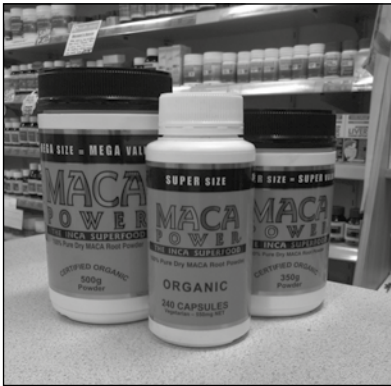


Super maca for energy



This is maca, pictured above, the great Peruvian superfood, which has been around for thousands of years improving the health of many. Maca is exceptionally high in minerals, essential fatty acids and protein, making it a great addition to our busy lifestyles as it increases energy levels, is a hormonal regulator and improves libido.

Maca can be taken in capsule form or powder, which can be added to your breakfast, smoothies or raw desserts.

Police at market

Police will be at the Palmyra Western Farmers Market on Sunday, November 2. Not that they are expecting trouble. Far from it. It is part of a campaign to get to know their community better.

Officers from Palmyra will man a stall and chat to locals. They will give advice on how to improve home security, show children how police take fingerprints and they also hope to provide a sausage sizzle.

Recent WA Police administrative changes might also be a topic of conversation. Sgt Wade Davis, who is organising the market initiative, explains that from September 1 the Fremantle and Peel police divisions have been merged.

He has been appointed to supervise the follow-up to incidents after the initial police response in Palmyra, Bicton, Ardross, Attadale and Alfred Cove. He is one of four sergeants based at Palmyra police station.

“We are getting out and about and meeting people,” he says. “I want to know people in my district and for them to be comfortable about coming to us.”

School busy bee

Palmyra’s school and community project, The Cultiv8 Community Deck, was one of the 12 amazing community projects that were successful in receiving funding from the City of Melville’s Project Robin Hood.

The other 11 projects are progressing and some have finished. Visit the City of Melville’s website www.melvilicity.com.au to see how the other projects are going and hopefully get inspired to consider your own community project for Project Robin Hood Round II, due to commence early next year.

Our next issue is in December and the theme, with Christmas and New Year in mind, will be “celebration”. If you have any story ideas for us, whether or not they fit the theme, email newsletter@palmyratogether.com or call 0412 056 725.

This is one of my favourite ways to take maca:

Choc Mint Breakfast Smoothie

- 1 frozen banana
- Handful of spinach
- 1 tsp of maca
- 1 tsp of Amazonia raw green blend (tastes like mint and is delicious) and/or ¼ cup of fresh mint
- 2 tbsp of cacao
- 1-2 cups of almond or coconut milk
- 1 scoop of protein powder (Amazonia’s raw protein is my fav)
- Blend the above until smooth and enjoy.

Buy any two maca power products this month and get 10 per cent off. They are available at Health ‘N’ More, Stammers Arcade, Palmyra. Talk to one of the friendly staff in store or call 9339 4429.

—Health‘N’More

Fight goes on

If you’d like to help with The Cultiv8 Community Deck project at Palmyra Primary School’s Pally Patch, a community busy bee will take place on Saturday, October 18. For more details or to register to volunteer for the busy bee, call Lisa on 0433 433 077.

The Local Government Advisory Board still plans to transfer Palmyra and Bicton to an enlarged City of Fremantle. The City of Melville recently delivered to all ratepayers a detailed letter, a map of the proposed changes and a copy of the submission form which allowed residents to be heard on this issue.

The submission deadline has now passed but if you feel strongly about this issue or if you do not agree with the LGAB’s final recommendation when it is announced, you can still take action, according to Attadale-Bicton ward councillor June Barton.

You can call talkback radio, send letters to newspapers, comment on social media or call your State MP and contact the Melville councillors who represent these wards.

The Palmyra councillors are Richard Hill, 0411 889 751 or richard.hill@melville.wa.gov.au, and Patricia Phelan, 6468 0497 or patricia.phelan@melville.wa.gov.au.

Attadale-Bicton councillors are June Barton, 9339 2973 or afmbarton@gmail.com, and Susanne Taylor-Rees, 9339 5508 or Susanne.taylor-rees@melville.wa.gov.au.

Correction

We apologise for the confusion in last issue’s story about the Refugee Week commemoration. It was due to take place on Sunday, June 15, as stated in the second paragraph, and not on “Sunday, June 20”, as wrongly stated in the last paragraph.



