



Jodie Taylor, far right, with her teammates.

50 more girls join the Rebels’ cause

Netball is booming in Palmyra with the Rebels now operating a mind-boggling 33 teams. There are six more this season, which started on May 3, with the greatest growth in the Nipper novices age group, the eight and nine-year-olds, where the number of teams has doubled to six.

With nine in each team, it means that more than 50 extra girls are playing for the club this season and Frank Gibson Park, Fremantle, where the club plays, is bulging at the seams even more than usual on Saturdays.

“It’s a challenge every year getting everyone on court,” Palmyra Rebels president Jodie Taylor said. “There are 39 courts and we play from 8am to 4pm.”

She attributes the growth in numbers this year partly to the efforts of club members in promoting the Rebels in schools and among their friends.

But with clubs across the Fremantle Netball Association reporting increased numbers as well, perhaps an even bigger factor attracting more girls is the sport’s national and international exposure now on television.

“Women’s sport doesn’t get the exposure of men’s sports but netball is the most popular women’s game and the TV

exposure is getting it out to people more,” said Jodie, who is in her 21st year with the Rebels.

Despite the club’s growing popularity, it is a mystery why the Rebels have trouble attracting sponsors. It has only two and is keen to find more. Four hundred newsletters are distributed to members and the club should be the perfect vehicle for sponsors to reach a large female audience.

Adding to the attraction is the fact that the Rebels had a hugely successful season last year, with two teams winning grand finals, four more losing in grand finals and 18 of the 24 eligible teams reaching their finals.

“My two sons get sponsorship for their football teams but we can’t get it,” Jodie lamented.

More coaches are another great need. “The hardest thing is finding coaches and developing them in the club,” Jodie said. Each of the 33 teams has a coach and some have two. The club is training some of the younger girls in the hope that they will go on to become coaches.

To find out more about the Palmyra Rebels visit their website www.palmyrarebels.sportingpulse.net or email the club at secretary@prnc.com.au.

Growing community

By Jared Murtha

Someone recently contacted me saying they had some space I might be able to use for a vegie garden. They also said: “I have lived here for a long time and the community is not what it was.”

What a strange thing. Palmyra, a place known for community, is not what it was? But I was so excited because here was someone who was both offering space in their property and who had lived through times of “real” community and had a tangible sense of what community looked like.

This person had heard I was thinking about doing a community garden and was excited to participate.

The previous week I had met a young lady who had come to do some hours in Palmyra Primary’s Kitchen Garden, the “Pally Patch”. She is studying environmental science and doing a thesis on community resilience (a community’s ability to cope with change) and how community gardens increase this resilience. The idea that community gardens could really help was compelling and fascinating.

Later that week I read that how a local group of business people had received

funding to collectively improve a targeted group of struggling residents’ quality of life and, in turn, improve the safety and prosperity of the people in the area.

Again I was struck by this. These businesses had come together to assist people in the troubled area and had provided local residents with an increased sense of safety and peace of mind in the place they call home. I loved the idea that people within a community took responsibility for the place they live.

They actually decided to attempt to bring about change. Wow! Regardless of whether they succeed, their attitude is commendable.

I work with people who struggle in our suburb in my role at Paradox Palmyra and I am committed to helping these kinds of people to be welcomed into the community, instead of being isolated in their dysfunction.

By this time I was thinking this is some kind of great conspiracy — my own interest in developing a community garden aligning with the interests of others. I am confident that this kind of endeavour will improve the collective life of those involved but it will take resources and a good deal of collective planning and effort.

Sometimes things align and it seems that everything learnt and experienced begins to make sense and have a purpose. This is convergence, a concurrence of results.

The purpose of this particular convergence could, therefore, be the development of a community garden – a place which could help to equip and connect people for life.

David Weightman, Palmyra Primary kitchen specialist, and I have also been brainstorming the possibility of opening the Pally Patch one Sunday a month where we teach something pertinent to kitchen and garden life in Perth and share a cuppa together. This would be an ideal time and place to connect and see if there are any who share this vision and passion.

For more information on getting together in the Pally Patch one Sunday morning or if you would like to share your ideas, wish to participate in developing a community garden or have any information about how to obtain funding or resources for such a project, contact Jared Murtha, Palmyra Primary School garden specialist, olivetreepm@hotmail.com.

