

# Clubs in-focus

## 'A Club Development Initiative'

Single Point of Call – 9400 4268

[www.joondalup.wa.gov.au](http://www.joondalup.wa.gov.au)

**AUGUST 2009**

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## ▲ Clubs in-focus News

### Winter Season Wrap-up

To assist the City to schedule park maintenance in readiness for the summer season, the City requests all Winter clubs advise of their last training and game dates for the 2009 season. This includes any finals, presentations and carnivals to be held at City facilities and parks.

Please contact Rhonda Dytlewski on **9400 4619** or email [rhonda.dytlewski@joondalup.wa.gov.au](mailto:rhonda.dytlewski@joondalup.wa.gov.au)

### Summer Bookings Workshop

Thankyou to all the Clubs who attended the Summer Booking Workshop at Timber Care Clubrooms, 17 August 2009. Clubs will receive booking confirmation 21 September 2009.

If your club would like to book a park or community facility for the summer sporting season please contact SPOC on **9400 4268**. Booking request must be completed by 21 August 2009.

### Club Recognition Program

Financial assistance is provided in recognition of local sport and recreation clubs in the City celebrating a 25, 50, 75 or 100 year anniversary, with Council also hosting a civic function in their honour. The anniversary is counted from the date of the club's incorporation as a not for profit organisation.

If your club is approaching one of these milestones, please contact **Sandra Hill-Williamson** on **9400 4252**. A copy of the City's policy regarding the Club Recognition Program is available here.

### 2009/10 Facility Refurbishment Projects

The City of Joondalup has a commitment to providing sustainable facilities of a high quality to its residents. Within the 2009/10 budget, the City has allocated funds to undertake the refurbishment of two facilities – Calectasia Hall (\$100,000) and Greenwood Scout Guide Hall (\$100,000). A facility refurbishment typically includes works such as repainting, updating the kitchen, replacing fixture and fittings, rekeying of the building and new floor coverings.

The projects are at stage 3 of the process – Site and Needs Analysis which includes community consultation with the regular hire groups of the facilities. As part of the consultation component a survey will be sent to all regular hire groups using these facilities to allow them the opportunity to input into the aesthetics and functionality of the buildings. The information received will be used to develop a prioritised scope of works for the facility refurbishment. The community consultation period will run until Friday 28 August 2009.

### The Club Doctor – Running Successful Meetings

It's time to take the 'in' out of 'ineffective' club meetings by highlighting seven steps that lead to club ruin.

Healthy meetings usually involve plenty of discussion but it's mainly on the point. Members understand their task clearly and actively listen to each other.

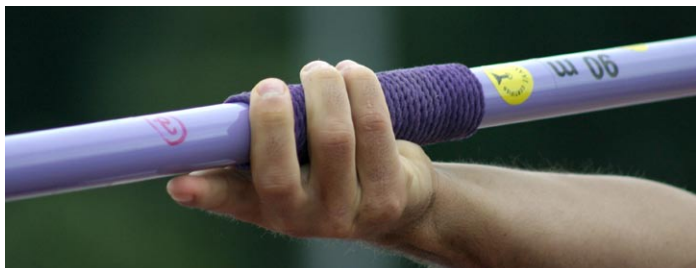
The group should not evade disagreement, but should instead use its energy to focus on the problem, not the person. Members should be encouraged to reveal their opposition and not 'bottle it up' till after the meeting.

More information on running successful meetings can be found in *Take the 'In' Out of Ineffective, Ten steps to running successful meetings* on the Department of Sport and Recreation [website](#).

Further support is available from the City of Joondalup Club Development Officer **Sandra Hill-Williamson** on **9400 4252**.

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## Club News

### Joondalup Little Athletics Club

Joondalup Little Athletics has had huge success over the past season with Jean-Charl who won Silver in shotput at Nationals with a WA record throw of 17.12m and a bronze in javelin.

The centre caters for athletes from 5–16 years and provide a summer track & field season (September to March) and a winter cross country season (April to August). All athletics events with the exception of hammer and pole vault are available for practise and competition across the season including the State Championships at the end of the season.

#### Registrations

**5 and 12 September 2009, 10:00am – 1:00pm**

**Lakeside Joondalup Shopping City**

Little Athletics provides a healthy environment of family, fun and fitness!

