



# NEWSLETTER SEASON 2011

**Bed Depot - Prahran Junior Football Club**

**Celebrating 13 years of  
Passionate Community Participation**

**BED DEPOT**

MELBOURNE • SYDNEY

**Issue #3 2011 – 5 May**

**Dear PJFC Members,**

We are pleased to announce Emma and Tom's as a new sponsor for the club. Their juices will be available on Friday nights and Sundays providing kids with an option to soft drinks.

Best of luck to all teams playing this week. Enjoy your match and play your finest.

**Charlotte Limb**  
Newsletter Coordinator

## **PRESIDENTS REPORT**

We had some pleasing results in Round 2, winning 9 of our 14 matches. Two of our U11 teams played each other in a keenly contested encounter.

**Rounds 1-4 Grading:** A team's performance in Rounds 1-4 will determine whether the MSJFL considers it appropriate to move a team to a different division or retain them where they are.

**Parent Behaviour:** During matches our parents and team officials have an obligation to behave appropriately and in particular refrain from questioning and/or abusing the Umpires or opposing team officials and players.

Last Sunday there were a number of complaints made in relation to the behaviour of our parents and team officials and we would ask that parents set a good and positive example to our players.

**Parking:** Parking behind the Charles Lux Pavilion is for the sole use of the Committee Members on duty, Coaches and the Catering Committee.

**Connecting with the Community:** I would like to thank Jim Hallam for the fine work he has done in encouraging participation from the Prahran Housing Commission. Jim has done a wonderful job in assisting in the registration process, arranging transportation to and from matches and making the players and their parents feel welcome at the Club

**Home Game Awards:** To promote goodwill we have introduced a BOG award for the Away team. Team Managers should see Nancy or Madeline to collect a voucher for your coach to award to the opposition BOG. The voucher is for a hot dog and

Emma and Tom juice. There will also be a BOG (or similar type of award) for a Prahran player. The award is 2 Litre bottle of Emma and Tom's Juice.

**Team Activity:** If any team would like to organise a team activity (ie bowling night, Pizza night or morning tea after game at Toorak Park etc), the club will contribute \$150/team towards event. If you do organise something, please contact Evelynne (Treasurer) with details of event and she can organise payment. We would prefer to receive receipts prior to payment.

**Toorak Park Clean Up Duty:** Could Team Managers please assign one parent to "Clean-up Duty" after your home games? If necessary, gloves and rubbish bags are available from kiosk.

Focus should be on the area adjoining the Club rooms and behind the goals near the toilet block. If everyone does a bit after each game there will not be too much work to do.

**Hoodies:** Unfortunately there has been a delay in some sizes from the supplier, which means teams in U9-U11s who haven't already got them won't receive them for 2-3 weeks. Also there will be a delay for a couple of older age teams. U12s and perhaps 1-2 of the U13-U14 teams will receive them this Friday.

Regards  
**Jamie Gray**



## **PJFC FOOTBALL CLUB SONG**

**Here come the Prahran boys  
Here come the Blues.**

**We won't be beaten – we hate to lose.  
We will beat them one and all,  
The bigger they are the harder they fall.  
Whether the odds be great or be small  
Gallant Prahran will win overall.  
You can hear the crowd all roaring  
COME ON THE MIGHTY BLUES!!!**

## 2011 PJFC SPONSORS

### Major Sponsor

The Bed Depot

### Club Sponsors

Bendigo Bank - Windsor Community Branch

Emma and Tom's – look after yourself

MCP Group

RT Edgar

St Kilda Village Smash Repairs

### Team Sponsors

Altitude Volvo

ASICS Australia

Challenge - supporting kids with cancer

City Living Property Services

Costa's Mitre 10

E L & C Baillieu Stockbroking Ltd

JAM TV Australia

Leonard Joel

MLC

Prahran Market

Zanuba Bar and Restaurant

We would like to recognise the generous support of PJFC's sponsors. Please support companies that support your children.

## PRE AND POST GAME NUTRITION

As a fitness coach for kids, parents often ask me about nutrition for sport. Good nutrition is very important in our growing children and high endurance sports like football multiply the need for healthy eating, particularly before and after the time of the game. Kids will, of course, vary with what they can tolerate. As a guideline, high fibre and high protein foods are not desirable close to game time as they require energy for digestion and can make a player feel heavy and slow. Post game, a large snack or meal is important to replenish depleted energy stores.

Here are some ideas for you:

### PRE GAME:

Game soon after breakfast/lunch: Simple foods such as toast and vegemite, jam or peanut butter are good presuming the kids are well stocked from a good meal the night before (spaghetti bol, beef stirfry). For a game close after lunch, a simple sandwich with honey/jam etc is fine, particularly if they have had a solid breakfast.

Late morning game: A breakfast of cereal and milk, porridge or eggs on toast is ok if there is a large time gap until the game. Just don't have too many combinations of foods. A light snack of a banana, dry biscuits or white bread jam sandwich

is handy if needed for energy prior to the game as some kids are not huge breakfast eaters.

### POST GAME:

The time frame of around 30 minutes post game or training is the most effective time for your child to eat a combination of carbohydrate to restore depleted blood sugar levels and refuel muscles and protein to repair the muscles. This is really important as most kids play lots of sport and muscles need to be refueled for the next day.

I will put post exercise nutrition into two categories: **HEALTHY:** fruit smoothies, cheese, peanut butter or meat sandwich/roll, healthy cereal brand and milk, Friday night spaghetti bolognese at PFC after training! These are all combinations of foods with both protein and carbohydrate.

**USER FRIENDLY:** chocolate milk, protein bars, cereal (Nutrigrain etc) and milk, sausage sizzle at games or PFC after training! Appropriate and convenient!  
Sarah Kirkwood

## UNIFORMS

PJFC playing uniform requirements:

- PJFC playing jumper,
- PJFC shorts  
(blue for home/white for away),
- PJFC socks,
- Football boots,
- Mouth guard.

Costs are as follows:

- \* PJFC blue shorts (for home games) - \$20
- \* PJFC white shorts (for away games) - \$20
- \* Royal blue socks - \$10

All items (aside from football boots and mouth guards) are available for sale at the clubrooms. This year, players also have the option of purchasing uniform via an order form.



Match day jumpers are provided by the club at no charge. Please note that playing jumpers remain the property of the club and must be returned at the end of the season.

## FOOTY BOOTS & MOUTHGUARDS

These must be purchased separately by parents. Our policy is strictly 'no mouthguard, no train or play'. Mouthguards must be worn at ALL training sessions & games. Any child without a mouthguard on game days will not be allowed on the field.

