Dear Parents and Carers

Term Three has been a very busy and enjoyable one with our faction and interschool athletics carnivals, the RSPCA Cup Cake Day, the Poseidon Spelling Competition, Book Fair and an extensive range of motivating and challenging educational experiences that have our students engaged in their learning. All of these great activities don’t just happen and I would like to thank all the staff, teaching and non-teaching, for the dedicated, enthusiastic and professional manner in which they have worked as a team to make each event so successful.

Term Four is also going to be busy with plenty planned to keep our students interested and motivated. The very popular International Food Day on Tuesday October 27 is the first event for the term. This will be followed by the Interschool Spelling Competition on Tuesday November 3. Then it won’t be long before we have the Christmas and Awards Assembly followed by the Year Six Graduation.

Wishing you all a safe and relaxing break.

Peter
Peter Blackford
Principal

Thought for the Week
The school may do much; but alas for the child where the instructor is assisted by the influences of home.

Follow Us on Facebook
You don’t need to join Facebook to see our page. Just click here to find our regular posts about upcoming events and school news.
PoseidonPrimarySchoolHeathridge
Interschool Athletics Carnival

Last Friday, Poseidon Primary competed in the Annual Interschool Athletics Carnival held at Beldon Primary School. All students who represented the school are to be congratulated for their behaviour, efforts and sportsmanship. Students competed to the best of their ability in all events with the school finishing third overall on the day. This year, Poseidon was also awarded the Meritorious Trophy for the third year in a row, for the most improved school based on the last three year’s performances.

Many thanks to Mrs Porro and Mr Wright for all the organisational work that is need to get an interschool team ready for the day of competition. Thank you also to the staff who assisted on the day and to the family members and friends who came to cheer and encourage all our participants.

One of the highlights of the day was the enormous amount of positive feedback the school received on how professional the school looked with all our students in their interschool shirts sitting under our new and very impressive shade shelter. Thanks must go to our school marketing officer, Samantha Smolarek, for the great design work.

The Poseidon competitor’s results were:

**Tee Ball Throw**
- **Year 3 Girls** 1st - Grace Gardiner
- 4th - Jasmine Orton
- **Year 4 Girls** 2nd - Lauren Reindl
- 4th - Phebe Godecke
- **Year 6 Girls** 3rd - Jessica Greenhalgh
- **Year 3 Boys** 3rd - Kieran Aiesei
- **Year 4 Boys** 2nd - Blake Houston
- **Year 5 Boys** 1st - Brandon Sutherland
- **Year 6 Boys** 2nd - Kobi Aiesi
- 4th - Griff John

**Long Jump**
- **Year 3 Girls** 1st - Jasmine Orton
- 4th - Grace Gardiner
- **Year 4 Girls** 3rd - Mia McLeod

- **Year 3 Boys** 3rd - Kieran Aiesei
- **Year 4 Boys** 1st - Blake Houston
- **Year 5 Boys** 4th - Brandon Sutherland
- **Year 6 Boys** 2nd - Kobi Aiesi

Footy Colours Day

Today the Student Councillors, in conjunction with the The Canteen, organised Footy Colours Day to raise funds for the Year Six Graduation and gift to the school. For a gold coin donation, students were allowed to wear their favourite team colours to school for the day andunched on tasty pies, pasties and sausage rolls and footy themed treats.
The ECE Respect Tree

Introducing the Early Childhood Education Respect Tree: Learning to appreciate pretty things without touching.

The ECE staff invite all the Playgroup, Kindy, Pre Primary children, and the Year 1 to 6 students who play in our playground at lunchtimes, along with parents and carers to bring a piece of coloured ribbon to tie to our beautiful silver tree. Simply give your ribbon to one of the ECE teachers who will attach it for you.

Final Earn & Learn Sticker Tally: 33500!!

Thank you to everyone who has been bringing in their Earn & Learn sticker sheets. The promotion has now finished, and we have sent in our application. Stay tuned to see what we get!!
Direct Deposit School Payments

You can now make payments by direct deposit for incursions, excursions and voluntary contributions.

