

# Palmyra student Gains Scholarship to Melville Senior High School



**Congratulations to Palmyra Primary School student Devin Finn who has won a Graphic Design Media scholarship to Melville Senior High School.**

Of the 25 students who gained entry

to this Approved Specialist Program, only two scholarships were awarded. The Finn family will receive \$500 that can be used to pay for contributions and charges, excursions and other costs associated with Devin's education at the school.

The Graphic Design Media Year 8 class, lead by Mr Lev Vycopal has nearly completed its first year as a Specialist Program and they have been immersed in many facets of the program in purpose built facilities with the latest ITC software. Our exceptional teaching staff have established excellent networks within a wide range of tertiary institutions. These networks provide students with the opportunity to attend specialised workshops and master classes at some of Western Australia's leading universities.

Devin has also gained a place in the Academic Extension Program at Melville SHS, which places him in the higher academic stream from the beginning of Year 8. He is going to be busy, as he has also received a place in the Approved Specialist Aviation program.

He joins his sister Talisha who is in Year 10 and is in the Gifted and Talented program and the Approved Specialist Netball program. What a family!

*Those students coming to the school in 2015 in both Year 7 and Year 8 can apply for Approved Specialist programs and applications are now open. They are due on 10 March 2014 and can be found on the Melville SHS website: www.melville.wa.edu.au*



# Gentle Strength

By David Weightman

**It is without doubt that Olympic Judoka are amongst the strongest, fastest, most flexible and fittest Olympians.**

Their great strength and stamina are mostly deployed in an effort to gain advantage over their opponent. The act of throwing the opponent usually involves little in the way of strength.

This is thanks to a principle called kuzushi where, to use strength most efficiently, a Judoka breaks the opponent's balance. For example if my opponent were to attack strongly, using my own strength to control him would be a waste. However, if I were to withdraw my body and his body comes forward, I would place my hand on his back and, using my hip as a fulcrum, execute the throw. If he were to push hard enough I

could even just use my hands to pull down and forward causing him to fall forward in a circle. All this with relatively little strength. Timing is everything.

Judo – the gentle way – is a fine sport for all. It is a good way for children to develop alertness, presence of mind and physical fitness as well as balance and self confidence.

*Our local school is Judo Ryu and the club meets at Fremantle PCYC every Tuesday from 5pm in Gym 3. Just pop in or if you would like to know more, please contact me, David, at the following address david.weightman@yahoo.com.au or you can always have a chat with me in the Primary School kitchen on Tuesdays and Thursdays.*



# Palmyra Together News

# Strength through Partnership Bradford & Co



By Lisa O'Malley

**Palmyra Together is very proud to announce law firm Bradford & Co as our newest financial sponsors.**

Thank you to Tim Heard and Angus Castley for their support of the Palmyra Together Newsletter. It is the commitment of businesses like Bradford & Co (see the sponsor box) that enable the newsletter to continue to share all the wonderful things about our community. Tim Heard of Bradford & Co. shares his love of family, law and sense of place with us here and relates his feelings on the importance of partnership in work and life and how each can be strengthened when partnership is nurtured.

Tim's journey to business partnership began as a teenager. "I always had an interest in the law which fascinated me, particularly the trials which always seemed to be the most dramatic part of any legal proceedings, says Tim. "I attended work experience whilst at school with the Prosecutions Office

business sense where people are prepared to work together and trust each other. "We believe that all clients should work with a solicitor where other firms often use paralegals or a legal clerk. If one of us is away, the other picks up the slack and works harder. We try not to let ego get in the way of our work and give our clients very straightforward advice which gets straight to the point. We don't believe in mucking a client around. If there are weaknesses in their case they need to know this straight away."

Bradford & Co. recently received a Judgment from the District Court which was very favourable to their client. Says Tim, "All members of the firm worked together in partnership to achieve that result, it was a very difficult case but we were successful. Running cases to trial means everybody has to participate and help each other out, otherwise the work would never get done. We believe in a complete team approach at Bradford & Co."

