



Our theme this issue is longevity and as Confucius said: "It does not matter how slowly you go as long as you do not stop."

George gets ready to celebrate his 100th

By Pip Brown

One hundred years ago Palmyra was only just being established with a few houses surrounded by bushland and sandy tracks, and stray animals roaming the area. Palmyra Primary School had recently been built to cater for the children of workers who sought out an area close to Fremantle in which to live.

And it was here, at a house in Cleopatra Street, that George Webb was born on July 10, 1916, George's parents having arrived in Australia from England five years earlier.

Now he is looking forward to celebrating his 100th birthday next month.

George was a bit of a larrikin and spent his early years with his friends playing cricket, football and pinching fruit from neighbours, whose abundance of fruit trees was too hard to resist.

"There was a Mr Edwards who had a big paddock with fruit trees on Solomon Street and we used to sneak in two at a time and help ourselves," George laughs. "One day he caught us and I had grapes and figs stuffed in every pocket!"

The Depression forced George to forego his schooling at Palmyra Primary at age 12 and he started work, collecting shell grit in old sugar bags from Robb's Jetty in Fremantle. He would then ride his

bicycle all the way back to poultry farms near North Lake Road to distribute the heavy bags for sixpence each.

It was hard work for a young lad but the money was needed to support his family. He also used to go fishing and sell his catch.

"I wouldn't like to see a depression now," he says. "I don't think kids would know what to do."

George later trained to be an oxywelder and pipefitter at a Fremantle coppersmith's but moved to work in a South Coogee market garden for health reasons.

He enlisted in the RAAF in 1941, becoming a flight rigger and a fitter, serving in the Northern Territory. He was discharged in 1945 to resume his "necessary civil occupation" in the market garden. A week later his unit was posted to Morotai in Indonesia to defend the Allied position against Japanese forces.

Upon his return, George met his wife-to-be, Ann, at a dance hall in South Fremantle and says he had to compete with a friend for her attention.

"My mate took her to meet his family, then I asked her to come and meet my family and I thought I'd better get in quick, so I said to her, 'How about we get engaged?'"

The pair were married in 1951



George Webb, who celebrates his 100th birthday next month, is almost as old as Palmyra itself. Picture: Georga McMullen

at St John's Church in Fremantle.

Ann and George bought land on Tamar Street in the early 1950s. The newlyweds cleared it by hand, George wryly observing: "She did the talking and I did the clearing."

George still lives in the same house, 60 years later. It is filled with all the signs of a busy family life – photographs of his four children, Norman, Sheryl, Barry and Kevin, his nine grandchildren and three great-grandchildren proudly on show.

Memories of his motorcycling days with friends adorn the walls, along with detailed model cars and trucks he makes by hand displayed on crowded shelves.

His boat sits in the driveway

and he still loves to go fishing, a lifetime hobby.

His daughter, Sheryl, says her father still works at his veggie garden and is fiercely independent. "We are privileged and so lucky to have had dad in our lives for so long," she says.

Ann now lives in an aged care residence and George visits her every week.

He still loves doing the word puzzles in the newspaper and he is as busy as ever in his shed with plenty of projects on the go.

And watch out on Tamar Street if you see George on his gopher. "I'm still riding my bike, the only problem is that it doesn't go fast enough," he says.

Long live Palmyra!

Welcome to our winter edition and for very good reason our theme this time is longevity because much of this issue is devoted to celebrations of longevity.

Leading the way is lifelong Palmyra resident George Webb who is due to celebrate his 100th birthday next month.

The other anniversaries are Palmyra Demons Junior Football Club's 60th, one of our major sponsors, real estate agent Ross & Galoway's 50th and Melville Cares' 30th. Even this newspaper celebrates a milestone later this year: its 5th anniversary.

All these anniversaries are living proof of longevity. But there's more.

When it comes to longevity, Palmyra goes back even further — both this suburb and the ancient Syrian city which has been in the international spotlight recently because of its desecration by Islamic State and, in March, its recapture by Russian-backed Syrian forces.

A UNESCO World Heritage site, the original Palmyra was first mentioned in the 2nd millennium BC and was a caravan oasis when it came under Roman control in the first century AD as part of the Roman province of Syria.