## TEAM BAR AND BBQ DATES

Team responsibilities for the Bar and BBQ.	
<b>DATE</b>	<b>TEAM ON DUTY</b>
FRIDAY 6 MAY:	U11 RED
FRIDAY 13 MAY:	U10 BLACK
FRIDAY 20 MAY:	U10 BLUE
FRIDAY 27 MAY:	U10 RED
FRIDAY 3 JUNE:	U9 BLACK
FRIDAY 10 JUNE:	CLUB CLOSED.
QUEENS B'DAY WEEKEND	NO TRAINING
FRIDAY 17 JUNE:	U9 BLUE
FRIDAY 24 JUNE:	U9 RED
FRIDAY 1 JULY:	U12
FRIDAY 8 JULY:	CLUB CLOSED.
SCHOOL HOLIDAYS	NO TRAINING
FRIDAY 15 JULY:	U11 BLACK
FRIDAY 22 JULY:	U11 BLUE
FRIDAY 29 JULY:	U11 RED
(Note - last week U9 training).	
FRIDAY 5 AUGUST:	U10 BLUE
(Note - last week U10 training).	
FRIDAY 12 AUGUST:	TBA
(finals dependent)	
FRIDAY 19 AUGUST:	TBA
(finals dependent)	
FRIDAY 2 SEPTEMBER:	U13 and U12

## TEAMS

<b>Under 9 Black</b>		
<b>Coach</b>	<b>Chris Hanrahan</b>	0437 009 863
	<a href="mailto:chrishanrahan@optusnet.com.au">chrishanrahan@optusnet.com.au</a>	
<b>Team Mgr</b>	<b>Vanessa Bede</b>	0418 396 902
	<a href="mailto:vanessa@acceratorcommunications.com.au">vanessa@acceratorcommunications.com.au</a>	
<b>Under 9 Blue</b>		
<b>Coach</b>	<b>Andrew Dalglish</b>	0416 209 201
	<a href="mailto:andrew@gustoclothing.com.au">andrew@gustoclothing.com.au</a>	
<b>Team Mgr</b>	<b>Lisa McLellan</b>	0417 058 228
	<a href="mailto:l.mclellan@bigpond.com">l.mclellan@bigpond.com</a>	
<b>Under 9 Red</b>		
<b>Coach</b>	<b>James Hird</b>	
	<a href="mailto:james@gemba.com.au">james@gemba.com.au</a>	
<b>Team Mgr</b>	<b>Deirdre Thornton</b>	0411 390 069
	<a href="mailto:hidint@hotmail.com">hidint@hotmail.com</a>	
<b>Under 10 Blue</b>		
<b>Coach</b>	<b>Mark Kellett</b>	0414 293 457
	<a href="mailto:markkellett@me.com">markkellett@me.com</a>	
<b>Team Mgr</b>	<b>Michael O'Connor</b>	0412 075 061
	<a href="mailto:moconnor@vicbar.com.au">moconnor@vicbar.com.au</a>	
<b>Under 10 Black</b>		
<b>Coach</b>	<b>Greg Beilby</b>	0400 703 395
	<a href="mailto:greg.beilby@vippackaging.com.au">greg.beilby@vippackaging.com.au</a>	
<b>Team Mgr</b>	<b>Peter Robenstone</b>	0419 104 969
	<a href="mailto:robenstone@gmail.com">robenstone@gmail.com</a>	

<b>Under 10 Red</b>		
<b>Coach</b>	<b>Chris Sinclair</b>	0418 324 061
	<a href="mailto:sincdevl@bigpond.net.au">sincdevl@bigpond.net.au</a>	
<b>Team Mgrs</b>	<b>Nick Montague</b>	0417 396 840
	<a href="mailto:nickkate@bigpond.net.au">nickkate@bigpond.net.au</a>	
	<b>Joe Catalano</b>	0416 475 735
	<a href="mailto:joecat59@hotmail.com">joecat59@hotmail.com</a>	
<b>Under 11 Black</b>		
<b>Coach</b>	<b>Jonathan Wood-Freeman</b>	0438 868 591
	<a href="mailto:jwf@futuregen.com.au">jwf@futuregen.com.au</a>	
<b>Team Mgr</b>	<b>Andrea Gray</b>	0438 099 243
	<a href="mailto:andrea.gray@optusnet.com.au">andrea.gray@optusnet.com.au</a>	
<b>Under 11 Blue</b>		
<b>Coach</b>	<b>Will Russell</b>	0402 148 141
	<a href="mailto:will_russell@hotmail.com">will_russell@hotmail.com</a>	
<b>Team Mgr</b>	<b>Pauline Hallam</b>	0412 121 511
	<a href="mailto:jendix@onthe.net.au">jendix@onthe.net.au</a>	
<b>Under 11 Red</b>		
<b>Coach</b>	<b>Chris Faulkner</b>	0410 145 989
	<a href="mailto:chrisfaulkner_uk@yahoo.com">chrisfaulkner_uk@yahoo.com</a>	
<b>Team Mgr</b>	<b>Shana Molnar</b>	0414 503 702
	<a href="mailto:shana.molnar@me.com">shana.molnar@me.com</a>	
<b>Under 12</b>		
<b>Coach</b>	<b>Steve Zayler</b>	0439 394 463
	<a href="mailto:stephenzayler562@hotmail.com">stephenzayler562@hotmail.com</a>	
<b>Team Mgr</b>	<b>Mark Dixon</b>	0403 024 414
	<a href="mailto:marcdixon@netspace.net.au">marcdixon@netspace.net.au</a>	
<b>Under 13 White</b>		
<b>Coach</b>	<b>Craig Baker</b>	0403 312 548
	<a href="mailto:cbaker@australand.com.au">cbaker@australand.com.au</a>	
<b>Team Mgr</b>	<b>Steve O'Brien</b>	0418 736 443
	<a href="mailto:steveo@dnstech.com.au">steveo@dnstech.com.au</a>	
<b>Under 13 Red</b>		
<b>Coach</b>	<b>Chris de Campo</b>	0425 758 523
	<a href="mailto:chris@decampoarchitects.com.au">chris@decampoarchitects.com.au</a>	
<b>Team Mgr</b>	<b>Rachel Bartels</b>	0414 884 414
	<a href="mailto:rach_bartels@hotmail.com">rach_bartels@hotmail.com</a>	
<b>Under 14</b>		
<b>Coach</b>	<b>Mike Poynter</b>	0414 969 942
	<a href="mailto:m.poynter@mcpgroup.com.au">m.poynter@mcpgroup.com.au</a>	
<b>Team Mgr</b>	<b>Anthony Grimwade</b>	0418 382 226
	<a href="mailto:agrimwade@rtedgar.com.au">agrimwade@rtedgar.com.au</a>	
<b>Under 15</b>		
<b>Coach</b>	<b>John Costa</b>	0419 576 537
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<b>Team Mgr</b>	<b>Peter Dee</b>	0409 604 456
	<a href="mailto:peter.dee@sap.com">peter.dee@sap.com</a>	

## PARENTAL BEHAVIOUR

The PJFC has adopted the following Parents' Code of Conduct:

1. Remember that children participate in sport for their enjoyment, not yours.
2. Encourage children to participate, do not coerce them.
3. Provide a positive focus on your child's efforts and performance rather than on winning or losing.
4. Encourage children to always play according to the rules.
5. Remember that children learn best by example.
6. Appreciate good performances and skills shown by all players from home and opposition teams.
7. Support all efforts to remove verbal and physical abuse from on and off-field activities.
8. Respect officials' and umpires' decisions and teach children to do likewise.
9. Respect the rights, dignity and worth of every child regardless of their gender, ability, cultural background or religion.
10. Show appreciation and be courteous to PJFC coaches, officials, team managers, administrators and fellow parents. Without them your child could not participate.