Student scores double success

Six students were added to the Melville Senior High School Honour Board after last year’s TEE and among them was Morgan Remaj from Palmyra.

The 95 Club is for students in the State’s top 5 per cent with ATAR scores of 95 or more. Morgan achieved 95.65 and he returned recently to the school to be inducted into the 95 Club.

Since 2009 the school has inducted 21 students.

“I expected to get in the 90s, but not 95,” said Morgan, who studied English literature, chemistry, maths, modern history and music for his exams.

His final year of school was a double success because he also won a place at the WA Academy of Performing Arts to do a Bachelor of Music in classical guitar — not many students get into WAAPA at their first attempt.

“I convinced my parents to get me guitar lessons when I was 12,” he said. “When I first started playing, I wanted to be like Jimi Hendrix but my parents wouldn’t get me an electric guitar.”

He is under no illusions about how tough it will be to make his name as a classical guitarist.

“My dream is to be a performer but it is such a competitive industry,” he said. “But I am not just interested in performance. I also like the academic side of music.”

He has made a good start, appearing this year at the Blackwood River Chamber Music Festival. He is a keen exponent of the Baroque style but at the festival he switched to 20th century compositions.

For more information about Melville Senior High School, visit www.melville.wa.edu.au, email melville.shs@education.wa.edu.au or call 9330 0300 (weekdays 8am–4pm).



Former Melville SHS student Morgan Remaj is studying classical guitar. Picture: Georga McMullen

Tommy reaches footy milestone

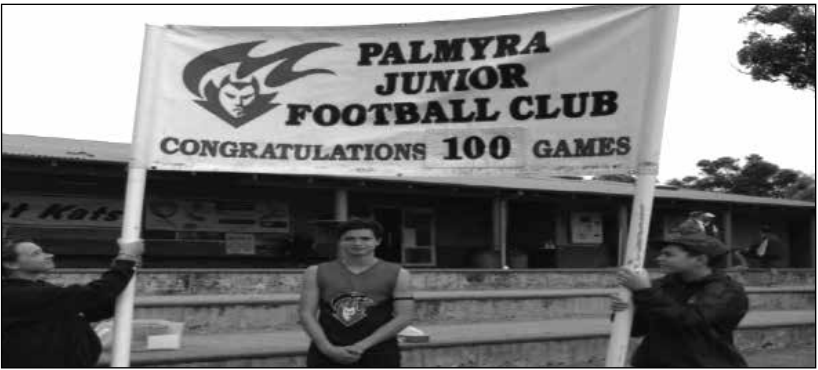
Palmyra boy Tommy Burfoot has done a mini-Matthew Pavlich, notching up his 100th appearance for the Palmyra Demons. Unfortunately, it was a hard day at the office for the Year 10 junior football side, who were up against last year’s undefeated premiers and they were beaten.

Like their netballing counterparts, the Demons have had a surge of new registrations this year with 32 children joining the club’s Auskick program. Registrar Shaun Farrell

says that normally they get about 20. It is enough to form two Year 4 teams instead of just the one.

There are 100 over the four Auskick age levels, with 43 coming from Palmyra Primary School and 33 from Our Lady of Fatima Primary School.

If you would like more information about the Palmyra Demons, visit their website www.palmyraajfc.com.au or email pjfc.president@gmail.com



The Demons mark Tommy Burfoot’s 100th game.



Palmyra Together News

Testing time for childhood



Maggie Dent with two boys in no rush to escape their childhoods.

A child’s early years are critical in determining what sort of adult they will be but many parents misunderstand the needs of early childhood, says parenting educator Maggie Dent.

“Childhood has sped up,” she said. “People are in a hurry to get their children to grow up and to be smart.”

Maggie, who will speak on June 5 at Melville Senior High School, blames the impact of NAPLAN testing in schools, the omnipresent iPad and the sheer pace of modern life.

In a submission to Federal Education Minister Christopher Pyne entitled “Stop Stealing Childhood in the Name of Education” she claimed today’s children were “sadder, sicker, fatter and more disconnected than any other generation of children”.

Over the phone from NSW, she said: “The busier parents get the more connected they are into their tablets and iPads, the more our kids are getting the same separation from real experiences, real people and real life. That concerns me enormously.

“We’ve only had iPads for four and a half years, a hand-held, take-anywhere on your lap. That is a really significant shift... We have serious work to do because we have more kids than ever who are struggling to be able to play with other children. They have poor social and emotional capacity.”