"An oasis in the Syrian desert, north-east of Damascus, Palmyra contains the monumental ruins of a great city that was one of the most important cultural centres of the ancient world," says UNESCO. "From the 1st to the 2nd century, the art and architecture of Palmyra, standing at the crossroads of several civilisations, married Graeco-Roman techniques with local traditions and Persian influences."

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Here to eternity

By Clem Van Ballegooyen

Longevity. Long, full, quality living! Who wouldn't want that?

A recent book, *The Blue Zones* (Dan Buettner), highlighted nine tips for longevity. Along with the usual principles for exercise and dietary moderation, four tips were relational/emotional qualities: regular socialising, loving, purposeful living and de-stressing all contribute to longevity.

Enduring longevity has been etched into the annals of Australian history.

Over 35 years during the early 20th century Arthur Stace secretly wrote in chalk, an estimated 500,000 times, the word "Eternity" in beautiful copperplate script on footpaths, walls and other visible locations in Sydney.

"Mr Eternity" had come to fully trust in the words of history's most influential faith-leader, who said: "I have come that all people may have life, and Life more abundantly . . . Eternal life is in knowing the Life-Giver."

Eternity . . . now there's longevity worth seeking!

Clem Van Ballegooyen is pastor of Fremantle Seventh-day Adventist Church (Cleopatra Street, Palmyra). Contact 0404 020 737 or visit the website freochurch.com.

Footy player makes brilliant mark with a children's book

By Pip Brown

Junior footballers and bookworms alike flocked to Palmyra Western Farmers Market on Sunday, May 29 to meet Tim Bristow, defensive forward #17 for East Fremantle Football Club and newly published author of *Billy the Brilliant*, a children's book for all ages about following your dreams.

To celebrate the launch of his book, Bristow was also joined by teammates Jamie McNamara, who is the club captain, Matthew Jupp, Mitchell Boyle, Jim Bristow, Andrew Steven and Brett Peake.

They delighted local children by signing autographs, kicking and passing the football and inspiring

them to be the best they can be on and off the field.

"Billy is an adventurous young boy who wants to be a magician but finds out that sometimes when you lose something you love, it can also inspire you to achieve great things," Bristow said.

He hoped his book would inspire children to follow their dreams even in the face of adversity.

"At the very least I hope the story puts a few smiles on a few faces and helps kids believe that everything and anything is possible," he said.

The book is beautifully illustrated by Bristow's partner, Na-



talie Martin, and features the "Open Dyslexic" font to assist even the most challenged readers.

Tim Bristow and teammates with kids at the market. Picture: Georga McMullen

Who are you going to vote for on July 2?

Kate Davis The Greens

Your vote is powerful and you can send a clear message about the kind of community you want to live in.

I've worked in community legal centres for over 10 years providing free legal assistance to people who can't afford a lawyer. I'm concerned that life is getting harder for many people and I'm sure we can do better.

I strongly support the community campaign against the Perth Freight Link. I'm standing up to protect our precious wetlands, get freight onto rail, progress the Outer Harbour and fund public transport.

We must take action to transition to a clean economy. The Greens Renew Australia plan is a fully costed totally achievable plan to achieve 90 per cent renewable energy by 2030.

I support a compassionate approach to people seeking asylum.

I represented a young Hazara boy from Afghanistan when I was a law student. He fled to Australia after escaping the Taliban. He came seeking our help.

Our current treatment of people seeking asylum is wrong. The Greens call for a better way, working with our regional neighbours for safer pathways.

Find out more: greens.org.au. Drop in to the campaign office: Manning Arcade, Fremantle. Follow us on www.facebook.com/KateforFreo. Phone: 0449 029 820.



Chris Jenkins Socialist Alliance

I'm a 27-year-old nurse who lives in Fremantle and I'm a social justice activist.

Dealing with the environmental, economic and social crises facing Australia and the world requires a profound reorientation of our society and economy towards human needs and sustainability.

Already the resources exist to ensure a decent dignified life for all. But instead wealth is channelled into offshore accounts of the super-rich that dominate the economy, own much of the media and bankroll the major parties. Socialist Alliance calls for the profound democratising

of society. This means free and high-quality education and health, a liveable income for all, 100 per cent renewable energy and comprehensive public transport. The real question to ask is not "where's the money going to come from?" but "where's it all going now?"