Tim and his family arrived in Palmyra almost by accident several years ago. Tim explains, "Myself, my wife Jodie and our 2 children, Abbey-Rose and Sam, wanted to change from living in inner city suburbs like North Perth and Mount Hawthorn to somewhere closer to the river and beach. A friend of my mother's suggested we look at Palmyra. Initially it wasn't the suburb we had thought of. As soon as we started to drive around the suburb we were hooked!" Their decision to purchase a home and set down roots in Palmyra however was very deliberate. Tim says, "The suburb has such a nice, small, easy going feel to it. Although it is bordered by much bigger suburbs such as East Fremantle, Bicton and Melville, Palmyra feels like a small country town. After a while you certainly start to get to know a lot of people in the area."

*For more information please see web: www.bradfordandco.com.au phone: 9316 2299 or visit the Bradford & Co. office at level 1, 6 Risely Street, Applecross*

*Photo: Tim Heard and Angus Castley*

# Fresh Eyes on the Patch



By Jared Murtha

**Hi my name is Jared Murtha and in Term 4 of this year I took over the Garden Specialist position at Palmyra Primary.**

I previously ran a landscaping business and I am keen to share what I have learned with the kids and excited to be involved in this important community endeavour. When I'm not at school, I lead a community as Pastor of Paradox Church Palmyra which was established through Mount Pleasant Baptist Church.

The Pally Patch was originally established several years ago and has become a vital part educating our kids about living in a sustainable and healthy way. By connecting back to life that is found in the great outdoors, the children and the families of Palmyra can learn about caring for the environment, and in turn learn about caring for themselves. The Pally Patch is a large and specialised garden which comprised initially of raised garden beds for growing vegies, but has now become so much more than just a vegie patch.

Palmyra Primary is a forerunner in education and the Pally Patch is a modern day cultural centre. It exhibits a convergence of much that has been lost and forsaken in today's mechanical busy world. Along with the vegies, you'll find art and poetry, native garden, plant multiplication, a worm farm, an extensive composting system, aquaponics, and the natural wonder that comes from being in a well-designed and landscaped garden. If you come to the Pally Patch you'll find yourself in a garden oasis, which has been designed and built by the long standing Palmyra Primary gardener Graham Wilkinson. In speaking with Graham he said, the Pally Patch has come a long way, but we are about half way to completing the vision he has in mind. I am so excited to see the Pally Patch fulfil its potential and give to the people of Palmyra all it

has to offer. The school recently won a grant to build a large amphitheatre in the centre of the garden. This will mean that the garden will benefit the kids but will also open its doors to its neighbours and welcome the people of Palmyra to a garden where community can once again form and flourish all who are involved. In my opinion, the Pally Patch is the heart of Palmyra, and Palmyra is a wonderful place to be.

The kids at Palmyra Primary are genuine and lovely people. They exhibit respect and a keen interest in learning about organic gardening and sustainable living. The students from years 4-7 participate in the Kitchen Garden program and follow a process that takes them all the way from planting a seed, to a healthy and tasty meal to be shared with friends. David, the kitchen specialist, infuses joy into the kids every day and brings a wealth of knowledge to the program that is invaluable. In my short time in the patch, I can see that the kids who are a part of this program have been enriched and encouraged by it. I often think how lucky I am that I can jump on my Malvern star and cruise down to the Pally Patch and spend my day in such a beautiful place. Not a bad job, that's for sure.

Many people over the years have sacrificed much and invested much so that our kids can become all that we hope for – healthy informed young people who know how to really enjoy today and how to plan for the future. I hope that I can add to this vision and serve the kids and families of Palmyra as many have done so already. I look forward to seeing you in the patch in 2014.

*This invaluable school program is entirely self-funded. Can you help support Palmyra Primary's Kitchen Garden Program? If you would like to become a business sponsor, make a donation or become a Pally Patch volunteer please contact the school on 9339 1911 or email pallykitchengarden@gmail.com*

# Spotlight on Volunteering 'Meals on Wheels'



By Lisa O'Malley

**The delivery of nourishing and tasty meals straight to the doors of the aged and frail members of our community is vital work.**

Community First (CF) delivers this incredibly important service throughout the Melville, Cockburn and Fremantle areas through its more widely known food service program, 'Meals on Wheels'. Community First is a not for profit organisation providing both community and employment services which include Home and Community Care, Personal Support & Mentor Programs. The organisation aims to strengthen communities through support services, empowerment and leadership.

