

November 2008

Roleystone Courier

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Celebrating over 30 years of keeping the Roleystone-Karragullen Community informed

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Each year the Hills Orchard Improvement Group recognise orchardists who have been long term orchardists across the hills district. In 2008 at the Karragullen Expo, medallions were awarded to the following group for their long-term service in the industry.

Pictured above from left: Francesco Giglia, Michael Scolaro, Francesco Giglia, Vincenzo Cutri, Leone Giglia, Ralph Sala Tenna (rear) Louis Mazzardis, Angelo Gava (rear) Salvatore Fiolo, Vincenzo Trichlo (medallion was picked up by his son Tony Trichilo pictured) Nino Vetta (front) Terence Fortescue (rear), Anthony Vincenti, Mario Scaravilli, Bruno Gana (front) Salvatore Leotta (rear) Franceso Gullone, Nando Civa and Con Moro. Medallion winners absent from the photo: Tony Begovich, Carlo Romeo and Anthony Marchetti.

Congratulations to all.

ShowTime 2008

The 25th Karragullen Horticultural Expo was a wonderful success

The organisers of this year's Karragullen expo were beaming with smiles on Saturday 11th October as teams of visitors joined in for the 25th year celebration.

The Hills Orchard Improvement Group committee had been thorough and locals enthusiastically supported the event. Over recent years numbers have been down. Over 2 000 people attended doubling the crowd from 2007. This year the event had been scheduled for October to avoid competition with football finals and other events.

The later timing also resulted in pleasant weather and with a range of new and exciting exhibits; the crowds returned. The expo suited families, orchardists, lifestyle farmers, gardeners and handymen.

We hope this marks the future of many more Karragullen Expos.



The Kelmscott Show was also a great success. Congratulations to Roleystone's Jessie Layton who won the most points in the cooking section for primary school students and most points in the junior poultry section of the show. Jessie is pictured above with his brother Riley, first time entrant, who won first prize for his jam tarts. Well done boys.

Cover Picture Nov

This month's cover shows Luisa and Alyce Delsimone handing out free samples of Hills Grown Apples at the Karragullen Expo on October 11th framed by the beautiful dawn sky over Karragullen.



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EDITORIAL

OCTOBER



October was certainly a month filled with tempestuous emotions. Roleystone lost two of its young men in a horrific car accident in Boddington. Vale Glen Darbyshire and Matt Butcher.

My deepest sympathies are extended to the Butcher and Darbyshire families on their catastrophic loss. The outpouring of grief across town and the widespread effect these deaths had on a number of people was truly testament to their popularity and the impact these two young people had achieved in their short lives.

Sadly the expression of grief did result in some vandalism and malicious damage. While this is not condoned, in the young grief and anger are often intertwined. It is understandable that some in the City of Armadale were not initially impressed however those who interceded and allowed the tank to remain as a shrine for the grieving crowd need to be commended. I feel that the expression at the tank was done well and allowed our young people to progress through the stages of grieving appropriately.

On a personal note my own family was cruelly affected with two other deaths this month from our previous hometown Kalbarri. My son Brett lost his best friend, 'fisherman extraordinaire', Luke Rodger to a car accident and I lost my dearly beloved friend, teacher and 'Mrs Kalbarri' Brenda Brockwell. I remember them both with such fondness and extend my sympathies to their families and another town steeped in the grief that comes with the loss of the 'far too young'.

On a happier note, our town has been bursting with Spring events and they have all seemed to go without a hitch. The Karragullen Expo, at risk of being abanded due to falling numbers, was a wonderful success.

Locals came out in droves to support it and the day was excellent. The Kelmscott show too went well, although the organisers did report that numbers were slightly down on last year.

My garden was open to the public through the Open Garden Scheme early in the month. It was a very cold, drizzly weekend and I was disappointed that the weather meant the flowers were not out in the blaze of colour that they are today. And on the Saturday I had a 'special visit' from about 1 000 black cockatoos who rained honkey nuts on the last few intrepid visitors. (This meant that I had to get up at 5.30 am on Sunday and rake them all up before the new lot of visitors came). Still overall we had about 220 visitors and I received a real buzz from their comments. (See photos below).

And now November is here and with that all of the summer events. The Remembrance Day Ceremony on the 11th at Araluen will certainly be on my calendar and I hope on your's too. Plus I am also looking forward to the Roleystone Theatre's production of Sound of Music.

I wish you all a great start to summer. Happy reading.

Michael Beech
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Shannon Beech
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Pictured at left: Mike, Chris and Ron enjoying the Roleystone Neighbourhood Family Centre's Mystery Car Tour held on Sunday 26 October.

This happy snap was taken on the rock in Ken Smailes Park.

Roleystone Antennas are leaving their diary open on Monday 3rd and Tuesday 4th November for people or businesses that may need help setting up their TV for the Melbourne Cup.

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Do I get a Home Gym or Join a Real Gym?

Anthony Phoenix

Many people purchase a home gym to save money and time, but in my experience, it rarely works out that way.

There is a lot more to a gym than merely being a room of weights and machines. A home gym doesn't offer the atmosphere, free advice or motivation that you get from a real gym. Most people who purchase a home gym due to time constraints find that it ends up becoming nothing more than an expensive clothes hanger. My suggestion is to TRY your local gym for a month or so (it's just around the corner!). If you don't find a months membership enough of a motivation, you probably won't find the contraption sitting at home motivating either!

Home gyms are not always as cost effective as they seem. A decent home gym is a fairly expensive thing, especially when you start considering barbells, dumbbells, upkeep and whether or not you USE the thing in the first place! Your local gym will have all the weights and machines you need to work your body effectively, but most importantly to PROGRESS your workouts. Home

gyms often come with a limited quantity of weights and when you have reached your maximum, you need to get MORE equipment which can be expensive! At this point, most "home gym" users end up joining their local gym anyway.

One thing that home gyms DON'T have are group fitness classes, which aside from personal training, are one of the BEST ways to get your body fit!

All this said, home gyms can be great for some. In the best scenario, combining home gym use with an active lifestyle and the use of a commercial gym for heavy workouts and fitness classes is by far and away the best for keeping fit, healthy and motivated.

In any case, if you are embarking upon the home gym experience, it pays to get some advice from a professional (other than the sports store salesman) regarding what to buy, what exercises will benefit you the most and how to perform the exercises properly. If you feel you need help or advice head to www.roleystonerec.com.au for free tips on what to buy and what to look out for.



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5:45		Combat	Spin	Combat	Spin	
6:45	PUMP	PUMP	Martial Arts 6:30pm	PUMP		

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Above: Paul and his chaff cutter window.

Paul Builds His House from Straw

A magical block of land reaching right down to the Canning River demands a spectacular house.

Paul Mutton, on Collin's Rd is certainly delivering this. The block of land is steep and has special qualities: some huge rocks, stately wandoo trees and spectacular views of the river. Paul's house has tucked all these features into the house's construction in innovative ways.

The Straw Bale house

uses a variety of local building materials. Making use of unwanted local trees destined for 'the munchers', used power poles, and stone from on the property; all have been used in the home's construction in fascinating and attractive ways.

The Econodeck roof is up and is very impressive. The straw bales of the walls have been rendered and will serve as economical, fire resistant and very environmentally friendly walls.

Features throughout show how thoughtfully Paul has planned his dream home. Paul will be writing some articles on environmentally conscious building design for publication in future Roleystone Couriers.

The home is a testament to Paul's passionate approach to making a small footprint on our environment.



Pictured top: Sally and Amelia Mutton inspect Dad's house. Bottom: the view of the back of the house.



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Gymnastics Club Championships

On the 27th of September Roleystone Gymnastic Club held their Club Championships.

We all had a great time and it was a fabulous day. We started our first competition at 9am with the gym sports, gym challenge, trampoline and boys levels. Straight after this we had 6 categories for the girls competition.

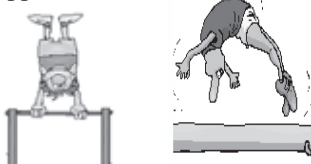
Congratulations to all of the gymnasts. Thank you for all your hard work over the year. Thank you also to all of the helpers on the day.

We really appreciate all of the spectators too, the gymnasts love having a supporting audience.

We all look forward to the club championships next year.

And an extra thank you to all of the helpers we had for the pack away, set up and those who helped out at the Karragullen Expo.

Your help for these events is extremely helpful and we can't have a gymnastics club without your continued support.



Gymnastics Display Night

Roleystone Gymnastics Club will be having their Display Night on the 19th December beginning at 6.30 pm. Come along and see a fantastic display. As it is our 21st year of operation we would like all past and present club members to come and celebrate with us. That will be the theme for the night celebrations. For more information please contact the club on 94961484 or email on Roleystone@gymnastics.org.au

Jenny's off to Summer School

Encouraged by Ms Ruby Rajor, Jenny Roman from Roleystone District High School applied to be part of the 2009 Murdoch University WA Science and Engineering Summer School.

Jenny is already recognized as a top Science student having been an award winner with the Brain Bee Challenge this year and in 2007 Jenny travelled to Russia with the Australian Team competing in the International Space Olympics.

The Murdoch Summer School is the premier, residential science summer school in WA. It is the second school of its kind to be established in Australia - the other being the National Science Summer School in Canberra. The summer school is held in January each year. It targets students about to start years 11 and 12.

Jenny sent in an application and this week she received confirmation that she had been accepted!

So, for five nights in January 2009 she will be staying at Murdoch University with sixty other students. There will be field trips, practical activities, lectures and demonstrations by Australia's leading scientists and science communicators. There will also be some great recreational activities, starting each morning with a session at the beach. It should be both educational and great fun and we wish Jenny all the best with this fabulous experience.

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Right: Seen on the train at The Kelmscott Show. Great Fun for Everyone.



Gary Reviews *The Manse*

We recently returned to the Manse Restaurant on a Friday night to once again enjoy the food and service that this establishment is well known for. Looking at the number of people dining it is obvious Gary and his staff are still pleasing the local diners and our experience was as good as always.

The entrees were well presented and up to there usual standard with the service from the staff being top notch and very informative in regards to specials and any changes to the menu.

We ordered a diverse cross section of main meals and were not disappointed with the presentation, flavour or size of the servings and the desserts were heavenly as is usual from the Manse Restaurant. Once again we were well looked after and had a great feed at a damn fine price and you certainly can't go past this establishment for a well rounded dining experience in the local area for anything from a quiet meal for two through to a full function for groups.

Notice from Mandy Body Shop at Home

Mandy is taking bookings for her Christmas parties now. Plus she has her Christmas catalogues available.

Last year she sold out of five of her gift packs in the first three weeks of the Christmas Catalogue. She also has a special One Hour Stop Shop party available! Get in early – ring Mandy Lensink on 9496 2580 or 0413 047 516.

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The Desecration at Canning Mills

Margaret Bettenay can relax.

Her recent lament over a desecrated historic site is gratefully a case of mistaken locations.

The bush grave of a stillborn baby (McCaskill - 1903) at the Canning Mills townsite is still intact, untouched and sitting in an out of the way spot close by. I had trouble finding it myself all these years later when I was moved to investigate, but it looks luckily removed from the recent vandalism and dumping of rubbish which is now sadly everywhere at the site.

Matt Lague
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Bowling Along



Jean Lewis

This month the members of the bowling club enjoyed opening day, which was celebrated with a champagne and chicken lunch, followed by an afternoon of bowls; a great way to start the summer season.

All players have been practising for the coming pennant season; the ladies had their final session last Tuesday (21st) and next Tuesday the games begin. The men start their season a little later.

Good bowling to all teams, and hope it is a pleasant season.

Memorial Request

The Revitalise Roleystone Committee would like to collect ideas from the community for a memorial to be built in Cross Park in remembrance of the young people who have been lost to the community.

The memorial will not have individual names on it, but will be a place to reflect, value and celebrate the young people in our community. Ideas are sought for the style of memorial eg a water feature, seating or a garden. We are also seeking words or symbols that would be appropriate. A suggestion box will be placed at IGA or please email your ideas to sienna@hotkey.net.au.

For more details contact Denise Hardie 0411 568 789. Young people in the community who would like to be involved are encouraged to contact Denise.

Denise Hardie

Concerning Preserving Roleystone's Views

I was so angry when I read your letter Mrs Drew (published as Preserving Roleystone's Views Courier October 08).

I don't believe you know the circumstances that have lead to our family selling this land. We just didn't decide to do this overnight - we have been working on this land for decades and things were getting really tough.

There could have been many reasons that you did not know about: there may have been family circumstances, or perhaps we couldn't afford it any more, or even perhaps a death in the family and we couldn't split up the land. This was our decision and we made it. It is private property and was ours and wasn't supposed to have people walking on it anyway.