Let's significantly raise and enforce the collection of taxes from the big corporations.

Ultimately, key strategic monopolised sectors like the banks and the mining industry should come into democratic public ownership to ensure wealth flows to where the community decides it is needed.

The first step towards such a transformation are our campaigns for community, environment and equality. Join us!



Pierrette Kelly Liberal

I was born and raised in South Africa and have called Australia home for 18 years. I've raised my family in WA and have long been an active member of the local community. Fremantle and Cockburn are home.

Having served as a teacher, adviser, international diplomat and being a working mother, I'm well-placed to fight for the Fremantle and Palmyra communities in Canberra. In particular, working for the last four years in the Fremantle electorate as an advisor to Senator

Chris Back, I've gained an understanding of what local families and businesses need and want. I have also learned how to get things done in Federal Parliament.

Through door-knocking and talking to locals it has become clear that job creation and combating drug-related crime are critical issues to families and businesses. I am committed to working as part of a re-elected Turnbull Government to tackle this scourge head on and deliver practical solutions for the locals that it affects.

Labor has held Fremantle for more than 70 years and it's my firm belief that the people of this electorate have been taken for granted. It's time for a positive change by having a Liberal member of Parliament fight for the community. I bring my professional experience, energy and passion to the table and hope to gain your support on July 2.



Josh Wilson Labor

I am a long-time Fremantle local with a strong record of public service and leadership in local government. I grew up in Fremantle, I'm raising my family here and I'm serving on my local school board.

I was deputy mayor of Fremantle from 2011 to 2016, leading initiatives on the economic revitalisation of Fremantle, housing affordability and opposition to the Perth Freight Link and port privatisation.

The Perth Freight Link and education are key issues that Palmyra residents are passionate about. Palmyra has much to lose from the PFL, which was dropped from the sky by the Liberals without planning or consultation.

It is a bad idea that will actually increase congestion and create planning chaos across the southern suburbs.

Labor's alternative is to fund \$59 million towards the safe upgrade of Leach Highway and to support development of the Kwinana Outer Harbour, which would be connected to rail and Tonkin Highway and integrated with logistics hubs.

Education is also an important issue for local families. Every parent knows that the greatest gift we can give our children is a good education. That's why a Shorten Labor Government will reverse the Turnbull Government's \$155 million cut to local schools.



Church festival

The fact that churches have patron saints dates from a time when saints were imagined as powerful allies with leverage in heaven, able to advance our causes by their prayers, but hopefully no one is superstitious enough to believe that now.

In so far as saints have power, it has to be of another kind. After all, saints are ordinary women and men of faith whose lives conform by grace to the pattern of Jesus himself, who came not to be served but to serve, walking alongside us, patiently loving us into life.

St Peter's Palmyra celebrates its Patronal Festival on Sunday, June 26 with a 9.30am Sung Mass, concelebrated by Fr David Wood, Rector of Fremantle, and other priests of the parish with guest preacher Rev Canon Angela Webb, Rector of Mosman Park, and there will be a champagne reception.

The power of our patron saint, St Peter, lies in reminding us that his experience is ours as well.

In the New Testament Simon Peter is the leader of the 12 apostles. Peter is a frail human being like the rest of us, even abandoning the Lord in his hour of need, intent on saving his own skin by denying that he knew Jesus.

The Lord asks him three times: "Simon, do you love me?" As an embarrassed Peter expresses his love, his three-fold denial is cancelled out, and he finds himself restored to the Lord's friendship.

God is not an angry judge obsessed with balancing the books but never gives up on us, longing only for our home-coming. As Pope Francis continually reminds us, God's true name is mercy.

Everyone is welcome to join us at the feast of St Peter and St Paul.

— St Peter's Anglican Church

Big day out in the park

By Pip Brown

Hundreds attended the official opening on April 30 of the Solomon Street Bush Park on the corner of Solomon and Justinian streets.

Local children and their parents enjoyed the vibrant community atmosphere of the event, celebrating a year of enthusiastic hard work to convert the open space into a nature play paradise.