Whilst CF provides many employment opportunities it is the volunteers that we will cast the spotlight on here to acknowledge and thank the amazing efforts of the folk who give their time and energy to the service of others.

One such awesome individual is Dawn Langborne (Pictured 2nd from Left). Like so many other unsung community heroes, she goes about her voluntary commitments with humour, grace and diligence. Dawn shares her experience of volunteering with us here.

"I am a delivery driver primarily for

the Palmyra area but do also cover other areas as well. I do two days per week and more if required. I have been delivering for over twelve months now, and hope to continue for as long as I'm needed. I was lucky enough to retire earlier than expected and after a few months of watching Ellen each day thought to myself there must be something worthwhile I can do. Meals on Wheels was the first thing that popped into my head so I googled the closest to my home.

I was delighted to have been given the opportunity to deliver in the Palmyra area as I have many friends that live in this community of very close knit people. There's a certain atmosphere in this suburb which gives out a good vibe. My clients are wonderful, warm people that only deserve kindness. I know firsthand as well how important it is to look out for any signs of something not quite right at a client's home, so we can alert the office something may be wrong. This is why it's so important to keep alert with our elderly neighbours. Volunteering for your local community is very personally rewarding. I love it and maybe you would too."

*If you like more information on volunteering with Community First 'Meals on Wheels' please visit http://www.cfi.net.au/volunteering-and-cfi/ or call 9339 7225.*

# Pally Book Exchange



**The Palmyra Primary School P&C have recently created the Pally Book Exchange. It operates weekly at the Palmyra Western Farmers Market every Sunday between 8 am and 12 pm and is currently managed by members of the Palmyra Primary School P&C, although other interested parties are welcome to participate in its management.**

The exchange provides an opportunity for adults, young people and kids to borrow, exchange or just look through a selection of good quality books in a nice cosy public reading nook for free.

The idea for the book exchange initially grew out of conversations had at a World Cafe held last semester at Palmyra Primary School. The World Cafe asked participants to consider what made a thriving and vibrant community. Ideas about diversity and inclusivity were discussed. The concept of a book exchange was offered as a way of bringing people together, sharing books and providing more opportunities for community conversations to happen. It was also something that parents from Palmyra Primary school thought that they could do for the greater Palmyra community.

The exchange runs out of several suitcases and offers books for adults, tweens and kids. It is surrounded by cushions to provide a comfy spot for those wanting to sit and read, or just to rest. The Palmyra P&C hope that this becomes a regular place for people in our community to visit and get to know each other.

**Palmyra Together**  
**Feedback Wanted**

It's the end of the first full year of the newsletter & we'd love to know what you think about it. Simply answer a few quick questions at: <http://palmyratogether.com/> for a chance to win a \$50 Myer voucher.

**CAROLS BY CANDLE LIGHT**  
*Spend a relaxing Christmas Eve singing carols and waving a candle.*

**Church Lawns, 10 Cleopatra St, PALMYRA**  
**Tuesday 24th December**  
**Singing starts at 7:30 PM**

Hold your loved ones close this Christmas Season.

Good Health and More to All for 2014!  
Deb xo

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# Giving Back



By Lisa O'Malley

**The concept of 'Giving Back' is based on the notion of sharing one's wisdom, experience, knowledge or wealth with others as a way of acknowledging personal good fortune or gratitude for opportunity.**

Lee Abbott, Palmyra resident of 16yrs, life member of Fremantle Hockey Club and parent of 2 primary and 1 secondary aged kids who attend(ed) the local primary school is a wonderful example of someone who 'Gives Back' to her community, sporting club and school.

Sport for this community minded person has always been about much more than just playing the game, Lee explains, "I started playing hockey at age 8 and as part of being a member of the hockey community I helped out making lamingtons, selling raffle tickets & bottling wine. My parents were founding members of the same club & the whole family were involved & playing."