Happiness is . . . being part of a community like Fremantle Church (SDA). Picture: Georga McMullen

Church happy to serve

By Clem Van Ballegooyen

Social studies and surveys have revealed some key qualities of “happy” people. In a “selfie”-oriented society we’d lean towards thinking that they might be self-focused qualities but two of the most significant qualities are “community” belonging and “serving” others.

In other words, the relational support, affirmation and purpose found in being a regular participant in a community group. And the fulfillment and worth found in serving others, even if that entails some self-sacrifice.

Perhaps that’s a reason people who belong to a healthy church group experience above-average levels of happiness, and that’s definitely true of Fremantle Church (SDA), Palmyra.

Its purpose statement is: “Love God. Love Others. Love Service. Love the

World.” The church believes that it is a primary teaching of Jesus to be inclusive; to love and respect everyone regardless of religion, race or position in society.

Many members of this church participate in service groups like MADA Cambodia, a group of families who support orphanages and specific needs in Cambodia through fundraising and annual service trips there.

Several participants are part of the local Melville Cares service network; a large team of volunteers run a monthly Friendship Club social group for senior citizens; Freo Church sponsors this newsletter; and members are encouraged to personally support local and international welfare agencies.

Freo Church Jesus-followers are always encouraged to show care and love to their neighbours and friends. As a pastor

I make myself available to anyone for weddings, funerals and child dedications.

Even the more faith-focused services are open to everyone. There are age-based fellowship groups that study the Bible, socials and Pathfinders (kids’ and teens’ adventure-based club). The weekly Sabbath gathering/service is non-liturgical, informal and open to all.

Freo Church is a community of ordinary people trying to follow the faith-life that Jesus taught and lived. You are welcome to experience community and service with us. It may just increase your happiness quotient.

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

Cleaner stole clients’ jewellery

Palmyra Police were recently involved in an investigation which resulted in a 43-year-old Beaconsfield woman being charged with three counts of stealing as a servant and five counts of fraud — and a 92-year-old woman being extremely happy to have her stolen property returned.

The accused woman pleaded guilty to all the offences last month at Fremantle Magistrate’s Court and will be sentenced on October 13.

Sgt Albert Xu began an investigation into offences where elderly and vulnerable persons within the Palmyra police subdistrict were being targeted and having their jewellery stolen. The common denominator appeared to be a cleaner allocated to the premises.

Further investigations led to the discovery that the cleaner had “hocked” a large number of items of stolen jewellery at a pawn shop. Fortunately, the majority of these were recovered. The cleaner was interviewed by police and charged.

On April 25 — Anzac Day — Sgt Xu went to the Kardinya home of a victim and showed her jewellery from the pawnbroker. She recognised some as hers and was clearly overwhelmed that it was being returned to her, especially as she had thought she might never see the items again.

The woman’s husband did not return from World War II and getting the items back on Anzac Day made it especially significant.

Many items of jewellery held huge sentimental value to their owners, so this

is a timely reminder to always keep your valuable belongings in a safe location to minimise the opportunity of offenders

being tempted to steal them.

— Palmyra Police



Spring along to Palmyra Primary’s Kitchen Garden!

Palmyra Primary School together with Palmyra Western Farmers Market present:

Pally Patch Spring Opening

Sunday 9th November

9am to 11.30am

Palmyra Primary School, 60 McKimmie Road, Palmyra

Featuring: Food Theatre presentation by celebrity gardener, The Forever Project’s Chris Ferreira & Wholefoods chef & author Jude Blereau with Palmyra Primary’s Kitchen Garden team.

Plus: Student Sustainability led tours, Aquaponic display, worm farms, productive Kitchen Garden cultivation, composting in action, frog pond fun & Chat with our presenters.

Also: Visit the nearby farmers market.

Entry: Gold coin donation which goes towards raising funds for Palmyra Primary’s self-funded Kitchen Garden Program.

Palmyra Together News

New life for old

By Kate Ringvall

Most of us would be able to connect the concept of renewal to ideas of spring, new creation and rebirth; and in that vein I want to make this first Green Scene about sustainability and renewal.

In a sustainability sense, renewal is all about upcycling, recycling and doing up old, disused or slightly broken things. For lovers of upcycling and doing up, garage sales and verge rubbish collections are a pilgrimage for the junk “holy grail”.