Project managers Jill Willetts and Anita Manes said they felt humbled by the community support and spoke of the challenges in navigating approvals, design considerations and finding the time to spend on the project along with

work and family commitments.

City of Melville Councillor Lisa O'Malley and City community development manager Dee Skuza talked about the importance of preserving natural open space and praised Jill and Anita's passion.

Work to erect balancing structures, stepping stones, teepees, a dry creek bed and many other features began late last year when Jill and Anita were successful in securing funding from the City of Melville's Robin Hood community funding program.

"It has been fantastic to see all kinds of people enjoying the park over the last few months," Jill said. "There have been mothers' groups



meeting here, teenagers, people exercising their dogs, and lots of local children scooting here after school and on weekends."

Anita Manes and Jill Willetts cut the tape to officially open the park.

Picture: Georga McMullen

It's all one

The mental prayer or mental disposition of the Mystical and Contemplative Tradition (MCT) aims at transcendence, from which the tradition gets its name, mystical. Because it is a mental exercise, it is then contemplative.

MCT trains the self to rise above ideological, denominational-faith and other clannish attachments. Hence, according to Meister Eckhart, "theologians may quarrel, but the mystics of the world speak the same language."

As contemplation, MCT, therefore, aspires to freely embrace wholeness in the perception of everything: everything is one. For example, consciousness that self-centredness in myself, could be destructive to my neighbour and to the community at large.

MCT invites me to think of myself and the community as comprising a whole; a harm, which my self-centredness can do to the community is as pernicious to the community as if done to myself.

When we work for our neighbour's wellbeing, we engage in something higher than ourselves and, in turn, slowly, achieve our own wellbeing. Gradually, a sane society begins to formulate.

MCT empowers a person to turn themselves around, through the silent practice of mental prayer, in total openness to wholeness.

Everyone is welcome to join our MCT group. It is free every Tuesday, 7.30-8.30pm at the Parish Centre. Silent prayer is followed by discussion on spirituality. Though Catholic-biased, all are welcome.

— Father Francis Ughanze, Our Lady of Fatima Church

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Simone McGurk
State Member for Fremantle

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Palmyra Family Dental

Growth drives car dealer to build for a bigger future

By Charlie Smith

Palmyra will have a brand new state-of-the-art car dealership within 12 to 18 months, when Melville Mazda reopens its doors at its site on Canning Highway. The dealership has been at the site, which is currently a hole in the ground, for around 13 years.

Dealer principal Greg Dean has been at Melville Mazda for 18 months and said the dealership's rapid growth in recent years drove the company to redeveloping its facility.

"It's grown so much that we outgrew the site," Mr Dean said. "We had very limited parking and for the number of vehicles that we sell we needed to expand."

With the added challenge of a site that "isn't huge", the new dealership will be on three levels. The service department and parking will be underground, the showroom will be on the ground floor and administration on the first floor. The expansion will also see several new job opportunities available in the company.

Melville Mazda remains open at three separate sites whilst the construction of the new dealership is taking place. The significantly smaller building on the corner of Stock Road and a demountable on the other side of the old site, have been occupied by the dealership for new and used car sales. The service department has been moved temporarily to Garling Street, O'Connor.

"We are going to go from a little house on the corner and a demountable to, basically, a state-of-the-art dealership," Mr Dean said.

He concedes the temporary arrangements will be a challenge but the business will move from an "archaic system" to an ultra-modern dealership. Mr Dean is confident that staff morale will remain high throughout the construction phase and that the end result will be "well worth it".

Mr Dean looks forward to welcoming Palmyra residents to the new showroom when it is complete and believes it will be something very special for the community.



Dan Cavanagh at the Legacy memorial on Monument Hill in Fremantle. Picture: Georga McMullen

Dan takes up Legacy cause

By Keith McDonald

In 1992 Dan Cavanagh signed up for four years with the Army and actually served for 13, doing tours of duty in Rwanda, Afghanistan, East Timor and Iraq. He saw terrible things but he doesn't regret his time in the Army.