Peter Lupson  
Vice President

## GENERAL INFORMATION

### GAME FIXTURES

View game fixtures on the MSJFL website at [www.msjfl.com.au](http://www.msjfl.com.au). Team Managers will also communicate fixtures and any changes prior to each match.

### RUN THROUGH BANNERS

Professional run through banners are available from for your child's next football milestone. Call 0457 286 413 or go to [www.runthroughbanners.com.au](http://www.runthroughbanners.com.au).

### FOOTBALL BOOTS – AFTER TRAINING

A reminder that the clubrooms are a football boot free zone. Please remove boots before entering the Club on Friday nights.

## ROUND 2 MATCH REPORTS 1 May 2011

### UNDER 9 BLACK

**Prahran**

**4.-5.-29**

**Waverley Park Gold**

**6.-8.-44**

**Captain:** Max Hanrahan

**Goal Kickers:** 1 goal – Max Hanrahan, Charlie Phillips, Will McMurrick, Angus Backwell.

**Best Players:** Charlie Phillips, Max Hanrahan, Will McMurrick & Tom Whelan.

**1st Qtr:** Sunday morning brought us great conditions for our first away match at Columbia Reserve, Wheelers Hill. The boys were all eager to show their skills and were looking for their first win. From the first bounce Max was able to get the ball into our forward line, which was an encouraging sign. Charlie and Tom were controlling the centre line and our defender Arthur stopped two goals being scored by the opposition. Max registered the team's first goal for the season from a tight angle.

Siren sounded and Prahran was 1.-1.-7. Waverley Park was yet to score.

**2nd Qtr:** The second quarter started with a Waverley Park fight back. They booted 4 goals leaving our players wondering what had happened. There was a bit of discrepancy with the holding the man rule and Prahran were penalised a couple of times for not letting go of the opposition players. Prahran were left scoreless for the quarter 1.-1.-7. Waverley Park 4.-4.-28.

Coach Chris wanted the team to look for players from the kick outs and kick to the pockets. The team needed to attack the scoring end and the team needed to open up the forward line.

**3rd Qtr:** The team lifted in the 3<sup>rd</sup> quarter with Charlie and Will kicking a goal each and Lucas taking a mark on the last line of defence. Max continued to do great work out of the centre. EOQ Prahran 3.-3.-21. Waverley Park 6.-6.-42.

**4th Qtr:** The boys were still in the match and Coach Chris wanted the boys to go hard, stay with their man and attack out of the middle. The team once again did lift in the final quarter. Will was able to get the ball from a 3 on 1 contest and Angus scored a great goal which lifted the spirit of the team. Unfortunately the siren sounded and we were unable to register that first win.

Coach Chris wanted a special mention to the Best on ground players: Max, Charlie, Will M & Tom for giving that little bit of extra effort in going in hard and getting the ball.

Thank you also to Paul McMurrick for the great photos, some really do paint the picture.

## UNDER 9 BLUE

# E. L. & C. Baillieu Stockbroking Ltd

Founded 1889

**Prahran**

**10-12-72**

**Ajax**

**0-0-0**

**Captains:** Louis Dalglish (18) & Tex Freeman (13)

**Better Players:** Will Richards, Chris Long, Louis Dalglish, Sam Macaw, Michael Frangos, Ned Dixon, Josh Dainty, Xander McGuire

**Goal Kickers:** 4 goals – Will Richards

1 goal – Xander, TB, Will Purdie, Ned, Tom, Chris

**1st Qtr:** After the great win in our first game the boys were keen for a win at home in perfect football conditions. The first attack came from Ajax but was blocked by Will Richards and from then on the ball spent most of the time in our forward line. Sam McLellan passed to Xander which resulted in our first score of a point. Ed Mackinnon did well out of a pack and Henry Carmichael laid a strong tackle. Tex tapped the ball nicely out of a ball up to TB who kicked a point. By this time the coaches strategy of the "wall" was working extremely well as several attempted clearances by Ajax were blocked by Simon and Will Richard. Chris and Sam Macaw were also providing great defence in the quarter. Tex managed to collect the ball at full forward and pass it on to Will Purdie for our first a goal. Josh delivered a nice kick into the forward line and Louis took a nice mark.

**2nd Qtr:** The engine room of Sam Macaw, Chris and Louis was firing. Henry did a great handball to Michael for another attack into the forward line which was finished off by Will Richards with a great goal. Ned took a strong mark at centre half back and delivered to Sam McLellan who did some nice running with the ball. Xander controlled centre half back and Michael was working strongly. TB did some great tackling. Henry Nicholls took a nice mark and kicked a point. Ned took a couple of great marks and then kicked a goal. Sami showed us his tackling skills and Rupert was working hard on the wing and Will Richards continued to dominate.

**3rd Qtr:** The quarter started well with a great tackle then goal to Tom, the first of several possessions for him. Chris, Louis and Will combined well to send the ball forward. Ed Mackinnon did a great tackle and Josh was gathering possessions. Chris delivered well to Tom for another attack and Louis was working hard in the packs. Ed took a nice mark, passed it to Will Richards for another goal and Prahran Blues were flying. Tex dashed out of full back, collected the ball and booted it to Louis

who marked, passed it on to Tom who then passed to Xander who slotted the goal. The quarter ended with TB showing us his bouncing skills and finished with a goal.

**4th Qtr:** Xander and Louis started well and Luke O'Brien did some nice play to get the ball forward. Will Purdie made a great attempt at a banana kick that nearly went through for a goal. Will Richards was running strong and kicked a great goal. Henry Nicholls took a strong mark at centre half back and Josh made his attempt at a check side punt that delivered a point. Michael was continuing his solid game. Xander gained possession and kicked to Ned who passed off to Chris for the final goal of the game. Good quarter again from Louis. A great game from all of the boys with Rex, Brett, Ed and Jack working hard throughout the game to contribute to the win. Overall a great team effort with contributions from every player. Great to see the players effectively use the wall behind play, great tackling and the hot spot to focus the attacks.

*Mark Freeman*



## UNDER 9 RED



**Prahran** 8.-5.-53  
**Brighton Vikings** 0.-2.-2

**Captains:** Tige Ryan and Thomas Langford

**Goal Kickers:** 2 goals – Charlie Sinclair

1 goal – Bailey Dann, Declan Albrecht, Ashley Barber, Tige Ryan, Scott Beilby, Liam Thornton

**1<sup>st</sup> Qtr:** The Reds won the toss, and were soon pressing into attack, with co-captain Tige leading the charge. Before too long at all, Bailey had booted the Reds' first goal. The next forward thrust saw Pete passing to Declan for another great goal. The midfield, including Alex Hird, Tige and Bailey, was dominating, and another fine attacking move involving co-captain, Tommy, and Max Willoughby, saw the ball end up with Charlie, who kicked truly for the Reds' third major.