Maggie believes that NAPLAN testing at an early age creates pressure on both children and parents.

“I have been ranting about the push down of formalised learning,” she said. “The thinking is if we get them started earlier, they’ll get smarter. There’s no evidence to support that; just evidence to show that if you push formal learning down, you often take away those opportunities for children to become creative thinkers, interacting with their environment and thinking and questioning and actually being great learners.

“Kids are trundling off to five-year-old preschool happy as a lark but ending up with an anxiety disorder six to eight weeks later... We are teaching to a test instead of teaching to learn and question.”

Maggie grew up on a sheep farm at Wandering. After 17 years as a high school teacher, she opened a counselling, training and education centre in Albany. She now gives talks all over the country.

She argues passionately for the healthy, commonsense raising of children to strengthen families and communities. She is due to publish her sixth book, *Nine Things in the next few weeks.*

Maggie will speak on “From the Sandpit to Adulthood: Helping Today’s Children to Thrive” at Melville Senior High School on Thursday, June 5 at 6.45pm. Chris Ferreira, from The Forever Project, will also talk on “Kids, Nature and Happiness”. The event is being organised by Community Glue for Palmyra Primary School and Riverton Willetton Kindy with any profits going to Palmyra school’s Kitchen Garden Program and the Riverton Willetton Kindy. Tickets cost \$20 and are selling fast. To book contact Lisa, 0433 433 077 or pallyfarm@live.com.

Lost and found

By Clem Van Ballegooyen

Our family moved to Alfred Cove in April. Trying to keep our much-loved cat, Cougar, indoors for at least the first week added to our stress. The second day, after going out just before sunset, he didn’t return. We started action plans, which turned into neighbour doorknocks, hundreds of flyers letterboxed and dozens of posters.

My wife and son and I often imagined Cougar hiding cold and wet or maybe pampered by an elderly caring lady (a preferred vision), or bolting across a busy highway, or, horrors, was he alive at all! Tears were shed and we prayed for his safe return. Kind friends and neighbours also prayed and helped.

Then, two weeks later after sunset, came the phone call we’d hoped for. A couple out walking had seen a grey, stocky cat and 10 minutes later noticed one of our posters. Within half an hour we met them in a residential Melville street only 1.5km away and within minutes we heard a faint “meow” from behind a bushy refuge: Cougar! The LOST had been FOUND!

We tearfully thanked the kind, young people who found him and helped so much (you’ll be our friends forever, Estelle, Mark and Siobhan).

We have no doubt that this was an answer to prayer. Before that I often thought of him, out there, lost; no scent, house, street or person familiar,

in hostile territory, directionless, uncertain.

In the bigger picture of our lives, sometimes people can feel that way too, about their life purpose and destiny, even eternal future.

In the New Testament, Luke chapter 15, are recorded three stories of Jesus. Something of great value to its owner becomes lost, there’s an all-out search and when the lost is found, Jesus’ story “punchline” is: “In the same way, truly, there is great rejoicing in the presence of God over one lost person who returns to Him.”

So, if you’re considering your life purpose and direction, and maybe feeling uncertain, there is a resolution, if you’re willing to SEEK.

One of Jesus’ three stories is called The Parable of the Lost Son. In the depths of his lostness, this son “came to his senses . . . and got up, and went back to his father. While he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.”

The intention of Jesus’ story is that this dad is what God is really like and not like how some types of religion have misrepresented Him.

Clem Van Ballegooyen is pastor of Freo Church (10 Cleopatra Street, Palmyra) and Cottesloe Seventh-day Adventist Church. Contact Clem on 0404 020 737 or cjvanb@ozemail.com.au. Visit www.freochurch.com.



Cougar back safely with Clem Van Ballegooyen’s family. Picture: Georga McMullen

georga mcmullen

PHOTOGRAPHY

LIGHT + CONNECTIONS + MOMENTS

Winter nurture

Be careful what you water your dreams with. Water them with worry and fear and you will produce weeds that choke the life from your dream. Water them with optimism and solutions and you will cultivate success. Always be on the lookout for ways to turn a problem into an opportunity for success. Always be on the lookout for ways to nurture your dream. Lao Tzu, 604BC-531BC

Welcome to the winter edition of Palmyra Together, the quarterly newsletter about your suburb. Each issue we have a theme and articles reflect that theme. This issue’s theme is NURTURE and we like Lao Tzu’s thoughts (above) about always being on the lookout for ways to nurture your dream.