But why do we want to upcycle or fix things? Buying a replacement is probably cheaper in some cases. Aside from the pleasure some get from making old things new and making something new from “junk”, it is the knowledge that we’re not contributing to the constant drive to have the newest and the “best”, another product isn’t being produced just to keep us satisfied.

Upcycling and reworking old things gives us an opportunity to make do with what we have available already. Rather than using scarce resources we might choose to reuse a product after fixing it or doing it up.

It’s what people did during the Great Depression and both World Wars as a matter of course. Food and most everyday items were in very short supply and making do with what you had was the only option. Now we’re overwhelmed for choice.

One local organisation that has taken this idea and run with it is Garbologie. It was started last year by Adam Johnson who began his career developing policy regulating landfill operators for EPA Victoria and became CEO of the Western Metropolitan Regional Council.

Garbologie aims to create a world without waste and was born out of Adam’s 15 years in the waste industry. He saw all sorts of materials going to landfill for no better reason than it was too hard to do better. Garbologie intends to change this by creating networks of waste entrepreneurs focused on doing better with particular waste.

It runs two operations, which act as a model for how a network of entrepreneurs can unfold.

A mattress collection and recycling business based in Bibra Lake cuts apart and manually separates



There’s a spring — lots of them — in Adam Johnson’s step as his business sets about giving new life to unwanted mattresses. Picture: Georga McMullen

mattresses into their constituent components. These are sold where possible, including selling foam for use in manufacturing carpet underlay, springs pressed into blocks for scrap metal and timber (from ensemble bases) for upcycling as furniture.

The mattress facility is an example of specialised recycling, taking in sorted materials for specialised processing.

An O’Connor waste facility, Tip/Shop, looks to replace the standard tip or waste transfer station, bringing it all

indoors and focusing on maximum recovery of materials for recycling.

Tip/Shop is an example of general waste receiptal, taking in mixed waste and separating it into its different components for further processing.

Garbologie believes that, by adding value to waste, it can create thriving communities as all the unwanted materials are contributing to local jobs and thus wealth.

Garbologie is at 28 Peel Road, O’Connor; 6467 0494, bookings@garbologie.com and www.garbologie.com

Green Scene

This is the first Green Scene column from Kate Ringvall. She is the director and founder of Building It Green, a consultancy that provides advice, action and research on all things sustainability related to housing design, retrofitting, energy efficiency, suburb development, transport, education and community awareness and action. Kate has just submitted her

PhD in planning and her research looked at sustainability integration in new “green” marketed suburbs of Perth. She is also the proud mother to nine-year-old Georgie.

Zak enjoys his finest hour

A film set in Perth at the end of the world could be the start of life in an exciting new world for its Palmyra writer-director Zak Hilditch.

These Final Hours caused a big stir when it screened this year at the famous Cannes Film Festival and it received rave reviews from critics. Unfortunately, however, it didn’t do well at the box office when it opened at cinemas in Australia in July.

“It’s incredibly hard to compete against big budget Hollywood films like Lucy and Guardians of the Galaxy as we were on opening weekend. Plain and simple,” Zak says.

All the same, the critical acclaim for the film — “one of the best Australian films in years” said one critic — and the reaction in Cannes have put him well and truly on the international map.

“Cannes was amazing,” Zak says. “The highlight of my career without a doubt so far. The film went down well with the French audiences and we received a standing ovation.

“I was just glad we weren’t booed as the French audiences take their films very seriously and we didn’t quite



Zak Hilditch wowed the world’s toughest film audience in Cannes.

know what to expect. It couldn’t have gone better over there.”

These Final Hours was filmed entirely in Perth and is set 12 hours before a cataclysmic event will mean the end of the world but when James (Nathan Phillips) saves the life of a young girl Rose (Angourie Rice), it forces him to face up to what really matters in life.

Perth may not be an obvious choice for an apocalyptic movie but Zak, who was born and raised in Girrawheen and has lived in Palmyra for six years, saw its potential.

“Perth has some amazing locations, nice wide open exteriors and a real eclectic mix of architecture,” he says.

“I wanted to bring the isolated feel of Perth to the big screen in a way never seen before, if ever. “From the Ice Arena in Malaga to the mansion compound in Peppermint Grove, we

covered the full gamut of Perth and what it has to offer.

“Bringing my home town to the big screen was also a thrill.”