The ball remained in the Reds' forward line for the remainder of the term, with Harry Robenstone snapping a few minor scores before Liam got into the play, feeding off to Ash, who slotted a fourth goal for the team just before quarter time.

**2<sup>nd</sup> Qtr:** Scott moved into the ruck position, and the Reds continued into the second quarter as they had played the first, with constant pressure from players such as Mose and Max Smyth pushing the ball deep into the Reds' attacking zone. Alex A featured twice in an excellent piece of play that led to a great goal by Tige. Brighton was defending more stoutly, but the midfield continued to push, with Kip relentlessly driving the ball back into attack. The interchange bench was working overtime as the coach rotated the players on a regular basis. James was then instrumental in forcing the ball forward and finding Charlie who kicked his second goal to set up a commanding half-time lead for the Reds.

**3<sup>rd</sup> Qtr:** Things tightened up considerably at the start of the third quarter, with the Vampires playing some committed football and pushing the ball continually into its attacking zone. Defence was the theme for the Reds, and players such as Giorgio, Harry Warrington, Scott, Gus, Fred (and indeed most of the rest of the team at various points) were resisting in true Anzac style. Julian took a great mark and passed well to Tige to relieve the pressure for a while, but the ball remained in the Vampires' half for much of the quarter. Despite this, desperate defence by the Reds somehow denied

the Vampires a goal, and Brighton only managed to secure two behinds for the quarter for its efforts.

**4<sup>th</sup> Qtr:** At the three quarter time break, coach James Hird reminded the boys of the three basic team principles (have fun, get the ball, and kick it long), but he also asked for each player to run hard through the final quarter. The Reds responded with true determination, driving the ball forward again and again. Harry Robenstone and Declan snapped for minor scores, before an inspirational run and goal from Scott. The next attacking move saw great work from Alexander Reilly, and then also some fine marks and kicks from Alex Hird and Pete. The continuing pressure and drive from the midfield eventually took its toll, with Liam playing a key role in pushing the ball forward, before finishing off in fine style with a goal in heavy traffic just before the final siren.

A convincing 51 point win for the team! Go Reds – 2 wins from 2 matches!!  
*Scott Langford*

## UNDER 10 BLACK

# LEONARD JOEL

Specialist Auctioneers & Valuers Est. 1919

**Prahran**  
**St Peters**

**12.-7.-79**  
**2.-0.-12**

**Captain** Hamish Edwards  
**Goal Kickers:** Jack 10, James Klok 1 & Harry 1

A perfect day for football greeted us however two of our players (Liam & Jasper) played under great duress with a bad bout of the flu. The guys showed true team spirit by getting to the game and they played a real part in helping us have a great win ... well done guys!!!

Hamish was captain for the day, won the toss and was very unlucky not to have kicked a bag of goals by getting his hands to the ball on a lot of occasions. Hamish showed a lot of versatility by playing down back, up forward and in the ruck ... well done and keep up the great work!!

Our followers led by Richie, Jamie, Bailey, Harry and Charlie B did a great job on a very big ground. Jamie did his usual superb job by driving the ball forward and getting numerous hard ball gets. Huge efforts Jamie ... well done!!! Special mention must go to Finn Vidor who played a stellar game off the backline. On numerous occasions Finn ran past the onballers to accept a quick handball that enabled him to drive the ball forward. Great to watch!

A special mention must go to Texas (is he related to Dustin Martin?) with what was his best game since joining the club!! I think the stats will show a couple of marks, handballs and hard ball gets!! Well done Texas. Joshua Long had a great game by grabbing the ball on multiple occasions and passing to team mates ... well done Josh! Finley Edmonds and Finn Nicholas did really well on a couple of occasions and were instrumental in us getting a couple of goals ... well done guys.

The backs led by Holty and Harrison were fantastic with a couple of stellar runs through the backline that were great to watch. I should also mention that Harrison did a brilliant job in the ruck. Clearly he has modelled his game off Essendon's Paddy Ryder. Others to have big games in the backline were Josh P, Charlie G, Carlo.

As can be seen from the score the Blacks won well and all credit goes to Jack for having a big day out with ten goals. It was good to see Jack use both the left and right foot as well as pass the ball to team mates in better position. Well done

Jack, it is not often you kick ten goals in a game. James Klok also had a big game by sticking to the game plan and gathering 20+ possessions off the hard forward flank and kicking a great goal. Well done James.

A great start to the year boys ... well done!!

## UNDER 10 BLUE

**Prahran** 7.-4.-46  
**East Malvern** 3.-8.-26

### Captains:

Ned Cooper (1) & Marcello Di Nardo (9)

### Better Players:

Great team effort with particularly strong performances from Tristan McPhee, Travis Harrison, Marcello Di Nardo, Ned Cooper, Simon Finnegan, Nicholas Hoare, Max Marriner and Jack Pattison.

**Goal Kickers:** 2 goals – *Tristan McPhee.*

1 goals – *Lochie Dowd, Travis Harrison, Lucas Pike, Alex Psalidas and Tom Spargo.*

The mighty PJFC U10 Blues notched up a solid win today over East Malvern, in the end quite decisively with the score line finishing at 46 to 26.

**1st Qtr:** Lucas Pike scored the first goal after an excellent attempt by Tristan McPhee was unsuccessful. The first quarter also saw strong rucking by Monte Kellett. Nick Hoare played well as did Jack Pattison with some solid defence work from captain Ned Cooper resulting in a free kick. An unlucky run of play saw a snap goal for Malvern. Lochie Dowd at half back flank played a pivotal role throughout the quarter which also saw goals from Tristan and Tom Spargo, the former from the boundary line.

**2nd Qtr:** In the 2nd quarter with Rory O'Connor rucking superbly, this created at least half a dozen possessions. Sustained pressure by Malvern resulted in a goal. There was a super running mark and kick by Tristan. A goal by Lochie was followed up by him creating a series of moves that resulted in a goal by Alex Psalidas. The half back line worked well throughout the period. Josh Harding was outstanding in his first game and Nick Mitchell and Simon Finnegan were playing very good football.

**3rd Qtr:** The 3rd quarter started with a quick goal by Malvern and then a point from Travis Harrison. There was some great defensive play by Max Marriner, Pat Wilson and Ed Royal but the team struggled to convert this to major scores. Some players were clearly having difficulty with the new rules on bounces and tackling (as were the spectators...). A good period of play by Ned saw him unlucky not to score with a kick just after the siren. Neither Prahran nor Malvern kicked a goal in the quarter

**4th Qtr:** In the 4th quarter captain Marcello Di Nardo lifted the team with his great work. Will Grimwade and Oscar Sarafian were playing well. Tristan then scored his second goal followed by Travis after 3 shots from various players in a concerted attack on Malvern's back line. From this point on the victory was there for the taking.  
*Jeremy Cooper*

## UNDER 10 RED



**Prahran** 22. – 15. – 147  
**Cheltenham** 0. – 0. – 0

The Prahran U10 Reds did not take long to get going after the holiday break. The first goal took 30 seconds and the boys did not look back, with six goals in each of the first three quarters and 4 in the final term.