If you want to suggest any future themes — or, indeed, if you have any ideas for future stories — email newsletter@palmyratogether.com. We are particularly keen to hear about Palmyra residents who are doing interesting things.

Georga McMullen is one such person.

In this issue we welcome the start of a regular contribution by her. She lives here and is a professional photographer. She has taken some excellent pictures which you can see on these pages. For photographic inquiries call her on 0402 128 543.



Deb Prosser back in her shop after illness. Picture: Georga McMullen

Operation led to opportunity

Local Health 'n' More health food store owner and Lnaturopath Deb Prosser underwent lifesaving emergency surgery in the Royal Darwin Hospital in December.

In Darwin with her son, Ethan, to visit her ailing elderly father, Deb experienced what she thought was gastroenteritis with severe abdominal pain. It turned out to be a sigmoid diverticulitis perforation. Left untreated this can be fatal.

Luckily, Deb came through the operation and is happy to report that after the initial trauma of an unexpected incident of this nature she is recovering well and actually feels back to full health.

“It is a very confronting experience to have to go through,” she said. “As a naturopath I strive to empathise with my patients and store customers when they and their family members experience illness.

“To personally go through such an event has certainly heightened my awareness of others health situations.”

Fortunately for Deb, her son, John, and daughter, Samantha, along with Bridget, who works with Deb, managed to run the store in her absence.

As there are two more procedures to come, Deb has now put on another staff member, Laura. Bridget is also a qualified naturopath and as a vegan of nine years is happy to help those customers seeking advice about what this means and how to maintain the proper nutrition.

Laura will be qualified when she finishes her last semester at the end of this year. As a keen sportswoman and netballer, Laura can recommend pre- and post-workout products and proteins to suit other sports people.

Deb said she now had a great team at Health 'n' More, which is in Stammers Arcade, and they look forward to seeing people in store to discuss their families' health needs.

“My original passion and reason for going into the health store, instead of just a practice, was so that I could offer people good-quality alternative advice and choices around the right health solutions for their health problems,” Deb said.

This passion is now stronger than ever and with help Deb hopes to be available to assist everyone and their families in the coming years.

Gateway Printing is proud to support the local WA community



Over the past 25 years Gateway has been involved in many community events and most recently supported the St Patricks Community Support Care for the Homeless in Fremantle with re-branding and design.

Other well known charities Gateway Printing are involved with are Telethon and The Telethon Institute for Child Research, Red Kite, Therapy Focus and the WA Disabled Sports Association.

We are also proud to sponsor and donate our services to Palmyra Together's quarterly newsletter.

No job is too big or too small for Gateway. We hope the community can support local businesses like Gateway so we can continue to support WA charities well into the future.

Please contact our friendly team on 9314 6009 or itseasy@gatewayprinting.com.au for any print, design or signage requirements.



Mentoring legal minds a priority

By Lisa O'Malley

“Tell me and I forget, teach me and I may remember, involve me and I learn.” Benjamin Franklin

The lawyers of Bradford & Co have been helping West Aussies overcome serious life challenges since 1991 and have become one of the most established and trusted personal injury law firms in WA.

The team at Bradford & Co have extensive knowledge and experience to help their clients receive the compensation they deserve following injury. They work with their clients and each other to achieve the best possible outcome in each case. The breadth and depth of knowledge of the firm's experienced lawyers is critical to the success of these cases and, when combined with the energy and fresh perspective of the firm's young lawyers, makes for a formidable and dynamic team.

Bradford & Co are committed to mentoring and nurturing their young lawyers and providing a positive office environment.

“Tim Heard and Angus Castley have provided me with an open and honest workplace which focuses on learning, dialogue and challenge,” young legal practitioner Chris Cooper says. “They don't simply answer occasional questions and provide help when they have time. They continually engage with me in communication, feedback and personal development.

“This has not only taught me a great deal about the industry but also accelerated my learning in a comfortable and safe environment.”

Bradford & Co partner and experienced lawyer Tim Heard says the learning curve for new legal practitioners is very steep. “We are aware of the challenges our young practitioners face — after all, we went through this ourselves,” he says.