My family feels so great now that it is sold. There is so much weight off our shoulders. Dad doesn't have to keep orcharding for the rest of his life with a bad back. The rest of us can do things other than farm work every day.

Sorry about you losing your view.
Celeste Zaviatter

Brilliant West Week Dialogue With Youth

On the 14th of October **Brooke Gibbons, Danyon Burge, Lauren Scheimer and Jacob Tompson** went to the Perth Convention Centre to discuss issues such as: Global Warming and what will prevent us from getting jobs in the future.

Scitech coordinated the event. There were 200 students and 50 schools involved. Four students from each school attended this forum. It was very educational and interesting.

We talked about our concerns for the future and came up with ideas for the government and the education department so that they can improve our education.

There were lots of guest speakers like Steve Wozniak who is the co-

founder of Apple Computers. He talked about how he became the co-founder of the apple computers and answered lots of our questions.

There were lots of giveaways and gift packs. The whole day was very informative and enjoyable.

Jacob Tompson (Year 8)
Roleystone District High School

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Matt Smailes: Master Farrier

Local Karragullen identity Matt Smailes is forging a very successful career as an internationally respected farrier.

Matt is carrying on the Smailes tradition following father Phillip and grandfather Ken into this ancient trade. However unlike his predecessors, Matt is taking his trade outside the confines of the local area and has dreams of providing farrier services across the world.

Matt left school as a 15 year old and took up an apprenticeship with his dad Phillip on their Karragullen property. Following the completion of his four-year apprenticeship, Matt spent three months in the UK and this experience allowed him to see his craft in a different light. In the UK he learnt that this trade is 'not just about shoeing horses'. There are exciting great possibilities for top class farriers and Matt's experience in the UK allowed him to see what was possible.

He came back to Karragullen to work with Phillip for a short period of time before deciding that he needed to return overseas to allow him to pursue his craft. Thus he went back and studied for three years in England studying with masters, approved farriers, able to guide and shape his development and really enable him to excel in his trade. In the UK only qualified people are able to practice and the qualification must be dual – from the government (an MBQ Level 3) and must also be recognised by the peer organisation of farriers that has existed since 1350.

Matt found that his experience in Australia allowed him to be practically proficient however the overseas experience allowed him to hone his theoretical knowledge. The course was rich in the anatomy and physiology of the horse and encouraged the farrier to look at every individual hoof and plan and develop a shoe to fit the hoof and the horse's lifestyle.

Matt's experience in the UK allowed him to spend time with people who were world-class farriers. He saw where the job could take him and he has been inspired. He met farriers who were flown across the world to shoe horses in high stakes equine

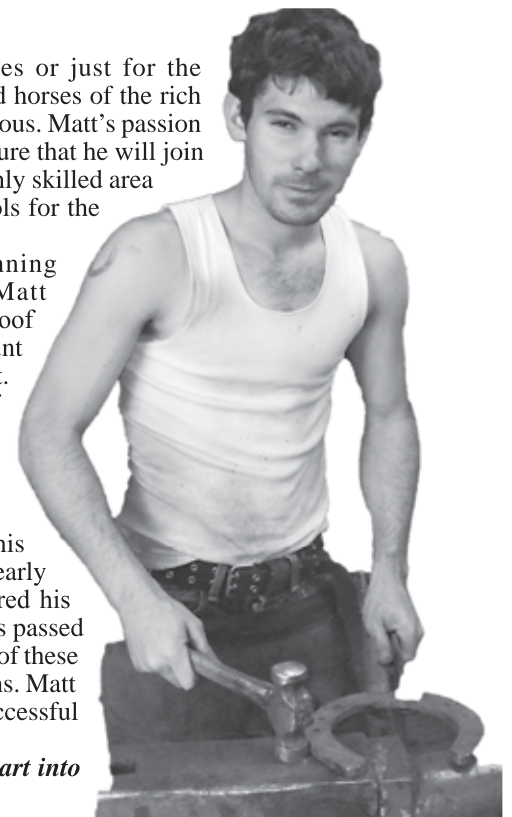
this elite group. Matt has been moving into the highly skilled area of tool creation. Matt's hand crafted, precision tools for the farrier trade are much in demand.

The day I visited, four beautiful prize-winning Clydesdales were being shod. Phillip and Matt meticulously and efficiently shod each horse. Each hoof was treated with care, reverence and a huge amount of understanding and a shoe was fashioned to suit. These magnificent creatures were in the hands of experts and it showed. The owner enthusiastically sung the praises of the two farriers and especially heaped praise on Matt who he declared to be the 'best farrier in Australia'. Strong praise indeed.

The Smailes family have a long tradition in this industry. Phillip's father Ken learnt his craft from early pioneer Dick Knuckey in the 1930's and transferred his knowledge and skills to his son Phillip and who has passed this onto his son Mathew. It is inspirational to think of these ancient skills being transferred down the generations. Matt has taken these skills to a new level having been successful across a range of international competitions.

We wish Matt all the best in taking an ancient art into a very modern future.

industries or just for the indulged horses of the rich and famous. Matt's passion will ensure that he will join



*Above: Matt makes a horse shoe to fit.
At left: he fits it onto a Clydesdale*



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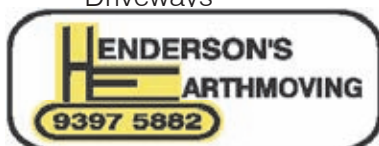
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Ken and Jean Hendrickson are back

Ken and Jean Hendrickson have just returned from the most wonderful eight month around the world retirement trip.

Both Ken and Jean live locally. Jean used to be a Deputy Principal at Roleystone Primary School and Ken taught Science at Lesmurdie Senior High School.

The fabulous trip included 22 flights, visiting 13 different countries and sleeping in 54 different beds. As the Hendricksons were backpacking around the world, they had many highs and one or two lows. They would never visit Egypt again despite the wonderful antiquities. Cairo was filthy and the street vendors make those in Bali look like rank amateurs. There was very little opportunity to appreciate the antiquities due to unbelievably huge crowds of tourists at all Egyptian sites..

The other low spot in the world was Maui in Hawaii which has the highest cost of living in the USA with extremely limited tourist attractions..



The high spots were numerous.

The south of France was a delight – wonderful people, abundant wine and delicious food. Boracay in the Philippines was like an earthly paradise with crystal clear blue seas and fine powdery white sand. Thailand is always a delight – especially Koh Samed Island. "Lord of the Rings" should have been set in Laos where the scenery is even more stunning than that of New Zealand.

Ken and Jean have returned to the glorious spring weather and the very definite knowledge that Roleystone is the best place on earth with a wonderful friendly community!

St Francis Day Animal Blessings at St Christophers

A wonderful Service was enjoyed by all who participated in The Francis of Assisi celebration.

To all readers, this may bring back memories of the Vicar of Dibley!!!!

The celebration at St Christophers was equally meaningful and Lesley, our Curate in Charge, was delighted with the conduct of the congregation.

It goes without saying that the animals were on their best behaviour!!!!

It is hoped that next year, this scenario will be repeated, and who knows what animal will come through the door (sadly not elephants, nor giraffes and they are too big, and too tall, respectively!!!!)

We at St Christophers hope that you enjoy the photos as much as we loved participating in the celebration.

Jeanne Chandler

*Below: Mike with Ellie:
Bottom: Diana takes Paris to meet Lesley.*



ARALUEN NOTES

www.araluenbotanicpark.com

On Tuesday 11th of November the annual Remembrance Day Service will be held at Araluen in the Grove of the Unforgotten.

This event commenced at Araluen in 1997 and is held annually with the kind co-operation of the Commonwealth Department of Veterans Affairs. Each year we include local school choirs and bands as well as chaplains and generally a soloist. This year the Park has secured talented Kelmscott Senior High School student Cassie Skinner. Cassie has recently performed the lead role as 'Eliza Doolittle' in the school's production of My Fair Lady. Cassie will be joined by the Roleystone Primary School Choir. Reverend Lesley Borowitzka will officiate at the ceremony.

Special invitees include the mayor, local government representatives, federal and state politicians, The Department of Veterans Affairs, the RSL, service clubs, DPI, FESA, Veterans Homes and representatives from over 35 schools. Interested citizens are also cordially invited.

It is most fitting that the service is held in the 'Grove of the Unforgotten' at Araluen, as this is itself a war memorial dedicated to the 88 YAL

members who gave their lives in the First World War.

A most poignant point in the Remembrance service comes when the wreaths are floated on the Pool of Reflection at the base of the memorial. There will be complimentary tea and coffee offered at the conclusion of the service and all participants will also be offered free entry to the park. So come along and be involved in this moving and poignant service in this most reverent of places.

Information provided by Rod Ross, Araluen.



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Roleystone Personality

Reverend Dr Lesley Borowitzka

This month we are celebrating the contribution of the unassuming Reverend Doctor Lesley Borowitzka – the Anglican Priest of Roleystone and Karragullen. Lesley has packed some impressive achievements into her life. Her most recent role as theologian and spiritual guide of the Anglican diocese, follows on from a highly successful career in the world of scientific research and business.

Lesley is married to Michael Borowitzka – Professor of Marine Phycology at Murdoch University and is the mother of two grown up daughters: Anna, a microbiologist and Kathy, a jeweller.

Born, raised and educated in Sydney, Lesley met her husband Michael as undergraduate Science students at Sydney University. She completed her Doctorate as a microbiologist and soon found work in the burgeoning Biotech industry.

Following a stint in California completing some post doctoral studies, Lesley and Michael were offered jobs in Western Australia and so, 25 years ago, they moved to the west.

Lesley started work as a researcher for Western Biotechnology and with her team developed the process of extracting of the chemical Beta Carotene from algae. Her work enabled the company to establish some trial ponds at Hutt River (these are the 'pink lakes' on the way to Kalbarri at the Port Gregory turnoff). This process exploded to become a huge multimillion-dollar company – the biggest algae farm and the biggest producer of beta-carotene in the world! Lesley moved from research scientist, into production and finally was made General Manager of the Company. This was over

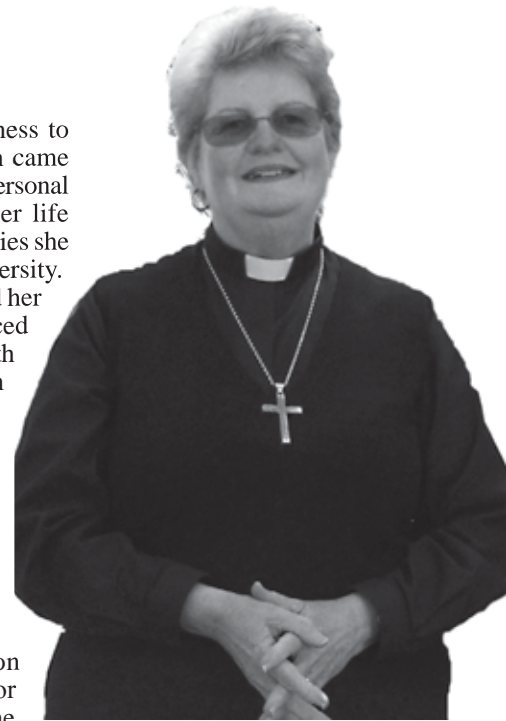
a twenty-year period.

Her move from the world of big business to a life devoted to the practice of her faith came gradually. Lesley has always had a strong personal faith and been interested in religion. Her life changing experience developed out of studies she under-took in Theology at Murdoch University. As she studied, her belief in God grew and her life started to change. She became convinced that this was what she wanted to do with her life. Her husband Michael has been 'supportive but surprised'.

Lesley has grappled with the beliefs underlying science and biblical explanations and finds no contradiction. She explains her beliefs clearly in a rational manner. This has led to her current project, completing a doctorate in Theology based on the topic of the debate between Science and Religion. Lesley recently used her firm grasp on scientific concepts and ethics to help mentor a group of Year 10 students at Roleystone District High School in their preparation for the Brain Bee Challenge.

In June 2007 Lesley was appointed as the Anglican Priest of Roleystone and she has not looked back. She loves it and they love her. 'I love working here. Roleystone has a real village feel. There are a lot of creative people, people passionate about the environment and the town has a big heart' she said.

Her role is varied and includes Sunday services, baptisms, weddings and funerals, teaching and support services for the sick and needy. Her compassion and integrity are valuable traits that enable her to provide real support for those in need across all age ranges. Lesley has recently been providing compassionate spiritual support to our



young people traumatised over the death of our recent young boys in the car accident at Boddington.