"We are a close crew and very proud of what we have done," he says of his soldier mates from the Royal Australian Regiment (he served in the 2/4 RAR and the 2 RAR), pointing out that the military doesn't only operate in war zones but also carries out peace-keeping and humanitarian duties and disaster relief.

And now he has turned his hand to volunteering for Legacy which provides services to around 80,000 families of veterans who have died or suffered ill-health. It assists more than 80,000 widows and 1800 children and dependants with a disability.

A fellow veteran suggested that Palmyra resident Dan become a Legacy volunteer — a Legatee — and it appealed to Dan.

"I couldn't find any other charity or cause that suited me down to a T like that," he says. "This was a match made in heaven."

In particular, he liked being able to help families and children of servicemen. He does that through his work with Junior Legacy, on whose WA committee he serves. "It might not seem like we do much for them but I can imagine it goes a long way in a family's life if the kids' tuition or books are being paid," he says.

Dan, now a security and emergency management training adviser, is also a passionate supporter of Anzac Day and as the father of two Palmyra Primary School students, Alex, 9, and Eliza, 6, he gives a talk each year at the school about Anzac Day.

This year he told students that there was a rich heritage of selfless service by Australians serving in the military.

Legacy Week, the charity's annual appeal to raise awareness and funds for the families of veterans, starts on August 28.

Palmyra's link to its Syrian namesake

• From page 1

Now as the Syrian city attempts to recover, these words of Nelson Mandela might serve as inspiration: "The greatest glory in living lies not in never falling but in rising every time we fall."

As for our own Palmyra, it was first established as the Palmyra Estate in February, 1903. Palmyra Primary School's 2013 centenary book, *Our Pally*, said that in Bicton and East Fremantle had already been established with "expansive holiday river homes for the Perth city elite or homes for the business people of Fremantle".

"With the port city expanding in the early 1900s, there was a need to find homes to service the 'wharfies' and other Freo workers," the book went on.

"The land between Canning Road (now Highway), Petra Street and Stock Road was identified as an ideal location for a new settlement, positioned right next to its affluent neighbours.

"A competition was held to name the suburb and it was decided for unknown reasons that 'Palmyra' would be the name.

"It means 'City of Palms' after an ancient city in the Syrian desert and may have been inspired by the Zamia trees that looked like miniature palm trees that were common in the area."

Street names such as Zenobia, Tamar, Baal, Solomon and Cleopatra also reflect a Syrian theme.

On August 21, 1903 The Daily News reported that more than half of the available blocks had been bought. A second auction sale of Palmyra land was due to take place at Fremantle Town Hall the next evening.

"The remaining blocks are to be offered on the exceptionally easy terms of £5 deposit, and the balance in monthly or quarterly payments up to 12 months without interest, or from two to three years with 5 per cent, interest added."



What the Melville Mazda building on Canning Highway will look like.

Play way for young and old to make friends

By Pip Brown

A wise person once said: "The days are long but the years are short." This is particularly true of the hard work, yet many joys, associated with becoming a new parent.

Many parents find the early years of raising children are made immeasurably easier by establishing new friendships in their local area — a move the East Fremantle Playgroup strongly promotes.

Laura Fitzgerald, president of the playgroup, is looking for new members from Palmyra to join any of the sessions held at the Sumpston Green Community Centre, on Hamilton Street in East Fremantle.

The centre has a nice, clean playroom with airconditioning, a shady veranda and a large fenced playground.

"Playgroup is a great way for new parents to connect but there are also so many benefits for children to socialise with other children in their area, including an easy transition to school," Laura says.

The playgroup is for parents and their children (aged 0-5 years) and the two-hour sessions are typically unstructured play, so children are free to interact. Parents stay to supervise and to enjoy a chat and morning or afternoon tea. There are several two-hour

sessions available throughout the week with lots of toys and play equipment for the children and a lovely outdoor area to explore.

Pally mum Kate Hines is a regular visitor to the centre with her two preschool-aged children and she enjoys the companionship there. Her children love meeting up with their friends.

"We've met so many lovely families who live only streets away and it's nice to have those connections in your community," she says.