“I remember the senior associates and partners during my articulated

clerkship being very accessible, open and free with their time. It was very daunting and there were many occasions when I felt as if this was not the right profession for me.”

He understands the importance of supporting young lawyers to develop their skills gradually so as to consolidate their knowledge.

“In my view, the most important aspect is to be always accessible and to encourage young practitioners to constantly ask questions. If they are scared to come and see you, mistakes will be made.

“We also place a great emphasis on having a fun, social working environment. It is important for any new legal practitioners to understand that it — slowly — does get easier with the passage of time.”

Emma Maclean, another young lawyer at the firm, has gained a lot of benefit from the guidance of experienced lawyers like Tim and Angus.

“The mentorship at Bradford & Co has been incredible as I have been exposed to all aspects of litigation,” she says. “The work I am given is always accompanied by clear instructions, however, if I have any questions, the senior lawyers are always happy to take the time to sit down and explain things to me.”

The knowledge flow is not just one way though, with a shared sense of awareness of the benefits young lawyers bring to the firm. “The young lawyers at Bradford & Co provide new ideas, different perspectives and a new level of energy to the firm,” Chris and Emma agree. “They are also fairly knowledgeable these days and if there is something we don't know, we know how to find it.”

Bradford & Co Personal Injury Lawyers:
Level 1, 6 Riseley Street,
Applecross. Call 9316 2299.
info@bradfordandco.com.au
www.bradfordandco.com.au



Good combination (l-r): Tim Heard, Emma Maclean and Chris Cooper. Picture: Georga McMullen

Correction

Apologies to Dr Olivia Gleeson, of Nervana Chiropractic, for the misplaced line of type in her article last issue. The second paragraph should have started: “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.” The opening line in the published article somehow crept in from another page.

Ex-minister campaigns for refugees



Judyth Watson helping students with reading at Palmyra Primary School. Picture: Georga McMullen

A Palmyra woman is helping to organise a commemoration to honour refugees who have died in their attempt to start a new life.

Former State minister Dr Judyth Watson is organising the Refugee Week commemoration on Sunday, June 15 with Collene Longmore, executive director of Fremantle Multicultural Centre, and Steve Bowman, director of the Mirrabooka Edmund Rice Centre.

Judyth was a Member of the Legislative Assembly from 1986 to 1996 and dealt with refugee issues as minister for multicultural affairs. Then in 2000 she was one of the founders of the Coalition for Asylum Seekers, Refugees and Detainees (CARAD).

The commemoration is for refugees, friends and supporters to remember those refugees who have lost their lives.

“Eighteen hundred have died getting here according to government statistics,” Judyth said, “and there are many more than that who have drowned because their boats never turned up here.”

Then there were those whose applications had been rejected and they had been sent back only to “completely disappear”.

But she said the commemoration was for refugees who had died in all parts of the world, not just those attempting to reach Australia.

Guest speakers will be Phil Glendenning, president of the Refugee Council of Australia, and Carina Hoang, author and former Vietnamese refugee.

People at the commemoration will also be invited to place messages on a special wooden tree.

The impetus for the commemoration was the refugee boat tragedy at Christmas Island in 2010 which killed 48 of the 90 on board. Judyth said that Chipper Funerals, who handled the funeral arrangements, were unhappy with the lack of any formal ritual for the victims and the impersonal nature of the services.

There was a memorial service in 2012 in Kings Park but Judyth said it lost a lot of focus being in a big outdoor area.

It was important for refugees not to lose hope. “Once refugees lose hope — which is what we are seeing at the moment — their mental state deteriorates,” she said. “There are 27,000 who still have to have their claims assessed. The sooner their claims are assessed the less mental health damage there will be.”

Judyth believes her interest in refugees began in the Second World War when she was a child in northern England. Child evacuees from London came to her nursery school. “They had shaved heads and a label on their arm,” she said. “They cried all the time and wet themselves. I felt so sorry for them.”

In 2000 she read about more than 30 refugees who had been released from detention on temporary protection visas and taken to Perth's Noalimba Centre with little or no guidance about where to get anything. She and others affronted at the way the group had been treated created CARAD.

Judyth served on the CARAD and Refugee Council boards until last year when she resigned. “I thought there are people with perhaps a bit more energy and younger people with newer ideas,” she said.