Lee began playing at Fremantle Hockey Club in 1986 and very quickly advanced to an elite level having been selected the following year to play for WA in the U16's tour to Victoria. She represented WA for 3 years, describing this time, "as the most amazing experience, to be at the age of 16, playing 1st grade & 2nd grade, then playing Premier league for the next 4 years." Lee then found nursing shift work & full time University studies too hard to manage with her high level sporting commitments. Says Lee, "I had to sleep sometime!". She made the decision to take a few years off playing for study and work but as soon as time allowed she was back on the pitch, playing again around her other commitments. "I am still playing at age 43- not so fit or gutsy but belonging to a team gets me out exercising," says Lee.

Off the pitch Lee has been actively involved in the committee at FHC since 1998 with all 3 of her children attending committee meetings with her from a young age. Lee's dedication to her club was first officially recognised in 2005 when she was awarded the prestigious Hudson Memorial Trophy for services to FHC as a playing member of the club. The year 2007 saw her become

the first female President of the club since amalgamation of Fremantle Ladies & Fremantle Hockey Club in the mid 1990s. Lee began her 2 years of Presidency with a new born and met the challenges that went with being the only female president in a male dominated field of presidents in Premier League Clubs with her characteristic good humour and determination. Says Lee, "It was very hard in the beginning to stand up & be heard and some weeks involved up to 40hrs of unpaid work."

In 2012 Fremantle Hockey Club awarded Lee Life Membership, "Life Membership is the greatest honour and has not been awarded to a female for at least 12 yrs and I am so proud & humbled to receive it," said Lee. She maintains her commitment to the club through her involvement on a few committees, one of which is helping run the Fremantle District Cricket Club & FHC club rooms & fields. She is also helping to get artificial turf for FHC as that is what the youth of the club want to play on.

Lee and her husband Dave have also spent many years involved in the school community of Palmyra Primary School, serving on the P&C and the P&C's Uniform Room Committee respectively which they see as a great way to meet local families and help out their school. This past school year has seen Lee and fellow Hockey devotee and school mum, Kate Hollick coach an amazing bunch of 16 kids on the school oval with the assistance of students Matthew, Fynn & James. The highlight for the kids aged 5 to 9 years was a visit by 2 Jillaroo's players, Audrey Smith & Lily Brazel who were at the time both playing for Australia's Under 23 women's team. Lee can see the volunteering traits in her own children just as she herself was raised with the concept of 'Giving Back'. She praises her husband Dave for his support and thanks her parents for instilling in her the importance of volunteering which she is in turn passing along to her own family. Says Lee, "Volunteering is a dying art, although very rewarding. It gives a good sense of giving to others & makes you feel happier & worthwhile."

For more information on Fremantle Hockey Club please visit [www.frehockey.com/](http://www.frehockey.com/) or email [ms.freospencers@gmail.com](mailto:ms.freospencers@gmail.com)



# 'Real' Relationships

## Ross & Galloway

By Lisa O'Malley

**As anyone who has been through it knows, the process of buying and/or selling a home can be incredibly exciting but at times quite stressful too.**

The highs and lows of real estate are far more easily managed when an authentic relationship exists between agent and client.

Ross and Galloway property group take great pride in building real relationships with their clients and aiming to make them 'customers for life' through their commitment to making the purchase or sale of a home an enjoyable experience.

R&G Property Group Director Gary Hicks says that the foundation for building a real relationship with a client is based on listening and responding to a client's needs and clear communication. "Successfully matching a client's needs to a property through listening to what they want is incredibly important in developing the trust that is an integral part of an authentic client/agent relationship." Gary goes on to say, "Energy, enthusiasm, empathy

and trust are the cornerstones of our approach at Ross and Galloway in ensuring our clients find buying or selling a home with us an enjoyable experience."

One such client who enjoyed the experience so much that they came back for more are the Deetlefs family of Palmyra who have worked with R&G Property specialist, Jenny Bradshaw twice so far. The Deetlefs appreciated Jenny's friendly, open and honest approach which made them feel comfortable with the process of sale and later purchase of their homes. "Jenny communicated her listing loads clearly to us," they said, "and she made us feel confident that she would give our listing her full efforts."

Of the importance of having a real relationship with Jenny as their agent the Deetlefs said, "We had met Jenny during some of her home openings and we liked her attitude and sense of humour. She is down to earth and very approachable," great qualities that enabled the Deetlefs and their agent to build a real relationship to the benefit of all.