Interested parents can visit East Fremantle Playgroup's Facebook page or website, or email eastfreoplaygroup@gmail.com



Parents and children at East Fremantle playgroup. Picture: Pip Brown

Councillor runs to honour her brother and help others

By Pip Brown

City of Melville Councillor Lisa O'Malley, along with her team, "Lisa's Lifeline Leggers", ran for Lifeline WA in last month's 2016 HBF Run for a Reason. They did it to raise vital funds for suicide prevention and crisis support.

She has a personal connection with Lifeline WA, following the suicide of her older brother, Michael, two years ago.

"I really wanted to honour my brother's memory by doing something positive to raise awareness of Lifeline WA's ser-

vices, and to get people talking about mental health issues more generally," Cr O'Malley says.

She raised \$3000 for Lifeline WA in December. This helped fund the training of a Lifeline telephone crisis supporter.

"Since I've been fundraising for Lifeline WA I have learnt that about one in every five Australians experiences a mental illness each year," Cr O'Malley says. "The impact of losing someone to suicide is something that is likely to have touched almost all of us in some way — whether

that be a friend, a family member or a colleague."

Cr O'Malley has been pre-selected by Labor to contest the new State seat of Bicton. She aims to promote mental health and the need for adequate funding to support people in crisis.

"It's one of the reasons I decided to try and get elected and make a difference in areas like mental health," she says.

For crisis or suicide prevention support, please call Lifeline on 13 11 14 or visit <http://crisischat.lifelinewa.org.au>



Lisa (in white) with her team. Picture: Pip Brown

Company thrives in world of change

By Keith McDonald

In many ways Ross & Galloway Property today is unrecognisable from the real estate business that Ernie Galloway and Paul Ross started in 1966, but one thing hasn't changed. That's its strong local reputation.

This year the agency is celebrating its 50th anniversary and owners Gary Hicks and John Scaffidi say they bought it in 2007 because it was a "fantastic local brand".

"People say to us, 'We bought our property in the late 60s through Ross & Galloway and we always said when the time came, we would get back to Ross & Galloway.' So we've got repeat clients from almost 50 years ago," Gary says.

"We've handled deceased estates where the families have told us, 'Mum always said go and see R&G when the time came.'"

Ernie and Paul started the company and set up their office on Canning Highway at Attadale in the same parade of shops where it is today. Peter Sim and Bryan Cousins bought it in the mid-80s and Bryan later sold out to Peter.

Gary was with L.J. Hooker and John was at Gorringer and Busted before they bought the business.



Jenny Bradshaw and Gary Hicks at a Palmyra home that they recently sold. Picture: Georga McMullen

There are 10 R&G reps covering the suburbs along Canning Highway from Stirling Bridge to Canning Bridge. They include Jenny Bradshaw who specialises in Palmyra, where she also lives. Between them, the 10 reps have more than 150 years experience in the industry with Geoff Ince and Mike Swale having been with R&G for more than 30 years each.

That kind of longevity was another attraction for Gary and John in buying the company. It is unusual in an age where things are changing faster than ever.

"Real estate in itself now is a completely different business," Gary says. "Just the whole explosion of the internet and the way we market properties. Now we have virtual tours and all sorts of things whereas it used to be just put up a sign and a few lines in the paper."

Real estate advertising has moved from newspapers to the internet to such an extent that R&G now estimates 95 per cent of its buyers come via the internet. R&G no longer does any newspaper advertising.

Another big change has been

the move away from the multi-list system where someone looking for a property would visit the office and an agent would drive them round to a few properties listed with various companies. If they subsequently bought one listed with another agent, the two agents would split the commission.

"Back in the 80s, 30 or 40 per cent of the deals would be done in conjunction with other agents," Gary says. "Now we'd be lucky to have 2 per cent."

There is a lot of demand for properties in Palmyra.

"A lot of people still enjoy the older-style cottages there," Gary says. "They've renovated them, made them more liveable for our society now, kept the cottage and maybe done an extension or renovated and kept the lovely boards and all the character."

John, who specialises in East Fremantle, points out that subdivision is easier in Palmyra.

"That attracts a wider pool of buyers compared to, say, East Fremantle where you can't subdivide quarter-acre blocks,"

he says. "So literally across Petra Street you can still find a good character home if that's what you want and not pay East Freo prices. And you've got the potential to subdivide."