She maintains her connections with refugee families and regularly visits refugees at the Yongah Hill Detention Centre in Northam.

Away from her refugee work, Judyth spends two hours a week as a volunteer helping Year 3 and 4 children at Palmyra Primary School with their reading.

The Refugee Week commemoration is from 2-4pm on Sunday, June 20 at Perth Town Hall.

More than houses

By Lisa O'Malley

Ross & Galloway Property Group have a long history of giving back to the community by supporting local groups, not-for-profit organisations and worthwhile initiatives.

They are committed to doing their bit to foster and help nurture a strong sense of community through sponsorship and participation in initiatives such as their ongoing support of this Palmyra Together newsletter.

Past highlights include R&G's involvement in a wonderful event that brought together young people in need, celebrities and education. This exciting collaboration culminated in a celebration dinner and fundraiser for Fremantle's Ngatti House held at Quinlan's Restaurant, Challenger TAFE Fremantle.

It was held in 2010 but its purpose, the cause for which it raised money and the reason for R&G's participation are still as relevant today.

Ngatti House was opened in February 2010 and provides psycho-social support to young adults aged 17-23 years who are affected by homelessness and mental illness. The Mental Health Commission contracts Life Without Barriers to provide programs and activities to

this group in the hope that they will be ready for independent living after 12 months.

Challenger TAFE provided the training these young people needed to develop the skills required for putting on the Ngatti House fundraising dinner. The initiative, a national first, was developed by Challenger in collaboration with not-for-profit organisation Life Without Barriers to educate disengaged youth through cooking in a supported learning environment.

R&G's support helped provide the opportunity for these aspiring young cooks to shine alongside celebrity chef Anna Gare and entertainer Peter Rowsthorn.

Jenny Bradshaw of Ross & Galloway was then in transition from a career in hospitality education to a career in real estate with R&G. She remembers this event as a major highlight of her time at Challenger TAFE and a wonderful way to see her new and past careers converge to benefit the special young people she had worked with so closely.

“The dinner and its lead-up really were a lot of fun and it was wonderful to work with incredible people dedicated to the cause of mental health,” she says. “Also seeing people so keen to give their time and money to this cause was fantastic.”

Volunteers want to give back

By Jessica Allen

Volunteers will contribute an estimated \$11 billion to the Australian economy this year, according to Volunteering WA senior manager Traci Gamblin. That is more than the mining, agriculture and retail sectors combined.

But the benefits of volunteering can't be measured only in monetary terms. It is widely accepted that volunteering can combat depression by providing purpose, positive interaction and a sense of belonging.

Palmyra is no stranger to civic participation. Census data states 20 per cent of its residents undertake some form of volunteer work be it formally mediated through an organisation or a more casual affair.

City of Melville community development officer — volunteering Renae Gillespie believes these figures may be an underrepresentation.

“A lot of people do volunteer work for sporting organisations but don't think of it as volunteering,” she said. “They sometimes get missed out when research is done,” she said.

At the Melville Volunteer Resource Centre Renae links the right volunteer to the right position.

“We match people with their skills, passions or what they're interested in learning and then we link them in... we support people to find volunteer positions in the community but we also advertise volunteer positions for not-for-profit agencies.



Jenny Bradshaw when she worked at TAFE, pictured with (l-r) Leo Smith, Dan Merrington and Don Hancey.

Patrick Carter, project manager of business systems at Challenger, recalls the event fondly. “The opportunity to work with amazing industry chefs and seeing their delight in meeting someone as famous as Anna Gare was incredible,” he says.

Working with Jenny on the event was a real pleasure, he adds. “Jenny made sure that we were ready for service and that the food was prepared on time.”

Jenny continues to bring this same dedication and commitment to R&G as a property expert and as a conduit for R&G's involvement in community projects.

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Traci Gamblin finds the increasing trend in volunteering encouraging.

“We now have over 600 member organisations we work with, up from 334 in 2009,” she said. “In 2009 Volunteering WA assisted 7184 people into volunteering roles. In 2013 we assisted 14,199 — virtually double.”

In light of the Budget, limited funding and overstretched government facilities Traci said the value of volunteers could not be overstressed. “The reality is that many essential services could not exist without volunteers,” she said.

If you are interested in volunteering, contact Melville Volunteer Resource Centre on 9364 0662, volunteering@melville.wa.gov.au or www.melvillecity.com.au.

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