She is excited about the future. The church in Roleystone is growing and she feels that young people in particular are seeing more relevance for the church in their lives. Lesley is very enthusiastic about the great spirit of cooperation between the churches in this community with some combined services proving popular.

Thanks Lesley for your dedication to our community.

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Bali Dreams

Long-term Roleystone residents Paul and Christine Hanna are working on everyone's dream – setting up holiday resorts in beautiful Bali. Beachside land in Bali is premium and they have purchased unspoilt land on this most spectacular of coastlines. Surf, serenity and Balinese culture abound in this tropical paradise. Now they have completed bungalows on the site and they are now ready to offer local Roleystone Karragullen residents the chance to share in this dream.

Paul first went to Bali following the devastation of Darwin by Cyclone Tracy. This started a lifetime love affair with the island; he has been visiting regularly ever since.

Paul and Christine are now inviting you to become Holiday Club Members. The first 50 members will receive holiday club membership for only \$20 000. This gives members 80 weeks 'free stay' at their resorts or at a range of Hotels across the globe. (This is far below the cost of 80 weeks

accommodation on the island at most locations – and the Hanna's resorts are all 5 star quality). The deal also includes paying nothing for 12 months and terms for paying the amount are available. Finance terms on payment of 50% can be negotiated.

A small service levy of \$780 per year over the next 12 years is also charged to cover the costs of utilities. The deal can be shared with friends and relatives for a minimal cost.

Paul is passionate about his work and has a strong track record in getting difficult projects off the ground. He would love to discuss this with you so please give him a ring on 93975 484 or 0411 888 453.



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Chilli Festival: a Finalist

The popular Araluen Chilli Festival has achieved finalist status in both the 2008 Western Australian Tourism Awards and Healthway Awards.

Araluen Botanic Park is proud to announce that its popular "Go for 2&5" Perth Chilli Festival has been named as a finalist in the "Festivals & Events" category of the forthcoming prestigious 2008 Western Australian Tourism Awards.

It also achieved Finalist status in the Healthway Awards, held on 6 October 2008.

The WA Tourism Awards are conducted by the Tourism Council WA and are highly revered by the tourism industry. All winners and medallists will be announced at the Gala Dinner to be held on the evening of Saturday 29 November at the Burswood Entertainment Complex Grand Ballroom.

"Once again the standard of entry was exceptionally high this year so Araluen is to be congratulated for its excellent efforts in becoming a finalist", says Graham Moss, CEO Tourism Council WA.

In response, Araluen Park General Manager Rod Ross said, "We are delighted to be named as a finalist in this highly respected awards

program. It vindicates the confidence of our President, John Colwill, back in 2003 that the public of Perth would support this event concept. The fact that it became so popular from the start did surprise us, but it is a wonderful reward for the hard work and dedication of our team that goes into this fantastic event."

The "Go for 2&5" Perth Chilli Festival is the key event in Araluen Botanic Park's diverse and popular annual 6iX Summer of Entertainment program. It enjoys strong community involvement, celebrates the unique culinary and cultural aspects of chillies and features a diverse range of stall holders and entertainment that promotes an appreciation of healthy living and culture.

The biannual Healthway Awards program recognises excellence in health promotion. Araluen's 'Go for 2&5' Perth Chilli Festival was selected as a finalist in the category 'Projects addressing sustainability, capacity building or health policy implementation'.

"Araluen is proud to be supported by Healthway and it's 'Go for 2&5' message. We see an excellent fit between our Perth Chilli Festival event and this health message", says Mr Ross.

"Another benefit that has arisen from this association is that Araluen Botanic Park has become totally smoke free, in line with the SmokeFree WA message", he adds.

Good luck Araluen.



Oliver is poised to take out the Premier's Young Scientist of the Year Award.

Oliver Tester, (pictured at right) who was ranked third in the world BioGENEious competition (see the August edition of the Roleystone Courier) has made it into the finals of The Premiers Young Scientist of the Year Awards!

He is one of only 3 short listed finalists and the winner will receive \$10,000 !!!

We wish you all the best Oliver.






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ROLEYSTONE TENNIS CLUB NEWS

Upcoming Fuller Cup

Now is the time to get your names down to play in the Fuller Cup! This year the Fuller Cup will be run on Thursday nights commencing 20th November running four weeks through to the 11th December.

That is the last two Thursdays of November and the first two Thursdays of December. Teams will be made up of two men and two women, and the teams will be selected to be as even as possible.

Each night tennis will start at 7:15pm and after the games there will be drinks and tea + coffee, the first of which is included in the price.

The price is \$10 each week, which covers the cost of balls, lights, court hire and your first drink. To play, contact Fran Brayshaw on 0419 953 848 or email at franandjim@westnet.com.au. Hope to see you all there!!

Coaches' Corner

Much in the world of coaching is happening at Roleystone Tennis Club. For starters, junior social tennis will be starting this week and will be taken by either Cameron or one of his assistant coaches Lisa and Daniel.

The social part is intended and timed to be a straight follow on from the junior lessons that take place directly before it.

Junior coaching is available on Wednesdays and Thursdays, with social tennis following after the Wednesday classes.

Wednesday: Boys + Girls 3pm - 4pm, Boys + Girls 4pm - 5pm, Social 5pm - 6pm

Armadale Producer's Market Starts

The Armadale Producers market is starting on Sunday 9th November, and will run from 8.30 to 12.30 every week.

The market provides the opportunity for the local community and visitors to purchase fresh, seasonal produce direct from the grower.

The market will generate a hub of activity for locals creating a vibrant and exciting tourist attraction for the region.

A wide range of stalls will sell fresh fruit and vegetables, meat, honey, wildflowers, coffee and breakfast rolls, freshly baked bread, pastries, preserves and chutneys and lots more.

Once up and running a

chef's kitchen will be established as part of the market, with demo classes using produce from the stalls, recipes etc. A kid's club also will begin once the market is underway, with activities for children that will provide the chance for fun food experiences, such as cooking classes, growing veges at home and food related activities.

The market provides a great opportunity for local orchardists, to sell their goods directly to the shopper.

For the customers it will provide local, seasonal, fresh food.

Thursday: Boys 4pm - 5pm, Girls 5pm - 6pm

Social tennis is available to anyone, not just those in the preceding lessons, however, children will need to be of a level where they can play a game without assistance before they can join in.

For those children already doing lessons, social is a great way to improve your skills by getting some practice under your belt. Anyone can come down and play for \$15 a session or \$105 per 8 week course.

Christmas Celebrations

Roleystone Tennis Club is celebrating Christmas in style with a Barbecue and Tournament! Celebrations will be taking place on 14th December 2008 commencing at 3.30pm. For evenness in the tournament, all names will be put into a hat and randomly drawn out to make up teams.

All are welcome to come down and join in, and there will be a BBQ (BYO Meat and a salad to share) starting approx. 6.30-7.00pm. So come down and meet the friendly folk at the Roleystone Tennis Club while enjoying a great game.

Look forward to seeing you there! Put your names down in the tennis club or email the Club at roleystonetennisclub@iinet.net.au.

By Brendan Diss

Happy 21st - Art Deco Society



Above: Founder Yvonne is seen celebrating with husband Ron



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In our own district we are lucky enough to have an icon – Canning Dam, a National Trust classified construction and truly amazing edifice.

At the time of its construction, Canning Dam was recognised as one of the largest dams in the world and recognised as a major engineering achievement. Its innovative structure as a concrete gravity fed dam was at the forefront of 'concrete dam' design in its day.

It was designed by Adelaide born Sir Russell Dumas (1887 – 1975) and was officially opened by the then Premier of the state the Hon J Wilcock on September 8th 1940.

The dam was very significant in the development of our state.

It was essential for the expansion of the Perth metropolitan area as a reliable water supply was of major importance in making certain that future development was sustainable.

It replaced the old pipe head dam built on the Canning River in 1924.

Prior to the dam's construction Perth's water supply was unreliable and poor in quality (it was quite saline and had an excess of bacterial pollution) and often scarce in drought periods.

At the time it was the State's largest public works project. Also the large area of natural forest in the catchment area has significant

environmental impact and importance.

The site for the dam was selected in 1896 however work did not commence until 1933.

The allocation of land as 'catchment' and the decision to not allow farming to occur on these lands had a big impact on many Karragullen farmers in the 1920s - 1940's as their farms were resumed. This decision caused great financial hardship to many of our pioneer orchardists.

Cont over page.



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The final catchment of Canning Dam - Kangaroo Gully is 59 sq kilometres and the full extent of the dam reservoir is 11km in length.

When it was first built, it provided work for over 500 men and gave a huge boost to local industry. The workers and their families lived in a small township at the western end of the valley downstream from the dam wall.

This settlement had a post office, a general store, a reception hall and a primary school. However there was no hotel. The dam wall was constructed using bulk handling of cement rather than the use of bagged cement. This was the first time this had been used in Australia.

The cement came by rail from the cement works in Rivervale to Armadale and then by road from Armadale to the dam. The dam wall consisted of a series of monolith made up of a single day's concrete pour. The dam was the major source of water for Perth from 1940 – 1961.

The building cost over 1.1million pounds. This represents a huge investment.

In 1999 the dam underwent a major upgrade to refurbish and strengthen the ageing wall (some of the wall had concrete cancer.)

At the dam, visitors can still see the locations of the married men's quarters, the former staff mess and staff quarters to the east and the quarry and the engineer's house to the west.

The Contour Channel

The dam is also historically significant because of its links to the Contour Channel Pipeline System built during the 1930s. This provided employment for over 500 men and indirectly



Above: The stone fireplace on Peet road was built by the sustenance crews building the channel to dry their clothes and keep warm in the chilli mornings of winter.

thousands more during the Great Depression. The contour channel was 15 kilometres long and constructed totally by hand. Most of the workers were sustenance workers who accepted the work readily due to the lack of work elsewhere.

For more information about the dam go to www.aussieheritage.com.au



Not Just Movies.....

We've just seen some of the fantastic new DVDs, Books and Box Sets that will be arriving this month. There are some wonderful Christmas gift ideas priced from \$2.95 to \$19.95. So.....save your petrol and beat the Christmas shopping chaos, visit Deb and the crew first!

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A possible solution for the parking problem at Araluen

Standard car bays measure 5.5m x 2.5m = 13.75 sqm and car parks are usually comprised of a land area double the size per bay. So if you want a 100 bay car park you need 13.75 x 2 x 100 square metres.

Hence a 700 bay car park would require a bit under 20,000 square metres of land.

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A piece of cleared land a bit over 20,000 square metres which has a 95 metre long common boundary with the Araluen Botanical Park as well as its own drive-way entrance/exit to and from Croyden Road, is now available for purchase at \$579,000.

If that land was bituminised the annual rainwater run-off from it would be around 20 mega litres (20,000 tonnes) so maybe that could be drained alongside the existing drive way down to, then under Croyden and into the Canning River. The distance from the shared 95 m long boundary to the existing Araluen entrance is about a 150 m long walk.

Trees half border the site for sale, so it wouldn't take much to completely surround it with trees to screen off the (hypothetical) new Araluen 700 bay car park. How many men does it take to change a light bulb? How much paper shuffling has to be done to change a hypothetical to an actual? To those with the reins..."Over to you." Because we all know only too well that opportunities come to pass; not to dwell.

Q: If you had car bays end to end along one side of Croyden Road from the Araluen entrance to Brookton Highway, how many would you have?

A: 700

P.Clune
 Croyden Rd Roleystone.

The Courier Stories Travel Far and Wide

Scott Johnson grew up in Roleystone but now lives and works in Kalgoorlie. His sister Anne lives in Cannington and her daughter has returned to the family's roots and lives in Roleystone less than a km from her family's ancestral home in Tyres Rd.

Through this convoluted channel Scott was made aware of his photo in last month's Courier, as he was part of the victorious Football Premiership team in 1963.

Scott was very pleased to see his face pictured but wanted a few things clarified. The boy in the back row was not Jeff Bradfield but was Jeff Mould and lived with the Hunt family. Plus we had misspelt the spelling of one boys name – it is really Tony Gianeni (not Genoni) – this was clarified by Tony's nephew who now works with Scott in Kalgoorlie.

We appreciate clarifications and it is great that these stories are being spread across the state.

Christmas Carol Service
 There will be a traditional Christmas Carol Service at the Roleystone Community Church (Cnr Croyden Road and Brookton Hwy) on Sunday evening, 21st December.
 As some of the service will be candlelit, we will be starting at 7.30 pm.
 Do come and celebrate the birth of Jesus with us – all are welcome.

A response from Araluen

We have become aware of the availability of the said block off Croyden Road as a possible option to solve the car parking issues associated with major events at Araluen.

This option has some major environmental, financial and access challenges associated with it and for that reason is not our favoured option. More investigation however is to be undertaken.