These Palmyra residents love the community spirit of the area and are proud of the beautiful home they have created. They are particularly pleased with their new kitchen which has transformed their house and made it feel like a new home.

They are quick to recommend Jenny to anyone thinking of buying or selling a home and suggest having a chat with her about how to best present your home to emphasise features. As for follow up and commitment the Deetlefs said "Jenny always worked hard to get potential buyers through the house and followed up with all potential buyers."

If you would like to find out about how a 'real' estate relationship with your agent can make a massive difference to you please contact Ross and Galloway by phone 9333 5999, email [sales@rossgalloway.com](mailto:sales@rossgalloway.com) or visit the office 522 Canning Hwy Attadale

Photo: The Deetlefs kitchen pre and post renovation

# Chiropractic Care for Strength and Muscle Performance



By Dr Louise Fisher

**Research on sports performance and strength shows that people who see a chiropractor have a decrease in lower limb muscle strains (1,2), increase in grip strength (3) and an overall increase in athletic performance (4).**

A healthier spine can help you optimize and improve your physical performance no matter how much exercise you do. You may be a leisurely walker, a Sunday morning cricket superstar, or a gym junkie. Whatever your fitness level, if your brain is not communicating 100% of the signals to your muscles, you can't expect those muscles to be

put different pressure on the body and can cause stress throughout the nervous system. It is important to get your spine checked to see if there are any imbalances, which could be affecting your musculoskeletal system.

Chiropractic does not treat specific symptoms but focuses on improving spine and nervous system function. If the brain is communicating well with the body, the body should be healthy, balanced, strong and respond well to environmental stimuli and stress. Chiropractors are university trained for 5 years and government regulated. Chiropractic is pain free, drug free and extremely safe.

Get your spine checked to see how it is functioning, pain is not a good indicator for how your spine and nervous system are working. At nervana on your first visit we do a thorough orthopaedic, neurologic, postural and chiropractic examination to see how well your brain and body are functioning and see if chiropractic can help you achieve your health and exercise goals.

I am an active person, keeping busy with netball, pilates and boxing each week. I thoroughly enjoy my exercise and find it keeps me revitalized and focused. As a health professional making time for exercise and my health is a high priority. Like getting fit and maintaining fitness, good health takes effort.

Daily stress, virus's, hormones, posture and even exercise itself, all

For more information please visit <http://www.nervana.com.au/> email [maito:palmyra@nervana.com.au](mailto:maito:palmyra@nervana.com.au) phone 9319 2211 or call into the practice at 61 Carrington Street, Palmyra

# Building new and deeper community networks



By Amanda King

**Gateway Print, Design and Sign takes pride in building new and deeper community networks through sponsorship of local charities such as St Patricks Community Support Centre.**

For more than 40 years, St Patricks has provided immediate & holistic care for the homeless & disadvantaged in Fremantle and the south west metropolitan area of Perth.

Since 2005 Gateway Printing has provided St Patricks with support

in design, printing & signage to increase their publicity and create greater community awareness.

Gateway is currently assisting St Patricks with refreshing the look and ambience of the centre by creating new signage, banners and wall décor.

Homelessness doesn't have a voice and St Patricks is always looking for any support. If you are interested in helping make a difference contact them via email [info@stpats.com.au](mailto:info@stpats.com.au) or call Community Relations on (08) 9430 4159.

# Art Blasts Off



By Bernadette Knight

Art Specialist Palmyra Primary

**Along with about 30 other Primary schools, Palmyra Primary participated in what has now become the last Art Blast Children's art exhibition in the Fremantle Town Hall in October.**

For 35 years this popular event has showcased visual artworks of both primary and secondary students. With the retirement this year of Marg Sewell and Pauline O'Brien who have overseen the management of Art Blast during the last 21 years, the decision about its future had

to be made. Because of a number of other changes including recent school funding issues and the possibility of council amalgamations and other uncertainties, the small band of dedicated teachers who had supported the ladies organising the annual event sadly decided that the time had come to finish Art Blast in its current format.