Bank: ANZ
Account Name: Poseidon Primary School
BSB: 016494
Account Number: 340975592

Please remember to use your child’s name (first name AND surname) as a reference.

Kindergarten and Pre Primary Enrolments 2016
Say Hello To Learning – Apply Now To Enrol

Application and enrolment forms are now available from the Front Office. See the table below to find out when your child can start school. Please don’t wait to enrol as places are filling fast.

<table>
<thead>
<tr>
<th>My child was born between</th>
<th>My child can start Kindergarten in</th>
<th>My child can start Pre-Primary in</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 July 2010 to 30 June 2011</td>
<td>2015</td>
<td>2016</td>
</tr>
<tr>
<td>1 July 2011 to 30 June 2012</td>
<td>2016</td>
<td>2017</td>
</tr>
<tr>
<td>1 July 2012 to 30 June 2013</td>
<td>2017</td>
<td>2018</td>
</tr>
</tbody>
</table>

Students Who Will Not Be Attending Poseidon Primary in 2016

If any parents know that their child/ren will not be attending Poseidon Primary School next year, could they please fill in the form at the bottom of the newsletter and return it to the Front Office as soon as possible. This information will help us in compiling the classes for 2016.

Parenting Ideas

Exploring the New Frontier of Parenting: What is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. In this edition article Michael Grose provides five ideas to help you explore the alien landscape of kids’ emotions.

REQUEST FOR INFORMATION ON STUDENTS WHO WILL NOT BE ATTENDING POSEIDON PRIMARY SCHOOL IN 2016

My child/ren will not be attending Poseidon Primary School in 2016.

Child/ren’s Name: ________________________________

Current Year Level: ________________________________

Signed: ________________________________________ Date: __________________
BELRIDGE SECONDARY COLLEGE

ENROLMENTS FOR 2016 ARE NOW OPEN

- Placed in Top 50 ATAR schools in WA – 2014
- Placed in Top 50 VET schools in WA – 2014
- Outstanding results in National Literacy and Numeracy (NAPLAN) tests.
- Department of Education endorsed Specialist Programs in Cricket and Fashion Design
- Elite Netball Program 2016
- Elite Music Program 2016
- Excellent pastoral care and student support programs
- Extensive VET program

Enrolment packs are available from the Front Office.
For further information please call 9408 8000 or visit www.belridgecollege.wa.edu.au
Dear Parents & Carers

Over the last two years the Poseidon Primary P&C Fundraising team has done a truly outstanding job of raising funds for the school. Of course, our aim was never just to raise money (although this was a major driver) but also to build a community where parents, staff and students felt part of something. Our approach was to create events that brought people together. The fundraising would follow as a result. I believe we have achieved this in spades and this is a testament to the time and commitment we have all put in over the years.

It is now time though for me to step down as Fundraising Co-ordinator. I am incredibly torn doing this as I am still so passionate about Poseidon. However, I have to be realistic and now that I am working (almost full time) I don’t have the time (or brain space) to develop and co-ordinate events as I was able to previously. My role as Board Chair also has to take priority and I feel my energies should be directed that way. I can see already synergies between the vision of the School Board and how it will align with the P&C to make Poseidon Primary the local school of choice.

It has been a privilege to have worked with you all. I have enjoyed the fun, the tears, the late nights, the late phone calls, the meetings and everything else that goes into making a successful event. But most of all I have enjoyed the sense of creating something truly special with a wonderful group of people. I am incredibly proud of all that we have achieved and Poseidon Primary has a legacy that the students will continue to benefit from for many years.

Thank you for your support.

-Yvonne-

Yvonne Atkinson
Fundraising Co-ordinator

Thought for the holidays:
Are you interested in joining the Fundraising Team?
Bunnings BBQ Thank You

Just after lunch last Thursday, Bunnings Joondalup contacted Poseidon P&C to offer the Sunday sausage sizzle BBQ position, as they had another group drop out. It was the launch of their Spring catalogue and was sure to be a very busy day. The call went out for helpers and the Poseidon community said YES!!

At very short notice, P&C volunteers donated just over 64 hours of their time, cooked and served just over 1100 sausages (that’s one sausage every 26 seconds!) and most importantly raised just over $2000!!