It was as a student at Girrawheen Senior High School that he first started thinking about being a filmmaker.

“I always had an interest in movies and television but it wasn’t until I saw films like Pulp Fiction that a light bulb went off in my head and I thought, “Wow — imagine creating whole worlds like that,” he says.

He went on to complete a BA in film studies at Curtin University and is now working on two scripts, one another science fiction film.

He is married to Alison James, a documentary filmmaker.

RENEWAL

Spring is a youthful season; it comes forth in a rush of life and promise, hope and possibility. At the heart of the spring there is a great inner longing. It is the time when desire and memory stir towards each other. Consequently, springtime in your soul is a wonderful time to undertake some new adventure, some new project, or to make some important changes in your life. John O’Donohue, Anam Cara: Spiritual Wisdom From the Celtic World.

Welcome to our spring issue, in which we reflect the change of season with a theme of renewal running through many of our stories. After bunkering down for the winter, it is now a time of new life and new hope as the sun entices us out.

Gym wins reprieve

Members of Exercise for Life were shocked when the imminent closure of the Petra Street gym was announced because there was no obvious alternative to the gym, which provides personal supervision for a mostly older age group.

But at the last minute some potential buyers of the business emerged and the proposed June 6 closure was temporarily shelved while negotiations took place. Then, finally, the closure was called off when Murray Richards bought the gym.

He took over fully in August and has renamed it REPS Movement. Exercise for Life still operates its other gym at Bedford.

This is exercise physiologist Murray’s first business venture but he already knew the gym, having done work experience there as a university student under previous owner Matt Harris.

“I liked the place and Matt taught me a lot in terms of the work and the demographic,” he says.

Since completing a BSc in sports science and a postgraduate degree in exercise rehabilitation, Murray, 29, has worked for seven years as an exercise physiologist focusing mainly



Murray Richards, the new owner of the former Exercise for Life gym in Petra Street. Picture: Georga McMullen

Renewal is no accident, says Tim

By Lisa O'Malley

Bradford Legal partner Tim Heard knows much about the process of renewal. On July 24, 2012 he was out for his morning run in preparation for that year's City to Surf when he was involved in an accident that would throw those plans out the window.

"I felt a tremendous impact on my right-hand side and my next memory is lying on the shared pathway near Mount Henry Bridge," Tim recalls. "It felt like I had been hit by a truck so imagine my surprise when I realised that it was a cyclist!

"Other cyclists stopped and moved me from the pathway. They were extremely kind and looked after me until the ambulance arrived. My wife, Jodie, and son, Sam, attended the accident scene which was very upsetting for all of us."



A renewed Tim Heard back in the groove at a fun run with his wife, Jodie, after his accident.

Tim, a personal injury lawyer, relates how this experience has strengthened his ability to relate more closely to what his clients endure.

"I represent people every day who have suffered severe setbacks through injury. A lot of the injuries are much worse than mine. I was given some insight into what my clients go through and it certainly has helped me to be more empathetic and practise law in a better way."

The months following the accident were a challenge. It took some time to overcome his feelings of resentment and anger at the cyclist.

"You know that, unfortunately, there are many people who suffer much worse than you and it doesn't help to feel sorry for yourself. It also required an acceptance of injury and that it would be a much longer process than originally thought.

"The recovery took many months. I was admitted to hospital with a severe infection in my right hand and had to have round-the-clock antibiotics for five days."

Tim's commitment to his personal renewal following the accident is mirrored in many ways in his professional life.

"At Bradford Legal we go through a constant process of renewal. We are required to undertake ongoing legal education to renew our practising certificates. This means attending at least 12 hours of seminars per year. You can never be complacent because there are new decisions and legislation passed every day."

For his clients Tim says: "The process of providing compensation is not a perfect system but it can help them to renew their own and their families' lives."

"Many of our clients have used their compensation for very positive purposes, changing direction, starting businesses and new lives."

Part of Tim's journey back to health included setting a goal: "I had set a goal of finishing the City to Surf at the time of the accident and I immediately began thinking about finishing another run."

Tim completed his first fun run with healing abrasions and splints on his fingers less than four months after the accident. He finally reached his goal of finishing the City to Surf last year.

To Tim the process of renewal is important - it can mean not allowing the status quo to continue and renewing old friendships. Passionate about physical renewal and travel as a way of renewing the spirit, he recently climbed a steep volcano in Lombok, Indonesia. "It was three hellish days," he says, "but very satisfying to complete."