Rod Ross
 General Manager
 Araluen Botanic Park

Glad to be Back

Ken and I returned home to Roleystone from an eight-month world trip on 10th October. At first it felt very strange to be home and we felt quite at sea. Thankfully our wonderful house sitter had kept all the copies of "The Courier" which had arrived while we had been away.

We spent the whole of last Saturday reading all the back copies and learning a great deal of news about what had happened in Roleystone in our absence.

We love all the local history like the news of who was a Land Girl in the War and also the article on the old Roleystone Drive-In. Well done for giving "The Courier" a new spin! Keep up the good work!

Jean Hendrickson
 Back home in Roleystone

Highland Gathering and Cycle Classic

On Saturday 15 November there will be kilts, bagpipes and sporrans galore at the Highland Gathering, but you don't need Scots ancestry to enjoy this popular City of Armadale event to be held at Minnawarra Park.

Community members and visitors of all ages can soak up the Celtic atmosphere with music from Heel and Toe, Anything Goes, the Armadale City Concert Band and street performer The Bad Piper.

Watch the thrilling Armadale Cycle Classic through the CBD streets; take in the festival of highland dancing, pipe band competitions and traditional heavy events including the tossing of the caber.

There will Scottish sweets to enjoy and celebratory ale to sample – after all no Scottish gathering would be complete without a toast to the haggis. For more information visit www.armadale.wa.gov.au or phone 9399 0187.



Community Learns to Row

Over 40 people aged from 10 -70 years tried their hand at rowing at Champion Lakes Regatta Centre on Sunday 12 October.

Rowing WA and Champion Lakes Boating Club facilitated the workshop with participants coming from as far as Cannington, Roleystone, Maddington and Martin.

Instruction was given on land to demonstrate correct oar technique and the use of a rowing machine gave participants the feel for the co ordination of pulling the oars along while moving on the sliding seat in the boat. Two quad sculls were then used to take those aged 13 years and over out onto the water. Champion Lakes Boating Club and Rowing WA will follow up this community day with a series of 5 week beginner lessons for those interested in learning more about rowing.

To register for the lessons contact Robyn Brown, Champion Lakes Sport Development Officer on 9399 0011.

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Roleystone Toy Library

Not long now until Christmas and with the hot weather well and truly on the way, the Toy Library is a great place to find



some fantastic outside sporting equipment and water play activities not to mention all the fun, educational indoor toys for those too hot days.

My kids had a great time on the roller coaster and are now enjoying the pedal and push Police car that is burning up the decking on the veranda.

Come and have a look! All information is available at roleystone.net.au or email the toy library at roleystonetoymlibrary@yahoo.com. Alternatively, you can call Natalie on 9397 7604.

Jus' Dance

So you think you can dance! New COURSES at Jus'Dance starting Monday 10th November in all our styles of dance from Ballroom, Latin, Salsa, Rock'n'Roll, Jive, Ceroc & Hip Hop. Kids & Adult classes available see website www.jusdance.com.au for further details, or phone Jenny on 0413 430 721.

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Pitch Report

In the Nets and Out in the Middle



The football season has come and gone, but for some of us there is no time to put your feet up and wait for broken bones and bruised bodies to heal. Preparations have already begun for Australia's most popular sporting pursuit.

That's right, in OZ more people play Cricket than any other sport, summer or winter, and season 2008/09 is about to commence. Time has come to return to the Cross Park nets under the watchful eyes of our diligent coaching staff to sort out the batting line ups for the season.

Things are on the way up at the club. This season we have a bumper enrolment of junior cricketers. This has left our club registrar with a headache the size of Warnie's ago. With all the registration documentation and fees that needed to be processed, you would have been forgiven for thinking that we were reconciling Shane's mobile phone bill.

So far this season we have had to sort out 26 in2CRICKET juniors. (More than double last years number!) As we are fielding two teams of under 12's for the first time, we have had to find an alternative venue for the second team to play at this season. This sounds easy

enough I know, but the reality is often and in this instance, a very different story. Our preseason cry for fresh coaching blood has been heard with Tim Clarke generously volunteering his time to coach the U10's. As a debutant coach he is busy finding his feet and is teaming up with our new U14's coach David Start, who is also a very talented Roleystone senior cricketer, to mentor our batting and bowling talent.

We have also had to review our existing stocks of cricket gear. More players means more cricket bats, balls, pads, gloves I could go on and on. The Cricket and Football Shop out in Kenwick is doing a very brisk trade thanks to our club. They have been, and still are, great supporters of junior Cricket clubs. They have a tremendous range of cricket merchandise in stock, so you all now know where to go to make your kid's Christmas special.

Stay tuned in the coming weeks to find out who our first century maker is, and to see who gets the first hat trick of the season. Remember to be on the look-out for flying cricket balls as you walk down Jarrah road past Cross Park. One of our junior cricketers could be at the batting crease.

Until next issue, keep your eye on the ball, your front foot forward and play with a straight bat.

Hannah Meuli Reports on Scout Camp to Manjedal

Between Sunday the 28th of September and Saturday the 4th of October about 900 Scouts, Venturers, Leaders and helpers camped at Manjedal for seven days.

We partied with DJ Dribbl, we flew 150 metres in the air (and screamed all the way), we went canoeing, rock climbing, abseiling, we caught colds, we signed shirts, we danced, we slept in, we stayed up late, we cooked, and man... we ate!! On Market Day we spent special "Campwest dollars" and sold lots of flour bombs. We also got dirty in the mud pit; we solved crimes at the Toe Tag Challenge. We broke China at the China Chuck and we legally graf-fitted the new Maze. We laughed, we cried, we hurt, we healed, we saw old friends, but the best part

of CAMPWEST '08 was making many new friends.

Roleystone Scouts were in troop #3, A.K.A. "Stoney-Beech-River", which included Roleystone, Beechboro and Margaret River.

A big thank you to all the Leaders who helped make the event so special: the Quarter mistress (Kestrel) who had the hard task of getting the food supplies in; the health and safety person (Maali) who made us all wash our hands 100 times a day and cleaned the 4 porta-loos we were using; the activity leaders (Gecko, Mang, Kite and Cosmo) who ran some awesome events, and kept the patrols on time; and the Troop Leader (Draco) who made it all run smoothly.

It was awesome.

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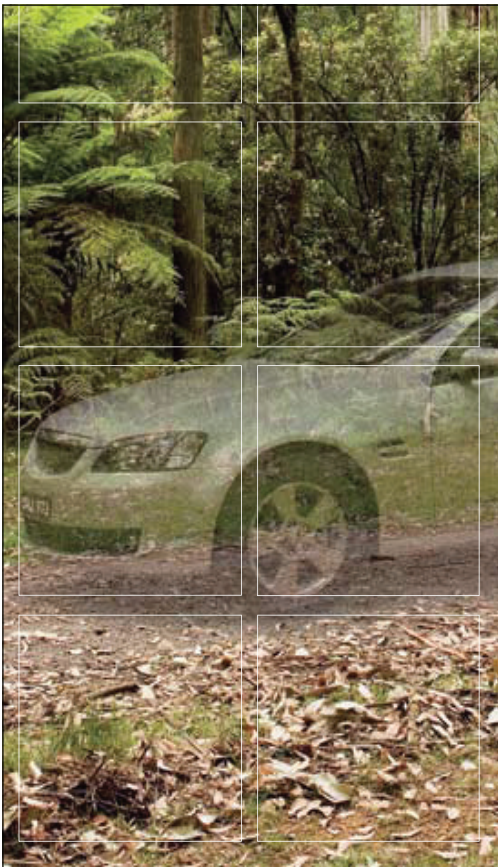
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We would like to thank all the people who have supported our family over the past weeks since we lost our beautiful son and brother Glen. To all the people who called around, rang, sent flowers and cards, bought meals around and the local churches who prayed for us, we thank you. We were so touched by the kindness of so many people and cannot thank you enough for your support. The community support from the Roleystone Football Club and Roleystone Karragullen Cricket Club as well as the Roleystone Country Club to name a few was amazing and demonstrates how close and unique the Roleystone community really is.
The Darbyshire Family





Two outstanding young men of the Roleystone Community lost their lives in a tragic accident on Thursday evening. The effect upon the close knit community is a strong reflection of the commitment these boys showed locally. Their input particularly to the sporting clubs of Roleystone, has been both passionate and loyal. Both young men were excellent sportsmen and involved with both the Roleystone Karragullen Cricket Club and Roleystone Football Club. Not just as players, both had committed additional times and energy to their clubs as committee members assisting with organising community sporting/social events and the encouragement of others to join our clubs.

Glen Darbyshire was a true favourite of young and old and was never short of giving time and acknowledgement to all. His welcoming and respectful nature towards everyone was a cornerstone of his popularity amongst older and younger club members alike. In addition to these fantastic qualities, it was his athletic physique which he was both proud of and many female supporters in awe of. Glen was respected by his immediate peers for his calm and pacifying nature; he could always be relied on to come to the aid of mates in time of distress or when they were in need of assistance.

Matthew Butcher was a true larrikin. Chapters could be written about his exploits both on and most particularly off the field. Whether it was Butch's nudy runs with only hat in hand or his over the top bids at sports auctions, his well meaning sledging of team mates and his good natured acceptance of the cricket club 'duck award', he was always sure to entertain. It goes without saying that Glen and Matthew's team mates and fellow club members will truly miss their presence both on and off the field. The sporting community of Roleystone wishes condolences to Keith and Colleen Darbyshire and Peter and Tania Butcher and their families.

The Sporting Clubs of Roleystone



On Thursday 2nd of October Matthew Butcher and Glen Darbyshire's young lives were tragically cut short. These boys were loved by everyone in their lives and everyone they came in contact with. The public display of emotion and outpouring of emotion and sadness is a testament to how much they were valued and loved by the whole community. They will be sorely missed.

Lisa Thatcher.

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Mr June is Roleystone's Andrew Spry

The 2009 Firefighters Calendar is now available. Roleystone's Andrew Spry (above) is featured as Mr June. Calendars are available from IGA, The Family Centre and the Roleystone Recreation Centre.

Proceeds go towards funding the annual Firefighter's games and the Burns Unit at Princess Margaret Hospital.

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Pioneers Reunion



On October 4th the City of Armadale again hosted the District Pioneer Reunion. Each year those who have been resident in the district for over 50 years are celebrated. Many of these are present or former residents of Roleystone and Karragullen.

Pictured below: Merv Mundy talks to his cousin Vern Bettenay and wife Margaret. Councillor Laurie Scidone standing. At left: Local stalwart Kim Fletcher cuts the cake.



Back in 2001 I was driving aimlessly around the Perth hills when I picked up the local rag and noticed an ad reading 'fire sale'.

Well curiosity got the better of me so I decided to investigate. That's when I found a studio in waiting, disguised as an old water reservoir tank. It was love at first sight. I knew we were meant to be together, but I would have to convince my wife. It didn't take long as we were living in a tiny unit with a new baby and the idea of a space in the hills was too good to pass up.

So with papers signed the hard work began. As it was the old fire station and the tank had long been the clubhouse, there was a lot of cleaning up to do and modifications to be made.

The mission of finding the building material began: salvage yards were goldmines for double glazed windows, fire doors, bricks and wood. In the local paper I found the ceiling from a gymnasium, the sound proof doors from MOJOS nightclub, an iconic breeding ground for Perth's band scene. These doors have music history embedded in the vinyl.

THE TANK is 160 sqm, 14m diameter with 8inch thick concrete walls, a central RSJ spans the total length, which was perfect to use as the main wall, double brick cavity with double door frames for the studio area.

The main design is that of the yin yang if looking from above, a separate kitchen was created lifting the floor level to correspond with a curved wall of the studio area leaving a large open area for living, until I could then make another wall for the drum booth after the family of now two boys shifted out of the studio into their own rooms of our newly erected house on the same block of land.

This is when the fun part began. I have been collecting musical and recording equipment for sometime as well as playing in bands in both Adelaide and Perth.

The last band I created was called Astronaut and we were awarded a WAMI for best live electronic act in 2006.

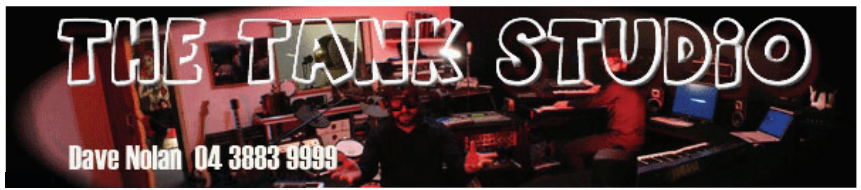
I am now ready to put everything together in one spot and start creating.