Thank you to all our volunteers, with a special mention to Peter Blackford for cooking sausages for hours and to Biljana Wright for turning up (with knife tucked under her arm) to cut the 1100 rolls. Biljana also encouraged her fantastic kindy parents to participate in the sausage sizzle. They were a great help and we couldn’t have done it without their support.

And a HUGE thank you to Peter Atkinson for organising EVERYTHING!! Awesome job everyone. Thank you!

P & C Project Proposals

At last night’s meeting, eight proposals were presented by members of the school community, with fantastic ideas for how we can use our hard earned funds to benefit the our school and our students.

The next step is voting. Voting will begin on Monday September 28 and is open to all paid P&C members. An email will be sent to all members with a link to a Survey Monkey survey, which will help us determine the priorities of the group. Final funding allocations will be determined at the October P&C Meeting. If you would like a vote in how we prioritise projects and allocate P&C funds, now is the perfect time to join the Poseidon Primary P&C – simply email us at poseidonpandc@gmail.com.

Ongoing important dates for the second round of project proposals are:

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Project proposal submissions due</td>
<td>Submissions closed</td>
</tr>
<tr>
<td>Presentation of project proposals at P&amp;C meeting</td>
<td>Submissions presented</td>
</tr>
<tr>
<td>Online voting for projects opens (paid members only)</td>
<td>28 September 2015</td>
</tr>
<tr>
<td>Online voting for projects closes</td>
<td>16 October 2015</td>
</tr>
<tr>
<td>Final decision on project funding allocation at P&amp;C meeting</td>
<td>21 October 2015</td>
</tr>
</tbody>
</table>

(Please note there have been some date changes)
Canteen News

The Canteen will only be open for **RECESS** tomorrow, Friday September 25

**LUNCHES CANNOT BE ORDERED**

Thank You #1
Thank you so much to the Angell family and Direct Electrical Solutions for donating to the new light globes for the ovens! It’s awesome to be able to see the food we’re cooking. Delivered with a smile too 😊

[Website Link: www.directelectricalsolutions.com.au]

We can see the food cooking now!!

Thank You #2
Thank you ALL for supporting The Canteen and we look forward to serving up more yummy food in Term 4.

😊 Bronwen, Claire & Bec 😊

Uniform Shop News

Thank You #3
A big THANK YOU for your continued support from all of us in the Uniform Shop – we hope you all have a truly relaxing break.

😊 Jodie, Debbie, Bec, Tara & Shona 😊

Contact the P & C

Next P&C Meeting: Wednesday September 23

If you are interested in finding out more about what the P & C is, what they do and how you can be a part of it, come along to one of our meetings on the third Wednesday of each month at 7:00pm in the staffroom. We are also on Facebook - simply search for Poseidon Primary School P&C and request to join our group. Or you can contact us via email at poseidonpandc@gmail.com.

Major Sponsors of the 2015 P&C Quiz Night
Exploring the New Frontier in Parenting

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids’ emotions.

It’s official!

Emotions are now part of the parenting and educational mainstream!

For some time they’ve been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie Inside Out gives life to emotions in a fun, accessible way. It’s a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, “Educating the mind without educating the heart is no education at all.”

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, “Emotions matter as they drive learning, decision-making, creativity, relationships, and health.”

This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they’ve experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. “What do you mean you’re sad? We’re off to watch a movie. It’s a happy time!” Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it’s hard to figure out just what they are doing.

It’s a wonder parents haven’t smartened up to emotions earlier because ‘good parenting’ is hard emotional labour. When your three-year old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child!) you’re doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out “I hate you!” because you’ve denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That’s one of the reasons its so draining.

Accepting kids’ emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We’ve built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial ‘To smack or not to smack’ question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

more on page 2
The limits of many parents' emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children's emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area. Ask yourself, “Who taught you how to recognise, manage and regulate your emotions?” If you answered your parents then lucky you. They’ve given you the tools you need to have successful relationships, to maximise your earning potential (I kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn’t identify anyone, so your emotional intelligence (if you’ve read this far you have the emotional smarts needed for focus, self control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

Here are five ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:

1. **Listen first**
   When your child fusses and fumes about some wrong-doing or hurt they’ve experienced clear your mind and listen. Avoid trying to fix the situation just show understanding and compassion. There is no better feeling then being understood.