For more information on Bradford Legal: www.bradfordlegal.com.au or 1300 738 303.



Off to high school: 15 of the 16 Palmyra Primary School students who have won places in Melville specialist programs. Kira Reynolds was unavailable when this photograph was taken. Picture: Georga McMullen

Students win special places

Palmyra Primary students in Years 6 and 7 recently undertook testing for entry into Melville Senior High School's specialist programs for next year.

A total of 320 Year 6s and 230 Year 7s from various primary schools took exams/trials to win places in the Melville programs with some students sitting for more than one program.

Congratulations go to these 16 Palmyra students who have won places:

Next year's Year 7s — Merry Abraham (aviation), Paris Regnard and Ellie Irving (graphic design media), Chloe Poore and Darcy Short (music in focus), Talei Chadderton,

Abbey-Rose Heard and Katie Rigden (netball).

Next year's Year 8s — Joseph Stevens (gifted and talented), Lewis Rigden (academic extension), Dylan Scheepmaker (aviation), Harrison Rose and Aidan O'Malley (graphic design media), Shelbi Mott and Lucy Scheepmaker (netball) and Kira Reynolds (music in focus).

Spring into better health

By Dr Olivia Gleeson

Spring is a great time to reassess your health. Have you been exercising less over winter? Are you feeling sluggish, low energy or carrying extra kilos? It can be hard to get started so discover our seven tips to help renew your health.

Your body is constantly renewing with your body cells dying and being replaced by new cells. Every seven years you have a new body! Almost every cell in the body has a lifespan: skin two weeks, red blood cells 120 days, liver cells 400 days.

But one group of cells isn't constantly replaced — the brain. Your brain controls all your cells, tissues and organs via your spinal cord and nerves. If your spinal bones/vertebrae are restricted/ misaligned, it can interfere with the vital brain-body communication and your health.

Chiropractic is based on the fact that your body is self-healing and self-regulating. Chiropractic focuses on improving spine and nervous system function.

Our seven tips for renewal this spring:

7. Pain is a poor indicator of how healthy you are
People often present with a pain or symptom in our clinic — low back

Continued from Page 1

on chronic disease management and musculoskeletal injuries following work-related injuries, motor vehicle accidents and surgery.

He jumped at the chance to buy the gym, pointing to his family's business record — his grandfather started a business at 19 and is still involved in it at 95 in partnership with Murray's father and uncle.

pain, headaches, neck pain. While these symptoms can occur when there is spine and nervous system irritation, they are generally one of the last signs that your body is out of balance. A chiropractic examination looks at your function: flexibility, nerve-muscle communication and posture.



nervana chiropractic
61 carrington st palmyra
08 9319 2552

6. You are what you eat . . . choose wisely

Your body uses the food you eat to build new cells and tissues. Choose whole fresh foods from the wonderful Palmyra Western Farmers' Market. Minimise additives, chemicals and preservatives.

5. Water is essential for life

Your body is approximately 70 per cent water and you need to drink fresh clean water for hydration and waste elimination. Aim for 1 litre per 22kg body weight daily.

4. Movement is life

Sitting at desks limits movement. Take regular movement breaks, at least every 30 minutes. Stand up while on the phone or investigate a stand-up desk. If you have misaligned vertebrae limiting spinal movement, it can impact on your brain function. Get your spine checked. Exercise daily and get outdoors and enjoy Palmyra's beautiful parks. Walk to school or work, walking is great for your spine.

3. We regenerate and heal in our sleep

Get enough rest. Check your mattress and pillow; a contoured pillow will support your neck and shoulders. Check out our pillows and ask for a free pillow fitting.

2. Breathe deeply

Deep breathing improves brain function, concentration, eliminates toxins and decreases stress hormones. Breathe in deeply through your nose for six slow counts, hold for six, then out slowly through your mouth for six. Repeat five to ten times. Stop if you feel light-headed and speak to your health professional for advice.

1. Your posture is the window to your spine and your health

Book for a complimentary posture and spinal examination. Call 9319 2552.

only a small part of their businesses, he says.

"This is a centre where you can have specialised supervision so you know your clients are doing the correct thing," he says.

"The population is ageing and need to have services available to keep fitter and stronger."