My set up comprises an assortment of quality and affordability and I am always looking to upgrade, build and find

new toys.

What ever the quality, everything has a purpose. I have a 24 track digital recording studio ready to go!

The equipment I have at the moment allows me to do almost anything. It's all up to the



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The next meeting of the Roleystone Musicians Club will be on the 7th November. This will be the last regular meeting for 2008.

The end of the year party will be celebrated in true Musos Club style. Last year's Christmas party was huge!

The theme this year will be: "living in the seventies". All who attend are invited to come dressed in the 'decade that taste forgot'. There will be prizes, the usual mayhem, great music and of course special guests.

The party will be on Saturday 13 December at the Roleystone Country Club and will run from 7:30 until midnight. The cost will be \$7.00 for ticket pre-sales and tickets are limited.

Get in early as there may only be a limited number of tickets at the door. If you would like to perform on the night the running sheet is now open.

Tickets are available at the November meeting and through selected outlets. Due to the venue - under 18s must be accompanied by an adult!

Please check the website for more details:
www.freewebs.com/roleystonemusiciansclub

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President Zyg

On October the 4th Roleystone Theatre held its last official function to celebrate its 75th Anniversary. Numerous functions had been held thru out the year, but the concert was the icing on the cake.

Co-ordinators Kim Fletcher & Bree Hartley assembled some of the Theatre's finest performers who excelled on the night. One rehearsal was all that

was needed to bring them all together.

The theme for the night was the 1930's and Trish & Angelo Bona were first up with a spectacular medley that had the audience spell bound. Gerry Chapman was the M.C for the night in his usually rousing fashion. Next act was a Gilbert & Sullivan extract from The Pirates of Penzance. This was performed by Sarah Cosstick, Peter Carr & Paul Treasure. Kim Fletcher sung songs from The Mikado & this was followed by our own Choir under the baton of Bree Hartley.

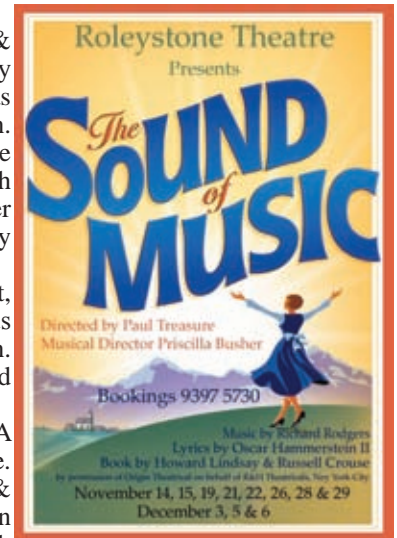
Other items presented were a Music Hall Segment, Recitals and a Magician. A definite highlight was footage of previous shows shown on the big screen. The evening ended with all assembled singing Auld Lang Syne.

A sumptuous supper was provided by the C.W.A which was followed by cutting of an Anniversary Cake. Two of our longest serving members Marg Bettenay & Kim Fletcher did the honours. Thank you to Maureen Hanson for stepping in to be our accompanist, Bob Hart for providing vintage theatre footage & George & Dianne Harrison for lending past show videos.

It has been an exciting & successful year so far. We are soon to announce our season for 2009. Some truly fantastic shows will be on offer next year.

Thank you to all our patrons who attend our performances.

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Dry Eyes

Dry eye syndrome is quite common in the middle aged and elderly. Estimates run as high as 60% in those over 50. Such a condition is exacerbated at this time of year with hay-fever season in full swing, and pollen laden easterly winds blowing.

Those most at risk include those with a history of Gout, arthritis, asthma those taking anti-depressants and woman over 50 taking hormone replacement therapy.

Dry eye syndrome is essentially a disease in which the tear ducts do not produce adequate lubricating tears. This results in instability of the tear film across the eye surface. With dry eye syndrome the layers of the eye fail, leading to soreness and inflammation of the eye surface.

Signs and symptoms include, dryness, slight redness, and "gritty feeling" in the eye, foreign body sensation light intolerance and excessive tearing which seems paradoxical. This is the result of the body attempting to compensate and producing excessive quantities of poorly lubricating tears.

Untreated, dry eye syndrome can lead to, permanent damage to the surface of the eye, shrinking of the lachrymal glands, and an increase in eye infections. Dry eye syndrome has been associated with corneal infections which can lead to permanent visual changes.

Causes include:

Age – decline in tear production occurs with increasing age

Sex – females are more prone, possibly due to declining hormone levels post-menopausally

Environment- air conditioning, hot winds, smoke (particularly from cigarettes)

High caffeine intake and a history of heavy alcohol use

Medicines including Nurofen, Voltaren, anti-depressant medications, (Prothiaden, Endep etc) antipsychotic medicines, anxiolytics (Temaze Serepax etc) and the older type antihistamines (Polaramine and Phenergan)

Treatment: Treatment aims to achieve constant lubrication of the eye surface thus alleviating redness, soreness, and discomfort and blurring of vision. The thicker or more viscous the product, the longer relief is given. In severe dry eye conditions these products have to be used frequently (hourly) so it is better to use preservative free single use only products. When lubrication is needed at night, sterile eye ointments such as Duratears and Lacrilube SOP can be used.

Many of the products contain cellulose derivatives such as carmellose (Cellufresh, Celluvisc, refresh tears plus), hypomellose (Genteal, methopt, and poly tears). Viscotears and Genteal Gel containing Carbomer 980 are particularly good for severe dry eyes.

There are so many products on the market it is best to check with your doctor or pharmacist so they can determine which product will best suit your specific symptoms.

Even though dry eye syndrome may seem a minor irritation, our eyes are precious and we need to look after them.

by Stephen White
Your Local Pharmacist

GARDENING NOTES *JEAN 93975547*

This month is just like PEGASUS, it has had wings on it. Plus we have had so many promises of rain but just like most fables it has been fictitious. This may be a blessing to those who are working to stop water seepage along the creek and the dam on Brookton Highway where I notice more rocks have been delivered.

Today the Roleystone Garden Group had a wonderful ramble through the Jill Phillips Art Gallery and Garden in Wymond road. This was a fascinating outing as Jill has so many great ideas. Her hanging pots would make fantastic holders for water-wise plants and are really creative. So if you want that 'special something' for that 'special someone who has everything', make the time to visit Jill.

Next month we will visit Wendy and Patrick at their home at 48 Garland Road at 10am on Tuesday 18th November. This is a newish garden and the owners are looking for guidance.

We are inviting all gardeners of

Roleystone - this is your club and we are so thrilled when new people come along.

Roses and Irises, are dominating the garden picture at the moment. The scents are wonderful and encouraging to come out and be busy in the garden. My pond is covered in yellow water-lilies and they are available for other gardens if you would like to ring me.

Some of you have weeds under control, others do not. It is important to get your weeds managed as this is the season they will spread their seeds. Many will spread into our beautiful bushland and this is certainly not what we want to see happening. Plus unkempt weed growth is a fire risk.

With the weather as it has been we all have to make a concerted effort and also make sure any gutters are clear of dried leaves. This all makes good mulch but try not to mulch too heavily as the soil needs to breath. Also don't mulch right up to the trunk of plants as this encourages Slater activity and collar-rot.

Good Gardening Jean

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Above: Some of the Roleystone Gardener's Group on Jill Phillip's balcony in Wymond Road. All are invited to join us at Wendy and Patrick's on the 18th November.

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Roleystone Orchids

Up here in Roleystone we are very lucky to have native orchids growing on our doorstep.

Spring is a beautiful time of the year (except for hay fever sufferers who hate it with a passion) with many plants flowering, including orchids.

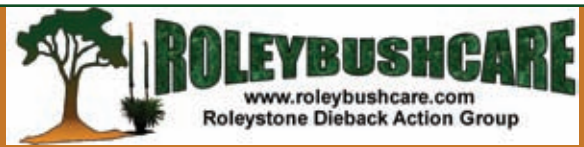
Orchids in Australia are very special plants. Each orchid needs a specific fungus to be present in the soil for it to grow, a different fungus for each different orchid.

West Australia is lucky to have many orchid species present. To grasp how many there are have a look at the following website. It has loads of orchid pictures from Southwest Australia www.webace.com.au/~chook/orchids/.

Another interesting website which looks at how orchids trick insects into pollinating them is www.abc.net.au/science/articles/2008/09/25/2373397.htm.

Roleybushcare has a 'Grow your own Orchid' kit produced by Kings Park to be won. If you subscribe to the newsletter Roleybushcare Updates by the end of November, you will go into the draw to win this wonderful kit.

The kit contains seeds, the essential fungus and some growth medium. Everyone is eligible to enter and we encourage anyone, including Roleybushcare volunteers, to register.



Search for Clematis Pubescens – Old Mans Beard

Roleybushcare is on the hunt for the seeds of Clematis Pubescens. It is a climbing plant that produces seeds that look like an old man's beard. The seed germinates well when it is very fresh. We need to seed it this December. If you have any on your property could you please let Ian know on 9397 6813.

Calendar

Don't forget Roleybushcare's 2009 calendar is now available for \$10. Inside you will find some of the wonderful natural sights of Roleystone. It is available in the following stores:

- Roleystone Network Video
- Roleystone Body & Skin Care
- Earthbound Organics
- Roleystone Family Centre
- Roleystone SUPA IGA.

Field Days

The next scheduled field day is at Stinton Cascade Nature Reserve on the 16th Nov for dieback treatment. The meeting place has yet to be decided. Check the website closer to the day. Morning tea provided and sausage sizzle for lunch. For extra information go to www.roleybushcare.com or see the Roleybushcare notice board located in the Roleystone shopping complex.

Susan Sbrana, Media Officer

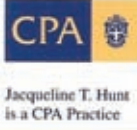
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SHOP 15, 21 JARRAH RD, ROLEYSTONE FAX: 9397 6923

Are You Bushfire Ready?

This year FESA is predicting that fire season will start early. With heavy winter rains and a dry spring the undergrowth is lush and residents are urged to be fire ready.

The message from the City of Armadale is 'to be prepared'. Residents are encouraged to create a fire management plan for their property, City of Armadale's Chief Bushfire Control officer Brian Watkins encourages residents to: 'decide in advance, in the event of a bushfire, whether you will go or stay and defend the property.'

'If you go, you need to go early. Prior arrangements need to be made for any pets or animals. You will also need a pre-arranged kit of essential items such as important papers etc and they should be kept where they can be quickly collected.'

'If you opt to stay, you should first determine if you are physically able to defend your property. Secondly, determine what resources are there to help you defend your property? Remember, there are often power failures during a fire.'

The City of Armadale also asks residents – especially those living in close proximity to bushland - to clean up their properties now to reduce the risk of a fire starting or spreading.

Firebreaks are important.

In recent years there have been an increasing number of programs designed and developed by fire and land management agencies to enhance community safety in the event of a bushfire. These programs are intended to increase awareness, preparedness and self-reliance among communities in high bushfire risk areas. The City of Armadale has adopted the Standard Operational Procedures of the Fire and Emergency Services Authority (FESA). The City of Armadale strongly advises all residents to visit the www.fesa.wa.gov.au website for comprehensive bushfire information and for updates about the condition of a fire in your area. To report a fire emergency, call 000 immediately.

Roleystone residents also need to be aware of their obligations: the City of Armadale publication 'Your rates at work' clearly outlines these. Residents owning land over 5000 sqm must have installed firebreaks.

Red Tail Rural Services (See advert this page, phone Gerry on 9397 5846) is able to assist residents in the construction and maintenance of Firebreaks.

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Phyllis Principal Licensee

Phyllis Pyke and her Team at LJ Hooker Armadale



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Richard Area Manager



Shane Property Manager

9399 1122



Lynda Area Manager

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admin.armadale@ljh.com.au



Ray Area Manager

LJ Hooker

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Wild Gossip



Syl Cooper
9397 6184
0417972930.

Shingleback Skinks, or Bobtails as we usually refer to them, can be seen quite frequently during spring either basking in the sun or attempting to cross the road.

If you see a Bobtail crossing the road please stop in a safe place, pick up the Bobtail and move it to the side of the road. Always move the Bobtail in the direction it was going or it will just turn around and attempt to cross the road again!

The easiest way to pick up a Bobtail is to wave a hand in front of it - the Bobtail will open its mouth making a show of being very threatening and aggressive - whilst it is distracted, bring the other hand in from behind to grasp the Bobtail behind the head and lift it supporting it's lower body with the other hand.

If you find a Bobtail that looks sick and is in poor condition it is a good idea to move it to a fly-proof place and seek advice from, or take it to, a wildlife carer or facility

Bobtails breed in spring with the males following the females around for several weeks and the same breeding pairs form year after year. One to four

young, but usually two, are born in late summer or early autumn, they are quite large and independent at birth.

