of established citrus fruit trees and there is a 1500 Litre main rainwater tank with a 200 Litre catchment tank which supports all the watering requirements for the garden.

Jenny has seen a steady rise in number of homes embracing positive environmental changes during her time in the real estate industry, particularly in Palmyra. "A lot of thought is now going into the planning of new homes and renovations of older homes in regards to sustainability, solar passive and gardens which require minimal watering. Palmyra is a suburb that is attracting many buyers with an environmental awareness," says Jenny.

For Carol and Justin the move away from the suburb is to pursue their love of the ocean relocating further south to be within walking distance of a beach. During the past seven years in their lovely home in Tamar Street they have noticed the rapid renovating and redevelopment of many original houses and a large number of blocks subdivided. Says Carol, "It's nice to see a lot more younger families move into the area." Carol and Justin have loved their time

in Palmyra and talk about the things they will miss about the suburb. Says Carol, "The close proximity to the river, local parks, Freo and our friends in the area, although we'll still keep in touch with them. It's also quick for us to get to the city for work, on a good day!"

When asked what a 'Sustainable Palmyra' means to them, Carol and Justin feel that it's very important for the suburb to retain its community feel and not be too densely populated with flats, units or small block sizes and maintains all the green spaces and parks. They would like to see trees retained and a continual growth in the use of solar energy, water, grey water, and rain tanks to help the environment at the same time as reducing cost for the household in the long term. As they leave Palmyra and their lovely home to head for life on the coast they take great comfort in the knowledge that a young family new to the suburb will be making the most of the unique home they have created. The image of little hands harvesting the bounty of those raised garden beds gives Carol and Justin great happiness.

Please visit <http://www.rossgalloway.com/> or email: sales@rossgalloway.com for more information on property sales in Palmyra.

Pally Patch 'Living Smarter' Autumn Open Day



Sustainability is serious fun in Palmyra Primary School's kitchen garden!

Sunday 6th April, 9am to 11.30am

Visit Palmyra Primary's amazing kitchen garden, the 'Pally Patch' and learn lots of fun, hands on ways to live more sustainably on our planet. Entrance to Pally Patch is just \$2 with proceeds to Palmyra Primary's Kitchen Garden Program.

There will be tips and demonstrations from the

Living Smart team on easy ways to make changes in your own home to reduce environmental impact. We'll show you how this links into the Pally Patch and the Farmers Market, as well as share information about up-coming Living Smart courses. More information on Living Smart is available at <http://livingsmart.org.au/>

Also on the day, Solar Oven & Woodfired Oven Cooking Demonstrations, Kids Didgeridoo Workshop, School Choir & P&C Fundraising Stalls.

This fantastic school & community event will be held alongside the weekly Palmyra Western Farmers Market.

For more information or to inquire about becoming a KGP sponsor: 0433 433 077 www.facebook.com/PalmyraWesternFarmersMarket email pallyfarm@live.com

Shafry Bizar Wins Inaugural Chierzi Scholarship



Melville Senior High School

Melville High School student Shafry Bizar has won the Chierzi scholarship, a new award that has been donated by the Sapienza Family in recognition of a close family friend Gabriele Chierzi. Ms Sapienza manages of the BUILD program at Melville SHS and is pictured with Shafry. Shafry, who lives in Palmyra, receives a cheque for \$500 to encourage him to pursue his goals and continue striving for both academic and personal excellence.

Throughout 2013 Shafry demonstrated a positive and mature approach to all aspects of school life. He achieved a gold certificate for academic excellence in both semester 1 and 2 with a total of 11 out of a possible 12 A grades. He is a highly respectful young man and one of his greatest traits is that he

treats others in the same, positive way that he likes to be treated. His polite, courteous and charismatic manner has resulted in him developing strong relationships with teachers and students. Over the past few years Shafry has encountered many difficult family situations and the school admires and applauds his effort and commitment. The award was named after Gabriele Chierzi who was a 22-year-old university student who was tragically killed in a road accident in Milan. He had just completed an Economics and Commerce degree and was out celebrating with friends when a drunk driver killed him and his best friend. The Sapienza Family have started this memorial award to recognise a student who embodies the positive attitude and values that this young man from Sicily demonstrated in his short life.



A special memory that lasts forever

By Amanda King

Richard and Amanda King, owners of Gateway Printing located at 37 Forsyth Street O'Connor and their daughter Jamila, would like to welcome Beau Jackson King into the world.

Beau was born on 9th February at St John Of God Hospital Subiaco.

To celebrate Beau's birth, Gateway are offering a special on printing of your favourite family picture on a stretched canvas for just \$99.00.

Call our office on 9314 6009 or email itseasy@gatewayprinting.com.au to take advantage of this fantastic deal.

Special offer is for the month of April ONLY and conditions apply.