Jenny Bradshaw sees Palmyra as having a "younger vibe". "A lot of younger people are moving in," she says. "For, say, \$800,000 they can get a good property and stay there until the kids finish school."

As part of Ross & Galloway Property's 50th anniversary celebrations, anyone who lists and sells their property with the company between May 1 and November 1, 2016 will enter a draw to win \$5000 of their selling fee reimbursed plus Ross & Galloway will donate \$5000 to a nominated charity that gains the most votes through public voting participation. For further details, terms and conditions on this promotional campaign, please call Ross & Galloway Property's office.

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30 years of caring from the heart

By Lidia Mazzeo

This year Palmyra-based Melville Cares celebrates its 30th anniversary. The story began in 1984 when a small group of people in the City of Melville noticed that ageing members of the local population needed assistance and decided to do something about it. The group was concerned about people being alone in their homes, unable to complete everyday tasks.

"It was very informal," says Melville Cares Patron June Barton, who is a former mayor of Melville and current Councillor, "I wouldn't have thought that it would grow so big. It was a very simple structure to start with and then it grew from there and everyone stuck with it and gave great support. I think it must be said that the City of Melville gave great support to the starting of Melville Cares."

Melville Cares became incorporated in 1986, which is considered its official year of establishment.

Since its incorporation, it has grown significantly. At last count, there were 88 staff members, at least 2 per cent having been with the organisation for over 20 years, and 142 volunteers, 6 per cent of whom have been involved for over 20 years.

Melville Cares provides appropriate education and training for staff and volunteers, enabling them to offer quality care that extends beyond housekeeping. It also engages clients further, with options like the day centre, to improve quality of life.

Melville Cares credits its suc-



Cr June Barton (left) with CEO Richard Foster and administrator operations El Bennett outside Melville Cares' Palmyra premises. Picture: Lidia Mazzeo

cess to the continued overwhelming support of volunteers.

"Without our volunteers we would be nothing," El Bennett, administrator operations, says. "It's run off the back of them."

"It keeps your costs right down so you can stretch a dollar a lot further," CEO Richard Foster adds.

Over the past financial year, staff and volunteers have completed 34,370 transport trips with their clients, and, thanks to recently acquired additional funding, that number is set to increase to the tune of 5000 extra service hours over the next year.

Melville Cares, an independent not-for-profit organisation, is now looking at expanding its reach beyond the City of Melville, which has prompted consideration of a possible name change.

"We've still got the same heart we had back when it started," El says.

"Even though the organisation has grown, the ethics and everything has remained very simple and from the heart . . ."

"We've been privileged to have the journey with people who have been staying and playing the game with us to make that quality consistent."



Renae Hughes with Demons (back, l-r) Samuel Beeson, Thomas Dreverman, Archie Tames and (front) Nate Scott, Ryder McMullen. Picture: Georga McMullen

Demons still going strong in junior footy after 60 years

By Hannah Goodman

The Palmyra Junior Football Club, the Demons, celebrate 60 years this month. The family-oriented club marked this great milestone with a 60th anniversary dinner on May 20 and there will also be a cocktail party at East Fremantle Oval on August, 13 for everyone who is or was involved with the club.

Sixtieth anniversary club shirts and merchandise are available for club members and families, promoting a sense of community amongst the club.

Club vice-president and life-long club member Renae Hughes said two of the Demons' premiership teams are playing against one another on July 30.

"We are also planning an Old Pally game of guys who used to play for Palmyra's Junior Football Club against parents of kids who go to Palmyra now," she said.

"That is happening on August 13."

The Demons plan to expand in their next 60 years by establishing an all-girls team.

"We had quite a few girls in Auskick and there had been some interest from parents from East Fremantle Junior Football Club last year, but they had nobody to run it. So we decided that we would try and push that for the start of this season," Ms Hughes said.

"Come registration day we did not have any interest, so I guess we will work on that for next season hopefully."

She is proud of the club and how far it has come.

"The fact that we are a small club is really appealing to us and that we are quite a family-oriented club. We have a lot of great people at the club."

Registrations are still open for the 2016 football season.

LONGEVITY . . . "Ageing is not lost youth but a new stage of opportunity and strength." — Betty Frieden