2. **Contain rather than manage (let your kids do the managing)**
   Children’s behaviour can become tangled up in upsets and disappointments. It’s hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don’t have to do that for them.

3. **Know that emotions can be pleasant and unpleasant**
   We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4. **Build a vocabulary around emotions**
   Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5. **Help your kids recognise, then regulate emotions**
   Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that’s not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don’t always get it right. Learning to recognise your feelings is a continuous process that’s best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family’s culture, or way of doing things. When it becomes part of your family’s DNA then emotional intelligence will be passed down from generation to generation. You’ll know it’s had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did! When you subscribe you’ll also get my fantastic Kid’s Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.
Giggling Gecko Out of School Care
Vacation Care Program

Provides fun and exciting activities in a safe and friendly environment for children aged Kindergarten to Year 7.

**Bookings:**
- Children must be enrolled.
- Please fill in a booking form and hand it in at one of our Centres before the closing date.
- Cancellations will not be accepted after the closing date and full fees must be paid even if your child is sick or absent.
- Only once you receive confirmation, your bookings have been accepted.

**What to Bring:**
Please bring morning tea, a packed lunch, water bottle, sensible shoes & hat each day unless specified (the Centre provides afternoon tea).

Tuesday 29th Sep to Mon 12th Oct 2015

**Open Hours:**
7am to 6pm

**$60/session**
Includes all Excursions and Incursions unless specified

jodie.gigglinggeckoosc@gmail.com

Giggling Gecko Out of School Care Pty Ltd
Main Office: Mullaloo Heights PS
27 Charonia Rd
Mullaloo WA 6027
PO Box 1653, Wangara DC WA 6947
Ph: 0430 308 697

Poseidon Primary School
Roderick Court
Heathridge
0405 310 648

Staff may change the program without warning due to low bookings and unforeseen circumstances; however, backup activities have been planned in case these issues occur.
Please do not book your child/children in unless you are certain they will be attending as FULL fees must be paid even if your child/children are sick or absent. Fees will be charged 2 weeks in advance and must be paid by the due date otherwise bookings may be cancelled. Bookings are on a ‘First in first served’ basis. Once places are full we can put you on a waiting list in the event someone cancels, but there is no guarantee of places.

**WEEK 1**

**Monday 28th Sep**
PUBLIC HOLIDAY
Closed

**Tuesday 29th Sep**
Jewellery Making
Get creative today and make some wonderful and unique jewellery.
- Necklaces
- Earrings
- Bracelets
- Anklets
- Rings

**Wednesday 30th Sep**
Pottery Playroom (Incursion)
Today Pottery Playroom will be visiting to help us paint a great piece of pottery to take home after they put it in the Kiln.
- Still to be confirmed

**Thursday 1st Oct**
Sports Day Fun
It is time to burn off some energy and spend most of the day outside having fun playing sports and games. Please bring a hat and sports shoes.

**Friday 2nd Oct**
Wild Kidz (Excursion)
Today you get to have fun at Wild Kids. Have fun on the bouncy castles and climbing frames. Please bring a packed lunch.

**WEEK 2**

**Monday 5th Oct**
Board Games Challenge
Who will be crowned the Board Game King or Queen? Today you will face many challenges and many Board Games.

**Tuesday 6th Oct**
Caversham Wildlife Park (Excursion)
Come today to visit Caversham Wildlife Park. Feed a Kangaroo or pet a Koala and learn how to shear a sheep. Please bring a packed lunch, hat and sensible shoes.
- Bus Departs: 9.15am
- Bus Returns: 3.15pm

**Wednesday 7th Oct**
Crazy Craft Day
Today we will be getting crazy with craft. Create something unique to take home or make a gift for a loved one.

**Thursday 8th Oct**
Bouncy Castle Fun
Burn some energy. Come today and play on the giant Bouncy Castle. It has a slide and basketball hoop. A great day to just have fun!