The game unfolded in a very similar fashion to the last game. The rucks (Jackson Catalano, James Gray and Jesse Castan) dominated the ruck work and ensured that the runners through the centre (Tom Hird, Oliver Burke, Fedele Decampo and Max Sinclair) had first use of the ball throughout the day.

What was really impressive was the linking up of the players. The ball travelled quickly down to the Prahran forward line – many passages of play saw a goal scored within 30 seconds of a centre bounce. One example saw Jack Dawson take possession near the centre square, kicked long to Jesse Castan, who in turn kicked long to Tom Hird in the goal square for one of his goals. Another saw Yor Nyanjok dive into a pack and get out a handball to Tom Sennitt, who handballed to a running Max Sinclair, a pass to James Montague from Max then resulted in a goal.

Ben Solomon took some great marks and drove the ball deep into the forward line, as did George Torney and Austin Vass (who took a great overhead mark in Q4 compliments of a George Torney pass). James Gray and Finn Patterson worked hard in defense to turn the ball back to our forward line.

Tom Sennitt continually applied pressure and forced numerous turnovers with his chasing down of opponents. Jeremy Stewart, Adam Wood and Byron Alvarez ran all day, and Marc Italiano kicked the ball long towards goal and was unlucky to not see a goal result.

Up forward, Jack Catanach continued his scoring spree from the prior game – and had 8 goals to his name by the end of the game. Tom Hird finished the day with 6 goals, James Montague 5 goals, with singles to Jackson Catalano, Fedele Decampo and Jesse Castan.

A great win for the boys, with the Cheltenham coach nominating Max Sinclair as the best player.



## UNDER 11 BLACK



**Prahran** 3.-1.-19  
**Waverley Park Gold** 5.-12.-42

**Goals:** Alex Knesaurek (2)  
Hugo Wood-Freeman (1)  
**Better Players:** Ellison Guss, Alex Knesaurek,  
Harry Tighe, James Gray, Seb Francis, Will Backwell,  
Hugo Wood-Freeman, Jonty Lupson, Charlie  
Hanrahan, Marcus Jones and Austin Dalglish.  
**Coaches Award:** Austin Dalglish

A trip to Glen Waverley. The weather was overcast but very mild with a terrific ground with wide wings and fast surface, which should suit our style of play. The Umpire was willing to let the game flow too.

There was fairly even play in the opening quarter with limited breakaways from the packs. From early on we looked to have a real challenge as occasionally Waverley Park would get a break and move the ball to their forward line where the ever reliable James Gray, particularly early on the game, was key in limiting their score by reading the play really well.

It was not until the 2<sup>nd</sup> quarter that we scored, ultimately scoring 3 goals, Hugo Wood-Freeman with one and Alex Knesaurek with two. Alex did some great bumps and tackles and was rewarded in the 4<sup>th</sup> quarter with a goal after staying right in position and evading 3 opponents with a fast pick-up in the square.

Good tenacity and determination was shown by a number of our players, in particular Hugo Wood-Freeman, Ellison Guss and Charlie Hanrahan, back to his old form. Harry Tighe demonstrated that if you go in hard for the ball you often get a well earned free or mark. Likewise from Will Backwell, who picked up some good loose balls and Austin Dalglish, with some great commitment, putting his body on the line against a reasonably physical team, which deservedly earned him the coaches award.

Marcus Jones never gave up tackling even when the "tackle" back from Waverley Park, late in the game with a punch, wasn't what he expected. Seb Francis was accurate with his passes, took some good marks and was the receiver of some accurate passes, in particular, from Nick Perkins after a solid mark. This was repeated with Jonty Lupson regularly marking and moving the ball forward with his unique but effective kicking style. We had our chances particularly late in the 3<sup>rd</sup> quarter and early 4<sup>th</sup> quarter but couldn't quite overtake Waverley Park even with very accurate kicking. Final score saw us down by 23 points.

Waverley Park are rated a top team and their coach reflected that very few teams have pushed them as hard as the Blacks. So we learn from the experience for use next weekend and beyond.

Thanks to all the parents for doing all the jobs to enable the game to occur.

*Michael Backwell*

## UNDER 11 RED & UNDER 11 BLUE

**Prahran Blue**                      **6.-7.-43**  
**Prahran Red**                      **2.-5.-17**

### RED



**Best players (alphabetical):** Nathan Breeze, Christopher Gregory, James Lavelle, Joe McGuire, James McMurrick, Harry Molnar and Sophia Rothfield. Hugo Bartels and Ben Kolotsos also earned honourable mentions.

**Goal Scorers:** James McMurrick 1, Tim Brend 1.

There was much anticipation for the Prahran Derby with both teams having had a solid 2 week break, with bodies rested and fire in the belly.

**1<sup>st</sup> Qtr:** The opening quarter saw James McMurrick, Christopher Gregory and Joe McGuire picking up many kicks with both teams defending desperately and sizing each other up. The Reds failed to capitalise on their forward thrusts blindly kicking into their forward line. The quarter finished with the Blues up by 1 goal.

**2<sup>nd</sup> Qtr:** The second quarter saw many more inside 50's by the Reds, which finally resulted in a great mark by James Nyanjok who passed to James McMurrick who scored a brilliant goal on the run. Hugo Bartels was resolute in defence and Joe McGuire, Christopher Gregory and James Lavelle picking up kicks. Nathan Breeze performed admirably in the ruck winning many tap downs. At half time the Blues were 7 points up. Coach Chris Faulkner was flabbergasted at the lack of contested marks by the Reds. He urged his team to get hungry, get in front of their man and more importantly, man up.

**3<sup>rd</sup> Qtr:** The 3<sup>rd</sup> Quarter began with an immediate goal to the Blues, putting the Reds immediately on the back foot. Christopher Gregory was in and under every pack. Jack Royle was marking everything that came his way. James Nyanjok moved into the ruck and used his height brilliantly. Nathan Breeze moved into defence and continued his earlier good work. However, forward thrusts by the Reds were repelled and there was generally too much finessing and a lack of teamwork. The Blues capitalised on the Reds mistakes and at 3 Quarter time had extended their

lead to 18 points. Coach Faulkner implored his charges to play direct and tackle hard.

**4<sup>th</sup> Qtr:** With the 3 Quarter time address ringing in their ears, the 4<sup>th</sup> Quarter began with Harry Molnar's brilliant gather of the ball out of the centre with a long towering kick into the forward line only for the ball to be stopped in its tracks by the Blues stoic defence. They counter attacked resulting in a further goal. The intensity shown in the 1<sup>st</sup> Quarter was translated to the 4<sup>th</sup> Quarter but all attempts at scoring were countered by the Blues strong army of runners. Harry Molnar trying hard as always kicked long to Joe McGuire who passed to Tim Brend who weaved and ducked and scored an excellent goal. Alas this was to be the Reds last score, despite the efforts of Luke Territt, James Handolias who received free kicks from persistent play. Ben Kolotsos and Sophia Rothfield tried hard all day.