Bobtails are mostly herbivorous eating flowers, berries and leaves though they will eat anything including the pet food!! Bobtails reach a body length of up to 34cms and can live for over 20 years but occasionally they do need our help.

Please contact me for help for or advice about all orphaned or injured wildlife.

Syl Cooper



Above: Congratulations to Fiona, Irene and our own Mady Colquhoun of Armadale PS who have just flown to Canberra to receive their National Landcare award.

Well done to all of you.

email: rksc@iinet.net.au website:
rksc.iinet.net.au

9496 3166
46 Jarrah Rd



Roleystone Karragullen Seniors Club Inc

NOVEMBER 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 MELBOURNE CUP LUNCH	5 INDOOR BOWLS 10 am - 1pm \$2.50	6 CLOSED	7 10 am ART GROUP Tea & Biscuits \$1 COMPUTER HELP 10am - Noon \$5
10 CRAFT GROUP 10 am - 12 Noon	11 BINGO 12 Noon - Finger Lunch \$3.50 Eyes Down 12.45 pm	12 INDOOR BOWLS 10 am - 1pm \$2.50	13 CLOSED	14 Committee Meeting
17 LUNCH 12 Noon \$9.00 GENERAL MEETING	18 12.30 pm MAHJONG Tea & Biscuits \$1	19 INDOOR BOWLS 10 am - 1pm \$2.50	20 CLOSED	21 10 am ART GROUP Tea & Biscuits \$1 COMPUTER HELP 10am - Noon \$5
24 CRAFT GROUP 10 am - 12 Noon	25 BINGO 12 Noon - Finger Lunch \$3.50 Eyes Down 12.45 pm	26 INDOOR BOWLS 10 am - 1pm \$2.50 BOOK CLUB	27 CLOSED	28

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Phil and Sally from Eco scrappers at the Karragullen Expo.

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Phil and Sally Richards are the faces behind a great new business wanting to help householders and farmers get rid of their unwanted metal for cash.

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They are happy with small and large loads. Car bodies, trailers, white goods, electrical items can prove very hard for the householder to dispose of. Phil and Sally will cleanly and efficiently remove these for you.

Perhaps there are some local young people interested in earning some cash? If they want to collect any metal: cans,

wire, mesh, old sewing machines, motors, batteries - anything that contains metal, Eco Scrappers will give them 'cash for scrap'.

Many residents have had the difficult problem of disposing of items that the shire will not accept at tips or verge clean ups.

Oil heaters, batteries, even fridges can be hard to get rid of. Sally and Phil are happy to take these away – as long as it contains metal they will correctly and safely remove the item and recycle it.

So give them a call today – 0405 309 920.

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For quick, efficient removals of ALL types of scrap metal including:

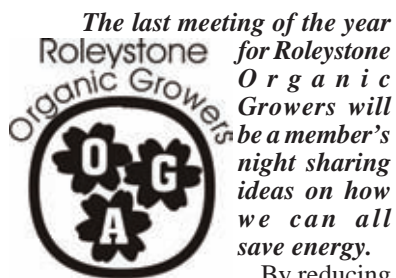
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Roleystone Organic Growers Energy Saving Ideas



By reducing the amount of energy we use, we not only reduce the output of greenhouse gases, but also save on energy bills!

There are many ways to save energy, such as turning off appliances that are on standby, running dishwashers only when they are full, growing deciduous trees or vines on a pergola on the north side of your

home to let the heat of the sun filter while providing summer shade.

Everyone that comes along will receive Government Brochures on "Simple Ways to Save Energy", and an Energy Smart Thermometer and an Electrical and Gas Calculator. There will also be a demonstration of a Solar Oven and Windup Torch.

So, if you have some good ideas or want to get some new ideas of how to be more energy efficient come brainstorm with us!

Please note that this month's meeting will be on Wed. November 12th @ 7:30pm at an Organic Shop- Violeta's Garden in Pioneer Village on the South West Highway. Cost is \$3.

Enquiries to Lisa 9399 2312.

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Fraser Joins the Roleystone Real Estate Team

Fraser Williams has been passionate about the property market since he was a teenager buying his first unit at the age of 19 in Wembley.

Fraser then went on to own and manage a series of units in Wembley, Subiaco and West Perth, executive letting them with his own small business called Exostr.

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After travelling widely through Asia, Arabia and Europe he studied finance, accounting and IT at university.

Last year Fraser worked in the building industry increasing his knowledge of property from the foundations up!

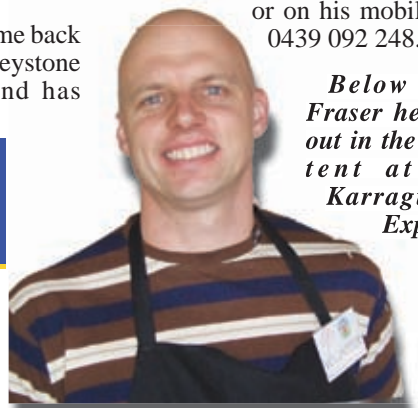
The 7 years previous were spent in the banking industry in both the residential and commercial markets. This culminated with his role of Retail Credit Assessment Manager, managing a team of 20 credit assessors in the high rises off Perth's St Georges Terrace.

Fraser has now come back to his passions, Roleystone and Real Estate and has

commenced as an associate at Roleystone Real Estate.

Fraser and his wife (a Roleystone girl) chose to move back to Roleystone to raise their children in a friendly environment and are involved with the community, especially the local school.

Fraser relishes his new appointment and is passionate about the business, enthusiastic, reliable and trustworthy. He is keen to make contact with hills residents and is honoured to think that he will play such an important role in one of the most significant decisions people will make. Fraser can be contacted at Roleystone Real Estate on 9397 6300 or on his mobile on 0439 092 248.



Below left: Fraser helping out in the P&C tent at the Karragullen Expo.

WA Tool Hire + Sales

Hire of equipment now available from Roleystone Auto Centre.



Nursing Shortage Affects Us All

My elderly father has been hospitalised and suffered serious setbacks, due in part to a shortage of nurses and a reliance on agency staff.

WA's public health service is running 800 nurses short, which will worsen as our baby boomers retire. This is a worldwide problem, with some countries so desperate to keep their health professionals that they take away their license if they work overseas!

Not only do we need to train and recruit more nurses, we need to retain them in the industry.

Studies show that pay and job conditions are primary reasons that nurses leave nursing. Long hours and work stress caused by a shortage of staff with too much to do, and too little time to do it leaves nurses frustrated and burned out.

Some nurses leave because they feel under-challenged.

The health professions have historically had

strict job demarcations. There has been some movement from that. For example, Nurse Practitioners are registered for a variety of duties historically reserved for doctors. Midwives independently deliver babies. School dental therapists drill and do fillings. Mental health nurses hospitalise patients pending examination by a psychiatrist.

Dealing with our chronic-and worsening-shortage of nurses requires us to think outside the traditional demarcations.

We must re-think our outdated job descriptions, which are based upon a different time and reality.

New work arrangements in hospitals and health services require new worker types and new approaches to training.

For example, post-graduate training to nurses will enable them to take on less specialised aspects of the traditional doctor's role. This will make nursing a



Hon Donna Faragher JP MLC
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more interesting profession, keep nurses practicing and ease the demand on doctors.

What do you think?

Please feel free to contact me at helen.morton@mp.wa.gov.au or phone my office on 9452 8311.

A Message to those Hurting in Roleystone from a Concerned Senior

As a resident of fourteen years, I see Roleystone a sadder place with the loss of many of our young people, through varying circumstances. So many in our community are hurting.

I pass on the following words that I hope may bring some comfort especially for Quinten (Sunday Times magazine 19/10/08).

'Life time relationships teach lifetime lessons. These things you must build upon for a solid emotional foundation.

Your job is to accept the lesson, love the person and put what you have learnt to use in all relationships and areas of your life. It is said that love is blind but relationships are clairvoyant.'

From Flo Barnett Roleystone

Article has been abridged - Editor.

Spring in the Valley

"On a lovely sunny morning in spring, the owners of Raeburn Orchard very kindly allowed a group of artists from Studio Gen-ius, Contour Road, to paint on their property.

The fruit trees were covered in pink and white blossoms, providing a very colourful subject for the enthusiastic painters".

The proprietors of Studio Gen-ius intend to exhibit the combined results later in the year.

Shirley Dercksen



'KOOKS KORNA'

Cooking for Family and Friends, for the experienced and the not so!!

BON APPETITE

Tomato and Zucchini Salad

Ingredients: 4 tomatoes, 1 zucchini, chives, parsley and basil-chopped, 4 tbsp olive oil,

1 tbsp white vinegar, ¼ tbsp mustard, ¼ tbsp garlic-crushed, pepper.

Do it: Cut the tomatoes into wedges, slice the zucchini and chop the chives, parsley and basil. Turn stove on high heat, half fill pan with water and boil, add zucchini and cook for 1 minute, drain off water. Mix zucchini, tomatoes, chives, parsley and basil in salad bowl, refrigerate while making the dressing. Put oil, vinegar, garlic, mustard and pepper in a jar and shake well. Add dressing to salad 15 minutes before serving—enjoy.

Fettuccini

Ingredients: 1 pkt fettuccini, 3-4 cloves garlic-chopped, 500ml cream, parmesan cheese-grated, 4-5 rashers bacon-chopped, 10 mushrooms-sliced, salt and pepper, olive oil, 1 egg.

Do it: Boil fettuccini, adding salt and a dash of olive oil, boil for approx 15 minutes. Heat oil in deep fry pan, add garlic and bacon, when browned, gradually add cream and parmesan cheese. Boil until sauce thickens, drain pasta and mix in cream sauce, then stir in egg. Mix well and serve—yum.



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Assisting Your Itchy Pets

Dr Judith Congrene

Springtime is a beautiful season which many of us enjoy, going for walks and pursuing more outdoor activities.

Unfortunately it is a very uncomfortable time of the year for many pets which experience constant itching and scratching as they try to relieve their very sensitive skins.

These skin conditions can be frustratingly difficult to correctly diagnose as to their exact cause but most are triggered by an allergy to fleas or some other environmental allergen causing the typically inflamed and reddened skin.

Generally dogs and cats show only minor skin irritation in response to fleabites. In some cases, there will be only small amounts of itching even when there are many fleas on the animal. In contrast, a pet with a flea allergy has a severe, itch-producing reaction to the flea saliva. The pet's response to the intense itching is to chew, lick, or scratch. This causes hair loss and can lead to open sores or scabs on the skin, allowing a secondary bacterial infection to begin. The area most commonly involved is along the spine, just in front of the tail.

Flea Allergy Dermatitis can be readily treated at your home.

Please call Dr Judith Congrene from Pet Assist 332 Home Vet Services on 0433 2137 28.

Roleysone Karragullen Community Bank

Buy shares in the Community Bank that supports the community

Eighteen months after we opened Roleystone-Karagullen **Community Bank**® Branch is continuing to grow thanks to the support of the community.

We combine genuine service with simple, competitive and practical banking solutions. As part of our commitment to the community we contribute a proportion of our profits to fund and sponsor local groups and projects.

Most recently we've assisted:

- The Roleystone Toy Library to buy much needed new equipment
- The Roleybushcare Group to purchase gloves and shears for ongoing reserve maintenance
- Roleystone Peewee T-ball competition.

It's inspiring to think that something as simple as your banking is making a big difference at a local level.

A wonderful opportunity now exists for community members to support Roleystone-Karagullen **Community Bank**® Branch by becoming shareholders in Roleystone-Karragullen Financial Services, which owns and operates the branch. For more information or to register your interest contact Secretary, Chris Johnston, accesschris@iinet.net.au or call into the branch at Shop 8 Roleystone Shopping Centre.

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Roleystone District High School students create a peaceful message.

Photo taken by a parent with a cherry picker.

Marleen Napier: Quilter Extraordinaire

Congratulations to Mrs Marleen Napier Year 6 teacher at RDHS who won prizes at the Kelmscott show for her brilliant blankets. Mrs Napier won one first place, three second places, two highly commended awards and one encouragement award. What a multi talented teacher.



Roleystone Primary School News

Our own Sue Bosley has been on the Year 5 camp and we managed to get these wonderful pictures just before printing.



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GOODBYE MR BROWN

The very popular Principal of the Roleystone Primary School, Don Brown, recently announced his retirement from education.

'After 40 years with the Department of Education I have decided that it is time to retire and my last day at the school will be Friday 31 October. I have had a very enjoyable career and I am pleased to retire from such a wonderful school. I have given short notice to the school community of my decision because I feel that everyone is busy enough at this time of the year without being distracted by such a matter,' said Mr Brown.