On the web: www.repsmovement.com.au

Let the children play

By Pip Brown

It has long been understood that free and undirected play is essential to the well-being and health of young children. Jill Willetts, long-term Palmyra resident and early childhood teacher, is passionate about local spaces that enable children to have contact with nature to develop their creativity, friendships and physical skills.

Her plan is to garner the support of locals to regenerate the open space on the corner of Solomon and Justinian streets into a nature playground.

"I'd love to transform this playground by using as much natural material as possible and by getting the community involved," she says.

"There are currently just three pieces of play equipment but there is such potential to rejuvenate the area which is surrounded by trees, grass trees and a ground cover of predominantly leaf litter.

"Simple things like fallen tree trunks cut into small stepping stones or used as balance beams are great fun and create wonderful opportunities for creative play and add height for climbing."

Jenny Bradshaw, of Ross and Galloway Property Group, shares Jill's commitment to the regeneration of this much-loved Palmyra "bush park".



Carol Kennedy in the studio at Capital Community Radio where she speaks to the world every Sunday evening. Picture: Georga McMullen

DJ takes on the world

Every Sunday evening Carol Kennedy goes around the world hosting a radio program that streams online and has regular listeners across the globe.

Carol, who lives in Palmyra, has her own two-hour program, Around the World with Capital, in which listeners send greetings and a song to family or friends overseas. The program is at 8pm on Wireless Hill station Capital Community Radio.

She volunteered at Capital initially as a producer but got her own show this year. Producer Jim Lloyd, who used to work for the BBC, suggested the Sunday program and it was launched in May.

"We are getting a steady response," Carol says. "A lot of people ring in and say how much they enjoy it."

What's needed

- Wooden pallets — for use in cubbyhouses, climbing frames and pathways.
- Large tractor (or heavy machinery) tyres that can be filled with sand.
- Large sewer pipes to create cubby holes.
- Fallen trees to create stepping stones.
- Logs to create balance beams.
- Smaller tree trunks to create a teepee.

Other suggestions welcome.

Jill also believes natural play environments provide health benefits in contrast to prefabricated equipment common in many playgrounds including:

- Less arguments and bullying behaviour.
- Building gross motor skills through irregular and varied terrain.
- Children become aware of the beauty of the natural environment.
- Increased self-esteem by facing and conquering physical challenges.
- Undirected play promotes sharing, teamwork and negotiation skills.
- Development of pro-environmental values and pride.

"Many of us grew up playing in the local park, building cubbies, playing hide and seek, collecting honky nuts, climbing, making mud pies and getting very dirty," says Jill. "It would be great if people would like to volunteer help or if they have anything that may be of use."

If you have a local business that can offer financial or material support or you can lend some muscle, contact Jill Willetts, 0421 355 285 or natureplaypalmyra@hotmail.com.

To learn more about community-focused property experts Ross & Galloway call 9333 5999 or visit www.rossgalloway.com



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Kids being kids, naturally enough, at the proposed nature playground. Picture: Georga McMullen

Club's big year

Palmyra Rugby Club has celebrated its 80th anniversary in magnificent style winning four premierships and being named WA's Champion Club for the second successive year.

Among the seniors the Reserve Grade and Under 19 teams triumphed and two junior teams added to the trophy collection with both the Under 14 and Under 17 teams finishing the season in style.

The Champion Club honour is based on the performances across all levels.

In the club's Year Book president Chris Ward said the Reserve Grade played some "breath-taking" rugby averaging nearly 40 points a game, although they won the Grand Final by only three points against Associates.

Team manager Phil Knudsen put the success down to careful planning. "This (Grand Final) victory . . . was the culmination of a season-long master plan, which had its start in the pre-season, was developed week on week over 18 competition rounds and

was executed to the letter on Grand Final day," he wrote.

The president said that some weeks the Under 19s "produced some champagne football that was a joy to watch".

They narrowly won the Grand Final against Nedlands with the result going down to the wire.

It was a disappointing season, however, for the Premier Grade team which finished seventh out of nine teams with a seven-nine win-loss record but Mr Ward said the team finished the season with some strong results that "gave everyone involved optimism that we were close".

"A number of wins and close losses to the teams in the play-offs was further evidence that we weren't far off pace," he wrote in his report. "However, a huge injury count sometimes made training nights look like a hospital casualty ward."

This season the club had 210 senior players and 330 juniors. A few years ago there were only 90 juniors.

Thanks to our sponsors