For further information please contact Chris Moore, Registrar on **9300 6200** or email [registrar@jlac.org.au](mailto:registrar@jlac.org.au)



### Lake Joondalup Archery Club

The Western Australian State Archery Indoors 2009 was held in July 2009 with several club members achieving admirable results.

The Lake Joondalup Archery Club team is coached by Sue Gliddon, Development Officer, Archery Society of Western Australia (ASWA). The club would like to take this opportunity to express their gratitude to Archery Australia, ASWA, Sue Gliddon and the parents of the junior team members for the huge effort that they have put in to making this event such a success.

For further information please contact the Lake Joondalup Archery Club on **9305 3772** or visit the website [rightforu.com.au/archery.html](http://rightforu.com.au/archery.html)



### Carine Cats Ball Club

The Carine Cats is a family orientated club that caters for the more serious or purely social player. The Club offers very competitive fees with access to the best equipment and coaching staff.

The Club welcomes volunteers for line marking, assisting with uniforms or to just become involved in the club. If you are retired or have some time on your hands, why not assist the club by doing a coaching, scoring or umpires course.

For further information please contact Kerry on **9448 4662**.

### Stirling Senators Basketball Association

The 3 on 3 Basketball Classic for male and female players aged 10–17 years is on again.

**3–4 October 2009**

**Warwick Leisure Centre**

**Cnr Wanneroo and Warwick Roads, Warwick**

For registration and further information please contact Heidi Clayton on **0412 487 658** or email [hclaytons@aapt.net.au](mailto:hclaytons@aapt.net.au)

### Wanneroo Joondalup Aikido Club

Aikido is a pure self defence martial art coupled with fitness which suits all ages. There is no strength required only movement. Why not come and try it, you will enjoy the lessons.

**Tuesday and Thursday**

**7.30pm until 9.00pm**

**Unit 3 / 200 Winton Road**

**Cost: \$5 a lesson, no up front fees**

For further information please contact Brian Humphreys (6th Dan) on **9300 0057** or Fred Degroot (5th Dan) on **9344 4544** or email [brianpat.hu@three.com.au](mailto:brianpat.hu@three.com.au) or just turn up.

## Exclusive Offers

### Community Bus for hire

The Whitfords Community Ratepayers & Recreation Association has a 20 seat Coaster bus for hire by clubs and groups within the City of Joondalup community.

There is a \$20 booking fee in addition to the following rates:

**Full day hire:** \$60 **Part day hire:** \$40 (less than 4 hours)

**Kilometre Rate:** 35 cents per km **Fuel:** Bus to be returned full

Groups need to supply their own driver (licence class LR or above) and are responsible for damages while they have the use of the bus.

For bookings and further information please contact Marilyn Skipworth on **9401 6423**.





## Calendar of Events

### Perth Wildcats V's Adelaide 36ERS

25 August 2009, Tip-off 7.00pm  
City of Joondalup Leisure Centres - Craigie,  
Whitfords Ave, Craigie

Tickets: Adult \$25, Children \$10, Family \$59 (2 adults/2 children)

For further information and tickets please call **9400 4600**.

### Breakfast with Jan Stirling

So great has been Australian Women's Basketball Coach Jan Stirling's contribution to the sport - as an elite coach, player and as a contributor to professional development and the community - that in 2008 she was honoured in the Queen's Birthday Honours List as a Member of the Order of Australia (AM).

Don't miss this opportunity to hear Jan speak at a breakfast event hosted by the Department of Sport and Recreation.

Friday 21 August, 7:00am - 8:30am  
Bill Walker Room  
Subiaco Oval, Subiaco Road, Subiaco

For bookings and further information contact Jonelle Burns on **9492 9757** or email [jonelle.burns@dsr.wa.gov.au](mailto:jonelle.burns@dsr.wa.gov.au)



### Play By The Rules Workshop

Explore proactive approaches of how to create safe, inclusive and fair environments for all members.

10 August, 6.00pm - 8.00pm or  
25 August, 9.30am - 11.30am  
Department of Sport and Recreation  
246 Vincent Street, Leederville

For further information contact Helen Cunningham on **9387 8100** or [helencunningham@wasportfed.asn.au](mailto:helencunningham@wasportfed.asn.au)



### 2009 Sorrento Challenge

WA's premier Surf Adventure Challenge is back for 2009. The race date has been confirmed for Saturday 12 September 2009 and entries are now open.