A transition process is already in operation to ensure such aspects of school life as staffing and class organisation for 2009 run smoothly. John White will be the Principal from 3 November to the end of the 2008 school year and Mary Harvey will work full time in administration and will take on both deputies' roles.

The Department of Education will appoint a substantive Principal for the

commencement of 2009.

We all wish Don the best of luck with his new life and sincerely thank him for his efforts for the school and our community.

Below: Don Brown in front of the Roleystone Primary School.



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Vanessa on

9397 5400

propman@fidock.com



Shop 9 Jarrah Road Shopping Centre, Roleystone

Astronomical Highlights for November

Daylight saving's upon us again

Lately, I've heard it called daylight shifting – an apt description. I regret that we can't put an hour more of sunlight onto the afternoon without pinching it from the morning. I prefer morning. Still, you can't please all of the people all of the time.

At least, the argy-bargy about daylight saving has people talking about the general subject of timekeeping. Until this whole daylight saving issue reared its head, we all just took our clocks for granted.

Way back in the 1890s when Premier John Forrest was trying to get Parliament to fund his dream of building an observatory in Perth, Greenwich Mean Time (GMT) had just been adopted as the basis for establishing longitudinal time zones around the globe.

Ours was to be GMT + 8 hours. This came about as a result of the 1884 International Meridian Conference in Washington, at which it was agreed that the Prime Meridian of Longitude should

be the one running from the North Pole, through Greenwich Observatory, and on down to the South Pole.

Choosing a starting point for longitude implicitly established a time base as well, because the Earth's rotation effectively is a progression through the time zones: one cycle every 24 hours.

It would be a tidy arrangement if there were 24 time zones, each one an hour different from those on either side. However, national and state boundaries, topographical features and other complications make a bit of a mishmash of the time zone map.

Not to mention oddities like all of China being covered by just the one time zone, which happens to be the same as WA Standard Time. China doesn't have daylight saving time. Now there's an argument for scrapping daylight saving in WA!

When Perth Observatory opened in 1896, one of its main duties was to compute, maintain and disseminate WA Standard Time.

Daylight saving was introduced nationwide by Commonwealth decree in World War 1 as an economy measure. It happened again in

World War 2.

Then Tasmania used daylight saving during a drought in 1967 to reduce water consumption in "hydro" power generation. The other eastern states trialled it in 1971, and it caught on.

The Moon's in waxing crescent phase at the start of the month. First quarter's on the 6th, full moon's on the 13th, and last quarter's on the morning of the 20th. New moon, phase zero, is on the 28th.

After that the waxing crescent phases will lead on into November. On the 13th, watch for the full moon rising about 25 minutes after sunset.

Venus holds sway as the brilliant "evening star" dominating the western sky at nightfall. It sets in the WSW around 10:40pm in early November, 11pm in mid-month, and 11:15pm at the end of the month. Jupiter's bright, too, but not nearly as bright as Venus.

You'll find Jupiter high up in the western sky at nightfall in early November. Then it'll slowly get lower and lower, as the weeks go by. Jupiter sets in the WSW around 12:40am at the start of the month.

By mid-month it's going down around midnight, and by month's end it's just after 11pm. Saturn's easily found in the north-eastern sky, not very high up, at daybreak (about 5am).

As far as the Observatory's concerned, October brings a new season: the public star viewing season.

David Lowe.

Information provided by Perth Observatory Bickley.

David has done this month's report from England where the night sky looks a lot different than it does here!!

Who was Alice?

Local residents and members of the public are being asked for information about the naming origins of Alice Reserve in Roleystone.

The City of Armadale conducts an annual program installing bronze memorial plaques in its parks and reserves that are named in association with local residents.

However, City staff members researching plaque information have been unable to ascertain who Alice Reserve is named after.

Alice Reserve, which is located between Alice Road and Slab Gully Road, was vested in the City of Armadale on 19 July 1983, but no other details of its history are available.

The City of Armadale would like to know how the reserve was named and if anyone can help us solve the puzzle, please contact the City as soon as possible.

To provide information contact the City's Local Studies Librarian Lorraine Pearce on 9399-0641 or email lpearce@armadale.wa.gov.au



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COUNCIL NOTES

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THE INFORMATION CONTAINED IN COUNCIL NOTES IS TAKEN FROM THE PUBLIC RECORD OF THE COUNCIL MINUTES WHICH ARE AVAILABLE FOR INSPECTION AT THE THREE CITY OF ARMADALE LIBRARIES & AT THE ROLEYSTONE FAMILY CENTRE.

1. Building statistics

During August 2008, a total of 207 building licences valued at \$28,690,886 were issued, compared to 163 valued at \$18,929,209 during the previous month. The total from July 2008 to the end of August 2008 was 370 licences valued at \$47,620,095. The total for 2007/2008 was 2297 licences valued at \$273,452,917.

2. Subdivision Applications – Consequential Actions

WA Planning Commission has

confirmed Council's recommendation of approval to the creation of 3 lots from Lot 152 Bettenay Rd.

3. Official Re-Opening of Roleystone Hall

Council was advised that on 13th September, the Deputy Mayor, along with Crs Hart & Scidone attended the official rebirth of the Roleystone Hall. This was a major component of the Revitalising Roleystone program in which \$250,000 of State funds have been matched by something like \$800,000 from Council.

4. Department of Sport & Recreation CSRFF Grants

Council allocated priority ratings for the Department of Sport and Recreation CSRFF grant applications and will forward applications to the Department prior to the closing date of 31st October 2008. Applications include a request for \$23,000 towards the upgrade of the Cross Park Cricket Pavilion, to be matched with a \$46,000 contribution by the Roleystone-Karragullen Cricket Club.



Cr Laurie Scidone
9496 0445



Cr Pat Hart
9496 1634

Compiled by Peter Hopper

Pat Hart Comments

If you travel along Soldiers Road from any direction could I please ask you to reduce your speed when you are approaching Wymond Road? Some residents entering out of Wymond Road have had very near misses due to the high speed of approaching motorist. Due to Wymond Roads location there is a sight line issue when vehicles travel at high speed on Soldiers Road. Also when you are approaching the bridge take great care and slow down as there are often pedestrians trying to get a safe passage across. Your cooperation would be very much appreciated.

If you haven't yet had the pleasure of looking at the website of roleystone.net.au then can I encourage you to do so – its excellent. There is a local information directory, events calendar, community and business websites and links to other great sites plus a forum where you can have your say. It is a great web site which you can add your community or business information to. Have a look, you will not be disappointed.

The Roleybushcare Group have a really wonderful 2009 calendar out for sale now for \$10. It has photos of many lovely sites around Roleystone and will make a great gift for Christmas. This community organisation does so much volunteer environmental work in our community, managing our wonderful reserves and they really do deserve support from the community in purchasing their calendar. All profits go back into the tremendous work they do for us. They are for sale in the following Roleystone shops - IGA, Video and also the Beauty and Skin Care shop.

GP After Hours Service

Location: Situated in the Galliers wing of the Armadale/Kelmescott Memorial Hospital

Phone: 9391 2285

Opening Hours are: Mon-Fri 7pm - 10pm
Weekends and public holidays 4pm - 10pm

(Hours may change subject to availability of GP)

Fees: No charge for concession card holders. For all other patients the charge is \$50. (Medicare rebate on fee). No appointment necessary.

Useful Phone Numbers

Police Non-Emergency: 131 444

Police Bicycle Section: 9384 7666.

SES phone number – 13 25 00

MRWA Emergency Line: 1800 800 009.

Smoky Car Spotter: 9324 2835.

Crash Reporting Line: Please report any crashes involving injury directly to the police.



Justices of the Peace

Mr R. Fidock 9397 5400

Emergency Numbers

Damaged or missing road signs:

1800 800 009 - Main Roads WA

Broken Street Lights:

1800 622 008 - Western Power Corp

School Vandalism: 9264 4771 - School Watch

Criminal Behaviour: 9399 0222

- Armadale Police Station

Crimestoppers: 1800 333 000

Graffiti Hotline: 1800 44 22 55

Armadale Council: 9399 0111

a/h: 1300 886 885

For inclusion of further emergency numbers, call the *Roleystone Courier* on 9496 2992

Buying or Selling

We can assist you with:

- Related parties transactions
- Applications for Survivorship
- Entering the name of a spouse on a Certificate of Title
- Amendment of name or address on Certificate of Title where incorrectly entered, or changed marital name, or other circumstances
- Applications for subdivision, new or replacement titles
- Many other property related transactions (for property anywhere in WA)

9397 5600

JARRAH SETTLEMENTS

For all settlement and conveyancing matters, call **Kerry Fidock** for the best possible price and service.



SUPPORT YOUR LOCAL AGENT

Shop 9 Jarrah Road Shopping Centre, Roleystone

Cellarbrations



Carlton Cold

\$34.99 carton



Houghton Stripe

3 for \$30.00

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EVERYDAY PRICES

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9397 5902**

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(Except on specials)



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Mon - Wed 9am - 8pm, Thurs - Sat 9 am - 8.30 pm, Sunday 10am - 6pm

Ladies: Get Your Life Back

Pelvic Floor Solutions

Designed by women for women

A woman's best kept secret

7/10 women have urinary incontinence, painful intercourse, bowel problems all because of a weak pelvic floor. Are you one of them?

Something can be done. Quickly, effectively, privately and affordably.

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info@kegelmaustralia.com.au
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Many women have disorders of the pelvic floor. There is now a local company providing possible solutions.

The pelvic floor makes up a significant piece of your body's core. The foundation for all movement, balance, stability and flexibility begins in the pelvis.

This area controls our lives by determining how comfortable we are with exercise, coughing, sexual intimacy etc.

In childbirth, the pelvic floor can become overstretched, or torn, and the muscles can no longer provide support, which may result in many uncomfortable situations including urinary incontinence and painful intercourse, causing problems with relationships and self esteem. This is not your fault and is NOT something you HAVE to live with.

The pelvic floor does not repair itself, nor can be exercised incidentally. It is a muscle group that needs specific toning; what many of us don't realize is that Dr. Kegel's positive research was based on squeezing against resistance. To get the most out of these toning exercises, you need to use a toning device. Many devices are available for you to choose at Pelvic Floor Solutions. Do some research and compare what is available and how it will work for you?

Belly Dance Concert

15 Nov 2007

Roleystone Hall

Proceeds To Hope For Children and Beyond Blue



Hillbellies and special guest

**Tables of 8 avail from Fidock & Co
or Ph Petra White 9496 2551
0434 874 066**

Pelvic Floor Solutions are also available for men, essentially keeping the prostate healthy, it can help maintain erections and bladder control.

All packs ordered through Pelvic Floor Solutions have a daily bladder habits and pelvic strength diary, so you can keep track of your progress. It will be easy for you to stay motivated when after seeing such great results after a short space of time.

Totally natural solutions for your body's core, there will be a solution for you, so you can get your life back.