Building Resilience



A proven program for mental wellbeing

GROW - Building Resilience in Everyday Lives

Grow has been supporting those struggling with mental health and emotional issues for over 50 years. Through attending weekly support groups and using the Grow Program, members have been able to build mental, emotional, social, physical and spiritual resilience in their lives.

Mentally and emotionally, the Grow Program helps build resilience in members by helping them practice more positive thinking, and using reason instead of going by irrational or negative thinking and feelings. With a positive mindset we become resilient against the problems in

life. 'My feelings will get better as my habits of thinking and acting get better.'

On a physical level, GROW meetings help members to develop resilience through nurturing better physical health. Members are encouraged to exercise, eat healthily, get adequate sleep, and attain balance in life. When we are strong physically, this accentuates our emotional and mental health and in staying positive and motivated. 'We took care and control of our bodies.'

Socially, GROW helps build resilience in members through the offer of many social activities in a caring and sharing environment, where they can practice building friendships that help strengthen personal relationships elsewhere. They can create a web of healthy relationships that make life worth living and that also provide emotional support. 'Friendship is

the special key to mental health.'

Spiritually, the GROW Program builds resilience in members by reminding us that we are not doing it all on our own. Grows spiritual philosophy is grounded in a belief in each other – that we are all valuable and unique, no matter what. With a sense of our own personal value and appreciation of our own unique identity, we have the greatest tool for participating in our world with confidence, hope and love.

'Whatever my current physical, mental, social or spiritual condition, I am always a human person and equal in value to every other person. I am always valuable and my life has a purpose. I am a connecting link between persons and I have my unique place and my unique part in humanity.'

For more information on GROW please visit www.grow.net.au or call the GROW office on 9228 1411.

Club keeps Eveline 100yrs young



By Keith McDonald

Seniors like centenarian Eveline Dalton love their regular visits to the Stock Road Senior Citizens Club. Eveline, who celebrated her 100th birthday last September, goes every Monday to chat with friends and play cards. She has been a member for more than 20 years, is very sharp and looks far younger than she is — in short, a fine advertisement for the benefits of the club.

The club started in the early 1980s with 500 members but the numbers have dwindled in recent years, falling from about 300 in 2000 to the current 160. Secretary-treasurer Judy Harper attributes the decline to a combination of factors.

“We find that with the new lifestyle villages people move in there and they have the company and activities already there for them,” she explained.

“We wish there was a bus that could go round the area and pick people up. Then we could get more people to come. We get quite a few phone calls asking if there is a bus.

“But we can’t afford to buy a bus ourselves. We would also have to have someone to drive it, we’d have to insure it and find somewhere to house it.”

Transport is an issue particularly for seniors living on their own and unable to drive. Most of the club members are lone women and there are only a few couples. Judy, herself a widow for 13 years, believes there are many more seniors who live alone and would enjoy coming to the club . . . if the means to get them there could be found.

The club — in City of Melville premises behind the Roy Edinger Hall and next to the Meals on Wheels service — is open from Monday to Thursday and on Saturday afternoons. Friday is for trips and social events.

The most popular activity is indoor carpet bowls, which is on Monday, Wednesday and Saturday afternoon. Five mats are set up and 20 or more play at any one time.

Other activities include craft, cards (Bolivia, a form of canasta), tai chi, mahjong, billiards, snooker, darts and bingo.

Wednesday is usually the most popular day of the week, with a three-course meal and bingo. The club is looking into the possibility of boosting the number playing bingo by opening it up to non-members.

Judy has been involved in the club for eight years. “I came here to learn to play Bolivia because I had played the same game with my sister in Melbourne,” she said.

She ended up getting much more heavily committed to the club than she had intended and now she never gets the time for cards. But on the morning I visited, Eveline and three other women were engrossed in playing the game.

The centenarian has four children, 15 grandchildren, she has lost count of the great grandchildren and four great great grandchildren.

She was born and brought up in Birmingham and she and her husband, a plumber, emigrated with their four children in 1949. On arriving in Perth, their first home was the Point Walter camp. Then they bought a tram called The Pride off Fremantle and lived in it for three years on a block of land at Kennedy Street, Alfred Cove, where they built a home.

To inquire about joining the club, phone 9339 7878.

Winning thoughts

New Palmyra resident Alana Robins won our online readership survey when her name was chosen at random from among all those who took part in the survey.

Describing Palmyra as a “lovely community”, Alana said that on her morning walks she passes “friendly and nice” people. As for this newsletter, she suggested adding handy household hints, some

Pollution & Personal Harm



By Lisa O'Malley

Pollution of the air, water, or earth by deadly toxic substances which causes injury to the person exposed to these poisons, can have a serious impact on that person, their family and potentially the wider community. Pollution exposure and the injuries it causes is one of the areas of practice of Bradford & Co.