The final siren went and the Reds recorded their first loss of the season 43 to 17. The pleasing aspect of this game was the high tackle count of the Reds. There were few stand out players with all the team needing to lift for the next game. There needs to be less finessing and less selfish play and more attacking football by all if the Reds are to win in the future.

*Stephen Gregory*

### BLUE



**Captains:** James Rowbottom/Tommy Hayes

**Better players:** James Rowbottom, Oliver Jackson, Andrew Chirside, Hugo Carson, Nick Walker, Sam Mercuri, Mitch Hallam, Spencer Wells, Peter Goff, Tommy Hayes

**Goal kickers:** Oliver Jackson 3, Nick Walker, Andrew Chirside, Jackson Pollock

Showdown Number 1 - State vs State, Mate vs Mate (I think that's how it goes)

**1<sup>st</sup> Qtr:** The 1<sup>st</sup> of the local derbys got underway at Toorak Park on schedule at 11.15am. The Blues in what proved to be an arm wrestle of a 1<sup>st</sup> half attacked from the outset. In what became a combination as potent as "Caught Marsh, Bowled Lillee", James Rowbottom ran out of the centre and kicked long to Oliver Jackson who marked the ball with all the authority of Plugger in his early days at the Sainters. This early attack was repelled but after running onto the ball in the centre Nick Walker got it to Andrew Chirside who passed to

Oliver Jackson who slotted the Blues 1st goal. Spencer Wells, Sam Mercuri, Angus McDonald and Tommy Hayes were all having a great influence and we went in 2 points up.

**2<sup>nd</sup> Qtr:** The 2nd Qtr saw the wrestle continue. Blues were giving away a lot of free kicks due to high tackles. Tommy Hayes was in everything and Mitch Hallam made a great smother. James Rowbottom was giving great drive around the ball while Peter Goff and Reilly Harrick were dominating proceedings in the ruck. In a great example of teamwork and the best passage of play for the game, James Rowbottom flew onto the ball, passed to Andrew Chirnside who kicked through the centre and hit Hugo Carson on the chest who in turn kicked to Nick Walker, who running with the ball, marked and goaled. The Reds kicked a goal on the siren but the Blues looked confident.

**3<sup>rd</sup> Qtr:** Zaiden Mckay, Sam Mercuri, Ted Wiedemeyer (with his normal hardness at the ball) and the rest of the backline continued to repel any attacks the Reds launched. This resulted in the game being played between the Blues CHB line and FF. Our rucks continued to do well and James Rowbottom was clearly best on ground. Oliver Jackson also showed some great defensive skills taking on 3 and forcing a ball up. He was also on the end of a pass from James Rowbottom and kicked to the goal square to see Peter Goff just miss after a quick snap. In addition he was able to mark at CHF and then get the ball to Angus McDonald who passed to Andrew Chirnside for a goal around his body. Another near miss on siren from Sam Mercuri saw Blues increase the lead.

**4<sup>th</sup> Qtr:** Jordan Moran repelled an early forward move by the Reds and got the ball to Olly Jackson for a poster. After being held up in our forward line for sometime Rowbottom found Jackson who made no mistake the 2nd time around. Spencer Wells enters the fray and kicks to new boy, Jackson Pollock, ("Bluey" as in Poles seems to be the correct nickname) who registers his name amongst other "Blues" legends by goaling in his 1st game. Again the ball is held up in the Centre to CHF area and although the Blues give up a late goal they go in as 26 points victors.

Match played in great spirit and enjoyed by all involved. "Go Prahran..Go the Blues".  
*Andrew Chirnside*

## UNDER 12



<b>Prahran</b>	<b>6.-6.-42</b>
<b>Cheltenham</b>	<b>5.-6.-36</b>

**Goals:** Lachie Barber 2, Oscar Bennett, Hugo Gray, Jansen Peterson, James Tarrant

**Best:** Barber, Bennett, Gray, Peterson, Tarrant, Dowd, Cameron, Watkin, Gill

As with game one we came up against a very good opponent in the Panthers, and like round one we got off to a flyer kicking two first quarter goals to none. With the goals also came four behinds, all could have been converted for goals, which meant despite a very good first quarter we did not reward our good work fully.

In the second term the Panthers came out firing winning a lot of centre clearances and taking some nice contested marks around the ground. They kicked two goals three behinds in a quarter they dominated. We were, however, able to snag another goal against the tide which helped us go into the half time break one straight kick up in a tight one.

After half time the game's intensity picked up another notch and turned into a tackling fest. We kept them scoreless for the term and we managed to grab another goal which extended our lead to 14 points. Again we kicked another two behinds which converted would have blown the lead out to very comfortable but we went in confident we could hold them off.

The game then opened up with both sides running free down the wings and through the middle. We converted a goal early in the term from a clearance which put us 20 points up with 10min to go. The fast finishing Panthers kicked a quick two goals and with five minutes to go we had an eight point lead. Two behinds to them and it was one sausage in it. The ball deep in our backline, we cleared with some great work from our backmen to push the pill our way. Throw in on our half forward flank and we cleared the ball into the forward line which was picked up and snapped for a goal putting us 12 points up. A very stiff free given against us gave them a kick straight in front but the siren sounded so the goal made the margin six points.  
*'The Ghost Writer'*

## UNDER 13 WHITE



Result	Qtr 1	Qtr 2	Qtr 3	Final
<b>Prahran</b>	<b>0. 0</b>	<b>0.-1</b>	<b>0.-1</b>	<b>2.-1.-13</b>
<b>Dingley</b>	<b>3. 6</b>	<b>7.-8</b>	<b>10.-11</b>	<b>14.-13.-97</b>

### PRAHRAN PAY HEAVY PRICE FOR SLUGGISH START

**1<sup>st</sup> Qtr Prahran 0. 0. 0. Dingley 3. 6. 24.**

Opposition open brightly. Prahran appear flat. Defenders battle manfully to restrict opposition attacks. Forwards see little action.

**2<sup>nd</sup> Qtr: Prahran 0. 1. 1. Dingley 7. 8. 50.**

Opposition pressure relentless. Injuries taking toll on Prahran players. Midfield working deep into defence. Defenders restrict opposition despite wave after wave of attack.

**3<sup>rd</sup> Qtr: Prahran 0. 1. 1. Dingley 10. 11. 71.**

Coach gathers boys and asks for better effort. Forwards more lively whilst starved of opportunities. Opposition made to work for their goals this quarter. Big ground taking toll on our legs.

**4<sup>th</sup> Qtr: Prahran 2. 1. 13. Dingley 14. 13. 97.**

Great last quarter effort. Boys courageous to fight out game to bitter end. Game lost, some pride restored.

Congratulations to all of the kids for an encouraging team effort.