**Friday 9th Oct**
Cooking
It is time to cook up a storm. Today we need your help to cook up some yummy savory and sweet treats for afternoon tea.

**Monday 12th Oct**
Pyjama Party Day
Time to party in our Pyjamas. No need to bring lunch as we will be having party food 😊
Giggling Gecko Out of School Care Vacation Care Program
29th September to 12th October 2015

Family Name: ____________________________ Centre Attending: Mullaloo Heights / Poseidon

Please list your child/children’s name below when they will be attending the centre each week.

<table>
<thead>
<tr>
<th>Week 1:</th>
<th>Monday 28th Sep</th>
<th>Tuesday 29th</th>
<th>Wednesday 30th</th>
<th>Thursday 1st Oct</th>
<th>Friday 2nd</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>CLOSED</td>
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<table>
<thead>
<tr>
<th>Week 2:</th>
<th>Monday 5th</th>
<th>Tuesday 6th</th>
<th>Wednesday 7th</th>
<th>Thursday 8th</th>
<th>Friday 9th</th>
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PFD Monday 12th

I, ____________________________ give permission for my child/children to participate in the Giggling Gecko Out of School Care Vacation Care Programme on the above day/s.

_________________________________________ (Parent Signature)  (Date)

Please make sure that this full form is returned before Friday 25th September 2015. There is no guarantee of places being available after this date as excursion bookings, transport and staffing have already been arranged. Once bookings have reached our capacity we cannot take anymore bookings. Full fees will be charged if bookings are cancelled after the due date.

Only once this form has been returned to you will your child/children be booked in. Please do not book your child/children in unless you are certain they will be attending as FULL fees must be paid even if your child/children are sick or absent.

VAC BOOKING CONFIRMATION

Family Name: ____________________________

Giggling Gecko Out of School Care is happy to confirm the following Vacation Care booking/s for your child/children.

<table>
<thead>
<tr>
<th>Mon 28th Sep</th>
<th>Tue 29th</th>
<th>Wed 30th</th>
<th>Thur 1st Oct</th>
<th>Fri 2nd</th>
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<tbody>
<tr>
<td>CLOSED</td>
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<table>
<thead>
<tr>
<th>Mon 5th</th>
<th>Tue 6th</th>
<th>Wed 7th</th>
<th>Thur 8th</th>
<th>Fri 9th</th>
</tr>
</thead>
</table>

PFD Monday 12th

_________________________________________ (Director or Nominated Supervising Officer Signature)  (Date)
# Poseidon Primary P&C Contact Form

## Mailing Subscriber
All subscribers and members will receive general P&C communications via email.

<table>
<thead>
<tr>
<th>First Name</th>
<th>Surname</th>
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<tbody>
<tr>
<td>Mobile#</td>
<td>Contact #</td>
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<tr>
<td>Email</td>
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</tbody>
</table>

## Volunteer
Poseidon P&C relies on volunteers to operate successfully. Please tick area(s) that interest you.

<table>
<thead>
<tr>
<th>Areas</th>
<th>Tick</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canteen</td>
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<tr>
<td>Uniform Shop</td>
<td></td>
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<tr>
<td>Fundraising</td>
<td></td>
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<tr>
<td>Various Projects</td>
<td></td>
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<tr>
<td>Communication</td>
<td></td>
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<tr>
<td>General Helper</td>
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<tr>
<td>Executive Position</td>
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<tr>
<td>Other (Please Specify)</td>
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</tbody>
</table>

## P&C Membership ($1)
Membership gives me the right to vote (in person) at the P&C meetings throughout 2015.

<table>
<thead>
<tr>
<th>Address</th>
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<tbody>
<tr>
<td>Suburb</td>
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<tr>
<td>P/C</td>
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<tr>
<td>Year</td>
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(P&C Executive Only)

<table>
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<tr>
<th>Membership Received</th>
<th>Received by</th>
<th>Receipted On</th>
<th>/2015</th>
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<tbody>
<tr>
<td>Form Processed</td>
<td>Processed by</td>
<td>Date Updated</td>
<td>/2015</td>
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