A case involving harm caused by exposure to a dangerous substance is known as a ‘Toxic Tort’. Tim Heard of Bradford & Co. explains further, “A tort is essentially a civil action for damages arising from harm or a wrong committed by an individual or corporation. We would describe toxic tort as a person being subjected to a toxin by way of pollution that may be transmitted in a variety of ways (eg. water, land, air). In short, people often suffer damage

to health or property as a result of exposure to pollution and may have a cause of action against the cause of that pollution whether it be a business, corporation, Local or State Government.”

Environmental injuries can happen in an instant, such as when a truck loaded with harmful chemicals crashes on a roadway or an accident happens at an industrial facility. Personal harm can arise from occupational exposure, pharmaceutical drugs, mould or consumer products or over time such as when a contaminant slowly seeps, contaminating the surrounding earth and groundwater.

Bradford & Co have always had an interest in environmental matters and believe that if a person has suffered harm they should be compensated. Says Tim, “However, these cases are often in the nature of a David & Goliath situation where the client, an individual is taking on the might of a petroleum or chemical company.”

The law firm has worked on a number of claims where their client’s properties have been contaminated by fuel leaking from service stations. Underground fuel tanks eventually corrode and leak and this can contaminate the land around them. Bradford & Co have successfully negotiated settlement on these claims. They have also worked on air pollution cases involving large industrial chemical companies

which can be very challenging as it is hard to measure the nature and extent of airborne pollution. There are often conflicting scientific opinions which need to be explained to clients in detail.

“Toxic torts can be very difficult cases that rely heavily on scientific evidence,” says Tim. “There is often a great deal of emotion in matters of this type because people have suffered harm. People involved in these types of cases have to be very patient but we are always accessible and open.”

Tim has a strong belief in the importance of environment health and care of our local and greater natural world and his thoughts on the concept of sustainability. I asked Tim what a ‘Sustainable Palmyra’ meant to him.

“Unfortunately, the word ‘sustainable’ has been hijacked by advertisers and corporations to the point where it is over-used. We see sustainability as pertaining to a wide range of elements. It can relate to environmental as well as social factors. The Pally Patch at Palmyra Primary School is teaching children about sustainability through nature. Subjects such as health, fitness and social interaction are all relevant to sustainability.”

Bradford & Co have launched a new user friendly website. Please visit www.bradfordandco.com.au for more information.

Celebrating Our First Year

By Lisa O'Malley

The Palmyra Together Community Newsletter is heading into its second year of production and with this comes an exciting transition for the newsletter.

The start up funding provided by the City of Melville has now expired and the newsletter’s production is currently being funded entirely by the generosity of our wonderful sponsors (see sponsors box), with the

role of Co-Ordinator of the newsletter going forward to be filled by Keith McDonald, a retired journalist with 27 years writing and editing with The West Australian. Keith has written some of the story’s in this current edition and will commence Co-ordinating with the next (Winter) edition. This expansion of the Palmyra Together team under the experienced guidance of Keith as Co-ordinator will see exciting times ahead for the Palmyra Together Newsletter!

Notices

Calling all Pre-primary- to Yr 3’s, it’s not too late to register for this season of Auskick! Season bounce down is the 4th May

If you are interested in further information please contact our Auskick Co-Ordinator John Backhouse via email bjb@inet.net.au.

Palmyra Junior Football Club is still taking registrations for our Yr 4 and Yr 6 teams. Please contact our Registrar, Shaun Farrell on pjfc.registrar@gmail.com. Season commences 3/4th May.

Hope to see you down at Stock Rd, home of the Mighty Demons!!

jokes and interesting snippets of information.

Alana did live in Palmyra before but moved to the Eastern States 10 years ago and returned to the area last year.

She won a \$50 Coles voucher. Many thanks to everyone who responded to the survey. We are encouraged by the many appreciative comments and helpful suggestions about new ideas for the newsletter.

If you would like to give feedback or to find out how to become a Palmyra Together Sponsor please email newsletter@palmyratogether.com

Positive Personal Growth



by Natalie Snooke

What does personal growth mean to you? Do you know how to nurture and sustain your growth?

Growth - whether physical, intellectual or spiritual - is a natural, given process that occurs to every living being. It happens outside of our control, outside the realm of our own doing and is often unconscious. Take for example our own life. Our birth was not of our doing, quite the opposite actually. We were given life – a physical body, a mind and a heart – and each of these grows in incredible and mysterious ways. As children, we grow bigger and taller with each year. Although medical science has some answers, we mostly don’t actually know how or even when we’re growing. It just happens. We don’t control it.

If we stop to think about it, the growth process of life is truly amazing. There is an incredible life-force intelligence that abounds, call it what you will, that prevails over all life, over which we have no control.