Please be advised that the quarter by quarter detailed match report has been sent directly to the parents.  
*Con Papageorgiou.*

## UNDER 13 RED

	1QG	1QB	2QG	2QB	3QG	3QB	4QG	4QB	PTS
<b>Caulfield</b>	<b>8</b>	<b>2</b>	<b>13</b>	<b>2</b>	<b>15</b>	<b>7</b>	<b>17</b>	<b>10</b>	<b>112</b>
<b>Prahran</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>3</b>	<b>7</b>	<b>3</b>	<b>8</b>	<b>26</b>

### Caulfield

**Goal kickers:** B. Dolan 5, B. Tokatlidis 2, T. Short 2, L. Laucher-Linares 2, J. Smith 2, B. King 2, I. Milner, N. Stewart

**Best players:** B. Dolan, T. Short, B. King, J. Smith, E. Polydoropoulos, L. Holmstrom

### Prahran

**Goal Kickers:** W. Fox 2, T. Bamford 1

**Best Players:** W. Anders, W. Fox, T. Happell, S. de Campo, N. Hallam, T. Bamford

The match was played at Caulfield's home ground – the Caulfield team had reached the finals the previous year so the match was always going to be a good test of how the Reds were coming together.

The first quarter showed that Caulfield was able to take advantage of their tall ruckman and their ability to kick the ball directly into their forward line. The Reds were caught napping and paid the penalty for not contesting strongly with their opponents for the ball.

The second quarter was fairly similar in style of play with Caulfield finalising off with 13 goals for the half. Reds' showed ability to move the ball from one end of the ground to another so at least we could get into the forward line.

At half time Coach de Campo asked the Reds to make contests in each position while Tom Morris worked with the midfielders to get the ball out of the centre. We had to stop the movement of the ball first by Caulfield and then get the ball.

The Reds took onboard the coaching staff's advice – the Reds started to get the ball out of the centre aided also by their main ruckman having a rest in the 3<sup>rd</sup> quarter. Our medium sized players showed a lot of speed and attack on the ball while all players at least had a crack at tackling Caulfield and showing some aggression on the ball which came as a real surprise to the opposition.

It was a gutsy three goal quarter – our forwards took advantage of the ball being won by the ruck and mid fielders – not only kicking goals but also retaining the ball in the forward line when the opposition regarded possession.

Our defenders played well and competed with Caulfield effectively in the second half

The 4<sup>th</sup> quarter saw the return of Caulfield's main ruckman (who was 1 foot taller than our ruckmen) – however the confidence of the Reds had risen in the 3<sup>rd</sup> quarter and our team continued to show aggression at the ball winning more free kicks and unsettling the opposition who clearly thought that they were a much better side. Our kicking to position and players getting free from their opponents dramatically improved showing that the Reds are capable of putting a good performance on the field.

It was a credit to the boys that the opposition only scored 32 to 22 points in the second half – the Reds could have dropped their bundle after being down 80 to 4 points in the first half. The parents hope that the boys take as much out of their performance in the second into the next match as spectators did. The team showed the ball skills once the ball was in hand necessary to successfully compete.

*Jim Hallam*

## UNDER 14



**St Pauls  
Pahran**

**4.-2.-26  
19.-16.-130**

**Goals:** Tom Cameron 5 (in 1 quarter!), Andrew Tashevski-Beckwith 3, Josh Kerin 3, Louis Myer 2, Hunter Watkin 2, Jack Spargo, Harry Nettlefold (lost count, missing two – feel free to put your hand up!)

**Best:** Tom Cameron, Reilly Holt, Adam Kudnig, Louis Myer, Josh Kerin, Sam Grimwade, Will Bernardi, Hunter Watkin, Jack Spargo, Dec Poynter, Jake Whitefoot, Charlie Jeffery, Angus Thompson

In their best performance in their time together, the boys outclassed the opposition with team-oriented football, in every aspect of the game.

They were strong in the air, on the ground, desperate in the contests, played in front, manned up when defending and consistently hit targets by hand and foot for four quarters.

St Pauls are not as strong this year as they were last year, but the game revealed just how well our boys can play when they play as a team.

And this was a performance with many boys sore from school footy and training the days before the game.

Highlights included –

- Tom Cameron playing half forward (a personal best game).
- Watching the superbly safe marking hands of Louis Myer (personal best game), Reilly Holt, Andrew TB and Josh Kerin (personal best game). There were many passages where these boys ruled the air from, as Reilly would say, 'coast to coast'.
- The excellent reading, playing in front and straight line running out of the back half by Adam Kudnig, Jake Whitefoot, Sam Grimwade and Angus Thompson.
- The tireless work rate of Hunter Watkin, Jack Spargo and Dec Poynter.
- Charlie Jeffery and Will Bernardi's commitment at the footy.
- Ted Wyles providing a target on the wing, and moving the ball on quickly, in particular his handball back to the running Charlie – no U turns!



- Jack Bainger's ruckwork.
- Harry Nettlefold's good movement in the forward line.
- Cooper Mance, Matt Paltoglou, Tommy Russell and James McLennan always providing a contest.
- Woody Shmith and Jack Bickford coming along to support.

The boys are also developing their ability to lead on the field, by way of self managing rotations and swapping positions when required.

The overall highlight was all boys consistently looking for each other with almost every disposal - looking to get the ball into the hands of a teammate in a better position as quickly as possible.

It is hard to find an area for improvement on that performance - perhaps talking can be improved further.

A great test of where we are at in the comp will be next Sunday at Como Park against Waverley Park. See you Friday at training 6 pm.

## UNDER 15

### COSTA'S MITRE 10

**Prahran  
Northvale**

**24.-12.-156  
2.-3.-15**

The game started well with an early mark to Nick Stephenson who passed the ball to Liam Ratcliffe. The ball was passed to Ollie Keats who scored the first goal. A great start to the game!

The second goal was kicked in fine style by Lachlan Fong who ran straight down the middle and kicked the goal from over 30 metres out. A great effort for a boy who is new to Aussie Rules from soccer!

The rest of the first quarter was one-sided with Prahran scoring six goals two behinds to Northvales no score. Great tackling in the first quarter by James J. Other goals in the first quarter came from Tom B, Fergus, and Sam Hill. Last but not least for the quarter was a mark by Amos followed by a terrific goal. All members of the team played really well.

The second goal opened with a goal in the first minute by Tom B. Nick Dee was great with his contested processions. Two nice overhead marks were taken by James Armit. Ed Langton kicked a great goal thanks to the feed by Gordon Carter. The visitors finally got a goal midway through the second quarter. The score at half time was 9 goals 7 behinds to one goal one behind. A handy lead!

Notable highlights of the third quarter include Will Stewart's marking and an impressive handball by Jordie K. Jordie also took a fine mark and punted a huge kick into the forward line. Ewan also marked well and the quarter rounded out with a lead to Prahran of 87 points.

The final quarter continued the domination of Prahran with relentless attacks into the forward line. Howard W, Ed Langton, and Hugh all scored goals. Amos scored two great successive goals. Also, a fabulous goal was scored by James J.

The final score was a mighty 24 goals, 12 behinds, 156 points to 2 goals, 3 behinds ` 15 points.

A crushing victory! Congratulations to all players and the coaching staff.