For further information please contact the Sorrento Surf Life Saving Club on **9448 1431** or visit their website [www.sorrentochallenge.com.au](http://www.sorrentochallenge.com.au)

### Certificate IV Workplace Training and Assessment

To meet the training and development needs of the sport and recreation industry. It will allow participants to develop relevant training and assessment skills and receive a nationally accredited statement of attainment for eight units within TAA40104 Certificate IV Workplace Training and Assessment.

6 - 9 October 2009  
Department of Sport and Recreation  
246 Vincent Street, Leederville

For bookings and further information contact Jonelle Burns on **9492 9757** or email [jonelle.burns@dsr.wa.gov.au](mailto:jonelle.burns@dsr.wa.gov.au)

### Link your club to our website

As a major supporter of local sport and recreation groups the City of Joondalup encourages clubs to include the City's logo with a link to the City's Recreation page on your club website. If you would like further information on how to use hyperlinks and promote your club please contact **Sandra Hill-Williamson**, Club Development Officer on **9400 4252**.

### Update Article - Format

Promoting your clubs events is simple! Please provide information for the monthly update in the following format:

- ALL text in Calibri 11 point, 3-4 lines, single spacing
- Be sure to include the date, time, venue, address, costs
- A contact person, email and/or phone number must be supplied
- An image/photo for the article appreciated
- Provide a link to your website
- Please ensure that correct grammar and appropriate capitalisation has been used
- Do NOT bold text or use decorative headings
- Attached forms/documents will not be used

Please forward queries and articles to **Sandra Hill-Williamson**, Club Development Officer on **9400 4252**.



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## Community Information

### Rebel Sport City to Surf 2009 for Activ

Volunteers are vital to the successful staging of the Rebel Sport City to Surf for Activ. As the event has grown so has the need to recruit confident, quality volunteers who contribute to the safety of participants along each kilometer of the course.

If you or your club members are interested in volunteering at the Rebel Sport City to Surf 2009 for Active, please visit the website [www.citytosurf.activ.asn.au](http://www.citytosurf.activ.asn.au)



### So You Think You Can Juggle

If you are aged 9 – 11 or 12 – 14 send a video of yourself juggling a soccer ball like a superstar. If you've got what it takes, your video will be shown on footballwest.tv to a worldwide audience and Football West will give you an amazing prize pack.

Visit the website for further information and entry form [www.footballwest.com.au](http://www.footballwest.com.au)

### WA Football's Got Talent

You may be best on ground each week but we want to know what hidden talent you do best.

The Falcons are searching for players, coaches, umpires and footy fans with undiscovered talents. There must be singers, dancers, jugglers, comedians, bands and impersonators hidden out there and if it's not you, then dob the budding star in!

For further information visit the website [www.falconsfc.com.au](http://www.falconsfc.com.au)

### Eat like an AIS Athlete!

#### Vegetable tagine with couscous

- Olive or canola oil spray
- 1 onion, chopped
- 1 teaspoon ground ginger
- 2 teaspoons ground paprika
- pinch saffron threads
- 200 g sweet potato, chopped
- 200 g potato, chopped
- 2 cups frozen mixed vegetables (e.g. zucchini, beans, carrots)
- 400 g can crushed tomatoes
- 1 cup MAGGI All Natural Vegetable Liquid Stock
- 100 g dried prunes
- 1½ cups couscous
- 3 cups boiling MAGGI All Natural Vegetable Liquid Stock, extra
- 50 g toasted slivered almonds

Spray a large saucepan with oil and heat. Add onion and spices and cook over low heat until onion is soft and spices are fragrant. Add all the vegetables, stock and prunes, and simmer, uncovered, for 15 minutes or until potato is tender. Meanwhile, place couscous in a large bowl, pour boiling stock over it and allow to stand covered for 10 minutes or until all liquid is absorbed; toss lightly using a fork. Serve mounds of couscous topped with tagine and sprinkled with almonds. Garnish with flat-leaf parsley, if desired.

Preparation time: 15 minutes

Cooking time: 25 minutes

Serves: 4–6

ANALYSIS per serve	4	6
Energy kJ (Cal)	2373 (567)	1582 (378)
Carbohydrate (g)	97	65
Protein (g)	21	14
Fat (g)	10	7

**Clubs *in-focus*** is a City of Joondalup initiative supported by



Department of Sport and Recreation