All wisdom and spiritual traditions acknowledge this in common. However, what we do can influence the attraction of this life-force in positive and empowering ways. As adults, the importance of personal growth becomes apparent when we sincerely start to recognise our own limitations. Often after a crisis or life-changing event, we realise that maybe our view of the world and/or of ourselves doesn’t feel so right anymore. That maybe there’s some deeper truth to discover or another way to live life that allows us greater freedom. If we become more self-aware, then we are able to observe ourselves and how we interact with others more honestly. We become more empowered to make wise choices in creating favourable conditions that will positively influence the quality of our growth, as well as ease any growing pains.

The favourable conditions that help to sustain our capacity for positive growth, that we can control, include:

- having a positive mindset,
- keeping an open heart,

Sustainable Play

Tips for childhood development

By Dr Olivia Gleeson

Play is essential for childhood development. It is how kids stimulate their physical senses and their imaginations, how they develop social skills, test their boundaries and work out how to take turns, take risks and self regulate along the way.

A case involving harm caused by Play grows the connections between the nerve cells in their brain, developing gross motor (muscle and balance) and cognitive (emotion/learning) functions in your child. As parents, grandparents, family and teachers we need to provide space and freedom to experience free play.

There is less freedom for kids today and more organised activities. Increased technology and electronic use and the associated poor posture and lack of physical play are also concerning. As a chiropractor I see more children coming in with poor posture, pain and symptoms such as backache, neck pain and headaches than in years gone by. Research from the 2012 Australian Children’s Play Summit highlights that all children want to play as much as possible everyday, but currently feel there

is a lack of opportunity, time and appropriate space to allow them to freely do so. In Palmyra we have lots of great play spaces and parks and it is good to see a trend across Australia back toward nature based play spaces in the community and our schools. Allowing our kids some time each day to engage in free play without adult direction and involvement is a great start.

Gross motor skills and balance are directly increased with play in gravity and are important foundations for fine motor and cognitive learning. When gross motor skills are delayed or kids have co-ordination or balance difficulties it can affect play and interaction with other children. If your child is not meeting their developmental milestones, lack co-ordination or you have any concerns you should visit a health professional. Many kids today lack good control of their posture muscles, doing superman extension exercises can help engage and strengthen the muscles on the back of the body (extensor muscles) that help support our upright posture. (You should check with your health care provider before starting a new exercise program)

- having an optimistic attitude,
- keeping company with positive people,
- spending time in stillness and silence and,
- having a kind, accepting and compassionate view towards others.

Each of these favourable conditions has a spacious, positive energetic quality to it which ‘attracts’ life’s positive force. If we allow and trust in the natural growth process that life is gifting us, then life will graciously reward us with all the wisdom we need to grow.

Personal growth is what happens when we flow with life, when we don’t obstruct life. And it is up to us to sustain our growth by being as positive as we can.

Be kind to yourself, practice patience and most of all, enjoy the journey!

In support of the Bicton Environmental Action Group, Momentum Coaching & Yoga will be hosting a volunteering morning on Sunday 6 April along Blackwell Reach to help preserve the Bicton foreshore. For more details contact Momentum on 9330 1988.

Natalie Snooke is an inspired teacher of yoga, meditation and philosophy, and a certified, practicing life coach. She directs Momentum Coaching & Yoga in Melville, which is dedicated to supporting and empowering others, through self-awareness, to transform their lives. More about Natalie and Momentum can be found at www.momentumcoachingyoga.com.au.

A nature based park for Palmyra?



As a relatively new resident of Palmyra, I have enjoyed discovering all its lovely nooks and crannies with my two children and have been amazed at the sense of community and friendliness of the locals.

I love Palmyra’s quaint little parks but in terms of a modern, stimulating space there is so much inspiring stuff happening in communities all around us – such as Willagee’s Webber Reserve community group development. I think Palmyra could benefit from a similar project. Living close to quite a large area of mostly unused space on McGregor Street, between Maw Close and Hird Place, it struck me that we have the space and the scope to develop a great nature based park.

Through the people I have met in Palmyra, it seems we have a lot to draw on as a community in terms of resources, skills and manpower. Having informally discussed this idea for several months with different

people, it seems to be a concept that is supported and I have been encouraged to take this next step. It has also informally been discussed with Melville City Council who indicated that getting support from the community for the idea was the best way to get the Council’s attention – in other words, the project needs a voice.

The purpose of this article is to put the feelers out there. What do you think about this idea? Is McGregor Street a suitable location or is there another space you’d like to see improved? Would you be interested in being part of the project? I’d love to hear your thoughts, ideas and constructive feedback. Please send an email to newsletter@palmyratogether.com with the heading ‘Palmyra Park’.

For ideas and inspiration you can google or search Pinterest under ‘nature based play’ where there is an abundance of ideas and images.

Thanks to our sponsors