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#### TEAM SPONSORS

##### ZANUBA RESTAURANT



Zanuba Restaurant is the 2009 sponsor of Zanuba Reds - proudly supporting a team that shares its same basic philosophy, a commitment to excellence! Zanuba is a family-friendly, well-known Toorak eatery that offers the very best culinary experience. Equally as popular for a relaxed weekend breakfast on the balcony as it is for a quiet lunch with friends, Zanuba's reputation for serving the best coffee in the area is well-founded. Whether you are looking for a restaurant that will do justice for that very special occasion or a fun, laid-back venue with a tantalising menu, Zanuba has it all. Serving only the very best grain-fed meats and Phillippa's breads, Zanuba's chefs make every dining experience one you won't forget. Whether for breakfast, lunch or evening you'll love Zanuba! Go Reds!

#### ALTITUDE VOLVO BRIGHTON



Altitude Volvo - located in Brighton is Melbourne's newest Volvo retailer.

Robert & Michelle Barber opened for business in October 2009.

We showcase the complete range of Volvo products in our boutique, café styled facility, complimented by professional service from our friendly sales team and factory trained technicians. You are invited to visit and experience a new Volvo or any of our premium selected used vehicles.

[www.altitudevolvocars.com.au](http://www.altitudevolvocars.com.au)

Altitude Volvo  
913 Nepean Highway  
Brighton VIC 3204  
Ph: 9576 5399

#### PRAHRAN MARKET



At Pahran Market it's all about flavour. We've all been let down by food that looks great but has no taste, but at Pahran Market our traders take pride in serving you sensational food that really does taste as good as it looks. It is well known that it is the quality of ingredients which makes the difference between creating an ordinary meal and a memorable culinary experience and it is this taste distinction that Pahran Market is all about. You can also ask our family owned businesses their expert advice on how much to buy per head, budget friendly suggestions and how to cook your purchases to perfection.

Pahran Market also has many family friendly activities as well as a dedicated playground in our safe Market Square environment.

We welcome all the families of PJFC to come down and visit us soon - we know you will love it!

[www.pahranmarket.com.au](http://www.pahranmarket.com.au)

## JAM TV AUSTRALIA



JAM TV is one of Australia's fastest growing production companies, and is the television arm of McGuire Media. It specialises in the creation, production and delivery of sports and entertainment programming on the free-to-air, pay television and digital platforms.

## MLC



[www.mlc.com.au](http://www.mlc.com.au)

## COSTA'S MITRE 10

**COSTA'S MITRE 10**

## CITY LIVING PROPERTY SERVICES PTY LTD



Over our 20 – Year history, City Living Property Services has developed many long-standing relationships with educational institutions, local governments, hospitality businesses and health care organisations.

There are many reasons why we keep being asked back. Our ability to consistently meet project deadlines and budgets is one. The fact that our tradesman are "on call" when our clients need them in a hurry is another.

But ultimately we believe it's the exceptional standard of our work that keeps City Living in high demand. When it comes to meeting project requirements, City Living can be as flexible as our

clients need us to be. From interior fit-outs to redevelopments, renovations to disability access, our six-person strong team possesses the skills to complete a diverse array of projects.

A Member of the Master Builders Association of Victoria, City Living is a highly professional company with fully articulated occupational health and safety, environmental, equal opportunity and staff training policies in place.

For projects of all sizes, City Living Property Services is the smart choice for organisations that require hassle-free building and maintenance outcomes that are delivered on time, on budget. "Rising to the challenge of meeting a project's specifications and deadlines is something every member of the City Living team is genuinely passionate about".

Nigel Bainger – 0412 375 391

## LEONARD JOEL

# LEONARD JOEL

Specialist Auctioneers & Valuers Est. 1919

Leonard Joel are auctioneers specialising in fine art and sculpture, jewellery and watches, decorative arts and furniture, collectables, Asian art, period and contemporary prints and graphics, books and manuscripts, estates, focused single-owner collections and significant house contents dispersals. Established in 1919 they have an enviable reputation as specialist auctioneers and valuers.

Since 1919 Leonard Joel has provided private, institutional and commercial clients alike a complete suite of auction management services. Founded by the late Leonard Joel in 1919 the business is now operated by Managing Director, John Albrecht. Our primary salerooms are located in the impressive heritage listed former Hawksburn Primary School in the heart of South Yarra, close to the golden mile of antique and art establishments in High Street.

With over 90 years of auction expertise, Leonard Joel has proudly maintained its status as an agent for vendor which simply means that as an auction house we do not enjoy an ownership stake in any item we offer for sale. This fundamental principle, of working solely for the vendor, lies at the core of a great auction house and ensures the market we create at every auction is fair and transparent.



## E. L & C BAILLIEU STOCKBROKING LTD

# E. L. & C. Baillieu Stockbroking Ltd

Founded 1889

E.L. & C. Baillieu Stockbroking Ltd is a Participating Organisation of the Australian Stock Exchange Limited. The firm commenced business in 1889, some five years after The Stock Exchange of Melbourne was founded.

E.L. & C. Baillieu Stockbroking Ltd offers Retail Broking, Institutional Broking, Research, Corporate Finance, Wealth Management and other supporting financial services.

Since its inception, E.L. & C. Baillieu Stockbroking Ltd has encouraged and assisted private investors. It views their interests and needs as being as important as those of institutional investors. We have a tradition, going back 100 years of acting in the best interests of our clients at all times, with the paramount intention of maximising their wealth. This firm has been tested by time.

## ASICS AUSTRALIA



Welcome to Stringers Online Sports Store. Shop a large range of brands including adidas, ASICS, Blades, Brooks, Lotto, New Balance, Nike, NOMIS, Reebok, Saucony, Uhlsport footwear and accessories.

We now have the entire range of NEW 2011 Footwear and Football Boot ranges available for purchase as well as the entire range of new performance running apparel.

Be sure to check out our new range of ASICS bags as well as the latest accessories.

Please note that when ordering footwear that all the sizes are in US sizes and all prices are in Australian Dollars.

All goods are sent out using Australia Post Registered Mail where a signature is required to accept delivery of the goods.

**Subscribe to the Stringers Sports and stay up to date with the new releases, sales and special offers.**

<http://www.stringersports.com.au/>

## CHALLENGE - SUPPORTING KIDS WITH CANCER



Challenge walks with families throughout their cancer journey. Challenge is a not for profit organisation which provides children living with cancer and other life threatening blood disorders the opportunity to put their illness aside and interact with other children in similar circumstances.

Challenge offer services to our families 365 days a year, which include camps, family activities, hospital and parent support, art and music therapy, financial support, holiday accommodation, an extensive ticketing program and celebrity experiences.

We provide quality, tailored programs to make life fun for children and families.

Challenge believes that children and families who are offered fun and support are better able to cope with the pressures of a life-threatening illness.

### Key Statistics

- Four Victorian children are diagnosed with cancer each week
- 1,000 children in Victoria are currently receiving ongoing treatment
- Challenge provides services, programs and support to approximately 300 members every week
- Members predominantly come from Victoria, Tasmania, South Australia, Southern New South Wales, South East Asia and the Pacific Rim.

[www.challenge.org.au](http://www.challenge.org.au)