This institution began with only 9 schools and over time and with school regional changes grew to become a huge event ( at its largest incorporating 38 schools) displaying traditional 2D and 3D artwork,

digital art, and a Wearable Art Parade at the opening. It provided students with a safe, child focused art exhibition opening experience in a family friendly setting. It also provided opportunities for art teachers to network and share ideas and to participate in professional learning sessions. Even though it has ended in its current form it is hoped that art blast will continue to evolve in other ways perhaps with schools joining together under the art blast 'banner' to participate in local festivals or in smaller exhibitions in local venues closer to their own schools. Art Blast as it was drew schools from a huge area from Applecross to Rockingham! So I am hoping that as one door closes another one will open and with the creative people involved in the event in the past I am sure it will not the end of art events for our children.

Photo: This beautiful Bunting was created for Palmyra Primary's recent Centenary Celebration



## Christmas Night Market

**Thursday 19th December 5pm - 9pm**

Pally Pop Shop Gifts - Christmas Trees - Food & Bar  
Entertainment - Carols

Palmyra Western Farmers Market - 60 McKimmie Rd Palmyra WA  
Email - [pallyfarm@live.com](mailto:pallyfarm@live.com) Mobile - 0433 433 077  
<https://www.facebook.com/PalmyraWesternFarmersMarket>

*Please come and join our Christmas celebration*

## The Kids of WA are sending You an urgent SOS!




**Please help us to Stop The Cuts & Save Our Schools!**

*Are you concerned about the impact of our State Government's cuts on Western Australian children's education? Do you worry what the demise of numeracy & literacy and other programs will mean for the future of our kids and our State?*

SOS (Save Our Schools) is a newly formed parent group, organised by parents in your area who are committed to the best education for WA kids. We oppose the Barnett Government's cuts to education.

Thank you for your support!

For more information email: [saveourschoolsos@gmail.com](mailto:saveourschoolsos@gmail.com) visit: [www.facebook.com/sosstopthecutsandsaveourschools](http://www.facebook.com/sosstopthecutsandsaveourschools) or contact your school's P&C



*Looking for the perfect Christmas present for loved ones?  
Forget boring flowers or wine - give them a gift that has been 100 years in the making!*

## 'Our Pally' Friendship, Family & Food

This gorgeous book is full of delicious recipes, wonderful photos and stories from the past 100 years of Palmyra Primary School. Whether you are interested in cooking, history, photography or you just like to support your local community, this will be a gift that is treasured for many years. All proceeds from book sales go to Palmyra Primary School and will help fund our special programs, including our Kitchen Garden Program.

**Books are available for \$45 each or if you would prefer, you can buy 10 for the price of 9.**

*Books can be purchased at the school office (during school hours with correct cash or cheque made out to Palmyra Primary P&C), online (postage orders only, charged at \$13.40 for Oz-wide shipping <http://pallyis100.wordpress.com/book>), or for bulk/special orders or any enquiries, please call Marie on 0414 766 585 or Hollie on 0407 307 462.*

# Strength in Service



By Melissa Hartley

**How do you even consider where to start in making a difference to the world we live in? You only need to turn on the news to see we are surrounded by ever increasing poverty and deprivation.**

This November a team including attendees from Fremantle SDA Church (Cleopatra St, Palmyra) resolved not to succumb to the enormity of the problem as it is to fail the one. The MAD4Cambodia team travelled to Cambodia to help make a difference in the lives of the people in this country. The team raised \$27000 which was used to support orphanages, a rescue home for girls ages 5 to 16 who have been trafficked and prostituted, a local hospital, food for street children and build a traditional Cambodian home for a needy family.

The team put a special effort into the construction of the house as it was for a 15 year old girl and her 5 year old brother who had recently lost

their mother to aids. The house was built to not only be a home for these children and their carer, but to be a safe haven from the high risk of the children being trafficked.

The MAD4Cambodia team have returned to Australia and with it all the daily concerns and pressures that make up our lives. I would like to think that due to what we have seen and experienced in Cambodia, we will not go back to living our lives the same way and may be able to share our experiences with others. Because even though the team HAS been able to make a lasting difference in Cambodia, it is the impression that has been made on OUR hearts by the Cambodians, that has really Made the Difference.

Planning for a 2014 MAD4Cambodia trip will get underway shortly!

To see stories, photos and clips from the November 2013 trip and to find out how you can support the MAD4Cambodia campaign please visit [www.mad4cambodia.com](http://www.mad4cambodia.com)