For more information see www.pelvicfloorsolutions.com.au email info@pelvic-

Your easy Guide to Roleystone Karragullen Community Groups

1 st Roleystone Scout Group: Cubs: Joanne	9496 0290
Alcoholics Anonymous	9397 5595 / 9397 5036
Araluen Botanic Park: Liz	9496 1171
Araluen Golf Resort: David	9397 9000
Armada Council	9399 0111 (a/h 1300 886 885)
Armada Free Meditation Group	9390 1188
Badminton: Laurie Blundell	9397 6202
Child Health Nurse	9397 5813
Cr Laurie Scidone	9496 0445
Cr Pat Hart	9496 1634
Hills Orchard Improvement Group	9291 8335
Home for Injured & Orphaned Wildlife Hospital	9397 6184
Kelmscott Agricultural Society	9495 4001
Kofukan Karate-Do International	9397 5688
Kookaburra Creek Yoga Centre	9399 1000
Lighthouse Christian Outreach	0427 779 001
Patchwork Quilting: Lyn	9397 5207
Roleystone Bootscooting	9496 1115
Roleystone Community Church: Gerry	9397 5730
Roleystone Country Club	9397 5665
Roleystone Country Markets: Juliette	9397 5037
Roleystone Dieback Action Group: Ian	9397 6813
Roleystone District High School	9397 6222
Roleystone Garden Group: Jean	9397 5547
Roleystone Girls Brigade: Yvonne	93975153
Roleystone Guides: Suellen	94961375
Roleystone Gumnut Playgroup: Penny	0400789863
Roleystone Gymnastics Club Inc: Bianca	9496 1484
Roleystone Junior Football Club: Kim	9496 0051
Roleystone Karragullen Cricket Club: Graham	0407 778 593
Roleystone Karragullen Seniors Club	9496 3166
Roleystone Ladies Badminton Club	9397 5939
Roleystone Little Athletics: Wendy	9397 6540
Roleystone Musicians Club	9397 7007
Roleystone Neighbourhood Family Centre: Sue	9496 1115
Roleystone Netball Club: Wendy	9397 6504
Roleystone Organic Growers Group: Lisa	9399 2312
Roleystone Primary School	9496 1488
Roleystone Senior Football Club: Bob	9496 0094 or 9420 5200
Roleystone Recreation Centre: Anthony	9397 6538
Roleystone Teeball & Peewee Baseball Club	9397 5424 or 0411 654 119
Roleystone Tennis Club Inc.	9397 7426
Roleystone Theatre Inc.	9397 6624
Roleystone Toy Library Inc	9496 1115
Roleystone Volunteer Fire Brigade	enq 9397 5406
Roleystone Women's Hockey Club	9397 5939 or 9398 7426
Sacred Heart Catholic Church	Barry 9397 6600
St Christopher's Anglican Church	9496 1283
The House of Bamboo: Carol	9397 7679
The Rivercare Group: Pat Hart	9397 1634
Weight Watchers Federation Inc. Sherry	9397 6249

If you have a Community Group Association and would like to be added to the list, or your details need to be altered, please contact the Roleystone Courier, by email (roleystonecourier@bigpond.com or fax us on 94962992

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Editor

Roleystone Community Church



1 Croyden Rd Roleystone

Sunday 9.30 am
Family Worship and
Children's Church.
Jnr & Snr Youth Group

Pastor: David Bardsley
Contact: Gerry Chapman 9397 5730

Pathways Counselling & Family Services Barry Waldeck 9472 1733

Sacred Heart Catholic Church

Cnr Canning Rd and
Rokewood Way Karragullen
Sunday Mass 9.30am
All Welcome

ST CHRISTOPHER'S ANGLICAN CHURCH

HALL RD.,ROLEYSTONE

REV LESLEY BOROWITZKA
CURATE IN CHARGE 9293 8273

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MORNING PRAYER WEDNESDAY 9.30AM
FOLLOWED BY QUIET TIME UNTIL 10.30AM



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Our vision statement:

To see Generations across the hills area become Devoted
Followers of Christ.

To build a God Dependant, Life Transforming, People
Empowering Community.

To be a Church that values Godliness, Grace, Growth,

Sunday Services 10 am

Roleystone Family Centre, Wygonda Rd Roleystone.
Mark and Jackie Maunder
All Welcome

Araluen Progress Association

Quiz Night

Friday 28th November

Araluen Golf Resort

Sandford Room 7.30pm

Proceeds to Roley Fire
Brigade and Beyond Blue

Tickets 10.00 per head

Fidock and Co



9am - 12 noon

Markets:

1st Sunday every month
• 2 November • 7 December

New Stalls & Buskers Welcome

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More details, Call Juliette 9397 5037



**Roleystone Neighbourhood
Family Centre Incorporated**
19 Wygonda Road, Roleystone
WA 6111

Make-A-Wish Children's
Foundation

On Wednesday 12th November 2008, Chris Hodge will be holding an auction to help raise funds for Make-A-Wish Children's Foundation. Chris volunteers her time and works with the Burswood Hotel and auctions off their lost property. Chris has all the goods valued and authenticated before the auction. There will be clothing, jewellery, mobile

telephones, camera and also donated handcraft and crystals.

Chris will be at the Family Centre on Wednesday 12th November 10am-3pm. If you would like more information Chris can be contacted on her mobile tel 0407981350.

The Roley Art Group is having their END OF YEAR exhibition on 21st Nov between 10 and 4. A range of brilliant art will be displayed showing the huge talent in this group. Come on down to the Family Centre!



yoga

for inner balance & peace

Monday Evening Yoga (beginners)

6.30-8pm Vinyasa Hatha Yoga

Tuesday Evening Yoga (general)

6.30-8pm Integral Hatha Yoga

8pm-9pm Mano Yoga Meditation

\$10 a class. No bookings required.

Thursday Yoga for Kids Class

4.00-5.00pm Yoga fun, relaxation

& meditation for kids (\$8 per class)



1 day workshop: Sunday 30th Nov 'Yoga for Inner Balance & Peace'
Cost \$60. A great introduction to the peaceful practices of yoga

KOOKABURRA CREEK YOGA

Ph 9399 1000. 210 Carradine Rd Bedfordale

www.kookaburracreek.com

Yoga for Balance and Peace

In uncertain and stressful times there are yoga practices that can help us to remain calm, balanced and peaceful. When we maintain an inner peace through yoga and meditation we make good choices in our lives, we live with greater integrity and enthusiasm, we develop an unshakable optimism and an ability to understand difficulties as blessings.

Mandy and Robert Becker from Kookaburra Creek Yoga Centre in Bedfordale are offering a one-day 'Yoga for Inner Balance and Peace' workshop on Sunday 30th November between

9.30am and 4.00pm. No yoga experience is necessary to attend this workshop. It has been designed to give participants the experiences and skills to find and maintain inner balance and resilience.

The cost of the workshop is \$60 (\$50 concession price available on request). It is requested participants bring a plate of vegetarian food to share. Morning and afternoon tea will be provided. The workshop will be held at the peaceful Kookaburra Creek Yoga Centre at 210 Carradine Road Bedfordale. For more details and a map go to www.kookaburracreek.com. Bookings can be made by phoning or emailing Robert and Mandy at Kookaburra Creek.

ROLEYSTONE

9397 5549
9397 5585

SUPA



Specials for period: Monday 3 November - Sunday 9 November 2008

Mon, Tues, Wed, Fri 8am - 7pm
Thursday 8am - 8pm
Saturday 8am - 6pm
Sunday 8.30am - 6pm

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Spree Laundry
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\$1⁹⁹

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Pepsi Max
18 pack

\$6⁹⁹



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*"We came to you after using another real estate company, who we were not happy with.
From day one, the service, the feedback, the updates and all the friendly, knowledgeable staff have been fantastic!
You helped make a difficult transition that much easier to cope with.
Thankyou Ian, Louise, Lys and Amy in particular. Brendan, keep up the excellent work!"*

Mr & Mrs de Goede, Mount Richon

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Orla 9495 2224

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Local Metal Fabrication Service. Ring Marcel 040 895 7987

For Sale

Lathe Metal, Qualos brand Made in Aust. 399mm swing, 1m bed, 2x3 jaw and 1x4 chucks, 3 phase, very useful size. \$1850 Ph 9397 7960

Kids Cubby House. Timber, tin roof. Suit sloping block. Easy access, you remove. \$100. 9496 0266

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Ruth Magnus 9397 9395 0403 722 120

Megan Blakely 9397 6368. Day or night work.

Rosemary Meadows 9397 5761.

Suzanne Kain 3976701 Mob 0439943679.

Adrianna Mat. resp 15y. 0450 313 277 or 9397 9559

Advertising Conditions

Classifieds and Services

Our obligation is to support local non profit organizations and we will be happy to print material that we can fit in 'as editorial'. We also offer organizations/individuals the opportunity to purchase advertising if the item is very important and is requested to be printed.

Free

If there is room, we will endeavour to promote not for profit ads for free wherever possible.

No advertisements will be accepted over the phone. Please provide an 'end date' with all advertisements. Private For Sale, Lost, Found or Wanted. Advertising forms are available from the Roleystone Newsagency or can be emailed to roleystonecourier@bigpond.com. Please keep the wording to a maximum of 4 lines x 1 column.

Charged

Any service which is for profit. Cost will depend on the number of lines. Adverts can be emailed to: roleystonecourier@bigpond.com

For Rent

Storage Space. Sec insulated and waterproof. From \$77. Call Tod 0437 800 463.

Granny Flat/Studio 2 B/r 1 bath full or part furn, R/C airconcarport self contained. Sep from house. Nice tidy unit on 10 acre block. Rent \$220 pw inc water and elect (reasonable use). References req. Ph 9397 7960.

Get your Christmas Messages/ Adverts/ Articles in Early to our next bumper edition. Deadline 26th November.

ROLEYSTONE OCTOBER WEATHER STATISTICS

Due to David Elliott being away on holidays there will be no stats published in this edition. Look out for all of the weather information in the December Roleystone Courier.

Roleystone Courier Contacts

Owners / Editors: Linda and Mike Moore

Linda: 9496 2992 (Phone/Fax), 040 9496 282

Mike: 042 9688645

Mailing address: 1 Taree Place, Roleystone
email: roleystonecourier@bigpond.com

Deadlines - for ads, articles and photos

Edition	Deadline	Delivered
DECEMBER	26 November	6 December
JANUARY	No publication	
FEBRUARY	28 January	7 February
MARCH	25 February	7 March
APRIL 25	March	4 April



The Roleystone Karragullen played a tribute match commemorating the lives of Matt Butcher and Glen Darbyshire. Pictured above the teams stand in silent vigil in recognition of their lost team mates.

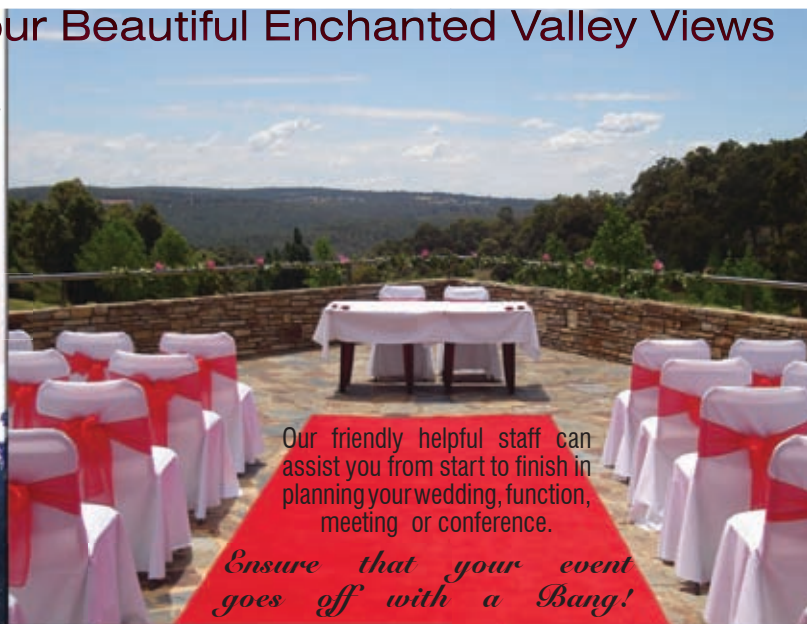
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A perfect place to relax, play a round of golf or take friends and family for a meal in the 701 Renaissance Restaurant, casual light lunches and sundowners in our Lounge, 'Views'.

ARALUEN GOLF RESORT

Theme Nights

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Ensure that your event goes off with a Bang!

Contact Us:
Country Club Avenue,
Roleystone WA 6111
PO Box 498, Armadale 6992

Telephone: (61 8) 9397 9000
Fax: (6 18) 9397 9001
reception@araluenc.com.au
Check out our website:
www.araluenresort.com.au



We dot the I's so you can play the Tee's

Never Clean Your Gutters Again With Four Seasons Gutter Protection!

Install A Revolutionary New Gutter Protection System And Put Away That Ladder For Good!

*It's Spring Time!
Time to get your Gutters Ready
For Summer and the Bushfire
Season*

No more climbing that dangerous ladder each year and sticking your hands into the mucky gutters to clean them. By installing Four Seasons Gutter Protection system you will never need to clean your gutters again. No more climbing the ladder or suffering overflowing gutters or blocked down pipes. Each year when that first rain comes you can relax inside your home. Comfortable in knowing your gutters are clean and water will run smoothly into your gutters and down pipes.

The Four Seasons Gutter Protection is Australian owned and comes with a 15 year warranty. The mesh is fitted over your gutter keeping all the leaves, dirt and grime out whilst still allowing rain to run freely into your gutter. It can easily handle even the heaviest rainfall.

The mesh is made from polyethylene and can be fitted to all roof types including tiled and corrugated iron roofs. It sits unobtrusively over the gutter, matching the pitch of the roof, and you can also match the colour of the tiles or gutter. You will hardly notice it.

On installation, your gutters are fully cleaned for the last time, and you will be left with a no maintenance gutter protection system that is completely sealed and tidy.

Most homes can be fitted with the Four Seasons Gutter Protection system for between \$2,000 and \$3,500 with the average home fitted for around \$2,500. All installations come with a 15 year warranty as well as a satisfaction guarantee.

Call Eamonn or John for a free quote and he will be happy to answer any questions.



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